

# Hunterdon Preparatory School

## Counseling Newsletter

Issue 1: January 2022

Dear Parents/Guardians,

Introducing our first Hunterdon Preparatory School Counseling Newsletter! The Counseling Department plans to share resources and community news to help you keep a pulse on your child's journey here at HPS. As with anything new, we would like you to provide feedback that would allow us to grow this new venture and make it a useful tool for you and your child. Any feedback can be directed to Amanda Medina at [amedina@hunterdonprep.org](mailto:amedina@hunterdonprep.org).

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### What's Happening in the Community

We've made it halfway through the school year! The second marking period ends this Wednesday, January 26th. Students have worked so hard despite the challenges and disruptions caused by the pandemic and the weather. With the ebb and flow of this pandemic and the winter weather, we encourage you to talk to your child about how they may be experiencing the uncertainty, changes, and disruption. Consider what kind of supports your child may benefit from given the current climate.

Does your child have a plan post-high school? On Wednesday, January 26th at 1:00 pm we will be hosting a transition workshop for our 11th and 12th grade students. The workshop will help your child explore different ideas and help to develop a plan after high school. Thinking about the future may evoke many feelings for your child, as leaving HPS and starting new

may bring about feelings of anxiety. Alternatively, your child may be excited to begin this new chapter. Consider talking to your child about the feelings that may be associated with this particular milestone.

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### Counselor Corner

What does counseling look like at HPS? Students at HPS are required to attend Communications Lab (a.k.a. Group) three times a week with their homeroom instructional group. Group is designed to provide students at HPS with opportunities to develop and fine-tune communication skills and learn healthy coping strategies. The group counselor's main responsibilities are to ensure that all group rules are followed and direct and respectful communication is modeled and practiced. Students also use Group to process their life experiences and receive support from their peers.

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Individual counseling is also available to all students by request at any time during the school day.

HPS employs four full-time counselors to support our student body.

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## Parent Resources

### School Website:

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

### School Facebook Page:

<https://www.facebook.com/HunterdonPreparatorySchool/?fref=ts>

**Perform Care:** Facing challenges finding the right services and support for your child? Looking for family support? Perform Care is an excellent resource for families in NJ to find mental health services that meet the needs of your child and family. It is free to call them 24 hours a day, 7 days a week at

1-877-652-7624. Website:  
<https://www.performcarenj.org/>

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## Student Resources



The **Help App** is a collection of resources in our surrounding area and statewide. Here you can find hotlines, textlines, and support services to address your mental health needs. Visit the following website to access directions on how to get the application on your device.

<https://njprevent.com/help-app/>

## Articles

### Preventing Parent Burnout

<https://childmind.org/article/preventing-parent-burnout/>

### Parenting a Teenager who is Living with Mental Illness

<https://www.healthyplace.com/parenting/children-with-mental-illness/parenting-a-teenager-who-is-living-with-mental-illness>

### Positive Parenting Tips: Young Teens (12-14 years)

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence.html>

### Positive Parenting Tips: Adolescence (15-17 years)

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>