



# Inter-Lakes Middle/High School

SCHOOL PROFILE 2024-2025

CEEB 300395

## Accredited by

The New England Association of Schools and Colleges

1 Laker Lane  
Meredith, NH  
(t) 603.279.6162  
(f) 603.279.5302

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

## Superintendent

Mary Moriarty

## Principal

Dr. Amanda Downing

## Dean of Operations

Charles Femia

## Dean of Learning

Linda Otten

## Athletic Director

Sarah Dumais

## School Counselors

Nick Connell, Director  
Nick.Connell@Interlakes.org  
Last Names He-L

Stacey Gagnon, Counselor

Stacey.Gagnon@Interlakes.org  
Last Names M-Z

Melissa LaPan, Counselor

Melissa.LaPan@Interlakes.org  
Last Names A-Ha

## Registrar

Alicia White  
Alicia.White@Interlakes.org

## Community

Inter-Lakes Middle/High School is located in Meredith, NH and serves the towns of Sandwich, Center Harbor and Meredith. The school is situated at the north end of Lake Winnepesaukee which is in the center of the state, approximately 45 minutes north of Concord, the state capital. The towns are rural in character with limited industrial employment. Tourism and hospitality provide the chief sources of revenue. Meredith is a “medium size” community of approximately 6,000 residents, however, with seasonal residents the population grows to an estimated 16,000.

## Schedule

Inter-Lakes Middle/High School utilizes a 4x4 block schedule in grades 9-12. The students’ schedules consist of four eighty-five minute periods each day for two unique semesters. Quarter classes meet for eighty-five minutes every day for one quarter of the school year.

## Statistics

Total Enrollment - 444 students in grades 7-12 Class of 2025 -66 students  
YOG 2024: 4 Year Colleges - 50% / 2 Year Colleges & Technical schools - 27% / Military & Work 23%

## Graduation Requirements

Inter-Lakes Middle/High School offers a 26 credit Inter-Lakes diploma and under special circumstances, a 20 credit state standard diploma. Learners who attend Career and Technical Centers have graduation credits reduced due to travel time: 1 year technical school requires 24.25 credits to graduate and 2 years requires 22.50 credits to graduate. Courses/credits required for graduation include;

English/4 credits	Science/2 credits	Social Studies/3 credits
Technology/.5 credit	Health/.5 credit	Art/.5 credit
Economics & Personal Finance/1 credit	Math/3 credits	Math Experience Senior Yr/1 credit
Physical Education/1 credit	Electives	
Completion of Naturalization Exam & Civics Competency-Based Assessment		

## Class Rank

Class rank is based on a decile system which equates to a percentage system, first decile (top 10%), second decile (top 20%), third decile (top 30%) and so on. Rank is reported by decile only.

## Advanced Placement, Honors & Running Start Courses

Advanced Placement courses include; Art, Calculus AB, Computer Science, English Literature & Composition (taken in grade 11), English Language & Composition (taken in grade 12) & United States History.

Weighted Honors courses include; English 9, English 10, English 11, English 12, Algebra 1, Geometry, Algebra 2A, Algebra 2B, Statistics, Pre-Calculus, Human Anatomy & Physiology, Advanced Biology, Advanced Chemistry, Physics, Principles of Marketing, Accounting, Introduction to Business & Entrepreneurship, French IV/V, Spanish IV/V, Band, Chorus and all Early College (formerly Running Start) credit courses.

Early College (formerly Running Start) courses include; Introduction to Business & Entrepreneurship, Economics & Personal Finance, Principles of Marketing, Accounting, Graphics II, Statistics, Pre-Calculus, Web Page Design, Introduction to Programming, French 3, French 4, Spanish 3 and Spanish 4.



