

**September
2022**

Guidance Newsletter

Welcome Back Students!!

SEPTEMBER

Please join us for Open House!

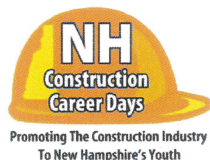
Wednesday, August 31

4:30-6:30pm - For all Grades 7-12

Meet the teachers ~ Find classrooms & lockers

Meet all the Clubs in the Gym ~ Learn about Alma & Schoology
Grade 7 presentation for families in the Auditorium from 6-6:30pm

All are welcome to a presentation on *Students Staying Healthy*
at 4:45pm or 5:15pm - Enjoy Refreshments too!



NH Construction Days Field Trip

Thursday, September 22nd

Full Day Field Trip for Grades 9-12
Space is Limited - See Guidance if interested

NH Colleges & Technical School Fair

Friday, September 30th

Combination NH Colleges Fair & Technical School Fair
In the Courtyard - 11:30-12:30pm

OCTOBER

October 5

Financial Aid Night, 6pm, Presented by NHHEAF

October 12

PSAT/NMSQT (optional) for Juniors, Sign up in Guidance, Fee is \$18

October 19

College Fair, 1-2pm, For High School students

The First Day of School

Tuesday,

September 6th

Classes start at 8:15am

All student vehicle drop
off is located at the South
Entrance

The Huot Center also starts
on Tuesday, September 6th

The Winnisquam
Agricultural Center starts
on Wednesday,
September 7th

What is NHHEAF?

The Center for College
Planning at NHHEAF (N.H.
Higher Education Assistance
Foundation) is located in
Concord and a FREE
resource for N.H. families
and schools. From student
workshops, presentations on a
variety of college and
financial aid topics to
individual family
appointments, NHHEAF
helps families navigate the
college and financial aid
process. NHHEAF will
present three programs at
ILMHS and offer a statewide
event for Juniors in the
Spring. Check out NHHEAF
at www.nhheaf.org
1.888.747.2382x119

Guidance Newsletter

Welcome Back Students!!

Running Start

For more information contact: Stacey.Gagnon@Interlakes.org

ILMHS is extremely excited to continue our collaboration with our local community college by offering dual credit Running Start classes. This means that our students can earn 3 college credits as well as their high school credit while enrolled in high school. The fall ILHMS course offerings are graphics 2, Introduction to Computer Programming, Introduction to Business, and Statistics. The fee is \$150 but due to a New Hampshire stem grant, all of our Running Start courses are FREE. Students can receive up to 2 dual credit STEM courses free per school year. If your child is enrolled in one or more of these courses they will receive information in their class and guardians will receive an email to approve the course.

Career Partnership Program

For more information contact: Michael.Griffin@Interlakes.org

GMP's Career Partnership Program stayed active throughout the summer of 2022, with two seniors participating in summer internships and looking to continue those internships into the 2022-2023 academic year. In the month of September, 2022, Career Partnerships will participate in the Granite United Way's Day of Giving on September 12th.

On Thursday, September 22nd, Career Partnership and the ILMHS STEAM Department are collaborating on a field trip that will introduce students to the trades. A group of up to 40 students (grades 8-12) will be able to attend a field trip in New Boston, New Hampshire where they will get hands-on learning experience in the various trades. More information about this event is coming soon!

In addition, Career Partnerships is already gearing up for a robust guest speaker series that will include grades 7-12 throughout the school year. Each month throughout the school year, a different profession will be highlighted and guest speakers will share their professional experiences in-person with our learners. We are looking forward to an exciting year as we continue to build our relationships with the Meredith business and volunteer community.

Meet the Guidance Department

The faculty and staff of ILMHS are here to support and help students every day. School Counselors help students with academic, career, social and personal items. They work with students from grade 7 to 12 and are assigned alphabetically by student last name.

Mrs. Vieten - Student Last Names A-C

Mr. Connell - Student Last Names D-Ma

Ms. Gagnon - Student Last Names Mc-Z

Ms. Arnst - Plymouth State School Counseling Intern

Mr. Griffin, Career Partnership Ms. Ransom, Outreach Counselor Mrs. White, Registrar



The support you want in your time of need.

If you or someone you care about is having a mental health or substance use crisis, you can call and speak to our trained and caring staff.

