

**WELCOME TO MORRIS HILLS HIGH SCHOOL
HOME OF THE SCARLET KNIGHTS
8TH GRADE ORIENTATION PROGRAM**

All information presented for tonight's program can be found in our **9th Grade Course Offerings Magazine**.



In addition, we recommend that you visit the MHRD Information for 8th Grade Families Site for additional resources in preparation for your student joining the Morris Hills High School family next fall.

- **MHRD Information for 8th Grade Families Site:** As you complete your middle school experience and begin planning for high school, this informational site will provide you with links and resources to prepare for the next phase in your student's educational career. Portions of this site will be updated at various times in the year, so please check for updates. We can't wait to see you in September 2024!



- **Welcome Letter for New Freshman Registrants:** Letter sent in December of 2023 with registration information. The deadline to complete your registration for fall of 2024 is **February 1st**.



- **Program of Studies:** The Morris Hills Regional District Program of Studies is an online guide to the 200+ courses offered in the district. This website provides accurate and timely information about courses offered, as well as related policies and procedures (schedule changes, rank/GPA, etc.).



School Counseling Tips: The goal of the Morris Hills High School counselors is to provide you with information that will help ease the transition into high school. This document includes some tips from tonight's counseling presentations to support you and your family.



Wifi Information
Network: MHRD_Guest
PW: wifi2019



Morris Hills High School



520 West Main Street • Rockaway, NJ 07866-3799
Todd M. Toriello, Ed.D. • Principal • 973-664-2301

January 2024

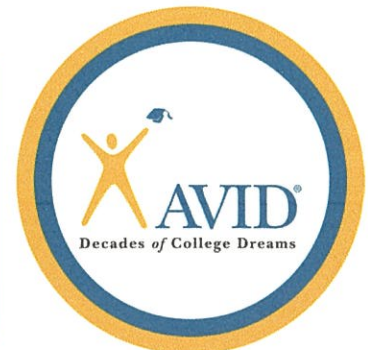
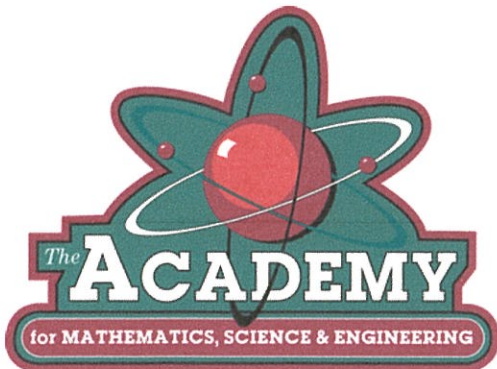
Dear Morris Hills High School Community,

Although it is hard to believe, we arrive at the point in the current school year when the scheduling process for the 2024 - 2025 academic year is upon us. Of all the things we do in high school, scheduling is perhaps the central most important process we engage in. Why? Because every student's individual schedule represents where that student spends the majority of his or her day - the classrooms, the courses, the levels. As a result, it is crucial to take the process seriously, bringing significant thought to course selection and decision making. Together with our school counselors, every Morris Hills High School student, in concert with parents and guardians, will soon have the opportunity to select course work for next year. We urge you to stretch yourselves, to challenge yourselves, and to avail yourselves to the wide range of curricular opportunities offered here. Academic rigor brings great rewards when serious effort is matched by serious course selection. Don't short change yourselves by taking the road of least resistance. Instead, think big and think beyond the moment. Expose yourselves to a level of challenge that speaks not only to your abilities but also to a calling to reach high and aim high. Each year, students have only one academic schedule. Make it rich and make it comprehensive in nature. A rigorous schedule will enrich your daily journey here and your future journey upon graduation.

WE ARE MORRIS HILLS STRONG!

