



# Sussex-Wantage Regional Schools Newsletter

APRIL 18, 2019

## Upcoming Events

**4/19; SCHOOL  
CLOSED**

**4/22-4/26; SCHOOL  
CLOSED Spring Break**

**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**



## April 19th - 26th



## 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!





**(NJSLA) Testing**

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

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*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.



# ULTIMATE CASH BINGO

PLEASE JOIN THE SUSSEX- WANTAGE PTO FOR AN EXCITING  
FUN FILLED EVENING OF ULTIMATE BINGO.

**FRIDAY, MAY 3<sup>RD</sup> 2019**

HIGH POINT REGIONAL HIGH SCHOOL  
299 PIDGEON HILL ROAD, WANTAGE, NJ

DOORS OPEN AT 6PM \* BINGO BEGINS AT 7PM  
\$35 EARLY BIRD REGISTRATION BY APRIL 15<sup>TH</sup> – \$40 AT DOOR

COST OF TICKETS INCLUDES:  
10 ROUNDS OF BINGO WITH CASH PRIZE OF \$200 EACH GAME  
1 ULTIMATE ROUND WITH A \$750 CASH PRIZE  
1 BINGO DAUBER

**ULTIMATE RAFFLE PRIZES!!!**  
VISIT SUSSEX WANTAGE PTO FACEBOOK PAGE  
FOR UPDATES ON PRIZES!!!  
DOOR PRIZES AND A 50/50 RAFFLE!!

SEND PAYMENT TO:  
SUSSEX-WANTAGE PTO  
C/O ULTIMATE BINGO  
31 RYAN RD., WANTAGE, NJ 07461  
(MAKE CHECK PAYABLE TO SUSSEX- WANTAGE PTO)

**\*\*FOOD AND DRINKS ARE  
AVAILABLE FOR PURCHASE\*\***



GET TICKETS ONLINE:  
<https://zurl.co/ajMw>

FOR QUESTIONS CONTACT:  
SANDY GOBER @908-403-9751  
SANDI FETT @973-670-1344  
JOSH WAGNER @201-234-1211

**\*\* MUST BE 18 OR OLDER TO ATTEND / PLAY \*\***

