

# The Sussex Star

March 4, 2022

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<https://www.facebook.com/swregional/>



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/to pics/NCOV/RecommendationsForLocalHealthDepts\\_K12Schools.pdf](https://www.nj.gov/health/cd/documents/to pics/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



**3/9**-Early Dismissal. Professional Development.  
**3/30**-End of MP 3.  
**3/31**-BOE meeting @ SMS @ 7 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.

## Free Breakfast & Lunch



In order to ensure safe nutritious meals are available to children, the USDA has approved free breakfast and lunch for ALL children enrolled in the Sussex-Wantage Regional School District for a limited time period.



We are excited to announce that we now offer a new online payment system called PaySchools Central. PaySchools Central provides all parents in our district with an easy way to manage lunch and breakfast accounts. This can all be done in the convenience of your own home through an easy-to-use online portal: [www.payschoolscentral.com](http://www.payschoolscentral.com) Or while on the go with a convenient mobile app. You will need to register at the link above. Additional information can be found on our school website in the department section under the food service tab or in the parent portal. If you need help along the way, please contact PaySchools Central at 1-877-393-6628 or email them at: [pssc\\_help@payschools.com](mailto:pssc_help@payschools.com).

## Board of Education Meeting



Our Board of Education will hold a meeting at 7:00 p.m. on **March 31st** at Sussex Middle School. *Everyone is welcome!*



Great news! Marking period 3 of the Achievement Academy, which features new course offerings, will begin on Monday, January 31st! Exciting opportunities including daily academic support, open gym, basketball skills, strategic board games, advanced volleyball skills, Let's Go to Japan in a Classroom, resiliency training, SMS social skills and CPR courses will be available daily beginning on Monday, January 31st. Course descriptions, a schedule, and a permission slip for marking period 3 are available in the auditorium and cafeteria at Sussex Middle School. Can't wait to see you there.

## Walkers

All walkers at Sussex Middle School should utilize the following walking route: Newton Ave to Main Street. There are crossing guards positioned at the intersection of Newton Ave and 23 as well as the intersection of Route 23 and Route 284.

## Nurse's Corner



Sixth grade students are required by NJ law to have the Tdap and Menactra vaccines in order to attend school. If you have not yet done so, please forward proof of vaccination to the school nurse, Mrs. Silletti-Cayer. As a reminder, the nurse must have a current sports physical for the 2021-2022 school year on file in the health office in order for your child to participate in any extracurricular sports. More information regarding extracurricular sports and physicals was emailed to the school community on September 9th.

Please ensure that your child has a *reusable* water bottle with them. This will assist with daily operations at the water stations as well as in the nurse's office.



SWPTO 2021-22 Family Membership sign-up is open! We are so excited for the school year to begin and your \$5 per family membership fee goes a long way to help us provide programs, materials, and events at our schools. Families can sign up here:

[https://forms.zohopublic.com/sussexwantagepto/form/SussexWantagePTOMembershipSignUpPAID/formperma/SfOKSGp9fi06\\_oL5M-AzXJ9MQd\\_g-kwKxOwj1lc0iYc](https://forms.zohopublic.com/sussexwantagepto/form/SussexWantagePTOMembershipSignUpPAID/formperma/SfOKSGp9fi06_oL5M-AzXJ9MQd_g-kwKxOwj1lc0iYc)

All info is on our website <https://www.swpto.org/>

## 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

## 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.

## 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.





## 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 Softball Youth Clinic 2022



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

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 Pidgion Hill Rd, Sussex, NJ 07461  
If you have any questions or concerns please email Coach Seck at:  
[Jseck@hpregional.org](mailto:Jseck@hpregional.org)

## Pass It Along Community Youth Volleyball Games



Pass-it-Along scholar athletes are hosting a community volleyball tournament. This event is free to attend and is being held, Saturday, March 5th at the Jefferson High School Gym from 12 noon until 3 p.m. and on Sunday, March 6th at the High Point Regional High School Gym from 12 noon until 3 p.m. For more information, please call 973-726-9777 or email [info@passitalong.org](mailto:info@passitalong.org). \*Masks are strongly recommended and appreciated.\*

