



# Sussex-Wantage Regional Schools Newsletter

MAY 10, 2019

## Upcoming Events

5/13; 1:45 pm 5th  
Grade Spring Concert

5/14; 9:15 am 5th  
Grade Spring Concert

5/14; 7:00 pm 5th  
Grade Spring Concert  
@ SMS

5/16; 7:00 pm Grade 3  
Parent Orientation @  
WES

5/18; 9:00 am Kinder-  
garten Orientation @  
CEL

5/20; 1:45 pm 4th  
Grade Spring Concert

5/21; 9:15 am 4th  
Grade Spring Concert

5/21; 7:00 pm 4th  
Grade Spring Concert  
@ SMS

5/22; CEL Barbecue

5/23; WES Barbecue

5/23; 7: 00 pm SMS  
Spring Concert

5/27; SCHOOL  
CLOSED Memorial  
Day

# Congratulations!

Congratulations to  
the SMS students of the month:

6th Grade- Logan 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.



# *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**

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

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## **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

[on the district website under the district tab.](#)



C.E. Lawrence School

**Kindergarten Orientation**

May 18th

9:00 a.m.

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Wantage School

**3rd Grade Parent Orientation**

May 16th

7:00 p.m.

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*Congratulations*

**Joel Morales**

**2018 - 2019**

**Superintendent's Roundtable recipient.**

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*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" ( <a href="http://www.healthychildren.org/mediauseplan">www.healthychildren.org/mediauseplan</a> ). 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](http://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](mailto: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 April

CEL~ Mrs. Young  
WES~ Mrs. Speck  
SMS~ Mrs. Lowin



Where does your class rank...

<u>Lawrence School</u>		<u>Wantage School</u>		<u>Sussex Middle School</u>	
Benson	1313	Green	1014	Watson	209
Young	1242	Card	996	Lowin	197
Wagner	1227	Longo	918	Aroune	179
Penhaker	1220	Bakker	869	Hudson	146
King	1048	Obrotka	564	Anderson	145
Maas	807	Speck	525	Birnbaum	137
Wendling	792	Camarro	522	Apolito	135
Harper	706	Caton	495	Teufert	123
Cupo	694	Terwilliger	480	Bewaidi	123
Gerwald/	689	Pasake	476	Marchese	92
Vanden Huevel		Schnetzer	474	Weiss-Connors	77
Roy	677	Cosentino	450	Freda	74
Brijbag	591	Veltri	387	Blackson	44
Preston	471	Williams	362	Ratyniak	36
Lawrence	405	Lombardi	314	Ison	35
Whitcroft	388	Orinski	293	Madison	33
Bessemer	346	Leanzo	291	Torulucci	22
Schneider	346	McCarthy	284	DeFalco	7
Cordts	281			Gigantino	2
Gunther	152			Wood	1
Flynn	9				



# 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

## WANTAGE TOWNSHIP PAGEANTS

### Miss Wantage, Little Miss Wantage, Little Mr. Wantage

Applications are now being accepted through May 29th for the 2019 Little Miss Wantage, Little Mr. Wantage and Miss Wantage Pageants.

Applications are available to be picked up at the municipal building.

\*Applications postmarked after May 29th, 2019 will not be accepted\*



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

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

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



# Mother's Day

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

BREAKFAST  
FAMILY  
HEART  
MAMA  
MOMMY  
UNIQUE

CARING  
FLOWERS  
KISSES  
MAY  
MOTHER

CHILDREN  
FOREVER  
LOVE  
MOM  
SPECIAL



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