



ESY Newsletter 2024

NEWMARK
High School

Principal’s Message



Ms. Borea with Mason G. and Elijah P.

It’s hard to believe that the Newmark High School Extended School Year (ESY) Program has come to an end. Our students engaged in a variety of activities, and we offered a diverse array of classes and programs targeting skill development. The academic portion of our program focused on summer reading, math, science, art and fitness.

Our freshmen became acquainted with our program and gained a better sense of what the upcoming school year will be like. They also had the opportunity to give back and participated in weekly community service trips and are now ready for the new school year.

Our sophomores had the privilege of working at Hope’s Horse Farm, where they learned to care for and ride horses. The Juniors developed their work skills at Spectrum, while some of our upperclassmen further developed their skills through various work programs, while others enjoyed the Travel Program and exploring New York City excursions.

In this Issue

Principal’s Message	1
Announcements	2-3
ESY Scrapbook	4-6
Nursing News	7
Community Service	8

Back To School Night Save the Date !!!

September 25, 2024
Details Coming Soon!

Newmark High School:
Gina M. Borea
Principal

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

The pictures in this newsletter offer a glimpse into the fun we all had during ESY. We welcomed new students to our program, and they did an excellent job adjusting and making new friends. We witnessed remarkable growth in our students as they took on new challenges, and we are very proud of their accomplishments this ESY!

We hope you enjoy the rest of your summer. Please stay safe, and we can’t wait to see everyone back on Thursday, September 5.

Sincerely,

Gina M. Borea
Principal



Sydney Q., Noah F. and Jules M.-S. on the first day of ESY

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 2024-25 School Year Friday Backpack News and Parent Alerts beginning again on Friday, August 23, 2024. The first day of school is Thursday, September 5, 2024.

Stay in the Loop

- Visit the school website for up to date information and resources – newmarkeducation.com
- 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 forms@newmarkeducation.com



Andrew T. and Blaise L.



Lars G., Aidan T. and Matthew E.

2024-25 School Forms – Fall 2024 Checklist

Please visit the school website to view the School Year Checklists, menus, calendars and additional medical forms:

<https://www.newmarkeducation.com/current-parents/forms-2024-25>

If you have already completed your **2024-25 Registration Forms** for ESY, you do not need to submit again for Fall 2024.

- Any medical form requiring a Physician's signature must be submitted to Nurse Carroll prior to the start of school on **September 5, 2024.**

Announcements

Sports Participation Update: Newmark High School requires all students participating in athletic activities: Soccer, Cross Country, Winter Track, Spring Track or Bowling during the 2024-25 School Year to have current physical and other required forms listed below on file in the nurse's office before a student can participate in any practice or competition. These forms and more information can be found on the school website.

<https://newmarkeducation.com/current-parents/forms-2024-25>

Sports Physical - Preparticipation Physical Evaluation Medical Eligibility Form - required (return to school)

Sports Physical - Preparticipation Physical Evaluation History Form (completed and maintained by your doctor)*

Concussion Form - required

Sudden Cardiac Death in Young Athletes Fact Sheet

Sudden Cardiac Death Sign Off Sheet - required

Opioid Use and Misuse Educational Fact Sheet

Opioid Use & Misuse Parent Consent Form - required

Health History Update – required if student participates in multiple sport activities during the school year

***Updated for 2024-25:** Parents need to only return the Medical Eligibility School Form. The Sports Physical Form will be maintained by the healthcare provider completing the physical exam.

