



THE STANHOPE CHARGER

Your District Newsletter

VOLUME 3, ISSUE 1

WINTER 2022

FROM THE SUPERINTENDENT'S DESK

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

UPCOMING EVENTS

All dates are tentative.
Check school website for
most current information.

- Now Open—Online Kindergarten Registration
- February 16—Board of Education Meeting
- February 21—Presidents Day, School Closed
- March 2—12:15 PM Early Dismissal
- March 2—1:00 PM to 3:00 PM and 6:00 PM to 8:00 PM Parent Teacher Conferences
- March 3—12:15 PM Early Dismissal
- March 3—6:00 PM to 8:00 PM Parent Teacher Conferences
- March 4—12:15 Early Dismissal
- March 8—Home & School Association Meeting
- March 11—Career Day
- March 16—Board of Education Meeting
- March 16—Snow Date for Career Day
- March 24—Spelling Bee

Greetings, and welcome to this school year's first edition of the Stanhope School District Newsletter. It's been a little while since we last published, but I am so very excited for you to read about what's been happening at the Valley Road School and throughout the District.

First, I'd like to take a moment to congratulate this year's Teacher of the Year, Ms. Maggie Reilly, and Educational Services Professional of the Year, Mrs. Cathy Yonki. Several very deserving candidates were nominated this year and reviewed by the selection committee, who ultimately named Ms. Reilly and Mrs. Yonki this year's winners.

Ms. Reilly is a very special first grade teacher who genuinely cares about her students. In the short time that she's been at the Valley Road School, she's also worked hard to earn the trust and respect of her colleagues and many others within the community. Ms. Reilly believes that it is important to educate the whole child, placing an equal emphasis on their academic, social and emotional well-being. Her dedication extends beyond the school and classroom, as she can often be found cheering on her students at different sporting events and activities throughout the community. Ms. Reilly has developed a long lasting bond with many of her students who will remember

and cherish her dedication to their growth for years to come.

Mrs. Yonki is a unique selection for Educational Services Professional of the year, in that she very rarely has regular face-to-face interactions with the students of the Valley Road School. However, Mrs. Yonki is very much responsible for many of the programs that our students enjoy most and learn from each year. Mrs. Yonki takes the lead in planning and preparing our Veterans Recognition Program, Career Day, Walk to School Day and our Arbor Day celebration, just to name a few. She is also the publisher of our newsletter and remains an integral part of the day to day operations of our school and District. As a small District, many individuals serve various roles that would otherwise be filled by multiple employees and for us, Cathy is no different. She is a significant reason that the Valley Road School is able to open its doors each day to provide quality educational opportunities for the children of Stanhope.

Next, I'd like to introduce one of the District's newest employees, Mrs. Debi LeBrun, School Business Administrator. Mrs. LeBrun was hired last spring and began leading our business office on July 1. Aside from her previous experience as a business administrator, Debi is a

long-time teacher who continues to maintain a student-centered approach when financially planning for the District's short- and long-term future. Aside from leading the business office, Mrs. LeBrun also serves as the Board's Secretary and leads our facilities team. Please join me in extending a warm, belated welcome to Mrs. Debi LeBrun.

I am hopeful that you will enjoy the content of this newsletter, as many of our staff have so many positive experiences to share. As the school year moves forward, I am confident that many of our in-person programs and trips will take place as planned, and we are excited to share these experiences with you in a future newsletter. In the meantime, please stay safe and we thank you for your continued trust in us to educate and support our future leaders!

#WEAREVRS

PRINCIPAL'S PRINCIPLES: TAKE CARE OF YOU!

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

These past few years have been a struggle as we are all well aware. They have downed us, exposed us and doused us in overstimulation. All while encompassing and involving our own emotions with some highs and less spoken of lows. This time has taken away much of our energy, even though we have kept afloat. We have done what was necessary to be strong; to make it though. Here I highlight four self-care practices that we can employ for ourselves, to give back and help return that much needed and deserved energy. Following one of the biggest challenges experienced in modern day times. I am hopeful that these practices will serve you as a resource, helping to ease the stress or overwhelming feelings as we continue on this journey together, with a glimpse of greater hope on the horizon.

Mindfulness Meditation. Plan the time. "Mindfulness improves well-being. Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others. Mindfulness improves physical health. If greater well-being isn't enough of an incentive, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties."

