

Guidance Newsletter

Welcome to May 2023



SENIORS - End of Year Activities!

Congratulations on your accomplishments! Graduation is coming soon!

May 25 - Huot Celebration for 2nd Year Students - Colonial Theater

June - Scholarship Night by invitation for those receiving awards - ILMHS

June 9 - Last Day of Inter-Lakes & Huot Classes for Seniors *only*

June 12 & 13 - Senior Final Exams

June 17 - Graduation - 10am - At ILMHS

*All competencies, courses, VLACS, Gradpoint, online courses, independent studies, and credit-bearing items must be completed/graded and a transcript received by June 9

(Note, VLACS deadline for course completion is in May)

**All books, fees, Chromebooks and school materials must be returned by June 13

Contact Class Advisors Mrs. Judge and Mrs. LaPan for more information on Senior activities

To order Running Start Transcripts go to <https://www.lrcc.edu/mylrcc/request-transcript/>

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JUNIORS - Getting Ready for Senior Year!

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. Courses offered through the eStart program are 100% online college courses. eStart is an excellent opportunity for NH high school students to enhance their educational experience, and get an early and affordable start on their college careers. For more information visit, <https://www.ccsnh.edu/colleges-and-programs/programs-for-high-school-students-to-earn-college-credit/estart/>

NHHEAF is a free NH resource for families needing any assistance with the college application or financial aid process. From webinars and resources to free appointments to fill out the FAFSA, check it out at www.nhheaf.org

Tuition Break, a New England program allowing students to enroll in an out-of-state New England College/University for a discounted tuition rate in order to attend an approved program/major that is not offered in NH.

College Fairs can be found throughout New England - Find fairs at <https://www.neacac.org/spring-college-fairs-2023>

The Common App, a one-stop application website accepted by most colleges. The Common App opens on August 1st for rising seniors. Go to www.commonapp.org

Preparing for Senior Year! Take the spring and summer to visit colleges, programs or careers of interest. Take a campus tour, interview a local professional, research careers and programs online.

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The Career Partnership Program - michael.griffin@interlakes.org

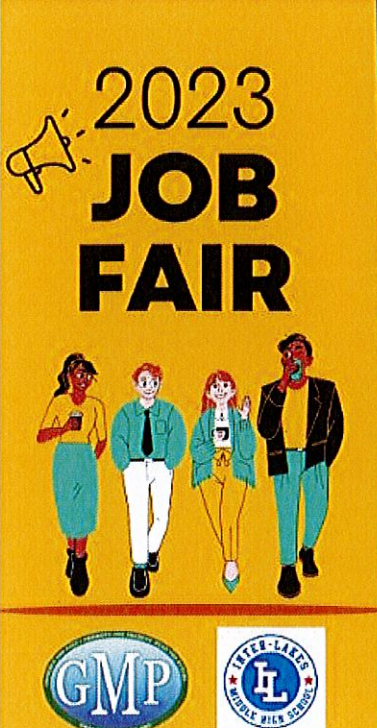
April 13th Aerospace Career Day field trip at Laconia Airport was a huge success! If you want to highlight this that would be great. I'll include a picture just in case you had room to spotlight that.

Thursday, May 4th - Career Partnerships is heading to Bear Brook State Park in Allenstown for the NH Forestry Career Day hosted by the NH Timberland Owners Association.


Tuesday, May 9th - Representatives from Castle in the Clouds in Moultonborough will visit during student lunches to share part-time, afterschool, and summer positions including paid internships.

Thursday, May 11th - Career Partnerships | ILMHS Guidance will host the annual spring job fair. Over 40 participating businesses will be in the ILMHS gymnasium offering part-time, afterschool, and summer positions. Students and staff can even expect on-the-spot hiring! Students grades 8-12 will be able to attend the job fair during office hours.

Tuesday, May 30th - Career Partnerships interns and field trip attendees will have an opportunity to meet for lunch with Mr. Griffin and discuss their experiences over the 2022-23 academic year. Further details coming soon!



**2023
JOB
FAIR**



GMP | ILMHS


Are you a local business looking for afterschool, summer, or part-time help? Join us for our annual spring job fair!

**Thursday
MAY 11, 2023**

ILMHS GYMNASIUM
1 Laker Lane, Meredith
12:30 - 1:45 PM

Contact Us:

Mike Griffin | Career Partnerships
REGISTER EARLY!

