

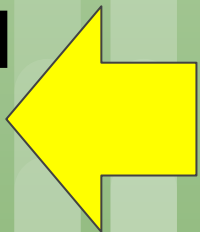
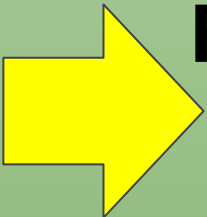


# Freshman Parent Night

Welcome to Morris Knolls High School

September 9, 2024

**Please complete the Getting Acquainted  
Form while you wait.**



# Principal's Welcome

Mr. Ryan MacNaughton





# Morris Knolls Home and School Association

Please welcome  
Christie D'Asti - MKHSA President



# The Morris Knolls High School Website

## Morris Knolls High School Homepage

The screenshot displays the Morris Knolls High School homepage. The browser's address bar shows the URL [mhrd.org/Domain/54](https://www.mhrd.org/Domain/54). The navigation bar includes links for Home, Our School, Academics, Athletics, Activities, and Resources. The Resources dropdown menu is open, showing a list of links: SCHOOL COUNSELING DEPARTMENT, LIBRARY MEDIA CENTER, STUDENT ASSISTANCE PROGRAM, HEALTH OFFICE, HOME AND SCHOOL ASSOCIATION, and SAFE SCHOOLS PROGRAM. A large red arrow points from the 'Resources' link in the navigation bar to the dropdown menu. The main content area features an aerial view of the school building and a logo for 'Home of the GOLDEN EAGLES'.

**Navigation Bar:**

- Select A School
- Translate
- User Options
- Home
- Our School
- Academics
- Athletics
- Activities
- Resources

**Resources Dropdown Menu:**

- SCHOOL COUNSELING DEPARTMENT
- LIBRARY MEDIA CENTER
- STUDENT ASSISTANCE PROGRAM
- HEALTH OFFICE
- HOME AND SCHOOL ASSOCIATION
- SAFE SCHOOLS PROGRAM

**Logo:** Home of the GOLDEN EAGLES

**Text:** MORRIS KNOLLS HIGH SCHOOL

**Quick Links:** Quick Links, Staff Links

**Footer:** <https://www.mhrd.org/domain/71>

**System Tray:** Morris Knolls High ... 8:39 AM 9/7/2022



# School Counseling Department Home Page

## MK School Counseling Homepage

Browser tabs: Inbox (38) - rock@mhrd.org, Freshmen Parent Night 2024, MORRIS HILLS REGIONAL DIST, Aspen: Schedule, www.05.iepdirect.com/iepdocus, Unblock ALL 7 CHAKRAS, School Counseling Department

Address bar: mhrd.org/domain/71

Navigation: Select A School, Translate, User Options, Home, Our School, Academics, Athletics, Activities, Resources

MORRIS KNOLLS HIGH SCHOOL

Quick Links | Staff Links | Search

Home > Resources > School Counseling Department

### School Counseling Department

- > Overview
- > Mission Statement
- > School Counseling Department Calendar
- > Counselor Directory
- > Graduation Requirements
- > Useful Websites
- > Forms and Information
- > Scholarships
- > Registration Information
- > FAQs
- > Shadow Program
- > Working Papers
- > Contact Us

#### Overview

The School Counseling Department is a comprehensive and innovative center which provides students in grades 9-12 with academic, personal, social, career and further education counseling.

#### Contact Info

School Counseling Department  
Morris Knolls High School  
50 Knoll Drive  
Rockaway, New Jersey 07866  
973-664-2210  
973-664-1483 (fax)  
CEEB Code: 311321

#### School Counseling Calendar

[VIEW CALENDAR >](#)

#### Quick Links

- > School Counseling Department Scheduling Video
- > 2023-24 MKHS School Profile
- > 2024-25 APA School Profile
- > Student Assistance Program
- > Naviance: MK Students
- > Naviance: Academy Students
- > Graduate Transcript Request Form
- > AP Exam Registration

Windows taskbar: Type here to search, School Counseling ...

System tray: 9:48 AM 9/4/2024

# Morris Knolls School Counseling Department

## The Role of the School Counselor

The School Counseling Department is a comprehensive and innovative office which provides students in grades 9-12 with academic, personal, social, career and further education counseling. The department consists of our Supervisor of School Counseling, 8 School Counselors, our Student Assistance Counselor, and 2 Secretaries.