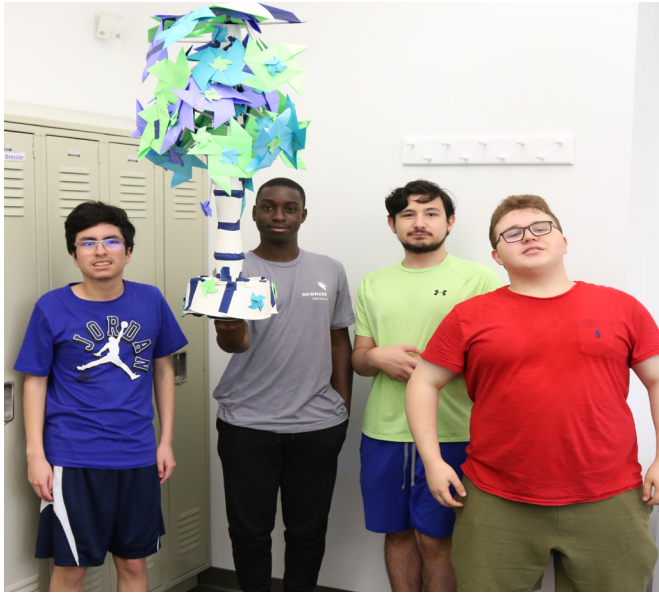
Questions: Please email Nurse Carroll at ecarroll@newmarkeducation.com



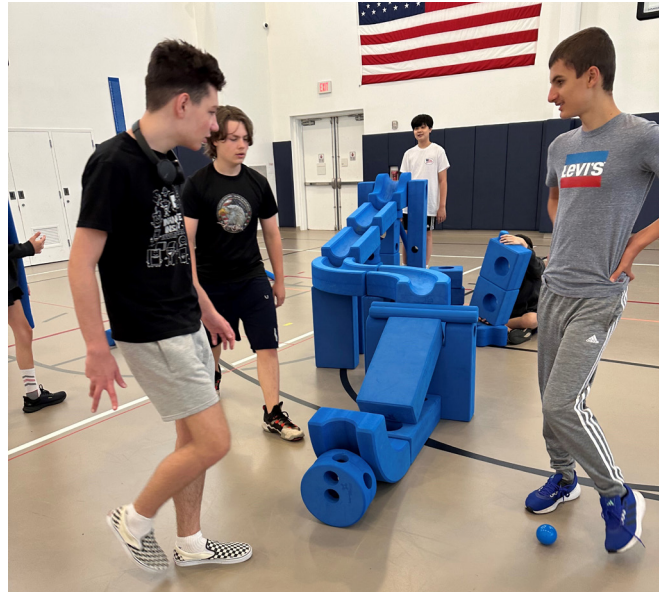
Save the Dates!

- **First Day of School:** Thursday, September 5, 2024
- **Mandatory New Parent Meeting:** Wednesday, September 11, 2024 - new parents only
- **NHS School Picture Day:** Wednesday, September 25, 2024
- **NHS Back To School Night:** Wednesday, September 25, 2024

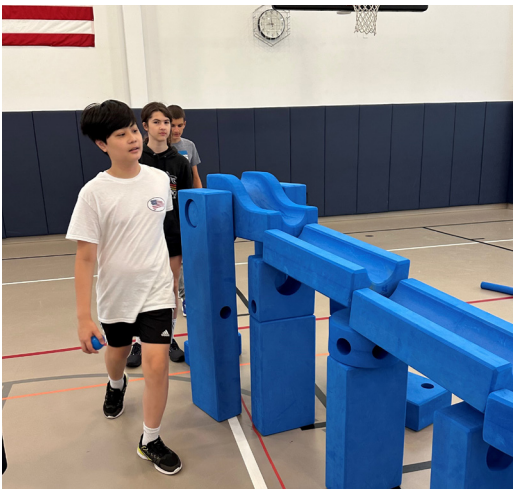
Summer Fun



Bryan A., Gabe M., Matthew E. and Alex V. with their winning sculpture



Sophomores working together



They made it work!



202's impressive paper sculpture



Freshmen boats!



207's Daven Tower



Blaise L. and Corry M.

ESY Scrapbook

Awesome Assemblies



Gabe M. spinning three basketballs at once!



Nicco D. running in the relay



Amazing Tricks!