 <https://greatermeredith.org/career-partnership>

 michael.griffin@interlakes.org

Thank you
Grades 7, 8 and 9

Guidance Social, Emotional
Learning lessons are
wrapping up for the year!

Topics ranged this year from
Resilience, Anti-Bullying,
Career Search, Suicide
Prevention, Conflict
Resolution and so much more!

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

Not a school sponsored event



New Hampshire Department of Education

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:

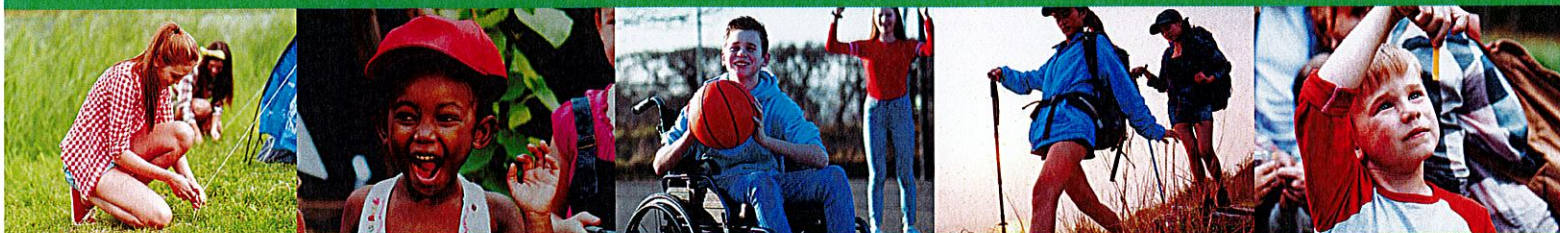
\$750 eligible: Students with a disability

\$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

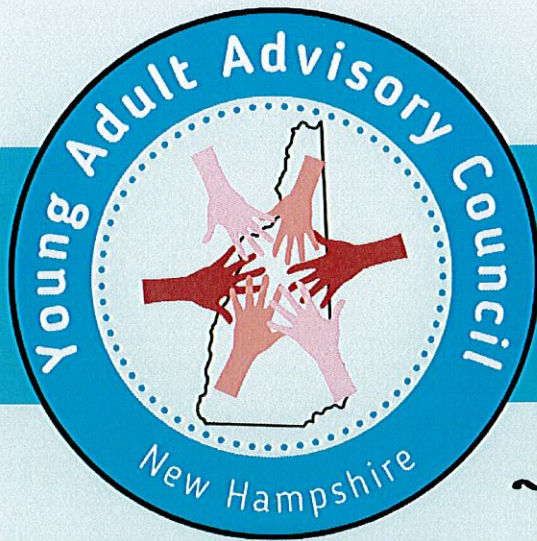
* Participating camps only

Space is limited!



New Hampshire
Department of Education

Learn more at: RekindlingCuriosityEducation.nh.gov/



Not a school sponsored event



DO YOU HAVE A PASSION FOR
CREATING MEANINGFUL CHANGE?



ARE YOU 18-25 YEARS OLD?

~ WE NEED YOUR HELP ~

YOUNG ADULTS IN NH FACE UNIQUE CHALLENGES RELATED
TO MENTAL HEALTH AND SUBSTANCE USE

JOIN THE NH YOUNG ADULT ADVISORY
COUNCIL TO HELP FIND SOLUTIONS TO
PROBLEMS FACING YOUNG ADULTS IN NH



Want to know more?
Scan this code



Can't scan the code?
Go directly to the URL

[TINYURL.COM/YAACNHINFO](https://tinyurl.com/yaacnhinfo)

Ready to sign-up?
Scan this code



Can't scan the code?
Go directly to the URL

[TINYURL.COM/YAACSIGN-UP](https://tinyurl.com/yaacsign-up)



If you are interested in joining or have questions please email Brittany at scphn1@gmail.com

GREATER SEACOAST COMMUNITY HEALTH



MAKIN' IT Happen



Greater Sullivan County
Public Health Network



North Country
HEALTH CONSORTIUM



Drug Enforcement Administration

WHAT EVERY PARENT AND CAREGIVER NEEDS TO KNOW ABOUT FAKE PILLS

How would my child get fentanyl?

