



***PHS College and Career Counseling
Department Newsletter***

May 2024

College and Career Counseling Department Contact Information

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FAFSA INFORMATION

Beginning this year, all graduates are required to fill out a FAFSA (Free Application for Federal Student Aid) form or sign a waiver informing Pelham High School that you are choosing not to do so.

Please see the relevant links below:

[FAFSA sign off for all graduates of 2024 \(required to be completed by a guardian or 18 year old senior\)](#)

[FAFSA Waiver \(for those not completing the FAFSA, return to the Counseling Office\)](#)

If you have any questions about this, please reach out to your child's school counselor. Their contact information is listed below.

<u>Mrs. Emmett</u>	<u>A-De</u>	hemmett@pelhamsd.org
<u>Ms. Gauthier</u>	<u>Di-Le</u>	agauthier@pelhamsd.org
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Changes to the Community Service Process

Beginning the summer of 2024, there are important changes to the community service process. All community service hours **must** be pre-approved by the Counseling Department before starting any project or activity. These changes are highlighted below on our revised forms. Please share this information with your student. Forms are available in the Counseling Department or on the Pelham School District website.



PHS COMMUNITY SERVICE PRE-APPROVAL FORM

Name: _____ YOG: _____ School Counselor: _____

Before starting any project or activity all community service must be approved by the PHS Counseling Department.

All community service activities must follow these guidelines:

- The community service must be for the benefit of the community, not for the benefit of a profit-making business.
- The community service cannot be performed for an immediate or extended family member, or neighbor.
- All community service must be performed without a material or monetary reward.
- Activities such as babysitting, pet sitting, shoveling, raking leaves, or housework to help a friend or neighbor are not considered community service.
- All community service must be performed outside of school hours.
- **Seniors: all community service hours must be submitted and logged by March 15th. Senior privileges are dependent, in part, on completion of community service hours.**

Please answer the following questions by sharing a typed document with your school counselor.

1. Describe your proposed community service activity or project.
2. What organization benefits from this service activity?
3. When do you plan to work on this activity?

Provide the following signatures:

Signature of Parent/Guardian

Date

Signature of Supervisor

Date

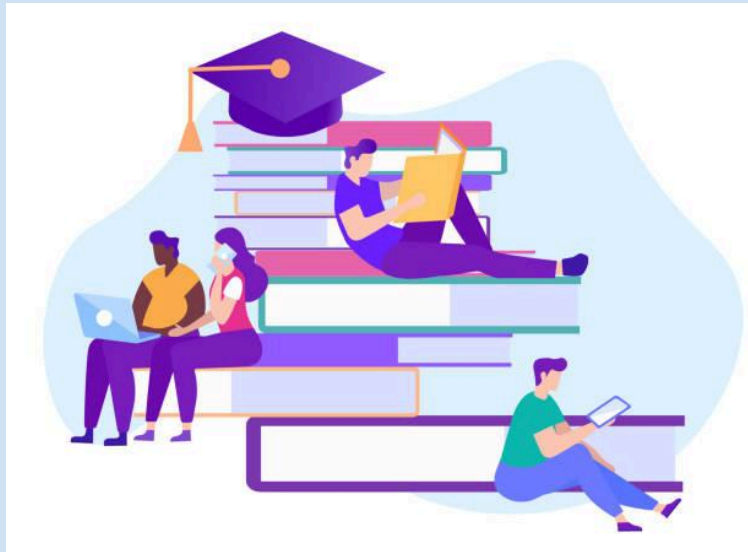
NOTE: You will not get credit for your activity until you have submitted all documentation and received approval from your school counselor.

Independent Study Guidelines and Deadlines

Independent Study is intended to provide students with an opportunity to go beyond the classroom experience and to pursue and study a particular area of academic interest. Credit may be earned for projects that will be coordinated, supervised, and evaluated by a Pelham High School faculty member. The Independent Study will be placed in the student's schedule and completed during the regular school day in the building.

Students wanting to undertake an independent study will submit a proposal in writing to their school counselor who will present the proposal to administration for final approval. Independent study proposals should be carefully considered and developed in advance with a cooperating faculty member.

In order to be approved, students must submit their proposal by June 10th for the 1st semester of the coming year and by October 1st for the second semester. In order to qualify for an Independent Study, students must be a junior or senior, maintain a B average in the chosen subject area, and be in good academic standing. In no case will an independent study replace a course that is currently running at Pelham High School.



[Requesting and Transferring College Transcripts](#)

Just a reminder that you will need to request your college transcripts to transfer your credits to the college that you are attending!

