



MATAWAN-ABERDEEN CONNECTIONS

CLIFFWOOD NEWSLETTER

January 25, 2026

Important Links

[District School Calendar](#), [School Hours](#), [Cliffwood Morning Music Requests](#), [Breakfast & Lunch Menu](#), [PreK, K & New Student Orientation](#), [Welcome Cliffwood Students & Families 25-26](#)

Cliffwood Family Connections [8/6](#), [8/31](#), [9/7](#), [9/14](#), [9/21](#), [9/28](#), [10/5](#), [10/12](#), [10/19](#), [10/26](#), [11/2](#), [11/9](#), [11/16](#), [11/23](#), [11/30](#), [12/7](#), [12/14](#), [12/21](#), [1/4](#), [1/11](#), [1/18](#)

Message from Mrs. Cherence, Principal

Due to the snow and expected weather conditions, **school will be closed tomorrow**. Please be safe and stay warm.

Our students have been busy learning and creating! They've been building and collaborating on STEM projects, and our PreK students have been hard at work as little chefs preparing pizza as part of their learning unit.

Due to the weather, we will be **rescheduling the recognition of students for Perfect Attendance** that was planned for the upcoming Board Meeting. Once a new date is confirmed, we will keep you posted.

Lastly, if you have any pictures from school events or classroom activities, please be sure to share them using the link below. These photos will be used to help create a **beautiful yearbook filled with amazing memories**.

Thank you for your understanding and continued support. Stay safe and warm.



PAWS Winners





Preschool Parent Workshop: Raising Confident (not picky) Eaters

Join us for our second Preschool Parent Workshop, Raising Confident Eaters: End Food Battles. Open to parents with students currently enrolled in our preschool program. Childcare will be provided by our High School's National Honor Society. Registration required. Register [HERE](#).

RAISING CONFIDENT EATERS: END FOOD BATTLES
A POWERFUL PARENT PRESENTATION
WEDNESDAY, JANUARY 28TH AT 6:15 PM
LAUREN DORMAN, MS RD CDE
Registered Dietitian. Keynote Speaker. Author. Consultations.

Dear Parents,

I know that navigating food-related challenges with children can sometimes feel overwhelming, but Lauren Dorman, Pediatric Registered Dietitian is here to make that process easier.

This presentation is for parents who are interested in transforming their family's nutrition and health. You'll finally have the support and guidance you've been hungry for. You'll know exactly how to think, what to say, and what your next steps should be...

Lauren wants you to feel less overwhelmed with her bite sized-lessons! Learn the recipe to implement a calm structure and routine. Imagine mealtime being less of a battle and more of a joy-filled with a variety of options that everyone loves.

Through this empowering presentation, you as the parent will learn the 6 essential skills necessary to empower your child to crave balance and color on their plate!

REGISTER HERE!



Outcomes From Presentation:

- ★ Your child exhibits improved energy levels, focus, and mood
- ★ Your child develops a healthy, positive relationship with food and their body
- ★ Your child accurately recognizes and responds to hunger and fullness cues
- ★ Balanced, nourishing, and flexible meal/snack patterns are established, with increased food variety through effective exposure
- ★ Both parent and child experience fulfillment, joy, and ease throughout their nutrition behavior change journey

"Lauren is such a clear, empathetic, empowering and informative speaker. I was so impressed with her ability to connect with the participants she gave for my school's parents! As a parent and educator, I wish that I had benefited from Lauren's knowledge and experience years ago. Her webinar has already changed the conversations I have with students about food."



Scan To Enter The Raising Confident Eaters Community



732-766-2616
schooldietitian@gmail.com
@dont_diet_dietitian



Symposium on Mental Health/Wellness

SAVE THE DATE

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[Signature]
Authorized Signature

Monmouth County Schools
Partnership for Wellness Presents a
**Symposium on
Mental Health/Wellness**

Brookdale Community College
March 11, 2026
5:30 PM



GUARDE LA FECHA

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Escuelas del condado de Monmouth
Asociación para el Bienestar presenta una
Simposio sobre

Salud mental/bienestar

Brookdale Community College
March 11, 2026
5:30 PM





PRESCHOOL & KINDERGARTEN REGISTRATION 2026/2027



OUR PROGRAM

Locations



Preschool classrooms are offered at Cambridge Park, Lightbridge Academy, and district elementary schools.

Eligibility



Students must be 3 years old on or before October 1, 2026 to enter preschool and are accepted through a lottery.

Classes



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



Preschool is free to all eligible residence of the Matawan Aberdeen Regional School District.



Busing is available for eligible students.

