

Nov. 1, 2019

# Woodland Park School District e-Newsletter



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## Important dates

Monday, Nov. 4 to Friday, Nov. 8 -  
District schools will be closed

Monday, Nov. 6, 7 p.m. - Board of  
Education workshop meeting at BG

Tuesday, Nov. 12, 7 p.m. - Charles  
Olbon HSA meeting

Wednesday, Nov. 13, 7 p.m. -  
Beatrice Gilmore HSA meeting

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, as well as a point of reference for upcoming events.

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

## Assembly at Memorial focuses on natural highs

Memorial School students were treated to an assembly funded by the Municipal Alliance Against Alcoholism & Drug Abuse with Matt Bellace, a youth motivational speaker and stand-up comedian. Dr. Bellace has a Ph.D. in clinical neuropsychology and author of the book, "A Better High." The program, "A Better High," focused on natural highs, emotional resilience and mental health. The presentation was a combination of stand-up comedy, interactive demonstrations and stories.

He started by doing a tower support exercise with a group of eight students, to illustrate to them the power of support from their peers.

Bellace had the students do a short meditation to stress the benefits of the practice. "Navy Seals use this to calm themselves," he said. "Your generation is chronically energized. There's so much light in your face." The use of electronics, especially at night suppresses melatonin, which is essential to good sleep.

**SEE PAGE FIVE**





## Municipal Alliance door decorating contest winners are announced

October is the busiest month of the year for the Woodland Park Municipal Alliance Against Alcoholism and Drug Abuse, as it plans and hosts several events for the three local schools as well as the public. The Alliance is a volunteer based community group that is funded by the Governor's Council on Alcoholism and Drug Abuse.

During Red Ribbon Week, which was marked Oct. 23-31, all the schools had different theme days, such as wearing red, funny socks or team jerseys. Local Daisy and Girl Scouts put out red ribbons outside of the schools. In all three schools, there was a door decorating contest where classes displayed what underage drinking and using drugs means to them and how it is harmful.



Red Ribbon Week was kicked off with a free yoga and mindfulness class for families at Dowling Gardens and capped with the annual Trick or Trunk event last night where some 500 children spent an evening safely trick or treating to the 40 plus volunteer "trunks" in attendance.

The winners for the door decorating contest at the schools were announced on Monday. The Alliance selected two winners per school and classes will be treated to a pizza party from the Alliance. Shown below are the winning doors.

**Memorial Middle School:** Mr. Segarra's class with "Huff and Puff" and Mrs. Ficarra's classroom with "Mice Traps"

**Beatrice Gilmore School:** Mrs. Voinov's classroom with "Latte to Do" and Mrs. Facciollio's class with "Haunted Houses"

**Charles Olbon School:** Mrs. Parker's classroom with "Pirates" and Ms. Morris' class with "Witches/Brooms"

Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America.

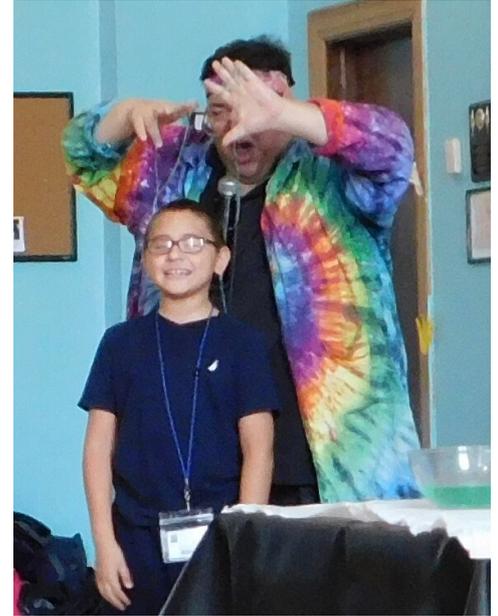
District students signed the Red Ribbon Youth Pledge, where they declared they would pledge to grow up safe, healthy and drug free. They pledged they would also work to educate family and friends on the importance of living healthy and drug free.

# Science Tellers program integrates stories with experiments

Beatrice Gilmore and Charles Olbon students both enjoyed a pre-Halloween treat Tuesday with a visit from the Science Tellers assembly program. Conrad Colón led the students through the story, "Aliens: Escape From Earth," where he integrated the story with science experiments to bring key parts of the story to life.

The story is about two curious kids who venture into the forest to investigate a midnight meteor shower and find themselves mixed up with a family of visitors from another planet. Pursued by a crazy space scientist, they must rescue the aliens and get them back to their spaceship before it's too late.

Volunteer students assisted in some of the experiments. They turned a liquid into solid "worms" through a chemical reaction, launched a potato into the air using Boyle's Law and made a flying rocket using two common household chemicals. During the experiments, Mr. Colón explained the physics and chemistry concepts.

