

Notification from: **Gilford High School**

*Gilford High School*

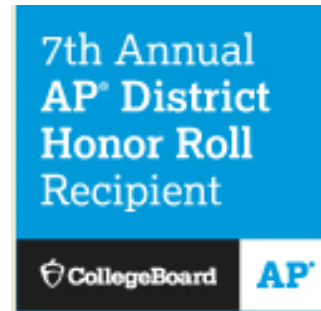


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Hello Learners and Parents,

Enjoy winter carnival and please be on your best behavior. This week should be a lot of fun! Have a safe vacation!

Anthony Sperazzo  
Principal



Boys Basketball Semi Finals 2/22 @ Bedford High School

Boys Basketball Finals 2/26 @ Keene State \*if needed

Boys Hockey Prelims 3/2 TBA

Cross Country Skiing 3/9 Great Glen Trails

**Good luck Golden Eagles!!**

**Congratulations to the newest National Honor Society members!**



## ***NHS Gilford Chapter 2021-2022 Membership***

### ***Chapter Officers***

*President: Shealagh Brown*  
*Vice President: Patrick Gandini*  
*Secretary: Marlow Mikulis*  
*Treasurer: Reece Sadler*  
*Parliamentarian: Catherine Stow*

### ***Class of 2022***

*Claire Bartley*  
*Shealagh Brown*  
*Vanessa Genakos*  
*Logan Giardini*  
*Nicole Green*  
*Ashley Kulscar*  
*Hale Kutuk*  
*Karina MacLeod*  
*Avery Marshall*  
*Jaiden McKenna*  
*Marlow Mikulis*  
*Mackenzie Roys*  
*Reece Sadler*  
*Catherine Stow*  
*Mitchell Townsend*

### ***Class of 2023***

*Patrick Gandini*  
*Jonathan Gosselin*  
*Sydney Irons*  
*Autumn Maltais*  
*Madison Nash*  
*Savannah Neuman*  
*Christine Pingol*  
*Jesse Powers*  
*Jalen Reese*  
*Ashley Sanderson*  
*Emily Watson*  
*Taryn Wemig*

*Faculty Advisors: Janice Stowell & Lorianne Valovamie*  
*GHS Assistant Principal: Timothy Goggin*  
*GHS Principal: Anthony Sperazzo*  
*GSD Superintendent: Kirk Beitler*

## ***Gilford Chapter of the National Honor Society***



**LEADERSHIP, SCHOLARSHIP, CHARACTER, SERVICE**

***Induction Ceremony***

***February 17, 2022***

***6:00 pm***

***Gilford High School***

## ***NHS Gilford Chapter 2021-2022 Inductees***

### ***Class of 2022***

*Harper Meehan*

### ***Class of 2023***

*Jordyn Byars  
Samuel Cheek,  
Vanessa Flanders  
Camryn Marshall  
Hailey McKenna  
Lauryn Nash-Boucher  
Ethan Roys  
Joseph Schellb  
Liby Tierno  
Avery Totten*

### ***Class of 2024***

*Millicent Caldon  
Sienna Diaz  
Carter Forrest  
Caroline Guest  
Madebyn Guest  
Ryan Guyer  
Vivian Kennell  
Abigail Kenyon  
Brook Kimball  
Rosabella Lesniak,  
Madebyn McKenna  
Abigail Shute  
Adly Wernig  
Bridget Wilcox*

## ***2021-2022 Induction Ceremony to the Gilford Chapter of the National Honor Society***

### **Procession of Members and Inductees**

**Pledge of Allegiance** Patrick Gandini  
*Chapter Vice President*

**Welcome** Mrs. Valovanie  
*Chapter Co-Adviser*  
Shealagh Brown  
*Chapter President*

**Candle Lighting** Shealagh Brown

*Scholarship* Patrick Gandini, *V.P.*  
*Leadership* Marlow Mikulis, *Sec.*  
*Service* Reece Sadler, *Treas.*  
*Character* Catherine Stow, *Parl.*

**Introduction of Inductees** NHS Members  
&

**Distribution of Certificates** Mr. Sperazzo, *Principal*  
Mr. Goggin, *Assistant  
Principal*

**NHS Pledge** Catherine Stow

**Closing** Mr. Sperazzo  
Mrs. Stowell  
*Chapter Co-Adviser*

### ***National Honor Society Pledge***

*"I pledge myself to uphold the high purposes of  
the National Honor Society to which I have been selected;*

*I will be true to the principles for which it stands;*

*I will be loyal to my school*

*and will maintain and encourage high standards  
of character, scholarship, leadership, and service."*



# FamilyID<sup>®</sup>

**IS NOW READY FOR SPRING SPORTS**

**[SIGN UP HERE](#)**

This is the online registration platform that the Gilford School District uses for athletic sign ups. Every athlete must be signed up PRIOR to every season (by a parent/guardian) in order to participate in athletics at Gilford High School.

