



# Sussex-Wantage Schools District Newsletter

October 16, 2020

## Calendar

### **COHORT SCHEDULE**

Mondays/Thursdays; Cohort A  
Tuesdays/Fridays; Cohort B  
Wednesdays; Remote Learning

### October

10/19; 6:45pm SEPAG Virtual Mtg  
10/28; 7pm SWBOE Mtg @ SMS

### November

11/1; Daylight Saving Time Ends  
**11/3; REMOTE LEARNING DAY**  
11/3; Election Day  
11/5; **SCHOOL CLOSED** NJEA Teachers  
Conv  
11/6; **SCHOOL CLOSED** NJEA Teachers  
Conv  
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!

Don't forget to check  
out our website

[www.swregional.org](http://www.swregional.org)

Students will resume  
Cohort A/B  
full day schedule on  
Monday October 19th.

Join us October 19 @ 6:45-8:00 pm  
for a  
Virtual Special Education Parent Advisory Group  
(SPAG) Meeting

Meeting ID  
[meet.google.com/qua-gbtu-rjv](https://meet.google.com/qua-gbtu-rjv)

Phone Numbers  
(US)+1 915-245-0411  
PIN: 301 688 274#



There will be a presentation on  
*Parent Rights in Special Education*

Please RSVP if you will be attending this meeting to:  
[jinterdonato@swregional.org](mailto:jinterdonato@swregional.org)

# 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](#)

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## 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:

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

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

Session 1: October 5<sup>th</sup> from 10am-11am "Portion Distortion"

Session 2: October 12<sup>th</sup> from 10am-11am "Energy In"

Session 3: October 19<sup>th</sup> from 10am-11am "Energy Out"

Session 4: October 26<sup>th</sup> 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](mailto:kmf220@sn.rutgers.edu) (Kourtne Fedele) or [maquinn2@sn.rutgers.edu](mailto:maquinn2@sn.rutgers.edu) (Margaret Quinn)

# COVID-19 School-Age Tuition Assistance for Working Families

Families can now apply for child care tuition assistance to help with the care for children who have remote learning schedules due to the COVID-19 public health emergency through the NJ Department of Human Services.

Eligibility requirements, how to apply, and more information about the program can be found at: [www.ChildCareNJ.gov](http://www.ChildCareNJ.gov) or by clicking [here](#).

This is state-sponsored program. All applications and questions about the program should be submitted to the NJ Department of Human Services by visiting [www.ChildCareNJ.gov](http://www.ChildCareNJ.gov)



Frankford Plains UMC Presents...  
A Safe Outdoor Fun & Free



## Halloween Trunk or Treat

with Costume Parade, Selfie "Photo Booth" and more!

**Sunday, October 25th 3:00-4:30 PM**

We will be following COVID-19 Safety Guidelines

**\*Please wear your mask at all times and keep a safe distance  
from all other participants outside your family group\***

Frankford Plains UMC 99 Plains Road, Augusta, NJ 07822

**All are welcome! Dress in costume!**

**Decorate your trunk in a theme of your choice—not too scary, please!**

**Be sure to bring candy to share ensuring COVID-19 Safety**

Prizes for costumes and best trunk will be awarded!

RSVP Oct. 16<sup>th</sup> by calling 973-702-0334 or email [burses@ptd.net](mailto:burses@ptd.net) or [hvbeck@hotmail.com](mailto:hvbeck@hotmail.com)

