

Fall 2021

Newmark High School News



Principal's Message



Dear Parents,

I take great pride and joy in welcoming you to 2021-2022 Newmark High School academic year. Our staff is eager and delighted to be back working with your teens. Our students are settling in nicely and adjusting to their new classrooms.

Each year brings positive change. This includes a new addition to our NHS staff so I would like to extend a warm welcome Mr. David Nicolato, Art Teacher. We are pleased and excited that he is a part of our Newmark family.

We hope you all enjoyed our Virtual NHS Back To School Night on Wednesday, September 22. Back To School Night provided parents an opportunity to hear from their teen's teachers and gave a snapshot of their school day and subject areas. This is a way to begin to cultivate the relationship essential to provide school-family bonds that are so important to our students.

I am honored to serve as the principal of Newmark High School. It is truly a privilege to be a part of a community where parents, teachers and students are striving to build positive relationships that support academic and social growth. Our goal is to ensure that we challenge each student to grow in his or her academic abilities and provide them with tools for life-long opportunities.

We are looking forward to a great year!!!

Sincerely,

Gina M. Borea
Principal

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Newmark K-8 School:

Ms. Gina M. Borea
Principal

Dr. Regina M. Peter &
Ms. Cynthia Allman
Executive Directors

Spotlight News

SUPPORT NEWMARK'S 2021 ANNUAL FUND

Every fall, we ask Newmark family and friends to consider donating to our Annual Fund to support the programs and services that are the hallmark of Newmark.

This year, we recognize that Newmark must continue doing what we do best – educating and providing emotional security for our families and students.

Understanding that we serve a unique population of students, we have gone above and beyond to maintain important safety protocols and procedures to keep our students and staff as healthy and safe as possible.

For the new school year, we have invested in a fresh reboot to mentally prepare our students for the next phase of the pandemic. We completely repainted the entire 60,000 square foot facility, deep cleaned all carpets, surfaces and soft furniture, and added new artwork to create a welcoming physical space. Additionally, we've invested in technology training for our staff to maintain our high level of responsiveness to the pandemic and upgraded technology tools in the classroom. Our counseling program will feature expanded student life skill training and guided practice on mental health issues so that our students can progress.

How To Donate

- **By Credit Card:** visit www.newmarkeducation.com/support/annual
- **By Check:** send check payable to NextMark Foundation, 1000 Cellar Avenue, Scotch Plains, NJ 07076 Attn: Newmark Annual



NEXTMARK
Foundation

We need your financial support to continue the important work we have set in place for the 2021-22 school year. Please help support Newmark's investment in the physical and emotional well-being of our students and staff with a tax-deductible gift to the 2021 Annual Fund today. Whether you can donate \$100, \$500 or even \$5,000 – we value that your contribution.

Newmark's Annual Fund Appeal ends October 15, 2021. Please help us reach this year's goal of **100% parent participation**. If you value the education and experience provided by Newmark for your child, please donate to the 2021 Newmark Annual Fund today. Your tax-deductible gift will make a great difference for all the students at Newmark!

Thank you!

NextMark Foundation is a 501(c)(3) nonprofit organization supporting Newmark Education and Teacher Training.

Disclaimer: Your donation will be acknowledged as "Student's Last Name" Family for the newsletter and donor wall (ex. Jones Family). If you wish to be acknowledged differently, please email Sandra at slevy@newmarkeducation.com or indicate preferred Recognition Name with your donation.

Community Service

Mrs. Osiadacz



Blankets of Hope Founders

“One of the most important things you can do on this earth is to let people know they are not alone.”
— Shannon L. Alder

Community Service is already well underway this year, and our first big project is the Blankets of Hope initiative. The entire student body watched a set of important videos from this organization, teaching empathy and kindness. With so many Americans experiencing homelessness, it is imperative that now more than ever, Newmark lets our local homeless population know that they are not alone by donating brand new blankets to keep warm this-

fall and winter, and sharing an encouraging note with each blanket.

Our school store donations will continue this year and keeping with tradition, we are starting off by donating to the Plainfield Area Humane Society. Students will be using their school store points to donate to the local pets in need.

*Please note that until further notice there will be no Bake Sales or Philly Pretzel Sales. I'm excited to work with our students throughout the year!

Please be sure to check the Friday Backpack News for details on Community Service happenings.

Save the Dates! NHS Fall Announcements

NHS Teen Nights - For all High School students - from 2:15-4:30 PM. \$20 fee, parents need to provide transportation home promptly at 4:30 PM - See Friday Backpack News or website for Permission Forms.

- Friday, October 15, 2021 – 2:15-4:30 PM
- Friday, November 19, 2021 – 2:15-4:30 PM
- Friday, January 28, 2022 – 2:15-7:30 PM

NHS After School Clubs & Programs – Session II:

- Session II – Begins week of November 15, 2021 through January 20, 2022



Senior Meet and Greet

First Day of School



Marek



Tony



Lucas



Ready for our first day!



