



THE STANHOPE CHARGER

Your District Newsletter

VOLUME 2, ISSUE 2

WINTER 2020

PARENT ENGAGEMENT IN SCHOOL

Steven Hagemann, Superintendent 973-347-0008 x4102 shagemann@stanhopeschools.org

UPCOMING EVENTS

- February 18—Military Family Night Out
- February 21—Student vs. Staff Volleyball Tourney
- February 25—Military Family Night Out
- February 28—HSA Spirit Day-Class Colors
- March 3—Military Family Night Out
- March 4-6—Early Dismissal Days
- March 4-5—Parent Teacher Conferences
- March 4-5—Kindergarten Registration
- March 10—Military Family Night Out
- March 11—Board of Education Meeting
- March 12—TREP\$ Marketplace
- March 13—Career Day
- March 17—Military Family Night Out
- March 19—Spelling Bee
- March 23—Community Wellness Night
- March 24—Fine Arts Performance
- March 24—Military Family Night Out

Our children and students are currently growing up in a challenging society where the demands on our time seem to be increasing, and for many families, it's a struggle just to get by. However, it is important not to lose sight that getting a solid education is still one of the greatest predictors of success for our youth. Parents and teachers share a common interest in this and it is becoming increasingly important for us all to work together and support each other.

When parents and families are actively involved in school activities, school organizations and their children's studies, they help to create an environment that is conducive to student success. Although it is understood that not all parents have the ability to attend daytime meetings and activities, and many others struggle to attend afternoon and evening events due to various commitments and time constraints, getting involved in your child's education can be as simple as a nighttime or morning conversation. Asking your children what they learned in school that day or who they played with at recess demonstrates that you care and that you are not too busy to talk about problems or questions that may be school related. Even if your child seems disinterested in the conversation, it is still important to consistently let them know that you care and that you are interested.

Communication with teachers is also very important. In many cases, your children's teachers spend just as much, if not more, time with your children each day than you, and they are often able to offer a different perspective on their growth and development. If you are curious or simply want some feedback, you don't have to wait for your child's teacher to contact you. Reaching out with a simple, short email is an efficient way to communicate with teachers because it provides them with the time to process your questions, review assessment data, and respond at a time that is convenient. It is also possible that at some point during your child's educational career, you may disagree with a teacher. This is common and in many cases it is caused by a breakdown in communication or a simple misunderstanding. Again, this is a great opportunity to contact your child's teacher directly to engage in productive and professional dialogue.

Below, you will find some additional activities and ideas that can help parents increase their involvement in our school and help your children achieve their maximum potential. We are so grateful to have the continued support of our parents and the community, and I wish everyone a successful second half of the school year!

* **Take the time to read** the weekly emails sent out by the

school. They are filled with school and community information, as well as opportunities to get involved. An email is distributed every Thursday afternoon, and if you are not receiving them, please contact the main office for support.

* **Consider signing up** to receive email notifications from the Home & School Association (HSA). This organization is led by parents just like you that want to make a positive impact on the school and our students. Please consider attending meetings, volunteering your time, and supporting the organization in any way that you can.

* **Periodically review the events** listed on the District calendar, which can be found on the schools webpage (www.stanhopeschools.org). District and school events are listed here and are frequently updated.

* **Attend a Board of Education meeting** if you're available. We are often recognizing the wonderful achievements of our students and staff and attending meetings provides opportunities to learn about the successes and challenges within the District and school.

#WEAREVRS

PRINCIPAL'S PRINCIPLES: Goal Crushers, Goal Getters, etc.

Alicia L. Finklea-DiCataldo, Principal 973-347-0008 x4106 afinklea-dicataldo@stanhopeschools.org

As we settle into 2020, it is a great time to reflect on our accomplishments so far this school year and to review our goals set at the beginning of the year. Henry David Thoreau, an American essayist, poet and author, said, "What you get by achieving your goals is not as important as what you *become* by achieving your goals." Take a minute and let that sink in... According to Psychology Today, "goal-setting isn't just for adults. In fact, being goal-oriented is a critical part of how children learn to become resourceful, which is defined as one's ability to find and use available resources to solve problems and shape the future." Often we forget that achieving a goal is a

GOAL CRUSHERS!
GOAL GETTERS!

process; expecting sudden results rather than tracking and celebrating small moments of progress. At times goals may sometimes feel impossible to achieve. To achieve a goal, one must have a strategy. Goals can be met by breaking them down into smaller tasks, writing them down, setting intentions each day, and believing in them by making them a part of your daily routine. This allows you to measure effort. Another thing is to expect to fail at times. Failure is the first attempt in learning, giving an outlet to reflect and assess the strategy. Here at Valley Road School we encourage our students to strive to attain their goals and to pick themselves back up when they fall down. Whether it be achieving the next reading level or building an earthquake proof tower.

