

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 three-day 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.**

HENRY DAVID THOREAU

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

*Taking steps toward a
successful high school career!*



When is Previews?

The Previews Program will run Tuesday August 11th through Thursday August 13th 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 8th 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/gv7DLPSRKEFLF5S9>

Or mail this form by 7/31/20 to:

Tamara D’Alessio
65 East Main Street
Mendham, NJ 07945

Response Form

Student’s Name:

Address:

Parent’s Name:

Phone:

Email:

Middle School:

Allergies:

Comments:

**All forms must be received by
July 31st, 2020.**