# Who's Who in the School Counseling Office

Please click on the link below to view a photo of your School Counselor and obtain contact information.

[Who's Who](#)



Who's  
Who

A stylized graphic featuring the words "Who's" and "Who" stacked vertically. The letters are large, bold, and overlap. The top row "Who's" has a pink 'W', a blue 'H', a purple 'O', and a yellow 'S'. The bottom row "Who" has a green 'W', an orange 'H', and a teal 'O'. Two horizontal blue lines are positioned above and below the text.

# Contact the School Counseling Department

To reach the School Counseling Office you may call 973-664-2223 or 973-664-2211

Name	Title	Ext.	Email
Stan Abromavage	Supervisor of School Counseling	2211	<a href="mailto:sabromavage@mhrd.org">sabromavage@mhrd.org</a>
Danielle Van Der Veken-Gorski	Student Assistance Counselor	2213	<a href="mailto:dvanderveken@mhrd.org">dvanderveken@mhrd.org</a>
Elissa Merle	School Counselor	2214	<a href="mailto:emerle@mhrd.org">emerle@mhrd.org</a>
Victoria Resnick	School Counselor	2215	<a href="mailto:vresnick@mhrd.org">vresnick@mhrd.org</a>
Christopher Roman	School Counselor	2216	<a href="mailto:croman@mhrd.org">croman@mhrd.org</a>
Michele DePascale	School Counselor	2217	<a href="mailto:mdepascale@mhrd.org">mdepascale@mhrd.org</a>
Shari Russo	School Counselor	2218	<a href="mailto:srusso@mhrd.org">srusso@mhrd.org</a>
Ryan Shaffer	School Counselor	2219	<a href="mailto:rshaffer@mhrd.org">rshaffer@mhrd.org</a>
Rebecca Rock	School Counselor	2220	<a href="mailto:rrock@mhrd.org">rrock@mhrd.org</a>
Olivia Dunnigan	School Counselor	2255	<a href="mailto:odunnigan@mhrd.org">odunnigan@mhrd.org</a>



# Student/Parent Handbook

Please become familiar with the information in the handbook available online:  
Student Parent Handbook

- School Contact Information
- Graduation Requirements
- Dress Code
- Attendance and Academic Policies
- Marking Period Dates and Exams

The screenshot shows a web browser window with the URL [mhrd.org/Domain/54](http://mhrd.org/Domain/54). The page is the Morris Knolls High School website, featuring a green header with the school's name and logo. A "Quick Links" dropdown menu is open, displaying a grid of links. A red arrow points to the "MK Student and Parent Handbook 24-25" link in the second row, first column of the grid. Other links in the grid include "Aspen - Student Info Portal", "Student Forms and Info", "School Counseling Department", "Graduate Transcript Request Form", "Chromebook Support", "Athletic Schedule", "Activities and Clubs Handbook", "MHRD Digital Learning Resources", "MK NFTN", "District Transportation Center Helpdesk", "MK Library", "Harassment, Intimidation, and Bullying", "HIB Grade Report 2022-2023", "CTE Equal Access", "Food Service", "Monthly Lunch Menu", "MySchoolApps", "MySchoolBucks", and "Lead Testing 2021".

Quick Links			
Aspen - Student Info Portal	MK Student and Parent Handbook 24-25	Student Forms and Info	School Counseling Department
Graduate Transcript Request Form	Chromebook Support	Athletic Schedule	Activities and Clubs Handbook
MHRD Digital Learning Resources	MK NFTN	District Transportation Center Helpdesk	MK Library
Harassment, Intimidation, and Bullying	HIB Grade Report 2022-2023	CTE Equal Access	Food Service
Monthly Lunch Menu	MySchoolApps	MySchoolBucks	Lead Testing 2021

# Morris Knolls Attendance Policy

## Unexcused Absences

Too many unexcused absences may result in a loss of credit in a class.