Contact the Rapid Response Access Point at

📞 833-710-6477 or visit  **NH988.com**



A wealth of resources at your fingertips.



Over the phone support and problem solving to help resolve a behavioral health crisis.

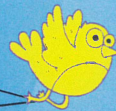


Over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you at a place of your choice.



In-person Mobile Crisis Response Team (MCRT) if the crisis cannot be resolved over the phone.

AUDITIONS! Inter-Lakes Theater Co.



SEUSSICAL JR

**GRADES
4-12**

**AUDITIONS
SEPT
12&13**



Directed by Bryan and Johanna Halperin
MUSIC DIRECTION BY CHRISTINE CHIASSON

More info coming soon.

Questions: Bryan.Halperin@interlakes.org

**BE A PART OF THIS COLORFUL FUN
MUSICAL THAT BRINGS DR. SEUSS
CHARACTERS TO LIFE!**

PERFORMANCES NOV 18-19



Why HVAC?

HIGH-DEMAND JOBS

Every building in the U.S. has a climate-control system. The HVAC industry designs, builds, installs, services, troubleshoots and repairs heating and cooling systems all year. These jobs cannot be sent overseas.

People and businesses depend on these systems and must keep them in good working order, regardless of economic conditions. As a result, HVAC is a recession-proof career. HVAC technicians coming from MCC have 100% placement in the HVAC industry.

GOOD WAGES

Salary for an experienced HVAC technician is currently around \$70,000*.

By 2020, the average salary of an HVAC technician is projected to be around \$100,000.

**Based on a 2011 survey of HVAC Industry Leaders.*

VARIETY (Every Day is Different!)

Workers must have the ability to provide maintenance, identify problems and carry out repairs on a wide range of HVAC systems. You'll use the hands-on skills, technical skills, and problem-solving skills you've acquired at MCC every day.

Still Unsure?

TRY IT OUT! No tools or equipment needed.

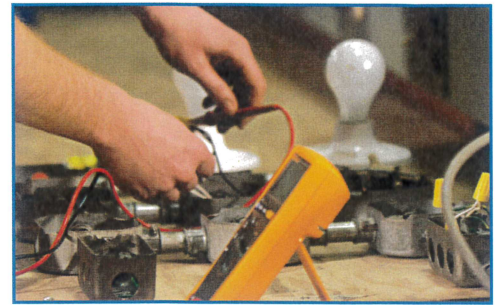
HVAC101M: INTRODUCTION TO HVAC SYSTEMS

This course introduces the fundamental concepts and principles that apply to the HVAC industry. Topics include a basic understanding of: thermodynamics, industry terminology and units of measurement; common HVAC systems and components; materials used in the installation of HVAC equipment; and methods for joining materials. Industry standards and codes are explored. Techniques for proper use of hand and power tools are presented. Safely working on HVAC systems and components is emphasized.

This is a college credit course which is required for the HVAC degree and certificates. It could also be used for open elective college credits if you decide HVAC is not for you.

Not a School Sponsored Event

Free HVAC 101 Class
Manchester Community College
Saturdays from 8-10:30am (Starts 10/29)
Classes Run for 8 Weeks
Student must be at least 16 years old
Contact mwheelock@ccsnh.edu to Register



Parent Education~Fall 2022



All fall parent education classes will be offered in “hybrid” format. Participants can choose to attend in person at our office at 719 North Main St or virtually via Zoom.

Nurture Hope

September 13-November 1, 2022. Class meets Tuesdays from 6:30-8:00pm (8 weeks)

This series is designed for parents with children who have special needs and health challenges, giving them an opportunity to explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration. *For participants who attend in person, dinner will be served at 6pm.*

Positive Discipline Practices & Techniques—A Nurturing Skills Module
September 15-October 20, 2022. Daytime and Evening Sessions Available!
Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (6 weeks)

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 including redirection as well as natural & logical consequences. *For participants who attend in person, dinner will be served at 6pm.*

Active Parenting of Teens

September 15-October 20, 2022. Class meets Thursdays from 6:00-8:00pm (6 weeks)

Active Parenting of Teens will give parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth. Topics include: methods of respectful discipline, skills for clear, honest communication, strategies to prevent risky behavior, how to be an encouraging parent, and issues such as teens on-line, bullying and depression.