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## Academic Programs

### Career Partnership Program

Internships, job shadows, classroom speakers and employment, credit awarded for internships

**CPP** – Competency Pathway Program, support provided, no credit awarded

**eStart** – Dual credit, online, community college courses

### Gradpoint & Edmentum

Online, self-paced, competency recovery courses, taken for Pass/Fail and credit

### IS – Independent Study

Student chosen topic with specific goals/outcomes and supervised by faculty member

### J. Oliva Huot Center

Regional technical center offering mostly full-year credit courses in technical, career/vocational courses  
[www.htclaconia.weebly.com](http://www.htclaconia.weebly.com)

### Laconia & Carroll County Adult Education

Local Adult Ed. Programs

### Early College / Running Start

Dual credit college/high school courses, partnership with Lakes Region Community College, taught by Inter-Lakes faculty

**VLACS** – Virtual Learning Academy Charter School of NH, courses transferred in for credit and requirements,  
[www.vlacs.org](http://www.vlacs.org)

**Winnisquam Agricultural Center** – Regional full-year credit courses in natural resources and plant science  
[Website HERE](#)

## Competency-Based Learning

Competency-Based Learning provides learner-centered pathways that honor the reality that learning happens at different rates. College and career readiness is the focus.

The guiding document for full competency-based implementation is called *The Design Principles, Practices and Procedures for Learning, Assessing Learner Progress, and Using Grades to Report Learner Progress* and can be found via link [HERE](#).

*Academic competencies* are explicit, measurable, transferable competencies that empower our learners. Courses may have three, five or more course competencies. Academics competencies can be found [HERE](#). Individual course competencies are available upon request.

<b>AP: Proficient with Distinction</b>	Extends knowledge and skills beyond essential content. Additional evidence may include: Applying knowledge to an unfamiliar task. Creating a new product. Embedding connections across multiple courses and/or content area competencies.
<b>BP: Beyond Proficient</b>	Essential content knowledge and skills are demonstrated independently. Learner demonstrates evidence of initial practices of extending knowledge and skills beyond familiar tasks. Applying knowledge to an unfamiliar task. Creating a new product. Embedding connections across multiple courses and/or content area competencies.
<b>CP: Proficient</b>	Essential content knowledge and skills are demonstrated consistently using a developmentally appropriate level of independence. The learner applies practiced content and skills to familiar tasks using critical thinking.
<b>DP: Developing Proficiency</b>	Essential content knowledge and skills are not yet demonstrated consistently, completely, and/or accurately.
<b>IE: Insufficient Evidence</b>	Insufficient evidence is submitted to measure proficiency.

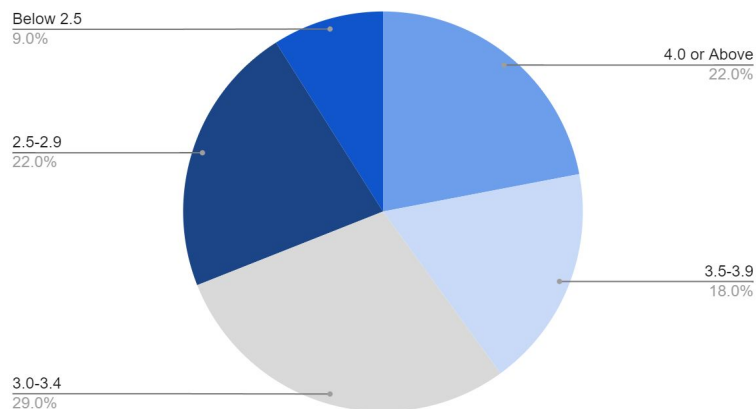
*Personal Competencies* are an indicator of success in school and beyond, including; Time Management, Preparation & Organization, Perseverance, Cooperation, Engagement and Reflection. Each course will focus on three specific personal competencies that best match the learning experience of that course. Personal Competencies are reported using this scale:

Consistent	Often	Inconsistent	Needs Support/Instruction
The learner independently and regularly performs the expectations.	The learner needs occasional prompting or support in order to perform the expectations.	The learner inconsistently performs and/or needs routine support in order to perform the expectations.	The learner needs modeling and/or direct support or explanation in order to perform the expectations.

