



Inter-Lakes Middle/High School

SCHOOL PROFILE 2025-2026

CEEB 300395

Accredited by

The New England Association of Schools and Colleges

1 Laker Lane
Meredith, NH
Tel: 603-279-6162
Fax: 603-279-5302
www.interlakes.org

Superintendent

Mary Moriarty

Principal

Dr. Amanda Downing

Dean of Operations

Shawn Quinn

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 - 451 students in grades 7-12

Class of 2025 - 79 students

YOG 2025 - 4 Year Colleges - 54% • 2 Year Colleges/Technical schools - 17% • Military & Work 29%

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

Technology - .5 credit

Economics & Personal Finance - 1 credit

Physical Education - 1 credit

Science - 2 credits

Health - .5 credit

Math - 3 credits

Electives

Social Studies - 3 credits

Art - .5 credit

Math Experience Senior Yr - 1 credit

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 & Early College 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.



Inter-Lakes Middle/High School

SCHOOL PROFILE 2025-2026

CEEB 300395

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

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. Academic competencies can be found [here](#). Individual course competencies are available upon request.

AP: Proficient with Distinction	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.
BP: Beyond Proficient	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.
CP: Proficient	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.
DP: Developing Proficiency	Essential content knowledge and skills are not yet demonstrated consistently, completely, and/or accurately.
IE: Insufficient Evidence	Insufficient evidence is submitted to measure proficiency.

Personal Competencies are an indicator of success in school and beyond, including:



Time Management



Cooperation



Preparation and Organization



Engagement



Perseverance



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.



Inter-Lakes Middle/High School

SCHOOL PROFILE 2025-2026

CEEB 300395

Academic Programs continued

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

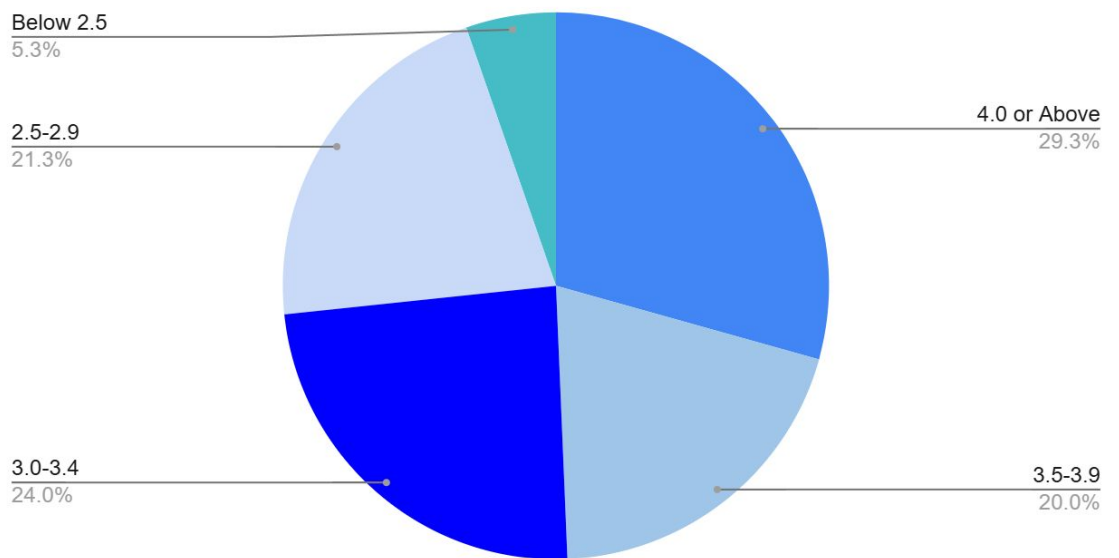
VLACS - Virtual Learning Academy Charter School of NH, courses transferred in for credit and requirements
www.vlacs.org

Winnisquam Agricultural Center - Regional full-year credit courses in natural resources and plant science
www.wrhs.wrsdsau59.org

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 2026 Distribution of Learners by GPA (End of Junior Year)



Standard Based GPA and Grade Distribution

Grade	GPA (Standard)	GPA (Honors)
A+	4.333	5.333
A	4	5
A-	3.667	4.667
B+	3.333	4.333
B	3	4
B-	2.667	3.667
C+	2.333	3.333
C	2	3
C-	1.667	2.667
D+	0	0
D	0	0
D-	0	0
F	0	0



Inter-Lakes Middle/High School

SCHOOL PROFILE 2025-2026

CEEB 300395

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

Inter-Lakes
Middle/High School
1 Laker Lane
Meredith, NH 03253

www.interlakes.org
Tel: 603-279-6162
Fax: 603-279-5302

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 SAT/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...	2026	2025	2024	2023	2022
Mean ILMHS Verbal Score	531	525	491	515	515
Mean State Verbal	515	508	506	512	512
Mean ILMHS Math Score	503	502	494	531	531
Mean State Math	480	480	489	494	493

AP Scores - Spring 2025

AP Scores	5	4	3	2	1
# Exams	16	38	14	8	1
% Total Exams For Each Score	21%	49%	18%	10%	1%

56
students
took
77 exams

College Acceptances Class of 2025

Bentley College
Berkshire Institute for Christian Studies
Bryant University
Clarkson University
Dartmouth College
Empire Beauty School
Hampshire College
Keene State College
Lakes Region Community College
Maine College of Art & Design
Maine Maritime Academy
Massachusetts Bay Community College
Nashua Community College
New England College
New Hampshire Technical Institute

Parsons School of Design NYC
Plymouth State University
Rutgers University
San Diego State University
School of the Art Institute of Chicago
Southern New Hampshire University
University of Arizona
University of Montana
University of New Hampshire
University of Northwestern Ohio
University of Vermont
Wellesley College
Wentworth Institute of Technology