



Guidance Newsletter

October 1, 2020

All are welcome to.....

Thursday, October 1st - **College Application Overview** - Virtual 6pm
Presented by NHHEAF - The Center for College Planning - www.nhheaf.org

Monday, October 5th - **Financial Aid Overview** - Virtual 6pm
Presented by NHHEAF - The Center for College Planning - www.nheaf.org



Learn about the admissions and financial aid process for two and four year colleges!

REGISTER on the ILM/HS Guidance Homepage

Grade 7 & 8

Welcome to Middle School! We look forward to getting to know you this year. Note, all grade 7 & 8 students (remote and in-person) will take the online NH Statewide Assessment in Math and English/Language Arts in October. A full letter is coming home soon.

Grade 9

Welcome to High School! There are new clubs and activities to explore this year! Check out the clubs below and try something new.

Grade 10

NH HOBY Youth Leadership is for you! Are you looking for a weekend opportunity to learn leadership skills and meet students from around NH, then consider attending HOBY in the Spring of 2021. Check out Hoby.org and contact your counselor for registration information. Registrations are due by Dec. 1st.

Who is my School Counselor?

Does your Last Name start with...

A-C - Mrs. Vieten

D-Ma - Mr. Connell

Mc-Z - Ms. Gagnon

Counselors will help you from 7th - 12th Grade
Ms. Ransom, Outreach Counselor for all families

Grade 11

PSAT - Sign up by Friday, 10/2 for the Optional PSAT/NMSQT held at school on October 14th. Sign up online on the Guidance Homepage under "Juniors.". There is a \$17 fee. More Information at: Collegereadiness.collegeboard.org

St. Paul's - All Juniors are invited to attend a St. Paul's Advanced Summer Studies virtual program on the dates below. Learn about this engaging academic summer program and the application process virtually at 7pm on 10/19, 10/29, 11/10 or 11/19 at <https://www.sps.edu/summer-studies/applying/asp-information-sessions>

Grade 12

SAT School Day - Wednesday, October 14th

*Arrive to school by 8:15am

*Bring a Water Bottle

*Cell phones are not allowed

*Students can be dismissed after completion of the SAT with signed parent permission.

*Free breakfast and lunch is available through the cafeteria

*Bus transportation runs on a normal schedule

*Students can bring their own calculator or one will be provided

Contact Guidance with questions

Military - Juniors and Seniors / Parents and Guardians - Is your student interested in speaking with a military representative? If so, please let us know how we can assist. If not, please fill out and return the Military opt-out form found on the Guidance homepage by October 9th.

The Greater Meredith Career Partnership Program

In-Person Job Shadows and Internships are currently on hiatus, but if students are interested in a Google Meet with a business professional for an informational interview contact: Julia.Velie@Interlakes.org

Check out Clubs/Connect with these Faculty Advisors

- Girls on the Run** (Gr 7&8) Rachel.Bartlett@Interlakes.org
- International Club** - (Gr 7-12) Jocelyn.Judge@Interlakes.org
- Interact** - (Gr 7-12) Laura.Brusseau@Interlakes.org
- Future Business Leaders** (Gr 7-12) BillieJo.Sweeney@Interlakes.org
- Band/Chorus** (Gr 7-12) Emily.Eyone@Interlakes.org
- Theater** (Gr 7-12) Kathleen.Hill@Interlakes.org
- Esports** (Gr 9-12) Joshua.McLeod@Interlakes.org
- Student Council** (Gr 9-12)- Jeff.Langevin@Interlakes.org
- Robotics Team** (Gr 9-12) Joe.Derrick@Interlakes.org



Check out the Inter-Lakes District Mental Health & Wellness Tab for extensive resources, hotlines, pre-recorded webinars and more! www.interlakes.org

The College Calendar - ILM/HS



Virtual College Fair

Log in, meet the Admissions Rep and learn about these schools!

Monday, October 5th - Plymouth State University - Virtual at 4pm

Monday, October 5th - Lakes Region Community College - Virtual at 5pm

Tuesday, October 6th - Saint Joseph's College of Maine - Virtual at 12pm Noon

Tuesday, October 6th - University of New Hampshire - Virtual at 4pm

Wednesday, October 7th - Keene State College - Virtual at 12pm Noon

Wednesday, October 7th - University of Maine (Orono) - Virtual at 4pm

Thursday, October 8th - University of Vermont - Virtual at 4pm

Thursday, October 8th - Colby-Sawyer College - Virtual at 5pm

College & Financial Aid Nights

Join us in learning about the admissions and financial aid process for two and four year colleges!

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November Event - Free Filing Day!

Students can apply to all NH Colleges for FREE at this event! Stay Tuned!!

Friday, November 6th - Free NH College Application Day Event - Virtual
In conjunction with NHHEAF - The Center for College Planning - www.nhheaf.org

~ Links to these virtual events located on the Guidance Homepage ~

Lynn Lyons Monthly Support

Inter-Lakes Families

Lynn Lyons, www.lynnlyonsnh.com is a specialist in anxiety and works with students, families, schools and organizations from around the country. As a psychotherapist, author and speaker, Lynn provides concrete information on how to help students and families understand worry and how to take steps to accept, expect and manage worry.

As our world walks through this pandemic, students and families may feel isolated, disappointed at things that have been lost or frustrated at this “new normal.” Lynn can provide us with the support to remain positive and hopeful.

Lynn will be available to families at the dates/times below for monthly support. She is here with us virtually to connect or answer questions we may have about helping students and/or ourselves with uncertainty, anxiety, acceptance or other related topics.

Date: First Wednesday of the Month Virtual: Time: 4:30pm - 5:30pm

October 7th
November 4th
December 2nd

Zoom Link provided by Lynn will be posted on the day of the event on the Inter-Lakes district homepage

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Additional Mental Health Resources - Check out Lynn Lyons videos, and Mental Health resources, tips, guides and support phone numbers on the Mental Health & Wellness for Families tab found on every Inter-Lakes website homepage - www.interlakes.org

