



Save the Dates!

- **Respect Week:** Oct 3rd -7th
 - **Healthy Kids Walk:** Sponsorship envelopes due back on Thurs. 10/6
 - **Healthy Kids Walk:** Fri. 10/7 at 11:15am. (Parents are welcome to attend).
 - **Half Day Dismissal:** Fri. 10/7 for Professional Development
 - **School Closed for Columbus Day:** Mon. 10/10
 - **Progress Report Conferences:** Thurs, 10/13 4:15-6:15 pm
 - **Board Meeting:** Wed. 10/19 at 6pm
 - **School Closed for Students:** Fri. 10/21 for Professional Development
 - **Violence & Vandalism Week:** Oct 17th-20th
 - **Ubuntu Meeting:** Special Guest Presentation about Gender Equity and our new policy: Thurs. 10/27 at 5:30pm
- Coming Up in November!**
- **Parent Council Meeting:** Wed. 11/2 at 5:30pm

Respect Week and Violence & Vandalism Awareness Week at Pride!

Respect Week and Violence and Vandalism Week celebrated annually during the month of October are shaping up to be important weeks of events and activities at Pride! Our theme for this year's RESPECT week is **ELECT RESPECT** and some of this month's events will include the following:

- Mr. Altamirano, Ms McClean and Mrs Mack will incorporate lessons during PE/Health classes on building and maintaining emotionally healthy relationships and self-identities;
- Students will be electing *Presidents of Peace* in their homerooms and these scholars will be preparing and delivering special messages of respect during our Morning Announcements for the month of October;
- On Thursday October 6th, scholars may choose to participate in a Red, White, and Blue *Elect Respect Dress Down Day* and Prizes for the Most Spirited Attire will be awarded!
- The week will culminate with our *Healthy Kids Walk* in Elmwood Park on Friday October 7th.

We appreciate and need your support of our Code of Conduct and discipline policies so that we can maintain a safe, peaceful, and civil learning environment. If you have not already received your 2016-2017 Code of Conduct, please ask for your copy at the Main Office. Please reach out to Ms Brower or Mrs. Thomas if you have questions or concerns about any incidents of harassment, intimidation or bullying. Other useful NJDOE web resources for parents addressing a range of related topics include the following: *The Keeping Our Kids Safe, Healthy, and in School* website (<http://www.state.nj.us/education/students/safety/sandp/>) and *The Harassment, Intimidation, and Bullying (HIB) web page* (<http://www.state.nj.us/education/students/safety/behavior/hib/>).

Preparing for Charter Renewal!

Pride Academy opened its doors in September 2008 after writing a rigorous Charter Application and having it reviewed and approved by the New Jersey Department of Education (NJDOE). Every 5 years, charter schools are required to go through a Charter Renewal process in order to continue to operate for the next five year term. The Charter Renewal process involves two major steps. The first step was writing a Charter Renewal application that was completed in September to describe the school's progress in meeting program and fiscal performance standards. The second major step involves hosting a site visit from a team of NJDOE officials. The site visit is designed to objectively evaluate the success of our school, our fidelity to our School Mission, and see the school in action.

Our Charter Renewal Site Visit is scheduled for Monday October 24th, 2016. At the time of the visit, reviewers will review and document evidence about our school's performance, implementation of the educational, organizational, and fiscal program outlined in our charter and our compliance with laws and regulations. Information will be gathered through observations, review of documents, and interviews with Board of Trustee members, faculty and staff, and students.

We are excited about the opportunity to host this visit so that we can showcase the phenomenal work of your children and our faculty and staff as well as receive guidance and feedback that will help us continue to grow and strengthen our program. If you would like to meet the NJDOE site visit team members on 10/24 or if you have any questions, please reach out to Mrs. Thomas at 973-672-3200 x 201.



3 Steps to Help Us Keep Your Family Healthy this Flu Season

1. Consider having all of your children in your household receive the flu vaccine.
2. Teach your children to wash their hands thoroughly and frequently with soap and water, cover their noses/mouths when coughing or sneezing, and dispose of used tissues appropriately.
3. Keep your child home if he/she is sick or has flu like symptoms or any sign of fever (100 degrees Fahrenheit or more) and keep your child home until he/she is fever-free for at least 24 hours without the use of fever reducing medicines.

Interim Assessments in Math and LAL

All students in grades 5-8 will be taking interim assessments in math and language arts literacy between during the month of October. All our interim testing will be completed online and the first two cycles will take place during regularly scheduled class time. These assessments are part of our program to increase our student achievement results and help to prepare them for their PARCC State tests. You can support us by ensuring that your children are on time and present on the testing days, and that they have had a nutritious breakfast on the day of the tests and a good night's rest. Strict silent and sustained testing conditions will be enforced in all classrooms during the testing and cell phones will be removed from the classroom during testing.

Suggestions, comments, questions: please contact us at
Phone: (973) 672-3200
<http://www.prideacs.org>

Healthy Kids Walk: BIGGER & BETTER Friday, Oct 7th 11:30-1:30pm by Ms Dumenigo

Last year, our Healthy Kids Walk was a huge success and raised \$10,000 for our athletic and mentoring programs. This year, the goal is to raise more money and have a whole lot more fun! We are hoping to reach this year's goal of \$15,000 that will support athletics, mentoring, as well as additional clubs and after school activities.