Goals are a part of the educational process. Take a minute to discuss your child's goals with them. Re-establish clear definitions of what they want or set forth to accomplish; even create new goals making sure to follow a criteria, such as S.M.A.R.T. which stands for **Specific, Measurable, Attainable, Relevant and Time based.**

These criteria will help to develop and foster goals making them more attainable. So, go out there...set goals and crush them and don't forget to celebrate along the way!

GOAL GET 'EM!
GOAL DIGGERS!

GOAL AWAY!

AROUND OUR SCHOOL NEIGHBORHOOD: Two Stanhope School Free Libraries Now Open!

By Mrs. Henry

Have you ever wanted to get a book for your child but didn't have the money or a library card to do so? Or, have you ever had books that you no longer need, didn't want to throw out, but didn't know what to do with them? Now, thanks to the Stanhope School Free Libraries, you don't need to worry. So far, two free libraries have been built and installed on school grounds. One is on the "big" playground at the Valley Road School, and the other is in front of the Linden Avenue School. These libraries are a little different from traditional public libraries in that they are always open, you don't need a library card to bor-

row a book, and there are no due dates to return the books. The basic



premise is, "If you want a book, take a book. If you have a book, leave a book." Students are really enjoying having access to books whenever they want them as well as having a place to donate the books they are finished with so that someone else can enjoy them. Two more free libraries are now in the planning stages to be placed around the Valley Road School campus - one near the school entrance and one near the "little" playground. For more information about the free libraries or how you can help with getting more of them built, contact Mrs. Henry at khenry@stanhopeschools.org.

GUIDANCE CORNER: What Does Respect Look Like?

Assunta Jardine, Guidance Counselor 973-347-0008 ext, 4108 ajardine@stanhopeschools.org



Your child has daily interactions with adults and kids. Try these tips for helping him or her learn about respect.

Respect Replies. Think about something that you and your child disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such as "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each-other with respect.

Everyday Acts. When you mow the

lawn or clean up after your dog you can teach your child about respect for others. Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask her to think of other respectful things neighbors should do. If you share an apartment laundry room, she might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers. To continue the momentum created during The Great Kindness Challenge which was the last week of January this year and was devoted to performing as many acts of kindness as possible, take a look below for some ideas to encourage your student(s) to

keep kindness going. Try some yourself, the best form of leadership is modeling. Take this opportunity to show your student that kindness can happen ANYWHERE! **1.** Take a treat to your local firefighters or police officers. **2.** Write a thank you note to your mail carrier. **3.** Paint a picture and give it to someone. **4.** Smile at 25 people. **5.** Hug your sibling or friend. **6.** Cut out 10 hearts and leave them on 10 cars. **7.** Leave a flower on someone's doorstep. **8.** Hold the door open for someone.

Please feel free to contact me at any time throughout the year if I can be of any service. 973-347-0008 ext. 4108 ajardine@stanhopeschools.org.

KEEPING IT HEALTHY: Do You Want to Build a Snowman?

Jessica Frank, RN, BSN, School Nurse 973-347-0008 ext, 4110 jfrank@stanhopeschools.org

Winter has arrived! There are a lot of fun things to do outside in winter. However, it is important to consider safety. The American Academy of Pediatrics has provided us with some helpful winter health and safety tips: Outdoor winter activities like ice skating, skiing and sledding are great ways to get exercise on a cold winter day. Remember, children should be supervised with these activities. Playing in the snow and building a snowman are



great ways to get some fresh air for the entire family! **Safety Tips:** It is safer to sled feet first or sitting up instead of lying down head-first.

Sled on slopes that are not too steep and are free of obstructions like trees or fences. Skate only on approved surfaces. Skate in one direction with the crowd. Never skate alone. Do not chew gum or eat candy. Wear a helmet when skiing. Stay away from crowded areas.

Nosebleeds: If your child suffers from winter nosebleeds, it may be from the dry air. Try using a cold air

humidifier in the child's room at night. Saline nose drops or petroleum jelly may help too. If severe, consult your pediatrician.

