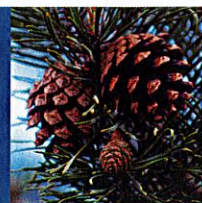


December  
2022

# Guidance Newsletter

Welcome to December!



**Rotary Four-Way Speech Contest (5-7 minute speech)  
For High School Students - Students pick their own topics  
Sponsored by the Meredith Rotary Club**

**Write and Read the Speech asking these questions;  
Is it the TRUTH  
Is it FAIR to all concerned?  
Will it build GOODWILL and BETTER Friendship?  
Will it be BENEFICIAL to all concerned?**

**Top three essays will earn prizes - See Guidance if interested**

## **HOBY NH**

### **Sophomore Leadership**

For sophomores - Three day leadership seminar that teaches students about individual, group, and societal leadership.

**St. Anselm College, Manchester, NH  
June 17-19, 2022**

Cost to attend is \$250. Proof of full vaccination of COVID-19 required Space is limited, see Guidance if interested.

[www.nhhoby.org](http://www.nhhoby.org)

This is an opportunity for students but  
Not a School Sponsored Event

## **Save-the-Date**

SAT Day at ILMHS  
Wednesday, March 22, 2023  
More details to follow



**What is eStart?** eStart is an online dual credit program, offered through the Community College System of NH, that enables high school students to take community college courses for dual high school AND college credit.

**Who is eligible to take an eStart course?** Sophomores, Juniors or Seniors.

**When do the courses run?** Fall & Spring semesters. The spring semester dates are January 17 - May 6, 2022

**What is the cost?** \$150 per course + textbooks, however, STEM (Science, Technology, Engineering & Math) and CTE (Career Technical Education) courses are free.

**Are courses in-person or online?**  
Courses offered through the eStart program are 100% online college courses.

<https://www.ccsnh.edu/colleges-and-programs/programs-for-high-school-students-to-earn-college-credit/estart/>

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**Join us for a presentation on High School Opportunities**

January 19, 2023 - Starting at 6pm - Auditorium

Learn about Inter-Lakes Academics, Huot Center, Running Start classes, Clubs, Athletics, Winnisquam Agricultural Center, and so much more!

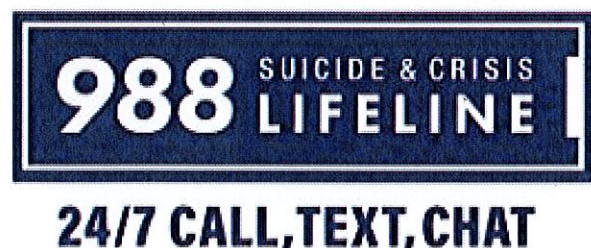


**GMP | ILMHS's Career Partnership** - During the month of November, Career Partnerships welcomed some great visiting professionals. Hannaford Supermarkets joined us during student lunches for a hiring event. Two representatives from our local Meredith Hannaford were available to meet with students, answering questions about potential employment. The representatives played some career trivia with students, provided treats, and even offered on-the-spot interviews. | Three ILMHS students (from 11th and 12th grade) who are exploring future potential careers in the fields of Occupational Therapy, Physical Therapy, and Athletic Training, were able to meet via Zoom with Yumi Kucher, MS, LAT, ATC, CSCS. Yumi is the Assistant Director of Sports Medicine & Head Athletic Trainer for Football at Harvard University. Students were able to ask questions about Yumi's educational and career journey, gleaned much insight into the life of an Athletic Trainer who works alongside many other therapists for the benefit of the athletes she works with! | Chef Allen, owner and operator of Ooo La La Creative Cakes, LLC. out of Laconia, visit during student lunches. Chef Allen is looking for student interns to learn the business of baking and cake decorating. In addition, Chef Allen seeks motivated students who are interested in learning the business aspect of owning a bakeshop. | Fifteen students between the 7th and 8th grade Student Leadership group were selected to meet with a senior student from Newfound Regional High School who spoke with students about Career Exploration. | In December, we look forward to welcoming visitors from the NH Electric Cooperative and Carter Mountain Flooring & Design. Students will be able to glean information about future careers as linemen, electricians, and tile setters! If you would like to learn more about these upcoming visits, please contact [michael.griffin@interlakes.org](mailto:michael.griffin@interlakes.org).

