



## MATAWAN-ABERDEEN CONNECTIONS

### CLIFFWOOD NEWSLETTER

June 1, 2025

#### Important Links

[District School Calendar](#), [School Hours](#), [Cliffwood Morning Music Requests](#)

Cliffwood Family Connections [8/25](#), [9/2](#), [9/8](#), [9/15](#), [9/22](#), [9/29](#), [10/6](#), [10/13](#), [10/20](#), [10/27](#), [11/3](#), [11/10](#), [11/17](#), [11/24](#), [12/1](#), [12/8](#), [12/15](#), [12/30](#), [1/5](#), [1/12](#), [1/19](#), [1/26](#), [2/2](#), [2/9](#), [2/16](#), [2/23](#), [3/2](#), [3/9](#), [3/16](#), [3/23](#), [3/30](#), [4/6](#), [4/21](#), [4/27](#), [5/4](#), [5/10](#), [5/18](#), [5/26](#)

#### Message from Mrs. Cherence, Principal

I can't believe June is already here! As we begin to wrap up the school year, the hallways at Cliffwood are bursting with student reflections and celebrations of learning. It's such a joy to read their thoughts and see just how much they've grown over the year!

Last week, our students had a special visit from the Matawan Public Library, where they learned all about the fabulous summer reading program available to them. Be sure to check it out, keeping those reading skills sharp over the summer is so important!

Save the date:

📅 Tuesday, June 10th- Literature in the Cliffwood Garden Night

Join us for a magical evening celebrating stories in our beautiful garden space. (Flyer and details below!)

📅 Saturday, June 14th – Main Street Donuts Shark Run 5K

This fun run through Matawan supports a great cause, the MRHS Theater program! My daughter Madelyn and I will be participating and would love to see you there!

A huge thank you to our amazing Cliffwood PTO for organizing such a fabulous Ice Cream Social! Our Cliffwood families had a blast, and it was a perfect way to kick off the final stretch of the school year.

Don't forget to scroll down and check out the list of important end-of-year events and dates, there's lots happening as we celebrate a wonderful year together!





