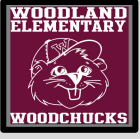


WORDS FROM WOODLAND



Woodland School Newsletter
November 2018

From the Principal, Jeff Heaney

It is again my honor to share wonderful news with you about Woodland School. The cool, crisp air, carved pumpkins and the magnificent displays of color as leaves change, remind me that we are already midway through the first marking period. I am proud that our students continue to grow as readers, writers, artists, musicians and so much more. Most importantly, I continue to see our students grow as human beings. Each day I witness students working together in their classrooms, supporting one another at recess, learning from their mistakes and laughing with their classmates. In only two short months we have already made wonderful memories.

As I have stated so many times before, it is critical that we continue to support our children not only in the area of academics but also in the areas of social and emotional growth. At Woodland School, we continue to perform well in all academic areas. We consistently strive to implement the latest technology and our teachers attend professional development and work with colleagues to share strategies that will help students reach their maximum potential. Moreover, we embed life lessons in all classrooms and continue to work to create our future “superheroes”.

During the Week of Respect in October, students were involved in several events that promoted the importance of kindness, compassion and taking care of each other. Thanks to the hard work of our school counselor, Ms. Pranzo, students were treated to Week of Respect Spirit Days, classroom lessons on kindness and compassion as well as a fun “Mix It Up” lunch period in which students were encouraged to make new friends. During the week I enjoyed reading to all of the kindergarten and first grade classrooms. Together we learned about the value of being a good friend and ways to handle difficult situations with peers.

I would like to share a short video with you that I shared with parents in the past as “Food for Thought”. As we embed more technology into our children’s lives it is so critical that we educate them about the power of making good choices and spreading kindness on social media. Too often we see negative posts or hurtful things posted to social media. We may be quick to judge others based on a short video clip that we see or a picture that is posted online. The video, “The Rest of the Story” reminds us about the power of kindness, the impact of words and the importance of realizing that we all have our “own story”. I urge you to grab a box of tissues and watch this story. It really makes you think! [The Rest of the Story](#)

I hope that you have a wonderful Thanksgiving holiday season. May your holiday be filled with happiness, joy, good health and may you be surrounded by family and friends. I continue to feel very lucky to work in such a wonderful place and I am always thankful for your support. It is ALWAYS a GREAT day at WOODLAND.

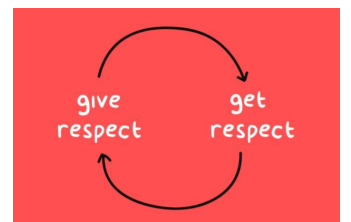
Happy Fall,

Jeff Heaney

Woodland students and staff had a great time during the Week of Respect. Throughout the week students learned more about the three rules of Woodland: "Take Care of Yourself, Take Care of Each Other and Take Care of Our School!"



Caring



Thank you to Mrs. Marucci for planning the PTO sponsored "Stand Up, Step In" anti bullying assembly. The students in grades K-5 had a great time learning about the importance of taking care of each other and walked away with some strategies for helping others in need. They also had a fun time playing games and singing songs during the performance.

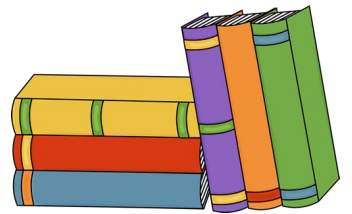




Kindergarteners and 1st graders enjoyed a visit from the local Fire Department during Fire Prevention week!!



Thank you to the Woodland PTO for another successful book fair. It is always wonderful to see the students get so excited about a good book!



PTO Family Fun Bingo Night 2018!





Halloween at Woodland



Our annual Halloween parade will be held on Wednesday, October 31, 2018 to provide an opportunity for students to share their costumes with friends, peers, teachers, and visitors. The parade will be held on the south side parking lot which provides ample space for all of our students to participate at the same time. Please assemble around the entire perimeter to ensure a great view for everyone. In the event of severe inclement weather, the parade will be inside the building with all visitors gathered in the APR and/or gymnasium.