**The maximum allowable number of absences per class, before loss of credit:**

\*2 unexcused absences in Health

\*6 unexcused absences in PE

\*4 unexcused absences in a half year course

\*8 unexcused absences for a full year course

## New Tardy Policy

Student Violation	Consequence
5 lates to the same class	The student receives a Central Detention held after school
10 lates to the same class	The student receives a Saturday Detention, and Seniors lose both Senior Privilege and Senior Parking for one month
15 lates to the same class	The student continues to lose both Senior Privilege and Senior Parking, and, in addition, 3 absences will be added to the student's attendance record. Students may lose credit at this point

## Attendance Notes

- If a student is not feeling well enough to attend school parent/guardian should notify the Attendance Office at 973-664-2229 or email **attendancemk@mhrd.org**
- Any documentation related to an absence should be emailed to **attendancemk@mhrd.org**
- Teachers are taking attendance each block and may be sent to the attendance office depending upon arrival time

# Graduation Requirements

In 4 years, students must earn 140 credits in order to graduate;  
APA students must earn 150 credits in order to graduate.

**Full Year courses earn 5.00 credits / Semester courses earn 2.50 credits**

Required Subjects	Credits Needed
English	20 Credits
World History	5 Credits
US History I & US History II	10 Credits
Mathematics	15 Credits (Alg 1, Geometry, Alg 2)
Science	15 Credits (Bio + Chem, Enviro Science, or Physics + 5 credits of additional lab science)
World Language	5 Credits
PE / Health	20 Credits
Personal & Financial Literacy	2.5 Credits
Visual / Performing Arts	5 Credits
21 <sup>st</sup> Century Life & Careers or Career / Tech Ed	5 Credits
Additional Electives	37.5 Credits

# **Study Skills - Homework**

**All students are encouraged to use an organization tool!**

- **Become familiar with Google Classroom to ensure you are aware of all assignments posted**
  - **Each teacher manages Google Classroom in their own way**
  - **Upon request parents can have access to their child's Google Classrooms**
- **Manage your time – design a realistic, yet productive schedule**
- **Secure a “buddy” in each class with his/her phone number to call for missed assignments**
- **Try to complete homework assignments the day the homework is assigned**
  - **A day homework A day night, B day homework B day night**
- **Communicate with teachers - self advocate!**



**STUDY SKILLS**

*Study smarter, not harder.*



# Academic Monitoring

- Online student information system - ASPEN
- Report Cards - posted in Aspen
- Academic Counseling
- Strategies to improve performance
- Parent-student-teacher conferences
- Peer tutor coordination
- Attendance warning letters



