Sanford High School and Sanford Regional Technical Center
Clubs, Activities, Athletics and More
(2018-2019)

Class Advisors

| Class of 2020: | Mr. Rossie Lontine-Kearson and Mr. Mark Boissonneault |
| Class of 2021: | Ms. Cindy Pattershall and Mr. Jed Russell |
| Class of 2022: | Ms. Ann Hall and Ms. Melinda Williams |
| Class of 2023: | Mr. Mike Kane, Mr. Nate Smith, and Mrs. Kristie Baker |

Clubs and Activities

**Anime, Chess, and Cribbage Club:** Ms. Katherine Boudreau and Mr. James Morse, Advisor, Room B243, meets Tuesday from 2:20 to 3:30pm
- Anime Club consists of a group of students who love to watch and draw anime. Each week, we watch episodes of different anime shows and movies on the Apple TV, and we talk about our favorite shows. Students also play various card games in the back of the room.
- Any student is welcome to come play regardless of ability. Students get a chance to play chess and cribbage which also promotes basic math skills, strategy, and problem solving.

**Art Club:** Mrs. Meghan Dietsch, Advisor, Room B127 meets on Thursdays after school until 3:30
Open to all students with an interest in Art. Opportunity to work on a variety of Art projects.

**Big Brothers/Big Sisters:** Mr. Dan Milliken, Advisor, Room E123B, see Mr. Milliken for more information
A fun and rewarding opportunity where students mentor a younger child in an after-school program for one hour a week during the school year. Open to students who can demonstrate reliability and responsibility.

**Civil Rights Team:** Mrs. Heidi Whitney, Mr. Spencer Hodge-MacKenzie, and Mrs. Rebecca Laber-Smith, Mondays from 2:20-3:20 in room B235
More details to come later this year. Please contact one of the advisors for more information and pay attention to the announcements each day as this club gets up and going.
**Theater Club:** Mrs. Kristie Baker, Room C124, meets periodically during plays and productions. One play and one musical will be produced this year. Open to all students to join at any time, whether interested in performing, directing or working backstage. Students can ask to join our FB page for more information. It is called SPAC Pack - SHS Theater Club.

**Environmental Club:** Mrs. Beth Marass and Mrs. Valerie West, Advisors, Room E222, meets Tuesday before school at 7:20am
Open to any student concerned about our environment. This club brought recycling to the High School and encourages recycling throughout the school. We hope to offer educational outreach programs to educate the community on ways to reduce Carbon emissions as well as many community service activities to improve our environment.

**Film Club:** Mr. James Harmon II, Advisor, Room B101 WSSR-TV, meets Thursdays after school
- Film Club is dedicated to creating and appreciating film and video. We create professional short videos and award-winning movies. This year we will be creating three new movies as well as Public Service Announcements.
- **Channel WSSR:** Mrs. Sarah Schnell. Email sschnitt@sanford.org for details. Did you know there is a New TV Studio located right in the SRTC/SHS? Stop by and see what is going on and how you can utilize this resource or get involved.

**Future Educators of America:** Mrs. Kristie Baker and Mrs. Kelly Tibbetts, Advisors, meets on the 7th of every month unless otherwise noted
This is a club for students who are interested in pursuing a career in education or the teaching profession. New members are always welcomed. Opportunities to job shadow teachers, become interns, and work with students at all grade levels. Community service hours are available. Students can join the group’s Google Classroom for information. The code is: o5fjq2f

**Gay-Straight-Transgender Alliance (GSTA):** Mrs. Sandy Thompson, Advisor, Room B237, Meetings are Thursdays after school
Developed by a group of students who want to make a difference in the climate of SHS. GSTA aims to provide a supportive environment for students of all walks of life, with an emphasis placed on issues related to the lesbian, gay, bi-sexual and transgender community. The club focuses on bringing awareness to issues of diversity to the school’s students, faculty and community members in hopes of making school a safer place for everyone. The Mission of GSTA: We are students from the halls of Sanford High School, driven by a need for change, we strive to promote acceptance and understanding amongst our fellow classmates, in order to achieve a true sense of equality for all students. We are a supportive and encouraging family with a colorful background. As members of the Sanford High School Gay, Straight, Transgender Alliance, we make it our mission to educate and advocate in order to raise awareness of the reality of Lesbian, Gay, Bisexual and Transgender Youth and their straight allies.
**Girls Go Cyber Security Challenge:** Mrs. Andrea Cole, Advisor, Meeting times and location TBD

