



Sanford Middle School

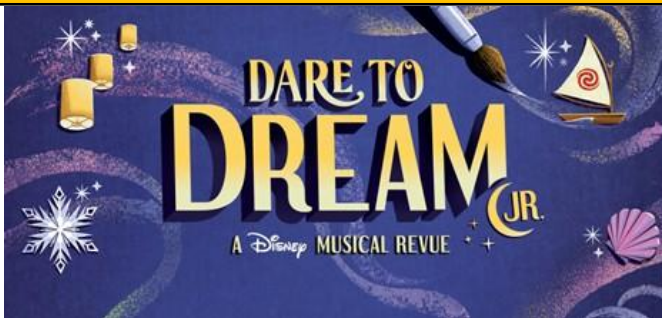
November Newsletter

Watching students come together to learn real-life collaboration and leadership skills while creating something positive for our community is always incredible! Over the past six weeks, SMS JMG students have been busy planning, designing and building this year's Haunted Woods event. From developing a theme and writing original storylines to crafting props, students showed creativity,

teamwork and determination! Congratulations to our JMG students on another fun & successful Haunted Woods and thank you to all that came!



THEATER PRODUCTION



SHOWTIMES

Friday, November 7th 6:30pm

&

Saturday, November 8th 1:30pm

Tickets on sale in Main office or at the door!

\$4 Seniors/Students \$6 Adults

SMS Cafeteria



UPCOMING EVENTS

Dare to Dream Jr. Theater Production

November 7th - 6:30pm

November 8th - 1:30pm

SMS Cafeteria

Flu Clinic

November 7th

NO SCHOOL

November 11th

Veterans Day

1st Qtr. Report Cards go home

November 14th

Parent/Teacher Conferences

Wednesday, Nov. 12th

3:00-6:00pm

Thursday, Nov. 13th

2:30 - 6:30pm

PIE Fundraiser Pickup

November 13th

4:00 - 6:00 pm

PTA Meeting

November 18th, 6pm - Cafeteria

PTA BINGO Night

November 20th

6:00 - 7:00pm - Cafeteria

7th/8th grade Block Party

November 21st

5:00 - 6:30pm

THANKSGIVING BREAK

November 26th - 28th

**LOST & FOUND ITEMS
WILL BE DONATED ON
FRIDAY, NOV. 14th after
Parent/Teacher
Conferences**

JOIN US FOR BINGO NIGHT!



The poster features a yellow speech bubble with 'BINGO NIGHT' in large purple letters. It includes the SMS PTA logo, a 'BINGO GO' card, and a QR code. Text on the poster includes 'SMS PTA PRESENTS:', 'SMS FAMILY', '\$1/BOARD & CONCESSIONS FOR SALE! WIN PRIZES!', 'THURS NOV 20TH 6P-7P SMS CAFETERIA', 'DOORS OPEN AT 5:45P', and 'PROCEEDS GO TO FUND THE PTA'S RANDOM ACTS OF KINDNESS QUESTIONS? SMSPTAME@GMAIL.COM'. A note at the bottom states 'THIS EVENT IS FOR SMS FAMILIES & STAFF, KIDS MUST BE ACCOMPANIED BY AN ADULT'.

SMS PTA PRESENTS:

SMS FAMILY

BINGO NIGHT

BINGO GO

\$1/BOARD & CONCESSIONS FOR SALE! WIN PRIZES!

SPACE LIMITED
PLEASE RSVP:

THURS NOV 20TH
6P-7P SMS CAFETERIA
DOORS OPEN AT 5:45P

PROCEEDS GO TO FUND THE PTA'S
RANDOM ACTS OF KINDNESS
QUESTIONS?
SMSPTAME@GMAIL.COM

THIS EVENT IS FOR SMS FAMILIES & STAFF,
KIDS MUST BE ACCOMPANIED BY AN ADULT



The poster features the SMS PTA logo and the text 'THANK YOU Challenge Day Sponsors'. It includes three photos of students in red 'BE the CHANGE' shirts. Below the photos are logos for Diamond Sponsors (MaineHealth), Platinum Sponsors (Partners Bank, Kennebunk Savings), and Gold Sponsors (BE the CHANGE 2025, Kennebunk Savings).

THANK YOU
Challenge Day Sponsors

DIAMOND SPONSORS:

PLATINUM SPONSORS:

GOLD SPONSORS:

BE the CHANGE 2025



IT WAS A GOOD YEAR FOR CARROTS!

