

Fall 2024

NHS Newsletter



NEWMARK
High School



Pranav S. and Ms. Borea on Day 1!

Principal's Message

Dear Parents,

Welcome to the 2024-2025 school year! Our Newmark High School students have transitioned smoothly and are off to a fantastic start. This year, we're focused on intellectually challenging our students, supporting their social development and fostering independent thinking and problem-solving skills. We are committed to promoting well-rounded growth, encouraging students to make thoughtful decisions that lead to positive, healthy outcomes.

It was wonderful to see everyone who attended our annual Back To School Night on Wednesday, September 25. The event provided parents with valuable insights into their teen's educational experience, an opportunity to meet the staff and a chance to become active participants in their teen's education. It's a great way to build a sense of community and shared responsibility for student growth and development.

Earlier in the month, our seniors participated in the annual Freshman Meet and Greet, where they did a fantastic job sitting down with the 9th graders to discuss what it means to be a Newmark student and kindly answered many of their questions.

On September 27, our Seniors enjoyed the annual Senior field trip to the Cranford Canoe Club with Mr. Boulanger and Mr. Pearson.

Congratulations to our students who competed in the Cross-Country event at Saddle River County Park in Rochelle Park on Tuesday, October 8. We finished in first place!

Thank you for your ongoing support, communication, and cooperation in getting the year off to a great start. We're excited for the year ahead!

Sincerely,

Gina M. Borea
Principal



First week of school smiles!

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Newmark High School:

Ms. Gina M. Borea
Principal

Dr. Regina M. Peter &
Ms. Cynthia Allman
Executive Directors

Spotlight News

SUPPORT NEWMARK'S 2024 ANNUAL FUND

Every fall, we ask Newmark family and friends to consider donating to the Annual Fund to support the many innovative programs and services at Newmark.

Parent financial support has gone a long way in giving students the opportunity to go on educational field trips, providing high schoolers with work experience, delivering necessary staff training in reading and writing programs for our young students, modernizing our facility to include the latest technology and fielding an E-Sports Team.

As we all know, school funding is limited and Newmark will only be as exceptional as we as a community decide to support it. Thanks to parents and friends who have contributed in the past, we are able waive the annual book fee for all families this fall!

How To Donate

- **By Credit Card:** visit www.newmark-education.com/ways-to-give/annual
- **By Check:** send check payable to **NextMark Foundation**, 1000 Cellar Avenue, Scotch Plains, NJ 07076 Attn: Newmark Annual Fund

Every tax deductible gift counts. Our goal is 100% Parent Participation! Please consider giving at least \$1 for every school day your child is at Newmark, or a total of \$180. Your tax-deductible gift will make a great difference for all the students at Newmark!

On behalf of all the students at Newmark, we thank you for your support of the 2024 Newmark Annual Fund. The 2024 Newmark Annual Fund Appeal ends Monday, October 28, 2024.



Reba C., Mikey N. and Giancarlo V. in the Science Lab

NextMark Foundation is a 501(c)(3) nonprofit organization supporting Newmark Education and Teacher Training.

Disclaimer: Your donation will be acknowledged as "Student's Last Name" Family for the newsletter and donor wall (ex. Jones Family).

If you wish to be acknowledged differently, please email Sandra at slevy@newmarkeducation.com or indicate preferred Recognition Name with your donation.

Community Service

Ms. Hartman



Izzy C. donating to the Humane Society

Newmark Community Service for 2024-2025 is well underway. Our first Pretzel Sale made \$75 for Newmark High School's Future Business Leaders of America club. In only one week, students purchased an amazing \$166 of dog and cat products through the Animal Drive in the School Store. All products will be donated to the Plainfield Area Humane Society or Cause 4 Paws, a local cat rescue. The next School Store Drive will be Toys for Children and items will be donated to St. Joseph's Social Services Center.

We welcome back the collection drives, but this year Market Street Mission is benefiting from our first collection. They host an annual

Winter Gear giveaway in Morristown, but always run out of accessories. So please send in new or gently used warm hats, scarves and gloves from October 7 through October 24.

Our Snack Sales will run throughout the year, starting with a favorite, Donuts for Dogs on October 23, 2024. Brownies and Breads, a new theme, follows shortly after on November 21. Please view the Friday Backpack News for the link to sign up to donate. Our parents and students were so amazingly generous last year and we are excited to help many organizations!

Watch for more sales and updates about other community service in the Friday Backpack News and on the Newmark Website.

Fall Announcements

Upcoming NHS Teen Nights:

For all High School students - from 2:15-4:30 PM (unless indicated). \$25 fee, parents need to provide transportation home promptly at 4:30 PM - See Friday Backpack News or website for Permission Forms.

- Friday, October 18, 2024 - 2:15-4:30 PM
- Friday, December 13, 2024 - 2:15-4:30 PM
- Friday, January 31, 2025 (Evening - iPlay America - 2:15-7:30 PM)

Upcoming NHS After School Clubs & Programs:

- Session I: Ends November 6, 2024
 - Session II: Begins week of November 18, 2024 through January 23, 2025
 - Session III: Begins week of February 10 through March 27, 2025
 - Session IV: Begins week of April 7 through May 22, 2025
- See Friday Backpack News for Registration

Check your Friday Backpack News for registration links. All dates subject to change.



First Days of School



Tony G.



