

Guidance Newsletter

Welcome to March 2022



This Month - 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

SAT Preparation available for Juniors on: Math Practice on Mondays & Wednesdays after school,

Essay Practice on Monday & Wednesday during Office Hours and after school on Wednesdays

Full information can be found on the Guidance homepage

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

SCHOLARSHIPS!

The Senior Scholarship packet has been mailed home to seniors
Additional Scholarships can be found on the bulletin board across from the
main office and on the Guidance homepage

Prescott Farms Spring & Summer Programs

For Students ages 13&14

camp@prescottfarm.org

or call 366.5695

Not a School Sponsored Event

HUOT CAREER and TECHNICAL CENTER

PROSPECTIVE STUDENT OPEN HOUSE AND TOURS

March 10th
4pm-6pm

Visit the center and
learn more about
exciting options for
students in grades 10-12

Explore your interests in one of our CTE programs!

Automotive Technology
Biomedical Technology
Building Trades
Business and Finance
Culinary Arts
Digital Media Arts
Engineering/MET
Health Science
Law Enforcement
Plumbing & Heating
Teacher Prep



www.huottech.org
26 Dewey Street Laconia, NH

Not a school sponsored event

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The Health Careers Institute at Dartmouth

For Students entering grades 10-12
June 20-25, 2022

Deadline to apply is April 11, 2022

Applications at:

<https://tdi.dartmouth.edu/health-careers-institute>

Not a School Sponsored Event

Destination College

Free College Event for all NH Juniors!
VIRTUAL presentations

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

Coming Soon!

Friday, April 1st

Parent/Teacher
Conferences

Contact

Alicia.White@Interlakes.org

To schedule a conference

Covid and Beyond: Raising Kids in the Digital Age

Mental Health Webinar 10-part Series
Live, Interactive and Informative
2nd & 4th Tuesday of the Month

Presented by Retired Chief Justice John Broderick and Jeff Levin.

To learn more about this 10-part webinar series go to:

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

View previous webinars at www.interlakes.org and
then click onto "Family Resources"

Coming Soon - AP Exams in May

Exam Dates include;

May 4 - AP English 12

May 9 - AP Calculus

May 9 - AP Computer Science

May 10 - AP English 11

May 18 - AP U.S. History

A full letter will be sent home
regarding these national AP Exams.

Inter Lakes Students Attend Youth Suicide Prevention Training Conference

On February 16, 2022, eleven ILMHS students joined students from Newfound HS and Franklin HS for a full day training with NAMI NH for Connect: Youth Suicide Prevention Training. Suicide is the second leading cause of death of youth ages 10-24. The research is clear that learning the warning signs, risk factors, and protective factors of youth suicide and teaching youth - better yet, youth teaching youth - how to recognize the factors and connect youth to help and support is the single most important factor in preventing youth suicide.

The ILMHS students will be taking their skills, knowledge, energy and insights into the classroom to share what they have learned with their peers and will present to adults in our school community as well (parents, staff, teachers). Please join us for one of our upcoming presentations this spring. Together we can help keep our youth safe and connected. For more information, please contact Lisa Ransom or Stacey Gagnon at 279-6162.

Presented by the New Hampshire
Internet Crimes Against Children
(ICAC) Task Force and the
Inter-Lakes School District

SOCIAL MEDIA: A PREDATOR'S PLAYGROUND

Thursday
March 17th, 2022 at 6:30pm
Inter-Lakes Community Auditorium
1 Laker Lane, Meredith, NH
& livestreamed via Zoom

The hour-long presentation by police and representatives from the NH ICAC Task Force is geared toward families, educators, and community leaders looking to gain a better understanding of the technology available to teens and the ways predators can use the internet and social media applications to exploit them.



For more information about the event contact Dr. Amanda Downing
amanda.downing@interlakes.org or call 603-279-6162

reKINDling CURIOSITY

Every New Hampshire kid
goes to camp!

Make Summer 2022 the best ever.

Up to \$650 in camp fees* covered.

For the second year in a row, the New Hampshire Department of Education is partnering with New Hampshire camps and school-age summer programs across the state to offer students the unique opportunity to move beyond COVID-19 and be a kid again. Students of all ages, backgrounds and abilities benefit from exposure to short-term summer enrichment programs, including in the areas of challenge, friend-making, positivity, and emotional safety. These are all things that New Hampshire camps and school-age programs do best.

