

Sussex-Wantage Regional Schools Newsletter

MAY 31, 2019

Upcoming Events

6/3-6/4; WES Book Fair

6/6; 9:00 am SEPAG Mtg @ BOE Office

6/11; 7:00 pm PTO Mtg/Parent Academy @ CEL

6/14; 7:00 pm SMS 8th grade Dance, Beemerville Firehouse

6/18; EARLY DISMISSAL

6/19; EARLY DISMISSAL

6/20; LAST DAY OF SCHOOL, EARLY DISMISSAL

6/20; 7:00 pm 8th grade Commencement Ceremony High Point Regional High School

Scholastic Book Fair

The Sussex-Wantage PTO Scholastic book fair is June 3rd and 4th from 7:30 am until 9:00 pm at the Wantage school.



There will be bagels, donuts and muffins with coffee and juice for the early shoppers.

The last day of school will be Thursday June 20th.



June 18th, 19th and 20th will be early dismissal days.

Sussex-Wantage Summer Enrichment Programs



Acting Workshop with Ms. Leslie Brooks

Band Lessons with Mrs. Kelly Felsen

Model Rocketry with Mr. Dave Pasake

Voice Lessons with Ms. Justine Doherty

Summer Art Camp with Mrs. Regina Hagemann

[Click here for more information and registration](#)

Summer Care registration is now open!

The Summer Care program is a fun, safe day care for your child from grade K-8.

The program starts June 24th at Wantage School and ends August 16th. It opens 7:00 a.m. daily and closes at 6:00 p.m..
Breakfast and hot lunches are available.

Swimming at High Point Park and kiddie pools for younger children.
Bowling for grades 2-8 is also available.

Rates are very reasonable. So, consider registering your child today.

Applications are available

[at www.swregional.org](http://www.swregional.org) under the district tab.



Congratulations!

Congratulations to
the SMS students of the month:

6th Grade- Loghan Scerbo
7th Grade- Nicole Palmenberg
8th Grade- Kyle Burke

These students were recognized at
the Board of Education meeting on May 8th at
7:00 pm. at Sussex Middle School.

Congratulations

Joel Morales

2018 - 2019

Superintendent's Roundtable recipient.

Class of
2019

Sussex Middle School
8th Grade Promotion Ceremony
June 20, 2019 @ 7:00 pm
High Point Regional High School

(information regarding tickets will be coming out
shortly)



Smart Phone and Tablet Screen Recommendations



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
New Jersey Chapter **CORPORATE MEMBER**

Did you know? The American Academy of Pediatrics updated their "screen use" recommendations and recommends the following:

Under 2 years	No screen time with the exception of Skype or Face Time to communicate and connect with distant relatives
Preschool Age	Limit media to no more than one hour per day. Unstructured, interactive play with others is the best way for children to develop higher level thinking skills.
Older Children and Teens	Consider setting up a "Media Use Plan" (www.healthychildren.org/mediauseplan). Never let children play or watch programs on iPhone - the screen is too small for their eyes.



Keep in mind the following findings:

- Avoid screens 1 hour before bed. The blue light emitted from screens can decrease the body's sleep hormone, melatonin. Consider installing free software called "f.lux" which will decrease blue light emitted from your screens at night.
- Excess screen time can lead to obesity in all ages, as well as cognitive, social, and language delays in young children.
- As a parent, limit your own use! Excessive media use by parents can decrease communication and interaction with children, and may affect the parent child relationship.
- Have "tech free" times like mealtime and bedtime. Have children charge devices in a place other than their bedroom.
- Do not use screens to calm your child! Young children can become dependent on screens for entertainment and calming, and will not learn to self-calm.
- Take "eye" breaks. Optometrists recommend looking away from the computer every 20 minutes for 20 seconds at an object 20 feet away.
- Play and interact with your child! Let them learn through play, and develop relationships through interactions.

Composed by Anna Nierenberg, OTR

Resource: Radesky, J. and Christakis, D. (2016). Media and Young Minds, Council on Communications and Media. From the American Academy of Pediatrics Policy Statement. Available at: pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591

For **questions** about therapies or any other services, contact a Referral Development Representative at 732-258-7248 or acavallo@childrens-specialized.org

For **referrals** to therapies and all things Children's Specialized Hospital, call 1-888-CHILDREN (244-5373) to schedule an appointment!



Congratulations to our Winners for May

CEL~ Mrs. Wagner
WES~ Mrs. Leanzo
SMS~ Mrs. Birnbaum



Where does your class rank...