Please be sure to use the same log-on email address that you've used in previous registrations. If you have updated physicals or emergency plans, please upload those where indicated. You may also check the status of your child's account by logging on.

Meg Jenkins MS, BSN, RN-NCSN

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**Interested in playing college athletics? Please watch this video.**



## Understanding Initial-Eligibility Standards

### Recording Now Available

On Tuesday, January 11, more than 8,500 college-bound student-athletes from around the country joined the Eligibility Center's staff for a one-hour webinar. Staff discussed requirements student-athletes must know in order to be eligible to play Division I or II sports. A question-and-answer session was held at the end of the event, with Eligibility Center staff on hand to answer submitted questions. The recorded event was provided to all registrants last week and is a great resource to share with your student-athletes and their families.

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## Final Exams

Final exams for trimester two are scheduled for March 16-18 with the start of trimester three beginning on March 21.

New, this trimester, is that students will end their final exams on March 16 at 11:15 for dismissal but buses will not arrive until 12:06. Students that are passing all classes and competencies are able to leave at 11:15. Students in jeopardy of failing or who are currently failing will stay until 12:06 to complete their necessary work to demonstrate competency. With this new intervention, we are hoping to curb the failures and incompletes due to lack of effort, need for more time to learn, and the factor of quarantining students due to COVID.

### March 16- Final exams block 1 & 2

block 1 exam 7:40-9:10

block 2 exam 9:25-10:55

lunch 10:55-11:15

students needing extra support will be required to stay until 12:06 (buses arrive)

### **March 17- Final exams block 3 & 4**

block 3 exam 7:40-9:10

block 4 exam 9:25-10:55

lunch 10:55-11:15

buses arrive for dismissal @ 11:15

students needing extra support will be required to stay

### **March 18- Final exams block 5 & make-up**

block 5 exam 7:40-9:10

make-up 9:25-10:55

buses arrive for dismissal @ 11:15

students needing extra support will be required to stay

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# *From courses to crises: How GHS counselors help students*

BY ERIN PLUMMER

[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

From helping students with their career choices to helping their social and emotional well-being and navigating all of this during a pandemic, Gilford High School's counselors take on a lot of roles all aimed at helping kids and families.

National School Counselor Week was Feb. 7-11 and the Gilford School District highlighted the

work of its counselors.

School counselors have a variety of different duties and have been busy with several new projects, including integrating technology in their work and meeting the varied needs of all students.

"This whole department has had a unique perspective on the last two years (with the) pandemic," said Gilford High School Principal Anthony Sperazzo.

Sperazzo said the school counselors have been dealing with a lot from academics to mental wellness. Their work has been especially vital during the pandemic, which has also required a lot of different ways of looking at and doing things.

"We're dealing with resetting the bar regarding academic rigor and ability of students and working with main-

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taining the notion of learning and academics with what COVID interrupts," said Guidance Director Lori Jewett.

Counselor Jaedyn Bassett said this has highlighted how many different needs students have.

"There's so many needs right now and everybody's needs are different, how we can best support their needs?" Bassett said. "Families and students and the community, I think that's something we're trying to get a pulse on."

Counselor Desiree Smith said this experience has shown the importance of school for social and academic experiences.

"What we learned from the pandemic is school work and school is necessary," Jewett said. "Now we're trying to mold what we know works and how COVID molds that for those stu-

dents."

One of the ways the district has been doing that has been virtual classes and offerings. Jewett said they have molded that space to what is best for GHS and its students.

"I think because of the pandemic the entire community had to go virtual," Jewett said.

So many different things can now be done virtually, such as meetings with parents. She said they would rather meet with people in person, but they have looked at everything they do differently.

There is now a virtual counseling office with many different resources to connect students to counselors and find various resources including stress relief and mindfulness.

The virtual counseling office contains different "rooms" with different resources. Students and families can click a link to email their coun-

selors directly. There is a virtual break room many virtual activities such as videos showing yoga poses and exercises, coloring and interactive art, making music, mindfulness exercises, links to live animal webcams, links to different mental health and coping resources, and many more.

