



Sussex-Wantage Schools District Newsletter

October 30, 2020

Calendar

COHORT SCHEDULE

Mondays/Thursdays; Cohort A

Tuesdays/Fridays; Cohort B

Wednesdays; Remote Learning

October

10/31; Happy Halloween

November

11/1; Daylight Saving Time Ends

11/3; REMOTE LEARNING DAY

11/3; Election Day

11/4; CHANGE-Cohort B

11/5; **SCHOOL CLOSED** NJEA Teachers Conv

11/6; **SCHOOL CLOSED** NJEA Teachers Conv

11/11; 1st MP ends

11/11; Veteran's Day

11/18; 7pm SWBOE Mtg @ SMS

11/20; **EARLY DISMISSAL**-Parent Teacher Conf. Afternoon

11/23; **EARLY DISMISSAL**-Parent Teacher Conf. Afternoon

11/24; **EARLY DISMISSAL**-Parent Teacher Conf. Evening

11/25; **EARLY DISMISSAL**

11/26-11/27-**SCHOOL CLOSED** Happy Thanksgiving!



Governor Murphy mandated an in person school closure for Election Day Tuesday November 3rd, so we have shifted to **all remote learning for Tuesday.**

School is now **open on Wednesday for in person instruction to Cohort B.**

Monday, Cohort A in person
Tuesday, All Remote Instruction
Wednesday, Cohort B in person

Thursday, School Closed - NJEA Teachers Convention

Friday, School Closed- NJEA Teachers Convention

Don't forget to check out our website

www.swregional.org



Congratulations!

**Congratulations to the
SMS students of the month
for October:**

**6th Grade- Justin Palmenberg
7th Grade- McKenzie Grieco
8th Grade- Madison Mahouchick**

**These students will be recognized at
the Board of Education meeting
on October 28th at 7:00 p.m.
at Sussex Middle School.**

Meal pickup available

Great news! 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.

For Cohort A/B, all students will get meals in school.

Grab and go breakfast and lunches for Full Remote students and for A/B Cohort students while on virtual days can be picked up at Sussex Middle School.

Please pre-order your desired number of meals by clicking on the link below and completing the questionnaire by 9:00 am the **Wednesday prior to the pickup week.**

Pickup is: Tuesday from 4:00 - 7:00 pm
or Wednesday from 3:00 - 6:00 pm .

[Click here for more information and the appropriate order form](#)

Care Program Registration Open

[Click here for the Application](#)

Welcome to the Care Program 2020-2021

The Sussex-Wantage Care Programs were designed to offer a safe, caring environment for your child/children. We are aware that parents need to work during this pandemic, but we must ask that all parents are willing to follow guidelines to keep children safe at all times.

At this time, the Board has opted for two half-day in school days during the initial phase of reopening. Those are the two days per week your child may attend Care programs. Morning Care will open at 7:00 AM and After Care will open at 1:30 PM until 6:00 PM for working parents. Please be aware there is a change in billing as you will be charged for two days per week. When the school enters a new phase of reopening, our billing will also change. Thank you in advance for your patience and understanding.

Due to Covid 19 Pandemic, major changes have been made to the program.

Upon entry each morning, and leaving each afternoon students will have temperature checked

- *All students are required to wear face masks at all times except when eating or drinking*
- *Children must have personal pencil, crayons and other items in container for personal use. No sharing items*
- *Children will be placed in classrooms in groups of 10-12 with social distancing practiced.*
- *Children are encouraged to wash hands often and use hand sanitizer where appropriate.*
- *Limited interaction with toys and equipment will be encouraged.*

Sussex Wantage Guidelines: Stay home or will be sent home if you have:

2 of the Following:	OR	1 of the Following:	OR	You have:
Headache		Fever		Been within 6 feet
Body Aches		Loss of Taste or Smell		of someone who has
Rigors (shivers)	Chills	Shortness of Breath		been diagnosed with
Sore Throat	Fatigue	Difficulty Breathing		COVID-19 for more
Runny Nose	Congestion	New Cough		than 10 minutes
Vomiting	Nausea			
	Diarrhea			

When can I return to school?

Documented alternative diagnosis: Must be provided by your healthcare provider (HCP) and remain fever free for 72 hours without fever reducing medication and symptoms have improved. No vomiting or diarrhea for 72 hours.

