

# The Lawrence Ledger

March 25, 2022

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

## Principal's Message

There will be a special presentation from Debbie Weiss on April 13th @ 6:45 at High Point Regional High School. The presentation will focus on the importance of caregiver self care.

This event is being sponsored in a joint effort by the Sussex-Wantage Regional School District and High Point Regional School District's Special Education Parent Advisory Group.

Breakfast and lunch are free for all students who want it. At CEL, all your child needs to do is tell their teacher in the morning when they want breakfast or lunch.



**3rd Marking Period ends  
4/1/2022**

*\*Report cards would be  
accessible on 4/13.*



## Calendar Revisions:

**Early Dismissal for Staff  
Professional Development**

Thursday, April 14th

## RECESS

Please be aware that we will try to get outside as much as possible; weather permitting. Please have your children dress appropriately for outside recess. Thank you

**caregiver  
support squad**



**About Debbie**

Debbie is a Certified Caregiving Facilitator and has been a family caregiver for 40 years, to a parent, spouse and son while running a full-time business. She suffered from caregiver burnout and transformed her own life by learning to prioritize herself while still being a loving, effective caregiver. She is now sharing her 8-year transformation journey with other family caregivers. Debbie's goal is to help them prioritize self-care so they can be more of who they are as well as a caregiver.

**Suggested Talking Points:**

- Dangers of caregiver burnout
- Self-care is not selfish
- Different types of self-care
- Combatting the idea that there is not enough time for self-care
- Integrating self-care regardless of your unique situation
- Where do I even start?

**Caregiver Support Squad Information**

@caregiver.support.squad    debbie@caregiversupportsquad.com  
Caregiver Self-Care Squad Group    908-892-0508  
[www.caregiversupportsquad.com](http://www.caregiversupportsquad.com)



## CEL Cafeteria Reopened

Please be aware that ice cream is available for purchase in the cafeteria.

Students will be able to buy using their student ID# if money has been placed on their account.



4/1- 3rd Marking Period ends

4/14- Early Dismissal (Staff PD day)

4/15-4/22- Spring Break

5/5- BOE meeting @ SMS

***Need help paying your energy bill?***

***Financial Assistance Programs Available***

Programs exist to help with utility costs.

On October 1, 2021, Utility Assistance programs were expanded for a two-year period to better assist those impacted by the continuing pandemic.

Income guidelines for assistance programs have been increased to allow more households to be eligible. For example, a family of 4 can make up to \$106,000 and be eligible to receive assistance. In some cases, entire past due balances may be erased. Information on all available programs can be found on our website

at

[www.elizabethtowngas.com/residential/energy-assistance](http://www.elizabethtowngas.com/residential/energy-assistance)

**Customer Service: 1.800.242.5830**  
**(Monday - Friday 7a.m. - 8p.m.)**

## **Masks**

In accordance with updated New Jersey Department of Health (NJDOH) recommendations, quarantine time frames have been reduced from ten days down to five days.

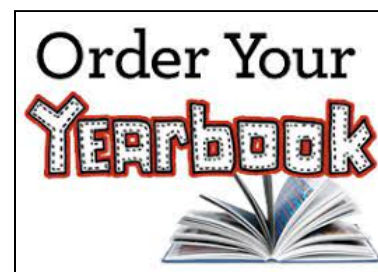
Individuals who need to quarantine are able to return on day six if they do not have symptoms of illness. If you have already been placed into a ten day quarantine, you can now return on day six if you do not have symptoms of illness. If symptoms persist (fever or if other symptoms have not resolved), continue to isolate until fever-free for 24 hours and other symptoms have resolved.

**Please also be aware that beginning March 7, 2022, masks will be optional for students, staff, and visitors at the Sussex-Wantage Regional School District. Please be advised, masks will now also be optional on buses beginning March 7th.**

Please don't hesitate to reach out to me with any questions or concerns.



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.



**2021-22 YEARBOOKS**

***On Sale Now***

[https://www.jostens.com/apps/store/product/Browse/1124950/Wantage-School/2022-Yearbook/2021120813301454362/CATALOG\\_SHOP/](https://www.jostens.com/apps/store/product/Browse/1124950/Wantage-School/2022-Yearbook/2021120813301454362/CATALOG_SHOP/)

**Yearbooks ordered for the 2021-22 school year will arrive in June!**

***\*IMPORTANT\* We will have pre-ordered books ONLY***

***NO additional books will be available in June.***

**NOTICE OF DISCLAIMER**-Information in The Lawrence Ledger may come directly from the sponsors of the events. Lawrence Elementary School neither sponsors nor endorses these events and is not responsible for the accuracy of the information. If you have any questions, please contact the event sponsor.