

# Welcome Parents & Guardians

ConVal Class of 2028



# Introductions

Heather McKillop, Principal

Rick Simoneau, Assistant Principal

Erik Thibault, Assistant Principal

Deb Riley, Special Education  
Administrator

Jen Kiley, ATC Director

Terri Drogue, Director of School  
Counseling

Kevin Proctor, Director of Athletics &  
Co-curricular Activities

## Department Leaders:

- Elizabeth Moore, English
- Sam Winslow, Mathematics
- Greg Leonard, Social Studies
- Carol Young, Science
- Elizabeth Concannon, World Languages
- Carolann Tebbetts, Visual & Performing Arts
- Gretchen Lima, Health & Wellness

# Principal's Remarks

**Welcome!**

- **Brief background**
- **Our school community has a vested interest in helping all students.**
- **Please ask questions! We encourage families and students to reach out to school counselors, teachers, administrators with any questions.**
- **Make the most of your time at ConVal High School. Get involved!**
- **Our teachers and students are amazing!**



**Athletics** ConVal High School participates in Division 2 of the New Hampshire Interscholastic Athletic Association (NHIAA) in the following programs:

Fall

- Cross Country
- Field Hockey
- Football
- Golf
- Spirit Team
- Soccer
- Unified Soccer
- Girls' Volleyball



**Athletics** ConVal High School participates in Division 2 of the New Hampshire Interscholastic Athletic Association (NHIAA) in the following programs:

**Winter**

- Alpine Skiing
- Basketball
- Ice Hockey
- Indoor Track
- Nordic Skiing
  
- Spirit Team
- Wrestling
- Unified Basketball







**Athletics** ConVal High School participates in Division 2 of the New Hampshire Interscholastic Athletic Association (NHIAA) in the following programs:

## Spring

- Baseball
- Lacrosse
- Softball
- Track and Field
- Tennis
- Unified Track and Field



# Student Activities

In addition to our athletic programs, we offer the following co-curricular clubs:



A Cappella - Boys and Girls

Anime Club

Art Club

Educators Rising

Envirothon

Equestrian Team

German Club

Spanish Club

Inclusivity

History

Interact

Drama Club

Band and Chorus Club

Math Team

National Honor Society

National Technical Honor Society

Ocean Bowl

Student Council

The Link

Yearbook

Youth and Government

....and more!



Serving students  
in the ConVal,  
Jaffrey-Rindge, and  
Mascenic  
School Districts

# The Region 14 Applied Technology Center

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# What do we do and why does it matter?

- **All of our students will have careers as adults.**  
Some students will get there by attending college first, while others will join the workforce right after high school graduation.
- We introduce students to career options through our career and technical education (CTE) programs and work-based learning (WBL) opportunities.
- We teach students content related to the program they're in (hard skills) as well the employability skills like communication and collaboration that they'll need regardless of where they're employed (soft skills).



# CTE programs offered by Region 14 ATC

- Automotive Technician (Mascenic)
- Business
- Careers in Education
- Computer & Information Technology
- Construction Trades (Conant)
- Digital Photo and Video
- Pre-Engineering
- Graphic Design
- Manufacturing with Welding Component

In addition to the programs offered at the Region 14 ATC, there are many other CTE programs offered in NH that are also free and open to your student. You can see the full list of programs and where they're located here:

[https://www.education.nh.gov/sites/g/files/ehbe\\_mt326/files/inline-documents/sonh/cte-program-grid-2021.pdf](https://www.education.nh.gov/sites/g/files/ehbe_mt326/files/inline-documents/sonh/cte-program-grid-2021.pdf)



# What do students get out of our programs?

## College credit through Running Start and articulation agreements

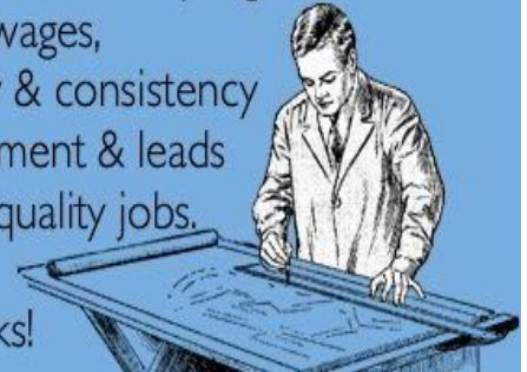
- Transcribed credits: through CCSNH
- Articulation credits: through KSC & SNHU

## Industry certification

- Examples include OSHA10, CISCO, First Aid & CPR, and Solidworks

The opportunity to explore different career paths and work with industry experts before enrolling in college

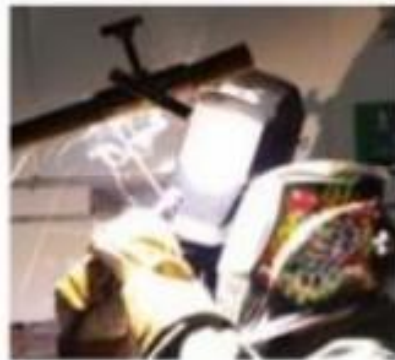
Participation in CTE programs increases wages, probability & consistency of employment & leads to higher quality jobs.



