



# THE STANHOPE CHARGER

Your District Newsletter

VOLUME 3, ISSUE 1

AUTUMN 2020

## TO THOSE THAT SERVED

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



The Valley Road School has a very long and proud tradition of honoring all the men and women who have served our country proudly. Annually, staff and students plan a recognition program for our local Veterans in November to show their appreciation for the countless sacrifices these individuals have made to defend our freedom.

Although we were unable to demonstrate our appreciation in person this year, I'd like to thank our previous guests and honorees on behalf of the Valley Road School staff and students. We hope to see you next year!

### UPCOMING EVENTS

All dates are tentative and may not reflect changes to calendar resulting from closures/cancellations due to the COVID-19 Health Emergency. Check school website for most current information. Some events may be virtual.

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- November 25—11:00AM Early Dismissal
- November 26-27—Thanksgiving Break
- December 7—End of MP1, Grades K-3
- December 11—Grades K-3 Report Cards
- December 16—Board of Education Meeting
- December 23—11:00AM Early Dismissal
- December 24-January 3 Winter Recess
- January 18—MLK Holiday—No School
- January 29—End of MP2, Grades 4-8
- February 4—Grades 4-8 Report Cards

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### NAME, BRANCH

Alicia Finklea-DiCataldo, US Army  
 Stephen E. McHugh, Sr., US Army, Army Reserve  
 Scott Jacobus, US Army  
 Janice Bunce-Escobar, US Navy  
 Joseph Neal, US Navy  
 Timothy Nicinski, US Marine Corps  
 Robert McCann, US Air Force  
 Alexander Fraser, US Navy  
 Richard Frantz, US Army  
 Frank Arminio, US Army  
 Jeffrey T. Carr, US Air Force; US Army  
 Deacon Ray Chimileski, Joint civilian/military counterintelligence  
 Ted Sattur, US Army  
 Ken Steffan, NJ Air National Guard, US Air Force  
 Blase Cassibba, US Air Force  
 Joe Johnson, US Marine Corps

### NAME, BRANCH

James Keeler, US Army  
 Joseph K. Balogh, US Army  
 Karl Gerlach, US Army  
 David Hoyt, US Air Force  
 Fred Dennhardt, US Army  
 Ronald Kenneth Smith, US Army  
 Thomas W. Yowe Sr., US Army  
 Harold Wheeler, US Air Force  
 Steve Niblett, US Army  
 Al Passanante, US Air Force  
 Edward Geueke, US Air Force  
 Michael Choquette, US Army, NJ Nat. Guard  
 Aldony Fernandez, NJ National Guard  
 David Cahill, US Army, Army National Guard  
 Miguel Vasquez, US Army  
 John Campanile, US Marine Corps  
 Ken Stibitz, US Army  
 Kurt Hoffman, US Navy

### IN MEMORIAM

Winnie Conklin, US Marine Corps  
 Ernest M. Kosa, US Army

#WEAREVRS

## PRINCIPAL'S PRINCIPLES: COOKING FOR CALM

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

Everyone who knows me, knows that I need my food to be aesthetically pleasing in order for me to really enjoy it; whether it be a salad, boeuf bourguignon or a slice of pizza. Weird quirk, I know. But, nonetheless an oddity of mine. You are probably wondering now...why is this what the principal is writing about, and where is she going with this?

As I was thinking about what to write for this edition of the Stanhope Charger Newsletter all of the general topics came to mind. Covid-19, unprecedented times, instruction, attendance, potential closures, etc. The chatter that we have all felt like we have heard time and time again, during the pandemic. But, in this newsletter, with all of the "stressors" happening I wanted to keep it *light*.

Through all of this noise I have realized that at times the continuous, changing news can be a struggle to ingest. And, overall we may need an outlet. So, I have decided to share an activity that most of us practice each day, mostly without thought. An activity that can become an outlet: cooking. Cooking can provide a creative outlet while so many restrictions and stressors have been placed upon us. A study published in the *Journal of Positive Psychology* in 2016 found people who spend time on creative projects report feeling happier and more relaxed. The researchers surveyed a group of people and they found that those who cook (and bake) feel better about their day-to-day activities (Hurtado, Fernando. 2020)

Taking this daily chore and making it an art form or creative outlet is a productive way to alleviate some of the stress faced each day as both a parent and employee. In addition, cooking is a great way to get the family involved!

