

November
2021

Guidance Newsletter

Welcome to November!



Youth Suicide Prevention & Awareness

Wednesday, November 10th
Inter-Lakes Auditorium - 6:00-7:30pm
All School and Community Members Welcome

Please join us for this interactive presentation and evening to learn about prevention, warning signs, risk factors and how we can recognize someone in need of help and what we can do to help. *Masks required.

HOBY NH

Sophomore Leadership

For sophomores - Three day leadership seminar that teaches students about individual, group, and societal leadership.

St. Anselm College, Manchester, NH
June 17-19, 2022

Cost to attend is \$250. Proof of full vaccination of COVID-19 required Space is limited, see Guidance if interested. www.nhhoby.org

This is an opportunity for students but
Not a School Sponsored Event



What is eStart? eStart is an online dual credit program, offered through the Community College System of NH, that enables high school students to take community college courses for dual high school AND college credit.

Who is eligible to take an eStart course? Sophomores, Juniors or Seniors.

When do the courses run? Fall & Spring semesters. The spring semester dates are January 18 - May 6, 2022

What is the cost? \$150 per course + textbooks, however, STEM (Science, Technology, Engineering & Math) and CTE (Career Technical Education) courses are free.

Are courses in-person or online? Courses offered through the eStart program are 100% online college courses.

<https://www.ccsnh.edu/colleges-and-programs/programs-for-high-school-students-to-earn-college-credit/estart/>

Guidance November Calendar

November 9

*Free College Application Filing
Day for Seniors - Sign up in Guidance*

November 10

*National Youth Risk Behavior Survey
Grades 9-12 - Voluntary participation
Full details previously emailed home
Questions email: Lisa.Ransom@Interlakes.org*

November 10

*For Grade 10 & 11 Students
St. Paul's Summer Program Information Session
3:00-3:30pm - Room 112*

November 10

*Suicide Prevention Evening Program
ILMHS Auditorium - 6pm*

November 12

*Schoolwide Parent/Teacher Conferences
No school for students
Contact alicia.white@interlakes.org to book*

New! FAFSA Filing Night

FAFSA = Financial document required by all colleges and many training programs

Wednesday, December 1st

ILMHS Library - 5:00-7:00pm

Parents/Guardians of Seniors receive assistance to file the FAFSA

Families need to bring several documents to complete this free, online document

RSVP to Alicia.White@Interlakes.org and receive the list of items to bring

Tuition Break – The New England Regional Student Program (RSP) – provides students access to hundreds of degree programs at public colleges and universities in the other five New England states – save money and find a major that is cannot be found within the N.H. state college system. Check it out at nebhe.org/tuitionbreak

Rotary - SHORT TERM YOUTH EXCHANGE

For Students Ages 15 - 18 1/2

What is Short Term Exchange? Participating students live with a matched student and host family in their selected country from three to six weeks in the summer, under the sponsorship of the Meredith Rotary Club. The exchange in each country is for an equal amount of time. You spend 3 weeks or more with a family in your chosen country – then that student returns with you and spends the same amount of time with your family, or vice versa. Though speaking the language is a plus – for the Short Term program it is not a requirement.

Hear about the Short-Term exchange program from Isabel Dube who spent the summer of 2019 in France. “My Rotary Short Term Exchange was something that I will definitely remember for the rest of my life. Even though it was only for a short time of my life, I now have friends in another country and amazing memories from every day I was in Europe. Going to live with a new family was a completely new experience for me that got me out of my comfort zone for a whole month. I am so glad that my correspondent ended up being an amazing girl that I got to spend two months with while traveling around Europe, and showing her where I am from. I am so grateful for everything that I had the opportunity to experience and see for the first time while overseas like Paris, Barcelona, South of France, and other parts of France and Spain.

For more information on the summer 2022 short term exchange program, please contact Gary Dehnel, Rotary’s Short Term Exchange Program leader, by no later than December 31, 2021, to express your interest and/or learn more about the program. His e-mail address is: gcdhnel@verizon.net.

Detailed information about the program can also be found at: <https://www.exchangestudent.org/> and <https://portal.clubrunner.ca/2942/page/youth-programs> Please note that the second link replaces the link to the Meredith Rotary club webpage that was provided in the article published last month about the Rotary Long Term Exchange Program.

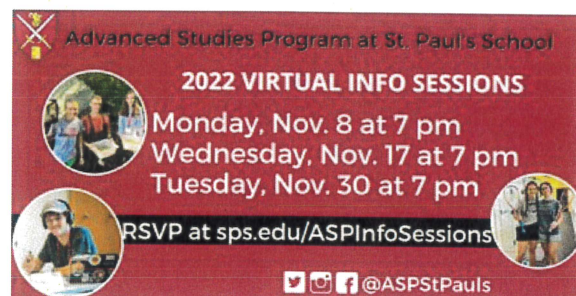
Not a School Sponsored Event

St. Paul’s ASP Summer Program

Virtual: All are welcome to join a virtual session on the dates below to learn more about the five week, academic summer experience. Register [here](#) for a virtual session.