**Health and Wellness Club:** Mr. Kevin Way, Advisor, Meets every day after school and open to all students
Set goals and improve your physical well-being while hanging out with some pretty cool teachers and peers. You have access to Certified Personal Fitness Trainers, a gym full of equipment and different weekly activities based on student interest (i.e. Mountain Biking, Self-Defense, Zumba, Hip-Hop, Ping Pong, Dodge Ball, Cross-Fit, Cadet Fitness classes)

**Jazz Band:** Ms. Erica Scarano, Advisor, Band Room (B142), meets beginning Mid-November; group rehearsals are on Tuesday and Thursdays from 2:30 to 4:00pm
Membership is open by audition or invitation. Members are expected to commit to attendance at after school rehearsals. The group performs at concerts and local civic events. The group may also travel to represent the school, town, and state at major events and music festivals.

**Key Club:** Mrs. Samantha Montgomery, Meets Monday Nights at 6:30pm in the Agora
Key Club is the oldest and largest service program for high school students. What makes Key Club so successful is the fact that it is a student-led organization that teaches leadership through serving others. Members of the Kiwanis International family, Key Club members build themselves as they build their schools and communities.

**Marching Band & Color Guard:** Ms. Erica Scarano, Advisor, Band Room (B142), meets from Mid-August to the beginning of November; group rehearsals are Tuesday and Thursday from 5 to 7:30 pm.
Membership is open to any musicians, dancers, etc. who are willing to commit to a one week band camp and after school rehearsals. The group performs at primarily at MDBA marching band shows, but also at home football games, local civic events, and school functions. At times they will travel to represent the school, town and state at major events or parades.

**Nasson Resiliency Program:** Peter Chace, 324-5657, nassonbikes@gmail.com Nasson Community Center in Springvale
- **Bike Program** which meets Tuesdays through Thursdays 2-5pm, Grades 5-12; Learn bike repair, maintenance and get to experience bike rides in Spring, Summer and Fall.
- **Main Stage Theater,** Mon/Wed/Fridays 3 to 5:30pm; **Performance and Narrative** T/Thursdays 3 to 5:30pm

**National Honor Society:** Mrs. Sandy Thompson and Mrs. Laurie Works, Advisors, Room E221, meets bi-monthly, see bulletin board opposite the main office for scheduled meetings and events
Eligible candidates are members of the junior or senior class who have an eighty-nine cumulative average. There is a formal application process and selection is made by the faculty council. NHS members have the responsibility to attend meetings and ceremonies along with
participating in service and fund raising projects that benefit our school and community. Some of
which include a Kris Kringle toy drive, Variety Show, Cancer Relay, United Way’s Day of Caring
and a Senior Scholarship.

National Technical Honor Society:  Mrs. Susan Williams, Advisor, Career Center, meeting
times during SRTC School day and will be announced
NHTS is a service organization whose mission is to honor achievement and leadership in
students, promote educational excellence, and enhance career opportunities for America’s top
workforce education students. Eligibility includes enrollment in Career and Technical Education
program at S.R.T.C., maintain a minimum of a 93 average in their program and a minimum 88
cumulative grade point average. Interested students must complete the application process to
be considered.

Ocean and Science Bowl: Mrs. Beth Marass, Advisor, Room D233, meets Thursday during
Spartan Time
- A team competition where students compare their knowledge of ocean science with
  students from other high schools in Maine, NH and Vermont. The team of 5 competes
  one on one with another team in areas of oceanography, marine biology and ocean
  sustainability. The top 3 teams win over $30,000 in college scholarship, with the winning
team heading to the national championship. The regional competition is in February.
  Individual studying is also required.
- An all academic team that competes with schools from around the state of Maine. All
  areas of math and science are covered, from Earth Science to Physics. The team meets
  after school on Mondays in Room 208.

