

Cambridge Park Elementary School

January 2025 Newsletter

2025

Mrs. K. Bera, Principal

January Events

- January 2 Welcome Back!
- January 3 wear blue like Elsa!
- January 14 PTO Meeting via Zoom
- January 17 Early Dismissal all students
- January 20 School Closed- Martin Luther King Day
- January 21 Individual picture retakes
- January 23 BOE Meeting 7:00 PM at Cliffwood Elementary School
- January 29 PTO Dine Out Night at Maloney's on Main
- January 31 School Spirit Day



January 3

Wear Elsa's Favorite Color!



January 21

Class picture & individual
picture retake day



January 31

School Spirit Day

Picture Retake Day Jan 21, 2025

PICTURE DAY: EL DÍA DE LA FOTO

Tuesday, January 21, 2025

Retake Day! Cambridge Park Elementary

Order today on
mylifetouch.com

with your Student ID or Picture Day ID: **EVT4MCTMD**

Encarga hoy en mylifetouch.com con tu ID de estudiante o la ID del Día de la Foto.

NEW lower prices! ¡NUEVOS precios más bajos!



Exclusive discounts online!
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B. Plus Paquete de Plus \$54.99	2 - 8x10 6 - 5x7 2 - 3x5 8 - 2x3 Digital download* descarga digital*	1 - Fall "24 8x10 Limited Edition 1 - 8x10 Otoño del 24 Edición Limitada		
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Standard Background
see Image Code 1
Fondo estándar
ver Código de Imagen 1

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ADVANTAGES OF ORDERING ONLINE
LAS VENTAJAS DE COMPRAR POR INTERNET

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Questions? Contact our Help Center at lifetouch.com/support-us. Select K-12 School Photography for assistance.

¿Preguntas? Comuníquese con nuestro Centro de Ayuda en lifetouch.com/support-us. Seleccione Fotografía Escolar K-12 para recibir asistencia. When you pay by check, you authorize us to process the payment as a check transaction, or to use information from your check to make a one-time electronic fund transfer from your checking account. A service fee may be charged on returned checks. Post-dated checks are not accepted. By completing and submitting this order form, you are agreeing to all of Lifetouch's terms and conditions located at www.lifetouch.com/terms-conditions and to our privacy policy located at www.lifetouch.com/privacy. Cuando pague con cheque, nos autoriza a procesar el pago como una transacción mediante cheque o a usar la información de su cheque para realizar una transferencia electrónica de fondos desde la cuenta de cheques por única vez. Por cheques rechazados se podrá aplicar un cargo. No se aceptan cheques de pago diferido. Al completar y enviar este formulario de pedido, acepta todas las condiciones de Lifetouch ubicadas en www.lifetouch.com/terms-conditions y nuestra política de privacidad ubicada en www.lifetouch.com/privacy.

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Order today on mylifetouch.com with your Student ID or Picture Day ID: **EVT4MCTMD**
Encarga hoy en mylifetouch.com con tu ID de estudiante o la ID del Día de la Foto.

ONLINE ORDERS: No need to return this form on Picture Day. PEDIDOS EN LÍNEA: No es necesario enviar este formulario el Día de la Foto.

PAPER ORDERS: Complete this form and return on Picture Day. COMPRENDIENDO EN LÍNEA: Complete este formulario y envíelo de regreso el día de la foto.

If you do not order online, please fill this form out completely, enclose EXACT payment, and return to school on Picture Day. Enclose cash, money order or check payable to Lifetouch. Photographic credit will change. If no envelopes in line, then use form for payment. Incluye el pago EXACTO y envíalo a la escuela el Día de la Foto. Incluye dinero en efectivo, giro postal o cheque a la orden de Lifetouch. El crédito por fotografías cambiará.

Student First & Last Name Nombre y apellido del estudiante

Teacher Last Name Apellido del maestro(a)

Student Grade Grado del estudiante

Mobile Phone Number Número de teléfono móvil

Email Address Dirección de email

1 Choose a Package Elige un paquete

Elige un paquete	City Ciudad	Price Precio	Total Total	Image Imagen
A. Premium**		\$64.99		
B. Plus**		\$54.99		
C. Standard		\$36.99		
D. Basic		\$19.99	1	
E. Intro		\$14.99	1	

2 Choose Add-Ons Elige complementos

Elige complementos	Price Precio	Total Total	Image Imagen
F. 1 - 8x10	\$14.99		
G. 2 - 5x7	\$14.99		
H. 4 - 3x5	\$14.99		
I. 8 - 2x3 Wallets	\$14.99		
J. 1 - Variety Magnet Sheet	\$16.99	N/A	
K. 8x10 Chalkboard	\$16.99	N/A	

