



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

*A newsletter that promotes our core values of
Self Directed, Perseverance, Inspiration, Responsibility,
Independence, and Tolerance*

September 3, 2023

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

www.sau17.net



Visit Our Website

2023-24 SRSD Calendar

Past Newsletters

SRMS Facebook

Join the SRMS Boosters

SRMS Athletic Update

SRMS Bus Routes

Grading & Reporting Manual

Student Handbook

Important Upcoming Events

Monday, September 4th: Labor Day - No School

Tuesday, September 5th: **SRMS Boosters Meeting** - SRMS/HS Library at 6:30

Wednesday, September 6th: **School Pictures** ([Click Here For More Info.](#))

Tuesday, September 12th: **SRMS Open House** - 4:30-5:30

Dear Students and Families,

Overall we had a very good first week of school at SRMS! We hope that everyone is having a nice long holiday weekend. As we start week 2, we ask your help in getting all back to school forms back to the school/district. On the first day of school, your child received a folder containing a lot of information from the school/district, including ***forms that need to be completed and returned***. The information and forms included: a letter from the Superintendent; a letter from SRMS administration; SRSD Chromebook User Agreement (***must be signed and returned to school before your child can receive their Chromebook***); SRSD Chromebook Care & Use Guide; Free & Reduced Meals Application; SRSD School Academic Calendar; a Lifetouch School Picture Order Form; and a Fresh Picks Cafe letter about our food service program.

As a follow up to an email that was sent home on Tuesday afternoon about ***Back to School Forms***, at your earliest convenience, please complete these five forms. One of the forms, the Internet Access Permissions, is also required to be completed before your child can receive their Chromebook. If you have any questions, please contact the middle school main office or email Kim Keddy, kkeddy@sau17.net, or Manuela Steward, mstewart@sau17.net. A link to the Alma parent portal is below.

Click Here For Returning
Student Alma Parent Portal

Fall Athletics

The middle school fall sports season is underway with games starting the week of September 11th. To view athletic schedules, or for more information about athletics at SRMS, please see the links below.

Click Here For Information About
Fall Athletics at SRMS

Click Here For The SRMS/HS
Combined Fall Athletic Schedules

SRMS Boosters Meeting - The next middle school Boosters meeting is Tuesday, September 5th at 6:30 in the SRMS/HS library. All parents/guardians and staff are welcome to attend.

Open House at SRMS - On Tuesday, September 12th from 4:30-5:30, SRMS invites all families to stop by for an Open House. Please know that there is no formal schedule for the open house, but families can stop by at their convenience to see the school and meet the staff.

Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal

A Message From School Counseling

Counselors, and the Role They Play in Your Student's Success

School counselors are key players on the educational team in schools. School counselors strive to help all students be productive learners. They also assist students to:

- Develop skills that will help them navigate changing expectations and environments.
- Set academic goals.
- Select courses that will prepare them for future goals.
- Get back on track after facing academic problems.
- Build social skills.
- Solve problems with friends.
- Strengthen coping skills to overcome hardships.
- Develop study skills.
- Make plans for high school and beyond.
- Explore and plan for different careers.
- Connect with community agencies in times of crisis.
- Locate additional professionals for academic and personal support.

Counseling teams spend a lot of time getting to know their students, and work to make sure that they have everything they need to find their success at school. If there are special circumstances, or details that you think might help the counselors meet your student's individual needs, reach out to them, and share your insights!



A Message from SoRock: WELCOME BACK SANBORN!

SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.

[101 back-to-school tips for parents and kids](#)
[Back to School Tips for Parents](#)

SoRock is planning lots of great things for the community in 2023/2024!

Free Upcoming Community Offerings Coming Soon (Dates TBD)
Make sure you follow SoRock NH on social media to stay informed!

[SCREENAGERS NEXT CHAPTER: MENTAL HEALTH IN THE DIGITAL AGE](#)

[SCREENAGERS UNDER THE INFLUENCE: VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE](#)

[STAYING CONNECTED WITH YOUR TEEN PARENT WORKSHOPS](#)

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit [sorocknh.org](#), [drugfreenh.org](#) or reach out to me at sorocknhcc@gmail.com We want to hear from you, how can we help?