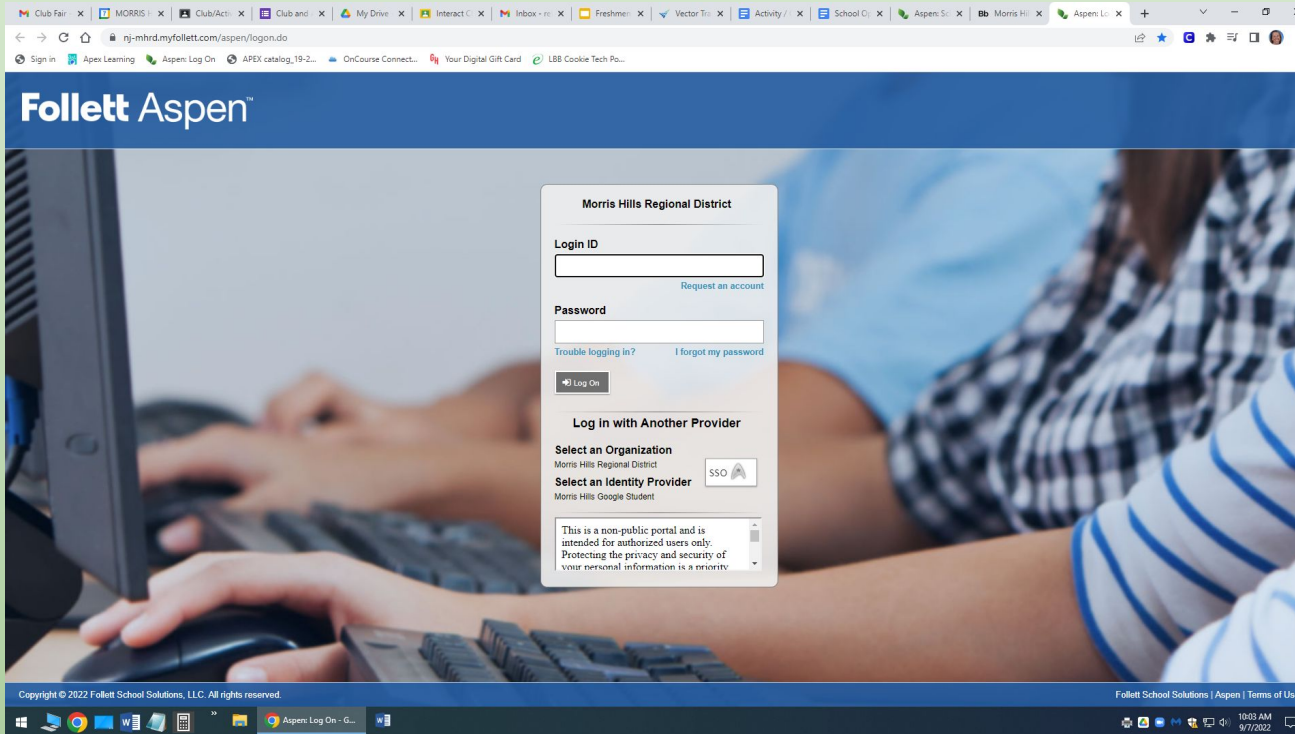
**ACADEMIC  
SUCCESS**

# How to Access ASPEN

The screenshot shows a web browser window with multiple tabs open. The active tab is 'mhrd.org/Domain/54'. The website is for Morris Knolls High School, featuring a green header with the school's name and logo. Below the header is a 'Quick Links' section with a grid of links. A red arrow points to the 'Aspen - Student Info Portal' link in the top-left corner of the grid.

Quick Links			
Aspen - Student Info Portal	Student Daily Screener	Staff Daily Screener	MK Student and Parent Handbook 2022-23
Summer Assignments 2022	Student Forms and Info	School Counseling Department	Graduate Transcript Request Form
Chromebook Support	Athletic Schedule	Activities and Clubs Handbook	MHRD Digital Learning Resources
MK NFTN	District Transportation Center Helpdesk	MK Library	Harassment, Intimidation, and Bullying
HIB Grade Report 2020-			

# Utilizing ASPEN



The screenshot shows a web browser window with multiple tabs open. The active tab is 'nj-mhrrd.myfollett.com/aspen/login.do'. The page header is 'Follett Aspen™'. The main content area is a login form for 'Morris Hills Regional District'. It includes fields for 'Login ID' and 'Password', with links for 'Request an account', 'Trouble logging in?', and 'I forgot my password'. There is a 'Log On' button. Below the login fields, there is a section for 'Log in with Another Provider' with options to 'Select an Organization' (Morris Hills Regional District) and 'Select an Identity Provider' (SSO, Morris Hills Google Student). A disclaimer at the bottom states: 'This is a non-public portal and is intended for authorized users only. Protecting the privacy and security of your personal information is a priority.' The footer of the browser window shows 'Copyright © 2022 Follett School Solutions, LLC. All rights reserved.' and 'Follett School Solutions | Aspen | Terms of Use'. The taskbar at the bottom shows various application icons and the system clock indicating 10:03 AM on 9/7/2022.

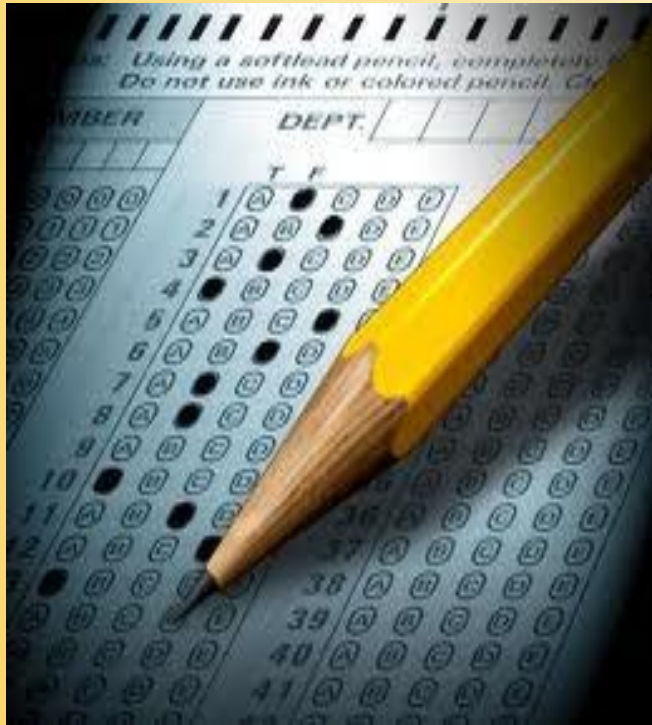


- Parent login ID and passwords were created during online registration
- Student login ID and temporary passwords are printed on student schedules
- Family Tab – Credit summary, Grade Point Summary (transcript), Schedule, Notifications
- Academic Tab – View Current Grades, E-Mail Teachers, Specific Class Links with Assignments
- Calendar Tab – Day/Week/Monthly View
- Published reports – Report Cards and Attendance Warning Letters