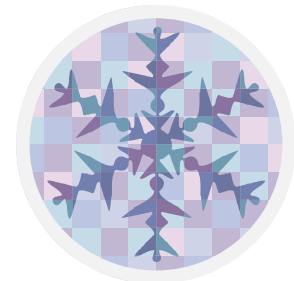
Hypothermia/Frostbite: When it is cold outside, remember to set a reasonable time limit on outdoor play and have children come inside periodically to warm up. Dressing in layers is best.

Lice: This time of year we often get a few cases of lice. Adult head lice or their eggs (nits) are found in the hair, most often behind the ears and at the base of the neck. Head lice are most commonly spread by direct head-to-head contact with hair of other people who have head lice. Head lice are commonly spread within households. There are a number of effective treatments for head lice. Treatment for head lice usually consists of shampooing the hair with a medicated shampoo. Consult with your pediatrician for treatment of head lice. Head lice are certainly a nuisance, but they are not generally considered a health hazard or a sign of poor hygiene, and are not responsible for the spread of any disease. Please see the following links for more information:

<http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/g-i/head-lice.pdf>
http://kidshealth.org/parent/infections/common/head_lice.html#
<http://www.drgreene.com/articles/lice/>

For a fun family winter activity, see the website below to learn how to make cool decorative snowflakes
<http://www.origamiway.com/how-to-make-paper-snowflakes.shtml>

If you have any questions or concerns please contact me at 973-347-0008 ext. 4110 or jfrank@stanhopeschools.org



MIDDLE SCHOOL QUIZ BOWL... ELECTIVE

by Mrs. Fehir

Stanhope School was excited to offer a new elective for grades 6-8, which tested their love of trivia in the areas of history, math, science, geography, sports, music, movies, and pop cul-



ture. Each week, the students were greeted with themed music of the upcoming game show planned. Classes were run in game show fashion, using popular classics such as Family Feud, Jeopardy, Wheel of Fortune, and Concentration. Competition ranged from small groups, large groups, and individuals battling it out in search of the top trivia gurus. At the end of each game show class, the winning students or teams would receive "cash tickets" to later exchange for consolation prizes. This elective has provided the students with a greater knowledge of the world around them,

team collaboration, and lots of laughs!



Pictured far left: "Feud" contestants Joel Berkowicz, Jacob Arnott, Sydney Herold, Mia Vergano, Lindsay Fehir, Maddie Schuddeboom. Above, Sydney Herold, Austin O'Connor.

BACK HALL HAPPENINGS: VRS Robotics Team Competes!

by Ms. Pipher

Along with 80 middle school students from more than 23 schools across New Jersey, Maryland, and New York, Stanhope students participated in a cyber robotics coding competition held at NJIT (New Jersey Institute of Technology), Friday, December 13, 2019. Sean Palermo, Iann Proano, Jasper Balogh, and Raymond Fromme were regional finalists in a nation-wide Cyber Robotics Coding Competition, an exciting event in which students used a cloud-based simulation platform featuring a virtual, 3D animated robot. Sponsored by the HSA, this is the first year the Stanhope Robotics Club has participated in the CRCC/CoderZ competition. In the weeks leading up to

the event, 25 students in grades 5-8 increased their knowledge of coding and robotics in a virtual platform featuring a graphical simulation of LEGO Mindstorms EV3 robots; users activate the "cyber-robot," in game-like "missions" and watch the results in a

eighth-grader, Avinash Goyal, completed all of the missions available, 103 in all! And with all the talk of numbers, the competition doesn't just focus on robotics and computers but encourages teamwork, problem-solving, and creativity. It was quite an experience for all.



Pictured left to right: Proano, Palermo, Fromme, Balogh and Courtney Pipher

real-time simulation. Ten of our students completed 40-60 of the missions, four completed 61- 100 missions, and

ACTIVITIES & CLUBS: Kindness Club

By Miss Reilly

Kindness Club has arrived at VRS! The idea came from one of our very own third grade students! Students will plan weekly random acts of kindness projects as well as plan a community kindness project to be completed at the end of our time together! Students will also learn about the six core kindness concepts: respect, caring, inclusiveness, integrity, responsibility, and courage. We are so excited to spread kindness and smiles around the school and the community! No act of kindness, no matter how small, is ever wasted.

KINDNESS CLUB

IT'S ELEMENTARY: What's new from K, 1, 2, 3

All Aboard The Polar Express

By Mrs. Jaust, Grade 2

What could be more exciting than just wearing your pajamas to school before



winter break? How about boarding the Polar Express! The second-grade classes were greeted by train conductors, Mrs. Henry and Mrs. Jaust. Students each had their own tickets to get on the train and enjoy the movie. The classes were entertained by dancing teachers serving chocolate milk and popcorn as their special snack for the day.