The SoRock community needs assessment survey results identified mental health and substance use as the top community concerns in 2021-2022. [Take the 2022-2023 survey here!](#)

Attention Boosters/PTA/PTO and other parent or community/civic groups. SoRock wants to talk with you! We would love to attend your meeting to tell you a little more about us, discuss parenting for prevention and find out how we can support you in the community! Please send an email to sorocknhcc@gmail.com to set something up.

If you or someone you care about is having a mental health crisis, contact the [NH Rapid Response Access Point](#) for over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you. [The new 988 Crisis Hotline became active JULY 16th.](#)

Remember, we are here for all ages. Supporting the wellness of the community across the lifespan is the only way to ensure healthy youth!

SoRock always has FREE resources for the community. Locking medication boxes, Rx disposal pouches, keyed firearm trigger locks, Overdose prevention kits including Narcan & Fentanyl test strips. Parent and relative caregiver resources/prevention power packets.

Would you like to know more about SoRock, how we operate and what we do?
Email Charlotte Scott, Program Director sorocknhcc@gmail.com or call 603-642-3341 x 1235

SANBORN YOUTH SOCCER

Registration is now open for the Fall Season!

Welcoming families of Kingston, Newton, and surrounding communities!

Sanborn Youth Soccer is a co-ed soccer program for kids aged 4 through grade 8. Games are played on Sundays at Chase Field in Kingston.

The Season will run from September 10th – October 29th.

With Practices on Saturday mornings

(There will be no game/practice Columbus Day weekend)

There are two sessions available :

Session 1 – 12:30m-1:00pm for age 4/5 and grades 3-8

Session 2 – 2:00pm – 3:00pm for age 4/5 and grades 1-2

To register your child please visit www.sanbornyouthsoccer.org

Any parent/guardian who chooses to volunteer to coach a team will have the fee waived for one child.



Any questions can be directed to President, Lindsay MacDonald at sanbornyouthsoccer@gmail.com

Technology Fun Night - CLIV

Friday, September 15, 2023

6:00 PM – 8:00PM

Place: Seacoast School of Technology
Who: Grade 5 – 9 students

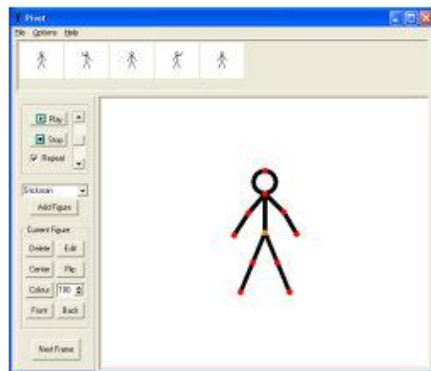
Cost: Voluntary donation of 3 cans of food for local food bank per person.
If you would like to **bring more cans**, all donations will **gladly be accepted**.

Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.
Registration opens 8 AM on Tuesday, August 29, 2023. Registration deadline is September 14, 2023. Limited to 25 students on a first come first served basis.

This month we will be learning about Stick Figure Animation and Creating 3D Creatures (Zooks) with Bamzooki. There will be door prizes.



Any questions, contact Mr. Messa at nmessa@sau16.org or 775.8623

Come join in the fun!!!!

Learn at your pace.



Exeter Adult Education Classes FALL 2023

Academic Skills and High School Equivalency Preparation

FREE classes to improve confidence and skills in math, reading, and writing for employment and test taking. Exeter Adult Education is a HiSET® Testing Center.

