

THE BEACON



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Dear Parents, Students and Friends,

When you think of the perfect summer vacation, most people have visions of hiking a mountain, playing a round of golf, or lounging on the beach. While some students and teachers from New Hampshire were no doubt enjoying those lazy summer days, many SST students and faculty members were putting their efforts towards their professional interests. Whether hosting summer camps for middle schoolers, furthering their content-knowledge with coursework and workshops, or competing in professional skills competitions, SST made this summer count. Here are just a few of those stories...

- *Christine Avery '15, Culinary Arts, Exeter High School*

Competing at the SkillsUSA National Conference in Louisville, Kentucky was an amazing experience. There were over 16,000 competitors from all over the country. My competition, Restaurant Service, was composed of five different parts: Hosting, Serving, Table-Side Service, Napkin Folds and a Written Exam. On the first day, I was given a full menu (complete with wine list and desserts) to memorize for the next day. I was told ahead of time to prepare 5 napkin folds and that I would be asked to make a table-side omelet (a common test for a practiced chef) with a minimum of two ingredients. While the lead up to the competition itself was nerve-wracking, the actual competition was very fun. The competition itself was very close, it seemed that everyone succeeded in and failed at the same subjects--I truly had no indication of how well I did. When it was announced that I was third in the country I was ecstatic! I received the bronze medal in a huge stadium full of all the competitors from around the country, and I couldn't have been more proud. While SkillsUSA was trying at times, I feel as if my competition, more than anything, has prepared me for my transition to the Culinary Institute of America this fall.

- *Mike Keddy '16, Automotive Technologies, Raymond High School*

I volunteered at SST's Summer Camps for Middle School Students and my summer camp experience was great. The camp was called Engine Overhauled. I had a great experience teaching the kids how to assemble and disassemble engines. All the kids were very respectful to me and they were very excited when I brought my race car in on the last day. All the kids were sitting in it to get their pictures taken. I brought my race car to SST last spring to show all the teachers and students how the car works. Because of this knowledge, I got two 2nd place finishes and was named the 2015 Rookie of the Year at Lee USA Speedway.

- *Kyle Wybranowski '16, Marketing Technologies, Exeter High School*

During my Junior-Senior summer vacation, I spent six weeks boarding and studying rigorously at a summer program in Concord, New Hampshire. While attending the ASP (Advanced Studies Program) at St. Paul's School, I studied entrepreneurship. I took a course called Innovation in Action, which covered business practices ranging from marketing to creating our own businesses. The most important takeaway I received from the ASP program was the real-world experience. We went out at least once a week into downtown Concord and surveyed a sample of customers (random pedestrians). This helped us practice and refine our discussion, negotiation, and persuasion skills with actual people. It was a fantastic time being able to follow in the footsteps of my mother and brother; both graduates of the ASP program. Being able to develop my skills outside of the classroom helped me better understand the rigors of real business. This is something I get out of my Seacoast School of Technology program, Marketing Technologies. We are constantly completing guided projects and doing interest-based learning in this class which aids in my educational development.

- *Vaso Partinoudi, Pre-Engineering and Computer Science Teacher*

This summer, I had the great opportunity to participate in a bioinformatics workshop at the Hubbart Center for Genome Studies at UNH. Bioinformatics is the meeting point for engineering, computer science and biotechnology, all of which are part of the curriculum here at SST. I plan to apply what I learned over the summer to my classes by using these new concepts and techniques to introduce my students to this exciting, state-of-the-art, multi-disciplinary profession. There is currently a great demand for computer science and engineering graduates who can apply their knowledge in the life science world.

- *Ryan McLaughlin '15, Building Construction Technologies, Sanborn Regional High School*

I placed first in the NH SkillsUSA Carpentry competition in March, which made me eligible to represent SST and New Hampshire at the SkillsUSA National Conference in June, held in Louisville, Kentucky. Nationals was amazing. I started my time in the Carpentry competition by going to an orientation for all the Carpentry competitors. In this orientation, we reviewed safety and worked on our written portion of the competition, as well as our mock up interviews. This day, a Tuesday, we were allowed 20 minutes to review building plans for what we would be creating in two days during the building portion of the contest. We also got to check out the many tools we received just for showing up! There were over a thousand dollars' worth of tools for me to take home! The next day we had a meeting to look at jobs in the construction field and where we can go with construction in today's industry. After the meeting, we were allowed to walk around and check out the many industry leaders and companies that are involved with the construction industry. Wednesday night we went on a riverboat cruise in downtown Louisville where we went up the river to check out the city from the water. Thursday we were given from 8 a.m. - 4 p.m. to build with a 12 p.m. lunch in the middle. We all worked very quickly as this was all the time we had to build the many parts of the structure. After a long day of building houses, we had to let the judges score them and then take them apart. Friday was the awards ceremony where winners were called onto stage to receive their awards. After the awards ceremony, I went to a New Hampshire dinner where we all found out where we placed. I came in 26th, which I was happy with. Overall, I had a blast down in Kentucky and would like to thank Ms. Callahan, Mr. K and SST for helping me get there.

