

Fall 2023



NHS Newsletter

NEWMARK
High School



Ms. Taaffe, Ms. Borea and Denny Corby at the Fall Celebration on October 14, 2023.

Principal’s Message

Dear Parents,

Welcome Back to the Newmark High School 2023-2024 School Year! It is wonderful to see our students and staff settling in nicely and enthusiastic about the upcoming experiences. The positive attitude and commitment to learning and growth are essential for a successful year. I hope it will be a year filled with opportunities for personal and academic development for our students. We are so excited to introduce some new additions to our NHS staff. We would like to extend a warm welcome to our new staff members: Mrs. Kathryn Brower, Art Teacher, Mrs. Lisa Purvis, Instructional Paraprofessional in Mr. Pearson’s homeroom, Mr. Shawn Johnson, Debriefing Intervention Assistant, Mr. Ben Appio, Physical Education Assistant, Ms. Allison Inserra, Occupational Therapist, Mr. Patrick Osiadacz, Tech Coach and Mr. Tom Rose, Co-Teacher with Mrs. Gregory in our Math Department. We are delighted that they are a part of our Newmark family.

We hope you all enjoyed our NHS Back-to-School night on Wednesday, September 27. It was nice to see and talk to so many of you throughout the evening. Back-to-School night provided an opportunity for parents to connect with their teen’s teachers. Building strong school-family bonds is essential for our student’s success, and events like Back-to-School night help foster communication and collaborations between our educators and families.

Our “Family Fall Celebration” was a fantastic event! Our students and their families had a fun time socializing over food and refreshments provided by local food trucks and had fun watching Denny Corby, an unforgettable magician, comedian and performer. Creating opportunities for families to come together and enjoy each other’s company is always a great way to build a sense of community.

Thank you for all of your support, communication and cooperation in getting the year off to a great start.

We are looking forward to a great school year!!!

Sincerely,

Gina M. Borea
Principal



First day of school smiles!

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Newmark High School:

Ms. Gina M. Borea
Principal

Dr. Regina M. Peter &
Ms. Cynthia Allman
Executive Directors

Spotlight News

SUPPORT NEWMARK'S 2023 ANNUAL FUND

Every fall, we ask Newmark family and friends to consider making a donation to the Annual Fund to support the programs and services that are the hallmark of Newmark.

Newmark's success is grounded in the long tradition of parental financial support for the programs that we provide. We are tremendously proud of our long legacy of donor support that literally built our school. The Annual Fund supports the very things that make Newmark an innovative educational environment. Every year our goal is 100% parent participation for all of our fundraising efforts. This year, we are asking parents to help support the following initiatives:

- **The Writing Revolution Teacher Training:** Expert consultants from The Writing Revolution will train Newmark classroom teachers on how to prevent academic failure in our reading and writing curriculum.
- **Prism Cutting Edge Math and Science Program:** Rollout of a new paradigm for math education developed by MIT graduate, Anurupa Ganguly. This program offers an experiential way for students to learn math and science (ages 12 and up). Prism VR uses hands-on models to visualize and interact with structure, as well as connecting 3D experiences to abstract representations like graphs, tables (2D) and equations / vocabulary (1D).
- **Transportation:** Purchase of a new van to safely transport our high school students to work experiences, job training and local community service projects.

How To Donate

- **By Credit Card:** visit www.newmark-education.com/ways-to-give/annual
- **By Check:** send check payable to **NextMark Foundation**, 1000 Cellar Avenue, Scotch Plains, NJ 07076 Attn: Newmark Annual Fund



If you value the innovative education and enriching experiences provided by Newmark for your child, please consider supporting the **2023 Newmark Annual Fund** this year.

Every tax deductible gift counts. Our goal is 100% Parent Participation! Please consider giving at least \$1 for every school day your child is at Newmark, or a total of \$180. Your tax-deductible gift will make a great difference for all the students at Newmark!

Thank you for your support on behalf of all the students at Newmark! 2023 Newmark Annual Fund Appeal ends Monday, October 30, 2023

Thank you!

NextMark Foundation is a 501(c)(3) nonprofit organization supporting Newmark Education and Teacher Training.

