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MIDLAND PRIDE

*A Publication of the
Rochelle Park School District*



Message from the Superintendent, Dr. Sue DeNobile

I hope this edition of Midland Pride finds you and your loved ones to be well. As a school district, we have experienced better health this year. However, we continue to have challenges with viruses (page 4) impacting students and faculty/staff. Please take good care of yourself.

The 2022 - 2023 school year is officially at the mid-year mark! Two marking periods are complete, and while it is officially the winter season, thoughts of spring are beginning to roll in. Nonetheless, third and fourth marking periods promise to be focused, busy, and exciting. Planning for the 2023-2024 school year is already underway!

This Midland Pride brings varied updates and highlights, from academics to school spirit and wellness. The administration, faculty and staff continue to build upward, and make advances in programs and services for our students. The Board of Education continues to ensure that the district is most effective and efficient. January was New Jersey School Board Recognition Month and the Rochelle Park Board of Education trustees were acknowledged for their commitment, volunteerism, and contributions to the success of our public school (see page 7 for more details).

Midland School is a great place for students to learn and grow! One aspect of a successful school is the school-to-home connection. Midland School offers opportunities for parents/guardians to become involved, such as the PTO, SEPAG (page 5), family wellness events, and volunteer efforts. All are welcome to partner with us. As always, thank you for your continued support. We appreciate you!

CONGRATULATIONS!

★ The district welcomed Dr. James Riley, School Business Administrator / Board Secretary, in January 2023.

★ The district welcomed Mr. Kevin Cox, Director of Technology, in December 2022. See page 6 for Technology Tips from Mr. Cox.

★ Mr. Matthew Trawinski, and Ms. Elaine Rainone were sworn in January 3, 2023 at the Board of Education's annual reorganization meeting. Mr. Trawinski was re-appointed as President of the Board of Education. Ms. Rainone is serving as a trustee with additional responsibilities to the committees for policy and curriculum.

National Junior Honor Society Induction Ceremony

On Tuesday, February 7th, we held our NJHS induction ceremony. This year Midland School inducted 13 new members to the NJHS. Our inductees are so deserving of this honor and represent the very best that Midland has to offer. Congratulations to our newest NJHS inductees!



Midland School continues to promote its wellness initiatives. In January, we held our first ever Family Wellness Day for our Pre K-5th grade families. We had a great turn out and our participants really enjoyed the variety of wellness activities. This month our middle school students will celebrate their own wellness day. Activities will include presentations on nutrition, physical activity, stress management and career exploration.

Principal's Page

Mr. Michael Alberta, Principal



NEW ARRIVAL PROCEDURES!

On Wednesday, February 22nd, Midland School will be implementing some changes to our morning arrival/lineup procedures. Please check your email for important information on these changes.



Pre K / K Registration

As a friendly reminder to our entire Rochelle Park community, registration for our 2023-2024 Pre-K and Kindergarten programs is now open. Please click on the link below or visit our website to register

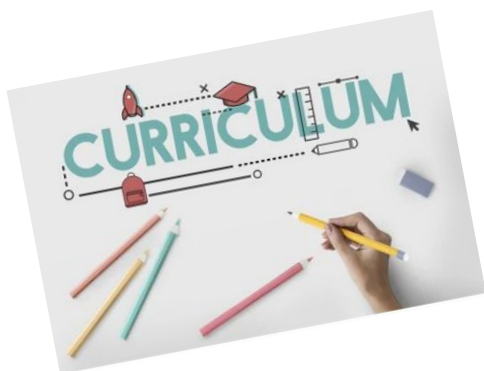
[2023-2024 PRE-K & KINDERGARTEN REGISTRATION](#)

Midland School Calendar Reminders...

- February 20th & 21st - School Closed for Students - (2/20 Presidents Day, 2/21 Staff PD)
- March 13th - School Closed for Students Professional Development
- March 20th - Spring Conferences 1/2 day schedule for students (**No After Care**)
- March 30th - Spring Concert
- April 7th-14th - Spring Break

Spotlight on Curriculum

Mrs. Cara Hurd
 Director of Curriculum
churd@rochellepark.org



Reader's Workshop

Pictured here are our second grade teachers, Mrs. Cahill and Mrs. Gutkowski, working with our Literacy Coach. They are conducting a session on student conferencing during a professional development day with Reader's Workshop.



Extended School Day

Midland's Extended School Day program will run from Monday, February 13th through Thursday, April 6th. This program is intended to provide students with additional support in ELA and mathematics. Teachers will work with students on reinforcing skills and concepts taught in the ELA and math curriculum. This program will also provide students with practice for the NJSLA scheduled in May. (Please see the list below for specifically scheduled dates)

Test Prep Weekly Challenges

Students in grades 3-8 have been participating in weekly challenges in ELA, Math, and Science that are made up of test prep questions to practice in preparation for the spring state assessments. At the end of each week, students who answer the challenges correctly have a chance to win a gift card to a local eatery. At the end of the 12 week contest, there will be a grand prize winner for the class that had the highest number of students participate in the challenge and a bonus prize for the winning teacher!!! Pictured below are the winners from Week 1. Congratulations to all of the students who participated in the challenge.

