

Sussex-Wantage Regional Schools Newsletter

NOVEMBER 21, 2018

Upcoming Events

11/22 and 11/23:
Thanksgiving Recess
School Closed

11/28: 6:30-8:00pm
TREP\$ SMS

11/28: 7:00pm
Board of Education
Meeting @ SMS

11/30: EARLY DIS-
MISSAL; Make-up Par-
ent-Teacher Confs

12/3: 1:45pm 4th
Grade Winter
Concert @ WES

12/4: 9:15am 4th
Grade Winter
Concert @ WES

12/4: 7:00pm 4th
Grade Winter
Concert @ SMS

12/6-12/8; PTO Book
Fair WES

12/7: 7:00pm Wantage
Township Tree Light-
ing—WES

12/8: 8:00am-3:00pm
WES Book Fair/Blood
Drive



Congratulations to the SMS students of the month:

6th Grade- Kayla Aguilar
7th Grade- Aaron Velez
8th Grade- Shawn Booz

These students will be recognized at
the Board of Education meeting on November
28th at 7:00 pm. at Sussex Middle School.

IMPORTANT NOTICE

Friday, November 30th is now an
EARLY DISMISSAL
To hold all missed
Parent-Teacher
Conferences due to our snow day on
November 16th.



November is Diabetes Awareness Month

Below is some information about diabetes.

The Basics: Types of Diabetes

What is diabetes?

Having diabetes means glucose (sugar) levels in your blood are too high. Your body depends on glucose for energy. When you eat, most of the food turns into glucose. Your blood carries the glucose to other parts of your body.

When you have diabetes, your body has trouble turning glucose into energy. Instead of being used by your body, the glucose builds up in your blood and your body is starved of energy. This can damage the body.

Diabetes is a chronic (long-term) condition.

What is type 2 diabetes?

Type 2 diabetes is the most common form of diabetes. You are more likely to get type 2 diabetes if you are overweight and inactive — or if you have prediabetes.

Having prediabetes means your blood glucose levels are higher than normal, but not high enough for you to be diagnosed with type 2 diabetes.

WHAT OTHER TYPES OF DIABETES ARE THERE?

- **Type 1 diabetes** is caused by a problem with the immune system (the system that helps fight infection). Right now, there's no way to prevent type 1 diabetes.
- **Gestational (“jes-TAY-shon-al”) diabetes** is a type of diabetes that some women develop during pregnancy. Gestational diabetes increases the risk of health problems for you and your baby. For example, gestational diabetes can make it more likely that you'll develop type 2 diabetes after pregnancy.

SUSSEX MIDDLE SCHOOL

8TH Grade Washington, D.C. Trip Fundraiser



Single Candle Centerpiece

Handcrafted with fresh boughs of Frazier Fir, Boxwood, and Cedar. They are skillfully decorated with festive ribbon, pinecones, and white statice with a candle in the center.

Our centerpieces are *only \$30.00 and are packed in a box with care instructions.*

Orders are due by FRIDAY, December 7th. Centerpieces may be picked up by the buyer on 12/14 between 2 p.m. and 5 p.m. and on 12/15 between 9 a.m. and 11 a.m.

Please contact Emily Olinger
@ 973-670-7501 or olingek@yahoo.com with questions.



Sussex Middle School will be holding

TREP\$

Wednesday, November 28th,
with a snow date of 11/29.

From 6:30 to 8:00 pm.

We will have approximately 25 vendors this year. Come out and do some Holiday Shopping, or buy a treat for yourself! See what our Entrepreneurs are offering this year.

There will be Pizza and Water available for sale at our MarketPlace.

CASH ONLY PLEASE.



PTO Scholastic Book Fair is coming!



Come and enjoy some early Christmas shopping
and support the PTO at the annual
Book Fair

Wantage School
December 6th - 8th



We will be participating in "Stuff the Stocking", joining other school districts, and we are asking students to donate new, unwrapped gifts to be made available for low income families in our community through the *Season of Hope Toy Shop* at *Project Self-Sufficiency*.

We will be collecting items (baby blankets, infant toys, play-doh, books, blocks, trucks, art supplies, legos, etc.) beginning November 1st through December 10th.

A festively decorated school bus will visit participating schools to collect gifts during the week of December 10th-14th.

In conjunction with *Season of Hope—Project Toys 4 Teens*, developed by Girl Scout Ruby Esposito, will collect gifts (clothing, pj's, hooded sweatshirts, scarves, gloves, jewelry, alarm clocks, personal care items, body lotions, gels, perfume, mani-pedi sets, etc) for teens and preteens.

Boxes will be at each school to drop off your items by Monday December 10th.



PTO FUNraiser at Painted Grape



At this adults-only class, participants will paint a beautiful holiday cardinal scene. The date is Sunday, December 2 at 1:30pm and the cost is \$40. A portion of each ticket will be donated back to the SWPTO.

