



INSIGHTS ON ADOLESCENT DEVELOPMENT

FROM YOUR DIVISION DIRECTORS AND
COUNSELORS



HELLO!

We have reached the end of another great year! Throughout the year, your collaboration has been vital in helping us nurture each student's growth—academically, socially, and emotionally. Together, we have navigated challenges, celebrated successes, and remained committed to fostering a learning environment where students can thrive. We are grateful for the trust you place in us and look forward to continuing this important work together in the years ahead.

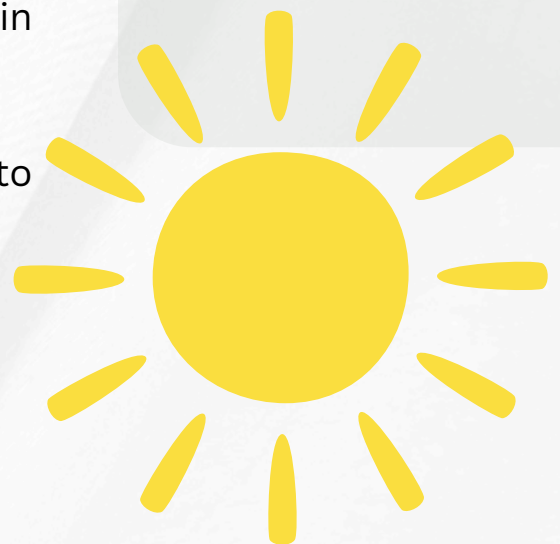
We hope that the introduction of this newsletter has been beneficial to your journey as parents! If you have topics in mind that would be helpful to hear more about, please share in the survey embedded in this edition.

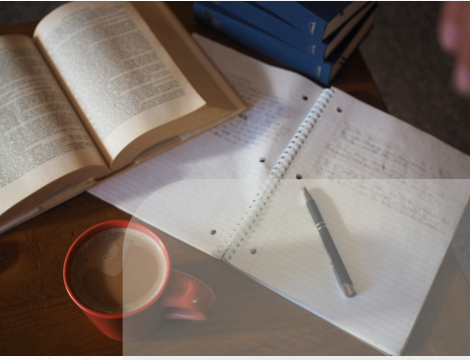
Have a great, safe, and fun summer! We can't wait to see what the 2025-2026 school year brings!

*Danielle Wattleton-Anderson,
Lia Gerety, Lauren Garrett, and Kate Smith*

AT A GLANCE

- 1) SUMMER PROGRAMMING AT ALTAMONT
- 2) SUMMER READING FOR PARENTS
- 3) PARENT ENGAGEMENT AND EDUCATION SURVEY
- 4) ARCHIVED NEWSLETTERS





Don't miss your chance!

Sign your child up for a summer program at Altamont!

From Executive Function Skills and various academic offerings, to “Wicked” Theater Camp, Rocket Engineering Camp, and Ultimate Sports Challenge Camp, there is something for everyone!

[Sign Up Here!](#)

Parent Engagement and Education Survey



Strong parent-school collaboration is essential for student success! Please take a few minutes to complete this anonymous survey to help us understand how we can best serve you in the 2025 - 2026 school year!

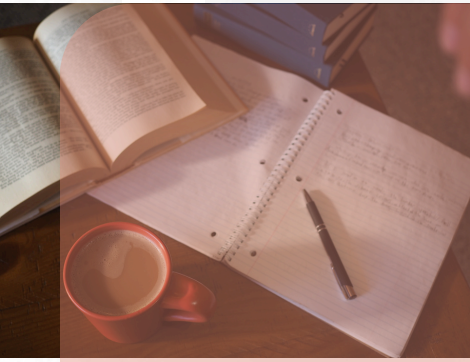
[Parent Engagement & Education Survey](#)



If you've missed any newsletters this year, do not worry! They are all archived and easily accessible through the Altamont website.

Follow this link to explore:

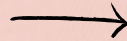
[Counseling and Support at Altamont](#)



Summer Reading Reccommendations for Parents

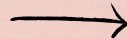


If you are a parent seeking a better understanding of your teen's emotions.....



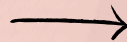
The Emotional Lives of Teenagers by Dr. Lisa Damour

If you are a parent helping your middle schooler navigate turbulent waters....



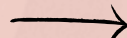
Middle School Superpowers: Raising Resilient Tweens in Turbulent Times by Phyllis Fagell

If you are feeling anxious about your child's future....



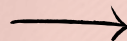
The Blessing of a B Minus by Wendy Mogel

If you are worried about the effect of screens, social media, and technology on your family....



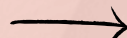
The Screentime Solution by Emily Cherkin
Growing up in Public by Dr. Devorah Heitner

If you have noticed increased anxiety, withdrawal, or depression in your child....



The Anxious Generation by Jonathan Haidt

If you are a parent who doesn't have the time to read a full book.... (that might be all of us!)



Subscribe to Dr. Lisa Damour's weekly newsletter using the link bellow and follow her on social media for practical and pertinent parenting advice!

[Sign up for my newsletter - Lisa Damour, PhD](#)