Disclaimer: Your donation will be acknowledged as "Student's Last Name" Family for the newsletter and donor wall (ex. Jones Family). If you wish to be acknowledged differently, please email Sandra at slevy@newmarkeducation.com or indicate preferred Recognition Name with your donation.

Community Service

Ms. Hartman



Donuts for Dogs was a barking success!

I am so excited to announce new Community Service activities for the 2023-2024 school year! Themed bake sales have returned as well as two themed drives which will occur in 2024. Many of our favorite activities have returned as well, Blankets of Hope, Pretzel Sales and School Store Donations.

Our first themed bake sale, "Donuts for Dogs" was a huge success raising an outstanding \$400! The proceeds of this sale will be donated to The Plainfield Area Humane Society to help them in their work with shelter dogs and cats. Keep an eye out for our next sale, "Cookies for Cops" on October 26, 2023.

Blankets of Hope will begin in November, when the students will watch a video from this organization, teaching empathy and kindness. For only \$7, students can purchase a blanket and write an encouraging note, which will be attached to the blanket that will be used to help keep someone warm this winter.

Our students have been very generous in our past School Store Donation drives. The first drive of the year will benefit the Plainfield Area Humane Society and Cause 4 Paws, a local cat rescue. Throughout the month of October, students will be using their School Store points to purchase toys, treats, litter, and food for adoptable cats and dogs.

October 4, 2023 kicked off our first Pretzel Sale to support Newmark's Future Business Leaders of America (FBLA) club. Watch for more sales and updates about other community service in the Friday Backpack News and on the Newmark Website.

Fall Announcements

Upcoming NHS Teen Nights

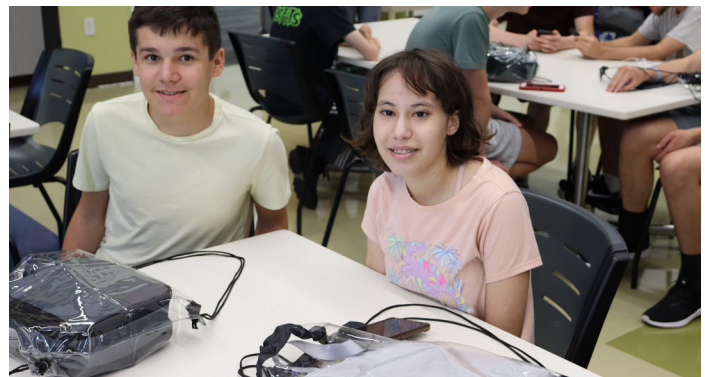
For all High School students - from 2:15-4:30 PM (unless indicated). \$25 fee, parents need to provide transportation home promptly at 4:30 PM. See Friday Backpack News or website for Permission Forms.

- Friday, December 8, 2023- 2:15-4:30 PM
- Friday, January 26, 2024 (Evening-iPlay America) -2:15-7:30 PM

Upcoming NHS After School Clubs & Programs:

- **Session I:** Ends November 8, 2023
- **Session II:** Begins week of December 4, 2023 through February 1, 2024
- **Session III:** Begins week of February 12 through March 28, 2024
- **Session IV:** Begins week of April 15 through May 30, 2024

See Friday Backpack News for Registration
All dates subject to change.



Nick and Tina Marie enjoying lunch on the first day.



Andrew and William representing the leaders of the school at the Senior-Freshman Meet-and-Greet!

