

Guidance Newsletter

March 2021

Spring is
coming!

SAT for Juniors

Wednesday, March 24th

(snow date March 25th)

This is the State of NH assessment
School Day SAT with Essay - Digital Test
All testing at ILM/HS

**New!! Student CHROMEBOOKS & Chargers
will be Collected on Tuesday at the end
of the school**

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Grades 7 & 8 have a regular day of school

Grades 9, 10 and 12 have a remote day of school

Juniors who attend Huot & Winnisquam programs
will not attend on SAT Day

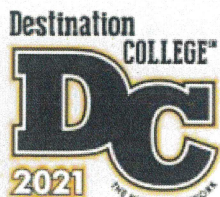
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SAT PREP & Help

Sign up on the Library or Guidance homepage for
Reading/Writing/Essay practice sessions in the library
Or, practice online at www.khanacademy.org and
www.collegeboard.org

&

Full SAT details on the Guidance homepage



Saturday, March 20, 2021

Starts at 9am

VIRTUAL

Statewide College Event
for N.H. Juniors

www.destinationcollege.org

Presented by NHHEAF
Registration open now!

This Week!

J. Oliva Huot Center

Virtual Open House

Thursday, March 11th

Sessions at 5pm, 5:30pm & 6pm

<https://htclaconia.weebly.com/open-house.html>

Learn about the full-year programs in
Engineering, Health Science, Biotechnology,
Culinary Arts, Automotive Technology, Plumbing
& Heating, Digital Media Arts, Law Enforcement
& Teacher Preparation

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High School Information for Grade 8

Grade 8 Students & Parents/Guardians
are invited to

Welcome to High School Night
Live Virtual Program

on

Wednesday, March 31st - 6:00pm

Google Meet Program

*Link will be posted on the Guidance homepage
and emailed home closer to the date

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Calendar

March 11th - Huot Center Virtual Open House
www.htclaconia.weebly.com

March 12th - Virtual K-12 Teacher Conferences
Email: alicia.white@interlakes.org to schedule

March 15th - Trimester 3 begins for Grades 7 & 8

March 20th - Destination College for Juniors

March 24th - School Day SAT for Juniors

March 31 - Welcome to High School Virtual Program
for Grade 8 Families

April - Coming Soon! Course Selection Process for
students entering grades 9, 10, 11 and 12!



New Hampshire

Department of Education



Join us for a webinar with Lynn Lyons for parents/caregivers and community members, sponsored by the NHDOE and the Merrimack School District.

NOW What? Helping Children (and Parents) Manage Emotionally During Uncertain Times

Children and teens were struggling with increasing rates of anxiety and depression prior to 2020, and this past year didn't help! Parents and caregivers need strategies to help children (and themselves!) manage the uncertainty of our current environment as we recover and move forward. This presentation describes the skills needed for emotional management including how to increase flexibility, tolerate uncertainty, communicate effectively and replace catastrophic thinking with problem-solving.

Register in advance for this webinar:

Date: March 11, 2021

Time: 6:30-8:00 PM

https://us02web.zoom.us/webinar/register/WN_oDFMALpjQr6_2SMn-O8vA

Upon registering you will receive a confirmation email containing information about joining the webinar.



Lynn Lyons is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families.

She is a keynote speaker and presenter at national conferences, and a sought-after expert on the subject of anxiety, appearing in the New York Times, NPR, Psychology Today, the Atlantic, Washington Post, and Time, among others.

Lynn is the co-host of the popular podcast Flusterclux and is the author of several books and articles, including Anxious Kids, Anxious Parents and the companion book for kids Playing with Anxiety: Casey's Guide for Teens and Kids, co-authored with Reid Wilson.

She maintains a private practice in Concord, New Hampshire where she sees families whenever she's not on the road teaching.

*This program is made possible through the **Promising Futures for New Hampshire** grant, a collaborative funding opportunity for New Hampshire Local Education Agencies (LEAs) administered by the Bureau for Drug & Alcohol Services at the Department of Health & Human Services and the Bureau of Student Wellness at the Department of Education, in partnership with the Governor's Commission on Alcohol & Other Drugs - Prevention Taskforce and the New Hampshire National Guard*





What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

NAMI Basics Virtual Class for Parents/Caregivers

Wednesdays, April 14 – May 26, 2021 6:00 – 8:30pm

Meet & Greet Wednesday, April 7, 2021 6:00 – 7:00pm

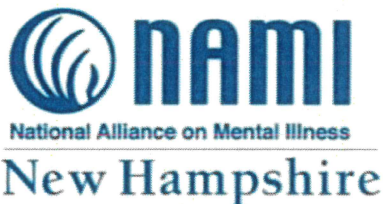


Participant Perspectives

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."



About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI New Hampshire and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.



For more info or to register for NAMI Basics, contact Nancy Hollinshead at 631-987-3063.

For all other questions, contact Michele Watson at mwatson@NAMINH.org or 603-545-9569.

Not a school sponsored event



Dreamers Group



Meets virtually once a week for 5 weeks! Date and time to be decided by participants! Call 603.528.6511 ext 103 or email aa@newbeginningsnh.org for more information and to sign up.

Sleep issues are common after trauma, but they don't have to be permanent. Learn more with us!

Not a school sponsored event