Breathe. Take that moment. "Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed. Deep

breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax. The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress. Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them. You can do different exercises to see which work best for you.

Play. Yes, you read that correctly. Join in with your child. Or, better yet, introduce them to something you loved as a child. "It's good for your stress levels. Play can trigger the release of endorphins, the body's natural feel-good chemicals. These promote an overall sense of wellbeing and can temporarily relieve pain. It improves your brain function. Playing games that challenge the brain – such as chess and puzzles – can help prevent memory problems and improve brain function. This can also help ward off depression. It stimulates your mind and boosts activity. It makes you more productive. More companies – like Google – have set up play stations and encourage employees to play and collaborate. This, in turn, helps foster team building and cooperation within the company. It's a win-win situation. It improves your relationships. Laughing and having fun with others can foster empathy, compassion, trust and intimacy. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers and make new friends."

Reflect. Journaling can be an empowering

tool. Make and take the time to write each day. "Effective journaling is a journaling practice that helps you meet your goals or improves your quality of life. This can look different for each and every person, and the outcomes can vary widely, but they are almost always very positive. Journaling can be effective for many different reasons and help you reach a wide range of goals. It can help you clear your head, make important connections between thoughts, feelings, and behaviors, and even buffer or reduce the effects of stress!"

Sample Breathing Strategy:

While you do deep breathing, use a picture in your mind and a word or phrase to help you feel more relaxed.

Close your eyes if they're open.

Take a few big, deep breaths.

Breathe in. As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body.

Breathe out. While you're doing it, imagine that the air leaves with your stress and tension.

Now use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm."

As you breathe out, say in your mind, "I breathe out stress and tension."

Continue for 5 to 10 minutes.

Resources: <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>, <https://www.uofmhealth.org/health-library/uz2255>, <https://living.aahs.org/behavioral-health/the-benefits-of-play-for-adults/>, <https://positivepsychology.com/benefits-of-journaling/>



OUR SCHOOL BUSINESS ADMINISTRATOR/BOARD SECRETARY

Debi LeBrun, 973-347-0008 x4107 dlebrun@stanhopeschools.org

My name is Debi LeBrun and I am thrilled to have joined the Stanhope School District family as your new School Business Administrator/Board Secretary.

Professionally, I have been working in education for 24 years. Twenty-one of them were spent teaching, before switching over to administration. Regardless of the role that I hold, making sure your children are safe and well educated is always my main priority.

Personally, I have an amazing husband that also works in education and two awesome boys. One in high



school, one in middle school and an adorable dog that runs our home. When not at work, you can find me on The side of a soccer field cheering for one of the boys.

Thank you for being such a welcoming community and I wish you and your family a very happy and healthy new year.

#WEAREVRS

KEEPING IT HEALTHY: How to Feel Healthy & Happy Tips!

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

Winter Wellness: For some, winter is their least favorite season. With cold weather, illnesses, and the darker days, it can pose some challenges on how to find ways to feel healthy and happy. Here are some tips on how to stay healthy and happy during the winter months! My MOST favorite season!

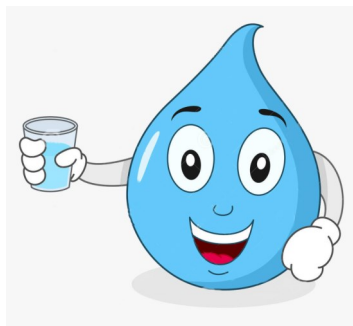


First, get outside! There is nothing like a quick walk through the cold, crisp air. This chilled air is good for headaches, fatigue, and your lungs! It helps to promote fresh oxygenation to your entire body which helps you feel

awake, focused, and energized!

Second, exercise! Any kind of exercise is both beneficial and therapeutic for everyone. This can include stretching, yoga, dancing, walking, or any other type of activity. Exercise during the winter months helps to increase endurance. In cold temperatures, you sweat less, and tend to expend less energy.

Third, drink, drink, drink your water! Water is the MOST important way to keep your body healthy. It promotes hydration which helps to keep your skin from drying out during these colder months. Water is great for every single part of your body. So remem-



ber to drink plenty of water. Other important ways to keep your mind and body healthy during the winter months include **socialization, relaxation, and meditation.**

My final tip is to take this quieter time to reflect on what you are grateful for. **Gratitude** helps to improve sleep quality, regulate emotions, and most importantly it helps to reduce stress. Gratitude increases feelings of happiness and can improve your overall mood to a positive one.

