Weekly Newsletter
Friday, May 1st, 2020

Elisa Di Lolle, Principal
Howard Kaplan, Supervisor of Education

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>MAY</th>
<th>JUNE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th-8th – Staff Appreciation Week</td>
<td>10th – End of 4th Marking Period</td>
</tr>
<tr>
<td>25th – SCHOOL CLOSED: MEMORIAL DAY</td>
<td>19th - Graduation</td>
</tr>
<tr>
<td></td>
<td>22nd – Last Day for Students &amp; Staff</td>
</tr>
</tbody>
</table>

Ms. Di Lolle

Hello Newgrange Families! As of today, we have officially completed our sixth week of distance learning. I would like to address a few concerns that have been brought to my attention from a student learning perspective. Our students are engaged in online live virtual lessons daily and in some instances, teachers pre-record their lessons, so parents may assist students with lessons at a more convenient time. This type of instruction requires a lot of trust between the students and the staff. I would like to ask our Newgrange Parents, to hold onto your child’s cell phone and/or tablet during instruction time. These devices are not needed for instruction, as we have supplied a Chromebook to each student to complete their lessons. In addition, we do not allow these devices during instructional time when we are physically in the school building. When parents are in possession of these devices during instructional time, it will assist teachers, by having the students full attention, and it may deter students from making potentially poor choices, that could get them into trouble under the terms of our Acceptable Use Policy. Parents we appreciate your continued support in your child’s learning, and we are thankful for all that you do to assist our teachers and staff.

Another impact with this student learning format, as well as the general stress of this quarantine situation, has already or will reach the breaking point for many. Recent surveys and studies have acknowledged this scenario is taxing on our mental and physical health. Honestly, we really did not need a survey or study to make us aware of this, since we are all experiencing some sort of stress, fatigue and/or anxiety attributed to this pandemic. I want to make sure our students and the Newgrange families are taking time to decompress each day. Below I have listed some mental health supports for adults, families, teens and children in honor of National Mental Health Awareness Month. Please share the information with anyone you think could use it.

Teacher appreciation week is next week, May 4 – May 8, 2020

May is National Mental Health Awareness Month

I would like to acknowledge that the timing on this is beyond appropriate with everything we are all experiencing right now.
Navigating A Mental Health Crisis

NJ residents feeling the emotional and mental toll of COVID-19 can get support from a special helpline. NJ Mental Health Cares, the state’s behavioral health information and referral service, will not also offer help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jerseyans can call 1-866-202-HELP (4357) for free, confidential support. NJ Mental Health Cares will be answered from 8am-8pm seven days a week by live trained specialists.

FAMILY HELPLINE
1-800-THE-KIDS (843-5437)
24 hours a day – 7 days a week
If you are feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You will speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.

2ND FLOOR YOUTH HELPLINE
1-888-222-2228
www.2ndfloor.org
24 hours a day – 7 days a week
This is a youth helpline serving all youth and young adults in NJ. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.

MOM2MOM
877-914-6662
Mom2Mom.us.com
Mom2Mom is a 24-hour, 7 day a week helpline coordinated by Rutgers University Behavioral Health Care (UBHC). The helpline features peer support, telephone assessments, a network of referral services and support groups.

NJ Resident Assistance or Benefits During COVID-19

April Birthdays

The “shout-out” this week is to all our students that celebrated an April birthday, unfortunately during a National Quarantine.

Lorenzo Ferrigno, Sara Fedorchak, Jacob Volov
Also, my apologies for not posting the names of students that celebrated a birthday in March. I am so sorry to be late listing your names and (the double whammy) – also during a National Quarantine.

March Birthdays

Sean Tasker, Jeremy Harrison, Michael Hakanson, Gosho Falco

Mrs. Grande

It’s the beginning of a new month and we all are looking forward to some sunshine and warmer weather. The possibility of remote learning out of doors may be in the future for my classes. If there is the open space in a yard or front porch the idea of being outside for learning is possible.

US History II - We just finished our unit on World War I and we are pushing ahead into the Roaring 20s. Students are creating a slideshow about the outlaws of the 20s and 30s. They are doing a great job with their assignments on the computer and making sure that they get their projects completed. We will continue to move through history and learn more about our past.

US History I - The students just learned about President Jackson and how he changed the country in terms of voting rights. Although he is one of America’s great Presidents it is his presidency that was remembered for the removal of Native Americans from the east and who were forced to march to Oklahoma. We continue moving forward into the era of sectionalism, when the North and South pull apart from each other and the Union.

World History - The students are studying World War I and learning about how it devastated Europe and will set the stage for World War II. They will discover that many new countries were created through the peace treaty and these new borders will remain in dispute even in the present. Then we move forward and investigate the Russian Revolution and its dramatic effect on Russia as a country and the world going forward.

Social Studies - We left the Mediterranean world behind and are now studying ancient cultures of Mesoamerica. It’s important that students realize that the ancient world was thriving in the Americas with the ancient cultures of the Olmec, Maya, and Aztec nations. There were others as well but our focus will be on the latter. Students will discover how so much of our present day culture can be traced back to these ancient civilizations.

Mr. Graham, Health/Physical Education

Wow! In my 30+ years of teaching I would have never dreamed that I would be teaching virtually. With that being said, I am astonished by the job our students have been doing with this type of learning. It has been exciting to see how all grades planned fun-filled activities for an activity log that was presented to them during the COVID-19 pandemic. What I found to be most impressive was that everyone’s activities were different. The younger grades loved the dance unit videos, with music to move by such songs as “The Trolls Dance”, “Jailhouse Rock”, and “Frozen”’s “Let it Go”. These activities gave our students a fun-filled cardio workout that they enjoyed. Our middle school students were amazed to see how different kinds of walking steps and paces could produce a sufficient 1-mile cardio workout. Our high school students liked being challenged with different kinds of exercise circuits that produced strength and cardio benefits.