Cliffwood PTO Ice Cream Social

















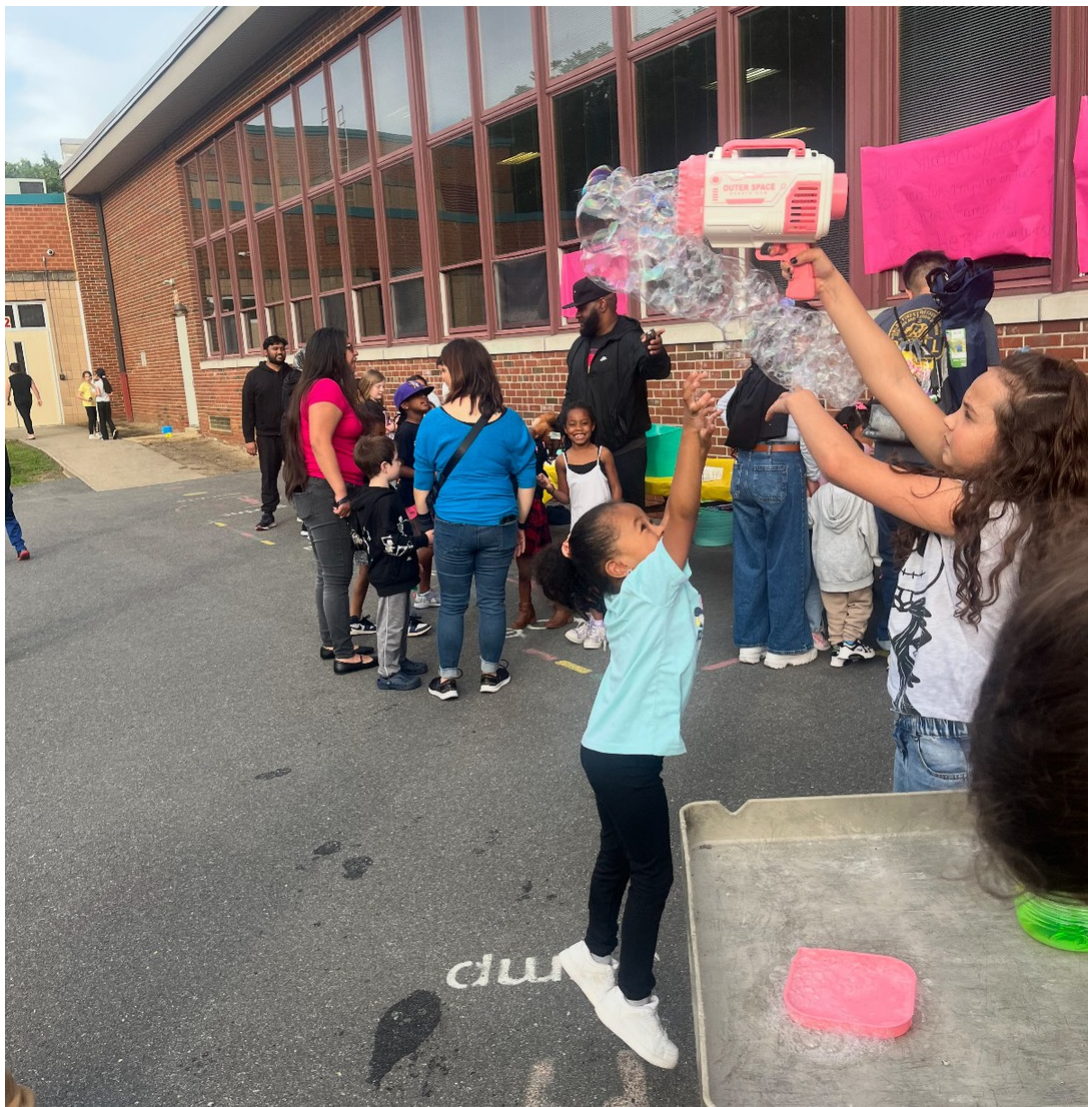












Message from Ms. Pietrangelo, School Counselor





# Cliffwood Counseling Newsletter



## MONTHLY LESSON

### JUNE

HI EVERYONE! FOR THE MONTH OF JUNE, WE WILL TAKE THE TIME TO REFLECT ON ALL OF THE POSITIVE MEMORIES WE MADE THIS SCHOOL YEAR!



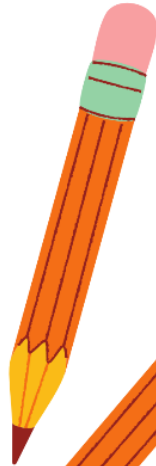
## CONTACT ME!

### EMAIL

[MPIETRANGELO@MARSD.ORG](mailto:MPIETRANGELO@MARSD.ORG)

### PHONE

732-705-5630



## Cliffwood PAWS Winners!



## Pawsome Attendance for May





## Summer Tech Safety Tips

June 2025

# TECH SAFETY TIPS

### SUMMER TIPS

Summer comes with lots of time for free play!

#### Did you know?

Children age 5-11 are spending 4-5 hours a day on screens during summer months (source: Common Sense Media)

#### Helpful tips for safe screentime:

- Although many apps have 'kid' versions (YouTube Kids) - these platforms still have many pitfalls that allow for toxic content and viewing addiction.
- YOUTUBE TIP! SafeVision is a FREE app that allows parents to select up to 5 channels for FREE. No more wondering what your kids will click on next. See a list of recommended channels for kids [here](#).
- Prioritize free play. Set screen time limits and tech free hours of the day. Establish family rules, like no screens at dinner or in the bedrooms.
- Use screen time for co-educational content, not solo scrolling.

### APPS TO KNOW ABOUT

The Surgeon General advises that no children under the age of 13 should be using Social Media. Social Media is ANY app or platform that enables users to create and share content or to participate in social networking.



**TikTok:** Algorithmic video feed, may show adult content. Short reel format creates addictive behavior. This is true of any reel content.



**Snapchat:** Messages disappear, difficult to supervise. Main app for sextortion and narcotic solicitation. Prime source of bullying.



