



Guidance Newsletter

January 2021

New Year!
New Hope!



Seniors!

Apply and get an on-the-spot decision with Plymouth State University

Wednesday, February 3rd
8:30am - 12pm
Inter-Lakes Zoom Event
Reserve your spot today!

Advance Sign-up in Guidance needed
To register email
Alicia.White@Interlakes.org

- *Meet with Admissions
- *Get help on the application
- *Receive an admission decision (as long as all documents are submitted)

Coming Soon! End of Quarter 2 & Semester 1 for Grades 9-12

- *Quarter 2 ends on Thursday, January 21st
- *Semester 1 ends on Thursday, January 21st
- *New Semester 2 courses and new Quarter 3 courses start on Monday, January 25th
- *Please continue to check Alma for updates and any missing items to complete before the quarter/semester ends. Contact your teacher or counselor for assistance.

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SAT for Juniors Save-the-Date

Wednesday, March 24th
(snow date March 25th)

This is a State of NH assessment, the entire state is taking the SAT with Essay digitally this year
Start practicing today at www.khanacademy.org

Full SAT details will be mailed home soon

Getting involved is fun -- Check out these Clubs

- Art Club** (Gr 7-12) Kate.Criscone@Interlakes.org
- Band/Chorus** (Gr 7-12) Emily.Eynon@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
- Science Club** (Gr 7-12) Kristine.McGurkin@Interlakes.org
- Student Council** (Gr 9-12)- Jeff.Langevin@Interlakes.org
- Theater** (Gr 7-12) Kathleen.Hill@Interlakes.org

NWEA in January for Grades 7 & 8

Grade 7 and 8 in-person and remote students will take the Northwest Education Association-NWEA MAP assessment on January 19 & 20

- Unlimited timing
- See growth from year to year
- Assess in Reading & Math
- Results are a "RIT" Scale Score which shows growth over time

www.nwea.org

Student Opportunities

Leadership Program for Sophomores HOBY NH Leadership Seminar

Since 1981, HOBY NH has provided a leadership and service program for NH sophomores

Weekend of June 12, 2021 ~ Register today at NHHOBY.org
Changed to a Virtual Event ~ Fee is \$225.00

College Courses & Credits at a reduced cost!

Running Start

Semester 2 Running Start Coming Soon! Running Start courses are dual credit (high school and college credit) courses. Offered through Lakes Region Community College, specific Inter-Lakes courses and teachers have been approved and aligned with an LRCC college course. The cost is \$150 per course, with a possible reimbursement for up to two STEM courses per year. Courses such as; Statistics, Graphics 2 and all Business courses are available through the Running Start program. For more information go to:

www.lrcc.edu/programs-training/running-start/ or contact stacey.gagnon@interlakes.org

eStart for Grades 10, 11 or 12

eStart allows high school students to take NH community college ONLINE courses for dual credit, earning both high school and college credit. Courses have specific start/stop dates - January 19 - May 7, 2021. Students start by creating a VLACS.org account. eStart costs \$150 plus textbook - reimbursement is possible for up to two STEM courses per year.

Early College for Grades 10, 11 or 12

The Community College System of NH (www.ccsnh.edu) offers high school students the opportunity to take college courses at half price for books and tuition if space is available. Note: some courses will have pre-requisite courses. Early college courses may be eligible for the STEM reimbursement as well. Courses could be on campus in a classroom or online. Contact Barbara Wilson at bwilson@ccsnh.edu for more information about early college courses at Lakes Region Community College.

Experience the World with Rotary Youth Exchange (RYE) or the Short-Term Exchange Program (STEP)

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 as soon as possible. **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

Resources



~ 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!

COVID-19 Resources

State of NH COVID site - <https://www.nh.gov/covid19/>

Inter-Lakes COVID 19 Dashboard - <https://www.interlakes.org/Content/covid-dashboard>

NAMI NH - <https://www.naminh.org/resources-2/covid-19/>

Lakes Region Mental Health - <https://www.lrmhc.org/important-information-from-lrmhc/>

Suicide Prevention

****Looking for and addressing warning signs of suicidal thoughts/actions is the key to prevention****
Are you seeing new behaviors or different behaviors/language in a loved one? See a full list of warning signs and ways to help at www.interlakes.org under Suicide Prevention on the Mental Health & Wellness tab, located on the homepage of the district and of every IL school

Help is available at:

National Suicide Lifeline - 1.800.273.8255 - Open 24/7

Text Crisis Line at 741741

Headrest - 1.800.639.6095 - Open 24/7

Lakes Region Mental Health Emergency Line - 603.528.0305 - Open 24/7

Call Emergency - 911

For Resources/Information/Training - Naminh.org, theconnectprogram.org, 1.800.242.6264



www.nhheaf.org

1.888.747.2382x119

The Center for College Planning at NHHEAF in Concord is a free college planning resource for NH families, helping with the college, application, financial aid and scholarship process.

March 20, 2021
VIRTUAL
Statewide College Event
for N.H. Juniors
www.destinationcollege.org
Presented by NHHEAF



Who is my School Counselor?

Counselors assigned
by student Last Name:
A-C - Mrs. Vieten
D-Ma - Mr. Connell
Mc-Z - Ms. Gagnon

Resources for all students/families:
Ms. Ransom, District Outreach Counselor
Mrs. Pope, School Psychologist
Mrs. White, Guidance Registrar

Community Supports

Online Grief Support Groups – Winter 2021



Living with Grief (6 weeks): A safe place to connect, learn about grief, and share ways to cope. Open to adults who have suffered the death of a loved one.

choose either: Wed 6:00-7:15p Jan 20 – Feb 24
Thu 2:00-3:00p Jan 21 – Feb 25

Parent Circle (monthly): A circle of support for parents who have suffered the death of a child at any age to any circumstance. Come individually or with a partner. To be continued future months as chosen by the group.

2nd Tuesdays 6:00-7:15p Feb 9, Mar 9, Apr 13



Pre-registration required. Online via Zoom. Tech support available.

Dan Kusch 524-8444 x2390 dkusch@centralvna.org

Central NH VNA & Hospice

Not a School Sponsored Event



January

Active Parenting of Teens
Nurturing Skills: Positive Discipline Practices
Nurture Hope
Cooperative Parenting & Divorce

February

Your Money, Your Goals
Nurturing Skills: Developing Personal Power &
Keeping Kids Safe

March

Tenant 101
Parenting the Second Time Around

Ongoing Support Groups

Autism Support
Lakes Region Parent & Caregivers
Kinship Caregivers Support

To register and for dates & times contact:

tricia.tousignant@lrcs.org

Not a School Sponsored Event