

Sussex-Wantage Schools District Newsletter

March 4, 2022

Calendar of Events

March

3/9; Early Dismissal - Staff/Faculty PD

3/21-25; 9:30-2:00 Kindergarten

Registration @ CEL

3/31; 7pm BOE Meeting @ SMS

April

4/5; 7pm SWPTO virtual meeting

4/14; Early Dismissal - Staff/Faculty PD

4/15-4/22; SCHOOL CLOSED -Spring

Break

4/28; 7pm BOE Meeting @ SMS

MAY

5/12; 7pm BOE Meeting @ SMS

5/30; SCHOOL CLOSED-Memorial Day

JUNE

6/7; 7PM SWPTO Meeting Virtual

6/20; LAST DAY OF SCHOOL (Tentative)

6/30; 7PM BOE Meeting @ SMS

The 12-month calendar is
available to print on our
website

[12-month Calendar](#)

Don't forget to check
out our website

www.swregional.org

KINDERGARTEN



REGISTRATION IS COMING!

Kindergarten Registration will be held from
March 21st - 25th 9:30-2:00pm at the
Clifton E. Lawrence School

Please [click here](#) for more information and
the registration forms

Mask Requirement Lifted

Please be aware that beginning
March 7th,
masks will be optional for students,
staff, and visitors at school as well
as on school buses.

Lawrence and Wantage School 2021-22 YEARBOOKS On Sale Now

[https://www.jostens.com/apps/store/product
Browse/1124950/Wantage-School/2022-Year
book/2021120813301454362/CATALOG_SHOW/](https://www.jostens.com/apps/store/product/Browse/1124950/Wantage-School/2022-Yearbook/2021120813301454362/CATALOG_SHOW/)

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.

It's Time to Order Your.....
YEARBOOK!





Congratulations to the SMS students
of the month for February

6th Grade- Kendall Scerbo

7th Grade- Jaidyn Soto

8th Grade- Deborah Todd

These students were recognized at the Board of Education meeting on
February 24th at 7:00 p.m. at Sussex Middle School.

PTO News

The SWPTO is offering their Gertrude Hawk Chocolates fundraiser this year as a virtual online sale beginning now! Please visit <https://fundraising.gertrudehawkchocolates.com/> to add a seller or place an order using our Organization Code 119604. Orders can be placed through April 3. Thank you for your support!



Cafeteria News

Breakfast and lunch are available at each school in the district, free of charge for all students for the 2021-22 school year.

Click [here to view school menus](#)

View your menu <https://swregional.nutrislice.com/>



Before/After Care registration is open.

Go to the district website [for the application.](#)

Community

SUSSEX FIRE AUXILIARY'S ANNUAL

Souper SOUP & sandwich SOCIAL

SUNDAY, MARCH 6TH
BEGIN SERVING AT 11AM
(UNTIL 2PM)

ALL PROCEEDS TO BENEFIT THE SUSSEX FIRE DEPARTMENT

\$6

INCLUDES CHOICE
OF SOUP AND
SANDWICH

Soup is good for the Soul

\$3

PER ADD-ON
SOUP / SANDWICH

MEMBER-MADE SOUPS SO FAR::

CREAMY POTATO
BROCCOLI CHEESE
TACO

NOTE: EAT IN OR CARRY OUT (SUBJECT TO SUSSEX COUNTY
DIVISION OF HEALTH COVID GUIDANCE)

PRICING/TICKETS: TICKETS AVAILABLE AT THE DOOR: \$6.00 PER PERSON
(ADD-ONS \$3.00 SOUP OR SANDWICH)

SANDWICHES

ALL COMBINATIONS OF HAM,
TURKEY AND GRILLED CHEESE
WILL BE AVAILABLE

25 LOOMIS AVENUE, SUSSEX NJ 07461

QUESTIONS, PLEASE CALL 973.919.5380 OR 570.994.9483

Community

Sussex Fire Auxiliary
presents...