**Roblox:** In-game chat, lots of adult content since many rooms are user generated. Watch for friend requests from unknown users.

### SMARTPHONE ALTERNATIVES

**Gizmo watch:** Smartwatch with parent approved contact lists. No browser access.

**Bark/Pinwheel/Cabb phones:** Built in parent supervision. Helps kids learn how to use tech more slowly.

**Bark monitoring:** Monitoring software for Smartphones.

**Gryphon Router (at home):** Parental controls for all web activity on Wifi. Most robust and failsafe controls for browsers and devices.

GRADES PK - 5



### TECH CHANGES FAST. STAY UPDATED AND INFORMED.

Follow these organizations for helpful tips & information:

- Bark Technologies
- Protect Young Eyes Organization
- Wait until 8<sup>th</sup> (Follow our local Instagram @WaitUntil8th\_matawanaberdeen)
- Parenting in a Tech World (Facebook Group)
- Common Sense Media



Want to find other like-minded families who are choosing to delay Smartphones (not regular phones/watches for 1x1 communication) and Social Media?

Take the pledge today. Once 10 families per grade, per school take the pledge, you are connected with each other. [TAKE THE PLEDGE](#)

## Main Street Donuts Shark Run 5K

Join us for the Main Street Donuts Shark Run 5K! [Link to Register](#)

My daughter and I will be there, and we'd love to see you too! Come out on June 14th at 8:30 AM for a fun and meaningful 5K through Matawan, honoring the historic 1916 shark attacks that inspired *Jaws*.

Proceeds benefit the MRHS Theater, so it's all for a great cause!



🦈 Shark shirts (while supplies last)

🏅 Shark Donut Medals

🍩 Delicious Shark Donuts

👤 👤 👤 👤 Stroller friendly, families and walkers welcome!

Main Street, Matawan, Register now and be part of a unique and fun-filled day!



Information about Excused/Unexcused Absences





# Attendance Matters

Every student. Every day.

The New Jersey Department of Education recognizes only six allowable reasons for an "excused" absence; these reasons are listed below.


1. Religious holidays (Each year, the State Board of Education votes on a list of approved religious holidays for observance upon the written request signed by the parent.).
2. Participation in observance of Veterans Day.
3. Participation in district board of election membership activities.
4. Take Our Children to Work Day.
5. College visit(s), up to three days per school year for students in grades 11 and 12.
6. Closure of a busing school district that prevents a student from having transportation to the receiving school.

Being present and on-time to school each day is extremely important for students' success and well-being. School attendance is a powerful predictor of student outcomes; data shows that, when students are present daily, they learn better and are generally healthier. **Attendance matters and every school day counts!**


## June Breakfast & Lunch Menu


Link to the [Menu](#)






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>Mini Cornbread Loaf</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Bacon, Egg and Cheese on a Bun</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>French Toast Bites</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Sausage, Egg &amp; Cheese on a Bagel</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Whole Grain Donut Bites</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>Mini Maple Pancakes</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Bacon, Egg and Cheese on a Bun</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Fluffy French Toast Sticks</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Sausage, Egg &amp; Cheese on a Bagel</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Mini Maple Chip Waffles</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>Mini Cinnamon Crumb Loaf</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Bacon, Egg and Cheese on a Bun</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Apple Frudel</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Sausage, Egg &amp; Cheese on a Bagel</li> </ul>	<b>20</b> 
<b>23</b> <div>  </div> <ul style="list-style-type: none"> <li>Apple Frudel</li> </ul>	<b>24</b> 	<b>25</b> 	<b>26</b> 	<b>27</b> 
<b>30</b> 				

\*Menu is Subject to Change














**QUESTIONS OR COMMENTS?**  
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

**FOLLOW US:**  
@MASCHIOFOOD  




Healthy meals grow  
*healthy kids!*

**Swap Outs-Elementary Breakfast:** Assorted Cereal Bar with Graham Crackers , Assorted Cereal with Graham Crackers , Assorted Pop Tarts with Graham Crackers , Bagel with Cream Cheese