Keep up the great work!!

Spring 2023 Assessment Schedule

Grades 3, 4, 5 ELA and Math
 Tues. 5/2, Wed. 5/3, Thurs. 5/4

Grades 6, 7, 8 ELA and Math
 Tues. 5/9, Wed. 5/10, Thurs. 5/11

Grade 5 & 8 Science
 Tues. 5/16, Wed. 5/17

More information on the importance of these state mandated assessments will soon be provided.



To view the Fall 2022 Start Strong State Testing Report presentation, click [here](#)

Nurse's Notes

from Mrs. Geiselhardt, School Nurse



What a winter so far for illnesses and absences! The level of influenza A is high and Covid-19 is medium. We are seeing cases of both, and several other viruses are going around school.

Here are some tips on boosting your child's immune system:

- ✓ Give them a healthy diet. Lots of fruits and veggies, whole grains, lean protein, and healthy fats.
- ✓ Make sure they get enough sleep. Here's what is recommended for each age group:
3-5 years: 10-13 hours (including naps) 6-12 years: 9-12 hours 13-18 years: 8-10 hours
- ✓ Also, try to stop screen time 2 hours before bedtime and don't have any devices in the bedroom.
- ✓ Get them active. An hour a day is optimal. They can play a sport or play in the park, go to the gym or go for a walk.
- ✓ Manage stress. Kids need downtime to play and do things that make them happy. Let them talk and listen to them! (The car is a good place.) If you think your child is depressed or anxious, seek help from a mental health professional.
- ✓ Make sure they are up to date on important vaccines.
PreK flu shots were due on 12/31/2022. It's not too late for anyone to get a Flu shot.
- ✓ Don't forget simple precautions: hand washing, respiratory etiquette (cover coughs and sneezes, discard tissues, wash hands or use hand sanitizer), stay away from sick people, consider a mask in crowded indoor spaces, and stay home when sick. Any new symptoms warrant keeping your child home for observation and they definitely should not be in school with a temperature equal to or over 100.4, vomiting, diarrhea, pink eye, or a rash of unknown origin.

For more information visit: [Boosting your child's immune system - Harvard Health](#) and [DCF | Children's System of Care](#)



CALLING IN ABSENCES

Since the pandemic started there are more reporting requirements for school nurses on "influenza-like" illnesses including Covid-19, influenza, and RSV. If your child is going to be absent and tests positive for anything, please let me know in an email or by phone as soon as you can. When calling in your student's illness, it's really helpful to **clearly state the name, grade or teacher, symptoms, what they tested positive for, and the date tested** (if you already saw a health provider). You can call my voicemail before school hours at 201-843-3120, x 518 or email me at mgeiselhart@rochellepark.org.

Clothing Collection

I am collecting gently used clothing, especially pants, of all sizes to have in the health office in case of accidents.—If I have clothing that fits, I will not have to call the parent to bring in a clean set of clothes for a child. I also need donations of **new** boys and girls underwear especially in small sizes for PK-1st graders. If your child borrows clothing from the nurse, please wash and return it.

Screenings

I will begin mandatory state screenings of the students for height, weight, blood pressure (all students), vision, hearing (every year for PK-3, then every other year), and scoliosis (5th and 7th graders). If you have questions, please email me at mgeiselhart@rochellepark.org.

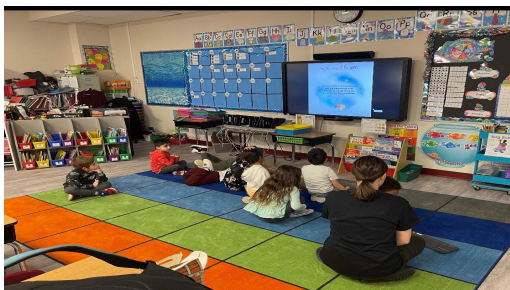


February is National Children's Dental Health Month

The Bergen Community College Dental Hygiene Department is sponsoring free dental exams, cleanings, sealants, and fluoride treatments on Monday February 20th for children ages 6-16. Appointments are at 8 am and 1 pm. If you are interested, call 201-447-7180.

Education is Special !

Mrs. Rebecca Garcia ~Director of Special Services



UPCOMING EVENTS

SEPAG

(Special Education Parent Advisory Group)

Please join us for discussion, sharing ideas, and promoting parent advocacy geared toward improving services for students with different abilities.

February 21, 2023

6:00 pm in the Midland School Cafeteria

ALL ARE WELCOME!

