

SOUHEGAN UPDATES

OCTOBER 5 – OCTOBER 9

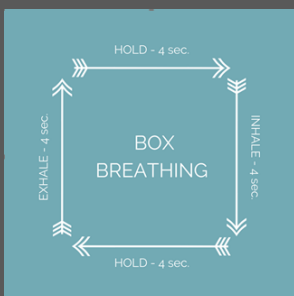


IMPORTANT DATES

- 10/5: NWEA TESTING - MAKEUPS GRADE 9
- 10/9: IN SERVICE DAY—NO SCHOOL
- 10/12: NO SCHOOL COLUMBUS DAY
- 10/14: PSAT (SHS JUNIORS)
- 10/15: JUNIOR BOOK AWARDS 6:00PM
- 10/26: SCSB MEETING—6:00PM
- 11/2: CONFERENCE DAY—NO SCHOOL

MINDFUL MINI

Each week, Sheelu Joshi Flegal, our School Social Worker, and Traci Cote, our School Psychologist, will offer a "Mindful Mini" for your family to consider. This week, we are offering a breathing technique to help bring some awareness to your breath. This is a technique that will hopefully leave you feeling grounded and prepared to tackle your next task, which may be getting out of the bed in the morning or zooming for your 4th meeting of the day. We recommend practicing this type of breathing both in non-stressful times, as well as times when anxieties may be running high. Perhaps trying it out as a family before dinner could be a nice way to center yourselves before joining for a meal. Give it a try & stay tuned each week for more *Mindful Mini's!* Be well, Sheelu & Traci



SENIOR PROJECT

The biggest news is that this year, Senior Project is optional for seniors. This change is only for the 2020-2021 school year. In October seniors will be asked to communicate whether they wish to participate in Senior Project this year. Seniors who decide to opt in will be held to the same standards, due dates, and requirements as in years past. If they successfully engage in Senior Project requirements through the first half of the year, their first semester transcript in January will reflect that they have a pending Honors Senior Project (HP). At the completion of Senior Project in May, the final transcript will reflect that they have completed an Honors Senior Project. If a student opts out of Senior Project this year, there is nothing further to be done. Senior Project will not be included on the transcript for those seniors.

All Senior Project information is available to students in the "Class of 2021" google classroom page. Parents and community members have access to senior project information on the school website under the Academic Program tab. Please review the dates of the various requirements and checkpoints. If you have any questions about Senior Project, don't hesitate to contact the SP Coordinators, Ryan Lemieux (rlemieux@speise.com) and Kathy Maddock (kmaddock@sprise.com).

Senior Project Important Dates and Checkpoints

What	Tasks	Date
Senior Project Decision	Decide whether you will or will not complete a senior project.	Wednesday, October 7th
Mentor Selection Form	Fill out a mentor choice form.	Wednesday, October 14th
Mentor Confirmation	Notification of mentor/mentee pairings.	Wednesday, October 28th
Proposal Letter	Submit electronic final letter to mentor and panel.	Friday, December 4th
Panel Meeting: Proposal Letter	Present proposal to panel.	Wednesday, December 9th
Confirm Outside Expert	Provide mentor with outside expert contact info.	Wednesday, January 13th
Applied Piece Proposal	Submit electronic final letter to mentor and panel.	Friday, February 12th
Panel Meeting: Applied Piece Proposal	Present letter to mentor and panel.	Wednesday, February 17th
Panel Meeting: Research	Present panel with evidence of complete and thorough research.	Wednesday, March 24th
Panel Meeting: Completed Project	Provide panel with evidence that ALL work is complete; panel decides whether to assign a presentation date.	Wednesday, May 5th
Senior Project Presentation	Share project with a public audience.	Tentative: Wednesday, May 19th
Final Reflection Paper	Submit electronic copy to mentor.	Wednesday, May 26th

CLICK ICONS TO FOLLOW US ON SOCIAL MEDIA



Souhegan High School

412 Boston Post Road

Amherst NH, 03031