First Days of School



Tyler and Mrs. Purvis



Palling around during break



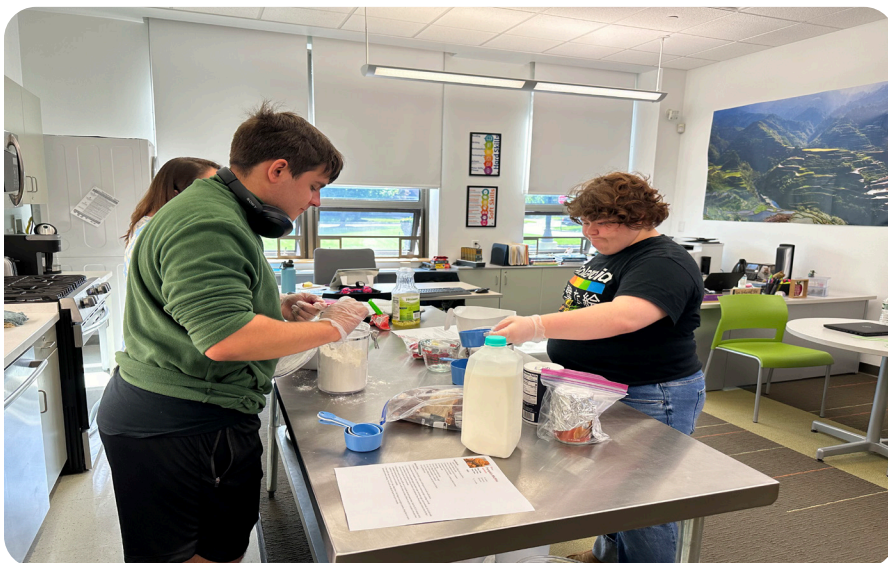
Nick practicing budgeting



Lars and Aviv at the Senior-Freshman Meet-and-Greet



Roman, Mr. Osiadacz and Andrew T. mingling on Main Street



Work-based learning students, hard at work!



Jake O. ready for an awesome first year at NHS!

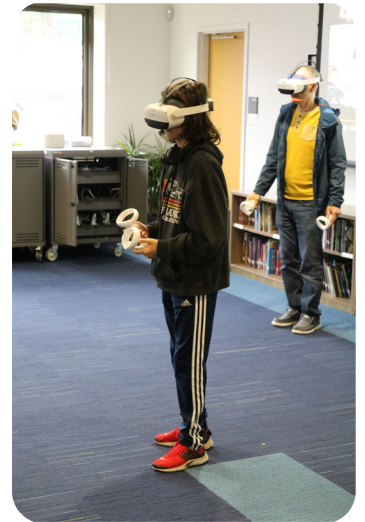
Fall Celebration



Caden and Anna-Celeste



The food truck platters were a big hit!



Justin K. using the Prism VR



Aviv, his balloon animal named Cletus, and Denny Corby



Elias and his brother Josiah can't believe their eyes!



Reba's \$100 magically reappeared in Denny's orange!



Danny, Layla, and Josh enjoying a treat

Nursing News

Mrs. Carroll, RN, BSN, CSN

Dear Parents & Guardians,

I would like to take this opportunity to welcome you and your teens back to school and touch base on a few things!



Attendance/Medication/Health Issues:

If your teen is going to be absent please remember to report this on our website at absence@newmark-education.com when they will not be in school.

It is also important for me to know if your teen is on any medication and, if so, what type and dosage. Please also keep me up-to-date with any medication changes throughout the year. If your child also needs any medication, be it prescription or over the counter medication, while in school I do need a Medication Release Form filled out by their physician and parent to dispense it in school. The Medication Release Form is on the Newmark website under School Nurse as are other health forms.

Sports Physicals:

If your child is interested in participating in one of our interscholastic sports programs in the middle school and high school they will need to have their physician complete the Sports Physical Form. The student will need a Sports Physical to participate in a sporting event at Newmark. If your child has had a physical done on March 1, 2023 or after their doctor just needs to fill out the forms. You can find the Sports Physical Forms on the Newmark website under School Nurse as well as the Concussion, Sudden Cardiac Death and Opioid Misuse Forms that are needed in order to participate.

Personal Hygiene and Your Teen:

Monitoring your teen's personal hygiene is important from a social as well as health point of view. Maintaining personal hygiene enhances an individual's physical and emotional wellness. While most children age 9 and older are able to attend to their own daily hygiene supervision is still necessary in order to ensure that good habits de-

velop. Here are some basic tips that you may want to discuss with your teen to promote good hygiene.