3 Add Enhancements Standard, Basic & Intro Packages Only

Add Enhancements Añade realces	Price Precio	Total Total
Name & Grade On All Pictures**	\$4.99	
Basic Retouching	\$4.99	
Premium Retouching	\$7.99	
Basic plus white teeth and even skin tone		
SUBTOTAL		
Add 6.625% tax.		
Name** Print first name exactly how it should appear on pictures.		
Aplicación de nombre** Escribe el nombre de pila con la forma de impresión exactamente como debe aparecer en las retratos.		
TOTAL		

AL Cambridge Park Elementary

EVT4MCTMD 5004083

Fundraiser starts January 27, 2025



The Gertrude Hawk brochures will be sent home with your child during the week of January 20, 2025

Fundraiser Start Date: January 27, 2025
Fundraiser End Date: March 3, 2025

More information to come about product pick-up near the expected delivery date the week of March 31, 2025

Please email ptocambridgepark@gmail.com with any questions.



Please join us January 29, 2025



WEDNESDAY, JANUARY 29, 2025
ALL DAY FOR LUNCH & DINNER
MALONEY'S ON MAIN
119 MAIN STREET, MATAWAN, NJ 07747

In support of the
Cambridge Park PTO
& Cambridge Park Elementary

DINE OUT NIGHT

Take a night off cooking and join
us for our January dine out at
Maloney's on Main
to support our school



Present this flyer when you dine in
or mention the fundraiser when
calling for take out.


 DECORATE YOUR OWN
Valentine's Day
 COOKIE KIT



COOKIE DECORATING KIT
 THREE COOKIES, A PACK OF
 SPRINKLES, TWO
 BAGS OF ICING (ONE LARGER, ONE
 SMALLER FOR DETAIL)
 INSTRUCTIONS. ALL PACKED IN A
 VALENTINE THEMED BOX.
 1 FOR \$15
 2 FOR \$28
 3 FOR \$40
 4 FOR \$50



THE PIZZA COOKIE
 A HEART SHAPED PRINTED PIZZA COOKIE, COMES IN A
 SMALL PIZZA BOX WITH THE LABEL AND THE
 INGREDIENTS ON THE BACK OF THE BOX.
 \$8 EACH



COOKIE NOTES
 INCLUDES PEN TO WRITE YOU OWN MESSAGE
 \$7 EACH

DECORATE YOUR OWN VALENTINE'S DAY COOKIE KIT
[HTTPS://SHORTURL.AT/LL8NM](https://shorturl.at/ll8nm)
**ORDERS MUST BE PLACED BY JANUARY 31 IN ORDER
 TO RECEIVE FOR VALENTINE'S DAY**

Orders must be placed by January 31, 2025

Welcome to the Matawan Aberdeen Regional School District online Preschool and Kindergarten registration page for the 2025-2026 school year.

Please note that pre-registration for the 2025-2026 school year has started .



General Information

- Pre-K is free. You do not have to pay to attend participating Pre-K [programs](#). You must reside within the school district.
- Your child must be 3 or 4 by October 1.
- We do not offer half-day options. Programs are for a full day (6 hours).
- Children do not have to be potty-trained.
- District and community-based preschool providers use an evidenced-based curricula, have no more than 15 students in a classroom, and use the GOLD assessments to measure student

progress.

- Classes are mixed-aged.
- Students are bused according to district policy (over 2.0 miles and/or hazardous route eligibility).
- Before and after care is currently provided through the YMCA. Information about their program and pricing can be found on their website here.

Lottery Information

1. Parents must complete the online pre-registration process and receive an appointment confirmation from the MARSD Preschool Registration Appointment calendar by 3:00 pm on March 8th in order to be included in the lottery. There will be no exceptions to this.

2. Parents will receive a Lottery Code after their online phone appointment. Parents who have not yet had their registration appointment will receive an email after 3:00 pm on March 8th with their child's Lottery Code information.

3. Lottery Codes will include an internal identification marker for students who are multiples. The number of available spots will not necessarily match the number of Lottery Codes we accept since we will be accounting for multiples who share a code.

4. The lottery will be held live on March 12th at 10:00 am using the List Randomizer on [Random.org](https://random.org). Parents do not have to be watching the lottery to secure a spot for their child. To determine if a child has secured a spot in our program and where he or she falls on the lottery list, the list of Lottery Codes will be on our website by 3:00 pm of the same day.

5. Any student who does not receive a spot in our program will be placed on our Pending Placement List in the order that their Lottery Code is listed from the lottery. We will not do a reshuffle.

