

# The Sussex Star

March 11, 2022

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Please be aware that as of Tuesday, January 18th, we made a change to our isolation and quarantine timeframes. In accordance with updated New Jersey Department of Health (NJDOH) recommendations, we will be reducing our quarantine time frame from ten days down to five days.

Individuals who need to quarantine will now be 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.

More information about the NJDOH recommendations can be found using the following link:

[https://www.nj.gov/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts\\_K12Schools.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts_K12Schools.pdf)

Please don't hesitate to reach out to me with any questions or concerns as we continue to navigate these challenging times.

Shane Schwarz  
Principal

## Calendar



**3/24**-BOE meeting @ SMS @ 7 p.m. Note date change.  
**4/1**-End of MP 3. Note date change.  
**4/13**-Report cards for MP 3 posted in Realtime Parent Portal @ 4 p.m.  
**4/14**-Early Dismissal. Professional Development.  
**4/15-4/24**-School Closed. Spring Break.

## Parent Drop Off Solar Panel Lot



The safety of our students and staff is our highest priority. If you drive your student to school, please drop off your student in the solar panel parking lot between 8:15 a.m. and 8:35 a.m. Please do not utilize the main parking lot to drop off your student during the above timeframe as it creates potentially hazardous conditions both for our students and our bus drivers.

## Testing



If your child has a pending Covid-19 test, please make the school nurse aware. Additionally, please keep your child home until the pending test results are finalized.

## 8th Grade Parents



Graduation gown payments **were** due to the middle school by Friday, December 17. Checks or money orders in the amount of \$20 should be made payable to the Sussex Middle School and dropped off at the Main Office.

## Parent Portal

The district has moved to **Realtime Notification** as its primary means of communication for school closings, emergencies and general notifications. Parents/Guardians will need to update their contact information on the parent portal. Should you have any issue logging into your parent portal account, please email your child's school secretaries for assistance.



## Student Success

It is no secret that parent involvement in a child's school experience is one of the keys to a successful school experience. It is clear that a) family processes and practices are strongly related to students' academic, social, emotional, and behavioral outcomes while students are in school and beyond, and b) that when schools and families collaborate to support student learning, student outcomes are improved (Henderson & Mapp, 2002). So how can we do this?

Family and School Collaboration is the key to a child's success in school. Open lines of communication and collaboration with your child's teacher is the bridge between home and school allowing strong partnerships between family and school. Strong partnerships are not the only way a family can be involved. Family involvement can look like a variety of ways. At home setting organized routines and plans in place reduces anxiety and stress that can spill over into the classroom making it difficult for your student to focus and perform to the best of their ability. Getting plenty of rest (students 5-12 should be getting at least 10-12 hours of sleep) and making sure the sleeping environment has minimal to no distractions. Develop a homework routine that includes a space to complete homework and expectations, ex: that homework needs to be completed before dinner time or practice, etc. Families can get involved by volunteering for school based activities; such as fund raisers, book fairs, even joining the school's Parent-Teacher Organizations.

## Student Success (Cont.)

Most importantly, being your child's cheerleader and showing that you are excited for their school experience is the best way to start navigating your student's journey to a successful and positive year.

I would like to wish all the staff, families, and students a successful and happy school year.

Sara Maas, RTI Coordinator

## Absentee Line



If your child is going to be absent from school for any reason, please call the absentee line at 973-875-4138 option 1 and leave the reason for your child's absence.

## Parking At SMS



When parking in the middle school parking lot, please utilize the parking spaces provided and adhere to New Jersey regulation 39 4-138 regarding the fire lane.

As a reminder, currently the school day begins at 8:40 a.m. and ends at 3:29 p.m. Students walking to school are asked to arrive no earlier than 8:15 a.m. and are to report to the auditorium upon their arrival. Students who are dropped off by a parent/guardian should be dropped off at the doors in the solar panel parking lot on Loomis Avenue between 8:15 a.m. and 8:35 a.m. Please refrain from utilizing the main entrance parking lot to drop your child off. Thank you for your assistance in keeping our students and staff members safe.



## High Point Softball Youth Clinic 2022



### Calling all Parents!

The Center for Prevention and Counseling's School Health Team is excited to invite all parents throughout the communities you serve to the 2022 Parents as Champions Training! The Center has provided this unique and engaging training to parents across Sussex, Warren, Essex, Bergen, Passaic, Morris, and Hudson county for over six years. This year, they are bringing it right to you via zoom! **This four-session** training will teach parents how a school system works and empower them to be a positive voice amongst their child's school community. Each parent who completes all four sessions will receive a **\$125 stipend** and the opportunity to apply for a **\$1,000 grant** to aid in implementing the project they create during the course. Some projects that have been successfully implemented in the past are; school gardens, outdoor classrooms, pet therapy programs, and staff wellness initiatives, to name a few. [Click here to register for this exciting opportunity today!](#)

High Point Regional High School Softball Team will be holding a two day youth clinic. The goal of the clinic is to help young prospects improve their skills and get ready for the spring season. 100% of the proceeds from the clinic go towards the High Point Softball program. Questions or concerns, please email Coach Seck @ [Jseck@hpregional.org](mailto:Jseck@hpregional.org).

### HIGH POINT SOFTBALL YOUTH CLINIC 2022

2 SESSIONS IN MARCH FOR AGES 10 & UP  
 MARCH 22nd - 5PM TO 7PM  
 MARCH 24th - 5PM TO 7PM  
 LOCATION:  
 HPHS EAST GYM

The High Point Regional High School Softball Team will be holding a two day youth clinic. The goal of the clinic is to help young prospects improve their skills and get ready for the spring season. 100% of the proceeds from the clinic go towards the High Point Softball program.

Batting Cages Hitting Stations Fielding and Throwing Base running	Coaching Staff James Seck John Gardner HP Softball Players
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Name of Registrant: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Contact Phone #: \_\_\_\_\_  
 Grade: \_\_\_\_\_ Age: \_\_\_\_\_

I hereby acknowledge that my child is physically capable of participation in camp activities and approve of her attendance in the camp. I authorize the directors to act for me according to their best judgment in any emergency requiring medical attention for which I shall pay. If there is a medical situation that the clinic directors should be aware of, please use the back of this return slip to describe the situation.

Please make all checks payable to: High Point Regional High School Softball  
 You may bring this form on the date of the clinic or mail to:  
 299 Pidgeon Hill Rd, Sussex, NJ 07461  
 If you have any questions or concerns please email Coach Seck at:  
[Jseck@hpregional.org](mailto:Jseck@hpregional.org)

### “Sister to Sister” Prom Shop

Free new and gently used prom dresses, shoes, wraps, purses and accessories are available at Project Self Sufficiency. 127 Mill Street, Newton, NJ. Inquiries can be made at 973-940-3500 or at [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org).

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