

# Woodland Park School District e-Newsletter



March 15, 2019

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## Important dates to note

Monday, March 18, 7 p.m. - Board of Education regular meeting at Borough Hall, 5 Brophy Lane

Tuesday, March 26, 7 p.m. - Pajama Storytime at Charles Olbon

Welcome to the Woodland Park School District e-Newsletter, which will be sent out weekly when school is in session. This will serve as a glimpse of some of the wonderful things going on in our schools and with our students, as well as a point of reference for upcoming events.

Your Partner in Education,  
Michele R. Pillari, Ed.D.  
Superintendent of Schools

## Charles Olbon creates sensory hallway, movement break wall

Charles Olbon School created a sensory hallway to provide students with movement breaks throughout the day when needed. Sensory hallways provide students with a positive outlet for addressing fidgeting, ADHD, sensory processing issues, stress and anxiety. The staff anticipates that the sensory hallway will benefit all students as it will be both physically and mentally stimulating, as students jump, hop, high and low step, and cross feet around the sensory obstacle course.

Mrs. Cieslak and Mr. Scholtz designed the "Under the Sea" themed sensory hallway in collaboration with Mrs. Coffey, who was instrumental in creating the sea themed shapes. They worked with custodian Mr. Grimes to place the vinyl sea shapes on the hallway floor.

There is also a movement break wall, where students can choose various ways to move such as yoga poses, stretches and mood exercises. Students follow the movements on the path they choose, while incorporating breathing techniques to calm their bodies and minds. Physical therapist Mrs. Rodrigues was instrumental in creating the movement break wall.



# Art in the Spotlight

Charles Olbon School student artwork is on display at the Alfred Baumann Library as part of Youth Art Month.



## March Madness



The 2019 March Book Madness at Memorial is underway. March Madness is the perfect event to merge students' love of basketball and of amazing books. Language Arts teacher Miss Moore compiled a list of the books most commonly checked-out by our middle schoolers. Over the course of the month, students vote weekly for their favorites. We can't wait to see who wins this tournament of books.

WPSNAC Fundraiser  
April is Autism Awareness Month  
Order your shirts today!!

T-shirts are sapphire blue!



\*\*Last day to order is Monday, March 18<sup>th</sup>\*\*

Please pay with cash or make checks payable to **WPSNAC**.

Return to school in an envelope labeled "**SNAC Autism T-Shirt**".

Include your **child's name** and **homeroom** on the envelope.

Any questions please contact Maria 973-997-6634 or email [wpsnac@gmail.com](mailto:wpsnac@gmail.com)

Return this portion with your payment.

(Please print clearly)

Student Name: \_\_\_\_\_ School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent Email: \_\_\_\_\_ (please print clearly)

Please indicate size and quantity:

Youth Small (\$10)	_____	Adult Small (\$10)	_____	Adult 2XL (\$12)	_____
Youth Medium (\$10)	_____	Adult Medium (\$10)	_____	Adult 3XL (\$12)	_____
Youth Large (\$10)	_____	Adult Large (\$10)	_____		
Youth XL (\$10)	_____	Adult XL (\$10)	_____		

Number of t-shirts \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

## Sixth graders taking part in anti-drug and alcohol workshop series

The Woodland Park Municipal Alliance Against Alcoholism and Drug Abuse recently sponsored a six-part workshop called "We're Not Buying It" for Memorial School sixth graders, given by the Center for Prevention, based in Newton.

The program aims to prevent or delay the onset of alcohol, marijuana, and drug use, and to prevent bullying. Participants learn how to deconstruct media messages that promote or glamorize substance use. With a better understanding of the marketing directed toward them, students are better able to resist messages and to make healthy decisions.

Sessions focused on "media is everywhere," alcohol and marijuana use, prescription drugs, healthy ways to deal with stress, staying safe on social media and bullying. The sessions are customized for each class as program facilitators Miss Ashley and Miss Laura say some are more knowledgeable than others on the topics discussed.

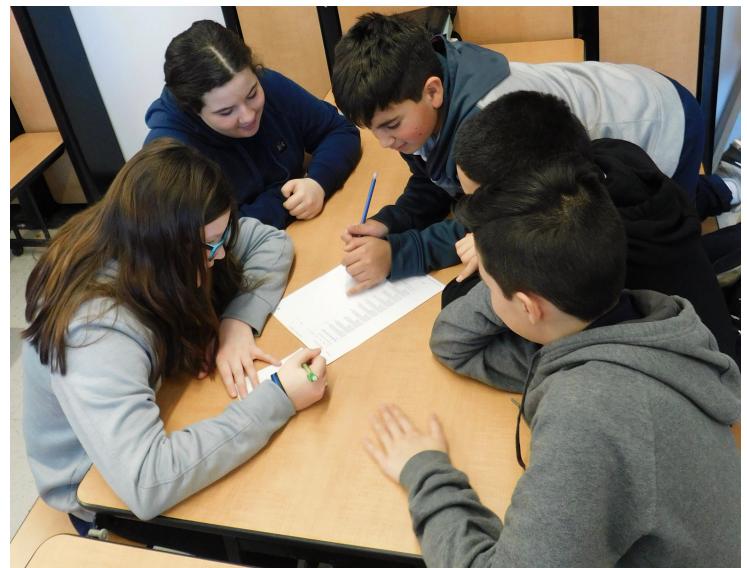
At each session, "fast fact" were handed out and students picked ones they wanted to discuss, such as "1 in 5 say painkillers are not addictive" and "each day an average of 2,000 teens will try prescription drugs for the first time."

At a session which focused on popular music, nearly two third of the students knew of songs that referenced drugs or alcohol, mentioning such artists as Wiz Kalifa, Juice Wrld, and Snoop Dogg.

The students were broken into small groups, looking at lyric sheets of popular songs, and counting the number of drug or alcohol references in them. In one such song, "Because I Got High," students counted 52 references.

In speaking about alcohol, students learned that the legal drinking age is 21 as adult brains are not fully developed until that time. "In actuality, it's more like 25," Miss Ashley noted. The students learned about the Good Samaritan Law, which protects you from any liability in an attempt to get medical help for someone who is in need.

Students also heard about the addictive properties of drugs and alcohol as well – how the brain tells the body that the person needs it. "Usage only masks your problems," Miss Ashley said. "It's so important that we learn healthy coping skills to deal with the stresses that we face."



## Woodland Park partners with Department of Education, Rutgers University

Woodland Park is one of 10 school districts in the state to partner with the NJDOE and Rutgers University. The partnership will last three years working side by side to improve student achievement in grades K-3.

Language Arts Supervisor Elba Castrovinci has been working directly with state coach Jennifer Bender, providing early reading professional development to increase district leadership and school personnel knowledge of "The Big 5." The Big 5 of reading is a fun way of describing the five core areas of reading instruction.

Research has shown us that in order to become successful readers, children must develop skills in five essential areas of reading. These include: phonemic awareness, phonics, fluency, vocabulary and comprehension. "We are making sure that our core programming addresses 'the Big 5,'" Castrovinci said.

# Caring Hearts

Beatrice Gilmore  
School art teacher  
Mrs. Toole created  
these collages of all  
student work for  
the Kids Heart  
Challenge. Gym  
teacher Mr.  
Pomante and nurse  
Ms. Roehrich  
spearheaded this  
drive, raising \$1,886  
for the American  
Heart Association.



## Bookworms

Beatrice Gilmore's Home & School Association ran the annual Scholastic Book Fair last week. Each child in the school was given a free book, courtesy of the HSA.