## Competency Based GPA Scale & Distribution

Grade	AP	BP	CP	DP/IE
College Preparatory	4.333	3.333	2.5	0.0
AP / Honors / Running Start	5.333	4.333	3.5	0.0

YOG 2025 Distribution of Learners by GPA (End of Junior Year)





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## School/District Vision & Mission

### Vision

Every person at Inter-Lakes Middle/High School will affect positive change in self, school and society.

### Mission

The mission of the Inter-Lakes School District is to foster quality teaching and learning, promote social responsibility and encourage personal growth.

## Athletics

NHIAA Division 3

- Alpine Skiing
- Baseball
- Basketball
- Cross Country Running
- Football
- Golf
- Ice Hockey
- Lacrosse
- Nordic Skiing
- Soccer
- Softball
- Tennis
- Track
- Volleyball

\*Some teams shared with Moultonborough Academy

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## Competency-Based Grading

### Class/Course Grades

- ❖ Communicated during “snapshot” progress reporting periods and also during final reporting periods.
- ❖ A final course grade of a minimum of Proficient (CP) must be demonstrated in order for learners to earn credit for high school courses.
- ❖ Overall class/course grades are determined by the preponderance of evidence among the competency statements.

### Grade Point Average

- ❖ A student’s Grade Point Average includes all courses on the transcript, with the exception that Pass/Fail and Withdrawal courses do not count toward GPA.
- ❖ GPA is computed for grades 9-12. Each letter grade is given a point value which is dependent on the level of the course. Student’s total grade point values for all semesters are divided by the total number of eligible credits. GPA is computed at the completion of each course.

## SAT Scores / Standardized Testing

NH required standardized testing for high school (Grade 11 only) includes; SAT School Day and NH SAS Science. The scores shown here are based on SAT School-Day results. The Fall PSAT/NMSQT is optional for juniors. PSAT 9 and PSAT 10 is administered to help students prepare for the official SAT School Day taken in the spring of junior year.

Class of...	2025	2024	2023	2022	2021
Mean ILMHS Verbal Score	525	491	515	515	523
Mean State Verbal	508	506	512	512	528
Mean ILMHS Math Score	502	494	531	531	520
Mean State Math	480	489	494	493	512

## AP Scores – Spring 2024

30 students took 37 exams

AP Scores	5	4	3	2	1
# Exams	6	16	11	4	0
% Total Exams For Each Score	16%	43%	30%	11%	0%

## College Acceptances Class of 2024

- |                                |                                   |                                |
|--------------------------------|-----------------------------------|--------------------------------|
| Anna Maria College             | Manchester Community College, CT  | Southern NH University         |
| Alaska Pacific University      | Massachusetts College of Pharmacy | Saint Michael's College        |
| Bishop's University            | McGill University                 | SUNY Cobleskill                |
| Bryant University              | Merrimack College                 | Thomas College                 |
| Coastal Carolina University    | New England College               | University of Maine Machias    |
| Colby-Sawyer College           | NH Technical Institute            | University of Maine Orono      |
| Colorado State University      | North Carolina State University   | University of Nevada Reno      |
| Concordia University           | Ozark Technical Community College | University of New England      |
| Eckerd College                 | Plymouth State University         | University of New Hampshire    |
| Empire Beauty School           | Providence College                | University of Oregon           |
| Endicott College               | Purdue University                 | University of Rhode Island     |
| Florida Atlantic University    | Quinnipiac University             | University of South Florida    |
| Franklin Pierce University     | Rhode Island College              | University of Southern Maine   |
| Hofstra University             | Rivier University                 | University of Tampa            |
| Johnson & Wales University     | Rensselaer Polytechnic Institute  | University of Utah             |
| Keene State College            | Roger Williams University         | University of Vermont          |
| Lakes Region Community College | Saint Anselm College              | Western Carolina University    |
| Manchester Community College   | Saint Thomas University           | Western New England University |