We have seen the biggest carrots ever this year! And they have been abundant and some have been abundantly WEIRD! LOL But we sure have gotten good feedback and so many of our preschool friends LOVE carrots! *Every bag that went home last week had 4 pages of food resources and info for other assistance program*

BAG #'S THIS WEEK
 SHS 8 PREK K 4
 SMS 30 MCS 33
 SPE 78 CJL 106
 Y PRE K 16



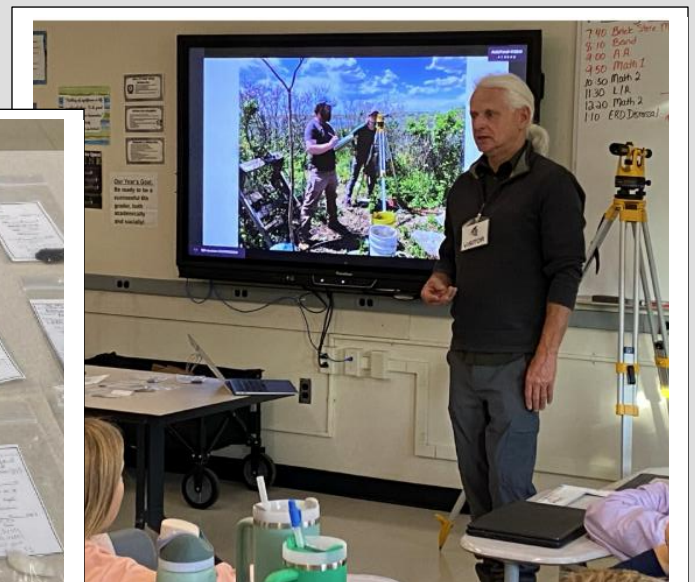

Sanford Backpack Program



In these challenging times, it's completely understandable to feel anxious about the uncertainty surrounding the potential loss of benefits during a government shutdown. Please know that you are not alone. We are part of a strong network of assistance and support that is here for you. Across communities, people are coming together, rallying with donations, organizing food drives, and lending a helping hand to ensure that no one is left behind. Your resilience and courage are truly inspiring, and we are committed to standing with you through this. Remember, there is strength in unity, and together, we will navigate this with hope and perseverance. Take care and stay strong. Know that good things are happening even if you can't see them all the time.



The SMS 5th graders had a special visitor on October 14th & 15th. The Brick Store Museum from Kennebunk came to talk to us about archaeology and some of the digs that have been done nearby. Tim Spahr, a Registered Professional Archaeologist with the Cape Porpoise Archaeological Alliance, shared his experience with digs in Maine and some of the things he found. We learned a lot about the career of an archaeologist and how things they find are dated. It was fascinating!



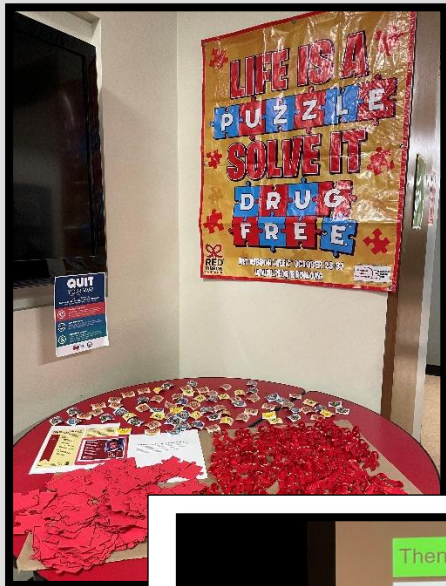


NEWS FROM THE COUNSELING DEPARTMENT



Happy November from your SMS School Counselors!

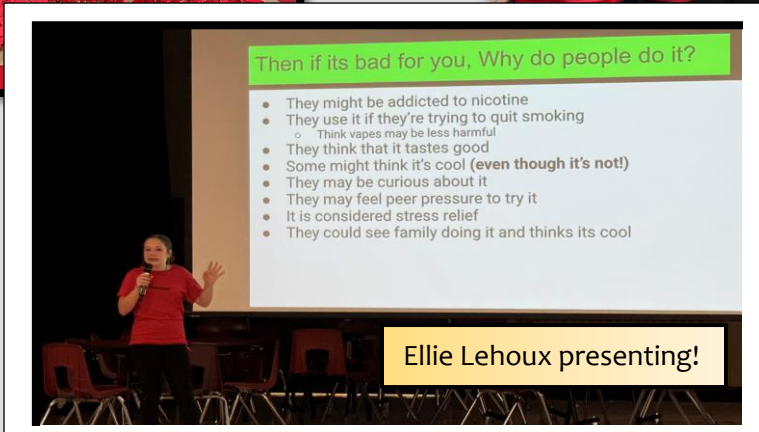
- November's Social Emotional Learning theme is: Healthy Relationships-Healthy Bodies.
- This week (Nov. 3-7th) our staff and students have celebrated **Red Ribbon Week** signifying our students staying above the influence of drugs and alcohol. We celebrated wearing red on Wednesday, having a door decorating contest and talking about all the reasons for staying drug free in 2nd Step lessons.
- Counselors are available during Parent/Teacher Conferences next Wednesday & Thursday to speak to families before, during or after your conferences around supporting your students.
- MindWise Signs of Suicide prevention lessons will happen for grade 8 students. Parent letters will go home. These lessons help children identify warning signs of depression or concerns in their friends and encourage them to find a trusted adult to report to.
- Last month all grades had fun celebrating UNITY DAY and had **Second Step Lessons** about growth mindsets, goal-setting and anti-bullying.
- We are always here to support families with resources around food insecurity. Please reach out if we can connect you to resources this holiday season.



