

Dear New Trier Parents/Guardians,

We hope your students' first two weeks are going well. It has been refreshing to see our students on campus enjoying themselves and getting back into the routine of high school life.

As students across the country make their transition from summer into the school year, these first few weeks of reconnecting socially and academically are critical to how students feel and think about themselves. We are committed to improving students' mental health, which is paramount not only to fostering their health, but also their academic and lifelong success. We hope you can join us for our first Parent University program of the year.

New Trier High School and the New Trier Parents' Association Present ***Supporting Youth Mental Health During Uncertainty: What Parents and Educators Should Know & How They Can Help***, September 12, 6:30 p.m. - 8:00 p.m. at Cornog Auditorium, Northfield Campus, 7 Happ Road.

It is no longer news that there is a youth mental health crisis. [According to the American Psychological Association](#) (2022), mental health problems are pervasive and profoundly affect children's education, safety, and futures. Dr. Nancy Burgoyne, Chief Clinical Officer, and Dr. Smita Gautam, board certified child and adolescent psychiatrist at The Family Institute at Northwestern University will share current research and provide strategies to work with adolescents. The program will conclude with a question and answer session.

The program will discuss the factors that impact mental health, what strategies parents can employ to support their child when they are struggling, and how to access and amplify adolescents' capacity for resilience.

Please reach out to me if you have any questions.

Thank you,

Denise Dubravec

Principal, Winnetka Campus