# Trunk or TREAT!



We will be having a Trunk 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

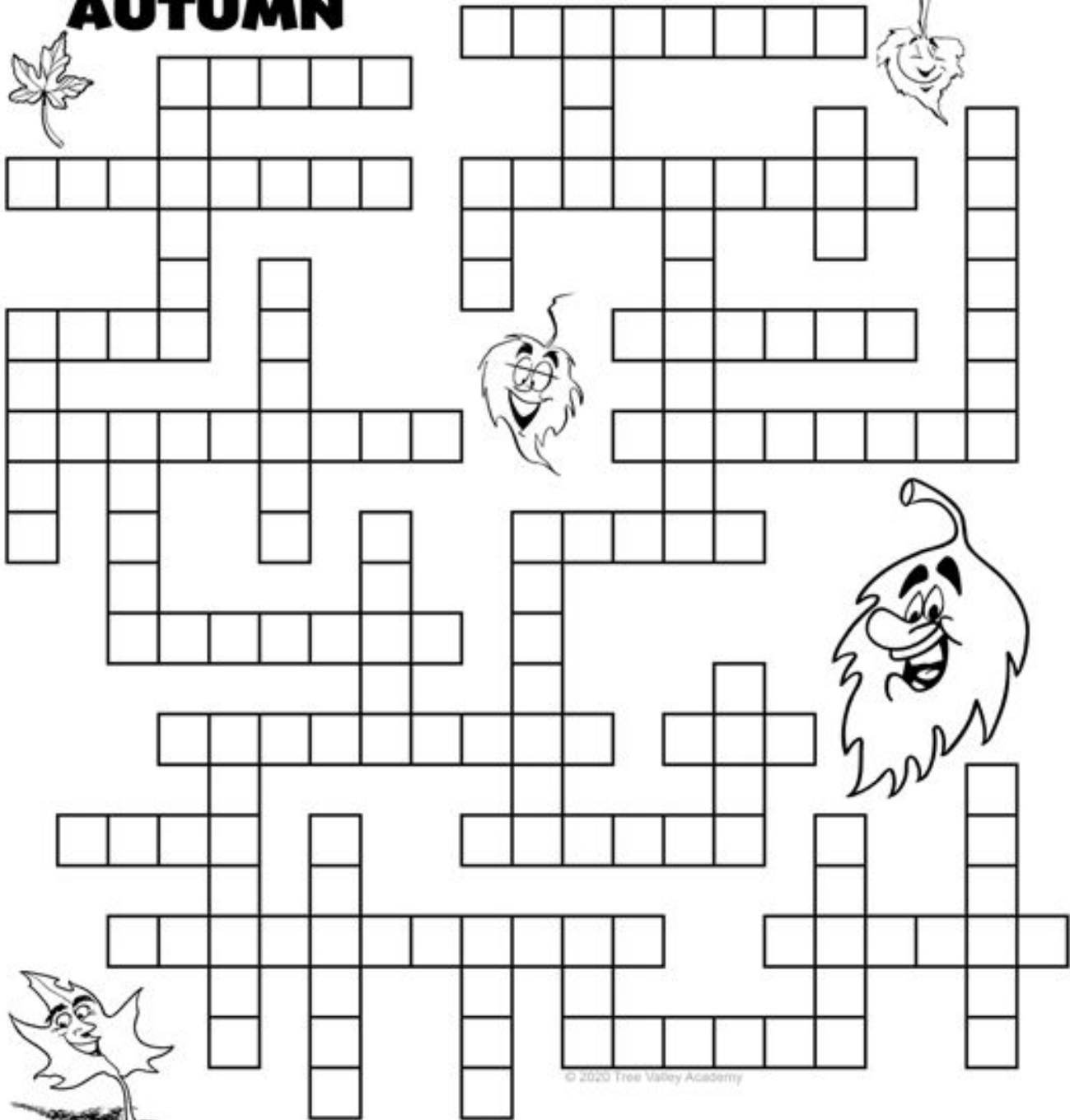
Again, this will be in the parking lot of The Church of the Good Shepherd - 200 N.J-23, Wantage, NJ 07461

Please call 973-756-7500 or email [JEZerres1116@gmail.com](mailto: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



# AUTUMN



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**3 letters**

hay  
owl  
pie  
red

**4 letters**

cool  
corn  
maze  
pear  
rake

**5 letters**

cider  
crisp  
quilt  
socks  
spice  
trees

**6 letters**

apples  
autumn  
colors  
leaves  
orange  
school  
season  
yellow

**7 letters**

falling  
harvest  
pumpkin  
sweater

**11 letters**

wheelbarrow

**8 letters**

chipmunk  
mushroom  
orchards  
rustling

**9 letters**

chestnuts  
deciduous  
pinecones

Email Jen Armstrong at [jarmstrong@swregional.org](mailto:jarmstrong@swregional.org) with newsletter submissions

Don't forget to check out our website!  
[www.swregional.org](http://www.swregional.org)