

# The Sussex Star

October 25, 2019

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

## Principal's Message

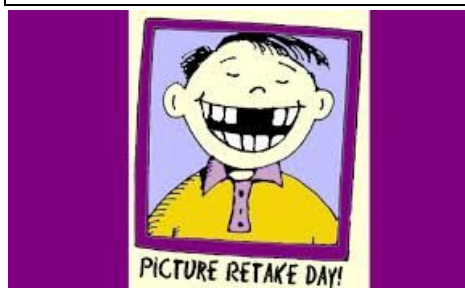


Red Ribbon Week will take place October 28th through November 1st. All students are encouraged to participate!

### Dates To Remember

**10/28-11/1**-Red Ribbon Week  
**10/30**-BOE Meeting @ SMS @ 7 p.m.  
**11/6**-End of Marking Period 1  
**11/7-11/8**-School Closed NJEA  
Teacher's Convention  
**11/12**-Picture Retakes (see below)  
**11/13**-Report Cards Go Home  
**11/28-11/29**-School Closed  
Thanksgiving Break

## Picture Retakes



School picture retake day has been scheduled for Tuesday, November 12th. Picture retakes will take place in the morning and will conclude before lunch.

## Nurse's Corner



### School Nurse

Any student who will participate in a school sport must have the required NJ state sports physical completed and approved by the school physician prior to trying out for a sport. Additionally, students are not permitted to carry medication in school unless cleared by the nurse per NJ state law. Please bring any Inhaler, Epipen and/or other medication, along with a physician order, to Mrs. Anderson as soon as possible. Lastly, please remember to call the absentee line if your child will be absent from school.

## Stuff The Stocking



Project Self Sufficiency is collecting donations of new, unwrapped gifts for children of all ages to be distributed to low income families in our community through the Season of Hope Toy Shop. The "Stuff the Stocking" competition will take place November 1 through December 13th. The winning district will take possession of the Stuff the Stocking trophy and receive a \$250 contribution to the student activity fund. Schools finishing in second and third place will receive \$150 and \$100 contributions. For more information, go to [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org) or call 973-940-3500.



Red Ribbon Week will be held **October 28th through November 1st**. Listed below are the themes for each day.

**MONDAY:** Don't Vape! Pick a Date: Pick your favorite decade to dress up in!

**TUESDAY:** Band Against Drugs: Wear your favorite band tee shirt.

**WEDNESDAY:** Wear RED on Wednesday in celebration of Red Ribbon Week.

**THURSDAY:** Don't Drink; Wear PINK!

**FRIDAY:** Stand Together Against Drugs: Twins Day!



Early ski club registration is available for all students and families that want to take advantage of our pre-season pass sale. Interested students can pick up ski information packets at their school. All information, forms, and ski contacts are included in the packet. Early discounted passes must be purchased before the end



Sussex County Department of Health and Human Services presents Opioid Epidemic Symposiums. Information is for Sussex County residents concerned about where/how/when to obtain services. Symposiums will be held on the following dates: October 17-Newton High School, October 23-Walkill Valley Regional High School and October 28-Lenape Valley Regional High School. Doors open at 6:30 p.m. and the program will begin at 7:00 p.m. Light refreshments will be served. Attendance is free and no registration is required.

Parents, educators and caregivers are invited to learn about activities and support for special needs infants, children, teens and adults at their Special Needs Resource Fair on Saturday, November 2nd from 8:45 a.m. until 2:00 p.m. This free event will offer workshops, vendors, and guest speakers. Lunch and childcare will be provided. Registration is required if childcare will be used. Registration is available at [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org) or call 973-940-3500.

## STEAM



Mrs. Weiss-Connors has asked for donations of 1 and 2 liter empty soda bottles for use in her STEAM courses. Any donations can be dropped off in her classroom.