Bryan A. and BlackJack



Watching the tricks up close



NHS challenging BlackJack



Danny and Roman showing the love

Work and Travel Program



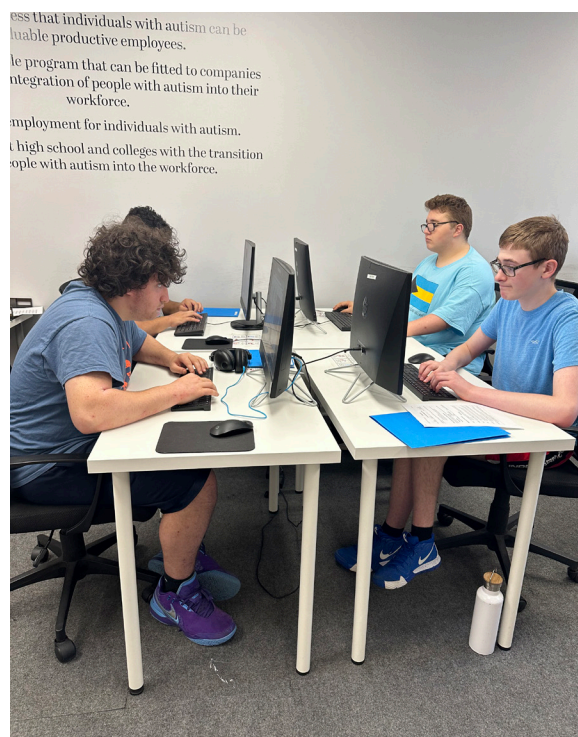
Seniors taking in the view of New York Harbor



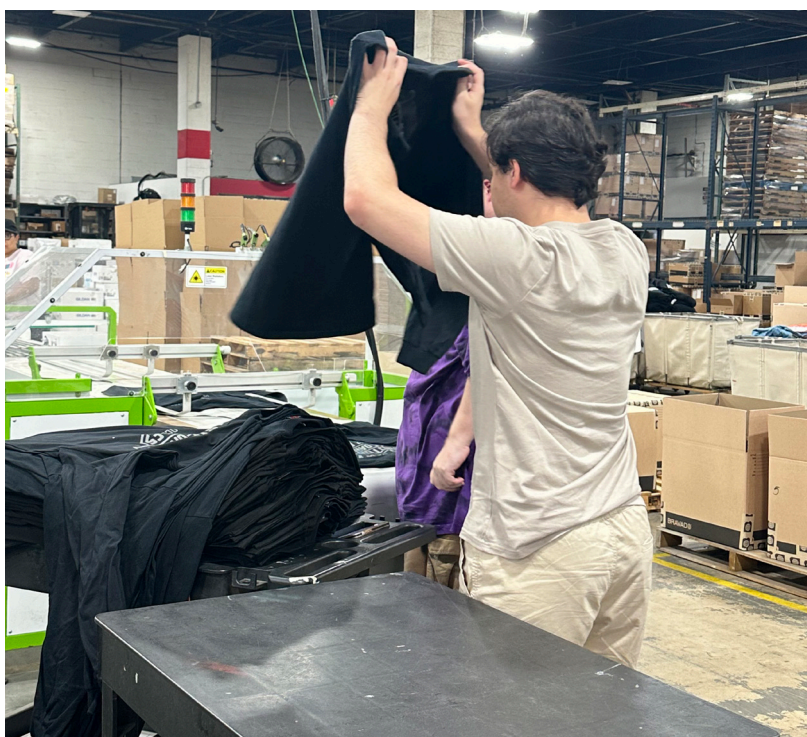
Gabe P. working at Spectrum



Natural History Museum, NYC



Gavin B., Alex V. and Henry K. working at Spectrum



Matthew E. working at Spectrum

We had a great ESY this year and all the students seem to really enjoy our program. Now as our ESY program comes to an end and summer break begins for our students I'd like to give some health safety information on heat stress in children 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 5oz.-9oz of cold water or a flavor 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.



Community Service



St. John's Soup Kitchen



Planting seeds at Beth Israel greenhouse



Elijah P. packing some fruit



Working hard at Post Family Farm



Stocking shelves at St. John's Soup Kitchen



It's a team effort at Post Family Farm!