

Hunterdon Preparatory School (HPS)

Counseling Newsletter

Issue 4: August 2022

Dear Parents/Guardians,

Welcome to the first counseling newsletter of the 2022-2023 school year. We hope you had a healthy and rejuvenating summer that has been filled with many adventures. Our staff is excited to see everyone and thrilled to welcome our new community members. HPS's Extended School Year Program, Summer Discovery, has been busy these last six weeks creating memories and engaging in new experiences! The summer students spent time making connections and enjoying activities such as hiking, kayaking, bowling, swimming, gardening and composing and learning music. Students also spent a lot of time practicing gratitude for what this summer at HPS has provided. We know their summer energy will infuse our community on the first day of school.

As your child prepares for this upcoming year, allow them to share their thoughts and feelings about the transition. Starting a school year can bring about a rollercoaster of emotions. We know that everyone experiences change and transition differently. Regardless of how your child might be feeling or what they might be thinking about their first day at HPS, our staff is here to support them every step of the way. We have shared some articles below that you may find useful regarding the transition into a new school year. If you have any questions specific to HPS prior to the first day of school, please feel free to call us at (908) 832-7200.

What to expect on the First Day of School

The first day of school is Thursday, September 1st, 2022. HPS has a long-standing tradition of greeting all our students as they exit the school bus, especially on the first day of school. Staff will be ready to welcome our new students and bring them to their homerooms where all students, whether new or returning, will receive their class schedules.

Students will have time to meet and connect with peers and staff as well as acclimate to their new homeroom and instructional group. Additionally, they will have time to sign up for their special interest and

physical education electives. Our first day is structured to provide students with information on what to expect this school year and get them started for the first marking period.

Counselor Corner

Easing your child's back-to-school anxiety

Coming back to school after a long summer break can be exciting, yet stressful at the same time. Any amount of uncertainty is enough to ignite a child's anxiety. Here are some tips to help with this transition.

- **Foster Familiarity:** Remind them of the connections they have established in previous years and what they have accomplished.

- Re-establish their daily routine a week prior to the first day.
- Refer to our website or Facebook page to give them visuals of what to expect.
- Remind your child they are not alone in their feelings and they have resources available to support them throughout the day.
- Be present for them in the first few days and give yourself and your child the time and space to express their feelings.

How Can You Ease Back-to-School Anxiety and Stress?

<https://www.verywellfamily.com/tips-to-ease-back-to-school-anxiety-620832>

Parent Resources

Need Back to School supplies? Sales tax will not be charged for certain retail sales from August 27th to September 5th. Follow the link below for more information on eligible school supplies during the Sales Tax Holiday.

https://www.state.nj.us/treasury/taxation/businesses/salestax/salestaxholiday2022.shtml?utm_campaign=20220805_nwsltr_b&utm_medium=email&utm_source=govdelivery

Articles

Helping Kids Back Into the School Routine

<https://childmind.org/article/helping-kids-back-school-routine/>

School Mornings Without the Stress

<https://childmind.org/article/school-mornings-without-the-stress/>

Back to School Tips for Kids who are Struggling

<https://childmind.org/article/back-to-school-tips-for-kids-who-are-struggling/>

Back to School Tips for Parents

<https://childmind.org/article/helping-children-with-special-needs-go-back-to-school/>

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Contact Amanda Medina at amedina@hunterdonprep.org for any questions.