- Drug traffickers are using social media to advertise drugs and conduct sales. If you have a smartphone and a social media account, then a drug trafficker can find you. This also means they are finding your kids who have social media accounts.
- To learn about emoji codes used on social media, visit Emoji Drug Code Decoded on www.dea.gov/onepill.

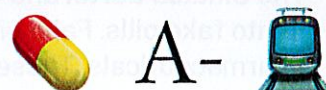
PERCOCET® & OXYCODONE



XANAX®



ADDERALL®



Why you should be concerned.

- The drug landscape is dramatically different from when you grew up, or even from just a few years ago.
- All parents and caregivers need to be educated on current drug threats to be able to have informed talks with their kids.

Tips for Parents and Caregivers

- Encourage open and honest communication
- Explain what fentanyl is and why it is so dangerous
- Stress not to take any pills that were not prescribed to you from a doctor
- No pill purchased on social media is safe
- Make sure they know fentanyl has been found in most illegal drugs
- Create an “exit plan” to help your child know what to do if they’re pressured to take a pill or use drugs
- For more tips on how to talk to your child about drugs, read Chapter 4 of Growing Up Drug Free: A Parent’s Guide to Substance Use Prevention at www.getsmartaboutdrugs.com/publications



Visit www.dea.gov/onepill for more information and resources for parents and caregivers

*Photos of fake pills do not represent all available fake pills.



Data as of November 2022

Not a school sponsored event

What Every Parent and Caregiver Needs to Know About **FAKE PILLS**

DRUG ENFORCEMENT ADMINISTRATION • Public Safety Alert

What is fentanyl?

- It is a deadly synthetic opioid that is being pressed into fake pills or cut into heroin, cocaine, and other street drugs to drive addiction.

FENTANYL IS

50x

**MORE POTENT
THAN HEROIN**

What are fake pills?

- The Sinaloa Cartel and Cartel de Jalisco Nueva Generacion are making fentanyl and pressing it into fake pills. Fake pills are made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals. These fake pills contain no legitimate medicine.
- Fentanyl is also made in a rainbow of colors so it looks like candy.



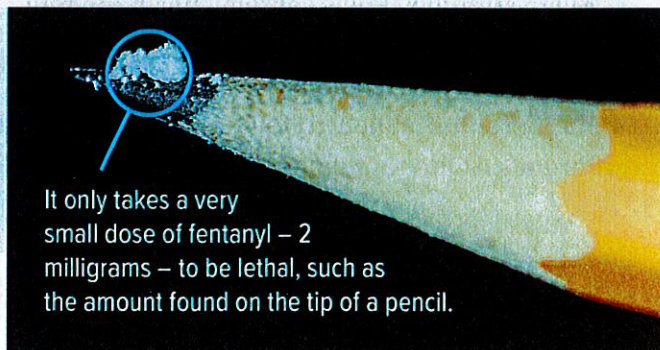
***FAKE**
rainbow oxycodone M30 tablets containing fentanyl

Why is fentanyl so dangerous?

- DEA lab testing reveals that six out of every ten fake pills with fentanyl contain a potentially lethal dose.

What are the physical and mental effects of fentanyl?

- Fentanyl use can cause confusion, drowsiness, dizziness, nausea, vomiting, changes in pupil size, cold and clammy skin, coma, and respiratory failure leading to death.



Visit www.dea.gov/onepill for more information and resources for parents and caregivers

*Photos of fake pills do not represent all available fake pills.

**ONE
PILL CAN
KILL**

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IT'S GOING TO BE A GREAT SUMMER!

MEREDITH COMMUNITY CENTER SUMMER PROGRAMS

Register NOW!

<https://www.meredithnh.org/parks-recreation/pages/2023-summer-camp>

Limited Scholarships available!

Contact Sarah Perkins-MCC
(603)279-8197 or

Lisa Ransom -ILES (603)279-7968



Not an ILSD sponsored program

THIS IS NOT A SCHOOL-SPONSORED PROGRAM

Altrusa Community Dinner Sign-up

A FREE Meal for Your Family



WHAT

Altrusa's version of salisbury steak with gravy, mashed potatoes, broccoli and lemon buttermilk cake for you and your family!

WHEN

Pick-up on Wednesday, May 24
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

DEADLINE

Sign up by May 16



THIS IS NOT A SCHOOL-SPONSORED PROGRAM

Program Offered Courtesy of Altrusa of Meredith