Here's what's happening in Third Grade

by Miss Reilly and Ms. DiIonno

3rd graders are rocking their goals in the new year! Students reflected and chose one word to be their goal for the new year. Students really dug deep and created action steps to reach these goals! One student's word was "Organization," and her action steps were to unpack and repack her backpack each night, to make sure to put her papers in the right folder so they are easy to find, and to keep her desk neat. 3rd graders are also becoming engineers! After learning about forces, motion, and magnetism, students will be working with a group to create a Rube Goldberg machine! They will need to complete a simple task such as, pop a balloon, but in as many steps as possible! They will need to use their knowledge of friction, balance, forces, and magnetism to make sure their machine can complete their task!

Kindergarten Family Snowman Project

by Mrs. Grube & Mrs. Marra

The **Kindergarten** Families kicked off Winter by creating a Family Snowman. They had fun family time working on this project together.



HONOR ROLL: MARKING PERIOD 2



High Honor Roll

Sixth Grade

Chase De Oliveira, Sydney Herold,
Gavin Mahoney, Bella Ribeiro

Seventh Grade

Lucinda Clauson, Lucas Granada,
Samantha Krauklis, Sean Palermo

Eighth Grade

Lindsay Fehir

Honor Roll

Sixth Grade

Paul Andrews, Samantha Balogh, Amarna Degil-Balija, Melia Gomez, Emily Kali, Sara McNamara, Scott Percarpio, Reese Roth, Brady Scullin

Seventh Grade

Elijah Arnott, Shea Ewer, Nathan Gonzalez, Aliyah Heins, Devyn McCleary, Ashley Mueller, Riely O'Brien, Iann Proano, Madelyn Schuddeboom, Julio Sena-Clavijo, Michael Signorile, Santiago Valencia

Eighth Grade

Amira Abdallah, Ysela Gopmez, Avinash Goyal, Mary Hallowich, Jady Kappes, Caitlin Leyson, Ava Madonna, Juliana Ramirez, Ella Smith-Christie, Mia Vergano

**CONGRATULATIONS!
Well Done!**

Keep up the good work.

COMMUNITY CARES CLOSET AT VALLEY ROAD SCHOOL

by Mrs. Henry

Two years ago, upon discovering that personal hygiene items could not be purchased with food stamps, second grade teacher Mrs. Karen Henry started the Stanhope School Community Cares Closet. Through extreme couponing and donations from other Stanhope School employees and boosted by the 100th Day toiletry drive, the closet has been providing items such as shampoo, soap, tooth-

paste, deodorant, and laundry soap to families that request help in obtaining these goods. "The cost of keeping a family clean really adds up. My hope was that in alleviating the need to spend money on personal hygiene items, it will free up more money to purchase food or pay bills for families who are finding themselves in a financially challenging situation," says Mrs. Henry. In October, a student asked if the items

donated to families could include food. With that request came the expansion of the Community Cares Closet to provide food as well. According to Mrs. Henry, "The statistics of families that suffer from food insecurity are staggering. Sometimes we think that these problems are not in our own backyard, but the sad reality is, it is. Having a job does not necessarily equate to having enough money to feed your family. Once I realized this, out of the mouth of a child, I had to expand our mission with the closet." Thanks to donations from our Stanhope School employees, the closet is now helping multiple families with food as well. If you would like more information on either how to help provide items for families or how to sign up to get items sent to your family, contact Karen Henry via email at khenry@stanhoschools.org or Brianna Wamback via phone at 973-347-0008 ext. 4109 or email at bwamback@stanhoschools.org. Working together, we can help make life better for every member of our Stanhope School Family.



CONGRATULATIONS TO VRS STAFF AND ALUMNI!

Alumni News:

Saige Berkowicz ('16) was named 2020 "Pass It Along" Scholar Athlete nominee for Lenape Regional High School.

Ryan Henry ('15) completed his first semester at Purdue University in West Lafayette, Indiana and has made the Dean's List with Honors.

What VRS alumnae do you know who is succeeding at the high school or college level, and *BEYOND*? Let us know!

Governor's Educator of the Year:

Congratulations to Mrs. Carole Grube, the 2020 **Governor's Teacher of the Year** Winner for Valley Road School.

And, congratulations to **Mr. Richard Shahpazian**, the 2020 **Educational Services Professional of the Year**. Mrs. Grube and Mr. "S" will be recognized by the Sussex County Superintendents' Roundtable at a luncheon on May 22, 2020.