- *Zachary Marcoux '16, Health Science Technologies, Sanborn Regional High School*

Back in June, I had the opportunity along with eight other students from Health Science Technologies to venture from New Hampshire to Anaheim, California for the HOSA National Leadership Conference. Even though I won 3rd place for the state of New Hampshire in the EMT competition, I switched over to the CPR/First Aid event. Upon arrival in California, we spent the afternoon at Knott's Berry Farm. We also had an afternoon to go to Huntington Beach and spent a day at Disneyland. You might be asking, wasn't this a school trip? Yes it was, but like they say "when in Rome." In addition to days of touristy activity, we attended the conference opening ceremony, which featured the author of *Living and Dying in Brick City: Stories from the Front Lines of an Inner-City E.R.* as a guest speaker, and the chapter recognition night. We then competed on the national level in our respective events. Besides competing, there was an expo in which various companies, colleges and even some hospitals with certain career displays in the medical field were available for us to explore and inquire about. We were also able to attend seminars and hear speakers ranging from Army doctors to Public Health Service doctors who went to fight Ebola in West Africa. Overall, we were able to connect not only with medical professionals but with other students from around the country who shared the same interests in the health field.

- *Erica Kneeland '16, Biotechnology, Exeter High School*

This summer, I was provided with the opportunity to participate in an internship through SST. My Biotechnology instructor, Ms. Kelley, was able to connect me with a graduate lab at the University of New Hampshire working under Dr. Louis Tisa. In the lab, I worked with a professor, graduate students, and pre-med students on various research projects involving the bacterial strain *Frankia*. My research project, which I designed and executed in the lab with some guidance from my mentor, was successful and yielded great results. The project, titled "An Investigation Into the Effects of Exposure to Dibenzofuran on the Growth and Expression of the bph Operon in *Frankia*" looked into how the bacteria could "digest" environmental pollutants, therefore making our planet a cleaner and safer place. These results may shape the future of bioremediation.

- *Jonathan Theberge, Welding Technologies Teacher*

The Seacoast School of Technology is an active campus both during the high school year, as well as the summer. I just finished teaching the second ever course in Welding Technologies for adults through Great Bay Community College. This program operates over a nine-month period, two nights a week for three semesters for which the students will earn 18 college credits. These adult learners are changing their current employment status from low paying, no benefits, and long hours to a career choice that can support themselves and their family. The students graduate with a certificate in Welding Technologies and also leave with life skills that cannot be taken away.

- *Amber Ganley '16, Animal & Plant Science, Exeter High School*

As my junior year came to an end, all I had was a little experience, a passion for animals, and no clue what to do with it. An opportunity for a job came as a small blessing to acquire some experience in my future career field. This blessing was a job opening at the Fremont Animal Hospital. In June, I submitted my application, got an interview and waited for the call. By the end of June, I was hired. I work as a kennel technician, mainly cleaning cages, walking dogs, and caring for animals boarding there. My gained experience ranges from the care of poultry, equine and small animals to animal restraint and the business aspect of the hospital like customer service. For the future, I plan on attending college to become an exotic animal veterinarian. Maybe I'll work in a zoo. That would be wild!

- *James Collins, Culinary Arts Teacher*

Last year, I embarked on a project to show evidence of the connections within SST's Culinary Arts program between its competencies, curriculum and assessments as required by the New Hampshire Department of Education. As work progressed, two convergent ideas quickly helped guide the work to integrate other initiatives such as Common Core State Standards and All Aspects of Industry, while also creating a format and set of standards that could be used to create consistency. My vision could be implemented first with all culinary arts programs across the state and then serve as a model to calibrate assessment in any competency-based program. The New Hampshire Career and Technical Administrators Association (NHCTA) was looking for proposals for presentations for their July Tri-State Conference in Portsmouth and mine was fortunate to be chosen. It was a great honor to present to such a group of distinguished professionals from around New England. Future hopes for the project include having it serve as a model within the state. This project is an example of the "3 I's" SAU16 initiative, "Individualized, Innovative Instruction."

- *Brian Berridge '13, Animal & Plant Science, Building Construction Technologies and Technology Careers, Exeter High School*

I graduated in 2013 from Animal and Plant Science I & II and Building Construction Technologies I. I was also in the last Technology Careers class. Throughout my time at SST many, many doors were opened to me, but not without hard work. With the FFA, in the Animal and Plant Science class, I competed in many events at the local, state and national levels. After graduating, I served two years as an FFA State Officer, with my second year ending in March of this year with me serving as State Vice-President for the organization. I have traveled to New York State and worked with FFA for a summer, to DC to meet with our state Reps, to FFA Nationals both in Indianapolis, Indiana and Louisville, Kentucky, Vermont's State Convention, as well as our own Wicked Awesome FFA State Convention here in New Hampshire. This fall, I am headed to Louisville, Kentucky to be recognized and be awarded my American Degree, the highest level degree possible in the FFA. I would not be who I am or where I am today without all those who helped me at SST.

It is the people at SST, students and staff alike, who make this school so special. SST is proud to announce that enrollment for the 2015-2016 academic year is at its highest point ever, with more than 725 students furthering their education in high-demand career fields, earning early college credit through dual-enrollment programs, and remembering the simple fact that learning can actually be fun. We look forward to seeing what this newest group of students and their families do with their time here at SST.

Sincerely,

Margaret E. Callahan
Principal