Current & Past VAPE BUSTERS Members:



Alistair Rowell, Ellie Lehoux, Alex St.Jean, Brady Mitchell, Jonathan Stevens-Stone.



Ellie Lehoux presenting!

- Then if its bad for you, Why do people do it?
- They might be addicted to nicotine
 - They use it if they're trying to quit smoking
 - Think vapes may be less harmful
 - They think that it tastes good
 - Some might think it's cool (even though it's not!)
 - They may be curious about it
 - They may feel peer pressure to try it
 - It is considered stress relief
 - They could see family doing it and thinks its cool

Sanford Food Resources

LOCAL FOOD PANTRIES:

- **Sanford Food Pantry**

1204 Main St Sanford, ME 04073 Sanford Residents Only. Mondays only 10:00 am - 12:00 pm. Picture ID Required.

- **Alfred Food Pantry**

5 Swetts Bridge Road Alfred, ME, United States, 04002 Tuesdays and Fridays 12PM-3PM All Welcome

- **Sanford Salvation Army**

871 Main Street PO Box 391 Sanford Maine 04073 Telephone: (207) 324-3134

Food Pantry Tuesdays 10AM-12PM

Harvest Table Fridays 9AM-12PM

- **St. Therese of Lisieux Food Bank**

@ St. Ignatius Gym, 25 Riverside Ave Sanford Maine Thursdays 12-2 pm

- **Maine Health Sanford Campus Free Produce bag**

25 June Street Sanford ME 04073

A new resource for fresh produce bags at SMHC lobby (near the lab/walk in clinic area). It is a fridge with bags of produce, 1 bag per household per visit, open to all no appointment or prescription needed.

- **Crossroads United Methodist Church Senior Food Distribution 60 and over**

Check them on Facebook for more information or contact Marsha 247-1210 or Candy 324-1493"

COMMUNITY MEALS:

- **New Beginnings Christian Church Free Community Meal**

New Beginnings Church 181 Grammar Road, Sanford ME Every Thursday 5PM

- **Wednesday Night Bite Free Community Meal**

Curtis Lake Church, 38 Westview Dr. Sanford Every Wednesday 6-7PM.

- **Matthews Meal**

Second Tuesday of the month 6-7PM St. Thomas School 69 North Avenue, Sanford, ME Phone (207) 324-2420



Sanford School Nutrition Program November Lunch Menu

Monday <u>3</u>	Tuesday <u>4</u>	Wednesday <u>5</u>	Thursday <u>6</u>	Friday <u>7</u>
Chicken Patty on a Whole Grain Roll BBQ Beans Green Pepper Strips Blueberry Applesauce	Ham & Cheese on a Kaiser Roll Steamed Corn Grape Tomatoes Pineapple Tidbits	Crispy Chicken Drumstick w/ Rice Pilaf Baby Carrots Celery Sticks Fresh Pear	Saucy Meatballs w/ Breadstick Fresh Broccoli Fresh Cauliflower Banana	Grilled Cheese w/ Yogurt Cucumber Sticks Tomato Soup Diced Peaches
Monday <u>10</u>	Tuesday <u>11</u>	Wednesday <u>12</u>	Thursday <u>13</u>	Friday <u>14</u>
Chicken Nuggets w/ Hartzel Pretzels Caesar Salad Grape Tomatoes Orange Wedges	VETERANS DAY	Hamburger on a Whole Grain Bun Sweet Potato Fries Fava Cheese Puffs Fruit Cocktail	School Made Mac & Cheese w/ Garlic Toast Steamed Peas Red Pepper Strips Fresh Apple	Pizza (choice of cheese or pepperoni) Baby Carrots Hummus Cup Diced Peaches
Monday <u>17</u>	Tuesday <u>18</u>	Wednesday <u>19</u>	Thursday <u>20</u>	Friday <u>21</u>
Orange Chicken w/ Rice with Peas & Carrots Snow Peas Red Pepper Strips Pineapple Tidbits	Popcorn Chicken w/ Bug Bites Crackers New England Baked Beans Baby Carrots Mandarin Oranges	Sausage, Egg & Cheese Croissant Oven Fries Steamed Broccoli Warm Apple Slices Cookie of the Month	Oven Roasted Turkey & Gravy w/ Dinner Roll Mashed Potatoes Fresh Green Beans Cranberry Sauce Diced Pears	Wild Mike's Cheesy Bites w/ Marinara Sauce Cucumber Slices Grape Tomatoes Craisins
Monday <u>24</u>	Tuesday <u>25</u>	Wednesday <u>26</u>	Thursday <u>27</u>	Friday <u>28</u>
Hot Dog Steamed Carrots Onion Rings Fruit Cup	Boneless Chicken Wings w/ Soft Pretzel Steamed Corn Dragon Punch Applesauce Cup	NO SCHOOL	THANKSGIVING	NO SCHOOL

