



Washington Township Schools



“Making a Difference”



Absent or Running Late? Call the Absentee Line

Please call your child “out absent” on the school absentee line. If they will be late, please call the line as well. If there is a scheduled absence please notify the School Nurse, in addition to your child’s teacher.

Port Colden School: 689-0681, ext 2507 Janine Barzdines, RN

Brass Castle School:
689-1188, press “1” for absentee line Katie Wikander, RN ext: 3607

All Parents: Health Updates

When you take your child to the doctor/ER for: immunizations, physicals, stitches, broken bones or sprains, surgery, etc., please provide documentation for the School Nurses. This should indicate the date and name of Immunization(s), diagnosis of injury/illness, and gym status as necessary. Gym/physical activity restriction notes: must indicate participation level (if any), and date student may return to school activities without restrictions. This ensures maintenance of your child’s optimal health during school and keeps health records current.

Is Your Child too Sick for School?

As we start the cold and flu season, and many other fall and winter illnesses, please keep these tips in mind for when to keep your children home from school:

A bad cough or cold symptoms can indicate a severe cold, bronchitis, flu, or even pneumonia. A typical cold should not be a reason to miss school. But, if your child is not acting right, has a fever, has difficulty breathing, or is becoming dehydrated, it could be serious. Contact your doctor right away.

Diarrhea and vomiting make children very uncomfortable. If your child has repeated episodes of diarrhea and/or vomiting, consult your doctor and keep your child out of school until the illness passes.

Fever is an important symptom. When it occurs along with a sore throat, nausea, listlessness, or a rash, your child may be carrying something contagious. *Always keep your child home during the course of a fever and for an additional 24 hrs. after the fever has passed, without the use of fever-reducing medications.*

Strep throat and scarlet fever are two highly contagious conditions caused by the streptococcal bacteria infection. They usually start with a sore throat and fever. Sometimes, 12-48 hours after the onset of a fever, a rash may appear. A child with either strep throat or scarlet fever should be kept home and treated with antibiotics, as prescribed by a doctor. *After 24 hours on an antibiotic and fever free for 24 hours without the use of fever reducing medications*, the child may return to school, with doctor permission.

Conjunctivitis, pink eye, is highly contagious and uncomfortable. If your child has an eye or eyes that burn, itch, and produce a white, yellow, or green discharge, contact your doctor. Minor causes (caused by a virus) and severe cases (caused by bacteria) require treatment with prescription eye drops. *Keep your child home until they have been on antibiotics for 24 hrs, and the discharge is gone.*

Ear Infections, unless properly treated, can cause hearing damage. Contact your doctor for treatment.

Sending children back to school too early before they are well can result in their illness lasting longer, and risks spreading illness to others. Please help us to keep our schools healthy!

Any questions? Please contact your School Nurse.

Port Colden: Janine Barzdines, RN 689-0681 ext 2507

Brass Castle: Katie Wikander, RN 689-1188 ext 3607





News from the Nurses: Vaccines Required to Remain in School

Important Immunization Reminder for Preschool and Pre-K Parents:

All children attending a preschool or child care program in the state of NJ must annually receive one dose of the influenza vaccine between September 1 and December 31 of each year.

Please provide documented proof of your child having received this vaccine to the Brass Castle School Nurse by Monday, December 21, 2015, before we dismiss for the winter recess, so your child may remain in school in January 2016.