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

GIRLS ON THE RUN

By Miss Maggie Reilly, Stephanie DiIunno, Alicia Finklea-DiCataldo

The Girls on the Run 2021 fall season has come to an end and what an amazing season it was! It was the school's biggest season yet with 18 third to fifth grade girls. Each practice the girls learned about a theme and also began training for the 5k race. Some theme examples are self talk, choosing friends, dealing with conflict, and many more!! They celebrated their hard work at the GOTR 5k race at the Sussex County Fairgrounds. It was the organization's first time since the Covid-19 pandemic began to celebrate, and to run together to end the season with all of Sussex, Bergen, and Passaic County teams!

Our team also planned and completed their Community Impact Project. The girls decided to make miniature first aid kits for teachers and staff around the school. They decorated bags, organized materials, and delivered them!

We are so proud of the amazing Stanhope GOTR Girls!!!!

Registration for the spring season is right around the corner! Be on the lookout.

Pictured top:

GOTR Team Stanhope assembled for the 5K Race.



Bottom left:

Stanhope GOTR Competitors Violet Hanasuk, left and Mackenzie Adams, right



Bottom right:

Proud GOTR Coaches Reilly, DiCataldo and DiIunno with Sienna Zapata and Angie Robles

GUIDANCE CORNER: *NEW (ish) YEAR, NEW GOALS*

Assunta Coppola, Guidance Counselor 973-347-0008 ext, 4108 acoppola@stanhopeschools.org



What a great time of the year! We're a month into the new year, and it's a good time to check on the new goals we set back in January for ourselves and our children. Goal setting is not just for adults. Studies show that children who set goals boost their self esteem, stay motivated to complete tasks, and gain a sense of discipline. Below are strategies for parents to teach their children to set goals and to help them succeed.

Define what a goal is. One of the easiest ways to link goals is sports. For example: "A goal is a target or something that you want to shoot for just like soccer or basketball." Then guide them toward what their goal is and when they hope to achieve it.

Share your own goals. It's important to inform your children about your own goals and how you will accomplish them. This

will also be a great opportunity to explain that at times you may fail and that you might have to try a different approach to reach your goals.

Help kids to create their own goals. Help them create a list of their dreams and aspirations and let them write it down. Some examples can be improving grades, behavior, friendship, developing a hobby, learning a new skill, etc. Let them pick 1-2 goals, make sure they are within your child's ability and create a timeframe. **Think through steps to success.** The next step is to help your child think through how he or she will succeed. I recommend drawing or writing on sticky notes the task he or she must do to achieve the goal. After, help them put the steps in the order and place the sticky note somewhere it can be visible.

Track goal progress and celebrate success. Pointing out their efforts will motivate them to keep trying. If the goal is too hard you can always re-adjust the plan so it can be approachable.

(Bora, M. 2017, December 26, 2001.)

With the holiday season behind us and the New Year just begun, here are some final thoughts for 2021. *Remember tomorrow is a new day, it's never too late to turn over a new leaf, rise up to new challenges, raise the bar and compete, and the adventure of life is to learn.* Around every corner there is someone who can provide support and guidance to our Valley Road School students and families. If you have any questions or concerns please feel free to contact me at acoppola@stanhopeschools.org.

IT'S ELEMENTARY: First Graders Root for Eagles?

By Mrs. Susan Davis

Our class has followed the rescue of wild-life for several years.

Last year, the students were observing two eaglets in southwest Florida. The eaglets had to be removed from the nest because of eye infections.

The eaglets were rehabilitated in days at the CROW(Clinic for the Rehabilitation of Wildlife) on Sanibel Island , Florida and returned to their nest.

This year , the class has been following the new eaglets AND the patients of

CROW. The students made a donation to CROW and had an online chat with the observers of the Southwest Eagles. The students asked great questions and are continuing to monitor this year's eaglets progress.