Camp fee eligibility

Eligible students and corresponding youth recreation camp fees include:

\$650 eligible: Students with a disability

\$500 eligible: Students from families earning less than 250% of the federal poverty level

\$350 eligible: Students from families earning less than 400% of the federal poverty level

** Participating camps only*

Space is limited!



For all parents!

Prenda Discovery Summer Camp

We are excited to announce that Prenda will be offering a tuition-free, full-day summer camp your child will love!

Small groups of kids will have the opportunity to explore subjects like the arts, technology, engineering, and science with exciting hands-on activities and creative projects.



Not a school sponsored event

More details

Dates and Times

The program will run every two weeks beginning July 5th Monday (except 7/4) – Friday, 9 AM – 3 PM. Space will be limited for each two-week session!

- July 5th - July 15th
- July 18th – July 29th
- August 1st – August 12th
- August 15th – August 26th

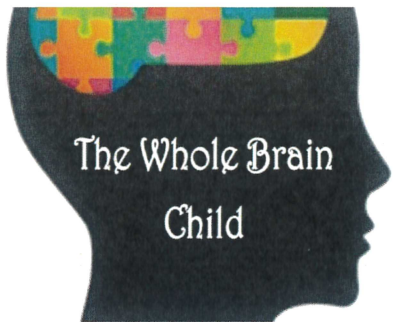
Location

Just like regular Prenda Learning Programs that run all school year, the Prenda Discovery Summer Camp will be held in a Guide's home or other suitable locations like libraries, community centers, dance studios and more.

Join our waiting list at

prenda.com/summercamp

*Being on the wait-list does not guarantee you a spot.



The Whole Brain Child

on zoom

Based on the New York Times Bestseller by Daniel J. Siegel and Tina Payne Bryson, this class will cover twelve revolutionary strategies to nurture your child's developing mind.

Learn the science of how a child's brain is wired, how it matures and how you can apply this knowledge to everyday parenting. The Whole Brain Child will teach you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

Wednesday evenings

6:30-8pm

7-week series begins

March 9, 2022

Register at:

www.lrcs.org/parentedregistration

Or email

tricia.tousignant@lrcs.org



FAMILY RESOURCE CENTER

Engage. Empower. Inspire.

Nurturing Skills for Families

Positive Discipline Practices & Techniques

A 6-week Zoom Series beginning March 10, 2022

Daytime and Evening Classes Available!

Thursdays 10:00-11:30am OR 6:30-8:00pm



Join Parent Educators from

The Family Resource Center of Central NH

as we discuss

"Positive Discipline Practices & Techniques"

in an interactive Zoom series.

This Nurturing Skills Module focuses on discipline which is based on respect, empowerment, caring and cooperation.

Learn the power of nonviolent discipline practices and techniques.



This six-week series is open to anyone...

parents, caregivers, parents-to-be, extended family, professionals supporting families, etc.

All are welcome!

To register go to www.lrcs.org/parentedregistration/ or email tricia.tousignant@lrcs.org

The Parenting Journey

Come join us in a unique parenting journey of self-discovery.



- ◊ Participate in a twelve-week, self-reflective and nurturing program
- ◊ Reflect back on childhood experiences to gain an understanding of how it may be impacting current parenting and life choices
- ◊ Learn to forgive yourself and others and let go of things that may be getting in the way of reaching goals
- ◊ Set personal and family goals that will decrease stress and increase positive relationships at home
- ◊ Identify parenting as love, nurturing, protection and teaching

Thursday evenings from 6:00-8:00 pm



12-Week Series begins March 10, 2022.

To register go to: www.lrcs.org/parentedregistration

Or email: tricia.tousignant@lrcs.org

Parenting Journey in Recovery

on zoom

Addiction is complicated and difficult to overcome.

Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining sobriety, which can be both rewarding and daunting.

Parenting Journey in Recovery provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse.

Personal recovery, accountability, positive actions, and hard work are only some of the topics discussed by group members.

Participants in this class should have at least 90 days in recovery prior to the start of the class.

Tuesday evenings from 6:00-8:00 pm

14-Week Series begins

March 29, 2022

To register, go to:

www.lrcs.org/parentedregistration

or email: tricia.tousignant@lrcs.org

Brought to You By:



Not a school sponsored event