Keep up the good work!
Ms. Flynn

Well, we have conquered another week of remote learning. Our class has been doing a fantastic job of working remotely. They have transitioned nicely to participating in the video meetup classes while completing all of their Google classroom assignments.

Juggling time on assignments is a skill that we are continuing to assist our students daily. Pacing ourselves on assignments, technology frustrations, and creating a new routine are skills that we have tried to create a toolbox of ways to deal with these everyday problems. Especially during our time of remote learning.

During Social Skills class, we have been focusing on our group just trying to have some socialization time together. Even if it’s from afar, we still want to dedicate time together when kids can just enjoy each other’s company and not have to be in school mode. We have been playing a variety of games and activities in our meet up sessions. We have also highlighted some activities that students can do outside of our daily remote learning schedule. For instance, playing a board game, completing a puzzle, working on a lego creation, playing cards, etc. Stepping away from the computer and creating new activities during downtimes of the day has been a theme we continue to discuss in class. Having the students step out of their routines or comfort zones and trying a new or classic activity will encourage them to see socialization times in a different light.

Ms. Esposito

Hello Everyone! Remote learning has been going pretty smoothly for math classes.

In *Algebra 2*, students learned to write and evaluate exponential functions and modeled growth and decay problems. They also graphed these functions and applied them to solve real-life situations involving compound interest, depreciation, and half-life. Students computed the inverse of functions, identified their domains and ranges, and graphed them on a coordinate plane. Students learned about the relationship between logarithms and exponents and converted between the two forms. They also wrote, evaluated, and graphed logarithms. The class is currently learning about the properties of logarithms and they will use these properties to evaluate logarithmic expressions and solve equations and inequalities. They will also be using the natural base, e, to write and graph functions representing real-world situations.

In *Geometry and Geometry Concepts* classes, students recently completed a six-part project which assessed their proficiency of several skills in Geometry. Students were first required to identify the locations of attractions in a blueprint of a waterpark, which was drawn on a coordinate plane. Using ordered pairs to represent each attraction, they calculated the slope of the paths between attractions, and they also computed the midpoint and distance between attractions on the blueprint. Students then converted the scaled distances to actual distances using their knowledge of ratios and proportions. Finally, they created linear equations to represent the paths between attractions and summarized their results in a reflection paper. In the next unit, students will explore the properties and attributes of polygons.

*Pre-Algebra* students are currently studying plane geometry. They learned to identify all angles relationships that form when a transversal crosses parallel lines. They also applied the Triangle Sum Theorem to find missing angle measures in triangles and classified angles by side lengths and angle sizes. They were also able to classify polygons given specific attributes. Students computed the sum of interior angles of regular and irregular polygons as well as individual angle measures. They used coordinate geometry to identify types of slope and calculated slope using both graphs and the slope formula. Over the next couple of weeks, they will learn to use properties of congruent figures to solve problems. We will also focus on transforming plane figures using rotations, reflections, and translations, identifying symmetry in figures, and predicting patterns involving tessellations.

Mindfulness Practice

*Fun Fact*
Mrs. Allen and Mrs. Genna

Did you know? May is “Get Caught Reading” Month!

Get Caught Reading is a nationwide campaign to promote the fun of reading books for all ages. Get Caught Reading month hopes to encourage people of all ages to enjoy books and magazines, and to share that pleasure with the young children in their lives. The website has pictures of different celebrities getting caught reading!

www.getcaughtreading.org

This week for mindfulness, see if you can test out different places to read in your house. Find a good book and get set to read. Try reading in a fort, in a hammock, under a tree, in your bed, on the cough, by the fireplace, on the grass, sitting on a pillow, swinging on a swing, or under a blanket.

What places were the most comfortable? What place was the least comfortable? Where was it easiest to concentrate? Did any places surprise you? Where do you think you could set up a “book nook” in your house to read?

Get Caught Reading

*All of the non-Newgrange School attachments to this newsletter are for informational purposes only. The seminars and workshops may be of interest to you, however the Newgrange School is not affiliated with the individuals or organizations that sponsor these events.*
Social Strides Update 5/1/20

And just like that, it’s May! It’s hard to believe that we have completed six weeks of distance learning. Although most of our kids have become online meeting experts, some social skills lessons have been devoted to the topic of “online meeting etiquette” since this is new territory for all of us. Here are just a few tips to help remind your child how to effectively participate in their online classes:

• Log into class on time. (Showing up late is disruptive to the class, and it makes the teacher have to stop the lesson to help the student catch up.)

• Dress appropriately. (Although we are all at home, it is still school. Let’s be honest, we are all a bit more casually dressed than we normally would be, but it helps students take class more seriously if they are out of their pajamas.)

• Be aware of background noise. (Even when the Newgrange teachers meet, we mute our mics unless we have something to say. Wouldn’t it be embarrassing for a student if his classmates overheard his siblings arguing in the background? It happens!)

• Check your surroundings. (Make sure that other people aren’t able to see anything that you wouldn’t want them to see. For example, it would be very unexpected for other students to see a student lounging in their bed!)

• Try to eat before or after your online classes or during breaks. (Class time is limited and food can be distracting, even to the students who are not eating.)

• Never record or take pictures of any of the students or teachers. (Even though it is online, the same rules apply as they would in the classroom.)

Although we are supposed to continue social distancing, our state parks will reopen this weekend just in time for the amazing weather! Click on the link below to access a complete list of New Jersey State Parks.

NJ State Parks

Enjoy the beautiful weekend, and stay healthy!

-.Carol Cooper-Braun, Social Strides Program Coordinator ccooper@thenewgrange.org