

SUNAPEE MIDDLE HIGH SCHOOL

GUIDANCE NEWS & NOTES

Quarter 2 ~ 2020-2021

UPCOMING EVENTS

Quarter 2 Honor Roll Event

****Tubing at Arrowhead****

February 20th

Spelling Bee

February 27th

Planning for your Future Guidance Event

February 19th

Winter Break

February 22nd-February 26th

SENIORS-CLASS OF 2021

Seniors should now:

- ◆ Have all applications completed
- ◆ Have FASFA's near completion if not already completed (remember deadlines for financial aid are not negotiable)
- ◆ Begin filling out local and state scholarship applications (information available through the guidance web page, please see Mrs. Watkins with your questions)

Now is the time to
get working on
scholarships

SCHOLARSHIPS NEWS

Visit the SMHS guidance webpage for a list of local, regional scholarships. The website will be updated weekly as new scholarships become available. Mrs. Watkins is available to help with the application process.

- ◆ The Sunapee Middle High School Application will be due on April 16, 2021. All seniors will receive a folder with local scholarships open to all seniors. The folder will be handed out in English class the week of February 15th.
- ◆ All seniors should complete the New Hampshire Charitable Foundation online application. The NHCF's common online application is completed just once and determines eligibility for NH Scholarships totaling over \$500,000. You can start the application on February 1st! More information at <http://www.nhcf.org/scholarships>

****PLEASE STOP BY GUIDANCE TO LEARN MORE AND PICK UP APPLICATIONS****

RECENT COLLEGE ACCEPTANCES

Bay Path University

Clarkson University

Fairfield University

Northeastern University

Penn State University

University of Mississippi

University of Vermont

Vermont Technical Center

JUNIORS-CLASS OF 2022

Junior meetings with Mr. Cooney will be completed by the February break. Juniors will meet one on one to start planning and researching post-secondary opportunities, and to plan for the Job Shadow/interview experience as part of the Senior Project.

Students considering college should:

- ◆ Develop a list of potential schools
- ◆ Make plans to visit potential schools in April
- ◆ Review results from the PSAT available online
- ◆ Prepare for the SAT (March 3-5) using Khan Academy
- ◆ Consider senior year course selections in March
- ◆ Complete a Job Shadow/interview as outlined by the Guidance Department
- ◆ Attend the Junior College Planning Night to be held in April



@smhsoffice

STUDENTS OF THE MONTH

High School

Jackson Scheele

Middle School

Hadleigh Spears

COURSE REGISTRATION

The course registration for the 2021-2022 school year will begin in late March. Students will be orientated to the materials during their English class and corresponding forms and materials will be sent home for parental signatures. Please mind the deadlines and call the guidance department with any concerns or questions you might have. A copy of the Program of Study can be found on the guidance web page as a resource.

PROPOSED ELEMENTARY SCHOOL COMPREHENSIVE IMPROVEMENT PROJECT



Please visit https://www.sau85.org/capital_improvement_projects for more info.

SAT (March 3-5)

The New Hampshire Department of Education (NHDOE) will use the SAT as the statewide assessment test for juniors. Students in the 11th grade will take the test for free. The state-sponsored test will not include the SAT Essay, which is optional, but SMHS has arranged to pay for the essay to provide students and families with valuable feedback on their aptitude and achievement in this area.

Highlights

- The New Hampshire SAT test day is March 3-5, 2021.
- The SAT will be given at school during regular hours and will be free to all 11th-graders.
- SMHS will arrange for students to take the optional written portion of the SAT free of charge.

Free Practice from the College Board

The SAT Suite of Assessments website offers sample questions, printable full practice tests, and more resources to help students get familiar with the SAT.

Free Practice at Khan Academy

All students can access Khan Academy's world-class personalized SAT practice resources for free. These interactive resources complement and reinforce the work already happening in classrooms with official SAT practice questions and full-length tests. Teachers and students will also receive detailed information on student progress to guide next steps. To take advantage of these resources, create your free accounts now. Sign up for both a **College Board account** and a **Khan Academy account** to personalize your practice.

Free Practice on Your Phone

Download the free college board app, **Daily Practice for the New SAT**. Answer a question a day on the app and get immediate feedback.

PLANNING FOR YOUR FUTURE GUIDANCE EVENT

SMHS will be hosting a College and Career Readiness Fair on February 19th. This year, due to COVID 19 protocols, we will be offering the program differently. Middle school students (grades 6 and 7) will engage in hands-on STEM activities, Grades 8,9 and 10 will take a career assessment module and do some career planning and then have an opportunity to learn about the CTE opportunities through our regional agreement. Juniors will sign onto Khan Academy to prepare for the SAT (March 3-5) and will be educated on the resources available for virtual college tours. Seniors will develop resumes, discuss/practice life skills and attend a strand on the college award letters and funding an education. The guidance department is pleased to announce that the keynote speaker for the annual guidance day will be:



Lance D. Harbour Lead Grants Management Specialist | DHS/FEMA Region 1

Lance Harbour currently serves as a Lead Grants Program Specialist with the Federal Emergency Management Agency (FEMA) Region One based out of Boston, Massachusetts. Lance is responsible for the administration of the Assistance to Firefighters Grant (AFG) and the Emergency Management Performance Grant providing millions of dollars annually to fire departments and state emergency management agencies throughout New England. During disaster responses, Lance works as an Emergency Services Branch Director coordinating the response of other federal agencies in the affected states. Lance also deploys outside of New England to serve as a Division Supervisor acting as the liaison between county level emergency management and the federal resources assigned to the county. Lance has been involved in the FEMA response to COVID-19 since March of 2020. He has also participated in the response to other major disasters such as the California Wildfires, Superstorm Sandy and Tropical Storm Irene. In addition, Lance serves as a firefighter with the Sunapee Fire Department.

Before coming to FEMA, Lance worked for four years with the State of New Hampshire Homeland Security and Emergency Management (HSEM). While with HSEM, he served as the State Hazard Mitigation Officer assisting local jurisdictions with projects and planning to improve critical infrastructure.

Lance spent most of his career with Clarksville Fire Rescue in Clarksville, Tennessee before retiring as a Lieutenant in 2008 to relocate to Sunapee, New Hampshire, where he currently resides.

Lance has a Master's Degree in Homeland Security and Defense from the Naval Post-Graduate School, a Bachelor's Degree in Emergency and Disaster Management from American Military University and an Associate's Degree in Fire Science from Volunteer State Community College. Lance spent four years in the U.S. Army, two years with the 10th Mountain Division stationed in Panama and two years with the 101st Air Assault Division stationed at Fort Campbell, KY.