

SUNAPEE MIDDLE HIGH SCHOOL GUIDANCE NEWS & NOTES

QUARTER 2 ~ PROGRESS REPORT 2019-2020

UPCOMING EVENTS

SMHS Winter Concert~December 10th @ 6:30
Community Forum~December 11th @ 6:00
NYC-Broadway Trip~December 14th
Holiday Break~December 23rd-January 5th
Middle School Geography Bee~January 9th 6-7pm
Middle School Spelling Bee~January 16th 6-7pm

SENIORS~ Applications for admission to post-secondary schools should be completed this month. After your applications have been submitted **it is crucial that families file the FASFA form online to qualify for financial aid.** For more information and assistance with your FASFA form please contact the guidance department at 763-5616. Senior students should begin checking their emails and the guidance web site for updated scholarship information.

JUNIORS~ After the holiday break **Juniors** will meet individually with their guidance counselor to start planning for life after high school. In the Junior year of high school, students begin to seriously investigate options and opportunities for their career and/or college placement. To have more information when making decisions about their future, and to help facilitate choosing a meaningful Senior Project, students will complete a job shadow during the second semester of their Junior year. Outside of the individual meetings and job shadow, students can take advantage of the Career Cruising software, linked to their PowerSchool accounts, to explore career opportunities and to research post-secondary schools (students will be orientated to the software during the individual junior meetings). Mr. Cooney will be in the Economics class after the holiday break to discuss career planning and to help facilitate a career and budget project.

PSAT~ Students who took the PSAT this fall should have received an email this week from College Board directing them to access their scores on-line. This should facilitate a relationship with College Board that promotes college searches, SAT prep (via KHAN ACADEMY online) and easy online registration for the SAT.



Career Day 2019~The guidance department is pleased to announce that the keynote speaker for the annual guidance day will be:

**COMMANDER JOHN J. CHRISTIANSEN
UNITED STATES COAST GUARD**

Veteran Appreciation Breakfast on November 8th.



MIDDLE SCHOOL NEWS~ 8th Grade Students participated in 2 class periods of college information/exploration classroom guidance lessons. Students learned the differences between associates and bachelor's degrees along with basic information about college admissions and colleges in New England. Students were introduced to the website: <https://www.collegeboard.org/>. Please contact Mrs. Watkins for more information.

6th and 7th grade students completed two units of the Social Emotional Learning Lessons offered by Second Step. Students learned about brain changes during adolescence, the importance of hard work, conflict resolution and developing personal values. Contact Mrs. Watkins or check out <https://www.secondstep.org/> for more information.

MID TERM SCHEDULE

THE MIDDLE SCHOOL
WILL RUN A NORMAL
DAY DURING THE EXAMS

FRIDAY, January 17 th	Regular day period 1-5 <i>Period 7 exam (1:04 - 2:47)</i>
WEDNESDAY, January 22 nd	<i>Period 1 Exam (8:00 - 9:46)</i> <i>Period 2 Exam (10:02 - 11:45)</i> Make Up Period (12:11 - 2:47)
THURSDAY, January 23 rd	<i>Period 3 Exam (8:00 - 9:46)</i> <i>Period 4 Exam (10:02 - 11:45)</i> Make Up Period (12:11 - 2:47)
FRIDAY, January 24 th	<i>Period 5 Exam (8:00 - 9:46)</i> <i>Period 6 Exam (10:02 - 11:45)</i> Make Up Period (12:11 - 2:47)

- High school student attendance is only required for periods when students have scheduled exams beginning Friday, January 17th at 1:04.
- Students who are tardy more than 5 minutes will not be allowed to take the exam during the scheduled period.
- Any student who is absent during an exam period must have a parent (guardian) call the school before 9:00 a.m. on the day of the absence. No make-up exam will be allowed without the permission of administration.
- Students must stay in the room for the entire exam period.
- Students on the school grounds who do not have an exam period must be in the cafeteria or library.
- Lunch will be provided for high school students at 11:48 each day. Only students who have a make-up exam should be on school property after lunch.
- Exam grades will count as follows (credit is only offered for passing final averages)

Semester Course

1st marking period = 45%
2nd marking period = 45%
Exam = 10%

Year Long Course

1st marking period = 22.5%
2nd marking period = 22.5%
Exam = 5.0%
3rd marking period = 22.5%
4th marking period = 22.5%
Exam = 5.0%



ACCOMPLISHMENTS

- ⇒ 45 students attended the Quarter 1 Honor Roll trip to watch a Dartmouth Football game.
- ⇒ **Congratulations to the Varsity Boys Soccer Team- 2019 NHIAA D-IV Soccer Runner-up!**
- ⇒ **Congratulations to our Mock Trial Team** - they went 3-0 and took 3rd in the competition! Sean Moynihan received a special award as one of the top 4 attorneys competing!

2019 DIV-IV Soccer Champions!



CLASS OF 2020 RECENT ACCEPTANCES

Michigan Technological University, Montana State University, New England College, Plymouth State College, Southern New Hampshire University, University of Hartford, University of Maine-Orono, University of Massachusetts Dartmouth and University of Northern Colorado

STUDENTS
of the
MONTH 

High School
Harper Flint

Middle School
Giacobbi Lambert