# Testing

## Freshmen will take:

- **NJ State Testing in Math & Language Arts**



**NJ State Testing** – To be determined

**Digital PreACT 8/9**– Grade 9 – October 23, 2024

**New Jersey Graduation Assessment -**

To be determined for the Class of 2028



# Testing

## Optional testing for Juniors/Seniors:

ACT

SAT

AP Exams

ASVAB



# **Scheduling**

- **Scheduling will begin in Jan. and conclude in March (11th Grade, 10th Grade, then 9th Grade)**
- **Students will meet individually with School Counselor**
- **Next year course requests based upon:**
  - **Teacher recommendations**
  - **Student performance**
  - **Post-secondary goals**
  - **Realistic & challenging expectations**
- **Parent support and awareness is crucial**
- **Please view course requests in Aspen**
- **Parent Waiver Forms (Math only) must be completed by June 1**

# Get involved!

[Link to a list of all Clubs and Activities at Morris Knolls](#)





# **Eligibility**

**All 9th grade students are eligible for fall and winter sports and clubs/activities**



**To be eligible for spring sports and activities, students must be passing at least 30 credits at the end of their first semester.**



# Naviance



## What is Naviance?

- **An interactive link between school and home opening avenues of communication**
- **Requires student and parent participation in each year of high school**
- **Aides students significantly during Junior and Senior year for college planning**
- **Useful tools that identify student strengths and areas of improvement for study habits**

# Parent Access to Naviance

Please complete the yellow “Get Acquainted” form tonight with parent/guardian email address(es). **It is essential that parents and students have separate email addresses.** If you have two or more students in our building we will link the accounts.

MK Students Naviance Link

APA Students Naviance Link

You will receive an email with a temporary password included.  
Please use this to login and then change your password.



# Accessing Naviance

9th grade students will receive their Naviance password when they meet with their school counselor

The screenshot shows a web browser window with the address bar displaying `student.naviance.com/morrisknolls`. The browser's tab bar includes several open tabs, with the active one being "Login | Naviance St...". The page header features the Naviance logo and the text "BY POWERSCHOOL".

The main content area displays a login form titled "Welcome Student!". Below the title is a blue backpack icon and the text "Login to Naviance". The form includes the following fields and options:

- Email:** A text input field with the placeholder text "For example navigator@naviance.com".
- Password:** A text input field with the placeholder text "Type password".
- Remember me:** An unchecked checkbox.
- Forgot your password?:** A blue link.
- CONTINUE:** A gray button.
- Need additional help?** and **I'm new and need to register!** (both in blue text).

The bottom of the page features a footer with the Naviance logo on the left and contact information for Morris Knolls High School on the right:

**Morris Knolls High School**  
50 Knoll Drive  
Rockaway, NJ 07866-4099  
p: (973) 664- 2211  
[www.mhrd.org](http://www.mhrd.org)

The Windows taskbar at the bottom shows the time as 10:11 AM on 9/7/2022, along with various system icons and open applications.

# Naviance Home Page/Welcome Screen

Inbox (35) - rock@mhrrd.org

Search results - Google Drive

MORRIS HILLS REGIONAL DIST

Freshmen Parent Night 2024

View Student Summary

Naviance Student

Aspen: Contacts

student.naviance.com/main

You are viewing Naviance Student as

Naviance


HomeSelf-DiscoveryCareersCollegesPlannerAbout me

♥️📧?

TAEN🌐

Log Out

Tristan's Future Planning




No Path Selected  
Plan for life after high school and select the path that will lead to future success.

Select Path

Career Essentials


Important Skills



Explore and favorite careers to discover the skills you'll need to succeed.

Explore and Favorite Careers

Top Knowledge Sets



Explore and favorite careers to discover the knowledge areas you'll need to succeed.

