

OLIVERIAN

A school as unique as its students.

Oliverian Newsletter June 2018

Graduation Speech: Be at Home Wherever You Are

By Will Laughlin, Head of School

When I was five, I found a three-legged box turtle on my great-grandparents' tobacco farm in Kentucky. I fed him some lettuce and boloney and named him Henry. My mom put Henry in a shoe box and hid him in her carry-on luggage for our Pan Am flight back to

California. He lived in our backyard and mostly ate snails and sunbathed. But whenever he wanted some lettuce and bologna and a tummy rub, he would show up at the back steps of our house. In late fall, Henry would lumber crookedly into the shrubbery one last time.



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Tips for Managing Transition from Julie Tracy-Prieboy

By Julie Tracy-Prieboy, Director of Student Support

Counselor Julie Tracy-Prieboy knows that transitions can be anxiety-inducing. We sought her advice for students and parents embarking on new chapters in their lives.



Q: What are some tangible practices that teens can use to monitor their stress levels during periods of transition?

A: As a therapist, I always tell people to have a support system. You can't gain perspective on your feelings of anxiety if you're isolated or if your circle of trust is limited to just one parent or one friend. It's important to have a variety of people around you as sources of support and wisdom. These might include friends, a mentor, a boss, or even a personal trainer.

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Celebrating the Class of 2018!

Friends and family gathered at Alumni Hall in Haverhill, NH on June 3rd to celebrate the Oliverian Class of 2018! We wish our graduates happiness and success as they move on to their next adventure in life. Your Oli family is always here for you!



Stay tuned to our [Facebook Page](#) for professional pictures from our graduation and awards ceremony!

Summer Session 2018!

[Click Now](#) to Enroll for Oliverian Summer Session. Catch up academically! Improve your transcript! Prepare for independence! Have fun!



End-Of-Year-Survey

Take a quick four question survey to help us improve. [Click here.](#)

What We're Reading

[Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked](#)

This book is about screen addiction, and examines how addictive qualities are being engineered into the products and apps we use to ensure we keep using them. By reverse engineering behavioral addiction, the author explains how we can harness addictive products for good, use

them to improve how we communicate with each other, and set boundaries between work and play. It's an important and eye opening read for anyone with a cell phone, smartphone, tablet, or laptop.

- Will Laughlin