Everyone was bright and excited for Day One!



Mr. Kraminitz and Aiden V.



Jonas S. with his winning smile



Freshmen about to start their first year in high school



Tina Marie A., Elias A., Noah F. and Matthew E.



Our students have very unique styles

Fall Happenings



Henry S. and Prabhath P.



Lou F., Corry M. and Parker B.



Ian S. playing Nintendo



Elijah P., Sam M. and Anthony E.



Gianna S., C.J. S., Mikey N. and Giancarlo out on the patio



Pranav S. and Jonas S. playing chess on Supervisory Incentive Day



Mr. Goldberg and some Freshmen on World Mental Health Day

Nursing News

Mrs. Carroll, RN, BSN, CSN

Dear Parents & Guardians,

I would like to take this opportunity to welcome you and your children back to school and touch base on a few things!

Attendance:

If your teen is going to be absent, please remember to report this to our Main Office at absence@newmarkeducation.com.

Medication/Health Issues:

It is also important for me to know if your teen is on any medication and, if so, what type and dosage. Please also keep me up-to-date with any medication changes throughout the year.

If your teen needs any medication, be it prescription or over-the-counter-medication, during the school day, I will need a Medication Release Form filled out by their physician and parent to dispense it in school. The Medication Release Form is on the Newmark website under our Services, School Nurse as are other health forms. My email is ecarroll@newmarkeducation.com if you have any questions or concerns.

Sports Physicals:

If your teen is interested in participating in one of our interscholastic sports programs at the high school, they will need to have their physician complete the Sports Physical Form. The student will need a Sports Physical to participate in a sporting event at Newmark. If your teen has had a physical done on March 1, 2023 or after, their doctor just needs to fill out the forms. You can find the Sports Physical Forms on the Newmark website under "Our Services" School Nurse, as well as the Concussion, Sudden Cardiac Death and Opioid Misuse forms that are needed in order to participate.

Personal Hygiene and Your Teen:

Monitoring your teen's personal hygiene is important from a social as well as healthful point of view. Maintaining personal hygiene enhances an individual's physical and emotional wellness. While most children age 9 and older are able to attend to their own daily hygiene supervision is still necessary in order to ensure that good habits develop. Here are some basic tips that you may want

to discuss with your teen to promote good hygiene

- A balanced diet is the foundation for overall good health. A diet that includes all the food groups and one high in fruits and vegetables is recommended. Eating a healthy diet has shown to improve a teen's ability to learn in school.
- A bath or shower using a mild soap is needed daily for high school age students. Hair should be washed at least twice a week or more frequently depending on your teen's activity level. A deodorant/antiperspirant is usually needed daily.
- Teeth should be brushed at least twice a day to prevent decay and to maintain healthy gums. Flossing is recommended daily.
- Clothing should be changed on a daily basis. Clean cotton socks are the best for feet because they absorb moisture.
- Coughing and sneezing into a tissue and properly disposing is a good hygiene practice, or sneezing into your arm, then washing your hands after.
- Regular handwashing should be emphasized since this has been identified as the most important practice for preventing illness.

At Newmark School we encourage all students to develop good grooming practices. We believe that good hygiene promotes independence, self-confidence and self-esteem, and builds a foundation for lifelong healthy habits.



Counseling News

Mr. Goldberg & Ms. Kuhl

PINS Program Deadlines

Newmark Education's Community Connections PIN program provides individual recognition for achievement by Newmark students who demonstrate personal and social growth by participating in a personally meaningful community-based experience.

2024-25 School Year: PINS Form Submission Deadlines

Friday, November 1, 2024

Friday, January 10, 2025

Friday, March 7, 2025

Friday, May 9, 2025

Nomination of a singular activity worthy of achievement must be made by parent, teacher or member of the PIN Committee. The community leader or coach of the event will be asked (by the student) to complete a Digital Nomination Form to nominate a Newmark student.

Project Adventure Preview

High school students will soon participate in the first of four Project Adventure days during the school year. The goals of these interactive activities are to help students discover their resiliency, solve problems and connect more deeply with their peers and themselves.

Celebration of World Mental Health Day

World Mental Health Day is celebrated every year on October 10th. It is a day intended to talk about mental health and show everyone that mental health and wellness matter. Talking about our mental health can help us cope better with life's ups and downs.

Newmark Education's Celebration of World Mental Health Day event will highlight the importance of mental health and well-being by providing education and an opportunity to engage in hands-on activities that support wellness.



Big smiles and all ready for a great school year!



Elijah P., Giancarlo V. and Sam M.



Concentrating on the game at Supervisory Incentive Day



Aidan T., Izzy C. and Pranav S. at the Freshman-Senior Meet and Greet

FBLA & CBI



Juniors at Cheesequake



Josh B. and Kyle D. on their way



Lucas G., and Richard P. have their games faces on!



Celebrating Victory at the Cross Country Meet!

Community-Based Instruction

On Thursday, October 10, the Junior Class went to Cheesequake State Park in Matawan. Students hiked around 5 miles while learning about the various wild-life and diverse ecosystems in the park.

On Friday, September 27, the Senior class went to Cranford Canoe Club. The trip is designed to educate students about fitness opportunities and activities outside of Newmark High School, and the students had a great time while learning in the outdoors.



Henry P. and Danny C. enjoying a leisurely paddle