Explore and Favorite Careers

Welcome to Naviance

😊 Welcome Class of 2028 😊

Thank you for activating your Naviance account! Please be sure to first update your profile and then add one or both of your parents/guardians. Be sure to include their email addresses so we can communicate with them electronically. The counselors would then like you to complete your first milestone in Naviance this year, the **AchieveWorks Learning and Productivity Assessment**. The results will provide you with a wealth of information to help you be more successful in your learning and working endeavors.

The MK School Counseling Team

Additional Information from Your School

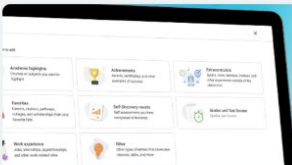
Tasks from My School

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

Go to My Planner

What's New

Nothing new to review this visit. Check back later.



Want to keep track of accomplishments?  
  
Use the new Portfolio tool to capture and share your academic



# Naviance Survey for Freshmen

## Achieviewworks - Learning & Productivity

The screenshot shows the Naviance Student website interface. The browser's address bar displays `student.naviance.com/main`. The top navigation bar includes links for Home, Self-Discovery, Careers, Colleges, and Planner. A red arrow points to the 'Self-Discovery' menu, which is open, showing options: Self-Discovery Home, Intelligences®, Learning and Productivity®, and Personality®. The 'Adam's Future Planning' section displays a message: 'No Path Selected. Plan for life after high school and select the path that will lead to future success.' Below this is a 'Select Path' button. The 'Career Essentials' section contains two cards: 'Important Skills' and 'Top Knowledge Sets', both with 'Explore and Favorite Careers' buttons. The right sidebar features a 'Welcome to Naviance' message, 'Tasks from My School', and 'What's New'. A blue banner at the bottom right reads 'Trying to decide which college is'.

Inbox (18) - rock@mhrd.org - | Freshman Parent Night - Google | Freshmen Parent Night 2023 - | Who's Who - Google Docs | Aspen: Workspace | View Student Summary | Naviance Student

student.naviance.com/main

Naviance

Home Self-Discovery Careers Colleges Planner

Adam's Future Planning

Self-Discovery Home

Intelligences®

Learning and Productivity®

Personality®

No Path Selected

Plan for life after high school and select the path that will lead to future success.

Select Path

Welcome to Naviance

Welcome Class of 2027

Thank you for activating your Naviance account! Please be sure to first update your profile and then add one or both of your parents/guardians. Be sure to include their email addresses so we can communicate with them electronically. The counselors would then like you to complete your first milestone in Naviance this year, the "AchieveWorks Learning and Productivity Assessment." The results will provide you with a wealth of information to help you be more successful in your learning and working endeavors.

The MK School Counseling Team

Additional Information from Your School

Tasks from My School

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

Go to My Planner

What's New

Nothing new to review this visit. Check back later.

Trying to decide which college is

https://student.naviance.com/careers2/assessments

Naviance Student -

10:23 AM 9/6/2023

# Naviance Survey for Freshmen

Inbox (18) - rock@mhrd.org - i x Freshman Parent Night - Google x Freshmen Parent Night 2023 - C x Who's Who - Google Docs x Aspen: Workspace x View Student Summary x AchieveWorks Learning and Pro x +


student.naviance.com/careers2/assessments/achievements/productivity


Gmail

Naviance

Home **Self-Discovery** Careers Colleges Planner

Back to Self-Discovery

 **AchieveWorks Learning and Productivity®**







Start Assessment




**AchieveWorks Learning and Productivity®** helps you learn your sensory and mindset preferences to help you develop study practices.

This tool will reveal the ways you learn best and how you can be most productive.

### How it Works

-  Plan to spend at least 20 minutes on this assessment.
-  Relax, there are no right or wrong answers.
-  Think carefully about what truly affects how you learn and work.
-  Don't be influenced by what others may expect of you.

### What's in it for you

-  You'll learn how to make studying easier and more effective.
-  You'll learn how to be more comfortable and effective in class.
-  Teachers and counselors understand you better.

