

Guidance Newsletter

Welcome to June 2023



SENIORS!

Graduation is coming soon!

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

June 12 & 13 - Senior Final Exams

June 17 - Graduation (Rain or shine) - 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

**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/>

AP Scores will be available in student AP accounts in July!

June is Transition Month!

Grade 6 visits ILM/HS on June 14

Grade 6 Parents/Guardians & Student Evening Program on June 20

Grade 7 visits Grade 8 on June 8

Grade 8 learns about High School on June 8

What is 988?

NH Rapid Response - 1-833-710-6477

- *A mental health resource for NH Families
- *A national number that connects back to NH
- *Families can also call NH Rapid Response at
- *An opportunity to access immediate mental health assistance in person or virtually
- *A connection to resources in the Lakes Region



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

HUOT End-of-Year Schedule

June 9

Last day of Huot classes for SENIORS

June 16

Last day of Huot classes for all Sophomores & Juniors

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Winnisquam End-of-Year Schedule

June 12

Last day of classes

Career Partnership Program Year-in-Review!

- 4 long-term (school year) interns in the areas of business, education, healthcare, and sports therapy.
- 15 visitors joined us for student lunches at our "We're Hiring!" table.
- 3 field experience field trips
- 6 professional guest speakers to individual classrooms.
- 3 school-wide professional guest speakers.
- 5 job shadows
- 4 outside job facility tours
- 42 businesses joined us for the spring job fair
- 5 students connected with area nonprofits to volunteer their time
- Several 1:1 workshops between students and CPP director, assisting with filling out job applications, working papers, resume building, interview etiquette and preparedness, etc.

Thank you Inter-Lakes Scholarship Foundation and Scholarship Donors for the amazing dinner and Scholarship Night for our Seniors! What a truly wonderful gift to help students pursue their goals!

Hosted by Growing Roots Integrative Health & Wellness

SOCIAL SKILLS DEVELOPMENT WORKSHOP

For Youth
Ages 12-16

This group is for adolescents who are seeking more **social connection** and/or **ways to meet others**.

Topics discussed will aim to support individuals in navigating current challenges and to build social skills such as...

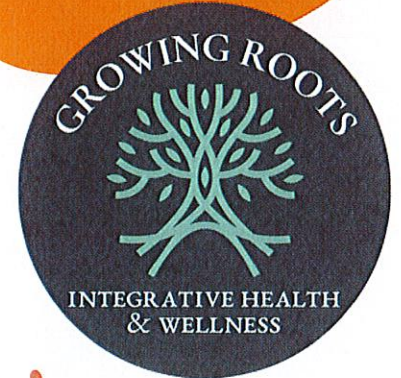
- Communication
- Listening
- Body language
- Mood & feelings management

DETAILS: ONE WEEK WORKSHOP

COST: \$450

DATE: JULY 17-21 | 10AM-12PM DAILY

LOCATION: 1 WARREN ST, PLYMOUTH, NH



RSVP



CONTACT US
office@
growingrootsllc.com
(603) 238-3149

Not a school sponsored event



Hosted by Growing Roots Integrative Health & Wellness

Anxiety Workshop

FOR ADOLESCENTS AGE 11-14



THERAPEUTIC & FUN

This workshop is a 1-week intensive group designed for middle school students who are struggling with anxiety. Group participants will:

- Learn about the clinical components of anxiety
- Identify safety behaviors that provide short-term relief but maintain anxiety in the long-term
- Learn distress tolerance techniques to effectively cope with anxiety management
- Reduce avoidant behavior via behavioral exposure to anxiety-provoking situations
- Increase values-based behavior while confronting anxiety
- Have fun connecting with peers through games, art, and music

Not a school sponsored event

Details: One week workshop

Cost: \$450

Date: July 24-28 | 10am-12pm daily

Location: 1 Warren St, Plymouth, NH

RSVP



contact us | office@growingrootsllc.com 603-238-3149

EATING DISORDER SUPPORT GROUP



EATING DISORDER **ONE WEEK INTENSIVE**

WE ARE HERE TO HELP.

If you are struggling with an eating disorder or disordered eating, please join us! This is a space where people can come together to find community in recovery.

COST: \$450

DATE: JULY 10-14 | 10AM-12PM DAILY

LOCATION: 1 WARREN ST, PLYMOUTH, NH

AGES: 14-18

Not a school sponsored event

office@growingrootsllc.com | (603) 238-3149

RSVP



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.



