



Sussex-Wantage Regional Schools Newsletter

MAY 3, 2019

Upcoming Events

4/30-5/6; SMS NJSLA
testing

5/6-5/10; WES NJSLA
testing

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

Promotion Ceremony

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)

Class of 2019



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!





(NJSLA) Testing

Sussex Middle School April 30th - May 3rd
Wantage School May 6th - 10th

Congratulations

Joel Morales

2018 - 2019

Superintendent's Roundtable recipient.

Congratulations to our Winners for March

CEL...Mrs. Maas
WES...Mrs. Longo
SMS...Mrs. Marchese



Where does your class rank...

Lawrence School

Benson 1153
Penhaker 1146
Wagner 1038
Young 953
King 934
Maas 760
Wendling 730
Gerwald/ 650
Vanden Huevel
Cupo 643
Harper 616
Brijbag 569
Roy 548
Preston 405
Lawrence 380
Whitcroft 360
Bessemer 306
Schneider 297
Cordts 239
Gunther 125
deWaal 6

Wantage School

Card 902
Bakker 867
Longo 858
Green 813
Obrotka 564
Camarro 517
Pasake 476
Schnetzer 426
Caton 424
Terwilliger 361
Orinski 293
Leanzo 291
Lombardi 284
Williams 278
Cosentino 267
McCarthy 260
Speck 225
Veltri 190

Sussex Middle School

Watson 209
Aroune 176
Hudson 146
Anderson 145
Birnbaum 134
Teufert 123
Bewaidi 111
Apolito 101
Weiss-Connors 77
Freda 74
Ratyniak 36
Ison 35
Madison 33
Blackson 29
Torlucci 21
Lowin 13
DeFalco 3
Gigantino 2
Wood 1

Each Box Tops sent
in earns the
PTO \$0.10.

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



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



Celebrate Spring

Look for following things associated with Spring. They may be spelled forward, backward, downward, upward, or diagonally.

ACROSS

1. Pools of water that accumulate after it rains
3. Plants that usually have petals
6. Type of raincoat
10. Another name for a polliwog
11. To turn from ice into liquid
12. Planted underground and bud above ground
13. Portion of land where flowers, fruit, or vegetables are grown
14. Type of color that is light and soft rather than dark and bright
15. When flower buds open



DOWN

2. Easily recognized yellow flower with trumpet-shaped center
4. Arch of color seen in the sky after rain
5. The color of healthy grass
7. Toy that can be flown in the air
8. Insect with large often brightly colored wings
9. Brown bird with red in front
10. A spring-flowering plant that starts out as a bulb



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Across: 1. puddles 3. flowers 6. slicker 10. tadpole 11. melt 12. bulbs 13. garden 14. pastel 15. bloom
Down: 2. daffodil 4. rainbow 5. green 7. kite 8. butterfly 9. robin 10. tulip

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