Because the school's Halloween parade is not until 2:45pm, the students should not come to school dressed in costume. They will be given ample time to put on their costume before the parade. We do ask, however, that you send children to school with costumes that are manageable enough for the children to change into by themselves, or with minimal assistance. Below are some guidelines to ensure fun and safety for all involved:

1. Students may not wear any item which may create a safety hazard to the child or others.
2. Weapons of any type may not be part of the costume worn nor brought to school.
3. Masks that impair vision are not allowed. An eye patch, wig, and/or partial face covering are permitted.

Parking for this event will be available in both the front and north side parking lot. Once all of our spaces are filled, you may park on one side of the local streets and/or at the high school after their students' dismissal at 2:30. Please keep in mind that many children and adults will be outdoors and walking around. Drive cautiously and stay alert.

To help us ensure the most orderly dismissal, I encourage you to have your child take the school bus home after the parade. A letter was sent home on Monday, October 22nd regarding student dismissal plans after the parade. If you have not yet returned this flyer, please send a note in as soon as possible so we can begin generating our pick up list. All pick up students will line up in the APR with their homeroom teachers. Thank you for your cooperation and I look forward to seeing you at the parade.

Adults are more than welcome to wear costumes, but please do not wear masks or any costume that might scare our younger students. Have a happy and safe Halloween!





Counselor's Corner

November/December 2018

Minimizing Stress during the Holiday Season

The month of November and December is a time to celebrate the holidays with our loved ones. The holidays can be a busy time of the year and stress can be more common during these times. The stressors of the holidays can impact both children and their families. It is helpful to work as a family to cope with any stressors that arise and create fulfilling memories during the holiday season.

The Importance of Routines: During the holiday season it can be easy to have a change in routines. Engage in conversation with your children about any changes to help prepare them. After an event or activity, it is important to return to your routine and stay consistent (e.g. waking up/getting ready in the morning, meal and bed times). Returning to a usual routine can help children smoothly transition back to school after the holiday breaks.

Get Moving- Be Active: Children often realize when adults are feeling stressed or overscheduled. Schedule a time for your children or your family as a whole to eliminate technology and participate in outside activities (e.g. walking, sports games, exercise, scavenger hunts, gardening). The fresh air can help release anxious emotions and maintain a positive mindset.

Schedule Quiet Time/Space: Take the time to incorporate quiet time without overstimulation. Ask your children what calm activities they like to participate in, especially during eventful days (e.g. coloring, drawing, reading, watching a movie, taking a walk).

Avoid Overscheduling: Minimize the amount of activities scheduled by prioritizing and deciding as a family which events are necessary to attend. Ensure that your children are receiving enough sleep. It is recommended that children receive an average of 9-12 hours of sleep per night to maintain a healthy lifestyle.

Lend a Helping Hand: Provide your children with different tasks that they can help with to prepare for the holidays (e.g. cleaning, setting the table, choosing a gift). Praise and offer positive reinforcement for their assistance, independence and responsible behaviors. Engage in conversations with your children about the meaning of the holidays and giving back to others and the community.

Be Present: Set an intention for the day, especially when your days are filled with several activities and events. Practice gratitude by asking your children to express things in their life that they are thankful for. Disconnect and focus on the laughter, connection and love spread throughout this time of year. Consider participating in deep breathing, meditation, progressive muscle relaxation and/or yoga.