AUTHENTIC
oxycodone
M30 tablets

***FAKE**
oxycodone M30 tablets
containing fentanyl



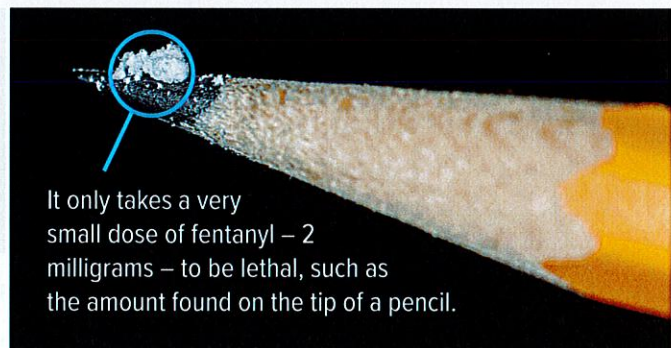
***FAKE**
rainbow oxycodone M30 tablets containing fentanyl

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.



It only takes a very small dose of fentanyl – 2 milligrams – to be lethal, such as the amount found on the tip of a pencil.

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**

Data as of November 2022

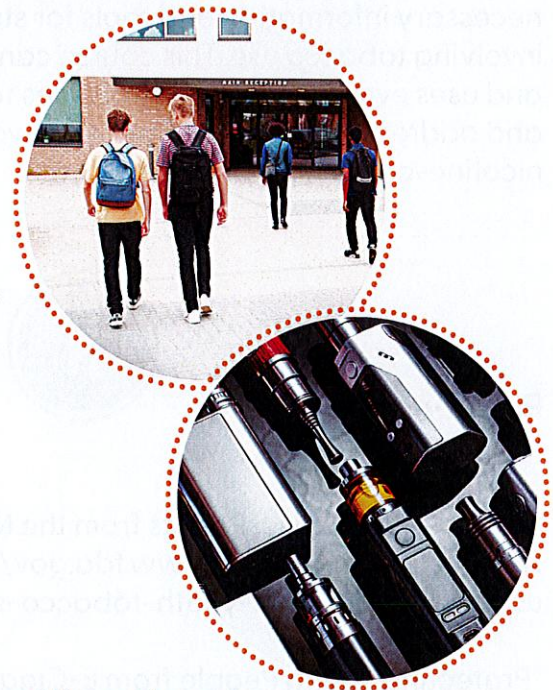
PREVENTION EDUCATION FOR VAPING:

**DON'T WAIT UNTIL
THEY ARE ADDICTED**

The 2022 National Tobacco Survey conducted by the FDA found that an overwhelming 3 million middle and high school students currently use tobacco products. Of these tobacco products, e-cigarettes are the most commonly used. Many young people are unaware of the risks of vaping and are becoming addicted. Thinking that they are only vaping flavored liquids, young people are misinformed about nicotine content. **Prevention education is necessary.**

What are the Risks of E-Cigarettes?

- While vape liquids might contain fewer chemicals than traditional cigarettes, any product containing nicotine is highly addictive.
- Since our brains are not fully developed until age 25, teens are highly vulnerable to the harmful effects of nicotine. Nicotine addiction can affect focus, memory, and learning.
- Not only is nicotine harmful, but other substances found in e-cigarettes, like diacetyl, may lead to serious conditions such as lung disease and asthma.
- Studies show that teens who use e-cigarettes are more likely to start smoking cigarettes in the future.
- Students who vape are more likely to engage in other substances as well, and usage correlates with missing school or poorer grades.



Start Discussions About the Dangers of Vaping and Peer Pressure

Educate yourself about e-cigarettes. Start talking to kids about smoking and vaping from a young age and continue talking as they get older. Create an open dialogue that makes teens feel comfortable sharing their point of view.

Rehearsing how to refuse vaping can help teens make good decisions and respond the right way when tough situations come up. Teens can use excuses like, "I can't form an expensive habit like that. I've seen how much people spend on pods." They can also offer their friends another activity to do, such as "I've got a better idea. Let's go _____."



To learn more about our classes, visit us at 3rdmil.com or call us at 888-810-7990.

Not a school sponsored event

Summer Leadership Program

Unlock Your Potential!

2023 Session July 9 - 14 in New Durham, NH

Scholarships Available!

Click here to get alerted
when registration opens!



You'll gain...

