



Wolf Tracks



Principal's Newsletter of Prospect Mountain High School

Volume 3, Issue 1

Russell E. Holden, Principal

August 1, 2006

Please note: The first day of school for incoming freshmen is Thursday, August 24, 2006. Sophomores, juniors and seniors will report to school on Friday, August 25, 2006. Everyone returns to school on Monday, August 28, 2006.

I would like to express special thanks to the Custodial, Guidance, and Office staff for a super job getting things ready for the upcoming school year. We're looking forward to another successful and productive year!

Faculty and Staff Recognition

There have been some new additions to the administration, faculty and staff at PMHS over the summer. Please join us in welcoming the following new people to the PMHS community:

Mr. Robert Burdett	Paraprofessional
Mr. Justin Carloni	Guidance Counselor
Mrs. Peggy Ciotti	Math Teacher
Mr. James Fitzpatrick	Assistant Principal
Mr. Josh Gardner	Custodian
Mr. Ryan Gilpatrick	English Teacher
Ms. Mariea Griffin	Special Ed. Secretary
Mr. Kirk B. Hart	School Resource Officer
Ms. Patricia Keneally	Special Ed. Teacher
Mr. John Lacroix	Latin Facilitator
Ms. Joyce LaDow	Admin. Assistant
Ms. Diana Petschauer	Paraprofessional
Ms. Judith Rogato	Paraprofessional
Mr. Corey Roux	Athletic Director
Ms. Tracy Tibbetts	Paraprofessional

Guidance News

Students who still have issues with their class schedules for the 2006-07 school year must contact the Guidance Office as soon as possible to resolve any scheduling problems before the start of school in August. Please call 875-3800 extension 3168 to make an appointment with a guidance counselor over the summer.

Course Change Policy

Unless special circumstances exist, students may not request course changes before the third day of school. In order to add or drop a class, the student must first meet with the Guidance Director, who will issue, when appropriate, a course change

form to the student. Signatures of teachers from the added and/or dropped course must be obtained as well as a parent/guardian signature. When all signatures have been acquired, the form is to be returned to the Guidance Office.

The deadline for course changes is as follows:

Year long courses: 2 weeks after year begins

1/2 or 1/4 year courses: 1 week after semester begins

Any courses dropped after the deadline will result in a WP (Withdrew Passing) or WF (Withdrew Failing) recorded on the transcript, depending on the student's grade up to that point.

Back-to-School – Tips for Families

Make mornings run more smoothly by getting yourself and your family into a predictable and simple routine:

- | Post a calendar of all weekly and monthly events and activities on the refrigerator;
- | Rise early and enlist everyone's help in the small tasks by assigning everyone a chore (feed pets, empty dishwasher, etc.);
- | Get everyone their own alarm clock. This deflects annoyance from parents to an inanimate object;
- | Go to bed early enough to get between 7-9 hours of sleep;
- | Listen to weather reports the night before;
- | Have a set place for car keys and outdoor gear by the door;
- | Have breakfast foods easily available;
- | Keep a sense of humor – wait until the end of the day to discuss problems – wish each other a good day and express loving thoughts.

Career Services Center

PMHS has a new Career Services Center located in the Guidance Office. All students are encouraged to investigate a variety of careers and explore their post-secondary options by visiting the Guidance Office for an overview of resources available throughout their four years at PMHS.

Some of the options available to students include:

- | Assessment of likes and dislikes, strengths and weaknesses, values and interests;

- I Informal work exposure programs such as internships and work study;
- I Volunteerism and opportunities for community service;
- I Resume writing, interview tips, and self-presentation awareness.

Boys JV and Varsity Soccer

Coach: Gary (Bubba) Noyes, Sr. (Varsity)
 Date & Time: August 14, 2006, 4:00 – 6:00 pm
 Place: PMHS Fields

Girls JV and Varsity Soccer

Coach: Kara Forsythe (Varsity)
 Date & Time: August 14, 2006, 3:30 – 6:00 pm
 Place: PMHS Fields

Girls Volleyball

Coach: Jimmy Leung
 Date & Time: August 14, 2006, 1:00 – 5:00 pm
 Place: PMHS Gym

Boys and Girls Cross Country

Coach: John Tuttle
 Date & Time: August 14, 2006, 5:30 – 7:00 pm
 Place: PMHS Track

Varsity Golf

Coach: Mark Murphy
 Date & Time: August 21, 2006, 10:00 am
 Place: PMHS

Any students wishing to tryout for sports at PMHS must have had a physical examination from their doctor within 15 months prior to the tryout date(s). Students will be required to provide proof of a physical examination from their doctors before they will be allowed to tryout for any team.