13

10:24 AM 9/6/2023

# Student Assistance Program Website

Inbox (17) - rock@mhrd.org x Freshman Parent Night - G x Freshmen Parent Night 20 x Who's Who - Google Docs x Aspen: Workspace x View Student Summary x AchieveWorks Learning an x Morris Knolls High School x

mhrd.org/Page/240

Gmail

Select A School v Translate User Options v

Home Our School Academics Athletics Activities Resources

Quick Links Staff Links

**Home of the GOLDEN EAGLES**

**MORRIS KNOLLS HIGH SCHOOL**

SCHOOL COUNSELING DEPARTMENT

LIBRARY MEDIA CENTER

STUDENT ASSISTANCE PROGRAM

HEALTH OFFICE

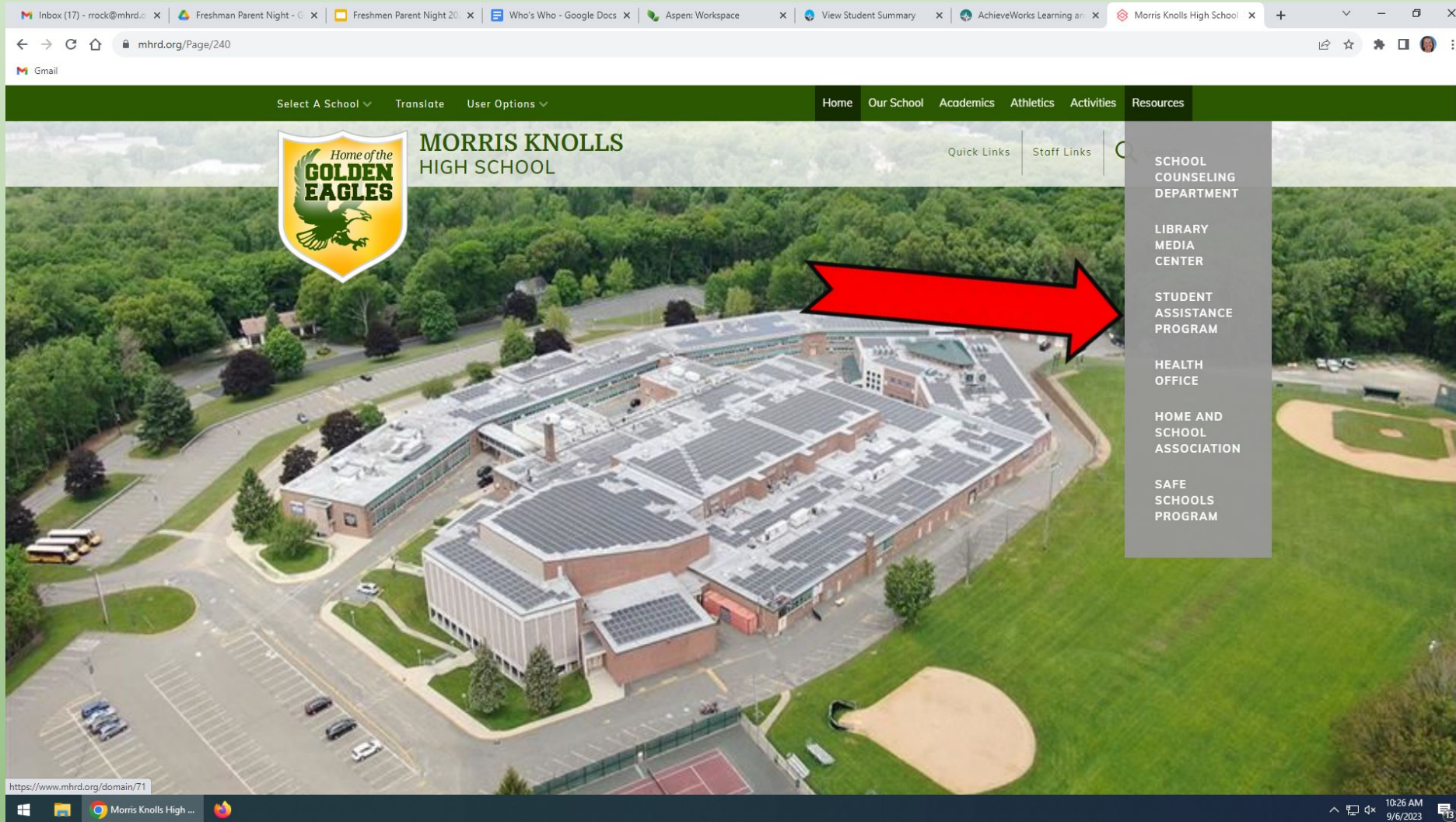
HOME AND SCHOOL ASSOCIATION

SAFE SCHOOLS PROGRAM

https://www.mhrd.org/domain/71

Morris Knolls High ...