Positive Covid Test: You may return after a 14 day isolation period and 72 hours fever free without fever reducing medication and symptoms have improved.

Negative Covid Test: You must provide school with documentation and may return to school after 72 hours fever free without fever reducing medication and symptoms have improved.

No Covid Test: You may return after 14 days and 72 hours fever free without fever reducing medication and symptoms have improved.

* If you are deemed a "close contact" this means you have been exposed to someone who has tested positive for COVID-19. You will need to stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times.*

[Click here for full size](#)

PTO News

SWPTO membership fees are being waived for the 2020 - 2021 school year, so all Sussex-Wantage families, teachers, and staff can be members of the PTO at no cost! You must register, sign up here:

<https://zfrmz.com/QqSUa6kK3tVlqvqwn3>



COMMUNITY INFORMATION



RUTGERS
School of Nursing

'We Can!'

Enhance Children's Activity & Nutrition

Sussex-Wantage Regional School District Offers National Institutes of Health Program to Families in Sussex County to Address Growing Epidemic

WHAT: Sussex-Wantage Regional School District is launching Ways to Enhance Children's Activity & Nutrition! (**We Can!**), an education program from the National Institutes of Health (NIH) to prevent obesity among youth. The **We Can!** Program will counsel parents and caregivers of children in Sussex County with educational materials and virtual sessions to encourage healthy eating and increase physical activity. Participation in this program is voluntary and there is no cost to attend. This is a national public education program from the National Institutes of Health (NIH) to help prevent overweight and obesity among youth. For more information and resources please visit the project's website at <http://www.sussexcountywecanprogram.com/>.

WHO: Parents and caregivers of children in Sussex County

- Kourtne Fedele, RN, BSN, CPN - Rutgers University Doctor of Nursing Practice Student (Presenter)
- Ms. Harriet Anderson, School Nurse at the Clifton E. Lawrence School
- Ms. Deborah Fisher, Sussex County Child Health Crisis work group, North Jersey Health Collaborative
- Jennifer Salt, RD, CHES, Director of SNAP-Ed at Zufall Health Center

WHEN: There will be four 60-minute educational sessions as follows:

Session 1: October 5th from 10am-11am "Portion Distortion"

Session 2: October 12th from 10am-11am "Energy In"

Session 3: October 19th from 10am-11am "Energy Out"

Session 4: October 26th from 10am-11am "Quick and Healthy Family Meal Ideas"

- Live cooking demonstration by Jennifer Salt, RD, CHES

WHERE: Virtual sessions will take place live via Google Meets.

Please RSVP for these sessions via the project's website <http://www.sussexcountywecanprogram.com/>

BACKGROUND: Kourtne Fedele, RN, BSN, CPN - Rutgers University Doctor of Nursing Practice student will lead these sessions as part of her Doctoral Project under the guidance of Dr. Margaret Quinn, DNP, CPNP, CNE, Specialty Director – Pediatric Nurse Practitioner Program.

INCENTIVES: Every session will allow for three winners – one winner will claim a nutrition gift bag, one winner will claim a physical activity gift bag and a third winner will receive a basket of fresh produce from Local Share.

Both attendance and survey responses are required to be submitted for the raffle. Participants will be asked to complete the *WeCan!* Parent Program Evaluation form via SurveyMonkey® prior to the start of the first educational session and again at the completion of the program. It will take 10 minutes to complete each questionnaire. The total time required, in addition to the educational sessions, will be 20 minutes.

Participants who **attend all sessions and complete both surveys** will be entered to win 1 of 3 grand prizes.

The three grand prizes will be a new set of pots and pans and two \$50 ShopRite gift cards.

For questions regarding this program please contact Kourtne Fedele, RN, BSN, CPN or Margaret Quinn, DNP, CPNP, CNE:
E-mail: kmf220@sn.rutgers.edu (Kourtne Fedele) or maquinn2@sn.rutgers.edu (Margaret Quinn)

Trunk or TREAT!



