

Welcome to High School!

For all Grade 8 Families

VIRTUAL Presentation

Thursday, January 20, 2022 - Starting at 6pm

Learn about the course selection process, academic opportunities, resources and options

*** Link will be emailed home and posted on the ILMHS homepage***

New NH Rapid Response Access Point

Mental Health Helpline & Service

Statewide # 1-833-710-6477 - 24/7 number

Access Point will help the caller by providing an assessment of the situation either via Zoom or on the phone. The caller may be offered an appointment within 48 hours with a therapist from Lakes Region Mental Health. COVID continues to create staffing shortages in the field of mental health, but this response line is an effort to help callers find immediate assistance from their local mental health agency.

Not a School Sponsored Event



Course Selection Coming Soon!

All students in Grades 8-11 will choose and complete course selection before February vacation.

School Counselors will meet with students to review credits, course requirements and options.

Families are encouraged to review the Program of Studies and when available the elective course videos and teacher course recommendations for students in Alma (available end of January)

Students interested in attending the Huot Center in Laconia next year are welcome to tour the Huot Center on February 9th. Permission slips will be required. Most Huot programs are geared toward juniors, however there are several exceptions.

Check out the Huot programs at
htclaconia.weebly.com

Coming Soon! - SAT Suite of Assessments

Wednesday, March 23, 2022

SAT Day for Grades 9, 10 & 11

*Grade 7 & 8 have a regular school day

*Grade 11 takes the State-required digital School Day SAT with Essay

*Grade 12 students with incomplete competencies work in the library

*Juniors in Huot do not attend Huot on SAT day - Seniors in Huot do attend Huot

*All students can review questions and test format at www.collegeboard.org

*Coming Soon! Full Mailing and details for Juniors.

**** Career Partnership Program ****

Through a partnership between The Greater Meredith Program and the school district, students are invited to participate in job shadows and/or internships to learn about future careers.

Contact Michael.Griffin@Interlakes.org if interested

The Health Careers Institute at Dartmouth

June 20-25, 2022

*For Students entering grades 10, 11, & 12
in the Fall of 2022*

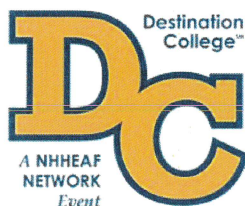
Students learn about careers and important issues and topics in health careers and about clinical and non-clinical careers.

Applications can be found at: <https://tdi.dartmouth.edu/health-careers-institute>

Deadline to apply is April 11, 2022

*Check out this summer program as well as others
on the Guidance homepage*

Not a School Sponsored Event



Free College Event for all NH Juniors!
Workshops, Presentations & College Fair

St. Anselm's College
Saturday, April 9, 2022

Registration Opens February 2022
Registration required at
<https://www.nhheaf.org/destination-college.asp>

Questions? Call 1.888.747.2382, x119
A NHHEAF Program

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NWEA Assessment - Grade 9

Grade 9 students continue participation in beginning and end of course NWEA assessments in Grade 9 Math, English, and Science courses.

*Math is a full year course and students will complete the end of course assessments in June.

*Science and English are semester courses. Students may be enrolled in Science and English now or in second semester.

*If your student is currently enrolled in Science and English, they will complete the end of course NWEA assessment before the course ends in January.

*If your student is enrolled in Science and English in second semester, they will complete the beginning of course NWEA assessment in February

NWEA score reports for the year will be mailed home at the end of the school year.



Active Parenting of Teens

January 5-March 30, 2022. Class meets Wednesdays from 6:30-8:00pm (12 weeks)

Active Parenting of Teens will give parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth. Topics include: methods of respectful discipline, skills for clear, honest communication, strategies to prevent risky behavior, how to be an encouraging parent, and issues such as teens on-line, bullying and depression.

There will be no class on March 2, 2022

Nurture Hope

January 5-February 23, 2022. Class meets Wednesdays from 6:30-8:00pm (8 weeks)

This series is designed for parents with children who have special needs and health challenges, giving them an opportunity to explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

Developing Empathy & Self-Awareness—A Nurturing Skills Module*

January 6-February 10, 2022. Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (6 weeks)

This Nurturing Skills Module focuses on the importance of empathy & techniques for managing feelings such as anger and stress.

Cooperative Parenting & Divorce

January 11-February 3, 2022. Class meets twice weekly on Tuesdays & Thursdays from 6:00-8:00pm (4 weeks)

This program helps separated/divorced parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent. This program educates parents on the impact their conflict has on their children, and teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and talk to each other without arguing. While co-parents are welcome to take this class together, it is not required.

Strong Fathers: Understanding Children's Growth & Development

January 11-February 15, 2022. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

In this Nurturing Skills module, fathers and father-figures come together to support each other while focusing on creating a nurturing environment that stimulates children's overall healthy development. Topics covered include brain development, developmental milestones, creating nurturing routines, and encouraging a growth mindset.

