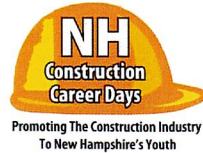


**September
2023**

Guidance Newsletter

Welcome Back Students!!

SEPTEMBER



NH Construction Days Field Trip

Thursday, September 28

Full Day Field Trip for Grades 9-12
Space is Limited - See Guidance if interested

College Information Night

Thursday, September 21

6:00-7:30pm - All Families Welcome
Presented by The NHHEAF Network

NH Colleges & Technical School Fair

Friday, September 29

Combination NH Colleges Fair & Technical School Fair
In the Courtyard - 11:30-12:30pm

OCTOBER

October 18

PSAT/NMSQT (optional) for Juniors

Sign up in Guidance Required by September 18
This is a digital assessment taken at school - Cost is \$18

October 19

New England College Fair, 11am-12pm - Gym

October 26

Coming Soon!

Manufacturing Field Trip

To celebrate manufacturing month!

The First Day of School

Tuesday,

September 5th

Classes start at 8:15am

All student vehicle drop
off is located at the South
Entrance

The Huot Center also starts
on Tuesday, September 5th

The Winnisquam
Agricultural Center starts
on Wednesday,
September 6th

What is NHHEAF?

The Center for College Planning at NHHEAF (N.H. Higher Education Assistance Foundation) is located in Concord and a FREE resource for N.H. families and schools. From student workshops, presentations on a variety of college and financial aid topics to individual family appointments, NHHEAF helps families navigate the college and financial aid process. NHHEAF will present several programs at ILMHS and offer a statewide event for Juniors in the Spring. Check out NHHEAF at www.nhheaf.org
1.888.747.2382x119

Guidance Newsletter

Welcome Back Students!!

Running Start

For more information contact: Stacey.Gagnon@Interlakes.org

ILMHS is extremely excited to continue our collaboration with our local community college by offering dual credit Running Start classes. This means that our students can earn 3 college credits as well as their high school credit while enrolled in high school.

The fall ILHMS course offerings are Graphics 2, Web Page Design, Economics and Personal Finance, Spanish 3, French 4 and Statistics. The fee is \$150 but due to a New Hampshire STEM grant, some of our Running Start courses are FREE. Students can enroll in up to 2 free STEM Running Start courses per school year. If your student is enrolled in one or more of these courses they will receive information in their class and guardians will receive an email to approve the course.

ILMHS welcomes Rotary Youth Exchange Student Dariana (Dari) Gavodjdea from Romania. She comes from Bucharest, which is the capital of Romania. Spending a year as an exchange student fulfills her lifelong dream. Dari enjoys playing volleyball and badminton, as well as snowboarding as well as drawing, singing, reading, and acting. She was the class president and marketing lead for her Interact club at her school. She will be playing JV volleyball at ILMHS in the fall and is looking forward to joining the ILMHS Interact club, as well as singing in the school chorus. Dari is a world traveler, having visited several European countries, and the United States. She desires to be a veterinarian, nutritionist, or neurologist. Dari looks forward to making strong connections with her classmates, teachers, and host families. When you see Dari in the hallway, please give her a warm “Laker” welcome.

If you are interested in participating in the Rotary Youth Exchange program or hosting an exchange student such as Dari, or would like more information about the program, please contact Dean Gulezian, who is the Youth Exchange Officer for the Meredith Rotary club. E-mail dean.gulezian@gmail.com or call Dean at 603-677-7172 or 631-235-8654. Information about the Rotary Youth Exchange program can be found at <https://www.exchangestudent.org/> and <https://portal.clubrunner.ca/2942/page/youth-program>

Meet the Guidance Department

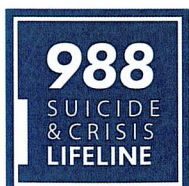
The faculty and staff of ILMHS are here to support and help students every day. School Counselors help students with academic, career, social and personal items. They work with students from grade 7 to 12 and are assigned alphabetically by student last name.

Mrs. Vieten - Student Last Names A-C

Mr. Connell - Student Last Names D-Ma

Ms. Gagnon - Student Last Names Mc-Z

Mr. Griffin, Career Partnership Ms. Ransom, Outreach Counselor Mrs. White, Registrar



Do you know anyone in need of immediate mental health or Suicide Prevention services? Call 988 or 1-833-710-6477 - 24 hours a day



Pencils? ☒

Scissors? ☒

Notebooks? ☒

**Medicaid
renewal?** ☐

**Give your student a healthy start to the school year.
Complete your Medicaid redetermination when it's due.**

Visit nheasy.nh.gov to check your child's Medicaid status, update your information,
and find out when it's time to complete your redetermination.

Watch for your yellow letter from NH DHHS and follow the instructions
so you can avoid a gap in your child's health care coverage.