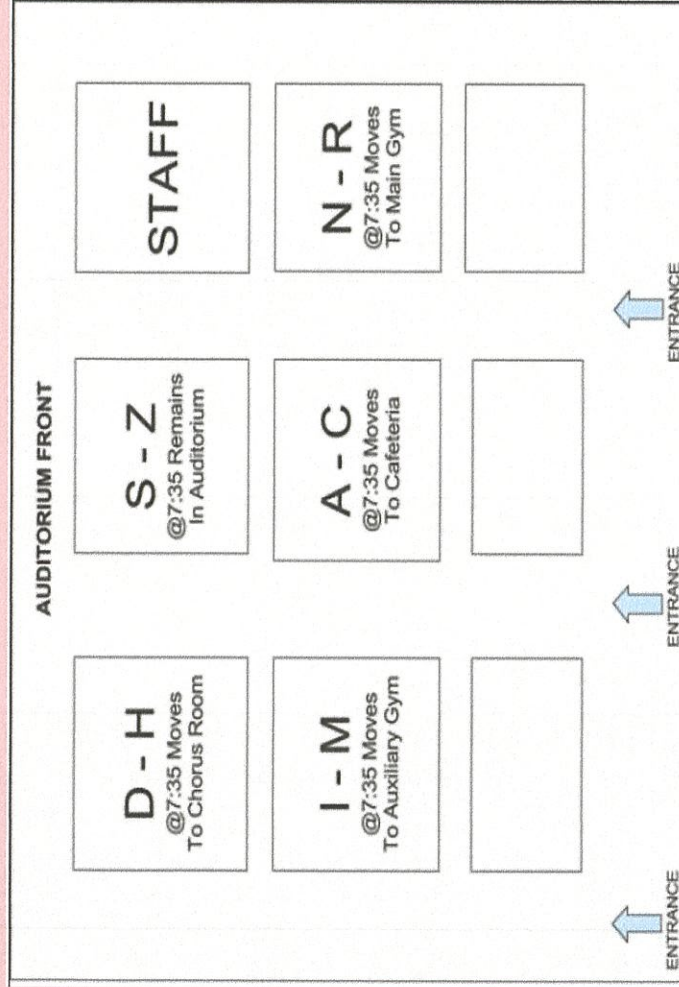
In the Spirit of Partnership,

Todd M. Toriello, Ed.D.
Principal



Welcome to 8th Grade Orientation

Parents/Guardians are asked to please be seated in groups according to the following alphabetical breakdown by the student's last name in preparation of breakout presentations.



GYM FOYER

TONIGHT'S AGENDA

Time	Location/Activity
7:00 p.m.	Auditorium - Introductions & Welcome Remarks by Dr. Toriello, Principal
7:15 p.m.	Auditorium - Student Leader Speech
7:25 p.m.	Remarks by Senior Class President, Kayla Reid
	Auditorium - Overview of Program for the Evening by Ms. Rivera-Carney, Supervisor of School Counseling
7:30 p.m.	Breakout Sessions - Parents move to designated rooms
7:35 p.m. -	Breakout Sessions
8:30 p.m.	Counselor/Department Presentations



Breakout Sessions - Counselor/Departmental Presentations

Breakout Session Locations by Student Last Name

<u>Alpha</u>	<u>Location</u>	<u>Counselor(s)</u>
A - C	Cafeteria	Mr. Pelosi
D - H	Chorus Room	Ms. Lugo
I - M	Auxiliary Gym	Mrs. McDonald
N - R	Main Gym	Mrs. Young
S - Z	Auditorium	Mr. Bensky & Mrs. Graf



Department Presenters

Art/Music:

Teacher of Art: Mr. Lewis Gabriele
Teacher of Music: Mr. Richard Hartsuiker

Business:

Teacher of Business: Mrs. Debbi Sabatini
District Supervisor: Mr. Keith Bigora

English:

Teacher of English: Mr. Andres Diaz

Math:

Department Consulting Teacher: Mrs. Lora Santucci

Science:

District Supervisor: Dr. Kevin Doyle

Social Studies:

Department Consulting Teacher: Mr. Joseph Ellis
Technology/Family & Consumer Science:

Teachers of Technology: Mr. Sean Trisler & Mr. Alexander Visakay

District Supervisor: Mr. Keith Bigora

World Language:

World Language Teacher: Mrs. Laura Bailey

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, and 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."

DISTRICT ADMINISTRATION

Mr. Nicholas Norcia	Superintendent
Dr. Nisha Zoeller	Assistant Superintendent
Ms. Gail Libby	Business Administrator/Board Secretary
Mr. Daniel Haug	Supervisor of Human Resources
Mrs. Sonya Boyer	District Director of Special Services
Ms. Cheryl Giordano	District Director of Math and Academy Director
Mrs. Jennifer Toriello	District Director of English
Mrs. Krystal Beck	District Supervisor of Social Studies and Academy Director
Mr. Keith Bigora	District Supervisor of Business, Occupational and Technical Education
Dr. Kevin Doyle	District Supervisor of Science
Mr. Kevin Kelly	District Supervisor of Special Services
Mr. Neil Charles	Supervisor of Technology Services
Dr. Patrick Tierney	Director of Facilities, Maintenance and Custodial Services
Mr. Ronald Erazo	Supervisor of Buildings, Grounds and Custodial Services

MORRIS HILLS HIGH SCHOOL ADMINISTRATION

Dr. Todd M. Toriello	Principal
Mrs. Emily Barkocy	Assistant Principal
Mr. Gene Melvin	Assistant Principal
Mr. Robert Merle, Jr	Assistant Principal
Mr. Robert Haraka	Athletic Director
Mrs. Yesenia Rivera - Carney	Supervisor of School Counseling

