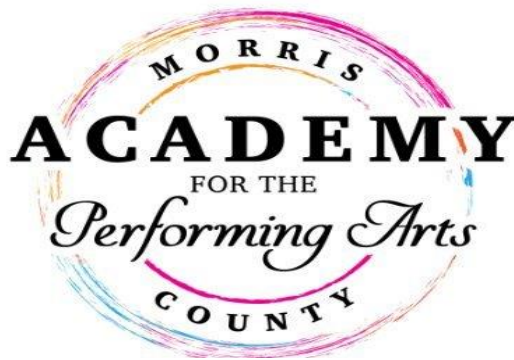


Morris Knolls High School



8th Grade Parent Night

Prepared by: The Morris Knolls High School Counseling Department

Morris Knolls High School
8th Grade Parent Night
January 12, 2023
7:00 PM



Welcome Class of 2027!

It is hard to believe, but in a very short time, your son or daughter will be entering Morris Knolls High School for the first time. At Knolls, our mission is to foster a community of responsible learners who value their education, family, community, and themselves. We work closely with each student to set positive goals for their future success.

Our presentation tonight is one of many evening meetings that you will participate in. Our goal this evening is to provide parents and guardians with a clearer understanding of our high school's expectations, the role of the school counseling department, various courses offerings and how we may assist your child throughout his/her high school years. While attending a great college or university is the end result for many students, our first priority is to ensure that we help students adjust academically, personally, and socially to their new surroundings.

Success or failure in high school is everyone's responsibility. You, as parents/guardians are not in this process alone and a team of professionals are available to assist you in providing your child with a smooth transition. One thing is certain; this adjustment will have a dramatic impact on the remaining years of education. We encourage you to take advantage of all that our high school has to offer. Encourage your children to become involved in the many sports, clubs and organizations. Visit our website for frequent program and informational updates and become actively involved in all that is available to your child.

Together we can ensure their success!

Enjoy your evening!

"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela

Morris Knolls Administration:

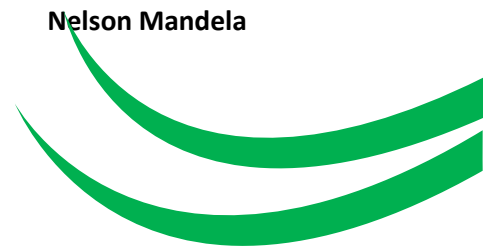
- Ryan MacNaughton, Principal
- Joseph Cirigliano, Assistant Principal
- Michael Bouroult, Assistant Principal
- Erin Morgan, Assistant Principal
- Stan Abromavage, Supervisor of School Counseling
- Patrick Brunner, Supervisor of Athletics/Student Services

School Counselors:

- Michele DePascale
- Elissa Merle
- Victoria Resnick
- Rebecca Rock
- Chris Roman
- Shari Russo
- Ryan Shaffer

Student Assistance Counselor:

- Danielle Van Der Veken



Morris Knolls High School
8th Grade Parent Night
January 12, 2023
7:00 – 8:45 PM



MORRIS KNOLLS
HIGH SCHOOL

~ Agenda ~

Welcome and Introductions 7:00 – 7:15 PM

Counselor Meeting, Student Panel and Subject Area Presentations 7:20 – 8:45 PM

Auditorium:
 Counselor Meeting/Student Panel

Freshmen Cafeteria:
 Business
 English
 Physical Education/Health
 Social Studies
 Technology Education

Gyms 1 & 2:
 Art
 Math
 Music
 Science
 World Language

8th Grade Parent Night – Presentation Schedule and Rotation

Groups	Alphabetical Breakdown	7:20 – 7:45 PM	7:50 – 8:15	8:20 – 8:45
Freshmen Cafe	A to Gross	C-1	Gyms 1 & 2	Auditorium
Gyms 1 & 2	Grullon to Percell	Gyms 1 & 2	Auditorium	C-1
Auditorium	Perera to Zuravnsky	Auditorium	C-1	Gyms 1 & 2

Parents will be dismissed from the auditorium with two National Honor Society student guides. Guides will accompany the parent groups to each session in the rotation.

We encourage you to visit the Morris Hills Regional Information Site for 8th Grade Families and the Morris Knolls High School website for important information:

[Informational Site for 8th Grade Families](#)
[Morris Knolls High School Website](#)

Parents/Guardians are encouraged to review the 2023-2024 Program of Studies. This document contains valuable information including grading and ranking procedure, college admission information, district goals and philosophy, and course descriptions. The Program of Studies can be found on the district website, under the “Curriculum Tab.”

[2023-24 MHRD Program of Studies](#)



US New and World Report offers the following **10 Tips for High School Freshmen** (by Sarah Wood, May 31, 2022):

Learn the School

Prior to the start of classes, many high schools offer an orientation to rising ninth graders. Take time to explore the building – noting the location of your classrooms and locker, as well as the gym, lunchroom and school nurse and counselor offices. If you have your locker assignment, practice opening it. Orientation also provides a chance to meet your peers and teachers.

Challenge Yourself

Experts advise students to pick classes that challenge them, but not to the point where it's overwhelming. To understand what type of load you can take on, consider the whole picture, including your home responsibilities and extracurricular activities.

Pick Classes of Interest

Freshmen usually have limited choices for their classes compared to upperclassmen. But to the extent possible, it's important to pick classes that interest you. Electives, for example, are a way for students to explore their passions or develop new skills.

Get Organized

Compared to middle school, high school comes with more assignments, tests, group projects and activities. It can be easy to lose track of deadlines, so find a way to stay organized, experts say. Be sure to track important dates on an online or paper calendar or get a planner, for instance.

Connect With Upperclassmen

Some schools pair freshmen with seniors as part of a mentorship program. But ninth graders can also make the effort to connect with an upperclassman – like a friend's older sibling, a neighbor, fellow club member or teammate – on their own.

Stay True to Your Values

Students may face pressure to fit into a certain mold in high school. But don't let that dissuade you from sticking to your

values and passions, experts say.

Connect With Others Through Activities

High schools offer a number of activities throughout the year, including sporting events, concerts, plays and pep rallies. Attend these activities when you can – go with friends or use the opportunity to meet other students. You can also connect with peers by participating in a club, honor society or volunteering.

Build Relationships With Teachers and Staff

As soon as the bell rings, students are generally in a hurry to leave the classroom. But instead, take the time after classes to get to know your teachers and counselors. Developing those relationships can ease the transition and be helpful in the long run – especially as students start to apply to colleges.

Prioritize Your Mental Health

The coronavirus pandemic took a toll on the mental health of many teenagers and young adults. Thirty-seven percent of students at public and private high schools, for instance, experienced poor mental health during the pandemic, according to a Centers for Disease Control and Prevention 2021 report. Female and LGBTQ high school students were more likely to report feelings of sadness or hopelessness with the last year than their peers. Experts advise students not to be afraid to seek out help, as most schools have mental health resources and services available, including counselors, psychologists and social workers. "There are so many big emotions that happen from your freshman year of high school to your senior year of high school," Owens says. "The development that just your body goes through is huge. So take care of yourself mentally, physically, socially. But absolutely pay attention to your mental health.

Be Present

Some students enter high schools with their eyes already on college. But stay in the moment and make the most of your four years in high school. "If you have a bad day, remember a bad day only lasts 24 hours," Sherrill says. "It's a moment in time and then you go on. Enjoy your high school career. Figure out ways to make it fabulous."

Morris Knolls High School

50 Knoll Drive, Rockaway, NJ 07866

Phone - 973-664-2211 or 2223
Fax - 973-664-1483
CEEB Code - 311321