For more information, visit dhhs.nh.gov

**No longer eligible for Medicaid? Need other coverage options?
New Hampshire Navigators can help!**

Health Market Connect
1-800-208-5164 | www.hmcnh.com

NH Navigator/First Choice Services
1-877-211-NAVI | www.acanavigator.com/nh/home



Not a school sponsored event



OUR KIDS ARE IN CRISIS

ANXIOUS NATION

HARNESSING ANXIOUS ENERGY FOR GOOD

FREE SCREENING

A FEATURE DOCUMENTARY EXPLORING ANXIETY AND OUR KIDS

October 5, 2023 | The Flying Monkey
6:00-8:30PM | Plymouth, NH



Tickets Available at the Flying Monkey - SCAN QR

Doors Open at 6:00PM | Screening Begins at 6:20PM

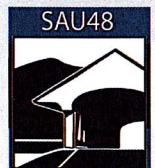
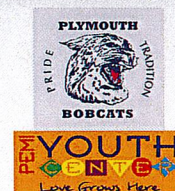
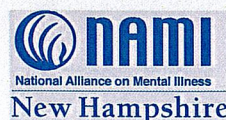
Food will be available for purchase at concession stand.

8:00 PM LIVE panel of mental health experts following the screening.

Free Childcare Available - Please Register Your Child HERE

The Pemi Youth Center | Ages 4 and Up | Register Your Child today | SPACE LIMITED

For more information or questions: ebrochu@cadyinc.org



NOT A SCHOOL SPONSORED EVENT



Nurturing Skills for Families **Developing Personal Power** **& Keeping Kids Safe**

A 7-week Zoom Series beginning September 14, 2023

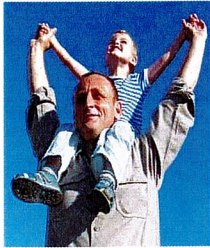
Daytime and Evening Classes Available!

Thursdays 10:00-11:30am OR 6:30-8:00pm

HYBRID COURSE

Participants can choose to attend in person at our office at 719 North Main St. Laconia, NH

OR virtually via Zoom



This Nurturing Skills Module focuses on positive ways to manage behavior and power struggles.

In addition, participants will examine choices that empower children and keep all members of the family safe and healthy.



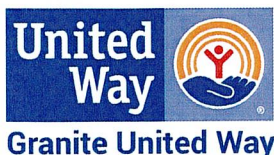
For participants who attend in person, dinner will be served at 6:00pm and on-site childcare *may be available* if reserved at the time of registration.

This seven-week series is open to anyone...

parents, caregivers, parents-to-be, extended family, professionals supporting families, etc.

All are welcome!

To register go to www.lrcs.org/parentedregistration/ or email tricia.tousignant@lrcs.org



The Linden
Foundation

A Book Study of
'Parenting in the Screen Age: A Guide for Calm Conversations'
by Delaney Ruston, MD

Series kicks off with a viewing of the award-winning documentary, 'Screenagers: Growing Up in the Digital Age', which explores parental struggles over social media, video games, academics and internet addiction and offers solutions to help kids find balance.

In the weeks that follow, classes will be based on the book, 'Parenting In the Screen Age: A Guide for Calm Conversations'. This guide shows you how to start — and sustain — productive family talks about technology.

Topics include: Talking about screen time without making your child defensive; online social cruelty, sexting, and mental health, boundaries around video gaming, and social media & screen time limits.

HYBRID COURSE

Participants can choose to attend
in person at our office

719 North Main St. Laconia, NH

OR virtually via Zoom

Tuesdays

from 6:00-8:00pm

**8-Week series begins
September 12, 2023**

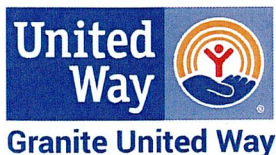
To register go to www.lrcs.org/parentedregistration/

or email tricia.tousignant@lrcs.org



*For participants who attend in person,
dinner will be served at 6:00pm*

*and on-site childcare may be available if
reserved at the time of registration.*



The Linden
Foundation

Nurture Hope

An educational series for parents with children who have special needs and health challenges



HYBRID COURSE

Participants can choose to attend in person at our office at 719 North
Main St. Laconia, NH
OR virtually via Zoom

When: Wednesday evenings from 6:30-8:00pm
8 week series begins September 20, 2023

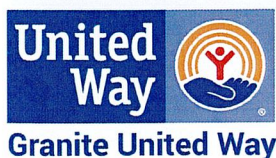
To register, go to: www.lrcs.org/parentedregistration
or email: tricia.tousignant@lrcs.org

This program is designed to help families explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

Topics covered will include:

- Appropriate Parental Expectations
- Empathic Awareness of the Feelings & Needs of Children
- Effective Discipline Strategies
- Family Rules
- Effective Communication
- Stress and Coping Techniques for Parents & Children
- Personal Power & Independence

For participants who attend in person, dinner will be served at 6:00pm
and on-site childcare *may be available* if reserved at the time of registration,
space is limited.



The Linden
Foundation