This has been a resource for teachers as well. Jewett said at least one classroom has put the Woolong Grove Panda Cam up on the classroom projector right as students are coming into class. Students saw the video of live pandas and reacted with smiles and laughs while they came into class, which she said was exactly what it was supposed to do.

"I think the school counseling department has found a new way to reach families," Sperazzo said. "If they're home or quarantining, they can still access these resources."

Students who need more personal help for mental health and many other issues can use the services of crisis counselor Kelley Cordova. Cordova will work with students on mental health, family issues, relationship problems, sexual orientation and gender identity, and any other personal needs. She will work with different community partners and to get students the help they need including Lakes Region Mental Health, private practitioners, and many others. She will work with students and their families including providing resources and information.

"I always look at my job as providing tools in their toolkit," Cordova said. "Primarily, my goal is to remove any barriers."

Jewett said Cordova's services have been in increasing demand especially during the pandemic.

The counselors' office also offers career and academic counseling. Jewett said the counselors have done presentations with each class on post high school preparations and starting course selection for next year. The counselors will do a junior parent night to help students get a better idea of what their upcoming senior year should look like and goals for 2023.

Bassett and Smith designed a PowerPoint presentation that will be emailed to parents on what a student's junior and senior years will look like

In March, the counselors will welcome the incoming ninth grade class, helping them pick courses and describing what goes on in high school.

The counselors will work with teachers on recommendations on what courses students should take.

Students also have

several opportunities for online learning including community college courses, Running Start, internships, and others.

"They are in our toolbox, and we really want students so have these experiences," Jewett said.

Bassett said the best part of her job is helping students and working with them on all their needs,

"It's so fun to learn what their goals are, what they're into," Bassett said.

Smith said she also loves seeing the students use the tools they were given.

Cordova said she also loves working with families, saying she loves giving them tools to address issues and seeing the moment when they click with them. She said it really takes a village to help all these students.

# AFTER SCHOOL TUTORING

## 2:30-3:30

*Need a little extra help???*

### MATH

Tue/Wed - Mrs. Neveln  
Mon - Mr. Allwein

### ENGLISH

Mon - Ms. Edmunds  
Tue - Ms. McEvoy  
Wed - Mrs. Wolpin

### SOCIAL STUDIES

Mon - Ms. Edmunds  
Mon/Wed - Ms. Barksdale  
Tue - Mrs. Achorn

### SCIENCE

Tue (Physical) - Mr. Pegg  
Wed (Biology) - Mr. Pegg

### SPANISH

Mon - Señora Stowell  
Tue - Señora Stowell

### FRENCH

Mon - Mrs. Jagusch

BUSINESS/TECHNOLOGY - Thur - Mr. Thurston



Updated 12/8/21

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# GHS artists earn big honors

BY ERIN PLUMMER  
mnews@salmonpress.news

Several Gilford High School students received big kudos on their art pieces in a state competition.

The New Hampshire branch of Scholastics gave 22 art awards to 18 GHS students, including three Gold Keys: its biggest award. All the Scholastic Art winners were treated to a special breakfast with Principal Anthony Sperazzo and

art teachers Laura Weed and Leaman Antone.

The Scholastic Art and Writing Awards is a prestigious competition with awards given to teenagers across the country. The top awards in the state competitions are the Gold Key and Silver Key with Honorable Mention awards as well.

GHS students submitted a variety of different art pieces including painting, drawing, sculpture, photography,

mixed media, and portfolios.

Three GHS students won Gold Keys in the competition.

David Boyajian

won the Gold Key for his sculpture titled "Screwed," a tractor made from screws, staples, Vitamin Water caps, and various other

objects. Antone said the sculpture was done as part of an assignment to make something with found objects while students were at home

during the early part of the pandemic.

Melody Gallant won a Gold Key for her self-portrait drawing

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COURTESY PHOTOS

"Screwed" by David Boyajian.



"Tender Creatures" by Melody Gallant.



"Silence" by Gianna Knipping.





"Night and Light" by Harrison Woolverton.

"Tender Creatures." She also received Honorable Mention for her still life painting "Lemons and Limes."

Harrison Woolverton won a Gold Key for his linocut print "Night and Light."

"I made the light coming out of it wavy and abstract," Woolverton said. "I was thinking if this hole that had low exposure to light."

He said he could have cut out the exterior space to get the effect he was going for, but instead he created light radiating out.