DAY CLASSES

Starts 9/11/23
Mon Wed and Fri
9 am – 12 pm

EVENING CLASSES

Starts 9/11/23
Mon and Thurs
6:30 – 9 pm

NEW STUDENTS: Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

English for Speakers of Other Languages – ESL

FREE classes to improve English speaking, listening, reading, writing, grammar and pronunciation. **In-person and remote instruction available.**

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6:30 – 9 pm

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Adult High School Diploma Classes

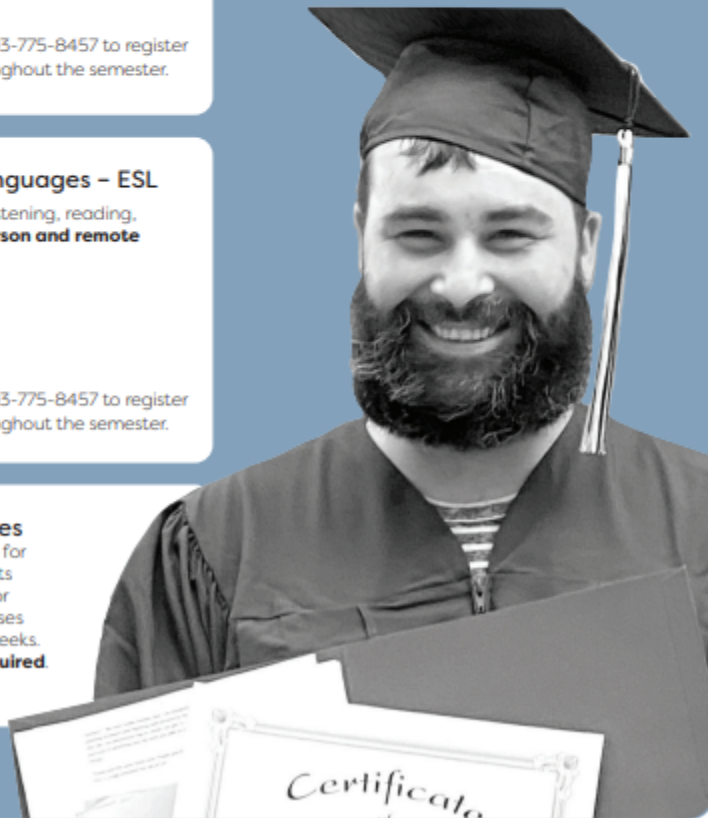
Evening high school credit courses available for adults needing to complete the requirements for a high school diploma or for a refresher or college preparation (including Biology). Classes begin 9/7/23 meet one night/week for 15 weeks.

Appointment for course registration is required. Limited scholarships available.

30 Linden Street, Exeter, NH 03833
603-775-8457 AdultEd.sau16.org

“Because of the caring staff and teachers who do anything to help, I got my HiSET® with great scores.”

Gene T.
HiSET® Student



List of Enrichment Courses on Reverse Side

Community Education/Enrichment Program

For complete course descriptions, class times and fees, visit AdultEd.sau16.org

Computer/Technology

Technology Literacy for Apple Device Users **NEW**
10.3 - 11.14 | 6 - 8 pm
Accounting & Bookkeeping Basics with Quickbooks
9.25 - 11.6 | 6 - 7:30 pm
Smartphone & Tablets 12.19 | 6 - 8:30 pm

Health & Wellness

Ballroom Dancing 9.25 - 11.20 | 6:30 - 7:30 pm & 7:30 - 8:30 pm
Heartsaver Adult CPR/AED 10.5 & 11.9 | 6 - 9 pm
Introduction to Latin Dance 9.26 - 11.14 | 6:30 - 7:30 pm
RAD Instructional Course 10.5 - 10.19 | 5:30 - 8:30 pm **NEW**
Sound Sleep 11.2 | 6:30 - 8:30 pm
Yin Yoga Nidra (hybrid) 9.26 - 11.14 | 6:15 - 7:30 pm **NEW**

Personal Development Courses

Beginning Guitar 9.18 - 11.13 | 6 - 7 pm
Estate Planning 9.28 | 6 - 7:30 pm
Exploring the Mythic Hero Journey 9.27 | 1 - 3:15pm or
10.3 | 6 - 8:15pm **NEW**
Get Ready to Move 11.9 | 6 - 8 pm **NEW**
How to Choose the Right Medicare Plan 10.24 | 6 - 7:30 pm **NEW**
How to Invest Your 401K, IRA & Other Investments
10.23 - 10.30 | 6 - 8 pm
My Dying "To Do" List 10.12 | 6 - 8 pm
Mythologies of the World 10.10 - 11.14 | 6 - 8 pm **NEW**
Understanding the Old Testament-Ten OT Parables 9.26 - 11.28 |
7 - 8 pm
Social Security Essentials 10.17 | 6 - 7:30 pm
Solopreneur: Basics for Starting a New Business 12.7 | 6 - 8 pm
Ukulele Band 10.3 - 11.21 | 6 - 8 pm