Thanks for all you do for our students! We are proud of you both!

#WeAreVRS Award:

Do you know of someone at Valley Road School who is making a difference, going the extra mile and making our community a better place to live, work and learn? If so, why not nominate them for the district's #WeAreVRS award. Nominations are presented to the Board of Education and winners recognized at a Board meeting.

To nominate someone, visit our website and click on the **#WeAreVRS Staff Recognition** link.

UPCOMING EVENTS: Math-a-thon for St. Jude Hospital

By Mrs. Mutz

Valley Road School will again be participating in the St. Jude Research Hospital Math-a-thon fundraiser. Since 1962, St. Jude has treated children who are battling cancer and other deadly diseases, and no family ever receives a bill from St. Jude. This is why Valley Road School is hosting a Math-A-Thon! Math problems can be done online or in fun books. I'd like to share some information from St. Jude Hospital:

World renowned for its research and treatment of cancer and other diseases in children, the St. Jude Children's Research Hospital is number one in its field with the mission of achieving 100% survival. Founded by actor Danny Thomas, the hospital has been at the forefront of many discoveries that have changed the way pediatric diseases are treated. So far, the center has managed to improve survival rates for childhood cancer from around 20% to 80%, while also advancing cancer research through numerous ongoing clinical trials.

At St. Jude, the research and patient care facilities are all in one location, allowing scientists and clinicians to work together to quickly translate discoveries into treatments that can help patients suffering from a variety of diseases. St. Jude is also the nation's second-largest healthcare charity, which allows research to continue uninterrupted and permits the hospital to accept patients regardless of ability to pay.

The major treatment programs at St. Jude Children's Research Hospital include brain tumors, leukemia and lymphoma, sickle cell disease, solid tumors and stem cell bone marrow transplants. The hospital also conducts numerous phase 1 and 2 clinical trials so that the young patients have access to the latest in medical research and promising drugs or treatments that they may not have access to at other facilities. St. Jude also has partnerships with a number of other organizations and hospitals, allowing for important knowledge sharing and collaboration in an effort to find a cure for cancer.

We hope you'll join us in participating in this important fundraising event. Information will be coming to you through the math teachers in the next week. If you have multiple children in our school, they can form a "team" to work together toward a common goal of support. We can help make a difference for families experiencing this challenge in their lives.



STANHOPE PUBLIC SCHOOL DISTRICT

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Alicia L. Finklea-DiCataldo, Principal
Dr. Steven E. McHugh, Sr.,
Business Administrator/Board Secretary

Creating Stanhope's Future...
One Child At A Time!

Follow us on Twitter
& Instagram:
@StanhopeVRS

BOARD OF EDUCATION MEETINGS

7:00 PM

Regularly the Third Wednesday of the
Month (check school calendar for updates)

MRS. HENRY ASKED, "WHAT GOOD ARE OLD SHOES?"

The answer is: A whole lot when you are trying to raise money to help children get textbooks! That's what our VRS community joined together to accomplish in January. One of our substitutes, Mr. Alan Chorun, started a foundation called "Young Vision Africa" (YVA). Through his foundation, "Mr. C" works with a rural village in Sierra Leone, Africa. Approximately 95% of the village is illiterate, with most children not having the opportunity to attend school. One of the many projects Mr. C has worked on is building a new school in the village in 2019 so that every child has the opportunity to get an education. With the new school came the need for textbooks, something these children had never seen before. Initiated by a 16 year old Mt. Olive student, a shoe drive to raise money for textbooks began. The goal was to collect 1,250 pairs of shoes to raise enough money for the first half shipment of textbooks. When Mr. C was approaching two weeks left in the shoe drive with only around 600 pairs of shoes collected, he reached out to VRS for help. Mrs. Karen Henry and Mrs. Brianna Wamback worked on setting up a VRS shoe drive and in less than two weeks, our school community collected **703 pairs of shoes**. The final total collected was 2,315 pairs. That's enough for YVA to purchase all of the textbooks needed for the new school! This shoe drive is a win/win/win situation as many people got to clean out their closets, YVA earned enough money to buy the textbooks for the children, and the company that bought the shoes will be send-

ing them to countries where shoes are needed. Who knew an old shoe could do so much good? For more information on Mr. C's foundation and the work they are doing in Sierra Leone, visit youngvisionafrica.org.



Pictured above left to right: Karen Henry, Brianna Wamback and Alan Chorun.

#WEAREVRS

(VALUES*RESPECT*SERVICE)