

# Welcome to High School!



**A Parent Perspective**

By the MHS PTSA

# Embrace the opportunities ahead!

- For both parent and child, there are many exciting new possibilities to explore and new ways to get involved.
- There are activities for almost every want/need- academic clubs, music programs, sports, wide range of clubs, volunteer opportunities, and wide range of classes!
- Program of studies:  
[https://www.mtsd.k12.nj.us/cms/lib/NJ01000127/Centricity/Domain/79/18\\_19%20POS%20for%20website.pdf](https://www.mtsd.k12.nj.us/cms/lib/NJ01000127/Centricity/Domain/79/18_19%20POS%20for%20website.pdf)
- Student Clubs:  
<https://www.mtsd.k12.nj.us/cms/lib/NJ01000127/Centricity/Domain/79/MHS%20Activity%202017-18%20ONLINE%20live%20links.pdf>
- Sports: <http://www.mtsd.k12.nj.us/Page/19>



# Parent Opportunities



- Support the Band/Music programs
- Help with an Athletic Booster Club
- Volunteer with Robotics, Science Olympiad, theater productions, and more!
- Join the PTSA, Sign up for our weekly E-news and volunteer!!!

Attending PTSA meetings is the best way to learn more about the high school, find out what activities are taking place each month, meet administrators, and get to know other parents!

# Keeping it in perspective!

High school is not just prep for college, it is an important 4 year period of academic, physical, and emotional growth and development.



- There will most likely be an academic transition as courses become more vigorous.
- It is not uncommon for students to feel more stress in high school. Work on developing coping skills.
- The school will shift toward communicating with your child as part of the path toward independence- this may feel uncomfortable to parents, but it is important to transition.
- Have an idea of a four year plan for classes, club, athletics, etc., but be open to change as interests change.
- Keep college in focus, but don't focus on it exclusively. Use the Guidance presentations as a guide to what you should be focused on each year. They will help!



# Get Organized!

High school brings with it a lot of information to keep track of. It is important for you and your child to have a good system in place.

- Have a routine for checking homework/grades.
- Help your child develop an organizational plan if they don't yet have one (phone, planner book, binder).
- Have a central calendar that can keep family/school activities organized.
- Develop a system for reading and storing school/district emails and newsletters.
- Develop a familiarity with school/district websites so you can find important information if you need it.

# Use Your Resources!

There are many school resources available to help you and your child stay informed.

- Naviance
- School and district websites
- Weekly District E-news, Facebook, and Twitter
- Weekly PTSA E-news, Facebook and Twitter
- Principal Quarterly Newsletter (informative)
- Principal's Perspective (softer topics)
- Guidance Quarterly Newsletter
- Departmental newsletters periodically
- Guidance presentations



# When things go wrong...

- Give your child a chance to solve the problem. (Advocating for self is an important skill to learn, but it doesn't happen overnight)
- “What do you think we should do about that?”
- Opportunity to learn problem solving skills and develop resiliency.





- Reach out to other parents who may have had similar issues
- Seek out those who can help. There are many caring individuals who want your child to do well: Teachers, Guidance department, Student Assistance Counselor (SAC), Supervisors, Principals
- Academic issues- talk to teacher about additional resources, attend afterschool help sessions, use NHS peer tutoring, seek list of outside tutors
- Whatever the issue, someone can help- Just ask!



# Additional Resources



- **PTSA New Parent FAQ's:**  
<https://www.mtsd.k12.nj.us/Page/12527>
- **Freshmen Parent Boot Camp**— Join us for an informative session in the fall!—<https://www.mtsd.k12.nj.us/Page/14301>
- **High School FAQ's**--<https://www.mtsd.k12.nj.us/Page/7116>

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FOR YOU

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