

# Sussex-Wantage Regional Schools Newsletter

NOVEMBER 16, 2018

## Upcoming Events

**11/17: SEPAG  
Clothing Drive 9—  
12 @ SMS**

**11/19: EARLY  
DISMISSAL-Parent  
-Teacher Conf.**

**11/20: EARLY  
DISMISSAL-Parent  
-Teacher Conf.**

**11/22 and 11/23:  
Thanksgiving Re-  
cess  
School Closed**

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

**12/03: 1:45pm 4th  
Grade Winter  
Concert @ WES**

**12/04: 9:15am 4th  
Grade Winter  
Concert @ WES**

**12/04: 7:00pm 4th  
Grade Winter  
Concert @ SMS**

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



# 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?***

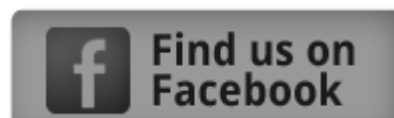
Type 2 diabetes is the most common form of diabetes. You are more likely to get type 2 diabetes if you are overweight and inactive — or if you have prediabetes.

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.

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



# SUSSEX MIDDLE SCHOOL

## 8<sup>TH</sup> 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 static 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 7<sup>th</sup>. 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.



The Special Education Parent Advisory Group (SEPAG) is hosting a

## Clothing Drive

To raise money for the Wantage School playground.

When: **Saturday, November 17th**  
**9:00am—12:00noon**

Where: **Sussex Middle School front**  
**parking lot**

What: **Please bring gently used clothing, linens, shoes, towels, bedding, draperies, jackets and winter wear and stuffed animals.**

*Thank you for your support!*



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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>

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## 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](http://www.tinyurl.com/y7kru5gz)

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independent consultant

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Shaun Grandioso  
shgrandioso712@gmail.com  
973-670-5860



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## FRANKFORD PLAINS UNITED METHODIST CHURCH EVENTS

**Family Thanksgiving Celebration** from 4pm to 6pm on Sunday, **November 18th** at the Frankford Plains United Methodist Church, 99 Plains Road, Augusta, NJ. Join us for a free thanksgiving event for kids. Crafts, games, mission project and homemade ice cream making will be part of the activities.

**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

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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

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