



ESY Newsletter

Principal's Message



Ms. Borea, Sean, Parker, Louie and Cooper

What a fun-filled time it has been at Newmark K-8 School this summer. Time sure does fly when you're having fun!!! I am happy to reflect on some of the exciting events that occurred. Our school-wide focus this ESY was to have our students being outside and participating in fun physical activities as much as possible. Students read outside, tried yoga, took brisk walks around the school daily, played kickball with Mr. O'Connor, tie-dyed art smocks with Mr. Sykes and danced with Ms. Lanuez.

Each week our students enjoyed a Hot Dog luncheon and Ice Cream and especially enjoyed watching exciting shows such as Hollyrock Game Show, YoYo Champion and Prismatic Magic.

Every Thursday we went on school-wide, community-based field trips and ventured to some fun places. We had fun bowling at Bowlero in Greenbrook, went to the movies where some of our students watched the "Minions" or "Jurassic Park" and topped it off with a trip to the Turtle Back Zoo to feed the animals.

In this Issue

- Principal's Message1
- Announcements.....2
- ESY Scrapbook.....3-5
- Related Services News6
- Nursing News7
- ESY Scrapbook.....8

Back To School Night Save the Date !!!

September 22, 2022

Details Coming Soon!

Newmark K-8 School:

Gina M. Borea

Principal

Dr. Regina M. Peter &

Ms. Cynthia Allman

Executive Directors

The pictures in this newsletter will give you some insight into the fun we all had during ESY. We continued to experience and witness example after example of profound growth in our students as they took on new challenges. We welcomed many new students to our ESY program and they all did a great job adjusting and meeting new friends We are very proud of all of our students' accomplishments this ESY!! We hope you all enjoy the rest of your summer. Please be safe and we cannot wait to see everyone back on Wednesday September 7, 2022.

Sincerely,

Gina M. Borea
Principal



Ms. Borea, Jake and Omar

Announcements

Happy Summer!!!

Thank you for checking your email this month for your ESY Friday Backpack News and Parent Alerts. Be on the lookout for your 2022-23 School Year Friday Backpack News and Parent Alerts beginning again on Friday, August 19, 2022. The first day of school is Wednesday, September 7, 2022.



Danny, Will and Tommy

Stay in the Loop

- Make sure Newmark has your most current email address.
 - If you are not receiving your weekly email, please check your Spam filter or folders.
 - Add Newmark Education to your safe sender list.
 - Visit the school website for up to date information and resources – newmarkeducation.com
- Questions? Please contact Sandra Levy at slevy@newmarkeducation.com

NEW! Phase 2: Fall 2022 Updated PowerSchool Parent Portal Access

Be on the lookout for a mailing in late August as Newmark continues to update the online parent experience to improve transparency between home and school. As part of Phase 2, a mailing will provide updated parent login credentials to gain full access to the PowerSchool Parent Portal this Fall 2022 for daily screening, forms, grades and attendance. Parents will need to access the portal account for your student's Daily Wellness Screening starting Wednesday, September 7, 2022.

2022-23 School Forms – Fall 2022 Checklist

Please visit the school website to view School Year Checklists, menus, calendars and additional medical or outside provider forms at newmarkeducation.com/currentparents/forms

If you have already completed your 2022-23 Registration Forms for ESY, you do not need to submit again for Fall. Any medical form requiring a Physician's signature must be submitted to Nurse Carroll prior to the start of school on September 7, 2022.

Questions: Please email Nurse Carroll at ecarroll@newmarkeducation.com

Save the Dates!

- **First Day of School:** Wednesday, September 7, 2022
- **Mandatory New Parent Meeting:** Wednesday, September 14, 2022 - for new parents only
- **K-8 Back To School Night:** Thursday, September 22, 2022
- **K-8 School Picture Day:** Tuesday, September 27, 2022

ESY Scrapbook

First Day of ESY



Lillian and Rusty



First Day Recess



Lunch Time!



Julia and Ms. Rentrop hanging out with Penny



Excited for the first day!



Who's up for some UNO?

ESY Scrapbook

Awesome Assemblies



TV Game Show Assembly!



Anthony winning at Simon Says



Around the World!



Ultimate Simon Says



Zoey



Louie, Mrs. Webb and Nicolas during a physical challenge

ESY Scrapbook

Fantastic Field Trips



Ms. McCarty's class waiting for the movies



Ms. Greer's Class



Jurassic World, here we come!



We love Minions!



Enjoying the arcade at Bowlero



Mrs. Gregory's Class hoping for a strike!