St Patrick's Day

Dinner Dance
Saturday, March 19, 2022

Doors open at 6pm, Dinner buffet begins at 7pm

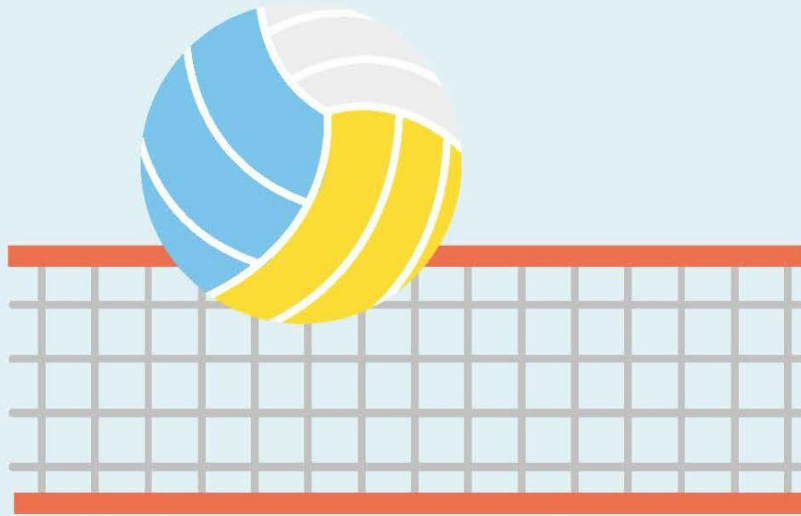
DJ & Dancing to follow

\$35.00/person | Includes Corned Beef & Cabbage Dinner Buffet | Beer,
Wine, & Birch | Cash bar/Soda available for purchase

Sussex Firehouse, 25 Loomis Avenue, Sussex NJ 07461

Must be 21 to attend | Tickets available by calling
973-600-7043, 973-343-1189, or any member |
www.sussexfire.com/ | <https://fb.me/e/2WcQf8V0l>

Community



Community Youth Volleyball Games

**FREE TO ATTENDED! HOSTED BY 2022
HIGH SCHOOL SCHOLAR ATHLETES**

**SAT, MARCH 5TH: JEFFERSON HIGH
SCHOOL GYM 12-3PM**

**SUN, MARCH 6TH: HIGH POINT HIGH
SCHOOL GYM 12-3PM**

Masks are strongly recommended and appreciated

Need more information? Feel free to contact Pass It Along at:

(973) 726-9777 or info@passitalong.org

Community

HIGH POINT SOFTBALL YOUTH CLINIC 2022

2 SESSIONS IN MARCH FOR AGES 10 & UP

MARCH 22nd ~ 5PM TO 7PM

MARCH 24TH ~ 5PM TO 7PM

LOCATION:

HPRHS EAST GYM



The High Point Regional High School Softball Team will be holding a two day youth clinic. The goal of the clinic is to help young prospects improve their skills and get ready for the spring season. 100% of the proceeds from the clinic go towards the High Point Softball program.

Batting Cages
Hitting Stations
Fielding and Throwing
Base running

Coaching Staff
James Seck
John Gardner
HP Softball Players

Name of
Registrant: _____ Phone: _____
Address: _____
Emergency Contact: _____ Contact Phone #: _____
Grade: _____ Age: _____

I hereby acknowledge that my child is physically capable of participation in camp activities and approve of her attendance in the camp. I authorize the directors to act for me according to their best judgment in any emergency requiring medical attention for which I shall pay. (If there is a medical situation that the clinic directors should be aware of, please use the back of this return slip to describe the situation)

Please make all checks payable to: High Point Regional High School Softball

You may bring this form on the date of the clinic or mail to:

299 Pidgeon Hill Rd, Sussex, NJ 07461

If you have any questions or concerns please email Coach Seck at:

Jseck@hpregional.org

Community



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

Debbie Weiss

From the
Care Giver Support Squad

will be speaking about the

IMPORTANCE OF CAREGIVER SELF CARE

March 9, 2022 at 6:45

Sponsored by the
Sussex Wantage Regional School District &
High Point Regional High School
SEPAG Committee's

Her presentation will take place in the
**High Point Regional
High School**

Community



A cartoon illustration of an Easter Bunny with long pink ears peeking over a red banner. The background features a green field with rolling hills, a yellow sun, a pink egg, a green egg with a red bow, and several other decorated eggs (purple, yellow, and blue) scattered around. Small yellow butterflies are also visible.

