

February  
2022

# Guidance Newsletter

Welcome to February



## Running Start – Dual Credit Courses

Courses that offer both high school and Lakes Region Community College credit  
The college credit is transferable  
Semester two courses with Running Start credit include; Accounting, Graphics,  
Introduction to Business, Pre-Calculus and Statistics

### Coming Soon!

Inter-Lakes Scholarship Foundation Packet  
Mailed to Seniors in February!

Check out the scholarship tab on the Guidance homepage

### Rotary Four-Way Speech Contest

Write a 5-7 minute speech  
Write about a topic of your choice  
Present to Rotary in March  
Win Prizes!  
See Guidance for more information



## Check out the Huot Center and Winnisquam Agricultural Center!

For grades 11 & 12  
Some programs available for Grade 10

**Huot Programs:** Automotive,  
Bio-Medical, Building Construction,  
Culinary, Digital Media, Emergency  
Services, Engineering, Health Science,  
Law Enforcement, Plumbing, and  
Teacher Preparation

**Winnisquam Programs:** Animal &  
Plant Science or Natural Resources

**February 2nd** - Both Centers visit and  
present to Inter-Lakes sophomores.

**February 9th** - Interested students  
attend a tour of the Huot Center. A  
permission slip is due back to  
Guidance by 2/7/22.

Check out the Huot programs at  
[htlaconia.weebly.com](http://htlaconia.weebly.com)

Check out Winnisquam at  
<https://www.wrsdsau59.org/AgriculturalCenter.aspx>

## Coming Soon! - SAT Suite of Assessments

**Wednesday, March 23, 2022**  
**SAT Day for Grades 9, 10 & 11**

Grade 7 & 8 have a regular school day  
Grade 11 takes the State-required digital School Day SAT with essay  
Grade 12 students with incomplete competencies work in the library  
Juniors in Huot do not attend Huot on SAT day  
Seniors in Huot do attend Huot  
\*All students can review questions and test format at  
[www.collegeboard.org](http://www.collegeboard.org)  
\*Coming Soon! Full Mailing and details for Juniors.

## NH Rapid Response Access Point Mental Health Helpline

Statewide # 1-833-710-6477 - 24/7 number

Immediate assistance via Zoom, phone or appointment help from local  
mental health providers.

## ReKINDling Curiosity: Every Kid Goes to Camp

S U M M E R 2 0 2 2

This summer, the NH Department of Education will provide opportunities for positive childhood experiences at New Hampshire-approved overnight and day youth recreation camps to improve student social, emotional, and mental wellness. The state-operated summer enrichment program will pay up to \$650 of the youth recreation camp fees of qualifying students. Parents/caregivers of qualifying students will select a New Hampshire youth recreation camp from a list of approved camps across the state. [START YOUR APPLICATION HERE](#) - Not a School Sponsored Event

### The Health Careers Institute at Dartmouth

June 20-25, 2022

*For Students entering grades 10, 11, & 12 in the Fall of 2022 - Deadline to apply is April 11, 2022*  
Applications can be found at: <https://tdi.dartmouth.edu/health-careers-institute>

**Not a School Sponsored Event**

### Rotary Youth Exchange

During late spring 2022, the Meredith Rotary club will be interviewing students who are interested in participating in the Rotary International Long Term Youth Exchange program during the 2023-24 academic school year. For every student the Meredith Rotary club sends outbound on exchange we have to host a student. In order to determine how many students we can send on exchange, we need to know, by late spring 2022, how many families are willing to host a student. If you have room in your home and space in your heart, please consider serving as a host family for our Rotary exchange student for school year 2023-24 or beyond. Our incoming student(s) for 2023-24 will live with two families that will host for five months each, one from mid-to-late August through mid-January, and the second family from mid-January through late-June. Single-person homes to families with multiple siblings can all serve as loving and learning experiences for an exchange student. And you, in return, will also experience love and learning, insight and new understanding that can expand your world in many ways.

Our exchange student(s) will likely be enrolled as a Junior or Senior at ILMHS and range from 16 to 18 years in age. He or she will fully participate in classes and may participate with various school sport teams or other school groups. They are here to try all sorts of new experiences of life in New Hampshire, including a loving host family experience.

Essentially, he or she would become like a son or daughter to you and as a brother or sister to your own children while in your home. You would provide the same for them as you would your own, although the Rotary club provides a monthly stipend to the student for personal expenses. Even though a student may be old enough to drive, exchange students in our program are prohibited from driving, so transportation would be part of their needs. We have several club members who can help with that as well, if necessary. Getting to know these amazing young people is fun, educational, and mostly it's incredibly inspiring. The need to find host families is on-going. I am happy to share more information. Please call or e-mail me. I look forward to talking to you!