Peer Helpers:  Mrs. Beth Letourneau, Advisor, School Counseling Office, meets Friday at
7:20am
Peer Helpers is an organization that is about helping people in need. Peer Helpers helps the
SHS School Counseling Department by welcoming new students in a variety of ways (tours,
lunch buddies), organizes a yearly food/backpack drive, and works hard to have all students feel
a part of SHS!

Pep Band: Ms. Erica Scarano, Advisor, Band Room (B142), rehearsals are in November and
December, one day a week. Membership is open to any musician who wants to play at home
basketball games.

Pep Club:  Ms. Shannon Farnsworth, Advisor, see Announcements for weekly meeting times.
Open to all students. We promote school spirit and good sportsmanship by sponsoring Pep
Rallies and Spirit Week activities.

Sanford Police Cadet Program: Officer Gordon and Officer Thornton, Advisors
This program provides a supportive environment for youth to define their identity. Topics
covered include conflict resolution, decision-making, credibility, goal setting and healthy living.
There is a strong emphasis on being outdoors, physical health and helping those in the community by serving.

**Spartan Library Advisory Members (SLAM):** Mrs. Jen Raymond, Advisor, Library, meets every Thursday during Spartan Time
Want to make the library a fun and exciting place? Join SLAB. You can help select new materials for the library, plan events, and create a student-centered space that is welcoming to all.

**Student Council:** Mrs. Heather English and Mrs. Liz White, Advisors, Room C114, Meets twice per month during Spartan time.
In order to become a member, students must campaign and be elected by their peers. Election is held in the spring except for Freshman election which is in the fall. Student Council is the Sanford High School government. In addition to sponsoring many Homecoming events, Student Council is also dedicated to school improvement. We look for opportunities to promote student leadership and also have a yearly banquet.

**Skills USA:** Mr. Russell Clark, Room C202, Mr. Tim Fecteau, Room C113, and Mr. Joe Bolduc Room C134, Advisors, Meeting times will be held during the school day as needed and will be announced
Provides quality educational experiences for career and technical students in leadership, teamwork, citizenship and character development. SkillsUSA builds and reinforces self-confidence, work attitudes and communications skills.

**Winter Percussion Ensemble:** Ms. Erica Scarano, Advisor, Band Room (B142), meets two nights a week December through March
This is a new club open to members of the Marching Band who want to continue building their skills (or anyone interested in learning those skills) in a supportive environment. Prepares a show for performance at the MBDA Winter Circuit.

**Winter Guard:** Ms. Erica Scarano, Advisor, Band Room (B142), meets two nights a week December through March
Open to members of the Color Guard who want to continue building their skills (or anyone interested in learning those skills) in a supportive environment. Prepares a routine for performance at the MBDA Winterguard Circuit.

**Yearbook:** Mrs. Kelly Tibbetts, Room D113, Yearbook is now an elective course offered both semesters
Distaff is our Sanford High School-Sanford Technical Center Yearbook. Being part of documenting history is an exciting and rewarding thing. The yearbook is produced for students, teachers, parents, alumni and records highlights of life during that school year. Students who would benefit from the Yearbook course would be those interested in photography printing,
publishing, the arts, journalism, graphic arts, graphic design, and anyone interested in being part of a major school project.

Other Support Resources

Do you wish you had someone to talk to on a regular basis about the stressors of life? Do you or someone you love use substances to cope with stress? Having a harder time than usual concentrating at school, home or work? Are you dealing with a loss or a significant life change? Do you wish you were a part of something to build your self-esteem or confidence? Do you have a lowering tolerance for other people? Do you need help organizing yourself? Do you want to improve your social skills?

If any of these questions sound familiar there may be a specific program or resource for you. There are so many opportunities (brief descriptions of just some of them are below), individuals, groups and community resources available. Please reach out to your School Counselor to discuss all of the support resources available to you. To make an appointment with your school counselor, come down to the school counseling office and speak with Mrs. Donna Cormier at the front desk.

