

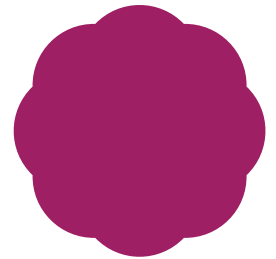
Dear York Prep Families,

There's a particular energy to the first quarter of the school year.

Everything begins at once: new classes, new routines, new faces, and new opportunities to discover who you want to become. In just six weeks, during the shortest quarter of the year, students across grades 6–12 have taken on challenges, found their footing, and grown in ways both big and quietly meaningful.

Across our school community, the Wellness Team notices the everyday moments that help students build resilience and navigate change. A student might pause after a frustrating class, take a breath, and return ready to try again. Another might revisit a difficult assignment rather than leave it unfinished. We also see students asking questions, accepting help, and making room for one another. Growth doesn't happen in isolation. It takes students' effort, adults who are ready to listen and guide, and a community where everyone feels comfortable asking for what they need.

As we reach the end of Quarter 1, we're celebrating the beginnings, the fresh starts, and every step forward along the way. For one student, a "first" might be asking a teacher for extra help after class, saying, "I don't understand yet," or asking, "Could you help me make a plan?" Each of these moments takes courage, whether a student is finding their footing in middle school or navigating the challenges of senior year.





For another student, a first might mean trying something genuinely new. Maybe they sign up for a sport, choose an elective they know little about, or walk into a club meeting while wondering whether they'll fit in. These firsts are rarely effortless, but they offer opportunities to build confidence, discover new interests, and connect with others.

Sometimes, a first means showing up for a peer: checking in when someone seems left out, listening without rushing to fix things, or inviting a classmate to join. Being the friend someone needs is an act of care and kindness, and these small gestures can make a meaningful difference in someone else's day.

Not every first is visible to others, though. Some are quiet and private: deciding to try again after a disappointment, asking a new friend to join you for lunch, or sharing a difficult thought or feeling with a school counselor for the first time. These moments may go unnoticed by others, yet they demonstrate critical steps towards self-awareness and growth.

As we look ahead to Quarter 2, we invite families to make space for these moments at home, too. Rather than focusing only on grades, accomplishments, or what could have gone better, try asking your child, *"What's something you tried this quarter that felt new or challenging?"* or *"When did you feel proud of how you handled a difficult moment?"* You might also ask, *"What's one thing you'd like to try, practice, or ask for help with next quarter?"* The goal isn't to have all the answers or turn every conversation into a lesson. It's to listen with curiosity, acknowledge the courage it takes to try something unfamiliar, and remind your child that asking for help is a strength.

We hope our students continue to recognize that growth isn't about getting everything right the first time; it's about being willing to try, learn, connect, and begin again. Thank you for being our partners in supporting their growth, both in and beyond the classroom.

Warmly,
The York Prep Wellness Team



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