Tenant 101

January 19-February 9, 2022. Class meets Wednesdays from 6:00-8:00pm (4 weeks)

Do you have poor or negative landlord references? Do you want to work on changing them? Come learn how to be the best tenant you can be. Topics include what to look for in an apartment, how to complete a rental application, what to expect in an interview, evaluating whether or not an apartment is affordable, landlord/tenant rights, the eviction process, and being a good neighbor.

Parenting with Resilience

February 8-March 22, 2022. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

Learn about Adverse Childhood Experiences (ACE's) and how trauma can effect children's development and behavior. Caregivers will learn strategies to build their own ability to persevere through tough times, as well as techniques for encouraging resilience in children.

There will be no class on March 1, 2022

Parenting the Second Time Around

February 16-April 13, 2022. Class meets Wednesdays from 6:00-8:00pm (8 weeks)

This series is intended to support grandparents and other relatives who are parenting...again! Topics include: child development, discipline & guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues, and advocacy.

There will be no class on March 2, 2022

The Whole Brain Child

March 9-April 20, 2022. Class meets Wednesdays from 6:30-8:00pm (7 weeks)

Based on the New York Times Bestseller by Daniel J. Siegel and Tina Payne Bryson, this class will cover twelve revolutionary strategies to nurture your child's developing mind. Learn the science of how a child's brain is wired, how it matures and how you can apply this knowledge to everyday parenting. The Whole Brain Child will teach you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

For all classes & support groups

Register at: www.lrcs.org/parentedregistration/

Or email tricia.tousignant@lrcs.org

Not a school sponsored event

Positive Discipline Practices & Techniques—A Nurturing Skills Module*

March 10-April 14, 2022. Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (6 weeks)

This Nurturing Skills Module focuses on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques.

Parenting Journey

March 10-June 2, 2022. Class meets Thursdays from 6:00-8:00pm (12 weeks)

This curriculum is designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their children. In a warm and nurturing environment, parents are supported and encouraged to care for themselves and each other, while participating in a series of experiential exercises.

There will be no class on April 28, 2022

Strong Fathers: Developing Empathy & Self-Awareness

March 15-April 19, 2022. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

Fathers and father-figures come together to support each other while focusing on the importance of empathy and techniques for managing feelings such as anger & stress in this module from our Nurturing Skills series.

Parenting Journey in Recovery

March 29-July 5, 2022. Class meets Tuesdays from 6:00-8:00pm (14 weeks)

Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining sobriety, which can be both rewarding and daunting. Parenting Journey in Recovery provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, and hard work are only some of the topics discussed by group members. **Participants in this class should have at least 90 days in recovery prior to the start of the class.**

There will be no class on April 26, 2022

Ongoing Support Groups:

Autism Support Group

Meets on the first Monday of each month from 7-8pm and/or on the third Wednesday of each month from 1-2pm.

This is an open monthly peer support group for parents, caregivers and grandparents of children with Autism or children who you suspect may have Autism. These facilitated meetings bring caregivers together to share experience, wisdom and community. Attend sessions during the day, in the evening or both.

NAMI-NH Lakes Region Parent & Caregiver Group

Meets on the first and third Tuesdays of each month from 6:30-7:30pm.

Do you struggle with your child's or teen's behavior? Join this monthly peer support group, facilitated by the Family Resource Center and NAMI NH. Learn and share strategies for dealing with challenging behaviors, find out about resources that are available to help you, and meet other families who understand your situation...you are not alone in this journey.

Kinship Caregiver Support Group

Meets on the last Monday of each month from 12:00-1:00pm.

Parenting is tough; parenting a second time can be even harder. This group aims to bring grandparents and other relative caregivers together to celebrate successes, mourn losses, problem solve for the hard times, and give support to one another. We hope you can join us to hear from other kinship caregivers and learn more about resources and opportunities that are available in your community. This program is sponsored by the Family Resource Center of Central NH and the Greater Tilton Area Family Resource Center.

Family Ties Inside Out Support Group

Dates/Times vary based on the age of participants. For scheduling information, please email tricia.tousignant@lrcs.org. Children of incarcerated parents and their caregivers need to know they are not alone! Join us for a safe place to feel supported, offer understanding to others, process feelings, and learn how to cope with them. Children's groups will do all of this through games, stories, and other playful activities. All support groups will be held via Zoom. All participants will receive a \$20 Walmart gift card for each session they attend. Separate support groups exist for: Children ages 3-4, Children ages 5-9, Middle School (ages 10-13), High School (ages 14-18) and Caregivers.

For all classes & support groups

Register at: www.lrcs.org/parentedregistration/

Or email tricia.tousignant@lrcs.org



The Linden Foundation

The Samuel P. Pardoe Foundation

