



Dear Parents/Guardians,

It is my pleasure to welcome our new students and their families to the Bergen County Technical School District, and welcome back our returning families. As I do at the beginning of each new school year, I urge you to become actively involved with the PPO. Through your participation in the many activities and events they sponsor, you can contribute to your child(ren)'s high school experience in a meaningful and enjoyable way.

I also encourage parents to attend the school-specific and district-wide Parent Meetings that are held throughout the school year. These meetings cover a broad range of topics and often feature guest speakers. I hope many of our new family members were able to attend the Freshman Parent Meeting on September 17, where we presented information on our wellness initiative entitled *Navigating Success Through Wellness*. This initiative provides the opportunity for us to foster the relationship between mental and physical well-being and academic success. Services such as yoga and mindfulness training, as well as group discussions related to stress management, social media management, and academic stress, among other topics, are just some of the services that will be available to students. Future parent support and educational meetings concerning the initiative will take place every month throughout the year at various campuses. Please come to as many as you can to learn about the program and join with us in ensuring your children achieve success in school and in life.

Although school has only been in session for slightly over a month, students are fully engaged in their studies, clubs and extracurricular activities, and in athletic competition. I can feel the energy and passion as I walk the halls. We are indeed fortunate to accept students to the Academies who are committed to attaining the academic and professional goals they have set for themselves. Each year, we renew our commitment to providing these students a superior education that will prepare them academically and socially for the 21st century workplace.

I wish you and your student(s) a successful and enjoyable school year.

Sincerely,

Howard Lerner, Ed.D.  
Superintendent