Resources used for this edition of the Counselor's Corner:

https://www.ssdmo.org/rotate_features/11_10/11-10_HolidayStress.html

<https://childmind.org/article/how-to-take-the-stress-out-of-the-holidays/>

<https://www.verywellfamily.com/holiday-stress-and-anxiety-in-children-620516>

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>

For further details or information, please contact your child's guidance counselor:

Mrs. Kelly B. Maire

Angelo L. Tomaso School
(908) 753-5300 x 5305
kblessing-maire@warrentboe.org

Ms. Alyssa Pech

Central School
(908) 753-5300 x 5205
apech@warrentboe.org

Dr. Kelly Stankiewicz

Mount Horeb School
(908) 753-5300 x 5405
kellystankiewicz@warrentboe.org

Ms. Alexandra Pranzo

Woodland School
(908) 753-5300 x 5505
apranzo@warrentboe.org

Ms. Lauren Regal

Middle School - 6th grade
(908) 753-5300 x5009

Ms. Helen Scully

Middle School- 7th grade
(908) 753-5300 x 5007

Mrs. Midge Johnson

Middle School – 8th grade
(908) 753-5300 x 5005

Mrs. Carol Brown

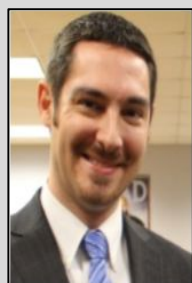
Warren Middle School
908-753-5300 x 5101

lregal@warrentboe.org

hscully@warrentboe.org

mjohnson@warrentboe.org

cbrown@warrentboe.org



Superintendent's Corner



As I look out my office window, I see leaves that have changed color and the first morning with frost covering the ground. As holiday preparations change from Halloween to Thanksgiving, our minds begin to consider those early morning phone calls about weather-related school delays and closings. The superintendent has the responsibility to close schools, open them late or dismiss them early in hazardous weather or in other extraordinary circumstances which might endanger the health or safety of pupils or school employees.

A careful analysis of all relevant factors is completed in consultation with school, township, and regional resources. This process can begin days ahead of an anticipated storm but ultimately plays out in the very early morning hours with decisions made by 5:30am so that the communication plan can be put into action to ensure all families and staff receive word.

Now is the time for families to review their plans for responding to these school closing events so that in the event that the phone call comes, plans can be implemented quickly to ensure that children are supervised appropriately.

Messages about emergency school closings or delays will be communicated through all available channels - online media outlets, radio station 1450am, broadcast television stations 2, 7, and 12, the district's Facebook and Twitter accounts, www.warrentboe.org, the district's telephone system, and through our school-to-home communication system, School Messenger.

Adjustments to the school calendar create challenges for everyone associated with the schools. Ultimately the decision to close or delay will be made based solely on whether it is in the best interest of students' and staff members' health and safety. Thank you in advance for your understanding and cooperation. Let us now hope that all inclement weather falls on weekends and during school breaks!

Matthew A. Mingle, Ed.D.

Each month students who demonstrate exemplary behavior and character are given the Woodland "Superhero" Award. It is our goal for students to realize that we all have the power to be superheroes by demonstrating acts of kindness and by being good human beings. Students' names are announced during morning announcements and they are given a special certificate.

September Superheroes

Kindergarten- Auggie Zheng, Noah Samuels

1st grade- Felicity Moccia, Christian Fazio, Delaney Surbrug

2nd grade- Joseph Fazio, Logan Mayerchak

3rd grade -Abhinav Manubarthi, Harry Malone

4th grade- Corey Hung, Damien Moccia

5th grade- Kylie Forte, Cadence Moy, Ethan Rajan





Please send in your Box tops. This is an easy way for the PTO to generate money. That money is then used for wonderful assemblies, classroom celebrations and other future events for our students



Date	Event
Monday 11/5- Wednesday 11/7	Parent-teacher conferences 1:20pm dismissal
Thursday 11/8 Friday 11/9	No School- Teachers' Convention
Thursday, 11/15	American Education Week visits- 1:30pm
Friday 11/16	American Education Week visit- 9:30am Spirit Day- Wear a Character Trait on your shirt
Tuesday 11/20	Kindergarten Feast Grade 1: Crazy Over Cranberries
Wednesday 11/21	1:20 dismissal
Thursday 11/22 Friday- 11/23	No School- Thanksgiving

