

SUNAPEE MIDDLE HIGH SCHOOL GUIDANCE NEWS & NOTES

QUARTER 1 2022-2023

**VETERAN APPRECIATION
BREAKFAST**
11/10/2022
NO SCHOOL
11/11/2022
CLOSE-UP TRIP
11/13/22-11/18/2022
THANKSGIVING BREAK
11/23/22-11/25/2022
1ST QTR HONOR ROLL TRIP
12/9/2022

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, if necessary
- An updated transcript.
- A teacher recommendation. This is typically held on file in the guidance office assuming prior notice was given to each teacher, or submitted electronically.



888-747-2382 x119
Free FAFSA help



COLLEGE ACCEPTANCES

Bridgewater State University
Colorado Mesa University
Eastern Washington University
Montana State University
Plymouth State University
University of Montana

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.

Juniors recently took the PSAT's and should receive feedback and scores in early December. We will begin post-secondary planning units including job shadow when we receive the PSAT results after the winter break. Scores are accessed through a code sent to the student's email.

1st Quarter Honor Roll Trip



Vs.



Fri Dec 09 2022 - 7:00 PM

- ◇ **Rachel Golubiewski** was selected to represent SMHS at this summer's **HOBY Leadership Conference** at Saint Anselm College.
- ◇ The Sunapee Middle High School Service Club will sponsor an **Eat in or To-go Empty Bowls Project** on **Thursday, Dec. 1st 6 at The Livery**. Meals include: homemade soup, bread, and dessert. Reserve your dinner by Nov. 25th at the following link: [SMHS Empty Bowls](https://www.sunapeeschools.org) or by contacting: anrowell@sunapeeschools.org
- ◇ Congratulations to **Sophia Bourque, Jenna Caron, Isabelle Correa, Delia Leslie, Cameron Messenger, Deklan Peirce, Nicholas Pollari, Annaliese Rowell and Morgan Summerton** who were recently inducted into the National Honor Society!
- ◇ **Jonah Flint** was nominated as the Class of 2023 DAR Good Citizen.
- ◇ Our school is taking part in the **2023 Youth Risk Behavior Survey (YRBS)** sponsored by the **New Hampshire Departments of Education and Department of Health and Human Services**. The survey will ask about the health behaviors of 9th through 12th grade students. The survey will ask about nutrition, physical activity, injuries, and tobacco, alcohol, and other drug use. It will also ask about sexual behaviors that could lead to pregnancy and sexually transmitted infections, including HIV. If you would like to see the survey, a copy is available at [DHHS](https://www.dhhs.org). If you don't want your student to take the YRBS please contact guidance (mcooney@ssu85.org). The survey will be administered **January 13th 2023**.

Students of the Month

HIGH SCHOOL
Rachel Golubiewski
MIDDLE SCHOOL
Ben Russell

