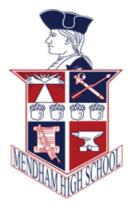
#### What is the purpose Previews program?

The purpose of the Previews program is to help provide a seamless transition from middle school to high school. This threeday program teaches strong habits for academic success, character traits such as persistence and resilience, and critical social-emotional skills. The daily schedule is Tuesday through Thursday, from 9am-12:00pm.

#### I HAVE LEARNED, THAT IF ONE ADVANCES CONFIDENTLY IN THE DIRECTION OF HIS DREAMS, AND ENDEAVORS TO LIVE THE LIFE HE HAS IMAGINED, HE WILL MEET WITH A SUCCESS UNEXPECTED IN COMMON HOURS.



#### **Contact Us**

If you have any questions about the program, please contact :

Ms. Tamara D'Alessio at tdalessio@wmrhsd.org

# **Previews**

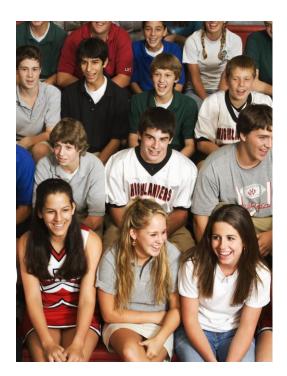


## Summer Previews Program

West Morris Mendham High School

August 10, 11, & 12

Taking steps toward a successful high school career!



#### When is Previews?

The Previews Program will run Tuesday August 10<sup>th</sup> through Thursday August 12th from 9am to 12pm at West Morris Mendham High School. We will meet in the lobby, just inside the front entrance. Please dress casually and comfortably. Snacks will be provided, but feel free to bring any of your own snacks or drinks.

# What topics will the program cover?

- Team and character-building experiences
- Acclimating to the high school environment and preparing for the transition
- Improving organization and study skills
- Handling stress and anxiety
- Using healthy coping skills
- Communicating assertively
- Learning to use technology responsibly
- Meeting other 8<sup>th</sup> graders, peer leaders, and school staff to begin building positive relationships
- Participating in tours of the high school
- Learning how to open your locker
- Talking to upperclassmen about how to thrive throughout high school

#### The last day is Bring-Your-Parent Day!

- 9:00-9:15am Meet staff and students
- 9:15-9:45am Parent Workshop "Handling the Transition into High School"; Student Workshop – "Mindfulness to Reduce Stress"
- 9:45-10:00am Break/Snack
- 10:00-11:00am Upperclassmen discuss stressors & how parents can help with high school transition
- 11:00-12:00pm Open question/answer, students give parents tour of school (optional)

### Sign Up!

**Register online at:** https://forms.gle/ySwFsTziNRZutbEb9

**Or mail this form by 7/30/21 to:** Tamara D'Alessio 65 East Main Street Mendham, NJ 07945

### **Response Form**

Student's	Name:
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Parent's Na	me:
Phone:	
Email:	
Middle Scho	pol:
Allergies:	
Comments:	
All for	ms must be received by
	July 30 <sup>th</sup> , 2021.