Adults are not the only ones experiencing the stress of the pandemic. Our children need connections that keep the dialogue of support continuous and that are not strictly related to the school day or our work schedules. Creating a family night that involves following a recipe (executive functioning) together can be a great diversion to these everyday stressors. Executive functioning not only helps ourselves to be focused, but it helps children develop the skills of teamwork, leadership, decision making, working towards goals, critical thinking, adaptability, and being aware of their own emotions as well as those of others (Center on the Developing Child, Harvard University). Executive functioning has been directly correlated to the process of following a recipe.



So, break out those pots, pans and Grandma's favorite recipes and create something. Make it great! Or even better, explore new cultures, cuisines and add some music, as a delightful accompaniment as the recipe unfolds. Remember, try to keep it light and healthy to support your wellness. Share the benefits through a good family meal. And, most importantly enjoy every savory moment!

The following link, <https://www.food.com/recipe/boeuf-bourguignon-a-la-julia-child-148007> is one of our family favorites!



Yours in education, health and wellness,

Mrs. DiCataldo

References; <https://developingchild.harvard.edu/resources/inbrief-executive-function/#:~:text=Executive%20function%20skills%20are%20important%20throughout%20life,-When%20children%20have&text=Positive%20Behaviors%20help,well%20as%20those%20of%20others.>

<https://www.lx.com/science-tech/why-baking-makes-us-feel-so-darn-good-right-now/13096/#:~:text=A%20study%20published%20in%20the,day%2Dto%2Dday%20activities.>

**#WEAREVRS**

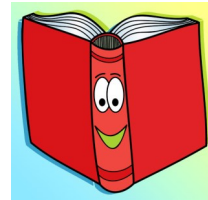
## NOTES FROM THE NURSE: *ESCAPE!!!!*

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

With the world the way it is right now, we need every opportunity to escape into an **adventure, comedy, romance**, or anything that intrigues you. Reading has been proven to be one of the most popular and effective ways to reduce stress, depression, and anxiety. Reading is a remarkable way to learn about, experience, or simply remove yourself into another world. Whether it be fiction, nonfiction, informative, or fantasy, reading is the perfect way to relax and unwind. Family reading time is a great way to relax together. As we navigate through these stressful times, reading a book is a great way to decompress with your loved ones. Benefits of reading everyday include:

mental stimulation, stress reduction, knowledge, vocabulary expansion, memory improvement, aids in sleep readiness, lowers your blood pressure and heart rate, stronger analytical thinking skills, improved focus and concentration, better writing skills, and fights depression symptoms. When we read, not only are we improving memory and empathy, but research has shown that it makes us feel better and more positive too. . If you are looking for a good book, one of my favorite books of all time is *Before We Were Yours* written by Lisa Wingate. I invite you to set aside time to read any book that interests you for at least 30 minutes a day. I realize this

is a busy time for everyone, but by taking this time, you are allowing yourself to receive and experience all the positive benefits that come along when you read! Take the time to stop, and read. You'll be thankful that you did! To quote one of the greatest writers of all time "The more that you read, the more you will know. The more that you learn, the more places you'll go" - Dr. Seuss



## LET'S HAVE SOME FUN!

By Mrs. Yonki

How many times since March have you heard the words, "challenging" "unprecedented" and "navigate"? Well you would have to be living under a rock if you haven't. Can you find these words and others in this WordSearch Puzzle?

Hopefully the mental break will keep your mind off of the pandemic! Oops... I didn't want to mention that word.... Oh well. Have at it. This will hopefully keep you busy until a vaccine is available.

- |             |                  |               |
|-------------|------------------|---------------|
| BLEACH      | CHALLENGING      | COHORT        |
| CORONAVIRUS | COVID            | DISEASE       |
| DISINFECT   | HEALTH           | HYBRID        |
| INFECTIOUS  | ISOLATION        | LYSOL         |
| MASKS       | NAVIGATE         | NOVEL         |
| PANDEMIC    | QUARANTINE       | REMOTE        |
| RESTAURANT  | RESTRICTIONS     | SCHOOL        |
| SHUTDOWN    | SOCIALDISTANCING | SURGE         |
| UNCERTAIN   | UNCHARTED        | UNPRECEDENTED |
| VACCINE     | VENTILATOR       | VIRTUAL       |
| WEATHER     | ZOOM             |               |

