

The Sussex Star

October 4, 2019

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

Principal's Message



Next week is the "Week of Respect." Each day has a particular theme and we encourage all students to participate!

Dates To Remember

10/7-10/11-Week of Respect
10/14-School Closed-Columbus Day
10/21-10/25-School Violence Awareness Week
10/28-11/1-Red Ribbon Week
11/6-End of Marking Period 1



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 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. Please complete the information in the Parent Portal by Friday, September 20th.

Week of Respect



October 7th- "STOMP OUT BULLYING"
Wear blue

October 8th - "Everyone Counts"
Wear clothing with numbers on it

October 9th - "School is a Safe Place to Be" **Dare to be different- wear mismatched clothing**

October 10th-"United We Stand for Respect" **Wear Red, White, and Blue**

October 11th- "Hero Day" **Wear clothing that represents a hero**

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.



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.

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 Friday, September 20th.

Community Events



Fall Family Fun Nights

A Free & Fun Program for any family in Sussex County sponsored by the Center for Prevention. Fall Sessions begin October 1, 2019 in Vernon at the Glen Meadow Middle School from 5:30-7:30 pm. Fun group activities for parents, children (5-11 years old) & teens (12-17 years old). Activities include constructing, building, and interactive play with balloons, marshmallows, bubbles, clay, eggs, and much more. Space will be limited. Contact Natalie at 973-383-4787.

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-Wallkill 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.

Nurse's Corner



School Nurse

Any student who will participate in a school sport must have the required NJ state sports physical completed. 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.



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." 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/fns/tobacco/vaping/>

PTO



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/>