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
 <ul style="list-style-type: none"> <li>• Fluffy Buttermilk Pancakes</li> <li>• Juicy Breakfast Sausages</li> <li>• Crunchy Hash Browns</li> </ul>	<ul style="list-style-type: none"> <li>• Seasoned Chicken and Cheese Quesadilla</li> <li>• Black Bean and Corn Salad</li> <li>• Apple Filled Churro</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Manicotti Marinara</li> <li>• Freshly Prepared Rainbow Chopped Salad</li> <li>• Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Meatball Parm Hero</li> <li>• Panko Crusted Green Beans</li> <li></li> <li>• Strawberry Salsa with Cinnamon Tortilla Chips</li> </ul>	 <ul style="list-style-type: none"> <li>• Bella's Cheese Pizza</li> <li>• Freshly Prepared Maschio's House Salad</li> </ul>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
 <ul style="list-style-type: none"> <li>• Juicy Bacon Cheeseburger on a Bun</li> <li>or</li> <li>• Juicy Hamburger on a Bun</li> <li>• BBQ Baked Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce</li> <li>• Roasted Garlic Green Beans</li> </ul>	 <ul style="list-style-type: none"> <li>• Bacon, Egg and Cheese on an English Muffin</li> <li>• Crunchy Tater Tots</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Chicken Sandwich</li> <li>• Steamed Corn</li> </ul>	 <ul style="list-style-type: none"> <li>• NY Style Bella's Pizza</li> <li>• Freshly Prepared Cucumber and Tomato Salad</li> </ul>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<ul style="list-style-type: none"> <li>• Beef Nacho Platter</li> <li>• Fiesta Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Chipotle Grilled Cheese Sandwich</li> <li>• Spiral Fries</li> </ul>	HALF DAY NO SWAP OUTS <ul style="list-style-type: none"> <li>• Golden Crisp Waffles</li> <li>• Juicy Breakfast Sausages</li> <li>• Crunchy Hash Browns</li> <li>OR</li> <li>• Chicken Nuggets</li> <li>OR</li> <li>• Muffin Bag Meal</li> </ul>	HALF DAY NO SWAP OUTS <div>   </div> <ul style="list-style-type: none"> <li>• NY Style Bella's Pizza</li> <li>• Freshly Prepared Maschio's House Salad</li> <li>OR</li> <li>• Chicken Nuggets</li> <li>OR</li> <li>• Muffin Bag Meal</li> </ul>	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
 <ul style="list-style-type: none"> <li>• Creamy Mac and Cheese</li> <li>• Steamed Broccoli</li> <li>• Soft Pretzel Stick</li> </ul>				
<b>30</b>				

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**FOLLOW US:**  
#MASCHIOFOOD  


Healthy meals grow  
*healthy kids!*

Swap Outs-Elementary Breakfast: Assorted Cereal Bar Graham Crackers , with Assorted Cereal Graham Crackers ,





# LET'S CHALK THE WALK!



BEFORE THE LAST DAY OF SCHOOL, FAMILIES CAN WRITE  
ENCOURAGING MESSAGES OR DRAW PICTURES TO  
CONGRATULATE AND CELEBRATE AN AMAZING YEAR IT HAS  
BEEN FOR OUR CLIFFWOOD STUDENTS!  
LET'S SAIL INTO SUMMER!

THIS IS A FREE EVENT BUT PLEASE BRING YOUR OWN CHALK!

## GUIDELINES:

COME ANY TIME ON SUNDAY 6/22 TO PARTICIPATE. FIND AN OPEN  
SIDEWALK SQUARE OR AREA ON THE BLACKTOP TO WRITE YOUR  
MESSAGE.