## Pandemic Schmandemic!

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S E U M P H F C I T G C M I W E R J L Q
Z U O N C R I K N B H A D S H N E L V Y
C O O A P M D A Z A S C H O O L S Y A E
Z O E I E R R I L K U K Q L D U T S C N
H L V D T U E L S U R I V A N O R O C I
B E N I A C E C D I J F H T E H I L I T
S A A T D N E T E E N K R I G Y C H N N
P U S L G I K F O D T F P O R B T E E A
H E A I T J S W N M E R E N U R I T R R
R G N Y E H W E Y I E N A C S I O A E A
B G V E N T I L A T O R T H T D N G H U
S H U T D O W N N S U P B E C X S I T Q
N I A T R E C N U L E V O N D N D V A N
S O C I A L D I S T A N C I N G U A E R
B L A U T R I V C O H O R T Q J O N W S
    
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By the way, there's no answer key, so Good Luck.  
Puzzle created by  
Puzzlemaker at  
DiscoveryEducation.com

## IT'S ELEMENTARY: Second Grade Authors' Party

by Miss Julianne Bove

Miss. Bove's second grade class is very thankful to Mrs. Davis's first



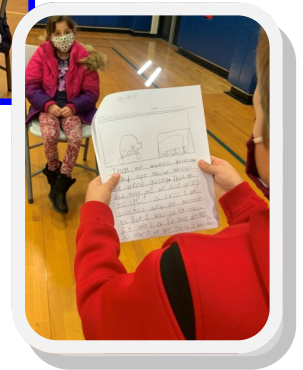
narrative author's party. The first graders were incredible listeners while the

grade class for being an amazing audience during the second grade personal



second graders read their personal narrative stories to them. The second graders offered some great advice to the first graders about writing, such as to take your time. Miss Bove's virtual students also engaged in a fun authors' party that included snacks, reading, and a fun kahoot game. We are so proud of all our VRS students!

*I spy with my little eye a Masked Principal in the photo to the left.*



## GUIDANCE CORNER: Change of Season, Change of Focus

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

A new school year can be very exciting, but it can also be very nerve-racking. Especially, when students have not been in school since March and are now coming back to school on various schedules.

Remote learning and working from home can be challenging. I have dedicated **Guidance Corner** to topics around tips and tools to help students and parents stay focused, healthy, and balanced!

### MINDFULNESS

**What is Mindfulness?** Click/go to the link to watch a short video. <https://www.youtube.com/watch?v=QTsUEOUaWpY>

### Mindfulness activities:

- Mindful Coloring: [https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4\\_25-16.pdf](https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf)

- Meditation Spotify Playlist - <https://open.spotify.com/playlist/37i9dQZF1DQWV51recTqXhf>
- Download Free Meditation Apps
  - ◇ Smiling Mind
  - ◇ Stop, Breath and Think
  - ◇ UCLA Mindful

### HOW TO DECOMPRESS

Does your child need a break between subjects or when they log off of school? Try these quick activities:

1. Take a walk around the block
2. Close your eyes and take 10 deep breaths
3. Listen to music
4. Stand up and stretch
5. Eat a healthy snack
6. Draw or paint a picture
7. Talk with a close friends, family member or school counselor



### TIME MANAGEMENT APPS

Below is a great article about routines and rituals and tips on how to establish routines.

<https://blog.cottonwooddetucson.com/2020/07/importance-of-routines-rituals.html>

Below are free apps to help you and your family create a better structure during this time of uncertainty.

1. Time Timer
2. Focus Keeper
3. Focus To-Do
4. unGlue kids
5. Remember the Milk

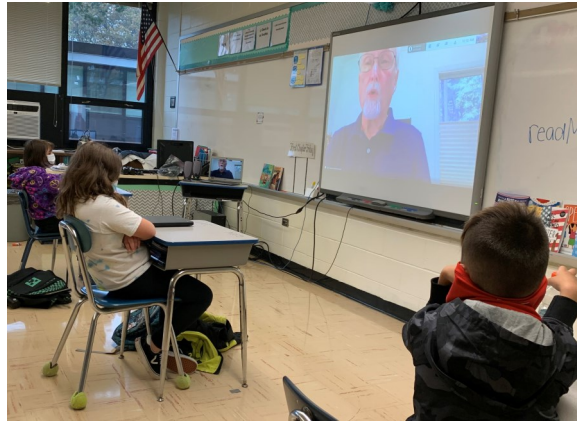
If your child needs any assistance, please reach out to me, my email is [ajardine@stanhopeschools.org](mailto:ajardine@stanhopeschools.org)