Dean Gulezian, Meredith Rotary Youth Exchange Officer  
H: 603-677-7172, C: 631-235-8654  
e-mail [dean.gulezian@gmail.com](mailto:dean.gulezian@gmail.com)

### Prescott Farm Summer Program for Middle School students ages 13/14

*Prescott*  *Farm*  
Environmental Education Center  
Wildquest Day Camps 2022

**Winter**

Feb 28-Mar 4

**Spring**

April 25-30



**Summer**

9 Weeks  
June 27-August 26

*Scholarships  
Available!*

*Let the Outdoor Adventures Begin!*

**Scholarship questions?**

**Camp Registration &  
Details**

[camp@prescottfarm.org](mailto:camp@prescottfarm.org) or  
603-366-5695

[prescottfarm.org](http://prescottfarm.org)

**Not a School Sponsored Event**

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**Destination College**  
*Free College Event for all NH Juniors!*  
Workshops, Presentations & College Fair

St. Anselm's College  
Saturday, April 9, 2022

Registration required at  
<https://www.nhheaf.org/destination-college.asp>

Questions? Call 1.888.747.2382, x119  
A NHHEAF Program  
**Not a School Sponsored Event**





# College Planning Programming

2021-2022

## VIRTUAL PROGRAM

Zoom Webinar

Register HERE to receive the LINK:

[https://us06web.zoom.us/webinar/register/WN\\_zwyGXRv-RIlIXfck92IUwA](https://us06web.zoom.us/webinar/register/WN_zwyGXRv-RIlIXfck92IUwA)

Inter-Lakes High School

## Applying to College 101

**Date:** Wednesday, February 9

**Time:** 6:00 p.m.

Selecting colleges and applying for admission can be overwhelming. There are applications to be completed, deadlines to meet, essays to write and policies to understand. This session is intended to educate the student and family about the college admission process and is appropriate for high school juniors and parents, but all high school freshmen, sophomores, and juniors are welcome to attend. Topics include: narrowing your list, questions to ask on a college tour, college essay pointers, the application timeline and the basics of financial aid. Attendees will receive The College Insider.

**Questions? See your School Counselor.**



# The Reconnection Project

## A Mental Health Webinar Series for N.H.

Helping parents/guardians help their students

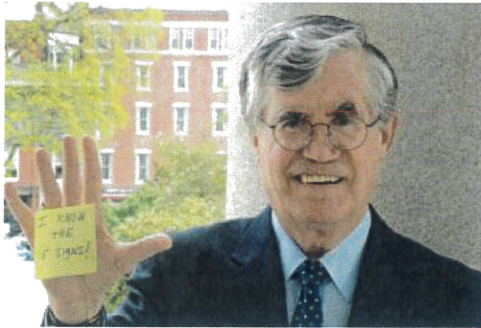
*Virtual, Interactive & Live - All Welcome!*

**Save-these-DATES!**

*January 25 - February 8 - February 22 - March 8 - March 22*

*April 12 - April 26 - May 10 - May 24 - June 14*

*Topics for the series includes - Understanding the digital age, child development, five signs of mental illness, the art of active listening, unplugging from screens as a family, what trauma can do to mental health, building collaborative relationships, vulnerability and accountability, modeling conflict resolution, the gift of imagination, independence, identity, etc., the importance of having fun and so much more!*



**Presented by John Broderick**, Retired Chief Justice of the N.H. Supreme Court. Now, as Senior Director of External Affairs for Dartmouth-Hitchcock Health, he is well known in the school community for his work on mental health awareness. Justice Broderick has spoken to almost 90,000 middle- and high-school students at 300 schools about [his own family's journey](#). Although we work independently, we share similar goals and approaches and have co-presented to school groups and parents. The five signs referred to in the photo above are from Justice Broderick's work on [Dartmouth-Hitchcock's R.E.A.C.T. Awareness Campaign](#).

**Jeff Levin** grew up in Newton, Massachusetts, and is a graduate of Dartmouth College, Boston College School of Education, and the Smith College School for Social Work. He began his professional career as a middle-school English teacher in Carlisle, Massachusetts, back when the dinosaurs roamed the earth, and then was a school social worker and a practicing psychotherapist for over twenty-five years. For the last 15 years, Jeff has been a life coach who works with both individuals and groups. He has helped schools, families, teams, and individuals all over the U.S. His workshops are fun, inspiring, and practical.

**More information to follow with specific opportunities to view these sessions at Inter-Lakes!**

**Full Webinar descriptions can be found at:**

<https://www.jefflevincoaching.com/new-webinar-series-for-parents/>

**Inter-Lakes Questions contact: [Holly.Vieten@Interlakes.org](mailto:Holly.Vieten@Interlakes.org)**