This year's Healthy Kids Walk will be a fun and healthy event for the whole family. We invite all our Pride families to attend this event! The walk will take place at 11:30 on Friday, October 7th followed by a 12:30pm dismissal from Elmwood Park. We are hoping that many students and parents will be able to stay for the exciting activities that we have planned. A live DJ will keep our spirits pumping as we walk and take part in the other activities like the amazing Jennifer Blum Oddo, who will lead a lead a giant group Zumba class like only she can. She is a dynamic instructor, and you will never love working out as much as you will in her Zumba class! We will have fun exercise stations including hula hoop contests, pump ups contests, and face painting. There will also be lots of vendor tables giving away information, items, and selling some of their wares. If there are any Pride family members who would like to have a vendor table or who would like to volunteer to help out with the activities, please reach out to Ms. Dumenigo at 973-672-3200 ext. 210 or by email at rdumenigo@prideacs.org

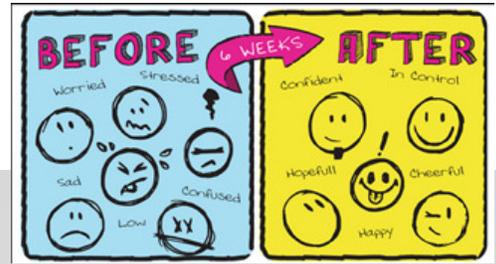


Progress Report Conferences

Please attend Progress Report Conference afternoon on **Thursday, October 13th** between **4:15 pm and 6:15 pm** to pick up your child's progress report and meet with teachers. If you are unable to make it, please call your child's teacher to make an alternative day and time. To prepare for your conference, please consider these tips:

- Prepare your questions in advance
- Ask to look at your child's work.
- Share your expertise about your child that may be impacting your child's academic performance or conduct; help the teacher understand how best to work with your child.
- Be prepared to hear good news as well as perhaps hearing news that may be disappointing or surprising. Your children's teachers may have insights and knowledge about your child's learning and behavior that you may not have heard before. Be open to discussing these calmly and professionally.
- After the conference, be sure to take time to sit down with your child to discuss his/her progress report. Celebrate the strengths and address the concerns by coming up with a plan to make improvements.

Parent Connection-by Mrs. Mack Your 5th & 6th grade Social Worker!



Hello Parents!

Middle school offers new opportunities for your children to form rewarding relationships, further develop their identities and experience personal, social and emotional growth. Helping to develop your child's social and emotional skills can better support them in managing their emotions and behavior and help them to make responsible choices.

This month, I will focus on self-awareness. Self-awareness is the conscious knowledge of one's own character, feelings motives and desires. Through self-awareness, a person can accurately identify emotions as well as personal strengths and weaknesses. In middle school, children are more likely to understand the different emotions they experience; however, they may still be learning to identify more complex emotions, such as disappointment, guilt, shame or rejection. Additionally, they may experience difficulty in accurately identifying others' emotions.

Your child may be skilled at identifying personal feelings or they may have difficulty with it. For example, if your child is struggling with Language Arts but is able to ask for tutoring support that shows a level of self-awareness; however, if they are struggling in class but act out, try to avoid Language Arts altogether and refuse to ask for additional support, this exhibits lower self-awareness. It is important to work with your child to identify personal strengths and weaknesses to aid them in understanding how they impact the choices they make.

Tips to Support Self-Awareness:

- 1. Role Model Positive Ways for Dealing with Difficult Emotions/Moods:** There will naturally be times when as a parent, you feel upset, tired or angry. Instead of acting your anger out, be honest and explain to your child how you are feeling. For example, you could say, "I am tired and frustrated. I feel like we can't have this conversation right now without me getting upset. Can we talk after dinner?"
- 2. Use Many Different Words to Describe Your Own Emotions:** For example, instead of saying "I'm happy you invited me to your school play" try using a word like "grateful" or "thankful" or "glad." Exposing your child to more words can help build their emotional vocabulary. This will also help your child read and respond to emotions.
- 3. Encourage Your Child to Keep a Journal:** Allowing your child a way to describe what they are feeling and thinking can help them become more skilled with verbalizing their personal feelings. This can also help your child identify behavior patterns and emotional triggers.
- 4. Talk to Your Child About Their Feelings Regularly:** Take time each day to ask open-ended questions like, "What made you feel good today?" or "What was an interesting thing that happened at school today?" Also, try to talk about your own feelings as well. Statements like: "I'm really excited to have the day off tomorrow" or "I'm really frustrated that one of my co-workers keeps arriving late," helps to create an environment where your child knows they can talk to you.
- 5. Look For Opportunities to Listen to Your Child:** Create an open listening environment at home. If your child opens up to you, be an active listener, give them your full attention and ask questions. Try to not offer solutions but instead, discuss the problem with them and encourage them to think through their problem independently.

If you have any questions or if you would like to discuss any of the ideas in this article, please call

973-672-3200 ext. 224