Related Services

Ms. George, Mrs. Jernigan and Ms. Rentrop

ESY has flown by and it is time for summer vacation. Throughout the school year, your children have been actively working on developing their understanding of various mental health issues during group counseling and continuing to set and evaluate personal goals in individual counseling as they get older and reach new milestones. They have been exposed to challenging situations and environments in order to help them step outside of their comfort zone and thrive.

This summer edition of our newsletter will provide you with some strategies for promoting mental wellness in your child this summer by helping them stay active and organize their days during these uncertain times.

Promoting Your Child's Mental Health Over Summer Break

It can be difficult for children to go from the routine of the school year to the slower paced, less structured summer months. As a result, it can be easy for children to spend time sleeping in and limiting their social contact, which can negatively impact one's mental health. While this is often needed as a recovery from the faster-paced, pressure-filled environment they are used to, it can become problematic when lasting longer than a few days. Boredom can lead to making poor behavioral decisions and experiencing negative emotions. Here are some ways (with the help of Denise Witmer, www.verywellfamily.com) to help prevent inactivity by scheduling out the summer days on the calendar so your child knows what is going to happen and can pick and choose what he/she wants to do by learning to make choices.

To start, schedule your entire summer out monthly. Put in your family events or trips, your child's camp/volunteer/work times and any day trips that have already been set. If you find that there are big gaps of free weeks, help your child find things to fill them up. Look for summer employment, volunteer

opportunities or virtual classes, for example. Breaking up large blocks of time will help your child not settle into the routine of sleeping in late every day, getting up and doing nothing special.

Create a weekly schedule. Write this one out in pencil as it is the schedule that will change the most. Write in opportunities to do things as well as things that are planned. If your child finds they have the time to do the extras, they will know when these things are happening. For instance, your town may have socially distant events planned, such as movies in the park. It may be fun for children to go with friends, bring popcorn, and enjoy themselves. You do not have to schedule them to go, but if it is on the calendar, your child could attend if they have the time and inclination.

Make a daily routine with your child. Plan things that need to be done like a hygiene routine, making his or her bed and any chores or responsibilities. While these things may seem simple for your child to remember, having things written down helps keep stress levels low. Be sure to leave some free time, but have a list of suggested activities in case your child isn't looking for downtime. For instance: reading a magazine, listening to music, writing a letter, summer reading book, swimming, biking, etc. Schedule in television and video game times so that these activities do not take up your child's free time or encompass his or her whole day. Create alternate daily routines for family activities, vacation and other special times.

This creative scheduling and time organization will keep your children from getting bored and give them plenty of free time with some practice at making choices. It will also promote paying attention to their mental health and help them get their responsibilities completed with very little if any stress which is a positive for the whole family.

The counseling department wishes everyone a safe and happy summer break with your families.

As our ESY program comes to an end and summer break begins for our students, here is some information from Nurse Carroll on heat stress and bug safety.



Heat Stress in Children:

The intensity of activities in hot weather that last more than 15 minutes or more should be reduced whenever high heat and humidity reach critical levels. Before prolonged physical activity your child should be well-hydrated. During the activity periodic drinking should be enforced. For example, every 20 min. they should consume at least 5 oz.- 9 oz of cold water or a flavored sport drink, even if a child does not feel thirsty.

Clothing should be light-colored and lightweight, also limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat saturated shirts should be replaced by dry garments, so bring extra shirts along.

Bug Safety:

Don't use scented soaps, perfumes or hair spray on your child. Avoid areas where insects nest

or congregate, such as stagnant pools of water, uncovered food and where garden flowers are in bloom. Avoid dressing in bright colors or flowers prints. To remove a visible stringer from the skin gently scrap horizontally with a credit card or your fingernail.

Combination sunscreen/insect repellent should be avoided because sunscreen should be applied every 2 hours, but insect repellent should not be reapplied. Insect repellent containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes which can transmit West Nile Virus and other viruses.

The concentration of DEET in products may range from less than 10% to 30% (which is the maximum strength), which varies from product to product so please read the labels. DEET should not be used on infants under 2 months of age. Do not use DEET on the hands of young children; avoid applying to areas around the eyes and mouth. Do not use DEET over cuts, wounds or irritated skin. Wash treated skin with soap and water after returning indoors and wash treated clothing. Avoid spraying in enclosed areas; do not use DEET near food.



ESY Scrapbook

Summer Fun



Rusty and Henry in art class



Enjoying the sun!



Gaga!



Isaiah, Kyle and Mason



WOW! Look at our new awesome tie-dyed smocks!