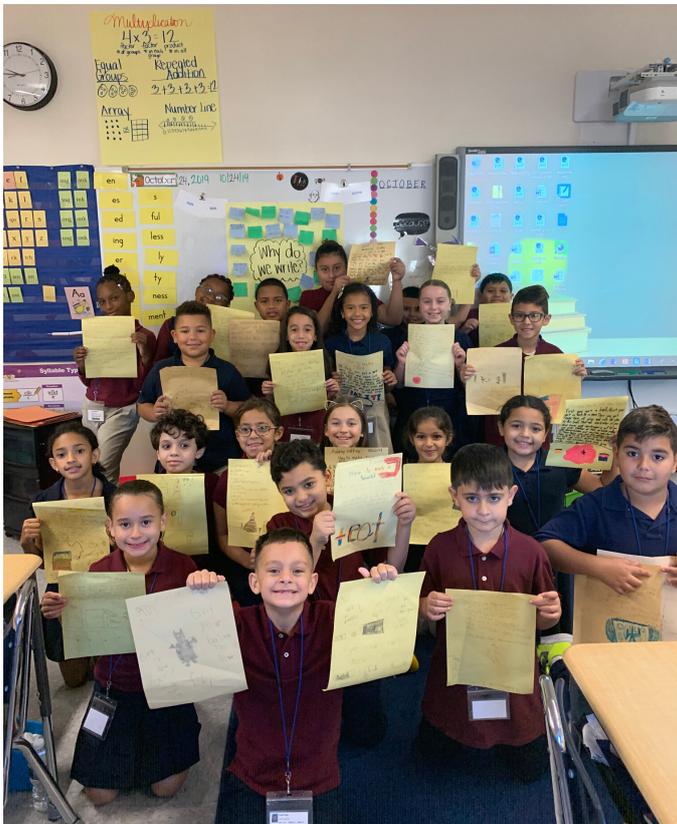


# Big Winners



The Beatrice Gilmore Home & School Association held a Haunted Hallway dance fundraiser on Tuesday night. Shown are the evening's winning costumes. The costume contest was judged by Mrs. Herrmann and Mrs. Capo, who came to enjoy the event with the students.

# Celebrating Writers



Miss Webb's class at Beatrice Gilmore celebrated National Day on Writing, a day to recognize all the different reasons writers write. They discussed why we write and then chose to write a book review, recipe, or advertisement for a real or made up item.

THE BOROUGH OF WOODLAND PARK  
Presents Our

Annual Holiday Movie  
**Disney FROZEN II**

**TOY Drive**

**SATURDAY • DECEMBER 7**  
DOORS OPEN 8:30 AM  
MOVIE BEGINS AT 9:00 AM SHARP  
**AMC WAYNE 14 THEATER**  
(NEXT TO WILLOWBROOK MALL)  
COST: A NEW, UNWRAPPED TOY

PLEASE BRING A NEW, UNWRAPPED TOY FOR OUR ANNUAL TOY DRIVE!

**1 ADULT PER FAMILY** | ALL ATTENDEES, ADULTS & CHILDREN, MUST REGISTER ONLINE FOR THIS FREE EVENT AT: [wpnj.us](http://wpnj.us) - click

FOR FREE ENTRY TO THEATER: Bring your Community Pass registration receipt - printed or on your mobile phone

WOODLAND PARK RESIDENTS ONLY!  
\* SEATING LIMITED \*

IF YOU HAVE ANY QUESTIONS REGARDING ONLINE REGISTRATION, PLEASE CONTACT THE RECREATION OFFICE AT 973-345-8100 EXT. 213

THE BOROUGH OF WOODLAND PARK  
MAYOR KEITH KAZMARK  
THE MUNICIPAL COUNCIL AND THE RECREATION DEPARTMENT  
www.wpnj.us  
councilmembers@wpnj.us

973-345-8100 ext. 211  
kazmark@wpnj.us

*PV Jr. Hornets Travel baseball Tryouts*

8u 9u 10u 11u 12u 13u 14u

**New Location!**

Pre-register @TotowaPal.com

**November 3rd 9am**  
Memorial field  
Woodland Park

Open to:  
TOTOWA PAL, WPBGC, and LFAC

**BATTER UP**

Winter training at a inside facility.  
Competitive Tournaments  
Professional Trainers

# Dancing The Night Away

Charles Olbon School students kicked off a fun week of Halloween activities with a dance fundraiser sponsored by the Home & School Association on Oct. 25.



# Vocabulary On Parade

Beatrice Gilmore staff members took Halloween to a whole different level by illustrating vocabulary words through their costumes.

# Sharpening Skills

On Oct. 25, WP educators attended Rutgers 52nd Annual Conference on Reading and Writing. Pictured from left are Beatrice Gilmore School 4th grade teacher Monica Voinov, ELA Supervisor Elba Castrovinci, award winning children's and education author Ralph Fletcher, Memorial School 5th grade teacher Cynthia Ayala, and Dr. Lesley Morrow, Rutgers Director of the Center for Literacy Development.



FROM PAGE ONE

Bellace also used music to illustrate the power of emotions, by playing a song guessing game, with songs like "Happy," "Thunderstruck," "Under Pressure," and "Lose Yourself." He encouraged them to listen to music, as well as exercise, as he said it releases endorphins, neurochemicals released by your body that produce a "natural high."

In telling the students about his brother, who suffered from drug addiction, he noted that addicts can overcome when they find something they love. "When you're struggling, lean on healthy people for support," he said. Learning how to express emotions in a healthy way is one of the most important things that they can do.

Find out more about Bellace at [www.mattbellace.com](http://www.mattbellace.com), and natural highs at [www.naturalhigh.org](http://www.naturalhigh.org).