



Guidance Newsletter

November 2020



~ Resources, Information and Support ~

Find the Guidance Homepage located under “Departments” where scholarships, virtual college visits, the Program of Studies, learning guides, forms and so much more are waiting!

On the Mental Health & Wellness For Families tab located on the homepage for every school, find extensive resources, pre-recorded webinars, hotlines and so much more!

NH HOBY Youth Leadership is for sophomores! 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. There is a fee to attend this program. Registrations are due by Dec. 1st.

St. Paul's - All Juniors are invited to attend a St. Paul's Advanced Summer Studies virtual overview program for Inter-Lakes on November 19th from 8:30-9:00am. The link will be posted on the Guidance homepage. Or check out the program online at:
<https://www.sps.edu/summer-studies>

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

SAT Scores for Seniors from the School Day SAT on October 14th should be available to view in your student's Collegeboard account. If your student has any trouble logging into their account or needs assistance with their scores, please contact your school counselor.

Military - Is your student interested in talking to a military recruiter? If so, please let guidance know which branch you are interested in and we can help to connect your student with a recruiter.

Who is my School Counselor?

Does your Last Name start with...

Counselors help students from 7th - 12th Grade

A-C - Mrs. Vieten

D-Ma - Mr. Connell

Mc-Z - Ms. Gagnon

For all Families - Ms. Ransom, Outreach Counselor

For all Families - Mrs. White, Registrar

Students are invited to try a CLUB this year!

Art Club (Gr 7-12) Kate.Criscone@Interlakes.org

Band/Chorus (Gr 7-12) Emily.Eyon@Interlakes.org

Esports (Gr 9-12) Joshua.McLeod@Interlakes.org

Future Business Leaders (Gr 7-12) BillieJo.Sweeney@Interlakes.org

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

Robotics Team (Gr 9-12) Joe.Derrick@Interlakes.org

Student Council (Gr 9-12)- Jeff.Langevin@Interlakes.org

Theater (Gr 7-12) Kathleen.Hill@Interlakes.org

Changing Quarter & Trimester

*Quarter 2 has started for grades 9-12, meaning the semester is half over.

*Trimester 2 starts on 11/23/20 for grades 7 & 8

*Please continue to check Alma for updates and work to complete any missing items in Alma. Contact your teacher or counselor for assistance.

Family Support

Wednesday, December 2, 2020

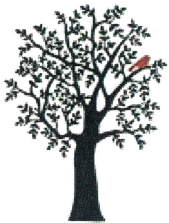
4:30-5:30pm

Lynn Lyons - V I R T U A L

Zoom link posted on the homepage of every school on 12/2/20

All videos/podcasts for Lynn located on Mental Health & Wellness for Families tab at www.interlakes.org

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. Lynn will be available to Inter-Lakes families virtually to connect or answer questions and provide support.



Online Grief Support Groups

this Winter & Holiday Season 2020

This can be a time of year when we feel the absence of a loved one more acutely. And in this unusual year, we may face layers of additional loss or wonder whether or how to gather safely with those we love.

We invite you to join us to explore ways to share and honor our grief and how to take care of ourselves and each other:

Thu, Nov 12 6:00-7:15pm

Tue, Dec 15 6:00-7:15pm

Online via **Zoom**. Technical support available. Non-religious, no-cost.

Pre-registration required: Dan Kusch, Bereavement Care

524-8444 x2390, dkusch@centralvna.org

Central New Hampshire VNA & Hospice

Not a School Sponsored Event

Are you looking for a therapist or therapeutic counselor for someone in your family?

Lynn Lyons recommends asking these questions....

- Do I want a consultation, or a few sessions to build skills in a particular area or a longer term treatment plan?
- Does the therapist provide parents/guardians with education and tools?
- Does the therapist give activities to practice during the week to build capacity and skill?
- What is the therapist's area of expertise and what type of therapy do they provide?
- Will the counselor meet virtually if needed?

Note: A Cognitive Behavioral Approach is recommended for treating anxiety and depression in children and teens.

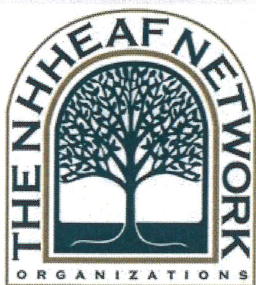
Finding the right therapist and match in personality and expertise can take time, keep trying, help is near.

Student Opportunities

Check out the Rotary Youth Exchange (RYE) program!

The Meredith Rotary club is seeking candidates for the Short-Term Exchange Program (STEP) for the Summer of 2021 and the Long-Term Exchange program for the 2022-23 academic school year. Host families are needed for the 2021-22 academic school year and beyond. **The STEP** is an amazing opportunity for a student to live abroad with one family and immerse themselves in that culture for at least 3 weeks during the summer. The American student then brings home his/her host sibling for the same amount of time for fun in and around NH. A preliminary application (available in the Guidance Office) for the STEP program for the Summer of 2021 should be completed by the end of 2020. **Long-Term Exchange** students live abroad for a full school year and truly become immersed in the culture, language and schooling of that country. Long-term exchange takes careful and long-term planning. A preliminary application for the 2022-23 academic school year should be completed by no later than April 30, 2021. Long Term Exchange students typically spend either their Junior year or Gap year (after High School graduation and before college) on exchange. Interviews for Freshmen or Juniors for Long-Term exchange (must be 18.5 years old or less by August 1 of their exchange year) who are interested in the 2022-23 program will be conducted in May 2021. **Host families** are a critical component to the success of the RYE program. Even if you are not interested in being an exchange student, hosting an exchange student will enrich the lives of you and everyone else in your family in ways that you cannot even imagine. For extensive information about all aspects of the RYE program, please go to www.exchangestudent.org. If interested in any aspect of the RYE program, or with any questions, please contact Dean Gulezian, Youth Exchange Officer, Meredith Rotary Club at dean.gulezian@gmail.com or at H: 603.677.7172 or C: 631.235.8654.

Not a School Sponsored Event



NHHEAF recently brought the virtual I Am College Bound program to Inter-Lakes. Congratulations Jaime Woodaman on winning the \$500 college scholarship from this event!

www.nhheaf.org

www.iamcollegebound.org

Financial Aid Help Available!

Seniors planning on attending a two-year college, four-year college, or other training programs will need to fill out the Free Application for Federal Student Aid (FAFSA).

The FAFSA is an online document located at: www.studentaid.gov

The Center for College Planning at NHHEAF in Concord provides free virtual appointments to help file this important document.

Contact NHHEAF for an appointment at:
1.88.747.2382