

SUNAPEE MIDDLE HIGH SCHOOL GUIDANCE NEWS & NOTES

QUARTER 2 ~ PROGRESS REPORT 2022 - 2023



Holiday Break
Dec. 26th—Jan. 2nd

Winter Band/Chorus Concert
Jan. 10th at 6:30pm

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 FAFSA form online to qualify for financial aid. For more information and assistance with your FAFSA form please contact the guidance department at 763-5616. Senior students should begin checking their emails and the guidance website for updated scholarship information.

PORTALS ~ Colleges typically communicate with students through portals set up by the students, prompted by the schools, upon applying. These communications can include important admissions information as well as financial aid tips and deadlines.

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. Outside of the individual meetings and potential job shadow opportunities, students can take advantage of the web based career pathways program – **XELLO** (accessed through student power school accounts). Mr. Cooney will be in the Economics/Civics classes before and after the holiday break, using **XELLO**, to discuss career planning and to help facilitate a career and budget project. This will be the lead into the individual meetings.

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. Typically, college board releases an access code and the students are prompted to set up their accounts. These accounts should facilitate a relationship with College Board that promotes college searches, SAT prep (via KHAN ACADEMY online) and easy online registration for the SAT as well as score sends.



MIDDLE SCHOOL NEWS ~ 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 [Second Step](#) for more information.

SHS 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 on January 13th. The survey will ask about the health behaviors of 9th through 12th grade students. Information, the actual survey and opt out forms are available on the school website.

Next week the guidance department is meeting with representatives from **Tutor.com** to make one to one, on-demand tutoring service available anywhere, anytime to Sunapee students. More to come on our enrollment and access to this service.

**THE MIDDLE SCHOOL
WILL RUN A NORMAL
DAY DURING THE EXAMS**

MID TERM SCHEDULE	
FRIDAY, January 13 th	Regular day period 1-5 <i>Period 7 exam (1:04 - 2:47)</i>
WEDNESDAY, January 18 th	<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 19 th	<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 20 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 13th 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)

<u>Semester Course</u>	<u>Year Long Course</u>
1 st marking period = 45%	1 st marking period = 22.5%
2 nd marking period = 45%	2 nd marking period = 22.5%
Exam = 10%	Exam = 5.0%
	3 rd marking period = 22.5%
	4 th marking period = 22.5%
	Exam = 5.0%



**CLASS OF 2023
RECENT ACCEPTANCES**



- Appalachian State University
- Berry College
- Curry College
- Keene State College
- Plymouth State University
- Rivier University
- Southern NH University
- Wingate University