- A balanced diet is the foundation for overall good health. A diet that includes all the food groups and one high in fruits and vegetables is recommended. Eating a healthy diet has shown to improve a child's ability to learn in school.
- A bath or shower using a mild soap is needed daily for middle school and high school age students. Hair should be washed at least twice a week or more frequently depending on your child's activity level. A deodorant/antiperspirant is usually needed daily.
- Teeth should be brushed at least twice a day to prevent decay and to maintain healthy gums. Flossing is recommended daily.
- Clothing should be changed on a daily basis. Clean cotton socks are the best for feet because they absorb moisture.
- Coughing and sneezing into a tissue and properly disposing is a good hygiene practice, or sneezing into your arm, then washing your hands after.
- Regular handwashing should be emphasized since this has been identified as the most important practice for preventing illness.

At Newmark School we encourage all students to develop good grooming practices. We believe that good hygiene promotes independence, self-confidence, and self-esteem and builds a foundation for lifelong healthy habits.



Mr. Appio, Dr. Peter and Mr. Kraminitz love making healthy choices!

Counseling News

Ms. George, Mr. Goldberg & Mrs. Murphy

Welcome to the 2023-24 school year!

The Counseling Team is excited for the year ahead and especially looking forward to implementing some new changes to our program.

As you have probably already read in the Parent Alert that was sent out in August, a new system of service delivery for counseling will allow for greater flexibility in meeting our students' needs. Our goals are to increase student awareness about mental wellness, foster increased independence and support development of self-advocacy skills so our students are better prepared to manage their own mental health needs and improve overall mental wellness.

Our group counseling "Wellness" sessions will focus on specific topics for psychoeducation and skill building, and our Open Discussion sessions will allow students to identify and initiate discussion topics that are pertinent to them. We are also adding a Push-In component to allow us to reinforce the application of learned skills.

In addition, students will be able to request appointments with their counselor during Office Hours. This encourages them to self-evaluate, identify the need for counseling, schedule an appointment and keep the appointment; all valuable life skills that are critical to overall Mental Wellness.

Finally, as you know our collaboration with parents is tremendously important to the success of our students. So, in order to enhance our connection with Newmark families, there will be some changes in how we communicate with you. For instance, Parent Counseling Night will now be the monthly Parent Counseling Connection, where we will provide parent education covering a range of topics and delivered in various formats.

One important component of the Counseling Department, which has not changed, is the Community Connections PIN Program which provides recognition to our students for demonstrating personal and social growth by participating in meaningful community-based experiences. These can include the following categories: Community Service, Sports, Volunteering, Music/Performing Arts, Clubs (including Scouting).

In addition, Newmark students are also encouraged to focus on earning PINs for service experiences that benefit others. Some examples of accomplishments of NHS students include volunteering at a local temple, participating in a beach clean-up and volunteering to help young children learn to swim at the YMCA.

Individual experiences approved by the Newmark PIN Committee after students are nominated. Nominations can be submitted by a parent, teacher or member of the PIN Committee. Once the nomination has been approved, the student will receive a special pin commemorating their achievement with a ceremony in their honor.

PINS Program ceremonies occur two times per year, at the awards assemblies, at Newmark High School.

More information, nomination deadlines and digital nomination forms, can be found on the Newmark Education website.



Staff members Mrs. Murphy and Mr. Withum

FBLA

The Newmark High School Future Business Leaders of America (FBLA) will begin its activities later this Fall. FBLA helps high school students prepare for careers in business through academic competitions, leadership development and educational programs. It provides students with an opportunity to develop leadership, communication, collaboration and presentation skills. We are excited to announce that we will conduct our annual Holiday Wreath Sale in October. Our Student Interest Meeting will also take place in late October as well. The FBLA State Conference in Atlantic City is scheduled to be held on March 11, 12 and 13, 2024. More information will be sent out in the coming weeks.



Ahoy, Seniors!



Only five more miles to go!



Henry P. and Richard P. enjoying the view

Community-Based Instruction

On Thursday, October 5, 2023, the Junior Class went to Cheesequake State Park in Matawan. Students hiked around 5 miles while learning about the various wildlife and diverse ecosystems in the park.

On Friday, October 6, the Senior class went to Cranford Canoe Club. The trip is designed to educate students about fitness opportunities and activities outside of Newmark High School, and the kids had a great time while learning in the outdoors.



Anna-Celeste on an adventure