

Hunterdon Preparatory School (HPS)

Counseling Newsletter

Issue 5: October 2022

Dear Parents/Guardians,

The 2022-2023 school year is well underway! The energy in the community is electric as the students are ready and hopeful for all the opportunities the year will bring. We are honored and excited to be a part of your child's growth and thank you for sharing them with us! Your children are engaged and ready to contribute their unique strengths and talents to the community. Thank you for your continued support and partnership! Throughout the year, we encourage you to reach out to the counselors for any social-emotional concerns or questions. We look forward to working with all of you!

Meet the Counselors



Top Row: Ryan Smedberg, John Doran, Daniel Schwahl

Bottom Row: Amanda Medina, Tatyanna Frost

Amanda Medina: This is my 8th year as a counselor at HPS and my first year as the Supervisor of Counseling. I am a mom of a soon-to-be 5-year-old little boy, who is a big charmer. In my free time, I enjoy cooking

and baking with my little one. We love to explore new recipes and share our creations with our loved ones. I also love doing arts and crafts, especially DIY projects. I am also a singer and am involved in the school's many concert productions. I am the counselor for Nest 2 and Hive 2 instructional groups.

amedina@hunterdonprep.org

Tatyanna Frost: I'm starting my first year at HPS. I am an Affirmations Advocate. I enjoy spending time with my family & friends, trying different restaurants, music, writing stories, and fashion. I am the counselor for Nest 1 and Hive 3 instructional groups.

tfrost@hunterdonprep.org

Ryan Smedberg: This is my 5th year as an HPS staff member and my second year as a counselor. I am an avid reader of all things literary, philosophical, and scientific. I especially enjoy integrating these passions within my counseling practice with students. In my spare time, I love to go running, biking, and exploring throughout

the beautiful nature reserves of Hunterdon County and beyond. Someday you might even catch me out in the wild in search of the many splendid and elusive bird species native to the northeast. I am the counselor for Hive 1 and Cave 1 instructional groups. rsmmedberg@hunterdonprep.org

Daniel Schwahl: I'm starting my fourth year at HPS. In addition to group counseling, I participate in Outdoor Education and the Music Lab. I'm a lover of food, table tennis, video games, music, coffee, and cats. I am the counselor for the Troupe and Cave 2 instructional groups. dschwahl@hunterdonprep.org

John Doran: I am the Counselor for the 12+ Program. I provide supportive counseling with a focus on helping our students acquire the skills necessary to succeed in college and gain the emotional maturity to become independent adults. Most mornings I am on the Raritan Valley Community College campus supporting our students with their 12+ program. In my free time, I like to play music with my friends, go hiking, biking,

fishing or just hang out with my wife in our Hunterdon County farmhouse with two cats in the yard (not our cats, they just come over and hang out with us).

jdoran@hunterdonprep.org

Parent Resources

Hunterdon Preparatory School's Counseling Department hosts a virtual support group for parents of our current students. Our Parent Support Group (PSG) meets four times throughout the year, consisting of four one-hour sessions. We will meet virtually through Zoom or Google Meet on designated Thursday evenings at 7:00 pm. The first round of Parent Support Group begins on October 13, 2022. The purpose of PSG is to have the opportunity to connect with other parents and share your experiences, ask questions, offer support/advice, learn from others, and discover that you are not alone! Please RSVP to the first PSG by emailing Amanda Medina at amedina@hunterdonprep.org. We do require a minimum of 4 guests in order to host the group.

Upcoming Events:

Join us Friday, November 18
An Evening with WE MAY BE RIGHT
Supporting the Hunterdon Prep Education Enrichment Fund
and the purchase of a Classroom Promethean Board
7:00 - 8:30 pm • Hunterdon Preparatory School • 11 Spencer Lane • Annandale, NJ
we may BE RIGHT
Billy Joel Tribute
PURCHASE TICKETS at
Hunterdonprep.org
\$75.00
Refreshments will be served during the evening.
SAVE THE DATE!

Join us on Friday, November 18th for “**An Evening with We May Be Right: Billy Joel Tribute.**” Tickets can be purchased on our website and all proceeds will support the Hunterdon Prep Education Enrichment Fund and the purchase of a Classroom Promethean Board. We hope to see you there and thank you for your continued support!

<https://www.hunterdonprep.org/>

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