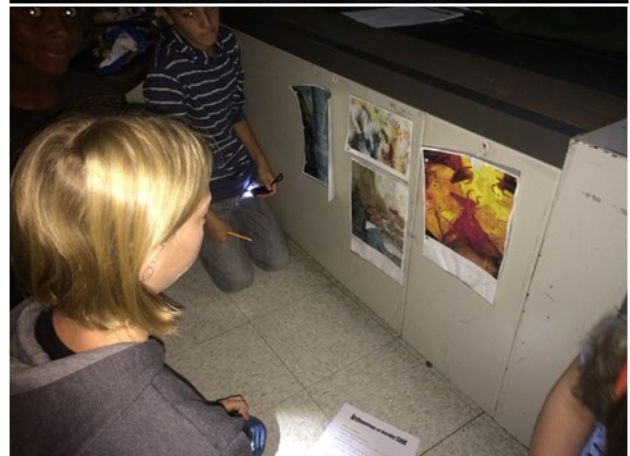
Community Health Days

There are opportunities at local doctors and dentists to receive Medical and Dental services, if you are in need. Zuffall Community Health Center, in Hackettstown is hosting a National Rural Health Day on November 19 from 1-7 pm, which will offer free medical and dental screenings and free flu shots. Please contact the school nurses for more information, if you are interested. Also, the NJ Dental Association sponsors an annual event called Give Kids a Smile. Children without dental insurance can benefit from services at local participating dentists on this day. This school year it will be on February 5, 2016. More information will be provided as it becomes available. Any questions, please contact the nurses!



Archaeology at Border Cave

6th grade traveled back in time, to the Stone Age, to perform an archaeological investigation. Students walked through Mr. Graham's door to see that the classroom had become a Stone Age-Era cave. They saw cave paintings, remnants of a fire, an ancient burial site, and a Stone Age bed. Students needed to make inferences to figure out how Stone Age people lived, ate, entertained themselves, and more. See some pictures below to check out what students found!



News from Mrs. Paruta's Class

Mrs. Paruta's 6th grade math class recently finished learning how to add, subtract, multiply, and divide decimals. To apply their skills to a real world situation, the students completed a problem-based learning project called Dining Out which was created by Mrs. Paruta. The students had to find an online menu, pick meals for themselves and their families, then calculate their bill. This involved many steps, including calculating tax and tip. The students had fun with this project, and they realized that dining out can really add up!



An Orchard of Authors

On October 23, Mrs. Melhem's students celebrated becoming authors. Friday was their *Happy Apple Autumn party*. Students participated in an open mic where they proudly read aloud their published personal narratives. As each student's story was read, classmates wrote positive messages about the story to the 'author' on post it notes. The notes were then adhered to each student's own personalized apple on display in the classroom. The gallery of positive messages is on display for visitors and students to walk by and be reminded of the praise from peers for work well achieved. You couldn't find one bad apple in this bunch! After story sharing time was over, students enjoyed fresh picked farm apples, apple cider and home-made apple cinnamon muffins.



6th Grade Stokes Trip

The annual sixth grade trip to Stokes was another success this year. The predictions of torrential rain proved to be over exaggerated, luckily. The scenery was beautiful, the weather mild and the fish plentiful. After examining the organisms in the lake and nearby stream, the students found the water to be healthy. The golden eagle from the Delaware Valley Raptor Center was amazingly majestic. The students realized that injured birds can be helped and rehabilitated. All sixth grade students are in the process of composing their memories into a Stokes Journal.

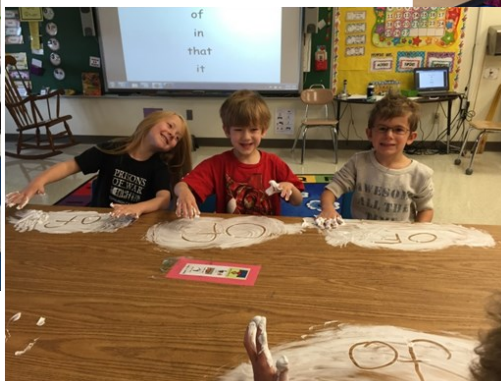
Port Colder Winter Concert

Thursday, December 10th is the date for the Port Colder Winter Concert. The concert will be held at 6:30pm at the Oxford Central School. The concert will feature students in grades 1-3 singing winter and holiday musical selections. We look forward to seeing you there!



News from Miss McEvoy's Kindergarten

Miss McEvoy's Kindergarten class had a blast on Parent Visitation Day! The parents were able to help their children practice writing their letters and sight words using shaving cream. This sensory activity helps build their muscle memory to write new letters and words. The students were very excited to have shaving cream on their desks and did a fantastic job writing. We all had a great time getting a little messy and having fun at the same time. Thank you to all the parents for helping with this activity!