## IT'S ELEMENTARY: Virtual Meet with Town Councilman



By Ms. DiIonna and Mrs. Jaust

Third graders were so lucky to meet with **Stanhope Town Council President Tom Romano** in October! He spoke to us all about the power of a vote and how kids can get involved and make their voices heard. Third graders took a vote on a council issue that will be a part of the November minutes.

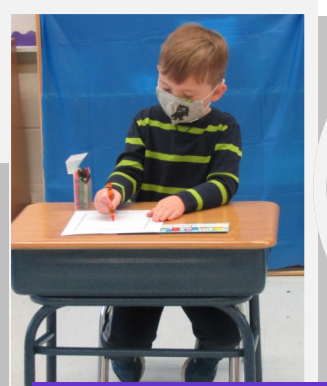
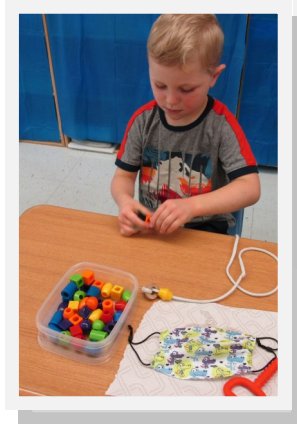


## LET'S VISIT PRESCHOOL: Still Having Fun Learning!

Mrs. Deborah McNear submitted photos for a peek inside the PreK classroom.

Let's see if you can match the caption with the photo:

1. Back up: Stay 6 Ft Away!
2. Masked & Curious-*The Prequel*
3. "J" is For...
4. Artist Unknown
5. Which Way Did She Go?
6. Learning is Serious
7. Bead Me Up!



## CAMPAIGN 2020: Mrs. Davis's First Grade Holds Election

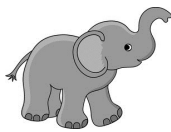
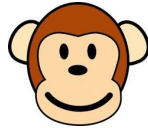
### Mrs. Davis's Class held an Animal Election.

The students worked on campaign posters and sentences about their candidates.

The Official tally was held Tuesday, November 3 at 9:45 am.

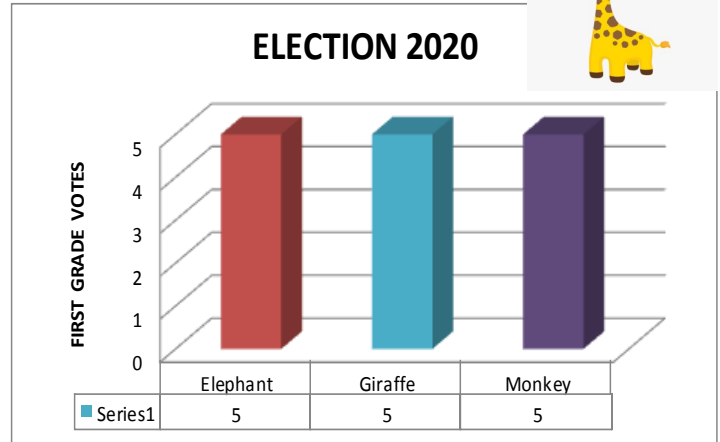
All campaign workers were present.

The votes were a tie.

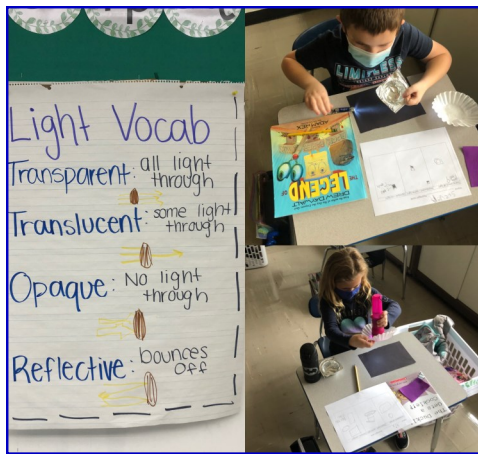


And the winners were: Elephant, Giraffe and Monkey!!!