For participants who attend in person, dinner will be served during class at 6pm.

Parenting Journey in Recovery

September 20-December 20, 2022. Class meets Tuesdays from 6:00-8:00pm (14 weeks)

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.**

For participants who attend in person, dinner will be served during class at 6pm.

Cooperative Parenting & Divorce

October 19-December 14, 2022. Class meets on Wednesdays from 6:00-8:00pm (8 weeks)

This program helps separated/divorced parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent. This program educates parents on the impact their conflict has on their children, and teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and talk to each other without arguing. While co-parents are welcome to take this class together, it is not required.

For participants who attend in person, dinner will be served during class at 6pm.

Developing Personal Power and Keeping Kids Safe—A Nurturing Skills Module

October 27-December 15, 2022 Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (7 weeks)

This Nurturing Skills Module focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. Additional topics to be covered will include children's self-worth and handling power struggles. *For participants who attend in person, dinner will be served at 6pm.*

A Book Study of “The Explosive Child” by Dr. Ross Greene

November 8-December 13, 2022. Class meets on Tuesdays from 6:30-8:00pm (6 weeks)

Do you have a child who responds to routine problems with extreme frustration and outbursts that leave you feeling desperate for help? In his book, “The Explosive Child”, Dr. Ross Greene helps parents to understand why the strategies that work for other kids don't work for theirs; and what to do instead. His research-based approach to addressing challenging behaviors is grounded in a collaborative and proactive problem-solving framework that gives children a voice and empowers them to be part of the solution rather than merely the recipient of a punishment. *For participants who attend in person, dinner will be served at 6pm.*

**For all classes, register at www.lrcs.org/parentedregistration/
or email tricia.tousignant@lrcs.org**

On-site childcare may be available if reserved at the time of registration.

Not a School Sponsored Event

Ongoing Support Groups:

Autism Support Group

Meets on the first Monday of each month from 7-8pm on Zoom.

This is an open monthly peer support group for parents, caregivers and grandparents of children with Autism or children who you suspect may have Autism. These facilitated meetings bring caregivers together to share experience, wisdom and community.

Kinship Caregiver Support Group

Meets on the last Monday of each month from 12:00-1:00pm on Zoom.

Parenting is tough; parenting a second time can be even harder. This group aims to bring grandparents and other relative caregivers together to celebrate successes, mourn losses, problem solve for the hard times, and give support to one another. We hope you can join us to hear from other kinship caregivers and learn more about resources and opportunities that are available in your community. This program is sponsored by the Family Resource Center of Central NH and Archways.

Family Ties Inside Out Support Group

Dates/Times vary based on age of participants. For scheduling information, please email tricia.tousignant@lrscs.org

Children of incarcerated parents and their caregivers need to know they are not alone! Join us for a safe place to feel supported, offer understanding to others, process feelings, and learn how to cope with them. Children's groups will do all of this through games, stories, and other playful activities. All support groups will be held via Zoom. All participants will receive a \$20 Walmart gift card for each session they attend. Separate support groups exist for: Children ages 3-4, Children ages 5-9, Middle School (ages 10-13), High School (ages 14-18) and Caregivers.

For all support groups, register at www.lrscs.org/parentedregistration/ or email tricia.tousignant@lrscs.org



Come Play with Us!



Traveling Playgroup

Tuesdays 9:00-10:00am (weather permitting) at Tardif Park, Crescent St. Laconia through September 27, 2022
Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families.

Happy Sounds Music Group

Wednesdays 9:00-9:45am at our Main Office, 719 North Main St. Laconia

A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring.

Giggles & Grins Playgroup

Thursdays and Fridays 9:00-11:00am at our Main Office, 719 North Main St. Laconia

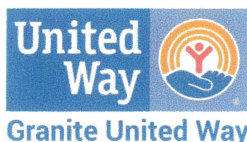
A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation. ***As of October 4th, Giggles & Grins will also be held on Tuesdays!***

All playgroups are free and drop-in (no pre-registration required).

Playgroups are designed for children ages birth to 5 years old. Older siblings may be allowed if there is space.

Caregivers must attend groups with their children and supervise them at all times.

For more information, call Trish at (603) 528-0391 or email tricia.tousignant@lrscs.org



The Linden
Foundation

The Samuel P. Pardoe
Foundation

Not a School Sponsored Event