Woolverton said he was "kind of shocked" to get that award. He said he submitted two different pieces, including the linocut and a screen print. He said he thought the screen print would get the award, but



"A New Perspective" by MacKenzie Roys.

the linocut got kudos instead.

MacKenzie Roys received Silver Keys for her portfolio of different photos called "Seen in Shadow" and a photo called "A New Perspective." She also received Honorable Mention for another photo portfolio called "Stories Told Through Time" as well as two photos.

The portfolios were a series of pieces grouped by a common theme.

Roys said she chose a theme that represented her and her brother.

She has been doing photography for a few years.

"It's kind of a confidence booster in my photos," Roys said.

Madelyn McKenna won two Silver Key awards as well as an Honorable Mention.

Savannah Neuman won a Silver Key and an Honorable Mention.

Anna Cook received



"Waterfall" by Adam Mini.

two Honorable Mentions Silver Keys also went to Saje Merrill, and Audrey Thurston.

Gianna Knipping received Honorable Mention for her painting "Silence." Knipping said students were asked to think about different social issues and one of the issues was Islamophobia. The topic became her painting showing a crying Muslim woman with an American flag as a niqab (covering the

head and half the face).

Aidan Mini received Honorable Mention for his photo "Waterfall."

Mini said it was a big honor to have someone else say they were proud of his work.

"It's a whole new thing I just never really realized," Mini said.

and other Honorable Mentions went to Aidan Bondaz, Millie Caldon, Natalie Hurst, and Alainah Penney.

**In Graphic Design class, the students researched and then created vintage style Lakes Region travel posters. They loved being able to highlight an attraction, area, or activity of the Lakes Region with their design skills.**

