



ESY 2022 Newsletter

NEWMARK
High School

NEWMARK NEWS

Ms. Gina M. Borea
Principal

Dr. Regina M. Peter &
Ms. Cynthia Allman
Executive Directors



Dear Parents,

First Day of ESY



Welcome to ESY!

It's hard to believe that the Newmark High School Extended School Year (ESY) Program has come to an end. Our students were engaged in many different activities and we offered a diverse spectrum of classes and programs that targeted emerging skills development. Our Freshman became familiar with our program and have a better sense of what the school year will be like. They also went on weekly Community Services trips and they are ready to take on the new school year.

Our academic portion of our program focused on Summer Reading, Math, Science, Art and Fitness. Our Sophomores had the pleasure of working on a horse farm and our Juniors had the opportunity to develop their work skills at Spectrum. Our Seniors participated in our Travel Program and went on weekly trips to some really fun places.

The pictures in this newsletter will give you some insight into the fun we all had during ESY. We continued to witness profound growth in our students as they took on new challenges. We are very proud of their accomplishments this ESY!! We hope you all enjoy the rest of your summer, be safe and we cannot wait to see everyone back on September 7, 2022.

Sincerely,

Gina M. Borea

Gina M. Borea
Principal



Ice sculpting



Elias lends a hand

9th GRADERS

EXPERIENCE COMMUNITY SERVICE



Shed painting



Finn and Julie mix it up



Maxim(um) Mopping



Bombas for the homeless



Seniors in Hoboken

**10th
11th
and
12th**



Hope's Promise horse farm



Nick and Ryan at Spectrum

GRADERS

**OUT AND
ABOUT**



Noah hanging ten in Tuckerton

COUNSELING

Dear Parents,

ESY has flown by and it is time for Summer Vacation! Throughout the school year, your teens have been actively working on developing their understanding of various mental health issues during group counseling and continuing to set and evaluate personal goals in individual counseling as they get older and reach new milestones. They have been exposed to challenging situations and environments in order to help them step outside of their comfort zones and thrive. This ESY edition of our newsletter will provide you with some strategies for promoting mental wellness in your teen this summer by helping them stay active and organize their days during these uncertain times.

Promoting Your Teen's Mental Health Over Summer Break

It can be difficult for teenagers to go from the routine of the school year to the slower paced, less structured summer months. As a result, it can be easy for teens to spend time sleeping in and limiting their social contact, which can negatively impact one's mental health. While this is often needed as a recovery from the faster-paced, pressure-filled environment they are used to, it can become problematic when lasting longer than a few days. Boredom can lead to making poor behavioral decisions and experiencing negative emotions. Here are some ways (with the help of Denise Witmer, www.verywellfamily.com) to help prevent inactivity by scheduling out the summer days on the calendar so your teenager knows what is going to happen and can pick and choose what he/she wants to do by learning to make choices.

COUNSELING continued

To start, schedule your entire summer month by month. Put in your family events or trips, your teen's camp/volunteer/work times and any day trips that have already been set. If you find that there are big gaps of free weeks, help your teen find things to fill them with. Look for summer employment, volunteer opportunities or virtual classes for example. Breaking up large blocks of time will help your teen avoid the routine of sleeping in late every day, getting up and then doing nothing special.

Create a weekly schedule. Write this one out in pencil as it is the schedule that will change the most. Write in opportunities to do things as well as things that are planned. If your teen finds they have the time to do the extras, they will know when these things are happening. For instance, your town may have socially distant events planned, such as movies in the park. It may be fun for teens to go with friends, bring popcorn and enjoy themselves. You do not have to schedule them to go, but if it is on the calendar, your teen could attend if they have the time and inclination.

Make a daily routine with your teen. Plan things that need to be done like a hygiene routine, making his or her bed and any chores or responsibilities. While these things may seem simple for your teen to remember, having things written down helps keep stress levels low. Be sure to leave some free time, but have a list of suggested activities in case your teen isn't looking for downtime. For instance: reading a magazine or book, listening to music, writing a letter, swimming, biking, etc. Schedule in television and video game times so that these activities do not take up your teen's free time or encompass his or her whole day. Create alternate daily routines for family activities, vacation and other special times. This creative scheduling and time organization will keep your teens from getting bored and give them plenty of free time with some practice at making choices. It will also promote paying attention to their mental health and help them get their responsibilities completed with very little if any stress which is a positive for the whole family.

The counseling department wishes everyone a safe and happy Summer Break with your families.

Have a great summer!

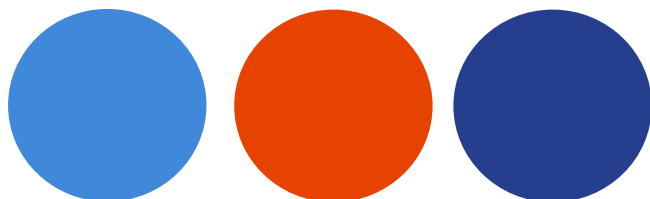
Ms. George, Mrs. Murphy, and Mr. Goldberg



PARENT INFORMATION

Thank you for checking your email this month for your **ESY Friday Backpack News** and **Parent Alerts**.

Be on the lookout for your **2022-23 School Year Friday Backpack News** and **Parent Alerts** beginning again on Friday, August 19, 2022.



NEW! Phase 2: Fall 2022 Updated PowerSchool Parent Portal Access

Be on the lookout for a mailing in late August as Newmark continues to update the online parent experience to improve transparency between home and school. As part of Phase 2, a mailing will provide updated parent login credentials to gain full access to the PowerSchool Parent Portal this Fall 2022 for daily screening, forms, grades and attendance. Parents will need to access the portal account for your student's Daily Wellness Screening starting Wednesday, September 7, 2022.

2022-23 School Forms – Fall 2022 Checklist

Please visit the school website to view School Year Checklists, menus, calendars and additional medical or outside provider forms at

newmarkeducation.com/currentparents/forms

If you have already completed your 2022-23 Registration Forms for ESY, you do not need to submit again for Fall. Any medical form requiring a Physician's signature must be submitted to Nurse Carroll prior to the start of school on September 7, 2022. Questions: Please email Nurse Carroll at

ecarroll@newmarkeducation.com

SAVE THE DATES!

- **First Day of School:** Wednesday, September 7, 2022
- **Mandatory New Parent Meeting:** Wednesday, September 14, 2022 - for new parents only
- **NHS Back To School Night:** Wednesday, September 21, 2022
- **NHS School Picture Day:** Wednesday, September 28, 2022