



# Guidance Newsletter

February 2023

New Year!  
New Hope!

## SAT Day

**Wednesday, March 22nd**

(snow date March 23rd)

This is the State of NH assessment  
School Day SAT with Essay - Digital Test  
All testing at ILM/HS  
~ ~ ~ ~

**Grades 7 & 8 have a regular day of school**  
**Grades 9, 10 and 11 take the SAT & PSATs**  
**Grade 12 students with competency work attend**  
Grade 11 Huot students do not attend Huot  
~ ~ ~ ~

**\*Full SAT details on the Guidance homepage\***

**Grade 8 Students & Parents/Guardians**

*Invited to*

**Planning for High School Night**

*On*

**Thursday, February 9th - 6:00pm**  
**ILMHS Library**

## Calendar

February 8 - Visit & Field Trip to the Huot Center  
February 9 - Grade 8 Planning for High School Night  
February 17 - Senior Scholarship Packets Mailed Home  
Week of February 20 - Winter Carnival Week  
Week of February 27 - February Winter Break  
March 22 - SAT School Day  
March 25 - Destination College for Juniors  
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## Course Selection

\*February is course selection month  
\*School Counselors will meet individually with every student in Grades 8-11 to review course options & graduation requirements  
\*Course videos, Huot information and the Program of Studies can be found on the Guidance homepage  
\*Contact Guidance with any questions

## 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**



**Destination  
College<sup>SM</sup>**

**March 25, 2023**

*Free*

Statewide College Event  
for N.H. Juniors  
Presented by NHHEAF  
At Plymouth State University  
8:30am-2:00pm  
Workshops, College Fair,  
Financial Aid & more!  
[www.destinationcollege.org](http://www.destinationcollege.org)  
~ Registration open now ~



# Guidance Newsletter

Page Two

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New Hope!

## 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 second semester include;  
Statistics, Introduction to Business, Marketing, Pre-Calculus and Web Design

To participate in **Running Start** students MUST Sign up by February 20th.

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

Parents must "approve" this enrollment electronically

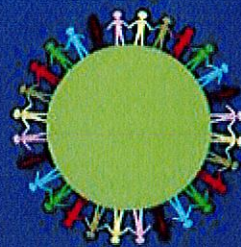
Students can take two FREE STEM (science, technology, engineering and math)

**Running Start** courses per year.

Contact [Stacey.Gagnon@Interlakes.org](mailto:Stacey.Gagnon@Interlakes.org) with any questions

## Student Support

*Have you lost someone close to you, are you grieving? All students welcome. Stop by Guidance if interested.*



**Mondays in February - Starting 2/6/23**

**Between 1:00-3:00pm**

**Guidance Conference Room**

**\*Individual option by request \*Bring a Friend \*All are welcome**

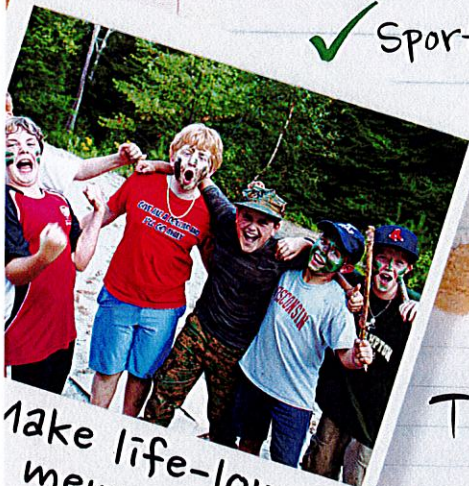
Facilitated by Dan Kusch - Dan's training is in school, grief, hospice and mental health counseling

Questions - Email [Holly.Vieten@Interlakes.org](mailto:Holly.Vieten@Interlakes.org)

## Traditional Overnight Camp

Our overnight camp is for ages 9-12. Our campers will share a cabin with 5-6 youth and 1-2 staff. Activities throughout the week include:

- ✓ Hiking
- ✓ Archery
- ✓ Swimming
- ✓ Sports
- ✓ Arts & Crafts
- ✓ Nature Studies
- ✓ And much more!



Take life-long memories

## Teen Programs

Our teen programs are for ages 13-16, depending on the program.