REGISTRATION BEGINS
JANUARY 15TH



scan here!

Students must be enrolled by March 20th to be included in the lottery.

For questions or additional information, please call (732) 705-4079 or visit <https://www.marsd.org/parents-students/central-registration>



INSCRIPCIÓN PARA PREESCOLAR Y KINDER 2026/2027



NUESTRO PROGRAMA

Ubicaciones



Se ofrecen clases de preescolar en Cambridge Park, Lightbridge Academy y en las escuelas primarias del distrito.



Elegibilidad

Los estudiantes deben tener 3 años cumplidos el 1 de octubre de 2026 o antes para poder ingresar al preescolar, y la admisión se realiza mediante sorteo.



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.



Clases

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

LA INSCRIPCIÓN COMIENZA
EL 15 DE ENERO.



Los estudiantes deben estar matriculados antes del 20 de marzo para poder participar en el sorteo.

escanea
aquí!

Para preguntas o información adicional, llame al (732) 705-4079 o visite <https://www.marsd.org/parents-students/central-registration>

Join our Team!

We're excited to share that the Matawan-Aberdeen Regional School District currently has several openings, and we would love your help in spreading the word! These are wonderful opportunities to be part of our district and make a difference in the lives of our outstanding students.

We are looking for:

- Substitute School Bus/Van Drivers
- Substitute Transportation Assistants
- Substitute Classroom Teachers
- Substitute Instructional Assistants
- Substitute Nurses (Please email smoore@marsd.org)

If you, or someone you know, may be interested, please visit this website to apply: [Applitrack](#).

To apply for Substitute Classroom Teacher and/or Substitute Instructional Assistant positions, please use this link: [ESS](#)

Come join our wonderful district and be part of the team that supports our students each and every day!

Stay Cliffwood Connected

- [Cliffwood School Website](#)
- Instagram: [@cliffwood_elementary](#)
- Facebook: [Cliffwood School PTO Parent Page](#)

The Anti-Bullying Bill of Rights Act requires that the week beginning with the first Monday in October of each year be recognized as the Week of Respect in the state of NJ. Students and staff are encouraged to participate in the Week of Respect!

Free & Reduced Breakfast and Lunch Form

The 2025-2026 Meal Applications are to be completed electronically this year. This will be done through Genesis link: [Parent Portal](#).

Families who wish to complete paper applications can request a copy of the application packet. They will also be available at Back To School Night.

Maschio's is our Food Service Company this school year. Below are POC's for your use as needed.



Lauren Dyer, On-Site Director, ldyer@maschiofood.com, 732-705-5326

Sarah Engst, Area Supervisor, sengst@maschiofood.com

Breakfast & Lunch Menus

January 2026

Cliffwood ES
Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			 New Year's Day	
5	6	7	8	9
• Mini Banana Loaf	• Savory Egg and Cheese Stuffed Hashbrown Patty	• Bagel with Cream Cheese	• Assorted Small Muffin • Mozzarella String Cheese	• Apple Frudel
12	13	14	15	16
• Mini Apple Bites	• Mini Maple Pancakes	• Sausage, Egg & Cheese on a Croissant	• Mini Strawberry Stuffed Bagel Stick	• French Toast Bites
19	20	21	22	23
 MLK Day				
26	27	28	29	30
• French Toast Bites	• Mini Cinnamon Stuffed Bagel Stick	• Egg and Cheese on a Bagel	• Cornetti Pancakes	• Assorted Small Muffin • Graham Crackers