School Counselors:
Mrs. Beth Letourneau (Director of School Counseling): Last names A-Am (Grades 9-11)
Ms. Sarah Preston: An-Des (Grades 9-11) and A-F (Grade 12)
Ms. Melissa Plattner: Di-La (Grades 9-11) and G-M (Grade 12)
Mr. Paul Santamore: Le-Q (Grades 9-11)
Mr. Greg MacDougal: R-Z (Grades 9-11) and N-Z (Grade 12)

Other Staff:
Mrs. Gayle Fallon (Social Worker)
Mrs. Allyson Denault (Special Education Social Worker)
Mr. Brent Coleman (Outreach Worker)
Mrs. Lynne Signore (School Nurse)

The Sanford Backpack Program and Clothing Closet: If you feel some extra food or clothing would be helpful we have resources for you! See your School Counselor.
Other Ways to Learn and Get Involved

**Mentoring:** See your School Counselor for more information.
A structured and trusting relationship that brings people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentor. The SHS Mentor Program is dedicated to serving the K-8 classrooms within the Sanford community. Its mission is to invest collaboratively and to empower a stronger community with dedicated high school students. The student spends their time in a classroom for a block everyday for either 1 or 2 academic semesters. The mentors are engaged in a myriad of tasks that supports both the teacher and their students, and support staff. Mentors may work 1:1, co-lead group activities, and participate in daily activity planning. Mentors are also involved in supporting students academically, socially or emotionally. Mentoring counts as one credit.

**Jobs for Maine Graduates:** Mrs. Cheryl Gifford, Instructor, A260
This is more than a class it’s a program that includes support through graduation and beyond. JMG helps guide students to a successful path of continued education, a meaningful career and productive adulthood. Along the way you will develop leadership skills that will have a lasting and positive impact.

**Extended Learning Opportunities:** Ms. Samantha Brink, Coordinator Career Center (SRTC)
The ELO program program provides students with the opportunity to earn core and/or elective credits by designing their own projects in the subject area of their choice! From astronomy to photography, forensic science to veterinary science, ELO credit is earned outside of school in the community with people who work in the fields students are interested in. Students work with a learning team that is comprised of a community mentor, teacher, and the ELO Coordinator. Together they develop a project outline that combines learning targets and activities that are relevant to 21st Century Skills.

**Community Service Requirement:** Community-Based Learning Department
Do you need help finding service hours to complete your graduation requirement? Come to the Community-Based Learning Department to find a volunteer experience that matches your strengths, interests, and career goals!
### Athletics

**Athletic Director: Gordie Salls**

Phone: (207) 324-8080 Ext. 3  
Email: gsalls@sanford.org

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<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
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<tr>
<td><strong>Approximate Tryout Date of Mid-August</strong></td>
<td><strong>Approximate Tryout Date of Mid-November</strong></td>
<td><strong>Approximate Tryout Date of Late March</strong></td>
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| Football  
Coach Mike Fallon | Wrestling  
Coach Nate Smith | Boys Outdoor Track  
Coach Kevin Way |
| Field Hockey  
Coach Diana Walker | Girls Basketball  
Coach Rossie Kearson | Girls Outdoor Track  
Coach Steve Walker |
| Boys Soccer  
Coach Tim Fecteau | Boys Basketball  
Coach Jacob Mills | Baseball  
Coach Shane O’Connell |
| Girls Soccer  
Coach Ellie Agreste | Swimming  
Open Coaching Position | Softball  
Open Coaching Position |
| Cross Country  
Coach Laken Kerrigan | Cheerleading  
Coach Kendra O’Connell  
Email: kendradore@yahoo.com | Boys Tennis  
Coach Rossie Kearson |
| Golf  
Coach Rossie Kearson | | Girls Tennis  
Coach Lisa Velandry |
| Cheerleading  
Coach Kendra O’Connell  
Email: kendradore@yahoo.com | | Girls Lacrosse  
Coach Diana Walker |
| Volleyball  
Coach Lindsay Callahan | | Boys Lacrosse  
Coach Nate McLellan |

**KEY:** All locations are italicized; Email any advisors/coaches who work in Sanford schools by using the following format firstinitiallastname@sanford.org;

SHS Phone 324-4050; SRTC Phone 324-2942, Athletic Office at 324-8080 and Guidance at 324-4712.