



# Hunterdon Central

Regional High School

Welcome to the Central Family!

# What we want you know today!

- **Starting Strong**

- Building Relationships
- Strengthening your academic habits/skills
- Courses, Grades, Transcripts, & Possibilities

- **Creating your Own Path**

- New Chapter to who you want to be
- Outlining your road to graduation
- Focusing on who YOU are!

"The best time to  
plant a tree was 20  
years ago. The next  
best time is now!"



# Class of 2027 team

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Mr. Estrada  
Vice Principal



Mrs. Rocha  
Secretary



Mrs. Edgar -  
Student Assistance  
Counselor



Mr. Connelly  
School Counselor



Ms. Kelly  
School Counselor



Ms. Bush  
School Counselor



Mrs. Amato  
School Nurse



# S.A.C

## Student Assistance Counselor

*Mrs. Katey Edgar*

### CONFIDENTIAL COUNSELING & SUPPORT

For students and families when social, emotional or mental health issues affect a student's school experience, including those related to

- grief & trauma
- alcohol and drugs,
- depression,
- anxiety,
- family and friend issues, and
- any other stressors or obstacles.

SACs can help students and families find appropriate community resources when required.

### WHO CAN COME SEE THEIR SAC?

- This service is for EVERYONE. There is no problem too big or too small. Voluntary & Confidential
- Everyone will need someone to talk to over the next 4 years. You are never alone we are here to listen and help.
- Students who want to be their best self and achieve their fullest potential can come and find ways to build on their strengths and develop skills for a lifetime.
- Focus is on Wellness, Balance and Resiliency



# Building Relationships

From your **parents/guardians** to your **peers** to your **teachers** and **house office** building connections will be an critical part of your high school journey.

Self-Advocacy

Commitment

Communication

Respect

# Finding success in the Classroom!

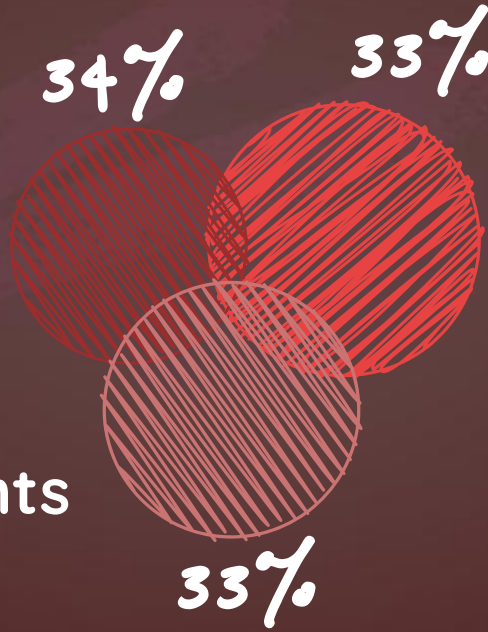
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## Accountability & Responsibility

*Checking email, time management, self-advocacy, organization are all factors only you control*

## Classwork/Assignments & Homework

*Starting, finishing, and handing in assignments is how you get the results needed to earn the credit*



## Class Attendance

*Being present in class is critical to understanding content & getting support*

# Find Balance



Challenging yourself versus over doing it!

TRUST the recommendations of your teachers

BALANCE your life – academically, socially, emotionally

We will work together to create a 4 year plan to achieve your goals and ensure you have the courses you need for graduation and beyond!