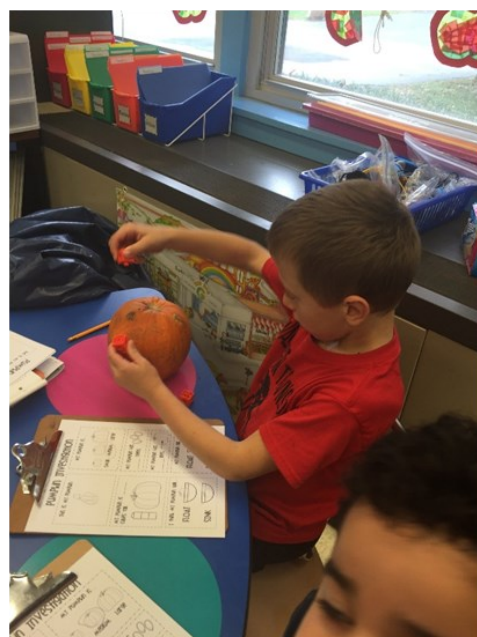


Pumpkins, Pumpkins, Pumpkins!

This past week, Mrs. Nalepa's first grade class learned all about pumpkins with the guidance of her student teacher, Mrs. Wilkinson. The students each rotated to different stations to learn different characteristics of their own pumpkins. They observed their pumpkins, classified them as small, medium, or large, and then drew a picture. One station was to

measure the height of the pumpkin using unifix cubes. Next they counted the ribs (lines) on the outside of the pumpkin, which showed us that the more ribs there were, the more seeds would be inside. The final station was to make a prediction...would the pumpkin sink or float when placed in water?? If you want the result, you can try this experiment at home, or ask one of Mrs. Nalepa's students! The final activity of the pumpkin investigation was to open up one of the pumpkins and count how many seeds were inside our class pumpkin. The students first gave their guesses, or estimation, of how many seeds they thought would be inside. The guesses ranged from 20-500. After giving each student a cup of seeds, we separated them into piles of ten,

making it easier to count. We added them up and the result was amazing... 564 seeds in one small pumpkin!! Who ever said learning wasn't fun??



PTA Welcomed Storyteller

On Wednesday, October 14, the Washington Township PTA welcomed storyteller Kitty Jones, of Kit's Interactive Theater. Ms. Jones performed The Mysteries of Ancient Egypt for grades Kindergarten, and 4-6 at Brass Castle school. As Queen Hapshepsut, she revealed the mysteries of the ancient Egyptian empire with wit and enthusiasm.

At Port Colden School she performed The Legend of Sleepy Hollow for grades 1-3. As Katrina Van Tassel, she disclosed the tales of Icabod Crane in this engaging and fun re-telling of Washington Irving's classic tale.

During both performances, students and faculty were selected to join her in a hilarious staging that included costumes, music, and dancing!

Funding was made possible in part, by the Warren County Cultural and Heritage Commission. For further information, please contact PTA Cultural Arts Chairperson, Bridget Asbury at bridgetasbury@gmail.com.



A Visit from an Author: Bridget Asbury

Happy
Thanksgiving

Counselor's Corner November 2015

While our youngest Washington Township student's are being reminded that 'kindness counts,' and are learning about *Horrible Harry* and his personal space bubble in their character education classes, our older students are reflecting on what this month of thanks truly means. This is a time of year packed with opportunities to give **thanks** – to our Veterans as we celebrate Veteran's Day, to our community as we participate in our annual food drive, to our staff as we cheer them on at the Wizards basketball game... We are so fortunate to be a part of this positive community... and I am thankful.

With two of my children now in college I am reminded each day to be thankful for their health, happiness and safety. This week, our son was scheduled for an MRI at 8pm and he texted us at 7:20 that he was THERE at the test site. We received a call 45 minutes later from the MRI staff that he had not arrived... he is in New Haven CT –not the safest place to be after dark. He didn't answer calls or texts (this is my child who is in constant contact with me) ... the staff called again looking for him... As a parent, we think the worst. Long story shorter (call me if you want the details)– he is fine –in the moment all of my other worries vanished (and yes, I have loads of worries.) In times of crisis, we are often reminded of what matters most and what is precious and valued.

