

# HANOVER PARK REGIONAL HIGH SCHOOL DISTRICT

Serving East Hanover Township, Florham Park Borough and Hanover Township



Hanover Park High School  
63 Mt. Pleasant Avenue  
East Hanover, NJ 07936  
(973) 887-6308



Whippany Park High School  
165 Whippany Road  
Whippany, NJ 07981  
(973) 887-3004

October 2, 2023

## Wellness Program Opportunities

Dear Parents/Guardians of Hanover Park Regional High School District,

It's hard to believe Quarter 1 closed out and we are heading into the winter holiday season. As your District Wellness Coordinator I will continue to provide resources, groups, activities and dialogue opportunities surrounding student, family and school community well being.

I am excited to announce that the next formalized series of Wellness Groups is ready for recruitment for **Winter 2023**. These groups are offered in 6 week rotations to enable students with varying scheduling needs to attend at different times of the year. The group will be held once a week during a class period for 6 weeks. The class period could be an elective, study, or physical education class. Not everyone's schedule will work each time but luckily there will be additional opportunities throughout the year. As the busy fall activities begin, consider offering a Wellness Group for your child to bolster their stress management skills, heighten their awareness of the mind-body connection and provide support this school year.

This Winter 2023 your Wellness Groups offered include:

- **Mindful Movement & Meditation: *Grounding Yourself Within***
  - Week 1: Awareness: What is the mind/body connection with movement, breath and well being?
  - Week 2: Introduction to Anatomy and Movement
  - Week 3: Sun Salutations: Vinyasa Flow with meditation
  - Week 4: Standing Poses: Warrior Poses, Tree Pose, Community Poses with meditation
  - Week 5: Seated & Floor Poses: Classic and Modified Poses with meditation
  - Week 6: Integrating Yoga Instruction into 1 full Vinyasa Class with meditation
- **Understanding, Accepting & Managing Anger: *Embracing Anger and Behavioral Change***
  - Week 1: Understanding the normalcy and appropriateness of Anger and all Emotions
  - Week 2: Forming a relationship with your anger: what does it mean & when does it show up?
  - Week 3: Understanding the mind/body connection with anger
  - Week 4: Examining our healthy vs unhealthy responses to anger
  - Week 5: Making peace with anger: accepting the emotion, identifying helpful responses
  - Week 6: Cultivating acceptance and change in our life surrounding anger

As the Wellness Coordinator I will facilitate these groups to students with **permission from the parent(s) or guardian(s)**. These groups are designed to teach skills to help students be more successful and physically/ socially/emotionally healthy in their academic and social environment. Many students may improve their school performance, attendance, and attitude towards school by taking part in such groups. Skills developed in these groups often include coping strategies, stress management, problem solving, and social skills. These sessions are not intended to replace non-school based counseling that you may arrange for the student.

It is expected that students keep the information shared by others during the sessions confidential. I will keep information disclosed by the students during group and individual sessions confidential except under certain circumstances (i.e. evidence that a student is a safety threat to themselves or others). In addition, information must be shared if legally required to do so. Otherwise, material discussed is confidential. If a student member breaks group confidentiality consequences may occur. My goal is to facilitate groups upholding respect and safety for others. Lastly, be aware that students are responsible for any work missed.

I encourage you to consider signing up your child to 1 of the offered groups. **If you/your child are interested in group participation please sign and return a hard copy of this consent form to the Counseling Department Secretary at your child's school by 12/8/2023.** This consent for group participation is valid for one school year. Student participation is strictly voluntary and consent may be withdrawn by the student's parent(s)/guardian(s) at any time (or by an eligible student). If your child is interested in a group but their schedule cannot permit participation please know they may be eligible to participate in another 6 week series later in the year that works with their schedule.

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Student Name \_\_\_\_\_

Circle School of Attendance: Hanover Park Whippany Park

Grade level \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Contact Phone No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Wellness Group Name \_\_\_\_\_

Thank you for your support in helping your child succeed at school.

☐ I **do** give permission for \_\_\_\_\_ to participate in the Wellness Group sessions for the 2022-23 School year.

Student Name (Print) \_\_\_\_\_ (Student Signature and Date) \_\_\_\_\_

Parent/Guardian (Print) \_\_\_\_\_ (Parent/Guardian Signature and Date) \_\_\_\_\_

If you have any questions, please contact me, Dr. Lisa Allgaier, at 973-887-4963 x2237 or email me at [lallgaier@hpreg.org](mailto:lallgaier@hpreg.org). Thank you for your support and I look forward to supporting you and your child.