December 2, 2022 was a very *Special* day at Midland! We recognized **National Special Education Day**. Social Work Intern, Rebecca Herz, organized a sing along with students and read a story to classes about being inclusive. Some of our Special Educators wore shirts stating "*I love teaching special thinkers*".

(pictured below)



Special Olympics

Midland school is participating in the special olympics! Stay tuned for more information in the coming weeks!

Rochelle Park Education Association

Earlier this school year, the Rochelle Park Education Association acquired grant funds from the NJEA Pride in Education campaign. These funds are utilized to help plan and support a variety of school community outreach activities. With these grant funds, and with the participation of our members, the RPEA supported Midland School's Wellness Day by assisting during the event and providing a variety of healthy refreshments. On Wednesday, February 8, RPEA members were also present to support Midland School's PTO Scholastic Book Fair "Family Night" event. During this event, RPEA members read to our students, assisted with book selections, raffled off four Scholastic Gift Certificates for \$25 each, and distributed snacks and a magnetic bookmark to all who attended. The RPEA is looking forward to a continued partnership with our school community as we strive to promote positive educational experiences for our students and families.



DIFFERENCE MAKERS

Toys for Tots

During the month of December, Midland School families donated 657 toys to the Rochelle Park Police Department for the annual *Toys for Tots* toy drive. The toys were distributed to Tomorrow's Children Hospital, Sanzari Children's Hospital, Valley Hospital Pediatric Center, the 508th Military Police, U.S. Military Families and many others. Officer Chris and members of the department rewarded the top 4 classes who donated the most toys with a pizza party.



SRO HIGHLIGHTS

D/Sgt. Chris Bermudez, School Resource Officer

Anti-Vaping Assembly

Officer Chris and Midland School are proud to welcome, for the second consecutive year, Timothy Shoemaker presenting an anti-vaping assembly for middle school students. To continue conversations at home, resources are available at:

<https://timothyshoemaker.com/vaping-workshop/>

L.E.A.D.

Officer Chris is currently teaching Kindergarten and 5th grade L.E.A.D. classes. L.E.A.D. stands for Law Enforcement Against Drugs, and the curriculum includes goal setting, decision making, bonding with pro-social others, identifying and managing emotions, and communicating effectively.

TECHNOLOGY TIPS

Mr. Kevin Cox
Coordinator of Technology Services

TAKING CARE OF YOUR CHROMEBOOK

GENERAL TIPS

- *Do not eat or drink around your Chromebook.
- *Do not place heavy objects on your device.
- *Keep it on a flat surface.

SCREEN TIPS

- *Be careful when closing your Chromebook - make sure there is nothing on your keyboard.
- *Do not store it with the screen open.
- *Only use a soft, dry microfiber cloth to wipe the screen.

CARRYING TIPS

- *Use both hands.
- *Do not hold the device by its screen.
- *Keep your Chromebook in a carrying case.

SAFETY TIPS

- *Never leave your Chromebook logged in and open if you are not next to it.
- *Do not share your Chromebook with anyone.
- *DO NOT SHARE YOUR PASSWORD WITH ANYONE!**





Rochelle Park Board of Education pictured left to right:
Mr. Kral, Mr. Schaadt, Mrs. Cravello, Ms. Rainone, Mr. Marolda, Mr. Martinez, Jr., Mr. Trawinski

National School Boards Association and the New Jersey School Boards Association declared January 2023 to be School Board Recognition Month. The **RESOLUTION IN HONOR OF NEW JERSEY SCHOOL BOARD RECOGNITION MONTH** is available at <https://www.rochellepark.org/> under “Announcements”

Highlights of the resolution include:

“...boards of education play a vital role in ensuring that their local school districts meet state standards and adhere to state and federal education statute and regulations, with the goal of preparing all students for college and the workplace, thereby enabling them to compete in a global economy.”

“...trustees are public servants who dedicate their time, without pay or benefit, to the oversight of school district operations, sound financial practices, comprehensive policies, curriculum, staffing, and the well-being and academic achievement of all students in the district”

THANK YOU TO OUR BOARD OF EDUCATION!

ADMINISTRATION

Superintendent:

Dr. Sue DeNobile

sdnobile@rochellepark.org

Business Administrator/Board

Secretary: Dr. James Riley

jriley@rochellepark.org

Director of Curriculum & Instruction: Mrs. Cara Hurd
churd@rochellepark.org

Principal: Mr. Michael Alberta
malberta@rochellepark.org

Director of Special Services:
Mrs. Rebecca Garcia
rgarcia@rochellepark.org



BOARD OF EDUCATION

President:

Mr. Matthew P. Trawinski

Vice President:

Mr. Scott Kral

Trustees:

Mrs. Teresa Judge Cravello

Mr. Jorge Martinez

Mr. Joseph Marolda

Ms. Elaine Rainone

Mr. Charles Schaadt