Lawrence School

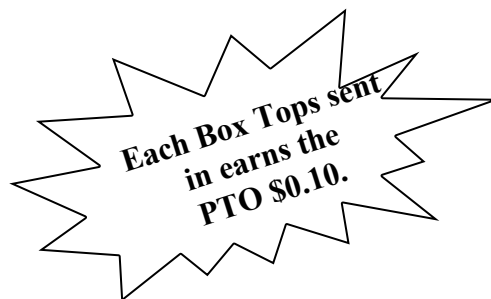
Wagner 1584
Young 1375
Benson 1446
Penhaker 1371
King 1339
Wendling 920
Maas 894
Roy 842
Cupo 807
Gerwald/ 781
Vanden Huevel
Harper 764
Brijbag 696
Lawrence 515
Preston 497
Bessemer 434
Schneider 421
Whitcroft 408
Cordts 354
Gunther 225
deWaal 9

Wantage School

Green 1106
Card 1055
Longo 918
Bakker 903
Terwilliger 589
Schnetzer 585
Obrotka 564
Camarro 564
Speck 525
Caton 505
Leanzo 481
Pasake 476
Cosentino 472
Veltri 387
Williams 362
Orinski 340
Lombardi 314
McCarthy 298

Sussex Middle School

Watson 210
Lowin 197
Aroune 180
Birnbaum 168
Anderson 163
Hudson 146
Bewaidi 139
Teufert 138
Apolito 135
Marchese 101
Weiss-Connors 77
Freda 74
Blackson 44
Ratyniak 36
Ison 35
Madison 33
Torlucci 22
DeFalco 14
Sutton 12
Gigantino 2
Wood 1



Community Info

The 24th Annual

High Point Hoops Camp

Boys & Girls Camp
June 25-28

9:00 am - 12:00 pm

Entering grades 5 - 9 for Fall 2019

[Click here for Boys & Girls Camp registration/information](#)

Juniors Camp

July 1 - 3
9:00 am - 11:30 am

Entering grades 1 - 4 for Fall 2019

[Click here for Junior Camp registration forms/information](#)



Community Info

Calling all kids ages 3-14 to Vacation Bible School
at the Frankford Plains United Methodist Church
99 Plains Road, Augusta, NJ on
August 12 thru 16 from 9am to Noon.

This year's theme? GAME ON! WE WILL HAVE RECREATIONAL ACTIVITIES, ARTS, CRAFTS, BIBLE STORIES, MUSIC AND FOOD AND BEST OF ALL IT IS FREE!

Visit our website <http://www.frankfordplainsumc.org> or call 973-702-0334.

Vacation Bible School at Sussex UMC

Sussex United Methodist Church of 15 Bank Street, Sussex, will host a free Vacation Bible School to be held from 9:30 am - 12 pm, on Monday, August 12th - Friday, August 16th, for children entering grades Kindergarten through 6th. Our theme is "To Mars and Beyond." Enjoy our time together with God through crafts, stories, music, games, experiments and snacks! Register in person.

Please call (973) 875-5852 or e-mail susumc@embarqmail.com for more information.

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



Donuts by the Dozen

Don't forget to celebrate National Doughnut Day, June 7th, with a little sweet something.

- APPLE
- BERLINER
- BLUEBERRY
- BOX
- CHOCOLATE
- CIDER
- CINNAMON
- COCONUT
- COFFEE
- CREAM
- CRULLER
- DONUT
- DOUGHNUT
- DOZEN
- ÉCLAIR
- FRIED
- FRITTER

S	R	M	B	P	C	D	M	E	N	X	Q	O	L	J	T	R	H	V	D	X
G	U	Q	U	L	J	D	T	M	Z	C	M	O	B	W	L	E	Z	U	Y	O
F	G	G	Z	J	C	I	V	H	A	Y	C	Z	E	V	W	T	T	M	D	B
R	C	J	A	S	T	I	C	K	Y	E	K	L	R	M	Z	T	C	W	G	E
O	W	Z	Q	R	P	Q	E	A	A	A	R	T	L	U	K	I	L	O	K	Z
S	I	X	X	S	S	S	I	A	P	N	E	C	I	D	E	R	C	Y	L	E
T	S	B	U	V	E	R	L	T	O	M	V	C	N	I	G	F	E	Q	C	W
I	E	G	X	H	E	L	D	O	Z	E	N	U	E	U	P	L	N	L	C	W
N	L	L	G	L	K	D	K	B	T	P	U	B	R	E	E	L	A	D	F	R
G	O	D	L	F	E	E	T	N	O	M	A	N	N	I	C	I	O	Z	D	H
O	H	U	Z	Y	W	A	O	P	I	U	U	O	C	O	R	U	Z	D	E	V
S	R	H	L	R	Z	C	S	O	R	D	O	F	J	G	Y	D	R	N	D	
C	Q	H	V	R	T	F	Y	S	E	T	P	F	T	H	F	U	O	M	O	X
M	W	S	W	E	E	T	G	E	W	J	E	S	N	E	T	S	N	C	I	V
T	D	H	S	B	K	J	J	I	L	E	D	U	B	Y	U	V	U	F	H	M
W	K	D	Q	E	B	E	S	S	H	P	T	A	Q	E	N	M	T	L	S	A
W	Z	E	C	U	L	T	U	V	H	J	P	D	U	X	O	O	Z	V	A	P
E	A	I	Y	L	X	W	U	C	R	E	T	A	L	O	C	O	H	C	F	L
R	H	R	Y	B	W	V	F	Y	S	W	L	X	C	Q	O	E	O	G	D	E
Z	G	F	Z	E	F	N	G	F	Q	W	X	E	H	Y	C	U	L	Y	L	H
D	F	R	Y	K	T	J	V	L	Q	D	T	P	G	R	I	Q	E	U	O	B

- FROSTING
- GLAZED
- HOLE
- HOLES
- JELLY
- MAPLE

- OLD FASHIONED
- SPRINKLES
- STICKY
- SUGAR
- SWEET
- TWIST