



PHS College and Career Counseling Department Newsletter

September 2023

College and Career Counseling Department Contact Information

Heather Kress - Acting Dean/School Counselor - HKress@pelhamd.org

Holly Emmett - School Counselor - HEmmett@pelhamsd.org

Alexandria Gauthier - School Counselor AGauthier@pelhamsd.org

Erica Erelli - School Counselor - EErelli@pelhamsd.org

Lisa Massahos - School to Career Admin. Assistant -

LMassahos@pelhamsd.org

Erin Frechette - Counseling Secretary - EFrechette@pelhamsd.org

Belinda Dowdle - Registrar - BDowdle@pelhamsd.org

Senior Visits

For our Seniors:

As we approach the final year of your high school journey, we want to ensure that you have all the support and guidance you need for a smooth transition into your post-graduation plans. To achieve this, we are excited to announce that senior visits with your school counselors will be starting soon. These one-on-one meetings with your assigned counselor will serve multiple purposes:

Post-Graduation Planning

College Applications

Naviance Support

Career Exploration

Scholarships and Financial Aid

Your counselor will reach out to you soon to schedule these senior visits. Please check your school email regularly for appointment requests and further instructions.

PHS In School College Representative Visits

Pelham High School daytime college visits have begun. The **Class of 2024 and the Class of 2025** are encouraged to attend these information sessions. College representatives will be here during the advisory period. Please make sure that you have your Naviance login information to be able to sign up to attend a visit. Please see Mrs. Frechette with any questions.

Fri	09/22	Fisher College
Fri	09/29	University of Maine at Farmington
Tue	10/3	Springfield College
Wed	10/4	Anna Maria College
Thu	10/5	Rivier University
Fri	10/6	UNH at Manchester
Wed	10/11	University of Rhode Island
Thu	10/12	Western NE University
Fri	10/13	University of New England
Mon	10/16	Massachusetts College of Pharmacy and Health Services
Tue	10/17	Southern NH University
Wed	10/18	St. Anselm College
Thu	10/19	UMass Boston
Fri	10/20	Colby-Sawyer College
Tue	10/24	Endicott College

PHS In School College Representative Visits (cont.)

Wed	10/25	University of Southern Maine
Thu	10/26	Roger Williams University
Fri	10/27	Merrimack College
Mon	10/30	Keene State College
Tue	10/31	Worcester State University
Wed	11/01	University of Connecticut
Thu	11/02	Franklin Pierce University
Fri	11/03	Emmanuel College
Fri	11/17	Iona University

Pelham High School Pathways Program

The Career Pathways initiative is a series of courses designed to help students increase their knowledge about occupations and careers that may be of interest to them. By participating in a pathway, students will be better prepared academically for college and will acquire the skills needed to compete in the labor market.

Many of the pathways provide an opportunity for students to earn college credit(s) through the Community College System of New Hampshire or with Southern New Hampshire University.

It is never too early to think about your future. A pathway will allow you to take a series of courses to help you decide about your career choice *prior* to the expense of college. The benefits to students include:

- Increased academic motivation by taking courses relevant to future plans
- Allows students to have the opportunity to explore career interests while in high school
- Prepares students for the transition to college and/or a career
- Provide students with the opportunity to take college courses while in high school

Students are required to complete a commitment form in order to enroll in a pathway and entry requirements will vary.

We invite you to explore the many Pathways we offer. Please visit the School Counseling Office to check out the Pathway flyers.

Community Service

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

SUMMER Community Service Hours: Community service hours completed over the summer are due by **Wednesday, October 4th**.

The community service tab located underneath the College and Career Counseling Department tab is updated each Monday with current [OPPORTUNITIES](#).

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 ½ 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.

Working Permits

The NH Youth Employment Certificate (working papers) is required for any youth 12-15 years old and must be on file at the employer's place of business within three business days of the first day of employment. Working papers for students can be obtained from the NH Department of Labor website. The [website](#) lists detailed instructions and the [forms](#) can be printed at home and signed by parents, saving a trip to the school. If you are unable to print from home, there will be copies at the main office. NOTE: NH students who will be working in a different state must obtain paperwork from that state.

September is Suicide Prevention Awareness Month

September is recognized as Suicide Prevention Month. During this month, various organizations, mental health advocates, and communities come together to raise awareness about suicide prevention, provide support for individuals struggling with suicidal thoughts or mental health issues, and promote resources and initiatives aimed at preventing suicide.

Our goal at Pelham High School is to reduce the stigma surrounding mental health, encourage open conversations about suicide, and educate the public about the warning signs and risk factors associated with suicide. Suicide Prevention Month serves as a time to promote available resources such as crisis hotlines, mental health services, and support networks for those in need.

It's essential to remember that suicide prevention efforts should continue throughout the year, not just in September, and that everyone can play a role in supporting individuals who may be struggling with their mental health. If you or someone you know is in crisis or struggling with suicidal thoughts, please seek help from a mental health professional or a crisis hotline immediately. You are not alone, and there are people who want to help.



National Suicide Prevention Awareness Month



Learn the Stats about Suicide

- In 2021, over **48,000** people died by suicide - that is *1 death every 11 minutes* (CDC, 2022)
- Youth and young adults ages 10-24 account for **15%** of all suicides (CDC, 2022)
- LGBTQ+ youth are **more than four times** as likely to attempt suicide than their peers (Johns et al., 2020)



Warning Signs of Suicide

Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others
- Having no reason to live

Feeling:

- Empty, hopeless, trapped
- Extremely sad and/or more anxious
- Negative view of self
- Aggressiveness and irritability

Behaviors:

- Acting recklessly
- Giving away possessions
- Eating or sleeping more or less
- Isolating from others

Get More Information



National Alliance on
Mental Illness - Suicide
Prevention Month

988 Suicide & Crisis
Lifeline - National
Suicide Prevention
Month