We will be having a Truck or Treat in the lot of The Church of the Good Shepherd on October 31, 2020

- Open to kids and teens
- Masks required with social distancing
- Only wrapped candy
- Set up for volunteers 1-2 pm
- Activity 2-5 pm
- Clean up 5-6 pm



There will be prizes for trunk decoration and costumes

Again, this will be in the parking lot of The Church of the Good Shepherd - 200 N.J-23, Wantage, NJ 07461

Please call 973-756-7500 or email JEZerres1116@gmail.com if you are willing to donate candy, prepackaged snacks or bottled water or to let us know you will be there as one of the "Trunkers"

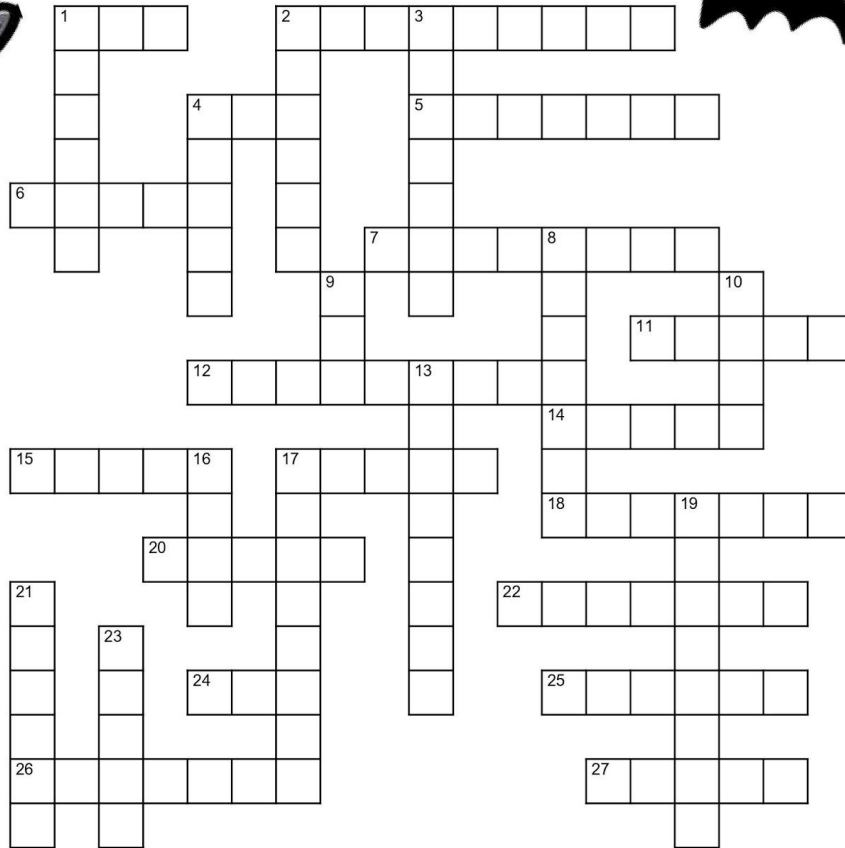
Any questions, please feel free to call 973-756-7500



Name: _____ Date: _____



Halloween



Across

- 1. He swallowed the canary.
- 2. Playground for ghosts.
- 4. What a spider spins.
- 5. Frankenstein has one.
- 6. When ghosts come out to play.
- 7. Scare.
- 11. What the pot might call the kettle.
- 12. October 31st.
- 14. _____ or treat.
- 15. Witch transportation.
- 17. Frightening.
- 18. The Count.
- 20. A skeleton is just a bunch of these.
- 22. Disguise.
- 24. Lives in the belfry.
- 25. Incey wincey is one of these.
- 26. Main ingredient in a popular pie.
- 27. _____ stories.

Down

- 1. Where a vampire sleeps.
- 2. Evil or mischievous creature.
- 3. He hates garlic.
- 4. Samantha for example.
- 8. _____ house.

- 9. Whoo? Whoo?
- 10. Mr. O'Lantern.
- 13. Comes out on full moon nights.
- 16. Might be full, half, or new.
- 17. A boney sort of fellow.
- 19. Fire burn, and _____ bubble.
- 21. When something makes our skin crawl, it's this.
- 23. Found in Egypt.



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Across: 1. coffin 2. graveyard 4. web 5. monster 6. night 7. frighten 11. black 12. halloween 14. trick 15. room 17. scary 18. dracula 20. bones 22. costume 24. bat 25. spider 26. pumpkin 27. ghost
Down: 1. cat 2. goblin 3. vampire 4. witch 8. haunted 9. owl 10. jack 13. werewolf 16. moon 17. skeleton 19. cauldron 21. creepy 23. mummy

Email Jen Armstrong at jarmstrong@swregional.org with newsletter submissions

Don't forget to check out our website!
www.swregional.org