



PHS College and Career Counseling Department Newsletter

December 2023

College and Career Counseling Department Contact Information

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CTE Presentation for Sophomores and their Parents

Career and Technical Education Opportunities

Student Presentation: December 12, 2023 during Advisory

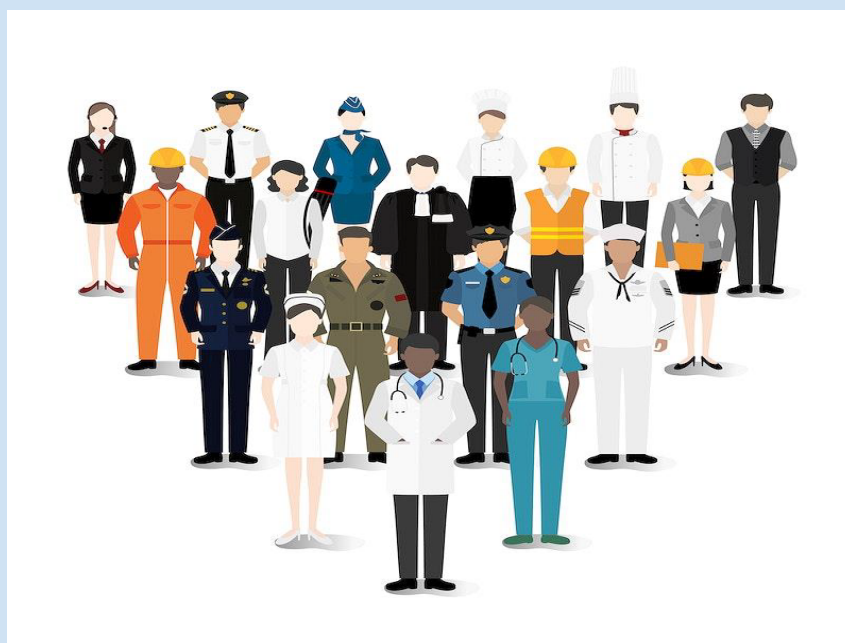
Parent Presentation: January 10, 2023, 6:00pm – 7:15pm

Pelham High School offers CTE classes through three different area CTE Centers. Pinkerton Academy, Salem High School, and the Alvirne High School Palmer Career Center. Students apply for these programs during their Sophomore year.

We will be holding two presentations, one during the school day for students and another during the evening for parents. There will be representatives here from our three CTE Centers to give presentations and answer questions.

Electrical, Construction, Environmental Sciences, Cosmetology, Biomedical Science, and Health Sciences are just a few of the programs that are available.

If you or your student are interested in these programs but will be unable to attend the presentations please email Lisa Massahos at lmassahos@pelhamsd.org for more information.





It's Okay Not To Be Okay During The Holiday Season

As the holiday season approaches, it's common to feel excitement, joy, and anticipation. However, for some of us, this time of year can also bring about feelings of stress, sadness, and anxiety. If you find yourself struggling, know that you're not alone. Here are some tips to help you navigate the holiday season and take care of your mental health.

Acknowledge Your Feelings:

It's okay not to feel merry and bright all the time. Allow yourself to acknowledge and accept your emotions. The holidays can be a mix of joy and challenges, and it's important to be honest with yourself about how you're feeling.

Reach Out for Support:

Share your feelings with someone you trust—a friend, family member, or a counselor. You don't have to go through this alone, and talking about your struggles can be a crucial step in finding support and understanding.

Set Realistic Expectations:

The holidays often come with expectations of perfection, but it's essential to be realistic about what you can handle. Don't feel pressured to meet unrealistic standards, and focus on what brings you comfort and joy in a way that suits your mental health.

Create Boundaries:

If certain events or activities trigger your anxiety or depression, it's okay to set boundaries. Prioritize your well-being by saying no to things that may overwhelm you, and allow yourself the space to recharge.

Self-Care Rituals:

Make time for self-care, whether it's reading a book, taking a walk, practicing mindfulness, or enjoying a favorite hobby. Prioritize activities that bring you peace and relaxation, and don't underestimate the power of small, intentional moments for self-care.

Stay Active:

Physical activity is known to positively impact mental health. Engage in activities that you enjoy, whether it's going for a walk, practicing yoga, or playing a sport. Exercise can help reduce stress and improve your mood.

Maintain Healthy Habits:

During busy times, it's crucial to maintain regular sleep patterns, eat balanced meals, and stay hydrated. Taking care of your physical health can have a positive impact on your mental well-being.