ALL CHALK MUST BE WATER BASED

ALL DRAWINGS MUST STAY WITHIN A REASONABLE AMOUNT OF  
SPACE SO ALL CAN PARTICIPATE



SUNDAY, JUNE 22 UNTIL 7 PM



MATAWAN-ABERDEEN ELEMENTARY  
SCHOOLS PRESENT

# MATAWAN ABERDEEN DAY AT THE JERSEY SHORE BLUECLAWS

**Tickets**  
**\$18**  
plus fees

**SUNDAY**  
**JUNE 22**  
**1PM**

**HUDSON  
VALLEY  
RENEGADES**

**VS**

**JERSEY  
SHORE  
BLUECLAWS**

SCAN TO PURCHASE

**SHORETOWN  
BALLPARK  
2 STADIUM WAY  
LAKEWOOD, NJ**



Made With PosterMyWall.com

<https://www.gofevo.com/event/Matawanaberdeen25>



JANUARY 2025 EDITION

# BOX TOPS

Easy ways to make a difference for your school.



## BONUS OFFER BONANZA



**Buy 3, Earn 6**  
on Gushers, Fruit  
by the Foot and  
Fruit Roll-Ups\*†



**Buy 2, Earn 6**  
on Pillsbury  
Cinnamon Rolls\*†



**Buy 2, Earn 6**  
on Annie's  
snacks\*†



**Buy 2, Earn 5**  
on Cheerios\*†



**Buy 2, Earn 5**  
on Fiber One  
+ Protein One\*†



**Buy 2, Earn 5**  
on Cascadian  
Farms\*†



**Buy 2, Earn 5**  
on Muir Glen\*†



**Buy 2, Earn 5**  
on Nature Valley\*†



**Buy 1, Earn 5**  
on ratio\*†  
(excludes dairy  
products)



**Buy 4, Earn 20**  
on ALL participating  
Box Tops  
products\*\*†



### EARNINGS GOAL

Goal: \$500.00  
to help fund classroom  
art supplies

\$80.25



Get the Box Tops app  
& start earning today!

Use code **S83930OW**  
to join and earn  
**25** Bonus Box Tops.

### 3 EASY WAYS TO EARN FOR OUR SCHOOL



#### SCAN

Qualifying receipts  
in the app



#### SUBMIT

Qualifying digital  
receipts in the app



#### CONNECT

Your Walmart and  
Box Tops accounts

\*Offers are valid in a single transaction between 1/1/2025-1/31/2025.

\*\*Offers are valid in a single transaction between 1/1/2025-2/14/2025.

†Must submit your receipt within 14 days of purchase. Limit 5 claims per receipt.

**DON'T HAVE THE  
BOX TOPS APP YET?  
DOWNLOAD IT NOW:**







# HUSKY TOUCHDOWN CLUB

PRESENTS



1 VETERANS WAY PORT MONMOUTH NJ 07758

**RAFFLE DRAWING 7PM TICKET PRICE \$40 5PM-10PM**

INCLUDES A SHEET OF TIER 1 TICKETS COFFEE TEA AND DESSERTS PROVIDED

**BRING YOUR OWN FOOD - CASH BAR NO OUTSIDE ALCOHOL**

TABLES OF 10 REGISTRATION CAN EMAIL TO [HUSKYTOUCHDOWN@GMAIL.COM](mailto:HUSKYTOUCHDOWN@GMAIL.COM)  
OR MAILED TO MATAWAN REGIONAL HS 450 ATLANTIC AVE ABERDEEN NJ 07747

TICKET ADM CAN BE PAID BY CASH,

CHECK (MADE OUT TO HUSKY TOUCHDOWNCLUB) OR VENMO [@husky-touchdown-club](https://www.venmo.com/husky-touchdown-club)

## Dates to Keep in Mind

- 6/6- Third Grade Spray Park Trip
- 6/9- Rain date for Third Grade Spray Park Trip
- 6/10- Literature in the Cliffwood Garden 6-7 PM
- 6/13- PreK Promotion
- 6/14- Main Street Donuts Shark Run 5K
- 6/16- Kindergarten Celebration
- 6/18- Early Dismissal
- 6/19- Early Dismissal
- 6/20- School Closed
- 6/22- Chalk the Walk
- 6/22- Blue Claws Game
- 6/23- Last day of School-Early Dismissal
- 6/23- 3rd Grade Clap Out 1:10 PM



CONNECTING OUR COMMUNITIES



**Matawan-Aberdeen Regional**  
School District

