



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 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: psc_help@payschools.com.

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.

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.



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

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

Community Events



On Monday, November 1st, 5:30 p.m., [Project Self-Sufficiency's Pizza & PACEs](#) series will feature "Talking Trauma with Tierney: An In-Depth Look at the Impact of Trauma on Children," with counselors Tierney Veliz and Charlene Armstrong Mayer from the Center for Evaluation & Counseling. The free session will also be available on Zoom for those who are not vaccinated or whom are unable to attend in person. Project Self-Sufficiency's PACEs program aims to educate the public about the impact of positive and adverse childhood experiences, and offer tips for building more resilient communities.

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

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.