### **Meredith Rotary Youth Exchange Program Seeks Host Families**

If you have room in your home and space in your heart, please consider serving as a host family for our Rotary international exchange student for school year 2023-24 or beyond. Incoming students live with two families that will host for five months each, one from mid-to-late August through mid-January, and the second family from mid-January through late-June. Single-person homes to families with multiple siblings can all serve as loving and learning experiences for an exchange student. And you, in return, will also experience love and learning, insight and new understanding that can expand your world in many ways. Our exchange student will likely be enrolled as a Junior or Senior at ILHS and range from 16 to 18 years in age. They are here to try all sorts of new experiences of life in New Hampshire, including a loving host family experience. Essentially, he or she would become like a son or daughter to you and as a brother or sister to your own children while in your home. You would provide the same for them as you would your own, although the Rotary club provides a monthly allowance to the student for personal expenses. Even though a student may be old enough to drive, exchange students in our program are prohibited from driving, so transportation would be part of their needs. We have several club members who can help with that as well, if necessary. On a personal note, as the Youth Exchange Officer for the Meredith Rotary club for the past twelve years, and being deeply involved in the program not only at our club level, but District level as well, I can tell you from all these experiences over the past twelve years that getting to know these amazing young people is fun, educational, and mostly it's incredibly inspiring. It is also how we all can contribute to a world with better understanding and respect between people and cultures. The need to find host families is on-going. Detailed information about the program can be found at:

<https://www.exchangestudent.org/> and <https://portal.clubrunner.ca/2942/page/youth-programs> I am happy to share more information if you'd like to explore further. Please call or e-mail me. I'm looking forward to talking to you! Dean Gulezian, Meredith Rotary Youth Exchange Officer, H: 603-677-7172, C: 631-235-8654  
[dean.gulezian@gmail.com](mailto:dean.gulezian@gmail.com)





**2022**  
**ST. VINCENT DE PAUL CHRISTMAS ANGEL**  
**PROGRAM**

**AT ST. VINCENT DE PAUL**  
**1269 UNION AVE. LACONIA, NH**

**THURSDAY**  
**DECEMBER 1st, & 8th**  
**4:30 pm TO 7 PM**

**TUESDAY**  
**DECEMBER 6th, & 13th**  
**4:30 PM TO 7 PM**

*For children ages infant to 18 years*

*Each child will receive clothing, socks, &  
underwear/diapers. Any additional items are given  
through the generosity of donors.*

*\*\*Custodial parents/guardians are asked to bring  
appropriate paperwork if they have sole or split  
custody of the children.*





ST. PAUL'S SCHOOL

# ASP

ADVANCED  
STUDIES  
PROGRAM

**Welcoming.  
Eye-opening.  
Transformative.**

"It's probably the best school experience I've had in my life. I've learned so much here academically, but I've also learned so much about who I am and who I want to be."

— Emily, 2022 ASP participant



**E**very summer, talented rising high school juniors and seniors from public and parochial schools across New Hampshire come together on the grounds of St. Paul's School for five weeks that are truly life changing. A unique, immersive program, the ASP is equal parts academic exploration, college preparation and summer fun. Students leave with a different view of themselves and the world.

## COLLEGE-READY

From writing workshops that help students prepare and polish their college essays to a fully residential experience that helps them imagine college life and a fair that brings 50+ colleges to St. Paul's School, the ASP is designed to help get students college ready. Our alumni have gone on to many top-ranked colleges and universities, including:

Bates • Bowdoin • Brown • Cal Tech • Colby • Columbia • Cornell  
Dartmouth • Duke • Georgetown • Harvard • Johns Hopkins • MIT  
Mt. Holyoke • Middlebury • NYU • Northwestern • Notre Dame  
Stanford • Trinity • Tufts • UChicago • WashU • Wellesley • Yale

## ASP AT-A-GLANCE



**15+** thought-provoking major courses that are unlike "typical" high school classes



**20+** major course teachers, most of whom are current or former SPS faculty, with college-aged teaching interns, in a 3:1 student to faculty and intern ratio



**12+** Hours of college admission guidance to jump start the application process



**100%** residential 5-week program



**200** students attend each summer



**45%** of students received financial aid in 2022, with the average award equal to 67% of tuition

**65**

CONSECUTIVE YEARS  
SPS has offered the  
ASP since 1958

**12,000+**

ASP ALUMNI  
All graduates of NH public  
and parochial high schools

**88**

NH HIGH SCHOOLS  
Students from schools in every  
county have attended the ASP



Not a school sponsored event

## SPREAD THE WORD!

Encourage your talented  
NH high school students  
to learn about us at the QR



code at left  
or let us know  
about them  
by emailing  
[asp@sps.edu](mailto:asp@sps.edu).