*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
			1	2
			 New Year's Day New Year's Day	
5	6	7	8	9
 BURGER DAY! • Juicy Hamburger on a Bun or Juicy Cheeseburger on a Bun • Emoji Fries	 TACO DAY! • Seasoned Beef Taco Scoop-a-Bowl W/ Shredded Cheddar Cheese, Lettuce, Diced Tomatoes & Salsa • Steamed Corn • Whole Grain Cinnamon Churro	 Breakfast for Lunch • Fluffy French Toast Slices • Juicy Breakfast Sausages • Crunchy Hash Browns	 Pasta Day • Spaghetti with Meat Sauce • Italian Green Beans • Fresh Dinner Roll	 Pizza Day • WW Pizza Wedge, Nardones Plain or Pepperoni • Freshly Prepared Maschio's House Salad
12	13	14	15	16
 MEATLESS Monday  Mac & Cheese DAY! • Creamy Mac and Cheese • Cornbread Poppers • Roasted Vegetables	• Chicken Tenders with choice of: • BBQ Sauce or Buffalo Dipping Sauce • Garlic Parmesan Dinner Roll • Freshly Prepared Cucumber and Tomato Salad	 National Bagel Day • Turkey Ham, Egg & Cheese on Bagel • Crunchy Hash Browns	• Chicken Fajitas on a Tortilla • Rice and Beans	• Twisted Cheesy Breadsticks with Marinara Sauce • Freshly Prepared Garden Salad
19	20	21	22	23
 MLK DAY MLK Day	• Grilled Cheese Sandwich • Tomato Soup • Fresh Veggie Dippers	• Chicken and Waffle Sandwich • Maple Cinnamon Carrots	• BBQ Chicken Bacon Cheddar Melt • Mashed Sweet Potatoes	 Pizza Day • Stuffed Crust Pizza • Freshly Prepared Spring Mix Salad
26	27	28	29	30
• Seasoned Chicken and Cheese Quesadilla • Taco Seasoned Fries	• Meatball Parm Hero • Panko Crusted Green Beans	 BLUEBERRY PANCAKE • Fluffy Buttermilk Pancakes with Wild Blueberry Compote • Juicy Breakfast Sausages • Crunchy Hash Browns	• Popcorn Chicken, Whipped Mashed Potatoes, Rich Brown Gravy, Seasoned Corn • Fresh Dinner Roll	• Cheese Calzone & Mini Ravioli Sampler • Freshly Prepared Caesar Salad

*Menu is Subject to Change



MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER



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 Graham Crackers , with Assorted Cereal Graham Crackers ,

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!**

Cliffwood PTO NEWS

Volunteers Needed

The Cliffwood PTO is already planning some exciting events for the rest of the school year, and we'd love YOUR help! Whether you have just a little time to give or want to take on a bigger role, there's a place for you!

By joining a committee, you can:

- Help plan and organize fun events for our students and families
- Lend a hand during events (set up, run activities, or clean up!)
- Share ideas and talents to make our school community even stronger



You can choose your level of involvement-every bit of help makes a big difference!

We're looking to create committees for:

- Winter Festival
- 3rd Grade End of Year Events
- Fun Day

If you're interested in joining a committee or just want to learn more, please fill out our volunteer form or reach out to CliffwoodPTO422@gmail.com

Let's make this year amazing, together!

[Volunteer Interest Form](#)

Yearbook Photos

The Cliffwood PTO created an email address for all yearbook photos that they want to share with all families and staff so that they can send all pictures from events this year or any photos they take in their classrooms. The email is CliffwoodYearbook2526@gmail.com.

Box Tops



CLIFFWOOD AVENUE
ELEMENTARY SCHOOL
CLIFFWOOD, NJ



Referral Code: I6D42ILN

Be sure to sign up for Box Tops for Education and scan receipts to earn rewards for Cliffwood School!



Cliffwood Elementary School PTO Membership Form

APPROVED FOR DISTRIBUTION
Member - Cliffwood Regional School District
[Signature]
Authorized Signature

Come JOIN the PTO for the 2025-2026 School year!

Membership Cost: \$10 per family

Membership dues are considered a donation to the organization and are utilized as a fundraising tool. Annual dues and our fundraising dollars provide the following (and more!): Class trips and busing, classroom supplies, fun day t-shirts, staff appreciation days, assemblies, programs, and family events.

Why join? Joining the PTO can benefit you, your child, your school, and the community.

The PTO needs YOU! Your opinion matters and your presence and support are appreciated. The

amount of involvement you have in the PTO is completely up to you!

As a member, you have the privilege to potentially hold office, introduce motions, debate, and vote in the decision-making process at monthly meetings. There is no obligation to attend meetings, but we hope you do!

We are Cliffwood Proud and are ready to get the school year started!



zelle

To Join: Fill out form below with payment (\$10) and submit it to your child's teacher in an envelope labeled "PTO Membership"

We accept cash, check (made payable to Cliffwood PTO or Zelle



Parent/Member Name: _____

Email: _____

Contact #: _____

Child #1 Name: _____

Child's Teacher: _____

Child #2 Name: _____

Child #2's Teacher: _____

Child #3 Name: _____

Child #3's Teacher: _____

Child #4 Name: _____

Child #4's Teacher: _____

Email us at CliffwoodPTO422@gmail.com

Dates to Keep in Mind

1/26- School Closed- Snow Day

1/28- Candy Bar Fundraiser

2/2- Early Dismissal (All Cliffwood students will be dismissed at 1:20 PM)

2/12- Report Card will be posted on Parent Portal

2/16- School Closed (Presidents' Day)



CONNECTING OUR COMMUNITIES



Matawan-Aberdeen Regional
School District