6. The lottery will include only applicants with completed registrations or who have received a registration appointment confirmation by March 10th at 3:00 pm. Any students who are pre-registered after the 3:00 pm deadline on March 10th will be placed on our Pending Placement List based on the timestamp of the submission.

7. Parent of students who are accepted into the program through the lottery will receive an email notification by the end of the month. Placement /location notifications will go out by the end of the 2025 school year



PRESCHOOL & KINDERGARTEN REGISTRATION 2025/2026



OUR PROGRAM

Locations



Preschool classrooms are offered at Cambridge Park, Cliffwood Elementary, Lightbridge Academy, Ravine Drive Elementary, and Strathmore Elementary.



Eligibility

Students must be 5 years old on or before October 1, 2025 to enter preschool.



Classes



Classes are mixed aged with 3 and 4 year olds. All classrooms use Tools of the Mind curriculum.



Busing is available for eligible students.



scan here!

For additional information about registration, please visit
<https://www.marsd.org/parents-students/central-registration>

☎ For questions or additional information, please call (732) 705-4079.



INSCRIPCIÓN PARA PREESCOLAR Y KINDER 2025/2026



NUESTRO PROGRAMA

Ubicaciones



Se ofrecen aulas de preescolar en Cambridge Park, Cliffwood Elementary, Lightbridge Academy, Ravine Drive Elementary y Strathmore Elementary.

Clases



Las clases son mixtas con niños de 3 y 4 años. Todas las aulas utilizan el plan de estudios Herramientas de la Mente.



Elegibilidad

Los estudiantes deben tener 3 años el 1 de octubre de 2025 o antes para ingresar al preescolar.



El preescolar es gratuito para todos los residentes elegibles del Distrito Escolar Regional de Matawan-Aberdeen.



El transporte en autobús está disponible para los estudiantes elegibles.



escanea
aquí!

For additional information about registration, please visit
<https://www.marsd.org/parents-students/central-registration>



Para preguntas o información adicional, llame al (732) 705-4079.



2025-2026 KINDERGARTEN REGISTRATION INFORMATION:

****The portal for Kindergarten Registration is open****

→ Any student registering for kindergarten must be 5 years of age

by October, 1st, 2025 as per [Policy 5112](#).

→ You will receive a letter with your child's placement in August 2025. This letter will also indicate the time and date of your child's Kindergarten orientation. During the orientation, your child will have the opportunity to meet with his/her teacher, principal, and take a tour of the school.

If you have a neighbor who has an eligible Kindergarten-aged child, please pass this important information along to them.

REQUIRED DOCUMENTS FOR ALL STUDENT REGISTRATIONS:

1. ORIGINAL BIRTH CERTIFICATE (*With raised seal*)
2. PARENTS ID (*Driver's license/Official current photo ID*)
3. PROOF OF RESIDENCY (*4 items - Deed/Current Mortgage Statement/Lease Agreement **must** be provided*)
4. IMMUNIZATION RECORDS

→ [Click here to view K-12 Immunization Requirements](#)

→ [Click Here to view Preschool Immunization Requirements](#)

5. PHYSICAL EXAMINATION REQUIREMENT All students are required to submit a physical examination that has been completed within the past 365 days. It **MUST** be provided before the first day of school. The NJ Universal Health Form can be accessed by [clicking here](#).

6. APPLICATION FOR ADMISSION OF DOMICILE STUDENT (IF APPLICABLE) If you reside with someone else and you do not personally own or rent the residence, you **must** complete the Application for Admission of Domicile Student, please [click here](#) to download the document. This application should be completed by both parties (resident and parent), and should be notarized. Both parties should provide proofs of residence as noted on application (4 proofs from resident and 2 proofs from parent.)



Winter Alert....Delayed Opening Information

In an effort to clarify what a delayed opening entails, listed below are the details to be followed for Cambridge Elementary:

90 MINUTE DELAYED OPENING:

- School begins at 10:15 AM
- Students cannot be dropped off prior to 10:00 AM
- School ends the same time as a regular day – 3:00PM
- There is no Y time in the morning for a delayed opening
- There is no breakfast for a delayed opening

With regard to **Bus pickup**, please add 90 minutes to the time that is listed on your child's bus pass. For example, if your bus is due to arrive at 8:00 am, in a 90 minutes delayed opening, the time for that bus would be 9:30 AM. The procedure of being at your bus stop about 10 minutes before would still apply in a delayed opening.

We hope the above information will assist you with any confusion regarding a delayed opening.



