



PROSPECT MOUNTAIN HIGH SCHOOL

TIMBERWOLF TIPS Semester 1 2024 - 2025

Dear Students, Parents and/or Guardians, and PMHS Faculty and Staff,

Welcome to the second year of the Timberwolf Tips! This is a newsletter created for you by the Counseling Department to help keep you informed about upcoming counseling sponsored activities and events in the school!

Meet your Counseling Department for the 2024 - 2025 school year:

Linda Sheff - Director of School Counseling and 504 Coordinator, (603) 875-3800 Ext. 2166, lsheff@pmhschool.com

Students - All Juniors - Class of 2026

Linda is an experienced school counselor who has worked with children and teenagers for over 30 years as a Juvenile Probation Officer, Marriage and Family Therapist, and School Counselor. She is married to her husband Jim and has one daughter and grandchildren. She also has two cats! In her free time she likes to be outside and loves to hike, swim, kayak, read, travel, and spend time with her family and friends. She is looking forward to continuing to open up the educational opportunities offered to students at PMHS!

Kathryn "Katie" Sauer - School Counselor, (603) 875-3800 Ext. 2164, ksauer@pmhschool.com

Students - All Freshmen - Class of 2028

Sophomores - Class of 2027 Last Names L - Z

Katie is beginning her 10th year as a school counselor and her second year at Prospect Mountain High School. Prior to being a school counselor, Katie obtained her Bachelor's degree in Psychology from the University of New Hampshire in 2006 and she earned her Masters in Education in School Counseling from Plymouth State University in 2014. Outside of school, Katie lives in Dover with her husband John, newly married on July 6th - congratulations! Their yellow lab Grover lives there with them as well! Katie works as a freelance floral designer in her free time and enjoys time off in the summer where she spends time outside hiking with Grover, going to the beach and working in the gardens!

Mark Dube - School Counselor, (603) 875-3800 Ext. 2162, mdube@pmhschool.com

Students - All Seniors - Class of 2025

Sophomores - Class of 2027 Last Names A - K

This is Mark Dube's 2nd year at Prospect Mountain High School. He is excited to be back and helping the Sophomores (A-K) and Seniors navigate their school year. Last year, being his first year at Prospect, was a great learning experience for him and it was fun getting to know all the student's on his caseload. Mark lives in Laconia with his wife, Heather, and two kids, Noelle (4) and Jasper (2) and their cat named Cinder. Fun fact, he loves dad jokes and even has a dad jokes button in his office! He looks forward to a fun and exciting school year ahead and seeing all the seniors walk during graduation!



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Alli Bortz - School Social Worker - (603) 875-3800 x 2160, abortz@pmhschool.com.

Prospect Mountain High School welcomes Alli as the new school Social Worker this year. Alli is a compassionate and perceptive School Social Worker dedicated to the assurance of equitable education for all students at Prospect Mountain High School. With her background in home-based family therapy, education, and mental health counseling, Alli has honed her skills in uncovering and addressing complex barriers to education for students. Her family-centered approach and commitment to promoting inclusivity in education empowers students and caregivers to advocate for their needs in and out of the classroom. Outside of work, Alli lives on the seacoast with her husband, daughter, and two dogs! She enjoys exploring local restaurants, beaches, and markets with her family.

Another one of Alli's roles at PMHS is the school's [McKinney-Vento](#) Liaison. The purpose of the McKinney-Vento Education of Homeless Children and Youth Act is to ensure that all children experiencing homelessness have equal access to the same free appropriate public education provided to children and youth who are permanently housed. If your student is currently (1) Sharing the home of another due to economic hardship, fire, etc., (2) Living in a hotel, motel, camp ground, or other temporary accommodation, (3) Living in emergency shelter or transitional housing, (4) Living in a car, park, abandoned building, bus/train station, or other substandard housing, or (5) An unaccompanied youth or runaway, they may be eligible for federal benefits through McKinney-Vento! For more information, please see the **Prospect Mountain High School 24-25 McKinney-Vento Eligibility Form** found on the [Website](#), or contact Alli at (603) 875-3800 x 2160 or by email at abortz@pmhschool.com.

Linda Roy - School Registrar and School Counseling Department Administrative Assistant, (603) 875-3800 Ext. 2167

Linda has been working for the School District for 30+ years in the Counseling Department as the School Registrar - 10 years at Alton Central and 20 years at PMHS. Originally from California (and being a NAVY brat) she moved to Alton 42 years ago to raise a family in the quiet, relaxed atmosphere of NH. She has 3 children, a daughter and 2 sons, as well as 2 grandchildren. In her spare time, she spends as much time as she can with her family and works on and around her house and property.

What are some of the roles of the school counselor?

School counselors help all students:

- with schedule changes
- apply academic achievement strategies
- manage emotions and apply interpersonal skills
- plan for postsecondary options (higher education, military, work force)

School Counselors provide:

- individual student academic planning and goal setting
- short-term counseling to students
- referrals for long-term support
- collaboration with families /teachers/ administrators/ community for student success
- advocacy for students at individual education plan meetings and other student-focused meetings



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- data analysis to identify student issues, needs and challenges
- acting as a systems change agent to improve equity and access, achievement and opportunities for all students

Upcoming Activities / Dates / Important Information:

09/12/24 - Pack Sign Up - College Applications for Seniors - Starting this year, seniors can sign up for assistance, from the counselors, during their Pack time to focus on getting their college applications completed in a timely manner.