In-Person: November 10th, 3pm, sophomores & juniors invited to hear about the program from a St. Paul’s representative

*Note, current juniors are eligible to apply for the Summer of 2022



Grade 8 Specials Second Semester

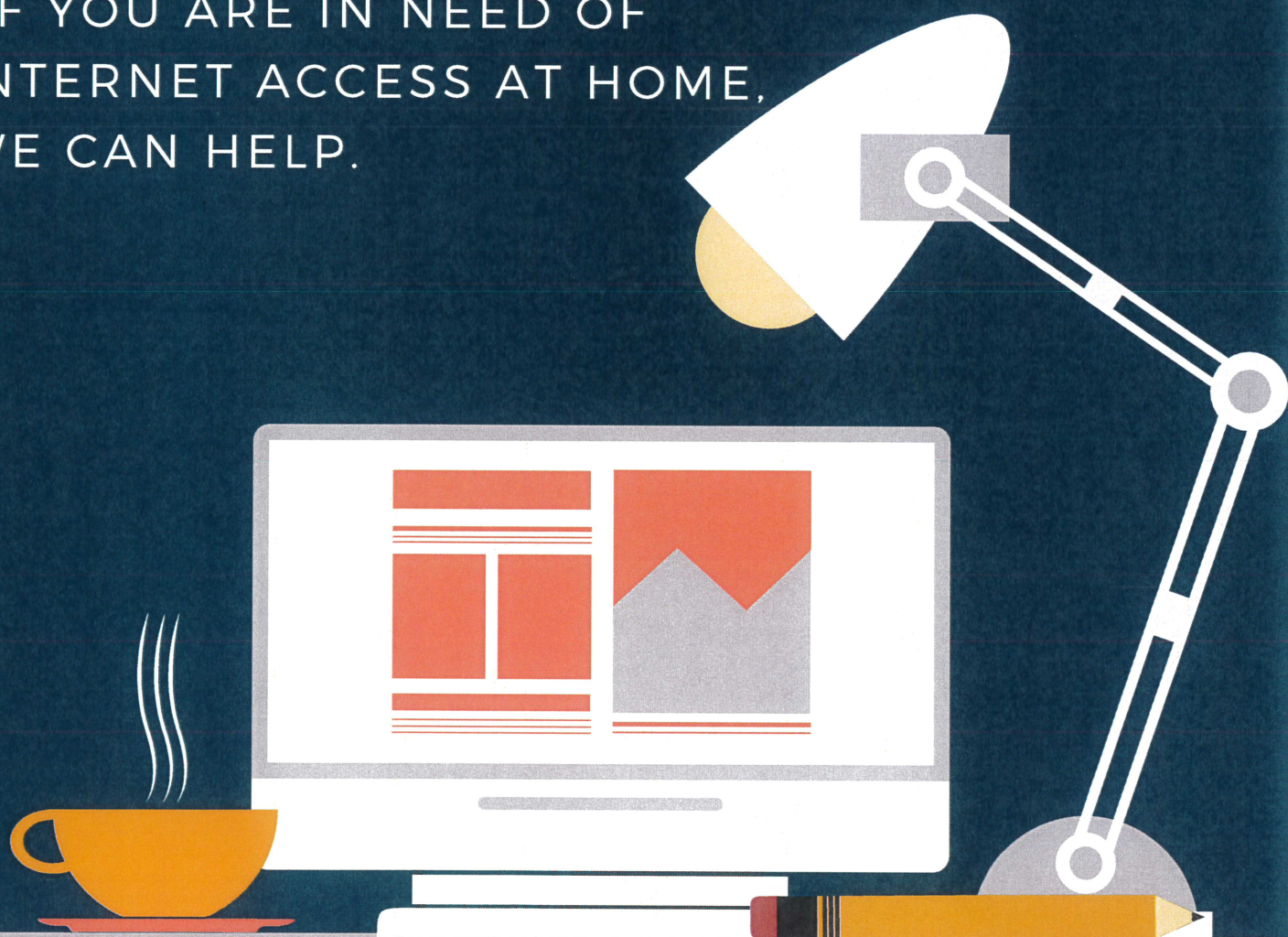
8th Grade families received a mailing home regarding second semester specials. The information included the traditional specials course rotation or high school level French 1A or Spanish 1A. Please return your request to Guidance by November 15th. Space is limited. Duplicate information can be sent home if needed. Contact Guidance with any questions.

INTER-LAKES
SCHOOL DISTRICT

INTERNET ACCESS

FOR BASIC CHROMEBOOK
USAGE / SCHOOL WORK

IF YOU ARE IN NEED OF
INTERNET ACCESS AT HOME,
WE CAN HELP.



CONTACT LISA RANSOM AT
LISA.RANSOM@INTERLAKES.ORG
OR CALL (603)279-6162 X3585