Seek Professional Help if Needed:

If your feelings of depression or anxiety persist, talk to a family member and consider reaching out to a mental health professional. They can provide support, guidance, and tools to help you manage and overcome these challenges.

Remember, it's okay not to be okay. The holidays are a time for self-reflection and compassion. By prioritizing your mental health and taking small steps to care for yourself, you can navigate the season with greater ease.

Wishing you a peaceful and rejuvenating holiday season.

Your School Counselors



Hugh O'Brien Youth Leadership

Congratulations to Luke Hathaway who has been nominated for the HOBY NH Youth Leadership Seminar!

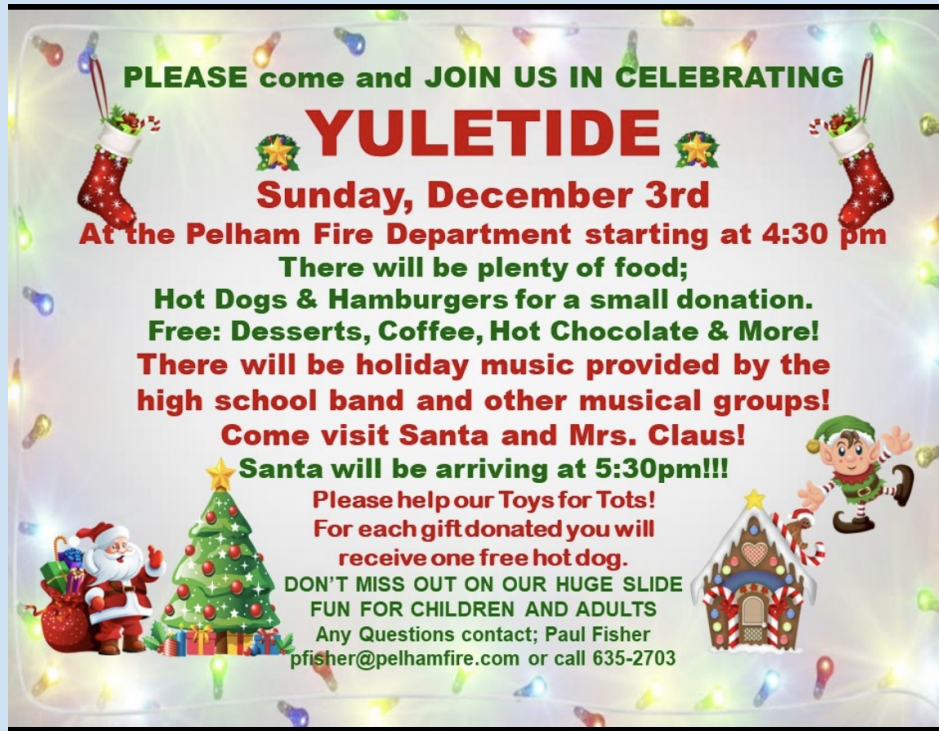




Community Service

Community Service is a Pelham High School graduation requirement. The **Class of 2024 must have** their 40 hours completed and submitted by **March 15th, 2024**. Please check your email often for community service opportunities sent out by Mrs. Frechette.

Please be sure to turn in your completed community service hours **within 8 weeks** of completing your service activity. Fill out and submit the [completion form](#) to the College and Career Counseling Department. Forms submitted later than eight (8) weeks will receive only $\frac{1}{2}$ credit, provided the forms are presented within the academic year in which they were performed. Community service opportunities and completion sheets are available on the Pelham High School website under the College and Career Counseling Department tab.



Community Service Opportunity

The Pelham Fire Department will be having their Yuletide Celebration this year on Sunday, December 3rd.

Students interested in earning hours toward their community service should arrive at the fire department at 2:30pm to set up and participate.

There is a signup that was enclosed in a separate email sent to the students by Mrs. Frechette.



Community Service Opportunity

On Wednesday, January 10, 2024 from 3:00-4:00 pm, there will be a technology drop in help program for Pelham community members who will be able to come into the library to get help with their smartphones, tablets, or laptops.

Any students interested in volunteering to help should reach out to Danny Lykanison, Asst Director and Emerging Technologies Librarian.

dlykansion@pelhamweb.com



Darbster Rescue in Manchester is looking for volunteers!
Spend some time with kittens and cats rescued from Florida.
Two options are available: Cat Care (includes cleaning, feeding, and playing) or Kitty Cuddles (socialization).

Under 16 years requires adult supervision. Sign up here:
<https://tinyurl.com/darbster-volunteer>



*Wishing You All Peace and Joy
during this Holiday Season!*

From the College and Career Counseling Department