CTE Works!

## Where do you see yourself in the future?

- \*Graduating high school with college credits?
- \*Earning certifications that put you at the head of hiring lines and college applicants?
- \*Learning by doing?
- \*Using top of the line, real world equipment?



Then you should say, I see me in CTE™!

# Transition to High School/Course Selection

## Course Selection Process

- Review ConVal High School general information with parents/guardians on February 15th (tonight)
- Feb. 13th and 15th, ConVal counselors visit middle schools re: course selection
- Students complete course selection sheets with their middle school counselors by March 22nd
  - Meeting with students/inputting course requests into PowerSchool together
- June 2024 there will be an opportunity for parents/students to visit ConVal athletics information session
- Schedules are available in early August
- New Student Orientation in late-August



<https://cvhs.conval.edu/en-US/course-selection-resources-45ada440>

## QUICK LINKS

- [2024-2025 Program of Studies](#)

For current ConVal High School students:

- [Course Selection Sheet for Rising 10th Graders](#)
- [Slideshow for Rising 10th Graders](#)
- [Course Selection Sheet for Rising 11th Graders](#)
- [Slideshow for Rising 11th Graders](#)
- [Course Selection Sheet for Rising 12th Graders](#)
- [Slideshow for Rising 12th Graders](#)

For current 8th grade students:

- [Course Selection Sheet for Rising 9th Graders](#)
- [Course Selection Instructions for Rising 9th Graders](#)
- Presentation for Parents of Rising 9th Graders



# Minimum Graduation Requirements

Subject Area	ConVal Diploma	ADP
English	4	4
Social Studies	3	3
Science	3	2
Mathematics	4	2
Health	1	0

Subject Area	Conval Diploma	ADP
Physical Education	1	0
Art or Music Education	.5	0
Information and Computer Technology	.5	.5
Electives	9	8.5
<b>Total</b>	<b>26</b>	<b>20</b>

*See the Program of Studies for information about requirements for NH Scholars*

# ConVal High School Block Schedule

Bell Schedule	
7:35-8:54	Block 1
8:58-10:17	Block 2
10:21-11:04	TASC
11:08-12:57	Block 3 (& lunch)
1:01-2:20	Block 4

- Lunch happens during 3rd block (3 different lunches)
- Teachers in Academic Support Centers (TASC)
  - Monday, Homeroom Advisory
  - Tuesday - Friday, Based on Student need
- Different set of courses each semester (with some exceptions)

# Sample Student Schedule, 9th Grade

Semester 1	
English 9	Block 1
Algebra 1 pt. 1	Block 2
2D Art	Block 3
Physical Science	Block 4

Semester 2	
Eastern World Heritage	Block 1
Health and Wellness 1	Block 2
Algebra 1 pt. 2	Block 3
Spanish 1	Block 4

# Additional Transition Activities

- Now: Course Selection Process
- June: Athletics information session for students/parents
- May-June: IEP and 504 Transition Meetings
- August: New Student Day (usually held the day before the first day of school)
- September: ConVal Open House



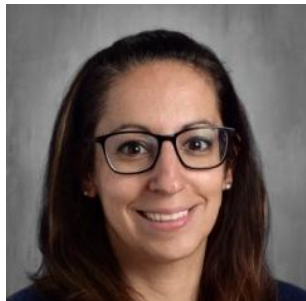


# School Counseling Department

## School Counselors



**Terri Drogue**  
Director



**Kelli Garthe**  
Registrar



**Nikki Pike**  
G - N



**Rebecca Dunn**  
A - F



**Amanda Haley**  
O - Z



**Amy Boyle**  
504 Interventionist



**Kristin Knarr**  
Extended Learning Coordinator



**Todd Bennett**  
Student Support Counselor



**Beth Lent**  
Student Support Counselor



## Q & A Session

Please ask your questions!!

**Thank you!**

# New Student Registration

Registration is electronic: Contact Kelli Garthe at [kgarthe@conval.edu](mailto:kgarthe@conval.edu) for a link. Required documents include:

- Proof of Residency
- Proof of Occupancy
- Birth Certificate
- Parent Identification
- Parenting Plan (if applicable)
- Additional documents as needed

# Orientation

- **Late-August - new student day. Students attend (from approx. 8:15 - 11:15) and follow their schedule. Transportation is provided.**
- **Open house for parents in late-September.**
- **Brief tour of the building right now (for anyone interested).**