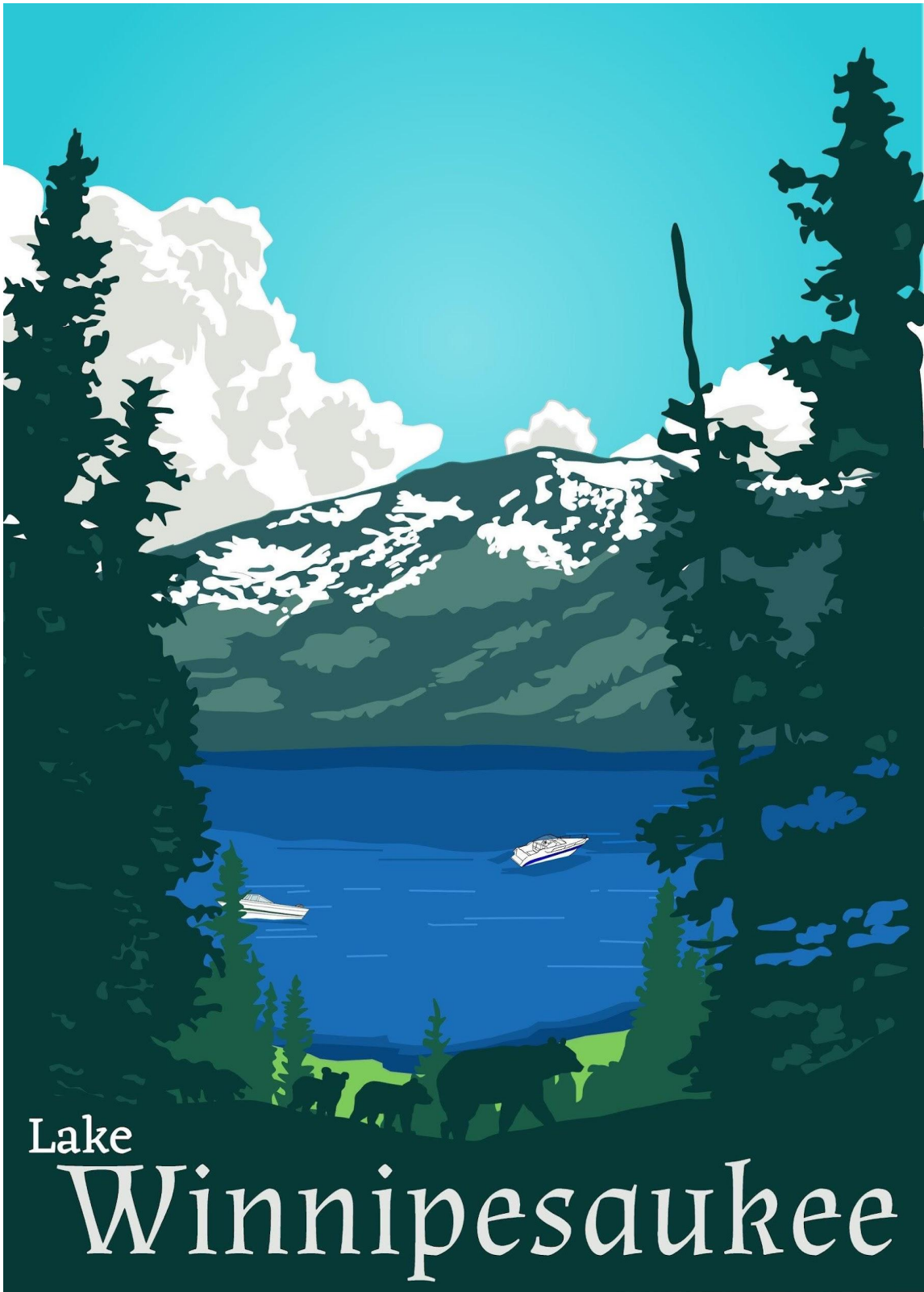


Boating Restaurants Parks Ice Cream Paddle Boarding Board Walks Fishing

# Meredith Bay

*Experience the beauty and excitement of the lake on your boat or on our shores*





Lake

# Winnipесаaukee





**The Global Health  
Leaders Conference**  
at Johns Hopkins  
University

## Previous Speakers



**Peter Agre, MD**

Nobel Laureate, Bloomberg  
Distinguished Professor at  
JHU Bloomberg School of  
Public Health, Director of  
JHU Malaria Research  
Institute



**Rebecca Martin, MD**

Director of the Center  
for Global Health  
(CGH) at the U.S.  
Centers for Disease  
Control and Prevention  
(CDC)

## WHY APPLY?

- Learn about issues in global health, public health, and medicine directly from world leaders in these fields
- Network with other like-minded students from around the world in addition to Johns Hopkins University students and faculty
- Opportunity to share your own work and ideas on global health-related topics by having the opportunity to present in our Student Speaker Series

### Interested in the GHLC?

- The 2022 conference will be held virtually this year starting in late May.
- Open for students in grades 9-12 of any nationality
- The application is [available now](https://glohea.org) on [glohea.org](https://glohea.org).

### APPLICATION DEADLINES

Early Application Deadline:  
January 16, 2022

Regular Application Deadline:  
March 13, 2022

### APPLY NOW AT:

<https://tinyurl.com/2kezvurd>

### LEARN MORE ABOUT US AT:

[glohea.org](https://glohea.org)



Click [HERE](#) if you are interested in an internship. Also, please see Mr. Caron or sign up for an internship when you sign up for 22/23 classes.

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## **Inclement Weather Schedule**

8:00 - 8:35 block 1  
8:40 - 9:15 block 2  
9:20 - 9:55 block 3  
9:55 - 10:15 break  
10:15 - 10:50 block 4  
10:55 - 11:30 block 5  
11:30 - 12:30 lunch  
12:30 - 2:30 office hours

- **Students need to attend all virtual classes and continue coursework for the entire remote scheduled block.**

The school attendance policy will be in effect during these days. If a student is absent, please email [ghsabsences@sau73.org](mailto:ghsabsences@sau73.org) to report their absence.

- Complete all assignments

- Communicate with remote teachers, be an active participant within virtual classes, and seek additional assistance when needed.

- Teachers will be available during office hours to answer any questions students have via Google Meet or through email.

**Last inclement weather schedule we had 92% attendance rate. On a typical day, GHS averages between 91% - 92%. Keep up the great work!!**

**Lori Jewett**

Counseling Director

[ljewett@sau73.org](mailto:ljewett@sau73.org)

524-7146 x218

2022: A - Green

2023: A - Cram

2024: A - Caldon

2025: A - Clarke

**Desiree Smith**

School Counselor

[dsmith@sau73.org](mailto:dsmith@sau73.org)

524-7146 x219

2022: Hazelton - Messer

2023: Davignon - Laurendeau

2024: Cameron - Logan

2025: Clarke - Messer

**Jaedyn Bassett**

School Counselor

[jbassett1@sau73.org](mailto:jbassett1@sau73.org)

524-7146 x222

2022: McLean - Z

2023: Malek - Z

2024: Macaione - Z

2025: Miller - Z

**Kelley Caravona**

Crisis Counselor

[kcaravona@sau73.org](mailto:kcaravona@sau73.org)

524-7146 x220