

# SUNAPEE MIDDLE HIGH SCHOOL GUIDANCE NEWS & NOTES

QUARTER 1 2018 - 2019



**Veteran Appreciation Breakfast**  
Nov. 9th

**Fall Musical-Beauty and the Beast**  
Nov. 19th-Nov. 20th

**Quarter 1 Honor Roll Trip to Northern Stage**  
Dec. 1st



**College Acceptances for the Class of 2019**

**Jacksonville University**  
**West Virginia University**



## HIGH SCHOOL

September~Lindsey Hayden  
October~Noell Bergeron

## MIDDLE SCHOOL

September~Mia Cahill  
October~Nick Pollari



## SENIORS

A reminder that when you are prepared to apply to college, you will need to notify your guidance counselor in advance and make an appointment to finalize and send your application.

### You will need:

- The application.
- The fee payable by check or preferably a credit card to enter electronically with online applications.
- A completed essay.
- To send your SAT and/or ACT scores electronically .
- An updated transcript.
- A teacher recommendation. This is typically held on file in the guidance office assuming prior notice was given to each teacher.

### Guidance staff will:

- Make sure the application is complete, make copies, and file appropriate paperwork. Often times applications come back incomplete due to filing issues on the receiving end. Our records help us meet the required application expectations in a timely fashion as these instances occur.
- Provide a School Report and recommendation.
- Provide a School Profile.
- Mail supplemental information.
- Provide an updated transcript as requested by the receiving institutions.
- Complete mid-year and final reports.



NHHEAF

FREE FAFSA HELP

Federal Student Aid

An office of the U.S. Department of Education

FAFSA

Juniors recently took the PSAT's and should receive feedback and scores in early January. We will begin Junior post-secondary planning units including job shadow when we receive the PSAT results after the winter break.

Career Cruising is available to all students via their PowerSchool access. This is a comprehensive and innovative career and college investigation software tool that is designed to promote self-exploration and planning to assist people in the process of building their future.

## ACCOMPLISHMENTS

- ⇒ Congratulations to Amita Ayers, Madison Giberson, Haley Hathorn and Josie Petrin who performed in the All New England Choral Festival.
- ⇒ Congratulations to Ryan Fleury , Skylar Hathorn and Star Lucas who were recently inducted into the National Honor Society!
- ⇒ Congratulations to the Varsity Boys Soccer Team **2018 NHIAA D-IV Soccer Champions!**



# 2018 SMHS School Year Testing Results

SAT – Grade 11 SAT  
School day 2018

2017-18 SAT Test Scores	SMHS	State	National
Reading/Writing Mean Score	559	521	497
Math Mean Score	581	513	483

NH State Assessment  
System Test Data

GRADE	SUNAPEE / STATE/SPREAD ELA	SUNAPEE/STATE/SPREAD MATH	SUNAPEE/STATE/SPREAD SCIENCE
Grade 6	72%/55%/17%	76%/46%/30%	N/A
Grade 7	78%/60%/18%	73%/48%/25%	N/A
Grade 8	72%/58%/14%	72%/47%/25%	56%/42%/14%
Grade 11	N/A	N/A	62%/41%/21%

2018  
AP Test Data

Course	Number of Students	Average Score	State Average	National Average
AP Calculus	15	4.0	3.32	2.91
AP English Language	22	3.27	3.20	2.82
AP US History	11	4.182	2.97	2.66

## ADDITIONAL NEWS

- ◇ **8th hour** is open to any student who would like to get a jump start on homework. The 8th hour program runs Mon.-Thurs. from 2:50-3:50 in Room H5. Contact the Guidance Office for more information. Students are all welcome to use the late bus as needed.
- ◇ **NEW!** Nordic team for Middle School students.
- ◇ Juniors and Seniors attended The New England Association for College Admissions Counseling (NEACAC) College Fair at SNHU on Thursday, September 20th.
- ◇ **A St Paul's Advanced Summer Program** representative met with interested juniors. More information on ASP is available in the Guidance Office.
- ◇ We are a **NH Scholar School**. Students who are eligible have been notified. Please visit [NH Scholars](#) for more information.
- ◇ **Blaise O'Mara** was nominated as the class of 2019 **DAR Good Citizen**.
- ◇ **Harper Flint** was selected to represent SMHS at this summer's **HOBY Leadership Conference** at Saint Anselm College
- ◇ **The Red Sox Scholarship** is open to Sunapee Seniors this school year– Deadline is 1/11/2019– For more information please visit–[Red Sox Application](#)
- ◇ Mrs. Watkins and Dr. Murray will be running a small group counseling program during middle school lunches. The group will be geared toward reducing student stress and increasing academic success. Please contact Mrs. Watkins for more information.
- ◇ Please join us on the evening of Wednesday, November 28th when [Breathe NH](#) will present the program **“Vaping Unveiled - What Everyone Needs to Know”** at the Sunapee Middle High School Library from 7-8:15 PM. This informational training is designed to educate parents, school staff, and community members about the negative impact of vaping e-cigarettes, “juuls,” and other devices. Following the presentation, there will be a panel discussion regarding the local impact of vaping in the Sunapee Community. Guest panel members will include Sunapee Chief of Police David Cahill, SHMS Principal Sean Moynihan, as well as a representative from the New Futures Organization.



Students participated in an activity during Advisors reflecting on their core values and beliefs