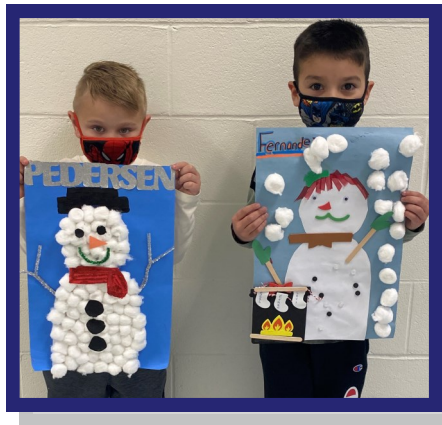


LET'S GO EAGLES!!!

IT'S ELEMENTARY: Stanhope Snow Families in Kindergarten

Mrs. Trish Marra, Mrs. Dee Hergert

Our kindergarten families welcomed winter by creating family snowmen. Students used their imaginations to create unique snow people using cotton balls, pipe cleaners, glitter, Styrofoam, stickers, markers and so much more. Snowmen will be displayed in the hallway near the kindergarten classrooms for all to enjoy. A big thank you to all of our families who participated. Our hallways are turning into a winter wonderland!



Pictured left: Kindergarten snowmen makers Colton Pedersen and Ethan Fernandez



IT'S ELEMENTARY: 1st Grade Place Value Construction

By Miss Maggie Reilly, Mrs. Susan Davis

First Graders in Miss Reilly's & Mrs. Davis's classes participated in a con-

struction themed classroom transformation to practice place value of tens and ones!! Students were paired in groups and worked through 5 stations all about place value, counting, and getting to know each other! We were also joined by Mrs. Kranz's math class, they were delightful guests to have in our classrooms and the students really enjoyed



IT'S ELEMENTARY: Second Grade Bulletin Board Fun

By Miss Julianne Bove, Miss Waldron and Mrs. Henry

Second grade has been busy at work creating work for the bulletin board over the past few months! In November, second grade created a "Balloons over Broadway" bulletin board that went along with our math unit at the time, which was arrays. The windows in each of the buildings that students created were arrays. Both second grade classes were able to go out into the hallway and write all the repeated addition sentences that were displayed on all of the buildings! They had so much fun! For January and February, second grade teamed up with first and third grade for a community building bulletin board project that celebrates Martin Luther King Jr Day, the 100th Day of school, and Valentine's Day all in one! Students wrote a dream they have for the world inside of a heart. All these hearts are now displayed together on the board. In social studies, second grade kiddos have been learning about the water crisis in Africa, the history of civil rights in the USA, and what we can do to help. The bulletin board fit in perfectly with this unit and is a nice reminder of

what we can do to help others! Special shout out to Mrs. Waldron for helping both second grade teachers organize this project!



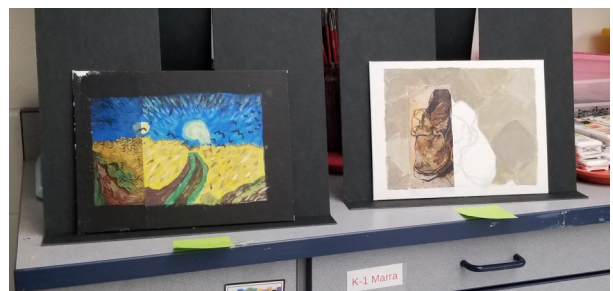
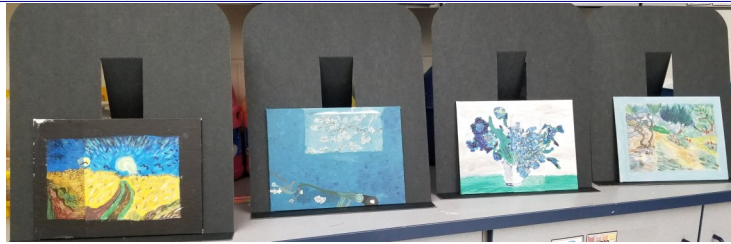
IT'S ELEMENTARY: First Grade Moon Phases

Miss Maggie Reilly and Mrs. Susan Davis

First Grade has been getting hands on while learning about space and the moon! In Miss. Reilly and Mrs. Davis' classes students have been learning all about Space in science class. One of the main focuses has been the Moon. They discussed and learned all about how craters are formed on the moon and the pattern of the moon phases. Students put their knowledge to the test making their own play dough moons and using different tools to create craters. Students also practiced creating different moon phases with Oreo cookies!



HERE WE Van Gogh!