- ✓ Ranger Week: A traditional week of camp only for ages 13-15
- ✓ Mountain Biking Adventure (MBA): Mountain biking fun for ages 13-15
- ✓ Ranger High Adventure (RHA): Backpacking and camping fun for ages 13-15
- ✓ Last Chance Camp for ages 15-16

## COPPER CANNON CAMP

### Eligibility

New Hampshire Youth eligible for the USDA Free or Reduced Lunch Program are eligible for a free week of summer camp fun! Located in Franconia, Copper Cannon is a coed recreational summer camp, not a therapeutic camp. Our campers need to be able to adapt to change and function in a group setting.



## NH ELKS

Since 1969, Copper Cannon Camp has been the major project for the New Hampshire Elks. Lodges across the state help recruit and transport hundreds of children to Copper Cannon each summer. Visit our website to find an Elks Lodge near you that is coordinating transportation!

This is not a school sponsored event or activity

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

[info@coppercannon.org](mailto:info@coppercannon.org)

(603) 823-8107



Photo by Cheryl Senter



# SCHOLARSHIPS AVAILABLE

2023–2024 ACADEMIC YEAR

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

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**

# reKINDling CURIOSITY

Every New Hampshire kid  
goes to camp!

# Make Summer 2023 the best ever.

## Up to \$750 in camp fees\* covered.

For the third year in a row, the New Hampshire Department of Education is partnering with New Hampshire camps and school-age summer programs across the state to offer students the unique opportunity to move beyond COVID-19 and be a kid again. Students of all ages, backgrounds and abilities benefit from exposure to short-term summer enrichment programs, including in the areas of challenge, friend-making, positivity, and emotional safety. These are all things that New Hampshire camps and school-age programs do best.

## Camp fee eligibility

**Eligible students and corresponding youth recreation camp fees include:**

**\$750 eligible:** Students with a disability

**\$600 eligible:** Students from families earning less than 250% of the federal poverty level

**\$450 eligible:** Students from families earning less than 400% of the federal poverty level

*\* Participating camps only*

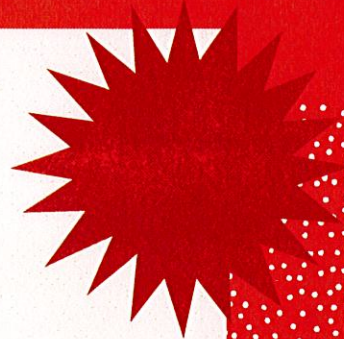
## Space is limited!



# THIS IS NOT A SCHOOL-SPONSORED PROGRAM

Altrusa Community Dinner Sign-up

## A Meal for Your Family



**WHAT** A FREE homemade meatloaf dinner to enjoy with your family!

**WHEN** Pick-up on Wednesday, Feb 22 between 5:00 pm - 5:30 pm

**WHERE** Meredith Community Center (1 Circle Dr) - use side door to right of main entrance

**HOW** [Sign-up Here](#) or use QR Code

**QUESTIONS?** [altrusadinner@gmail.com](mailto:altrusadinner@gmail.com)

**DEADLINE** Sign up by February 14



**THIS IS NOT A SCHOOL-SPONSORED PROGRAM**  
*Program Offered Courtesy of Altrusa of Meredith*

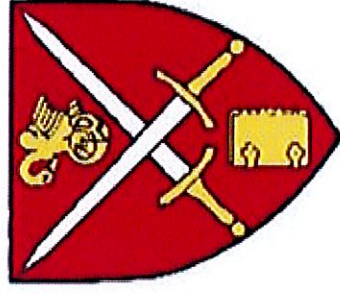
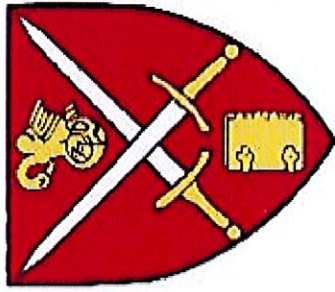
# SAVE THE DATE

## ST. PAUL'S SCHOOL

### 2023

## COLLEGE

## FAIR



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**04.18.23 | Hockey Center | 7 - 8:30 PM**

**325 Pleasant Street, Concord, NH 03301**

For more information, contact [collegeoffice@sps.edu](mailto:collegeoffice@sps.edu) or 603-229-4881.