If you took multiple classes through the same school, you just need to request one transcript, all your classes will be listed on the same transcript.

If you are *currently enrolled* in a college credit course at PHS, please wait until the end of June to request your college transcripts. Nashua, SNHU, and Manchester will not receive your grades until the end of the school year!

Sometime in August, you will want to double check with the school that you are attending to confirm that they received your college transcripts.

- Click [here](#) to request your **SNHU transcript**. Be sure to click "Order a Transcript" and follow the instructions. You will need your SNHU ID number! Please let your counselor know if you do not have it and we will email your ID number.
- Click [here](#) for the process on how to request your transcript from **Nashua Community College**. Look for the link to the "National Student Clearinghouse." You will need your social security number.
- Click [here](#) for the process on how to request your transcript from **Manchester Community College**. Again, look for the link to the "National Student Clearinghouse."

Below is the list of college credit classes and what campus they were offered through.

Pelham High Course	College Course	Credits	College Partner
American Literature Classics	LIT100 Intro to Literature	3	SNHU
Calculus - CC	MATH210 Calculus I	4	Nashua CC
Chemistry College Credit	CHM101 Fundamentals of Chemistry CHM101L Fundamentals of Chemistry Lab	3 1	SNHU

Pelham High Course	College Course	Credits	College Partner
College Composition	ENGL101N College Composition	4	Nashua CC
Computer Applications II College Credit	BCPT119N Software Applications	3	Nashua CC
Computer Technology and Applications	BCPT101N Computer Technology and Applications	3	Nashua CC
Computer-Aided Design I (CADD)	CAD111N CADD I	5	Nashua CC
Creative Writing	ENG226 Introduction to Creative Writing	3	SNHU
Current Social and Political Issues	POLS2220L Current Social & Political Issues	3	Lakes Region CC
Foundations of Education	EDU102 Foundations of Education EDU102L Foundations of Education Lab	3 1	SNHU
Manufacturing Processes	MTTN101N Manufacturing Processes	3	Nashua CC
Music Theory	MUS211 Music Theory and Aural Skills I	3	SNHU
Personal Financial Planning	FIN120M Personal Financial Management	3	Manchester CC
Principles of Marketing	BUS104N Principles of Marketing	3	Nashua CC
Psychology College Credit	PSYC101N Introduction to Psychology	3	Nashua CC
Spanish IV	LSP211 Intermediate Spanish I	3	SNHU
Spreadsheet: Excel	BCPT208N Spreadsheet: Excel	3	Nashua CC
Statistics - CC	MATH106N Statistics I	4	Nashua CC
U.S. Government and Politics	POLS2310L American Government	3	Lakes Region CC
U.S. History College Credit	HIS114 U.S. History II: 1865 – Present	3	SNHU



May is Mental Health Awareness Month. In a world where the demands of everyday life can be overwhelming, taking care of our mental well-being is paramount.

High school is always a time filled with excitement, growth, and challenges. While it's essential to focus on academic achievements and extracurricular pursuits, it's equally important to prioritize our mental health. The pressures of exams, social dynamics, and personal expectations can sometimes weigh heavily on us.

This month serves as a reminder that it's okay to not be okay and that seeking support is a sign of strength, not weakness. Whether it's through reaching out to a trusted friend, confiding in a teacher or counselor, or accessing professional help, know that there are resources available to support you.

On Friday, May 3rd students and staff wore green to support this very important cause and to continue to foster a culture where mental health is valued, and seeking help is encouraged. The Counseling Department created a Mental Health Awareness bulletin board and set-up a table with resources, literature and coping strategies on how to promote self-care practices, and reinforce the importance of seeking help when needed.

Together, let's use May's Mental Health Awareness Month as an opportunity to destigmatize conversations around mental health. By prioritizing our mental well-being, we can create a healthier and happier school community for all.





Summer Job Positions available at the PVMP Camp!

Town Beach Lifeguard

Summer Camp Group Supervisor

Summer Camp Counselor

Please visit the Parks and Recreation Website to see the detailed job descriptions and applications. www.pelhamweb.com/recreation

Please apply no later than **May 31, 2024**



Community Service Opportunity
Pelham Farmers Market Returning!

Every Saturday starting June 1st through October

First Congregational Church

3 Main Street

10:00am - 1:00pm

Assisting with set-up starts at 9:00am.

Please contact Cathy Duffy via text 603-231-8042 or email
pelhamnhmarket@gmail.com