HONOR ROLL: MARKING PERIOD 1



High Honor Roll Sixth Grade

Analia Baca, Charlotte Herold

Seventh Grade

Jasper Balogh, Zoey De Oliveira, Raymond Fromme, Bella Garcia, Michael Kmec, Jake Palermo

Eighth Grade

Paul Andrews, Chase DeOliveira, Sydney, Herold, Bella Ribeiro

Honor Roll Sixth Grade

Daniella Ciampa, Linda Fromme, Dylan Kelly, Dominic Lalama, Brody McCleary, Donovan Vergano

Seventh Grade

Carter Clauson, Noah Deknight, Christian Kominek, Asli Komurcu, Cameron Kopich, Jackson McDonald, Brooklyn Rose Perez, Anjali Portillo, Daniel Recalde, Matthew Rowan, Carly Villani

Eighth Grade

Samantha Balogh, Angelina De Los Santos Amarna DeGil-Balija, Melia Gomez, Emily Kali, Christian Kinney, Sara McNamara, Mason Nikituk, Scott Percarpio, Reese Roth, Scarlett Zapata

**CONGRATULATIONS!
Well Done!**

Keep up the good work.

#WEAREVRS

FALL EVENTS AT VALLEY ROAD SCHOOL



annual event, and learned a bit about how walking to school can have a positive impact on air quality.

By Cathy Yonki

We are happy to report that Valley Road School was able to resume some of its normal activities this fall.

WALKING TO SCHOOL!

On October 6, students and families participated in Walk To School Day.

Displaying "Patriot Pride" walkers arrive at Valley Road School.



Students were greeted by Lisa Leone of TransOptions, who sponsor the

HONORING OUR VETS!

School administrators, staff and students alike were thrilled to welcome back our local veterans on November 3 to our (nearly) annual Veterans Recognition Program.

This year was particularly special as staff and students remembered Winnie Conklin, a beloved custodian, and US Marine veteran. Mr. Conklin's family attended the event and were especially touched to accept a medal and certificate of appreciation for his service.

Also in attendance was a representative from Congresswoman Mikie Sherrill's office who brought with her Congressional Certificates of Appreciation for the veterans.

Our friends from Operation Chillout, Homeless Veterans Out



Eighth Grader Samantha Balogh puts a medal around the neck of her grandfather, Joseph Balogh, Army veteran

reach joined us as well.

This year's event marked the eighth time in nine years that the Valley Road School was honored to recognize local veterans who were treated to a welcome breakfast, poetry, songs and music.

Student Council President Chase De Oliveira presents Andrea Kyle with a Certificate of Appreciation for the military service of Winnie Conklin, USMC.



HONOR ROLL: MARKING PERIOD 2



High Honor Roll

Sixth Grade

Analia Baca, Charlotte Herold, Dylan Kelly

Seventh Grade

Raymond Fromme, Bella Garcia, Michael Kmec, Jake Palermo, Brooklyn Rose Peres, Aaron Scharfstein

Eighth Grade

Chase DeOliveira, Sydney Herold, Emily Kali, Maria Laverde Montejo, Bella Ribeiro

Honor Roll

Sixth Grade

Daniella Ciampa, Linda Fromme, Archith Kondapi, Dominic Lalama, Tyler Smith-Christie, Christopher Thornton, Donovan Vergano

Seventh Grade

Jasper Balogh, Mykaela Castillo, Zoey De Oliveira, Noah Deknight, Christian Kominek, Asli Komurcu, Cameron Kopich, Anjali Portillo, Daniel Recalde, Matthew Rowan, Carly Villani

Eighth Grade

Paul Andrews, Samantha Balogh, Melia Gomez, Christian Kinney, Sara McNamara, Mason Nikituk, Scott Percarpio, Reese Roth, Jocelynn Scites, Angelina Tapia, Scarlett Zapata

**CONGRATULATIONS!
Well Done!**

Keep up the good work.

#WEAREVRS

DO YOU LOVE WHAT YOU DO? Career Day—Friday, March 11

We have all heard of *Bring Your Child to Work Day*. But did you know that, at Valley Road School, we have a Bring Your Work to Your Child Day!

That's what Career Day is all about.

This year's event will be held on Friday, March 11 from 11:45 AM to 2:30 PM. (Snow date is Thursday, March 17)

We want our students to think about what type of job or vocation or career they might want to pursue in the future. And what better way than to have family members of students and staff tell our students about what they do for a living?