Congratulations to all campaign workers and their candidates!!



## IT'S ELEMENTARY: Light Waves in First Grade



### By Miss Reilly

First graders are lighting up this fall at home and in the classroom!! **Miss Reilly's and Mrs. Davis's** first graders have been learning all about light waves in science. This week they conducted an experiment to see what types of objects are transparent, translucent, and opaque! They used flashlights as their light waves and tested objects such as felt, tin foil, laminate, and many more! We are so excited to continue learning about light waves in science this month!!

## GIRLS ON THE RUN Fall Season!

### By Miss Reilly, Ms. DiIonno, Mrs. DiCataldo

The Girls on The Run Fall 2020 season has come to an end! This season the team was made up of 12 girls in grades 3-5 and had a mix of in-person and virtual practices! Over the course of 6 weeks the girls learned about self-confidence, empathy, friendship and so much more all while training for



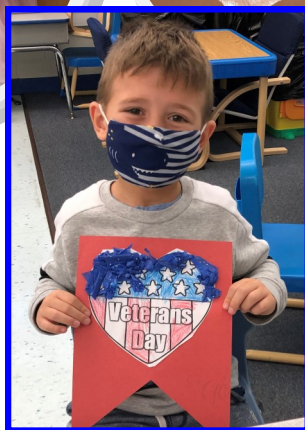
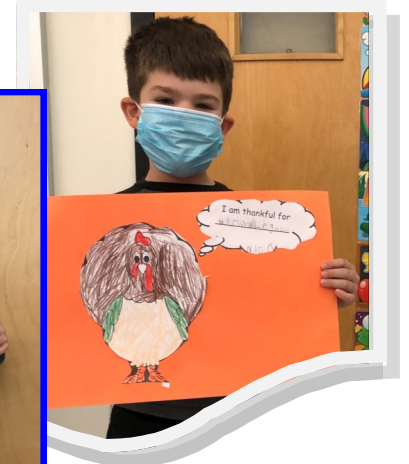
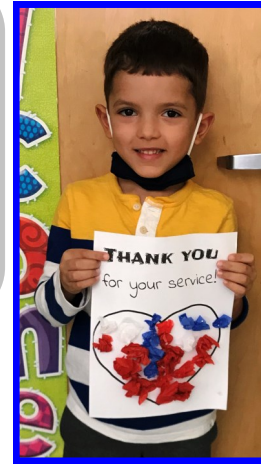
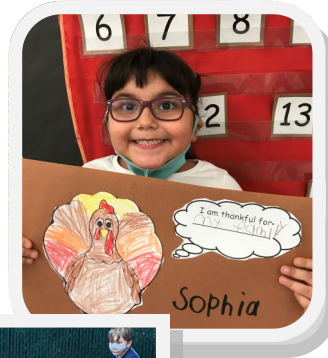
their big end of season 5k! The 5k was a huge success and all the girls did a wonderful job! Each season the team

also plans and participates in a "Community Impact Project." This season the girls decided to record videos that the school community would be able to use during the Hybrid Learning experience. The videos consisted of quick workouts, relaxing read-alouds, and mindful moments! We are so proud of all the girls for an amazing fall season!

# THANKFULNESS IN KINDERGARTEN

By Mrs. Hergert and Mrs. Clauson

In Kindergarten, we have been working hard on our "We Are Thankful" and "Thank You, Veterans" projects. We remember the ones we love, and those who continue to protect and serve the United States of America. Thank you to our VRS families, and the Veterans of our Armed Forces for providing us the opportunities to grow as happy, healthy, and free citizens of our wonderful USA! Kindergarten has so much for which to be thankful. We are thankful for being in school as well as learning and teaching virtually. We are thankful for our hard-working administration and custodians and for our wonderful students and their amazing families. The Kindergarten students have shared some of what they're thankful for too, including teachers, families, Legos, phones, new toys, food and clean water, playground time with friends, our American flag, and our brave Veterans.



## STANHOPE PUBLIC SCHOOL DISTRICT

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

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

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BOARD OF EDUCATION MEETINGS

7:00 PM

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

