

# Stillwater School Newsletter

September 18, 2020

**Next week will be Week 1 for Specials**

**Cohort A will attend in-person instruction on Friday 9/25**

**Fully Remote Learner Material Pick up for Grades K-3: 9/25,  
12:30-2 in the science room**

## **Important Dates and Reminders:**

**Board of Education Meeting:** 9/28 at 7pm. Check school website for more information.

**School Pictures:** 9/29 and 9/30 (to accommodate the 2 cohorts).

**Fully Remote Learner Material Pick up for Grades 4-6:** 10/2, 12:30-2 in the science room

**Attendance:** If your child will be absent for either in person learning or remote learning, please call the attendance line at **973-383-3227**. It is imperative that you report your child absent prior to the start of the school day if they are unable to participate in remote learning due to illness or other reason. Those students who are not called in absent will be expected to complete their remote learning assignments. A failure to do so will be reflected in their marking period grades.

If your child is absent from their in person cohort, they will be marked absent. If they are able to complete work remotely, the work will be considered as their make up work for the day but the absence will still be marked.

## **News From School Social Worker:**

As the new school year is well underway, I want to remind families that I am here to support students' social, emotional, and academic development whether they are attending school remotely or in-person. In order to be accessible to all students, dedicated virtual office hours have been established daily from 12:30 -1:30 to meet individually with students who may be remote that day. These appointments will be held through google meet. If you feel your child is struggling and may benefit from speaking to me, please contact me via email at [jeanne.smetana@stillwaterschool.net](mailto:jeanne.smetana@stillwaterschool.net) to

establish an appointment. I am also available to support parents/guardians and families with resources and guidance.

A note on Separation Anxiety: In any typical school year, separation anxiety is a very common challenge for students especially during transition years. For most kids new-school year worries fade with time and anxious behaviors are transient. Students who have a history of anxiety may be more prone to being anxious returning to school especially after so many months being home. Being back into routine and establishing structure has seemed to have eased the concerns of many students and parents/guardians alike. Most students just need time to adjust, but if your child is experiencing significant distress let your child's teacher or me know. The earlier we work together to support your child in feeling more comfortable the more successful they will be in managing anxiety.

I look forward to working with Stillwater families and students to ensure that they are well connected and supported.

The link below are some tips for families in supporting their child's learning home.

[Strategies for Supporting Learning at Home](#)

## **Kindergarten News:**

The kindergarten classes are getting settled into the new school year! We have been establishing both classroom routines and virtual routines! The children have spent a lot of time becoming familiar with their Chromebooks. They know how to log in and find their Google classrooms. They also know how to go to useful websites like RAZ-Kids, Starfall and ABCya. The children have been introduced to the Flipgrid platform and were invited to make their very first video this week! They learned about Google Meet rules and etiquette and have practiced joining us each day at 10:40. Our first livestream sessions will start next week! Students will be asked to log in each morning at 9:00 to see a livestream of their teacher for morning meeting and an introduction to Foundations. We enjoyed seeing you at our virtual Back to School Night and wish everyone a wonderful school year!

## **First Grade News:**

First grade is becoming familiar with Google Classroom. We really enjoy seeing our friends at home during our live meets. Right now the students are enjoying our unit on butterflies and are observing the life cycle of the butterfly in our school garden. They are currently in the chrysalis stage. We can't wait to see the butterflies emerge!

## **Second Grade News:**

Second Graders took their first field trip this week, virtually, of course! With the click of a button students were able to travel to: Nashville, Tennessee; Palatine, Illinois and Berwell, Nebraska. They had fun using Google Earth to explore these cities/towns and were able to learn about the three different types of communities: urban, suburban and rural. They will continue to study communities for the next two weeks, focusing on how communities change over time and wrapping up their study by writing letters to the community helpers that help our town!

## Bus Safety:

It is important for all children to follow safe bus stop procedures:

Please ensure that your child(ren)...

- are waiting 5 to 10 feet away from the road
- do not approach the school bus until it has stopped completely and the door is open
- are be well-behaved and alert while waiting

When on the bus...

- wear your mask
- sit in your assigned seat
- keep your hands to yourself
- open your window..remember to put it back up when you leave the bus!
- School Rules = Bus Rules

## Tips for Teaching Mindfulness to Kids:

When you are trying to teach your kids about mindfulness and its benefit, here are a few guidelines:

1. Make sure they are ready to give mindfulness a try; if they are full of energy and itching to run and play, it may not be the best time for practicing mindfulness for the first time.
2. Explain [what mindfulness is](#) and what it is not; give examples of what seems similar to mindfulness but is not (i.e., [introspection](#) or chasing thoughts down the “rabbit hole” versus listening to our bodies).
3. Say it in an age-appropriate way, with words they will understand.
4. Offer to practice mindfulness with them; sometimes having a model makes all the difference.
5. Assure them that it’s okay to get off track, and how to gently guide themselves back to mindfulness when they realize they lost focus.
6. Make sure you [practice mindfulness](#) yourself!
7. Set a daily routine for practicing mindfulness to make sure you incorporate it.
8. Prepare the environment for successful practice; move the furniture around or have everyone switch positions.
9. Practice every day. The more you embed mindfulness into the daily routine, the easier it is to engage.

For more in-depth tips and ideas on teaching mindfulness to children, check out the book [Planting Seeds: Practicing Mindfulness with Children](#) by Thich Nhat Hanh and the Plum Village Community.

