

October  
2022

# Guidance Newsletter

Fall is Here!



## This Week!

### Understanding Financial Aid

Wednesday, October 5th ~ ILMHS Library ~ 6:00pm  
Presented by NHHEAF The Center for College Planning

This session will help families navigate through the federal financial aid process including the FAFSA, explore what type of additional aid is available, review scholarship searches and highlight the importance of meeting deadlines. Attendees will receive NHHEAF's Financial Aid Insider. [www.nhheaf.org](http://www.nhheaf.org)

## Coming Soon!

### October 7

*Seniors invited to the Library during Office Hours  
to work on college/program applications.  
Counselors on hand to help!*

### October 12

*PSATs for Juniors - Optional  
During the morning at school  
Sign up required in Guidance  
Cost is \$18 - Check payable to ILMHS*

### October 19

*College Fair for High School Students  
Over 30+ colleges from around New England*

### October

*Counselors will be visiting all English 11 classes  
this month! We will explore the college and career  
process as well as college/career search activities*

### November 1

*I Am College Bound Program  
Seniors can apply to NH colleges for FREE!  
Sign up required in Guidance  
\$500 Scholarship Drawing, participants  
are entered to win!*

### November 2

*File the FAFSA Night - 5-7pm  
For Seniors & Parent/Guardian  
Sign up required - Contact Guidance  
Assistance will be available*

## What is *Running Start*?

*Running Start* is a partnership with Lakes Region Community College (LRCC) where students can take a high school course approved by LRCC and earn dual high school and college credit. In most instances this college credit CAN be transferred to a student's final destination college.

*Running Start* Courses offered at ILMHS this year include;  
**Statistics, Introduction to Business, Graphics 2,  
Introduction to Computer Programming, Marketing,  
Pre-Calculus & Web Design**

To participate in *Running Start* students  
MUST sign up by **October 7th**.

Sign up on <https://ccsnh.dualenroll.com/>

Parents must "approve" electronically

Contact Stacey Gagnon with any sign up questions

Students can take two FREE STEM (science, technology, engineering and math) *Running Start* courses per year.

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**Congratulations Katelyn DeTolla!**

2022-2023 Recipient of the  
Daughters of the American Revolution (DAR) Designation.  
The DAR Recipient exemplifies the qualities of citizenship,  
dependability, service, leadership and patriotism.

**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**



## Seniors are you taking the SAT in November or December?

Check out this FREE Bootcamp to get ready ~ Register at [www.schoolhouse.world/sat-bootcamp](http://www.schoolhouse.world/sat-bootcamp)

Participate in two sessions per week for four weeks leading up to either the November 5th or December 3rd national SAT date

## The Greater Meredith Career Partnership Program Update!

**Michael.Griffin@Interlakes.org**

The NH Construction Days field trip in collaboration with Career Partnership and the STEAM department took twenty students on a full day adventure of hands-on activities in building and construction. It was a great success despite the rain!

Becky Bryant, CEO of Lakes Region Community Services spoke to 7th and 8th grade about the importance of community, volunteerism, and the gratification that comes with giving back to our communities. She also talked about career opportunities in the world of social services.

Meghan Theriault, Director of Public Works for the Town of Gilford, will be speaking to three honors math classes in grades 9 and 10 about civil engineering on Friday, October 21.

Chef Allen, Owner and operator of Ooo-la-la Creative Cakes will be joining lunches on Tuesday, October 11. Chef Allen is offering paid internships to train baking and pastry artisans.

Coming Soon! Occupational, speech, and physical therapists, as well an athletic trainer will visit school and speak with interested students. A radio/marketing specialist will speak to students from the Art, Business and STEAM departments. Lastly, the Family and Consumer Science teachers will be hosting two chefs to work hands-on with students.

## SHORT TERM YOUTH EXCHANGE



*Spend the summer with another student from another country - for students ages 15-18 ½*

What is Short Term Exchange: Participating students live with a matched student and host family in their selected country from three to six weeks in the summer, under the sponsorship of the Meredith Rotary Club. The exchange in each country is for an equal amount of time. You spend 3 weeks or more with a family in your chosen country – then that student returns with you and spends the same amount of time with your family, or vice versa. Though speaking the language is a plus – for the Short Term program it is not a requirement.