- Solid leadership training from NH Teen Institute's highly-qualified youth and adult staff.
- Critical life skills, like conflict resolution, stress management, and crisis intervention
- Increased confidence and self-acceptance
- Positive, trusting friendships that will last a lifetime.
- Ideas, skills, motivation, and inspiration to make a positive difference at home, at your school, and in your community.



"The people are fantastic. Workshops that help me understand and grow inside as a person. I could not imagine a better way to learn."

"I've met lifetime friends, and TI has helped me understand serious issues that could come my way. I personally had one of the BEST experiences of my life"

"TI creates lifetime leaders, who will bring the change the world needs."

"TI is for everyone. My experience was eye-opening, moving, inspirational, accepting, loving, caring."

"I can never thank TI enough for what it has taught me about family, friends. Life, but most importantly, myself. My life has changed for the better."

Our signature Summer Leadership Program is a dynamic residential week of leadership development, self-discovery, and social connection. The SLP brings diverse high school students from across NH and New England together through experiential workshops designed as catalysts for personal values exploration and increased school and civic engagement. Throughout the week, participants also increase their knowledge on a variety of topics including substance abuse and addiction, bullying, conflict resolution, peer mentoring, and health and wellness. The program connects participants with their local peers and school and community action organizations so they can channel this new energy toward the betterment of their home communities.



for more information on the NH Teen Institute visit us at www.nhteeninstitute.org

Not a school sponsored event



Center for College Planning

Free College Prep Webinars

For NH high school students, their parents/guardians, and school counselors

Topics

- Building Your College List
- Exploring College Major and Career Options
- Searching and Applying for Scholarships
- Community College Advantage
- Common App – 10 things to know
- College Admission 101 for First Generation Families
- The College-Bound Student-Athlete

Where

- Virtual, via ZOOM! Each webinar will have its own registration link found on the NHHEAF website or use the QR code below

When

- Wednesdays in June, July, and August from 6:00-8:00pm

Register



Not a school sponsored event

Why HVAC?

HIGH-DEMAND JOBS

Every building in the U.S. has a climate-control system. The HVAC industry designs, builds, installs, services, troubleshoots and repairs heating and cooling systems all year. These jobs cannot be sent overseas.

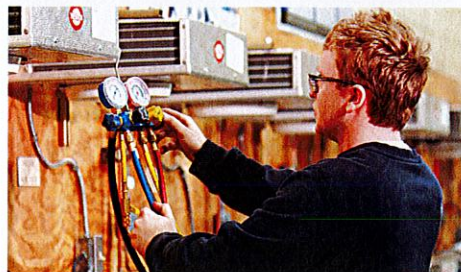
People and businesses depend on these systems and must keep them in good working order, regardless of economic conditions. As a result, HVAC is a recession-proof career. HVAC technicians coming from MCC have 100% placement in the HVAC industry.

GOOD WAGES

Graduates with an associate degree in HVAC from MCC are prepared for a variety of potential job positions within the HVAC industry. Because of this, the salary range one could expect upon graduation can vary greatly. Graduates have seen salary ranges up to \$67,000 a year to start, not including overtime opportunities! For further information about potential salaries please contact a member of the HVAC Department.

VARIETY (Every Day is Different!)

Workers must have the ability to provide maintenance, identify problems and carry out repairs on a wide range of HVAC systems. You'll use the hands-on skills, technical skills, and problem-solving skills you've acquired at MCC every day.



Still Unsure?

TRY IT OUT! No tools or equipment needed.

HVAC101M: INTRODUCTION TO HVAC SYSTEMS

This course introduces the fundamental concepts and principles that apply to the HVAC industry. Topics include a basic understanding of: thermodynamics, industry terminology and units of measurement; common HVAC systems and components; materials used in the installation of HVAC equipment; and methods for joining materials. Industry standards and codes are explored. Techniques for proper use of hand and power tools are presented. Safely working on HVAC systems and components is emphasized. **Contact ecurran@ccsnh.edu for further information.**

COURSE SESSIONS / FY 2023-24 / SATURDAYS, 8-10:30AM

FALL 2023

Saturdays, 8-10:30am

1st 8 week – 9/2-10/21

2nd 8 week – 10/28-12/16

SPRING 2024

Saturdays, 8-10:30am

1st 8 week – 1/20-3/9

2nd 8 week – 3/23-5/4

This is a college credit course which is required for the HVAC degree and certificates. It could also be used for open elective college credits if you decide HVAC is not for you.