Please consider joining our District Parent Teacher Organization. It is an extremely active organization that has had a profoundly positive impact on our district. <http://swpto.digitalpto.com/>



The NJ Department of Health has indicated that, "Until the CDC/FDA determines the cause of 380 confirmed and probable cases of lung illness associated with the use of e-cigarettes in 36 states and the U.S. Virgin Islands, the CDC is recommending that people not use e-cigarettes." "E-cigarettes are electronic devices that produce an aerosol by heating a liquid that usually contains nicotine (the addictive drug in regular cigarettes, cigars, and other tobacco products), flavorings, and other chemicals to help make the aerosol. Users inhaled this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air. E-cigarettes come in many shapes and sizes. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "vape pens," "vapes," "tank systems," and "electronic nicotine systems." Using an e-cigarette is sometimes called "vaping" or "JUULING."

of the day on October 31.

Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Many e-cigarettes and vaping materials contain harmful or potentially harmful substances, and it is difficult to know what each individual product contains. E-cigarettes can potentially also be used to deliver other drugs. "Women who are pregnant, youth, young adults, or adults who are not currently using tobacco products should not start vaping or using e-cigarettes."

At this time, the New Jersey Department of Health is investigating multiple reports from healthcare facilities of severe lung illness in people who report vaping. Cases in New Jersey have been primarily reported among persons between the ages of 16 to 45 with no significant past medical history. The Department has sent a statewide health alert to health care providers and local health departments following recent reports of severe lung disease in people who have used vaping products. No single product has been implicated. Patients have reported high variability in substances/products they used in vaping, including both tobacco and tetrahydrocannabinol (THC) containing products as well as other products. More information can be found at: <https://www.nj.gov/health/fhs/tobacco/vaping/>

## Forms, Forms, Forms...



On Thursday, September 5th, students were given three forms to take home. Please complete the pink health form, the green student information form and the white free and reduced lunch form (if it applies) and return these forms to the SMS main office. These forms were due



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).



Super fundraiser planned at **Wantage School** for Saturday, October 26<sup>th</sup> from 9:00-2:00 pm!

Drive 4 UR School is sponsored by Neilson Ford, Ford Motor Company and Wantage School. Stop by with your valid driver's license and insurance card and simply drive a new Ford up the road and back and \$20 will be donated to WES. No strings, gimmicks or purchase needed. While at the Drive 4 UR School event, visit the Optical Center for new glasses, pumpkin painting for the kids, family photo booth and much, much more! This fundraiser benefits the Wantage School Student Activity Fund and is held rain or shine.

**Pre-register here:**

<https://d4ur.com/#/pre/BWJP6>

**Flyer here:**

<https://www.swregional.org/cms/lib/NJ02210815/Centricity/Domain/8/SW%20Drive%204%20u%20Flyer.pdf>



The Parent Portal is a tool in our Realtime Student Management system that allows parents to have access to their child's grades. Please take a moment to visit our website at [www.swregional.org](http://www.swregional.org) and log on to the Parent Portal. There you can review all required documents, answer questions included in the portal and verify that your contact information is up to date.



Halloween! It's a seasonal time that is fun for all ages. Candy, costumes and parties are all part of the fun, but remember to stay safe and healthy through the season. Most of Sussex County is rural and many communities lack safe walking routes for trick or treating. Below are tips from the Center for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) to help you and your family prepare for the upcoming holiday.

- Avoid trick or treating alone. Walk in groups or with a trusted adult.
- Hold a flashlight while trick or treating to help you see and others see you.
- Look both ways before crossing the street. Use established crosswalks whenever possible.
- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

Friday, September 20th.

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are trick or treating alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Do not enter homes and do not accept rides from strangers.
- Never walk too close to lit candles or luminaries. Be sure to wear flame resistant costumes.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Eat only factory wrapped treats. Avoid eating homemade treats unless they are from someone you know.

You can also make healthier choices during this year's festivities by following these few suggestions:

- Use trick or treating time as part of your child's daily 60 minutes of physical activity.
- A good meal prior to parties and trick or treating will discourage youngsters from filling up on Halloween treats.
- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
- Try to ration treats for the days following Halloween.
- Provide healthy snacks instead of candy for party guests.

For additional information, please see the Centers for Disease Control (CDC) flyer here:

<https://www.cdc.gov/family/halloween/index.htm>

\*Adapted from the Sussex County website found here:

<https://www.sussex.nj.us/cn/webpage.cfm?tpid=12242>

