



Dear 9th Grade Parent(s)/Guardian(s):

On Wednesday, October 11th your student participated in several 9th grade activities to help their transition to high school. While 10th and 11th graders took the PSAT your 9th grade child received QPR Training, participated in a Naviance presentation and activity, and saw a presentation by a West Chester University professor on stress and mindfulness.

QPR (Question, Persuade, Refer) is a suicide awareness and training program to help students understand how to help others.

The stress and mindfulness presentation included general information about what stress is and applied ways to help students deal with stress.

The Naviance presentation help students understand how to be successful at Henderson; including information about TCHS (Technical College High School), credits, GPA and a learning style inventory.

These 9th grade activities are the kick off to 9th grade individual conferences. Every 9th grade student will have an individual conference with their counselor to help them structure their individual four-year plan. Parents are invited to attend all conferences. If interested, please contact your child's counselor directly. Counselors are assigned by student's last names and are listed below for your convenience. We look forward to working with your student for the next four years!

Sincerely,

HHS Counseling Department Team

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