In the past we have had a great variety of jobs presented by friends and family... from zookeepers, to airline pilots, to supermarket recruiter and historian. Not to mention helicopter medic, physical therapist, graphic artist and more!

The students and staff love it and the presenters have a great time.

Here's how you can sign up to present your job/career:

The format for the event will be like a "job fair" and will be held in the

school gymnasium, with the **entire student body visiting the fair throughout the day.**

For those interested in representing a career, job or vocation, we will send you some tips for creating a career booth/kiosk for the program when you sign up. You do not have to be a public speaker to participate, you just need to be willing to tell students who visit your booth about what you do for a living and how they can do it too!

We would like to have representation from a variety of careers. So, if you love what you do and would like to share your enthusiasm with our students, we encourage you to sign up. **As an incentive, we will be having a pizza party for students in the homeroom that recruits the most presenters for the event.**

Please let us know at your earliest possible convenience if you would like to participate as a presenter by providing the requested information at the end of this article and bring it to the Main Office, or email the information to Cathy Yonki, cyonki@stanhopeschools.org.

Our previous years' events were not only fun and educational for our stu-

dents, but our presenters all said they had a great time interacting with the students and each other! We cannot offer this program without your participation, and we thank you in advance for your consideration. And, while we are excited to offer this as an in-person event, all participants must wear a mask at all times while in the building. We appreciate your cooperation and understanding.

**Name of Presenter Participant
Your Student(s)' name (s)
Homeroom Teacher(s)
Career Path to be Presented
Presenter contact information:
email:
phone:**

In 2019, Kindergartners watch Hunter Space from Space Farms handle a snake!



HONOR ROLL: MARKING PERIOD 1

High Honor Roll

Sixth Grade

Analia Baca, Charlotte Herold

Seventh Grade

Jasper Balogh, Zoey De Oliveira, Raymond Fromme, Bella Garcia, Michael Kmec, Jake Palermo

Eighth Grade

Paul Andrews, Chase DeOliveira, SydneyHerold Bella Ribeiro

Honor Roll

Sixth Grade

Daniella Ciampa, Linda Fromme, Dylan Kelly, Dominic Lalama, Body McCleary, Donovan Vergano

Seventh Grade

Carter Clauson, Noah Deknight, Christian Kominek, Asli Komurcu, Cameron Kopich, Jackson McDonald, Brooklyn Rose Perez, Anjali Portillo, Daniel Recalde, Matthew Rowan, Carly Villani

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**CONGRATULATIONS!
Well Done!**

Keep up the good work.

#WEAREVRS

STUFF THE SUV is a SUCCESS!

By Mrs. Karen Henry

During the month of November, a challenge was presented to our school community to Stuff the SUV in the parking lot with usable clothes and other soft goods. The question was asked, "How many times can we Stuff the SUV?" Well, the answer was . . . 4. Wow! 309 bags were donated. Would you like to know the story behind the Stuff the SUV clothing/soft goods drive? Well, here it is in a nutshell. One of our favorite substitute teachers, Mr. C, started a nonprofit organization to make a better life for the residents of a remote village in Sierra Leone, Africa. He has managed to build a health care facility, housing, and a PreK-6 school. Now, 80-100 students that had no previous access to education enjoy the privilege of attending school. A couple of years ago, we ran a Shoe Drive to help purchase the textbooks needed for that newly built school. Now our VRS school community is spearheading an endeavor to bring clean water to that school. The reality is that the students

don't have access to clean water. They must walk to a natural water source to collect dirty water, carry it home on their heads, boil it, and then bring enough water to school each day for students and teachers to drink and wash with. Inevitably, they don't bring enough and it isn't always clean, resulting in deaths from typhoid fever. This clothing/soft goods drive fundraiser is part of a school-wide effort to teach our students about the water crisis. The 309 donated bags were taken to Millenium Textile in Flanders where they were sorted and sent to places, primarily in Africa and Central America, where these goods are needed. The funds raised from our donations were then sent on to Young Vision Africa to start the fund to build a well for the PreK-6 school in Blama. Our VRS family can be proud that we are helping to make a difference for some children on the other side of the world. Great job everyone! One final note: We will be having another Stuff the SUV clothing/soft

goods drive in Spring with the change of seasons, so start stuffing bags with donations. If you need to get rid of bags prior to that fundraiser, contact Karen Henry via email at khenry@stanhopeschools.org to make arrangements to donate to this cause. Thanks!



