

The Lawrence Ledger

September 10, 2021

Please visit us on facebook @
<https://www.facebook.com/swregional/>

Principal's Message



We could not be more impressed with the positivity and enthusiasm regarding how everyone has embraced the new school year.

I also want to thank all of our stakeholders for doing a great job of working together. Our students have been doing a great job wearing their masks and practicing social distancing. If I am ever in a position to assist in any way, please don't hesitate to reach out. I am more than happy to help in any way that I can.

TIPS from the TEAM

Getting back into the school routine is often stressful and anxiety provoking for many families. Having an organized plan is often helpful and necessary. The following are tips to get your child off to a successful school year.

Make sure that your child gets plenty of rest. Most kids between the ages of 5 and 12 should be getting 10 or 11 hours of sleep. Improve the sleep environment by keeping distractions out of the bedroom. This includes televisions, cell phones, and computers. This will keep them from being tempted to use a device during the night.

Develop a nightly routine that includes reading. Whether you read to a child or they read to themselves or even another sibling, this is a time without technology and unnecessary stimuli.

Develop a routine for homework that includes a designated location to complete work and all necessary supplies. Research suggests that listening to music may help relaxation, learning and memory.

Use a large calendar displayed in a central location to record all pertinent due dates, events and appointments. Different colors can be used for different siblings. Review this with your family on Sunday to prepare for the week ahead. It can also help teach children to manage their time, study for upcoming tests and plan out when they will work on long term projects.

"Parents are teachers and home is a child's first and most important classroom."

CAUTION

Drop Off & Pick Up

Please exercise caution when dropping off your children and do not pass other vehicles. If you perceive that you may need "extra" time for drop off, please park your vehicle in the parking lot and walk your child to the front door.

For pick up, parents and guardians should park and walk to the doors nearest the playground.



Sussex-Wantage Regional School District is currently participating in a program that allows any students who wish to receive lunch and/or breakfast can do so at no cost to parents/guardians.

At CEL, all your child needs to do is tell their teacher in the morning when they want breakfast or lunch. At this time, at CEL students are eating lunch in the classroom and we have a limited menu due to COVID which consists of mostly grab and go style sandwiches. As we continue to move forward we hope to reintegrate students into the cafeteria.

<https://swregional.nutrislice.com/>



9/23/21- BOE meeting at SMS @ 7 pm

10/4-10/8- Week of Respect

10/11- School Closed for students
Professional Development for
Faculty & Staff

10/18-10/22- School Violence
Awareness Week

10/25-10/29- Red Ribbon Week



Please be advised that for the foreseeable future, we are not permitting class treats (food items) to be brought in for things like birthday parties. In the alternative students may bring in non food items for birthday celebrations. We are very sorry, but this is a proactive measure in response to COVID-19. At this time, we are also not able to facilitate outside social gatherings such as parties. We understand that this is less than ideal and we apologize for any inconvenience that this may cause.



We are excited to announce that we offer an online payment system called PaySchools Central. PaySchools Central provides all parents in our district with an easy way to manage lunch and breakfast accounts. This can all be done in the convenience of your own home through an easy-to-use online portal:

www.payschoolscentral.com

You will need to register at the link above. Additional information can be found on our school website under the food service tab within the department section or in the parent portal.

If you need help along the way, please contact PaySchools

pcs_help@payschool.com or
1-877-393-6628

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