The class is limited to 25 participants. Sign up at <https://occ.sn/K6GLdWK2>

Operation Holiday Haircut

Saturday, November 24th

12:00pm to 4:00pm

**To Benefit the Sussex Middle School
8th Grade
Washington DC Trip**

Hosted by Main Street Barbers
49 Main Street, Sussex
973-875-0504



✂ **Be sure to mention promo code "DC Cuts"**

✂ Come get your holiday haircut!

✂ All haircuts \$15.00 donation

Services provided on a first come, first served basis.

100% of service cost will be donated!



SUSSEX-WANTAGE PTO FUNDRAISER

Get your holiday shopping done with Thirty-One Products
Shop on-line 11-5-18 through 11-26-18



www.tinyurl.com/y7kru5gz

Click on Shop Now

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SAVE 60% OFF UP TO TWO WITH A PURCHASE OF \$35.00



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FRANKFORD PLAINS UNITED METHODIST CHURCH EVENTS

Live Nativity on Saturday, December 1st at 7:00pm. There will be live animals and refreshments and crafts for the children. Please join us in welcoming in the Christmas season. All are welcome.

FRANKFORD PLAINS UNITED METHODIST CHURCH
99 Plains Road, Augusta, NJ

COME HAVE LUNCH WITH SANTA AND
DECORATE A COOKIE

DECEMBER 1ST FROM 12:00 TO 2:00

COST \$4.00

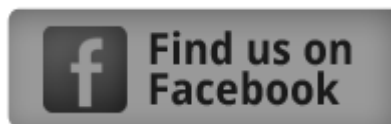
FOR TICKETS CALL JO ANN AT
973-222-1531 OR
THE POST AT 973-875-3551



MAKE A CRAFT OR PLAY A GAME AT A SMALL FEE

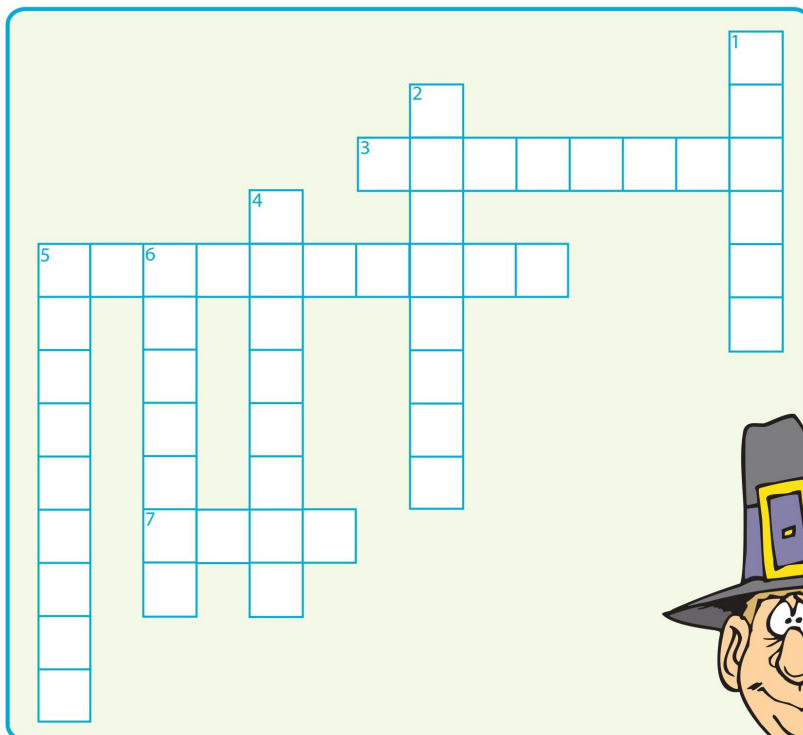
BENEFITS PROGRAMS SPONSORED BY THE
AMERICAN LEGION
AUXILIARY POST 213, 915 ROUTE 23

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



Thanksgiving Trivia Crossword

Test your knowledge of U.S. Thanksgiving trivia and history with this crossword puzzle.



ACROSS

- 3 Thanksgiving takes place on the fourth Thursday in this month
- 5 First president to proclaim Thanksgiving a holiday
- 7 Male turkeys are called

DOWN

- 1 Centerpiece of the Thanksgiving table
- 2 Traditional U.S. Thanksgiving game
- 4 Settlers in the Plymouth Colony are called
- 5 Group of Indians at the Plymouth Colony Thanksgiving
- 6 Interpreter for Pilgrims and Wampanoags

ANSWERS
ACROSS
3 November
5 Washington
7 Toms
DOWN
1 Turkey
2 Football
4 Pilgrims
5 Wampanoag
6 Squanto