



Guidance Newsletter

Welcome to January and 2023!



**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

Meredith Rotary Seeking Students for Youth Exchange Long Term Program

Rotary Youth Exchange is the opportunity of a lifetime for more than 8,000 students who participate each year. By sharing your own culture and embracing a new one, you help foster global understanding—and learn a great deal about yourself and your home country in the process. As an exchange student, you live in another country for a full school year, living with 2-3 families in the town where you attend the local school. In order to apply for this program, you must: 1) be 15 to 18.5 years of age by August 1st of the year you are traveling, 2) be in the upper 3rd of your class standing, 3) attend ILHS, and 4) have received the COVID vaccine. The cost of the program typically runs from about \$3800 to \$5400, which includes application fees, insurance, passport, visa fees, and airline tickets. Host clubs provide a monthly stipend. Additional costs include Rotary sponsored trips, if you choose to attend. Students typically participate during their junior or “gap” year, but occasionally their senior year as well. Scholarships are available for highly qualified applicants, based on financial need. **Students who wish to participate during the 2023-24 academic school year should apply by April 30, 2023.**

For more information, or to apply for the program, please contact Dean Gulezian, Meredith Rotary Youth Exchange Officer, at dean.gulezian@gmail.com H: 603-677-7172 C: 631-235-8654.

**Detailed information about the program can also be found at:
<https://www.exchangestudent.org> and
<https://www.meredithrotary.com/youth-programs.html>**



January 19th

High School Opportunities Night
Academics, Clubs & Athletics
6pm - Auditorium

February 8th

Field Trip to the Huot Technical
and Career Center
Students can view every program
Primarily for sophomores,
however, there is limited
availability for Freshmen and
Juniors to attend if desired
Check it out at
www.htclaconia.weebly.com

February 9th

8th Grade Parent/Guardian Night
Getting Ready for High School
6pm - ILMHS Library

March 22nd

SAT Day at ILMHS
PSAT 9, PSAT 10 and the
Official SAT for Grade 11

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

PIERCE PROMISE NEW HAMPSHIRE

A Quality Education That's Responsibly Within Reach

You could qualify for **ZERO TUITION & FEES***

FRANKLIN PIERCE UNIVERSITY IS COMMITTED TO OFFERING NEW HAMPSHIRE RESIDENTS AN EDUCATION THAT IS AFFORDABLY WITHIN REACH.

Through the **Pierce Promise New Hampshire** program, Granite State residents may be eligible for **FREE TUITION AND FEES** toward their undergraduate degree.

***How do I qualify for Pierce Promise NH?**

- Be a first-time, full-time, incoming student for the fall 2023 semester.
- Be a resident of New Hampshire and plan to be a residential student at Franklin Pierce's Rindge Campus. *Students who choose to commute will be eligible for a prorated discount.*
- Earn a 3.0 or higher high school cumulative GPA.
- File the Free Application for Federal Student Aid (**FAFSA**) and demonstrate a household gross income of under \$60,000.

Pierce Promise New Hampshire Frequently Asked Questions

Are there other expenses that I will need to pay to attend Franklin Pierce University?

YES! You will need to pay for room, board, books and other supplies. The average cost to live on campus and a full meal plan for a freshman residential student is \$15,000. Books and supplies vary, but students should plan to spend \$1,100 per year. In addition, personal and transportation costs average \$1,000 per year.

What if tuition costs rise during your time at Franklin Pierce?

The Pierce Promise NH program will cover all tuition and fees, even if they increase, as long as the qualifiers are met.

Does this award cover all four years of my education?

YES! Provided your family's AGI (Adjusted Gross Income) reported on the FAFSA remains under \$60,000, the Pierce Promise Program will cover tuition and fees for all four years of attendance at Franklin Pierce University as long as you maintain a 2.0 GPA. If your AGI changes over time, the award will be prorated.

Can I use the private scholarship I received to help pay for my room and board expenses?

YES! Any private scholarship or grant may be applied to your room, board and book expenses.

Do I have to sign up for the program?

NO! You will automatically be considered for eligibility upon acceptance to Franklin Pierce and receipt of your **FAFSA** (Free Application for Federal Student Aid). If you are eligible, the amount awarded by Pierce Promise will be illustrated in your financial aid award letter.

For more information, please contact Tori Berube,
Parent & Family Ambassador at (603) 547-5629
or berubet@franklinpierce.edu.

Not a school sponsored event

 **FranklinPierce**
UNIVERSITY

franklinpierce.edu/piercepromisenh



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

Cooking Matters for Families (Adults & Children Ages 6 and up)

Wednesday evenings from 6:00-8:00pm, beginning January 11, 2023 (6 Weeks)

OFFERED IN PERSON ONLY, NO ZOOM OPTION FOR THIS CLASS

Cooking & nutrition class, participants will receive groceries each week to practice their cooking skills. Topics covered will include making meals more nutritious, tips for grocery shopping, healthy & kid-friendly recipes, cooking skills for the family, & much more! Food will be prepared in class each week. *Dinner will be served during class at 6pm.*

Cooperative Parenting & Divorce

January 11-February 2, 2023. Class meets twice weekly on Wednesdays & Thursdays from 6:00-8:00pm (4 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.*

Understanding Children’s Growth & Development—A Nurturing Skills Module

January 12-February 16, 2023. Daytime and Evening Sessions Available!

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

This Nurturing Skills module focuses on creating a nurturing environment that stimulates children’s overall healthy development. Topics covered include brain development, developmental milestones, creating nurturing routines, and encouraging a growth mindset. *For participants who attend in person, dinner will be served at 6pm.*

Parenting with Resilience

January 17-February 21, 2023. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

Learn about Adverse Childhood Experiences (ACE’s) and how trauma can effect children’s development and behavior. Caregivers will learn strategies to build their own ability to persevere through tough times, as well as techniques for encouraging resilience in children. *For participants who attend in person, dinner will be served at 6pm.*

Active Parenting of Teens

January 17-February 21, 2023. Class meets Tuesdays 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.*

Nurture Hope

February 8-April 5, 2023. Class meets Wednesdays 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. *There will be no class on March 1st**

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.
Space is limited.***

Ongoing Support Groups (Held via Zoom Only):

Kinship Caregiver Support Group

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

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 the Greater Tilton Area Family Resource Center.

Family Ties Inside Out Support Group

Dates/Times vary based on the age of participants. For scheduling information, please email tricia.tousignant@lrcs.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.lrcs.org/parentedregistration/
Or email tricia.tousignant@lrcs.org**

Free Weekly Playgroups



**Come Play
with Us!**



Giggles & Grins Playgroup

Tuesdays, 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.

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.

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@lrcs.org



Teens: Come find your SPARK in 4-H!

January 27, 2023 | 6:00 PM - 7:00 PM

Meredith Community Center
1 Circle Drive
Meredith, NH 03253
United States

This free program is for teens and their families who are interested in learning more about 4-H and the vast opportunities and fun that await them, and to connect with other 4-Hers. There will be games with PRIZES and free PIZZA!

For youth age 12 years old and up. You do not need to be enrolled in 4-H to participate!

Enrolled 4-H'ers should register on 4-H Online

Non-4-H Member
Registration:



For persons with disabilities requiring special accommodations, prior to the event please contact:

Rachel Carow
603-524-5475

Given ample time, we will make any reasonable effort to make accommodations.



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