Dress for the weather

- When weather conditions permit, the students **do** go outside to play during gross motor time. Please make sure your child has appropriate clothing to wear outdoors.
- The temperature in the building ranges from classroom to classroom. It is suggested that your child dress in layers so that they can feel comfortable at all times during the school day.

SCHOOL NURSE



Winter Heart Health

Heart Risk Factors During Winter Weather

Some activities such as snow shoveling, walking through heavy wet snow or in a snow drift, downhill and cross-country skiing, snow-boarding, can strain the heart enough to cause a heart attack.

Snow shoveling can be more strenuous than exercising full throttle on a treadmill. While this may not be a problem if an individual is healthy and fit, it can be dangerous if not.

Shoveling, even pushing a heavy snow blower, can cause sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessel and decrease oxygen to the heart. All these work in concert to increase the work of the heart and trigger a potentially fatal heart attack.

Individuals who are at risk of a heart attack during cold outdoor activities include:

- Those with a prior heart attack
- Those with known heart disease
- Those with high blood pressure or high cholesterol
- Smokers
- Those who lead a sedentary lifestyle

Such individuals should think twice about shoveling snow and should talk to their doctor before taking on such a task.

Tips for Protecting Your Heart

Before You Shovel Snow

- Talk to your doctor before you shovel snow.
- Avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up.
- Do not eat a heavy meal before shoveling: blood gets diverted from the heart to the stomach.
- Warm up your muscles before starting by walking for a few minutes or marching in place.

- Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.

While Shoveling Snow

- Use a small shovel: shovel many small loads instead of fewer heavy ones.
- Begin slowly and take frequent, 15-minute breaks.
- Drink plenty of water to avoid dehydration.
- Dress in layers, to avoid hypothermia (low body temperature) or overheating.
- Cover your head and neck (50% body heat lost thru head and neck).
- Cover your mouth (breathing cold air can cause angina or trigger breathing problems).
- Watch for warning signs of a heart attack, lightheadedness, dizziness, being short of breath, or if you have tightness or burning in chest, neck, arms or back. If you think you are having a heart attack, call 911.

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Try Tips for Better Communication

Try Tips for Better Communication

"You never listen to me." That's a complaint heard frequently from both children and their parents. But strong two-way parent/child communication supports students' confidence and success in school.

Here are some tips that can make communication a little easier:

- **Make sure your child is ready to listen.** Say her name to get her attention. Or place a gentle hand on her shoulder.
- **Speak in a quiet voice.** When it seems your child isn't listening, your natural reaction may be to yell. (It never works.) Instead, try speaking in a whisper. Your child will hang on every word.
- **Use a courteous** tone of voice. Talk to your child as you would to your friend. She will be more likely to use a courteous tone with you.
- **Catch your child** being good. Praise her for cooperating with you or other family members.
- **Tell your child** you love her. Children are never too old to be told they are loved. Saying "I love you" is important. Writing it in a note is also great—it gives your child something she can hold

on to.

- **Give your undivided** attention when your child wants to talk with you. Don't read, look at your phone, fall asleep or make yourself busy with other tasks.

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Have Fun One-On-One

What means more to a child than almost anything else? Undivided attention from parents. Spending time alone with your child is like saying, "You're important! I love you! You're fun to be with!" It also allows the two of you to share your values, experiences, worries and dreams. How should you spend one-on-one time? Any way your child wants! Here are some suggestions:

- **Go out to eat.** Make a weekly or monthly "dinner date" with your child. Or plan a special before-school breakfast.
- **Enjoy hobbies.** Think of interests you share with your child, such as basketball or cooking. Then plan activities that involve these

interests.

- **Exercise.** Take a daily walk with your child to keep your bodies—and your relationship—in shape.
- **Work together.** Sometimes the best conversations happen while you're focusing on something else, such as washing dishes or folding laundry.
- **Educate each other.** Let your child introduce you to a new skill, food or musical group. Do the same thing for her.
- **Volunteer.** Is there a cause you and your child both believe in? Team up to make a difference.
- **Take a drive.** One of the best places to talk with your child is in the car. Since she knows your eyes are on the road, she may say things she wouldn't otherwise.
- **Hang out.** Ask your child what she wants to do. If the answer is "nothing," do just that—together.
- **Say goodnight.** Tuck your child in or have her say goodnight every evening. Ask about her day and end the night with an "I love you."

Note: In some families, one parent does most of the child care. If this is the case in your home, make sure the other parent spends some one-on-one time with the kids, too.

Brought to you by:

Cambridge Park Elementary School

Kelly Bera, Principal

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Kelly Bera

Kelly is using Smore to create beautiful newsletters