Courtesy of: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

## Community Section - The following are NOT school sponsored events:

### Kittatinny Players Booster Club Information:

*"It's Pizza Fundraiser Time And We Really Knead The Dough"*

October is National Pizza Month! Please celebrate with us as a community and visit one of these 6 amazing local restaurants. They will generously donate to our program for each Pizza Pie sold! Support local business, for a great cause! Take-out, Dine-in or Delivery! **Tues Oct. 6th, 4pm-9pm**

Participants this year:

Carlos Pizza and Catering- Fredon  
Cescos - Fredon  
Dominicks- Newton  
Jimmy's Pizza- Branchville  
Layton Hotel Tavern- Layton/ Sandyston  
Villa Capri- Newton

The KPBC is a not for profit organization, which raises funds for the Theater Program at Kittatinny Regional High School. This allows for future performances and an enriching experience in the theater arts for our student population at Kittatinny Regional High School.

*"Bringing The Community Together One Spoonful At A Time "*

We are excited to announce **The Kittatinny Community Cookbook** will be available for pre-purchase on 9/21/02, at \$13 each these make a great keepsake and gift idea for the Holidays! Please visit [www.theKPBC.org](http://www.theKPBC.org) for easy checkout via PayPal or send payment and form attached to **KRHS Main Office. Attn: KPBC 77 Halsey Road, Newton NJ 07860**



Cookbook Order Form.pdf  
The Kittatinny Community Cookbook Information

Download  
1.2 MB

## **PTA INFORMATION:**

### **Stillwater PTA Tricky Tray:**

The Stillwater PTA is excited and enthusiastic about the ability to host our tricky tray on Saturday, September 26th, 2020 at the Stillwater Community Center @ 931 Swartswood Rd. Newton, NJ 07860, in light of these unprecedented times. This event is by sign up only. We are confident that with proper guidelines in place and an adjusted way of operating, this event can be a safe and successful one.

This year's tricky tray will be limited to 250 attendees, that's how many time slots will be available to fill. Attendees will sign up for a time slot, starting at 8:00am. 25 time slots will be available every 30 minutes until all slots are filled, should we reach the max number of attendees. Time slots will end at 12:30pm. Attendees will need to arrive 30 minutes prior to their designated time slot to check in, retrieve/purchase raffle tickets, sign the Covid-19 waiver and rip their tickets prior to entry to allow for an efficient flow of traffic during ticket dropping. During your designated time slot you will utilize provided hand sanitizer prior to entrance and be sure to have your mask on while inside. You will have 30 minutes to drop your tickets and then exit the Community Center so that the next group of 25 attendees can enter. You may choose to stay until calling, or come back. Calling will start around 1:00pm. Seating will be outside on the lawn of the community center, please bring your own chair/tent depending on the weather. Should we get rained out, the event will be held Sunday, the 27th and all times/slots would remain the same.

Due to the limitations that we faced during the stay at home orders and the burden placed on business, we must be forthcoming in saying that we will not have the same number of prizes to raffle as we have in the past. This is not to say that we don't have plenty of great prizes to win, because we do, we just don't have hundreds. We will still be having our fantastic 50/50 drawing which in the past

and under normal conditions has been no less than \$1600 to the winner, 4 tiers of prizes, ranging in value from \$50->\$350, a mystery prize, and a mega sandwich board of lottery tickets.

We hope that you are just as excited as we are to be able to share this event with you all. We are so grateful for the support of our attendees and our donors and our township for without that, as a non-profit, we would have no funding to be able to provide for the children of the Stillwater Twp. School. Now more than ever, our involvement and support is so vital due to the budget cuts the state has imposed on our rural community. Thanks again! Stay safe, be well and good luck!

\*Refunds will not be given due to the inability to be able to attend the event for any reason\* (This applies to pre-sales)

\*Pre-sales are no longer available, tickets will be available for purchase at the event.

\*There will be parking detail and use of the neighboring church parking lot is permitted, please be respectful of their property.

\*If you are experiencing any COVID-19 related symptoms, please do not attend our event.

\*Masks are required while inside the building and outdoors if you can not maintain proper social distance.

\*Hand sanitizer will be provided.

\*\*NO ONE UNDER THE AGE OF 18 WILL BE PERMITTED TO ATTEND THIS EVENT.

\*\*\*This event is sponsored by the Stillwater Twp. PTA. This is not a school or Stillwater Twp. sponsored event.

<https://www.signupgenius.com/go/10C0D4EADAB28A4FCC25-stillwater>

#### **Stillwater PTA**

Please check this section of the newsletter weekly for PTA news, updates and special events\*

You can also visit our websites at <https://stillwatertwp.memberhub.com>

like us on Facebook: "Stillwater Twp. PTA"

[2019-2020 PTA Executive Board Officers](#)

President, Tanya O'Shea - [Stillwaterptapresident@yahoo.com](mailto:Stillwaterptapresident@yahoo.com)

Vice President, Amanda Gilmore - [ptavpstillwater@yahoo.com](mailto:ptavpstillwater@yahoo.com)

Treasurer, Heather Vivian - [treasurerstillwaterpta@yahoo.com](mailto:treasurerstillwaterpta@yahoo.com)

Recording Secretary, Kami Pogue - [stillwatertwpppta@gmail.com](mailto:stillwatertwpppta@gmail.com)

Corresponding Secretary, Christine Bello - [stillwaterptacorsec@yahoo.com](mailto:stillwaterptacorsec@yahoo.com)

Box Tops for Education update: Box Tops are moving to a completely digital format! You can still cut out and send in any remaining paper box tops however the program is moving to a digital format. You can download the Box Tops for Education app and scan your receipts right from your smart phone. Please continue to support this excellent programs which has raised over \$20,000 for the PTA over the years!

Shoparoo - while you are scanning your receipts for Box Tops, don't forget to add them to the Shoparoo app as well! This is another easy fundraiser for the PTA, all you need to do is download the app, select Stillwater School and scan your receipts!