100TH DAY CHALLENGE—Dine To Donate At Sal’s THURSDAY

The 100th Day of School is coming in February, so it's time for the VRS 100th Day Challenge. "What's that?" you ask. VRS is partnering up with schools throughout Sussex County to help the nonprofit organization "Connect for Community" collect personal hygiene items to support up to 40 local food pantries. Throughout the month of February, we will be collecting personal hygiene items such as deodorant, toothpaste, toothbrushes, combs/brushes, shampoo/conditioner, paper towels, wrapped rolls of toilet paper, tissues, dishwashing liquid, body soap, and laundry detergent. Did you know people receiving government assistance can not buy these personal hygiene items with SNAP funds (formerly known as food stamps)?

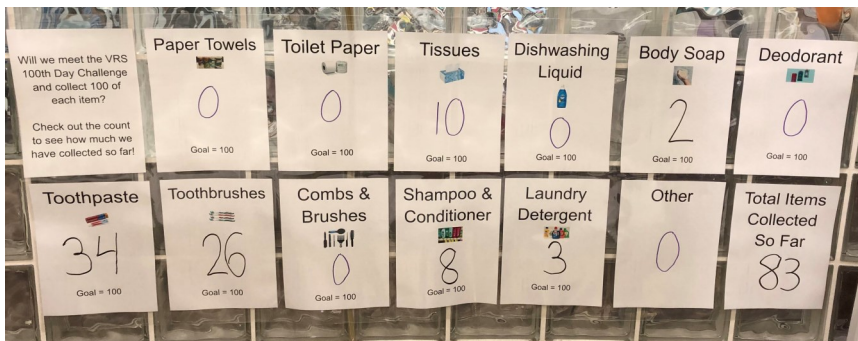
The VRS 100th Day Challenge is this - how many of the listed items can we collect 100 of? We are asking anyone who is able to donate any of these items to bring them in and put them in the collection bins set up in the front entry hallway of the school. The collection bins will be there throughout the month of February.

DINE TO DONATE EVENT—Thursday, February 10!

In order to boost our totals, a Dine to Donate event will be held at Sal's Pizzeria, 81 Route 183, Stanhope on Thursday, February 10 from 5 to 8 pm. Some of the VRS teachers and staff will be working at the event, so make plans to eat out or order in that night. A portion of all sales, dine-in, take-out, and delivery, will be donated to our VRS 100th Day Challenge. The proceeds from the Dine to Donate will be used to purchase items that we are low on, so that we get closer to the goal of collecting 100 of each item.

We will also be working with some local businesses that donate gift cards to their stores for us to purchase more items on our list. If you know of any dentists who like to advertise their business on toothbrushes, feel free to ask if they would like to donate any toothbrushes and toothpaste to the cause. Also, if you work for a company that manufactures or sells any per-

sonal hygiene items and you could get a donation of some of those items, it would be greatly appreciated. Although VRS is a relatively small school, we have a BIG reputation for our caring and support of community members who are in need. Connect for Community is always pleasantly surprised and appreciative of what we do to support their 100th Day Project. And in case you are wondering, "What do we get out of this besides the joy of helping others?" here's your answer. Every August, Connect for Community donates 20 backpacks filled with school supplies to VRS to be distributed to our students who need them. In addition to that, if we have any families who contact Karen Henry to say they are in need of these personal hygiene items, Connect for Community is willing to donate them back to our Community Cares Closet if we don't have enough supply on hand. If you have any questions or ideas on how to expand our donations, please contact Karen Henry via email at khenry@stanhopeschools.org. Thank you for your support!



DON'T FORGET!

See You At Sal's in Stanhope on Thursday, February 10th!

CAN YOU MAKE THESE NUMBERS GO UP?????

STANHOPE PUBLIC SCHOOL DISTRICT

District Office
24 Valley Road
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Debi LeBrun, 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)

RAISE YOUR HAND FOR ART!



Above: Eighth Grade students in Mrs. Lisa Marie Dybus's art classes made plaster casts of their arms.

Right: Finished casts are displayed in the showcase outside the Art Room.