09/18/24 - St. Paul's School - A representative from the St. Paul's School in Concord, NH will be here at 9:00 a.m. to meet with juniors and sophomores and discuss the Advanced Studies Program which is offered in the summer. Students should sign up in the Counseling Department for this presentation or let their counselor know that they would like to attend. What is St. Paul's Advanced Studies Program (ASP)? Since 1958, talented rising seniors and highly motivated rising juniors from high schools around New Hampshire have come together for the Advanced Studies Program at St. Paul's School. The five-week-long ASP is more than summer school — it's a unique, immersive and transformative program that is equal parts academic exploration, college preparation ... and fun. The ASP is about diving deep into thought-provoking classes in which you encounter real-world problems and relevant ideas. It is about developing friendships with like-minded peers from across the state, being exposed to new activities and new career paths. It is about getting a jump start that will leave students feeling confident about the college application process. In today's social, political and environmental climate, New Hampshire — and the world — needs curious minds, big thinkers and active citizens. What inspires you? Whether it is artificial intelligence, entrepreneurship, law and government, or the visual or performing arts, the ASP offers you a unique opportunity. It will be a summer to remember, a summer that just might change your life.

09/19/24 - A representative from the **University of Maine** will be at PMHS at 12:30 - 1:30 to speak with prospective students.

09/27/24 - Field trip to The NH Construction Career Days. The (NHCCD) exposes NH high school students to possible career paths in both the construction and transportation industries through hands-on exhibits and educational resources. Students should sign up, and pick up a permission form, in the Counseling Dept. as soon as possible as seats are limited to 30 students. This is for students in grades 10 - 12. The field trip will be from 8:00 a.m. - 2:15 p.m.

09/30/24 - Senior College Night for High School Seniors & Parents/Guardians at 6:00 p.m. in the PMHS Auditorium. This presentation is for Seniors and their families. They will learn everything they need to know about the college application process. This presentation is similar to Applying to College 101 for juniors, but with a stronger focus on timelines, deadlines, and how to stay organized. This presentation will prepare seniors for their immediate next steps.

10/02/24 - A representative from **Colby Sawyer** will be at PMHS at 9:00 - 10:00 to speak with prospective students.



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10/02/24 - A representative from **Endicott College** will be at PMHS at 1:20 - 2:20 to speak with prospective students.

10/04/24 - A representative from **St. Anselm's College** will be at PMHS at 8:30 - 9:30 to speak with prospective students.

10/07/24 - A representative from **Southern New Hampshire University** will be at PMHS at 10:30 - 11:30 to speak with prospective students.

10/07/24 - A representative from **Plymouth State University** will be at PMHS at 1:45 - 2:45 to speak with prospective students.

***Please note** - These are the college representative visits that we have scheduled as of this publication. There will be more scheduled as requested.

10/08/24 - PSAT / NMSQTs for Juniors - This is a voluntary exam. The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is a standardized test administered by the College Board and cosponsored by the National Merit Scholarship Corporation (NMSC) in the United States. Scores from the PSAT/NMSQT are used to determine eligibility and qualification for the National Merit Scholarship Program. This exam is also a good practice test for the SATs which will be administered to all juniors in the spring. Interested students should sign up in the Counseling Department.

10/22/24 - ASVABS - The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. It is administered annually to more than one million military applicants, high school, and post-secondary students. Students in grades 10 - 12 should sign up in the Counseling Department to take the ASVABs. The ASVABs are scheduled from 8:00 - 11:00.

10/29/24 - Apply NH - On this date, PMHS seniors can apply for college in NH and the application fee is waived! This is a national effort through the American College Application Campaign (ACAC) to help high school seniors navigate the college admissions process and increase the number of students who submit college applications, with a particular focus on first-generation and low-income students. College and career access professionals volunteer to work with seniors during school time to complete and submit at least one application to a postsecondary program of their choice! Students should sign up in the Counseling Department for this great opportunity! One student, who participates in Apply NH, will receive a \$500 scholarship for participating!

11/04/24 - Financial Aid 101 – High School Seniors & Parents/Guardians – at 6:00 p.m. in the PMHS Auditorium. Families will learn how to navigate the federal financial aid process (FAFSA). We'll explore what types of additional aid are available and review scholarship searches. We'll also highlight the importance of meeting deadlines. Attendees will receive a digital copy of Granite Edvance's Financial Aid Insider.



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11/14/24 - Career Pathways Fair - 9:00 - 11:00 am in the PMHS gymnasium. This fair is for students who are looking at attending trade schools, community colleges, doing apprenticeships, joining the military, participating in a gap year, or taking advantage of some great local employment opportunities.

01/06/24 - Paying for College 101 – High School Seniors & Parents/Guardians – at 6:00 p.m. in the PMHS Auditorium. Students and families will learn what comes next after they receive their financial aid offers from colleges. We'll break down the different components of the offer letter and explain how to compare multiple offers. We'll also explore options for covering college costs. We encourage attendees to bring their offer letter(s) if possible.

The next Timberwolf Tips will be sent to you prior to the start of semester two in January. As always, please don't hesitate to reach out to us with any questions you may have or if we can be of assistance in any way.

Thank you,

Linda D. Sheff

Linda D. Sheff, School Counseling Director
and the Counseling Department Team