



MILLBURN MIDDLE SCHOOL

Old Short Hills Road • Millburn, NJ 07041 • Phone 973-379-2600 • Fax 973-912-0939

Therapy Dogs Coming to MMS! May 13, 2019, & June 10, 2019

Dear Parents and Guardians,

Our Middle School Guidance Department has been working over the past 2 years to develop programs and initiatives that will aid our students in stress management and lessen anxiety through the development of strategies that students can use when feeling overwhelmed with the trial and tribulations of middle school. The Wellness Initiative Program, that is run through the Guidance Department, offers the student the opportunity to participate in varying activities such as coloring, mindfulness activities, chair yoga and more. Each month it offers a different theme and activity. Students can sign out from the auditorium time using the Guidance Google Classroom.

We are excited to announce that as part of the Wellness Initiative we will be offering opportunities for students to visit with Therapy Dogs on a couple dates throughout the remainder of the school year. Students will sign up on the Guidance Google Classroom to spend a few minutes with the therapy dogs in small groups during their designated auditorium time. We have therapy dogs lined up for May 13th and June 10th. We are excited to pilot this activity which has been so successful at MHS!

Please remind your child to listen to morning announcements and check the monitors throughout the Middle School for more information.

Warm regards,

John Connolly
Principal
Millburn Middle School