

# The Wantage Times

April 8, 2022

Please visit us on facebook @  
<https://www.facebook.com/swregional/>

## Principal's Message

I hope this Newsletter finds everyone well and in good health.

In accordance with updated New Jersey Department of Health (NJDOH) recommendations, quarantine time frames have been reduced from ten days down to five days.

Individuals who need to quarantine are able to return on day six if they do not have symptoms of illness. If you have already been placed into a ten day quarantine, you can now return on day six if you do not have symptoms of illness. If symptoms persist (fever or if other symptoms have not resolved), continue to isolate until fever-free for 24 hours and other symptoms have resolved.

**Please also be aware that beginning March 7, 2022, masks will be optional for students, staff, and visitors at the Sussex-Wantage Regional School District. Please be advised, masks will now also be optional on buses beginning March 7th.**

Please don't hesitate to reach out to me with any questions or concerns.

Sincerely,

*Christopher Gregory*  
Principal



**Grades posted  
4/13 @ 4 pm**



**April 15th - April 22nd**

## CAUTION

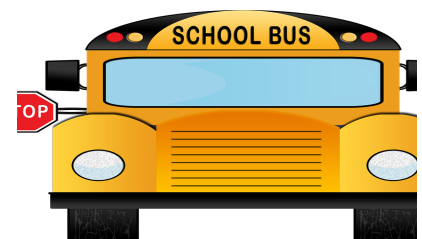
### Drop Off & Pick Up

Please be advised that drop off is in the rear of the building and occurs between 8:15 a.m. and 8:45 am. Please exercise caution when dropping off your children. We respectfully request that children exit the vehicle on the passenger side closest to the building for safety.

For pick up, parents and guardians should park on the lower lot or near the playground. Pick up is located in the cafeteria and begins at 3:20 pm. Please have identification available when you pick up your child.

The parking area for pick up will be closed until 3:10 pm. We respectfully request that you do not arrive before then. We appreciate everyone's support with our procedures to ensure the safety of all of our students.

**Note: Please wait for the school bus to come to a complete stop with the red lights flashing prior to letting your children approach the bus.**



## Dates to Remember

4/11- LEAD graduation for 5th grade  
(students only)

4/14- Early Dismissal (Staff PD day)

4/15-4/22- Spring Break

4/26-4/29- NJSLA Testing  
(Grades 3-5)

5/5- BOE meeting @ SMS

5/10 & 5/11- NJSLA Testing  
(5th Grade Science)



5th Grade graduation

April 11th (date change)

(Students only)



Please ensure students dress  
appropriately for the weather

## ALCOHOL AWARENESS

YOUTH PSA CONTEST



**Congratulations to:**

**Jessica Romash**

*Submissions were received  
from 12 different Sussex  
County schools (grades 4-12).*

*Jessica's poster will be featured  
in the NJ Herald in the school  
section in April and will be  
recognized at CFPC's  
countywide Virtual Town Hall  
Meeting on Tuesday, April  
12th at 7 pm with featured  
guest speaker NJ State  
Senator Steve Oroho.*

Link for more info:

<https://centerforprevention.org/16519-2/>



Ice cream & Cookies are  
now available for purchase  
in the cafeteria

**Free Breakfast (8:10-8:45 AM) &  
Lunch available to all students.**



\*Effective February 23rd, all  
students will be eating lunch in  
the cafeteria during their assigned  
lunch period.

## SWPTO

All info is on our website

<https://www.swpto.org>

**The SWPTO is offering their Gertrude Hawk Chocolates fundraiser this year as a virtual online sale beginning now!**

**Please visit**

**<https://fundraising.gertrudehawkchocolates.com/>**

**to add a seller or place an order using our Organization Code 119604. Orders can be placed through April 3. Thank you for your support!**

## Parent Portal

Realtime Notification is the primary means of communication for school closings, emergencies and general notifications.

Please follow the directions below to log into the Realtime Parent Portal:

<http://fridayparentportal.com/sussexwantage>

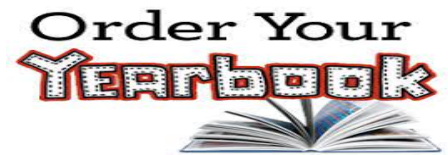
You can also access the Parent Portal by logging into our District Website:

[www.swregional.org](http://www.swregional.org)

~Parents

~Realtime Parent Portal

~Enter the Portal Code, Username and Password



**2021-22 YEARBOOKS**

**On Sale Now**

**[HTTPS://JOSTENSYEARBOOKS.COM/?REF=A09873801](https://jostensyearbook.s.com/?REF=A09873801)**

**Yearbooks ordered for the 2021-22 school year will arrive in June!**

**\*IMPORTANT\* We will have pre-ordered books ONLY**

**NO additional books will be available in June**

**Starting March 15 - April 13**

yearbooks will be available to order online or in school with cash for \$20!

**\*IMPORTANT\* APRIL 13th will be the LAST day to order a yearbook.**

**NOTICE OF DISCLAIMER**-Information in The Wantage Times may come directly from the sponsors of the events. Wantage Elementary School neither sponsors nor endorses these events and is not responsible for the accuracy of the information. If you have any questions, please contact the event sponsor.

# The 1ST ANNUAL



## **3 on 3 BASKETBALL DRILLS/LEAGUE 2022 BOYS & GIRLS**

**TIMES/DATES/AGES:  
GRADES 3<sup>RD</sup>- 8<sup>TH</sup>**

**SUNDAY NIGHTS  
6 GREAT WEEKS**

***\*WE WILL DO THIRTY MINUTES OF DRILLS, THEN EACH TEAM WILL  
PLAY TWO GAMES. THEN WE WILL HAVE A TOURNAMENT THE LAST  
WEEK!***

APRIL 3<sup>RD</sup>/APRIL 10<sup>TH</sup>- AUX GYM  
APRIL 24<sup>TH</sup>/MAY 1<sup>ST</sup>/MAY 15<sup>TH</sup>/MAY 22<sup>ND</sup>- MAIN GYM

### **AUX/MAIN GYM**

**5:00PM - 6:30PM**

Any questions contact Jesse Strehl

E-mail: [jstrehl@hpregonal.org](mailto:jstrehl@hpregonal.org)

Or

Bill Percey at 973-875-3101 for more information

E-mail: [wpercey@hpregonal.org](mailto:wpercey@hpregonal.org)

# Debbie Weiss

From the  
*Care Giver Support Squad*

will be speaking about  
the

## IMPORTANCE OF CAREGIVER SELF CARE

APRIL 13 @  
6:45 pm

Sponsored by the  
Sussex Wantage  
Regional School District  
& High Point Regional  
High School  
SEPAG Committee's

Her presentation  
will take place in  
the **High Point  
Regional  
High School**



**About Debbie**

Debbie is a Certified Caregiving Facilitator and has been a family caregiver for 40 years, to a parent, spouse and son while running a full-time business. She suffered from caregiver burnout and transformed her own life by learning to prioritize herself while still being a loving, effective caregiver. She is now sharing her 8-year transformation journey with other family caregivers. Debbie's goal is to help them prioritize self-care so they can be more of who they are as well as a caregiver.

**Suggested Talking Points:**

- Dangers of caregiver burnout
- Self-care is not selfish
- Different types of self-care
- Combatting the idea that there is not enough time for self-care
- Integrating self-care regardless of your unique situation
- Where do I even start?

**Caregiver Support Squad Information**

@caregiver.support.squad    debbie@caregiversupportsquad.com  
Caregiver Self-Care Squad Group    908-892-0508  
www.caregiversupportsquad.com