Tutoring Program

Offers adults **FREE**, confidential, one-to-one or small group instruction in reading, writing, math, high school equivalency prep and ESL. **For tutoring or to volunteer as a tutor, contact the Coordinator at 603-775-8458**

Cooking

Thai Cooking 9.28 - 10.12 | 6 - 9 pm **NEW**
Fill the "Fridge"- Farm to Table Themed Recipes for Exeter
Community Fridge 10.26, 11.2 & 12.7 | 6 - 8:30 pm **NEW**

Language

Basic Italian I 10.16 - 12.18 | 5:30 - 7 pm
Basic Italian II 10.16 - 12.18 | 7 - 8:30 pm
Chinese Language & Culture for Beginners 10.3 - 11.7 | 6 - 8 pm **NEW**
Evening Beginner Spanish / Level 1 10.16 - 12.4 | 5:30 - 7:30 pm

Hand Craft

Acrylic Painting for Beginners/Intermediates 10.16 - 11.20 | 6 - 8 pm
Art & Science of Drawing 10.2 - 11.27 | 6 - 8 pm
Beginning Watercolor 10.3 - 11.21 | 6 - 8 pm
Bracelet Making 11.30 | 6 - 8 pm **NEW**
Calligraphy for Beginners 9.25 - 11.6 | 6:30 - 8:30 pm
Crocheting for Beginners 10.3 - 11.7 | 6 - 8 pm
Crocheting for Intermediates 11.14 - 12.19 | 6 - 8 pm
Drawing Workshop for Intermediates 10.3 - 11.21 | 6 - 8 pm **NEW**
Gift Tags & Boxes 12.5 | 5:30 - 8 pm **NEW**
Gnomes & Tiny Santa Craft 10.19 | 6 - 9 pm
Hand Sewing & Embellishments 11.27 - 12.11 | 6 - 8 pm **NEW**
Open Studio with Watercolors 11.13 - 12.18 | 6 - 8 pm
Polymer Clay For Jewelry 11.6 - 11.20 | 5:30 - 8 pm
Pressed Flower Glass Frames 11.16 | 6 - 8 pm **NEW**
Silk Scarf Design Painting 11.28 | 6 - 8 pm
Soy Candle Making Workshop 11.28 & 12.11 | 6 - 9 pm
Tiny Box Collages 11.14 | 5:30 - 8 pm **NEW**
Watercolor Pencil 10.16 - 11.6 | 6 - 8 pm
Watercolor and Wax 12.5 | 6 - 8 pm **NEW**
Wire Tree Art 9.26 | 6 - 8 pm **NEW**

Navigating Career Change at Any Age

Mon, 11.13 from 6:30-8 pm. Class is **FREE**. Choosing or changing a career is an important undertaking and can be difficult to navigate. Exeter Adult Education can support adult learners in the assessment of their skills and needs in order to best align those with job opportunities in our region.

Call (603) 775-8457 or register on our website at AdultEd.sau16.org under Enrichment classes tab.

Questions? Call us 603-775-8457

For complete course descriptions, times and fees: AdultEd.sau16.org



30 Linden Street, Exeter, NH 03833

A proud partner of the [americanjobcenter](http://americajobcenter) network

Course space is limited. Must be at least 18 years old to enroll in enrichment classes. If a course is cancelled or full, students will be notified; otherwise, students WILL NOT receive notification of enrollment and should attend the first class. Refunds will not be given unless a course is cancelled. Courses are open to residents and non-residents of Exeter. Minimum enrollment required.

It is the policy of the ERCSD School Board that there will be no discrimination on the basis of age, race, creed, color, religion, marital status, sexual orientation, national ethnic origin, economic status, or disability for employment in, participation in, admission/access to, or operation and administration of any educational program or activity in the School District.
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