Sussex Fire Auxiliary PRESENTS

Breakfast with the Easter Bunny

8AM -11AM	3 APRIL	Adults \$8 Kid \$5 (under 3 Free)
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French Toast • Golden Pancakes • Scrambled Eggs • Sausage
Hash Browns • OJ • Milk • Coffee • Tea

AT SUSSEX FIREHOUSE
25 Loomis Avenue, Sussex, NJ

Questions? Call 862-268-7257, 973-222-2129, or 570-994-9483
<https://www.facebook.com/sussexfireauxiliary/>

Made with PosterMyWall.com

Community

SUSSEX FIRE DEPARTMENT AUXILIARY

KIDS TRICKY TRAY

SUNDAY, APRIL 24, 2022

Sussex Firehouse
25 Loomis Ave

Doors Open @ 12 PM
Drawing @ 1:30PM

Seats need to be RESERVED
NO SEATS @ the DOOR
LIMITED SEATS AVAILABLE



Name: _____

Email: _____

Phone #: _____ # of Attendees: _____ X %5 = _____

You will receive 1 Regular Tray Sheet of
Tickets with each paid player

Please Mail To: Melissa Thomas, 11 Valley View Trail, Wantage, NJ 07461

Community

SUSSEX FIRE AUXILIARY

PRESENTS ITS ANNUAL

SPRING Vendor Sale

MAY 1, 2022

10:00 AM - 4 PM

Sussex Firehouse

25 Loomis Avenue, Sussex, NJ 07461

LOCAL VENDORS - ARTISANS - CRAFTS - TASTY
TREATS

NOW SEEKING VENDORS!

COST: \$30 PER TABLE (PAYMENT MUST BE RECEIVED BY 4/1/2022).
INCLUDES:

- (1) 8 FOOT TABLE AND (2) CHAIRS
- SET UP AT 8:00-10 AM (NO SET UP PRIOR TO 8)
- UP TO 35 TABLES

FOR APPLICATION OR MORE INFORMATION CONTACT:

(973) 703-9148 / MASSAGEBYMARY@GMAIL.COM. (201) 679-4916 /
SMM27@MSN.COM. OR (201) 704-3107 / REYNOLDSTAR@HOTMAIL.COM.

Proceeds benefit Sussex Fire Department



The festival of Mardi Gras comes before the Roman Catholic season of Lent. **Lent** is a period of 40 days that ends with **Easter**. Mardi Gras is also known as Shrove Tuesday or Pancake Day.

The name Mardi Gras is French for “Fat Tuesday.” It comes from the fact that the festival takes place on the Tuesday before Ash Wednesday, the first day of Lent. It also refers to the old custom of consuming all the fats in the home before Lent. During Lent, Roman Catholics often sacrifice or deny themselves certain foods as a way to remember the sacrifice they believe Christ made for them. People sometimes used up their eggs and butter by making pancakes. Many people today still observe Shrove Tuesday by eating pancakes. Some towns even hold pancake races, in which people flip pancakes in a frying pan as they run.

The festivities of Mardi Gras can last for many days. In some countries this period is called carnival. One famous carnival takes place in Rio de Janeiro, Brazil. Another one occurs in New Orleans, Louisiana.

At Mardi Gras in New Orleans, social clubs called krewes organize the festival’s parades and balls. Each organization chooses a king, queen, and court from the families of its members. As Lent approaches, the Mardi Gras season is marked by parades during the day and at night. The famous Rex parade takes place the day before Ash Wednesday. The king of Rex also serves as the king of the carnival. This honor is given to a well-known community and business leader. During the parade, trinkets are tossed into the crowds, including plastic beads and doubloons, which are brightly colored aluminum coins often stamped with a krewe symbol.

MARDI GRAS WORD SEARCH

U	L	B	Y	D	S	N	Y	F	B	E	O	I	L	K
X	K	Z	W	E	E	I	M	W	W	E	T	Q	A	X
V	B	S	N	E	M	K	I	E	E	E	E	X	V	U
R	I	I	U	C	U	C	R	O	G	U	A	S	I	Y
O	K	Q	Y	E	T	K	V	D	R	Y	Z	H	N	N
W	B	Y	A	L	S	J	P	B	G	O	L	D	R	N
A	E	W	D	E	O	I	D	A	R	S	K	S	A	M
U	A	Y	S	B	C	Q	P	A	R	T	Y	R	C	W
Z	D	A	E	R	K	I	N	G	C	A	K	E	G	I
Z	S	V	U	A	F	Q	L	S	V	M	D	B	J	M
Q	T	P	T	T	S	J	Z	L	E	P	V	E	Q	P
A	A	O	F	I	A	Y	T	H	R	O	W	X	V	X
T	O	O	Y	O	C	F	W	N	E	E	R	G	D	D
H	L	E	G	N	I	K	E	L	P	R	U	P	S	Q
L	F	D	A	N	C	I	N	G	M	P	V	B	T	U

BEADS
COSTUMES
GOLD
KINGCAKE
PARADE
QUEEN

CARNIVAL
DANCING
GREEN
KREWE
PARTY
THROW

CELEBRATION
FLOATS
KING
MASKS
PURPLE
TUESDAY