Before you get to that moment of crisis, try to assess what you are thankful for in this month of Thanksgiving. Embrace the small things. Happiness is often found in the simple things – your child's butterfly kisses, winning a cheer competition or football game, getting a good grade on a quiz, the joy in having a friend over to play, carving a pumpkin (yes – messy but FUN,) appreciating the vivid colors of the leaves in our beautiful Warren County, being together with your little ones as time passes so fast... Find JOY and thanks in each moment.

Also, I would like to take a moment and remind our Washington Township families of the New Jersey Anti-Bullying Bill of Rights Act which was effective in the state in the fall of 2011. This law is considered to be the toughest anti-bullying law in the country to date. All public schools in NJ must be in complete compliance with the law. We are fortunate in Washington Township to have a clear and strict policy regarding intolerance for bullying, and in fact a clear intolerance for any behavior considered disrespectful or "mean." Our success in meeting and exceeding the law's requirements have been positive as our expectations for appropriate, respectful student behavior is very high.


As our children's caregivers, we can help them become resistant to bullying by:

- Developing positive talents or attributes of your child; growing their self esteem with true accomplishments, talents and achievements
- Encouraging contact with a diverse cross section of students in his/her class to see first hand who they get along with; encouraging those relationships while reinforcing respect for all
- Helping your child meet friends outside of the school environment.
- Broadening your child's world and remind them that their school environment is a small place in the scheme of their lives; helping them to see the "big picture" while functioning successfully where they are
- Reminding your child of their safety strategies, how can they can seek help and from whom
- Reviewing the rules of tattling vs. telling
- Assessing or requesting assistance to assess whether your child may have a lack of appropriate social or learning skills
- Modeling active listening skills to show your child that they can always come to you with their concerns, thoughts and challenges – and successes! *adapted from bullyinginfo.org*
- and most of all, understand that conflict is not only natural, but learning how to handle conflict in a positive manner will provide a solid foundation for our children in their future endeavors.

I can be reached at Brass Castle at 908-689-1188 ext 3611, Port Colden 908-689-0681 ext 2567 or at dtierney@washtwpsd.org. Many of you have my cell number; if you find it easier to reach me after school hours, I am happy to share that contact with you – just let me know.

NOVEMBER 2015: Thanks and Gratitude



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 "An attitude of gratitude brings great things."	3 Pay attention to the difference between what you need and what you want	4 Be thankful for all that you have – consider donating your extra 'stuff' to someone in need	5 <i>No School</i>	6 <i>No School</i>	7
8	9 Share with a willing heart – it will be more fun!	10 Regardless of sunshine or rain, be grateful for another great day-make it a great one!	11 Thank you to our Veterans for sharing their lives by protecting our country	12 Reflect on a person that you are thankful for. What did they share with you? (love, ideas, time, gifts?)	13 Do something kind for a friend – be grateful for your positive relationships	14
15	16 It is fun to share in others happiness, but be willing to share and support the hard moments too	17 Wake up with a positive attitude and be prepared to cooperate and share today	18 Today is a great day to tell your family you are thankful for them – now show them by being extra helpful!	19 A moment of gratitude makes a difference in your attitude J	20 Thank your teacher for dedicating his/her time for YOU. Tell them what you are thankful for ;)	21
22	23 'Enjoy the little things, for one day you will look back and realize they were the BIG things.' Find something to be thankful for	24 Be thankful for YOU – who you are, what you stand for MATTERS!	25 I am thankful for each one of YOU! Who are you thankful for?	26 Happy Thanksgiving! <i>No school</i>	27 Did you eat too much turkey and mashed potatoes? YUM! Be thankful for your family members who cooked for you J <i>No School</i>	28
29	30 Be thankful for your friends and be sure not to leave anyone out.					

"It is not Happy people who are thankful. It is Thankful people who are Happy."
Choose to be HAPPY by considering all you have to be thankful for this season...