# Incoming Freshman Timeline

Freshman Schedule Window  
Opens

February 1st - 19th

Middle School  
Graduation

June 2023

January 2023

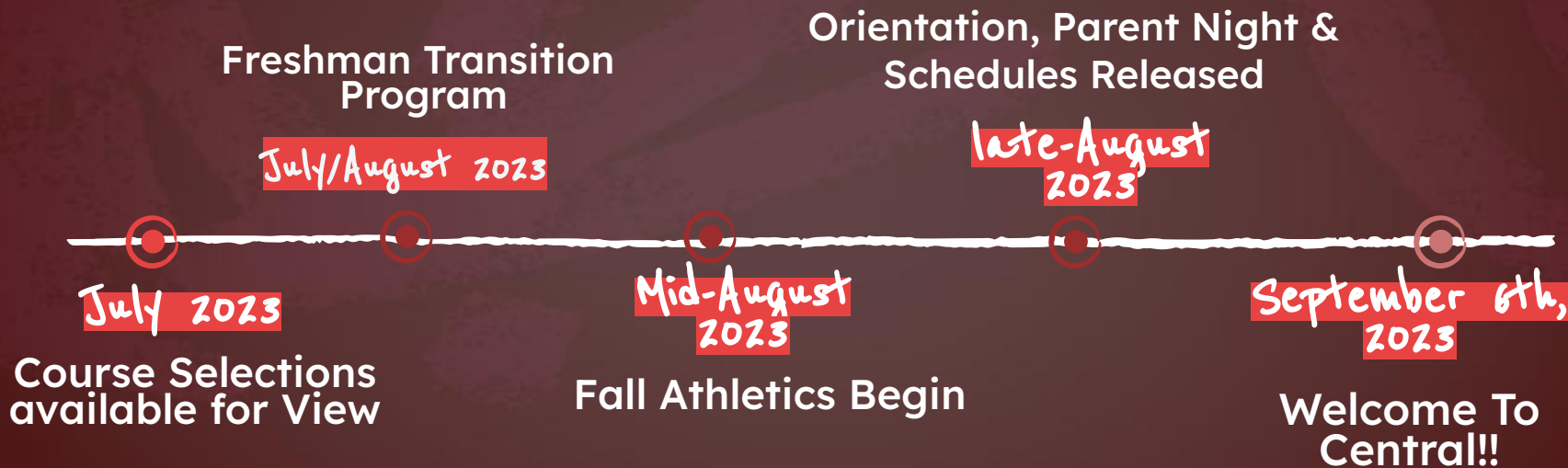
High School Counselors  
Visits

May 2023

Red Devil  
Ambassadors Visit



# Incoming Freshman Timeline



# What to Expect Freshman year!!

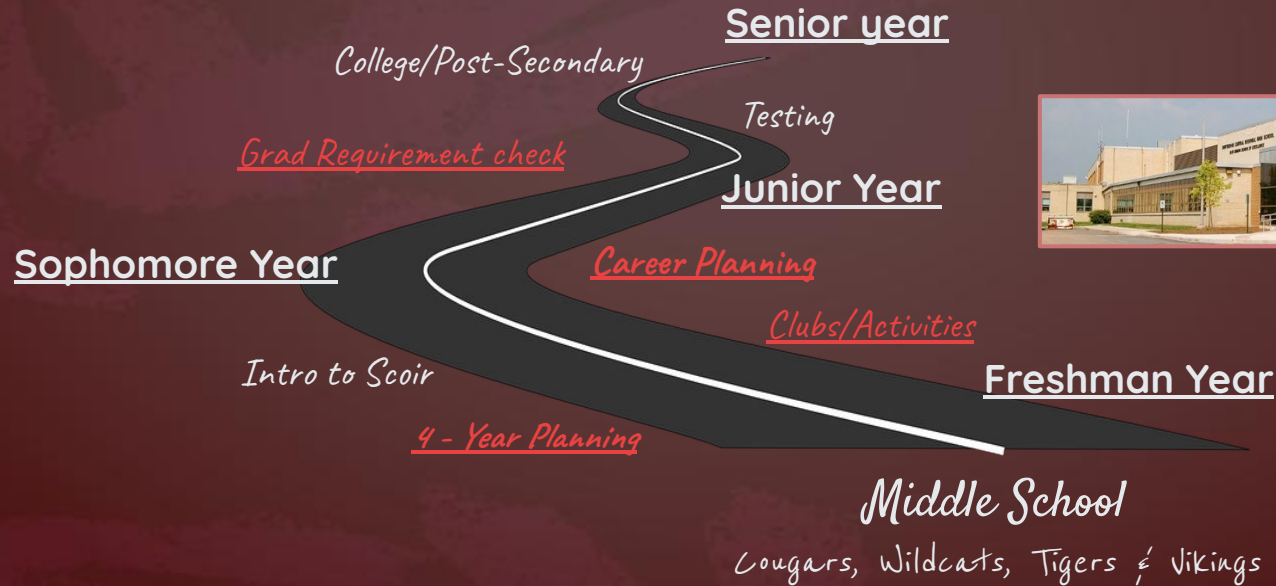
- Large Group Meetings with Vice Principal & Student Assistance Counselor (S.A.C)
- Individual Meetings throughout the Fall with Counselors
- Freshman Interviews
- Introduce students to SCOIR
- Individual Scheduling Meetings and Create 4 Year Plans
- Freshman Fun Club




# Focus on the Journey



*High school is filled with possibilities, but the choices are yours.*



# Tips for Freshman Parents

- Log onto ASPEN, use it, understand it, but the best resource is your child and your child's teachers
  - Know who Mrs. Rocha is & how to reach out to her
  - Sign up for ListSrvs - Knowledge is power!
  - Check the website on a frequent basis - we all forget important dates - use your resources!
  - Tutorial will be your child's best friend.
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# Questions?

- Follow the QR code to complete the form and we'll get back to you!