There will be a *Parent and Coach Meet & Greet Evening* on Monday, August 21, 2006, at 6:00 pm in the Auditorium. This is an excellent opportunity for parents to meet the coaches and the new Athletic Director, Corey Roux.

SAT & ACT Test Dates for 2006-07

<u>ACT Test Date</u>	<u>Registration Deadline</u>	<u>Late Registration Deadline</u>
Sept. 16, 2006	Aug. 18, 2006	Aug. 19-25, 2006
Oct. 28, 2006	Sept. 22, 2006	Sept. 23-Oct. 6, 2006
Dec. 9, 2006	Nov. 3, 2006	Nov. 4-16, 2006
Feb. 10, 2007	Jan. 5, 2007	Jan. 6-19, 2007
April 14, 2007	March 9, 2007	March 10-23, 2007
June 9, 2007	May 4, 2007	May 5-18, 2007

<u>SAT Test Date</u>	<u>Registration Deadline</u>	<u>Late Registration Deadline</u>
Oct. 14, 2006	Sept. 12, 2006	Sept. 20, 2006
Nov. 4, 2006	Sept. 29, 2006	Oct. 11, 2006
Dec. 2, 2006	Nov. 1, 2006	Nov. 9, 2006
Jan. 27, 2007	Dec. 20, 2006	Jan 4, 2007
March 10, 2007	Feb. 2, 2007	Feb. 14, 2007
May 5, 2007	March 29, 2007	April 11, 2007
June 2, 2007	April 27, 2007	May 9, 2007

PRIME For Life Program

PMHS received \$20,000.00 in grant monies from the Substance Abuse Grantmaking Fund of the New Hampshire Charitable Foundation – Lakes Region, and the Belknap County Incentive Funds. With this funding, PMHS will coordinate a program called PRIME For Life, in collaboration with CoRe, which will be available for all incoming freshmen this year. PRIME For Life is a science-based alcohol and drug program that helps youth reduce their risk for any alcohol or drug problems throughout life. The program focuses on three measurable behavioral prevention goals: increasing abstinence for a lifetime, delaying the age of first use of alcohol, and reducing high-risk choices.

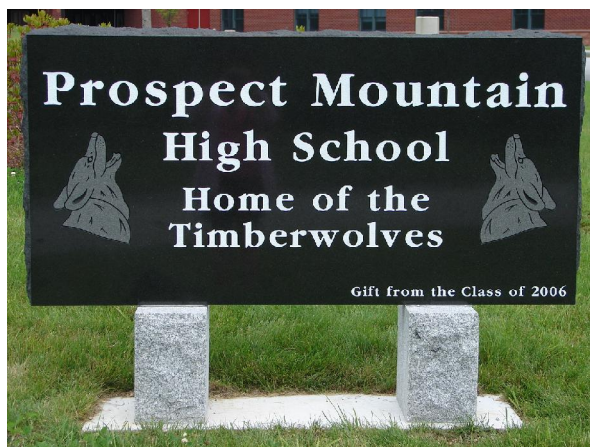
On August 23, 2006, PMHS will host an all-school and community meeting, open to the public from 10:00 am – 12:00 pm. Ray McGarty, Executive Director of Southeastern New Hampshire Services (SENHS), will address the issues of alcohol and drug abuse among youth. Jay Bachelder, Substance Abuse Program Coordinator of Child & Family Services, will discuss the Belknap County Adolescent Treatment Initiative, which is a community resource available to all PMHS students.

Fall Sports

The schedule of locations, dates and times for tryouts for fall sports at PMHS, as well as the varsity coaches are as follows:

2006 Class Gift

The Class Gift from the PMHS Class of 2006 arrived and was installed over the summer. It is a beautiful black granite sign featuring the school name and mascot. It is located in front of the school on the island with the flagpoles on it. Thank you very much to the members of the class of 2006 for providing such a thoughtful gift that is sure to be enjoyed by the PMHS community for many generations!



The new sign that now graces the island in front of PMHS.

PMHS Calendar of Events August, 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Soccer, Volleyball, Cross Country Tryouts	15	16	17	18	19
20	21 Varsity Golf Tryouts Parent and Coach Meet & Greet Evening 6:00 pm Auditorium	22	23 Faculty report to School PRIME For Life Presentation 10:00 am – 12:00 pm Auditorium	24 Incoming Freshmen <i>only</i> report to school	25 Sophomores, Juniors, and Seniors <i>only</i> report to school	26
27	28 Everyone Reports To School	29	30	31	September 1, 2006 NO SCHOOL	