10:26 AM 9/6/2023

The image is a screenshot of a web browser displaying the Morris Knolls High School website. The browser's address bar shows the URL 'mhrd.org/Page/240'. The website has a green header with navigation links: 'Home', 'Our School', 'Academics', 'Athletics', 'Activities', and 'Resources'. Below the header is a large banner featuring an aerial photograph of the school building and a green field. On the left side of the banner is the school's logo, which includes a yellow shield with a green eagle and the text 'Home of the GOLDEN EAGLES'. To the right of the logo, the text 'MORRIS KNOLLS HIGH SCHOOL' is displayed. A large red arrow points from the 'STUDENT ASSISTANCE PROGRAM' link in the right-hand menu to the school building in the banner image. The right-hand menu is a vertical list of links: 'SCHOOL COUNSELING DEPARTMENT', 'LIBRARY MEDIA CENTER', 'STUDENT ASSISTANCE PROGRAM', 'HEALTH OFFICE', 'HOME AND SCHOOL ASSOCIATION', and 'SAFE SCHOOLS PROGRAM'. The 'STUDENT ASSISTANCE PROGRAM' link is highlighted. At the bottom of the page, there is a Windows taskbar showing the time as 10:26 AM on 9/6/2023.




# Student Assistance Program Website


Aspen: Schedule x Re: Freshmen Parent Night - rro x Freshmen Parent Night 2022 - G x Vector Training, K-12 Edition Tra x Activity / Club Advisor Meeting x School Opening Agenda 2022 - x Bb Student Assistance Program / C x +

mhrd.org/domain/72

Sign in Apex Learning Aspen: Log On APEX catalog\_19-2... OnCourse Connect... Your Digital Gift Card LBB Cookie Tech Po...

Select A School v Translate User Options v Home Our School Academics Athletics Activities Resources

 **MORRIS KNOLLS**  
HIGH SCHOOL

Quick Links Staff Links  Search

Home > Resources > Student Assistance Program

## Student Assistance Program


- > Overview
- > Student Resources
- > Teacher Resources
- > Parent Resources
- > Crisis Hotlines
- > Contact

### Overview

The SAP consists of a Student Assistance Counselor and a Core Team which provides confidential counseling, intervention, and referral services to students and families in need and promotes healthy student behaviors and choices.

The school can assist students who are dealing with the following:

- Use of alcohol or other drugs
- Mental health concerns, such as depression, anxiety or bipolar disorder
- Peer or other relationship struggles
- Eating disorders
- Grief
- Crisis
- Factors that impact academic performance and well-being



Ways we can help:

- Confidential individual and group counseling
- Confidential referrals to outside providers
- Substance abuse prevention and education
- Crisis intervention
- In-service training of staff
- Drug and alcohol policy development
- Coordination with treatment providers
- Support services to families
- Mentor program for at-risk freshmen
- Parent programs

Click to view:

- [Student Assistance Counselor Description](#)
- [SAC Services](#)

Windows taskbar: Student Assistance ... 2:08 PM 9/6/2022

# The Student Assistance Program

## Reasons to see Mrs. Van Der Veken-Gorski

- Drugs & alcohol issues
- Memorandum of Agreement
- Emotional issues
- Problems with friends
- Problems with family
- Addiction in family
- Crisis counseling
- Mental health counseling
- Eating disorder counseling
- Grief counseling

## Roles of a SAC

- Meet with student individually or in a small group setting
- Refer to outside provider
- Provide resources for students and parents
- Speak with parents
- Mediate problems with others
- Classes/Seminars
- Assemblies
- Anti-Bullying Specialist
- Medical/Mental Health 504 Plans



# Random Drug Testing

Who is in the Random Drug Testing Pool?

- Athletes
- Club members
- Students who park on campus
- Volunteers

What happens if a student tests positive?

- Drug & alcohol assessment
- Meetings with the SAC
- No discipline if student complies with above two conditions
- Confidential

**MK SAC website**



**THANK YOU  
for attending  
Freshman Parent  
Night**

***[www.mhrd.org](http://www.mhrd.org)***