*Hear and see more about the Short-Term exchange program from Isabel Dube who spent the summer of 2019 in France:*

“My Rotary Short Term Exchange was something that I will definitely remember for the rest of my life. Even though it was only for a short time of my life, I now have friends in another country and amazing memories from every day I was in Europe. Going to live with a new family was a completely new experience for me that got me out of my comfort zone for a whole month. I am so glad that my correspondent ended up being an amazing girl that I got to spend two months with while traveling around Europe, and showing her where I am from. I am so grateful for everything that I had the opportunity to experience and see for the first time while overseas like Paris, Barcelona, South of France, and other parts of France and Spain.”

Contact Gary Dehnel, Rotary’s Short Term Exchange Program leader, by no later than December 31, 2022, to express interest or learn more about the program. Or e-mail [gcdhnel@verizon.net](mailto:gcdhnel@verizon.net). Detailed information about the program can also be found at: <https://www.exchangestudent.org/> and <https://portal.clubrunner.ca/2942/page/youth-program>



P.O. Box 1516 · Meredith, NH 03253

Email: [meredithmrsclaus@gmail.com](mailto:meredithmrsclaus@gmail.com)

Website: [www.interlakeschristmasfund.com](http://www.interlakeschristmasfund.com)

Phone: 603-998-6653

Applications for holiday assistance will be accepted

**October 1<sup>st</sup> – October 31<sup>st</sup>, 2022**

Please get your applications in early!!!

Criteria for assistance:

- ✓ You are a current resident of Meredith, Center Harbor or Sandwich\*\*
- ✓ And you are the parent or legal guardian of an Inter-Lakes district school age or younger child who needs holiday assistance
- ✓ You do **not** receive assistance from any other holiday program

Apply online at:

[www.interlakeschristmasfund.com](http://www.interlakeschristmasfund.com)

\*\*Proof of residency required\*\*

\*The ILCF is a 100% volunteer-driven non-profit organization that provides holiday assistance to our community's families and elderly.

Donations gratefully accepted and appreciated.\*

*\*This is not a school sponsored event/program.\**

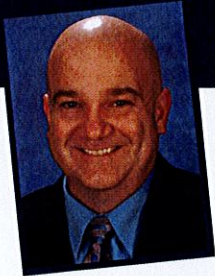
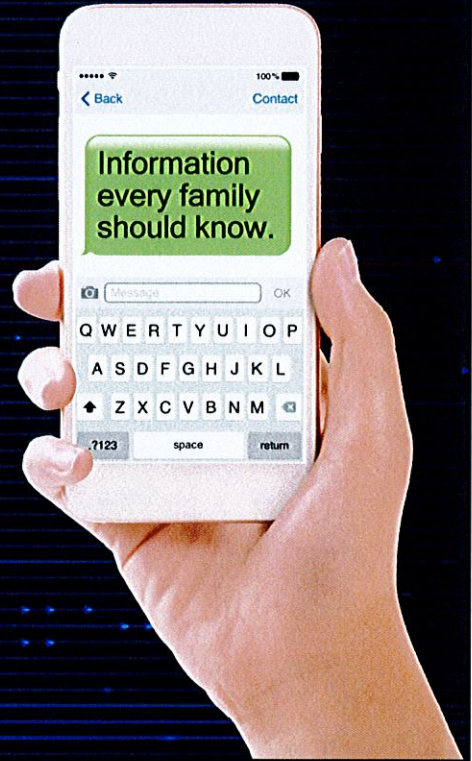
Please direct all questions to the ILCF via our website [www.interlakeschristmasfund.com](http://www.interlakeschristmasfund.com), thank you.