Will, Roman and Jack



Isaiah, Tony and Harrison



Sam

Alumni Dress Down Day



Homeroom 207



207 "Team"



Dress Down Day



Michael



Dylan's take on Jersey Day

**Favorite Hat Day: Wednesday,
November 24, 2021**

**Holiday Colors: Wednesday,
December 22, 2021**

**Super Bowl Celebration:
Friday, February 11, 2022**

**Go Green: Thursday,
March 17, 2022**

**Red, White and Blue Day:
Friday, May 27, 2022**

Counseling News

Ms. George, Ms. Murphy and Mr. Goldberg

Virtual Parent Counseling Nights

Welcome to the 2021-22 school year! The counseling department would like to share some important information and dates for you to be aware of this year.

Counseling is an integral part of the student experience at Newmark High School just as communication between home and school is an integral part of your teen's education and well-being. To effectively share information concerning your teen, we provide parents an opportunity to connect the Newmark counselors on the first Tuesday of each month. We encourage you to schedule an appointment for one of our monthly counseling nights to discuss any issues or concerns you may have or just to touch base about how your teen is doing. To schedule a phone appointment, please email Marla Zucker

All counselor meetings will be held virtually via telephone. To schedule an appointment, please contact Marla Zucker at 908-753-0330 or mzucker@newmarkeducation.com.

Individual appointments are 30 minutes: 5:00, 5:30, 6:00, 6:30 and 7:00 PM. Our NHS counselors are Cathleen M. George, LCSW; Adam Goldberg, Ed.M; Nadene Murphy, LCSW

The dates for the 2021-2022 school year are listed below:

Tuesday, October 12, 2021
Tuesday, November 9, 2021
Tuesday, December 14, 2021
Tuesday, January 11, 2022
Tuesday, February 8, 2022
Tuesday, March 8, 2022
Tuesday, April 12, 2022
Tuesday, May 10, 2022
Tuesday, June 14, 2022

Community Connections PIN Program

The Community Connections PIN Program provides recognition to our students for demonstrating personal and social growth by participating in meaningful community-based experiences. These can include the following categories: Community Service, Sports, Volunteering, Music/Performing Arts, Clubs (including Scouting).

In addition, Newmark students are also encouraged to focus on earning PINs for service experiences that benefit others. Some examples of recent accomplishments of NHS students include: volunteering at a local temple, participating in a beach clean-up and volunteering to help young children learn to swim at the YMCA.

Individual experiences approved by the Newmark PIN Committee after students are nominated. Nominations can be submitted by a parent, teacher or member of the PIN Committee





I would like to take this opportunity to welcome you and your children back to school! The COVID-19 virus is still part of our environment and we need to be proactive and keep our students safe. Please complete the daily COVID questionnaire, and, if you are not sure, please keep them home and contact me if you have any questions at ecarroll@newmarkeducation.com.

Medication/Health Issues:

If there are any health issues during the school year with your child please let me know. It is also important for me to know if your child is on any medication, and if so, what type and dosage. Please also keep me up-to-date with any medication changes. If your child also needs any medication while in school, the medication release form is on the Newmark website under school nurse as are other health forms.

Health Screenings:

We will not be conducting sports physicals with Dr. Acocella for those students in the middle school and high school wishing to participate in interscholastic sports at this time but hope to in the near future. We will keep you posted if we are going to do a spring sport. If we do, your student will need to get a sports physical with their primary doctor. If your teen has had a physical done on 3/1/21 or after their doctor just needs to fill out the forms.

Personal Hygiene and Your Child:

Monitoring your child's personal hygiene is important from a social as well as health point of view. Maintaining personal hygiene enhances an individual's physical and emotional wellness. While most children age 9 and older are able to attend to their own daily hygiene, supervision is still necessary in order to ensure that good habits develop. Here are some

basic tips that you may want to discuss with your child to promote good hygiene.

- A balanced diet is the foundation for overall good health. A diet that includes all the food groups and one high in fruits and vegetables is recommended. Eating a healthy diet has shown to improve a child's ability to learn in school.
- A bath or shower using a mild soap is needed daily for middle school and high school age students. Hair should be washed at least twice a week or more frequently depending on your child's activity level. A deodorant/antiperspirant is usually needed daily.
- Teeth should be brushed at least twice a day to prevent decay and to maintain healthy gums. Flossing is recommended daily.
- Clothing should be changed on a daily basis. Clean cotton socks are the best for feet because they absorb moisture. For masks, we recommend daily mask cleaning and replacing disposable ones daily.
- Coughing and sneezing into a tissue and properly disposing is a good hygiene practice, or sneezing into your arm, then washing your hands after.
- Regular handwashing should be emphasized since this has been identified as the most important practice for preventing illness.

At Newmark High School we encourage all teens to develop good grooming practices. We believe that good hygiene promotes independence, self-confidence, and self-esteem and builds a foundation for lifelong healthy habits.

Senior Freshman **Meet and Greet**



Kyle, Josh and Isaiah



Aiden, Gabe and Roman



Jonas



Colton, Andrew and Jay



Pranav, Max and Jonas



Owen with Danny and Marek