

Pine Hill Middle School

Monthly Parent Newsletter

January 9, 2026

Dear PHMS Families,

We hope you and your children enjoyed a restful and joyful winter break. As we completed our first full week back, we were excited to reconnect, reestablish routines, and jump back into learning together.

This week we focused on helping students transition smoothly back into school expectations. The administration and teachers reviewed classroom routines, reinforced academic goals, and supported students as they got back into the rhythm of middle school. It's a great time for students to refocus, stay organized, and set positive intentions for the weeks ahead.

Please remember to:

- Ensure students arrive on time each day and are prepared with needed materials
- Review grades, assignments, and upcoming assessments with your child
- Encourage healthy sleep habits as we return to regular routines

We appreciate your continued partnership and support. If you have any questions or concerns as we begin the new year, please don't hesitate to reach out to your child's teachers or the main office.

We're looking forward to a productive and successful start to the new year!



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Additionally, below is some medical information regarding screening and early detection diabetes that I would like to share from our nurse liaison:



Type 1 diabetes (T1D) is a chronic condition where the body's immune system mistakenly attacks and destroys the cells in the pancreas that produce insulin. Insulin is a hormone that helps the body use sugar for energy.

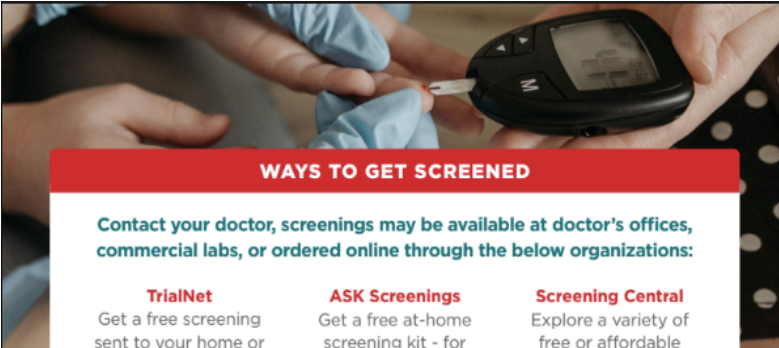
RISK FACTORS	SYMPTOMS
• Family history • Age • Ethnicity • Environmental triggers	• Drowsiness or tiredness • Dry mouth and itchy skin • Extreme thirst • Frequent urination • Fruity smelling breath • Heavy or labored breathing • Unexplainable weight loss • Increased appetite • Sudden vision changes



EARLY IDENTIFICATION

Type 1 diabetes can be identified with a screening before or after symptoms begin through a blood test or a finger stick. Check with your child's health care provider on the best screening option for you.

While having a parent or sibling with T1D increases your child's risk by 15x, 80% of those diagnosed have no family history at all! And even though T1D is not preventable, early identification can help you reduce the risk of life-threatening complications.



WAYS TO GET SCREENED

Contact your doctor, screenings may be available at doctor's offices, commercial labs, or ordered online through the below organizations:

TrialNet Get a free screening sent to your home or at a local laboratory. To qualify, you must have a relative with T1D.	ASK Screenings Get a free at-home screening kit - for U.S. residents over 12 months old.	Screening Central Explore a variety of free or affordable opportunities.
		

Disclaimer: Links to external sites are for informational purposes only and do not imply endorsement or responsibility for their content.

UNDERSTANDING YOUR RESULTS

If your result is positive, talk with your health care provider about re-screening to confirm the results and about a care plan that includes monitoring and management.

If your result is negative, make a plan with your health care provider to check again in the future.

MANAGING DIABETES AT SCHOOL

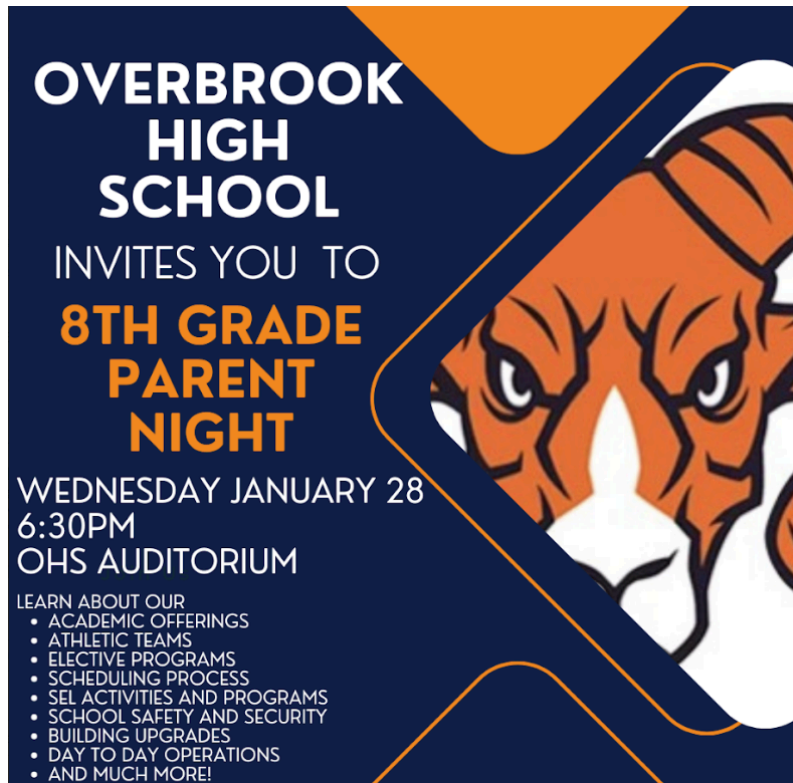
In New Jersey, the school nurse will develop a plan of care and educate staff based on the student's diabetes medical management plan provided by the health care provider. For additional information, please visit the New Jersey Department of Education's webpage, Guidelines for the Care of Students with Diabetes in the School Setting.



For more information or free diabetes services, visit diabetesfoundationinc.org or contact the Diabetes Foundation at (201) 444-0337.

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*Parents of 8th Graders:



Looking Ahead

As I have stated previously, we will continue building on the positive momentum of our kindness initiative. January and the months ahead will bring new activities, student leadership opportunities, and preparations for spring events. Below is a list of some of the things happening at PHMS:

January 19: [MLK Day of Service-No School](#)

January 28: [First day of Marking Period 3 | OHS 8th Grade Parent Night](#)

February 6: [MP2 Celebration | Football Spirit Day](#)

February 9: [Staff Inservice-No School](#)

February 16: [President's Day-No School](#)

Warmly,

Pia Garbutt

Pia Garbutt, MA., M.Ed. ABD.

Pine Hill Middle School, Principal