# INTERNET SAFETY

## A Presentation For Adults

- Overview of popular apps, programs and online trends
- Cyberbullying, sexting and other dangers
- Social networking and your digital tattoo
- Using technology while keeping your family safe



A workshop presented by

**Scott Driscoll**

Internet Safety Concepts

# Gilford High School

88 Alvah Wilson Road

Gilford, NH 03249

## October 11, 2022 6pm

***This presentation is for adults only.***



**INTERNET SAFETY CONCEPTS**

Empowering Smart Online Choices

[www.internetsafetyconcepts.com](http://www.internetsafetyconcepts.com)

Not a school sponsored event



# TEEN Art Group

## JOIN US!

*What is it about art-making that makes it so successful in coping with trauma?*

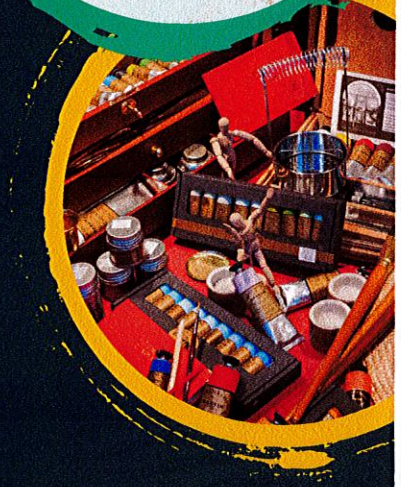
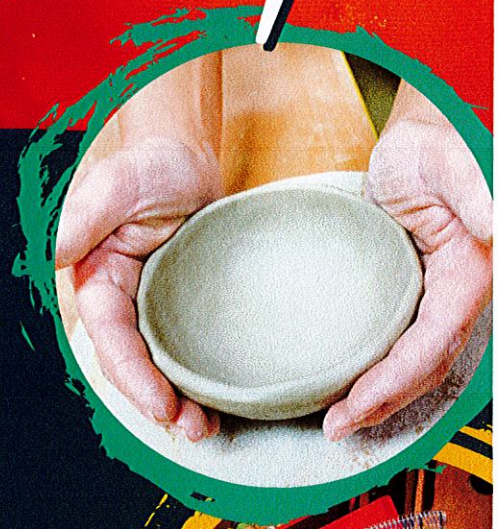
*Before words can come, we feel and, we move, we breathe.*

Lakes Region Family Resource Center and New Beginnings - Without Violence and Abuse are working together to provide a weekly art group for teens in the Belknap County region. We are dedicated to providing a safe space for teens to personally explore their experiences in a comfortable, non-judgmental environment where they can express themselves through art.

**When:** Every Thursday starting October 13 to November 17 | 4 to 5:30 p.m.

**Where:** Lakes Region Community Services located at 719 N Main St, Laconia, NH.

To sign up, please contact Sara at [sara@newbeginningsnh.org](mailto:sara@newbeginningsnh.org)



Not a school sponsored event



A photograph of a young man with short dark hair, wearing a white and grey striped zip-up sweater, standing with his arms crossed in front of a building. The building has a large red sign that says 'STUDENT CENTER' in yellow letters. The photo is part of a promotional flyer for the New Hampshire Charitable Foundation's 2023-2024 Academic Year Scholarships.

  
NEW HAMPSHIRE  
CHARITABLE FOUNDATION

# SCHOLARSHIPS AVAILABLE

2023-2024 ACADEMIC YEAR

Innocent Ndagijimana of Nashua is studying business administration at NHTI, Concord's community college, with help from a scholarship from the David C. Prescott Fund.

Photo by Cheryl Senter

The New Hampshire Charitable Foundation is the largest source of private scholarships in New Hampshire.

Each year, the Foundation awards more than \$7 million in scholarships to help New Hampshire students with the fewest resources and most promise realize their educational goals, whether it's a two- or four-year college degree, certificate, or professional license.

Applications open **January 17, 2023**, and are available online at [www.nhcf.org/scholarships](http://www.nhcf.org/scholarships).

To complete your online application, you will need:

- Electronic copy of FAFSA filing
- Electronic copy of high school transcript
- Email addresses for individuals who agree to write a letter of recommendation

Apply online at [www.nhcf.org/scholarships](http://www.nhcf.org/scholarships)

FOR HIGH SCHOOL SENIORS OR  
UNDERGRADUATES ENROLLING IN:

**4-YEAR PROGRAM  
BACHELOR'S DEGREE**

**DEADLINE: APRIL 14, 2023  
5:00 PM ET**

**2-YEAR PROGRAM ASSOCIATE  
DEGREE, CERTIFICATE OR  
PROFESSIONAL LICENSE**

**ROLLING DEADLINE UNTIL DECEMBER 15, 2023**

Not a school sponsored event