



ConVal Regional High School STUDENT NOTICES

Tuesday, October 20, 2015

LUNCH MENU

10/20 Tuesday: Grilled Cheese on Wheat
10/21 Wednesday: Chicken Broccoli Alfredo

SPORTS DISMISSALS:

JV/V Boys Soccer release at 1:45 PM
Cross Country release at 1:15 PM

INFORMATION:

Picture retake is scheduled for Wednesday, November 4th.

The counseling department is sponsoring a technical trade and career school fair on Tuesday, October 27, 2015 during 4th block in the gym. Students can sign up in Naviance or in the counseling office with Mrs Tieger.

Greenfield Public Library is looking for high school students interested in participating in their Teen Book Bytes program. Interested students will create "book trailers" of their favorite books that will be included in a viewing party in November. Please see Mrs. Bowman or Ms. Jones in the Library if you have any questions or would like more information.

The ConVal High School Counseling Department is hosting two student and parent information nights for the Class of 2016. A presenter from the New Hampshire Higher Education Assistance Foundation (NHHEAF) will be at ConVal to present on both the college application process and the financial aid process. October 21, 2015 at 6:30 pm will be the College Overview for Seniors. This presentation educates high school seniors and their families about the college admission process. Topics to be discussed include: the qualifications of college are looking for, application components, college essay pointers, the application timeline and basic financial aid overview. December 2, 2015 at 6:30 will be the Fi-

ancial Aid Night for Seniors. This presentation helps families navigate through the federal financial aid process (FAFSA), explores what type of additional aid is available, reviews scholarship searches and highlights the importance of meeting deadlines. All are welcome to attend.

American Legion High School Oratorical Contest - open to all students in grades 9-12 who are US Citizens. State awards up to \$1000, National awards up to \$18,000. Speak an oration of between 8 and 10 minutes from memory of some phase of the US Constitution. Each high school may select one student to participate. If you are interested, please see your counselor!!

NEW SCHOLARSHIPS POSTED ON NAVIANCE – MENSA Scholarships – Since consideration is not given to grades, academic program or financial need, Mensa Foundation scholarships are based totally on essays (up to 550 words) written by applicants. Therefore, the goal statement and supporting information are significant parts of a winning essay. Deadline 1/15/16.

National Multiple Sclerosis Society scholarships – awards of up to \$3000 given to students who either have MS or have a parent how has MS and will be attending college in the fall. Deadline 1/15/16.

Throughout October and November, the National Honor Society is collecting Shaws Cuisinart stamps to earn Cuisinart cookware, which will be donated to the Monadnock Area Transitional Shelter. For every \$10 spent at your local Shaws Supermarket, you receive one stamp. If you have any stamps that you would like to add to the National Honor Society's collection, please send them in with your student and bring them to the main office, there is a



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yellow box in the main office. NHS appreciates your support!
Thank you!

The 25th Annual New England Service Academy Night will be Wednesday, Nov 4th at the Danversport Yacht Club in Danvers, MA beginning at 6:30pm Congressional staff will be present to discuss the process and speak with attendees and their families. There will be representatives from the Federal Service Academies, Senior Military Colleges, Maritime Academies, Junior Military Colleges, ROTC and the Massachusetts National Guard. Open to grades 9-12. For more information please contact LTC Hotaling at fhotalin@norwich.edu.

The Jaffrey VFW Post 5613 invites all students ages 15-19 to participate in the VFW'S "Voice of Democracy" Scholarship Program. More than two million dollars are awarded each year and the national first place winner receives \$30,000. This is a 3-5 minute audio essay competition designed to give students the opportunity to voice their opinion on their responsibility to their country. This year's theme is "My Vision for America". Deadline is 11/1/2015. Information is available in the Counseling Office.

Granite State Trade School	Gym	Tue October 27, 2015	1:00 PM
Visible Edge Institute	Gym	Tue October 27, 2015	1:00 PM
Med Talk Training	Gym	Tue October 27, 2015	1:00 PM
Dara's Paw Spaw	Gym	Tue October 27, 2015	1:00 PM
Keene Beauty Academy	Gym	Tue October 27, 2015	1:00 PM
Nashua Community College (NHCTC-Nashua)	Gym	Tue October 27, 2015	1:00 PM
River Valley Community College (NHCTC - Claremont)	Gym	Tue October 27, 2015	1:00 PM
The Salter School (Worcester)	Gym	Tue October 27, 2015	1:00 PM
University of Maine at Farmington	Counseling office	Wed October 28, 2015	11:00 AM
Western New England University	Counseling office	Thu October 29, 2015	10:15 AM

The following colleges/organizations will be here to speak with you as follows:

Wheaton College MA	Counseling office	Tue October 20, 2015	11:00 AM
University of Maine	Counseling office	Tue October 20, 2015	11:30 AM
University of Massachusetts, Amherst	Counseling office	Wed October 21, 2015	9:00 AM
Mount Wachusett Community College	Counseling office	Thu October 22, 2015	10:15 AM
Lasell College	Counseling office	Fri October 23, 2015	9:15 AM
Apprenticeship USA	Gym	Tue October 27, 2015	1:00 PM