

Parent Partnerships

Issue 2 November, 2022



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Save the Dates!

Thursday, November 17th	ESSA Parent Zoom Meeting at 6:00PM. Zoom link will be shared closer to the meeting event.
Friday, November 18th	Last Chance to Order a Pride Sweatshirt this year!
Tuesday, November 22nd	5th & 6th Grade In-Person Parent Party “Gratitude Make & Take” at 5:30PM in the Great Room (entrance from Shepard Ave through the Glass Doors)
Wednesday, November 23rd	End of Trimester 1 and Half Day dismissal at 12:30PM. Lunch will not be served and after school activities/supervision will not be provided
Thursday November 24th and Friday November 25th	School Closed for Thanksgiving Break
Monday, November 28th	School Reopens and Trimester 2 begins

School Laptop Loaners for Home Use

School Laptop Loaners for Home Use: Please note the procedure and times for distribution of loaner laptops for home use. If students already have their own personal-use laptop at home that they can use to effectively complete school work, parents are not required to sign out a school home use loaner laptop.

- Please bring a substantial bag to carry home the school laptop and separate charger parts
- To plan for the sign out process, you will be asked to complete an online google sign-out document and agreement at the time of pick up. Please note that students may not sign out or return laptops alone. They must be accompanied by their parent/guardian.
- If you plan to pick up the loaner laptop during dismissal after school, please be prepared to go to the Main Office or Main Lobby and wait to be served. Please also ensure that you park in the parking lot on the corner of Madonna Pl and Elmwood Ave to reduce parking congestion and avoid double parking on Elmwood and Shepard Ave.

Available Times for Laptop Sign-Out

Monday-Thursday: 9:00AM-10:30AM or 1:15PM-2:30PM or 3:30PM-5:00PM

Friday: 9:00AM-10:30AM or 1:00PM-2:00PM or 3:30PM-5:00PM

ESSA Parent “Have Your Say” ZOOM Meeting

On December 10, 2015, President Barack Obama signed the Every Student Succeeds Act (ESSA) into law as Public Law Number 114-95. ESSA reauthorizes the Elementary and Secondary Education Act of 1965 “to ensure that every child achieves.” Pride Academy Charter School is committed to upholding the ESSA law and has created a School Wide Improvement plan that complies with the NJDOE guidelines and regulations. During our ESSA Zoom Parent Meeting on **Wednesday, November 17th at 6:00PM**, we will be sharing Pride Academy’s NJSLA assessment scores, as well the different programs and strategies that we have put in place to best support our scholars. We hope to see you all there and welcome your input and feedback. This meeting will also provide our parents with an opportunity to “HAVE YOUR SAY” and share feedback and suggestions regarding our academic program and support systems. As always, we are eager to work together to help your children achieve and meet their growth and success goals.

Progress Report Pick-Up

If you were unable to pick up your child’s Progress Report during our conference nights in October, please visit the Main Office during the hours between **8:30AM-3:00PM**, Monday thru Friday. It is important that you are aware of your child’s progress so far this trimester so we can work together to support a high level of success by the end of Trimester 1 on November 23rd.



Keeping Everyone Safe in School and at Home!

Here at Pride, we are continuing to take actions that reduce the spread of the virus that causes COVID-19 so that we can all stay in school every day! We know that the virus that causes COVID-19 is mostly spread during close contact by respiratory droplets released when people talk, sing, breathe, cough or sneeze. In addition to the steps that we are taking as school with regard to increasing ventilation, air purification in classrooms and common areas, and cleaning and disinfection of frequently used surfaces, there are personal prevention practices that all students and staff are still required to follow. These include the following:

- ❖ Wearing medical-grade masks appropriately, covering the nose and mouth at all times. Students must arrive at school with a mask and bring extra masks to keep in their book bags or lockers.
- ❖ Staying home when sick with fever and cold/flu-like symptoms
- ❖ Washing and/or sanitizing hands frequently

These actions are STRONGLY RECOMMENDED:

- ❖ As soon as you and your children are eligible, get your COVID-19 Vaccination and up-to-date boosters.

Information about vaccinations can be found [HERE](https://www.cdc.gov/coronavirus).

Taking Care of YOU!

During this month of giving thanks, we want to acknowledge and express gratitude to our parents, guardians and family members who have been warriors of strength, patience, and support as our school community has transitioned into a new school year.

Parents are “essential” frontline workers 24/7, each and every day! The role of intentional self-care is becoming more important as we manage the traumas and impact of the last couple of years as well as the everyday events and circumstances that happen.

Parents, we encourage you to take and make time to practice self-care to ensure that you maintain your health and wellness as you continue to care for your families and loved ones during these times!



Self Care for Parents

As a parent, it's important that you take care of yourself! If you're like most moms and dads, you need to be told that it's okay to do things for yourself. Practicing self care is an important step to becoming a better parent.

"Self Care" includes the simple, physical things but it also includes more psychological, social and even spiritual time for ourselves:

DO YOU TAKE CARE OF YOUR PHYSICAL SELF?

- Eat regularly in healthy ways
- Get exercise
- Receive regular, preventive medical care
- Sleep enough
- Take time away from the phone, email, TV, etc.
- Spend time outdoors in fresh air and natural light

DO YOU TAKE CARE OF YOUR MENTAL/EMOTIONAL SELF?

- Spend time and stay in touch with friends & family
- Express emotions, allow yourself to cry, talk about feelings
- Find activities that make you happy or relaxed
- Work on your marriage or other relationships
- Say no to extra responsibilities

DO YOU TAKE CARE OF YOUR CREATIVE/SPIRITUAL SELF?

- Give yourself quiet time for self-reflection
- Attend a local place of worship
- Write in a journal
- Spend time out in nature
- Enjoy a hobby or learn something new

What happens to a PARENT when he or she neglects self care?

Parents often feel pressured to give so much to our children that we forget to take care of ourselves, or we feel guilty for taking care of ourselves.

When ANYONE neglects to take care of him or herself, they put stress on their mind and body. This stress can lead to physical effects like a weaker immune system and high blood pressure, but it can also lead to mental effects such as depression and anger management issues.

What happens to a CHILD when a parent neglects self care?

We teach our kids that it's okay to neglect things like healthy eating habits, respecting our bodies and relationships with partners are not important. Plus, parenting can become an even greater challenge than it already is! It takes ENERGY to be a good parent. When we're not taking care of ourselves, we can be irritable, exhausted or sad. But positive, proactive parenting takes patience, energy and optimism. **If we don't take care of ourselves, it becomes even more difficult to care for our children.**

It's okay to ask for help: Sometimes practicing self care - especially in the beginning - means asking other adults for help. Getting another adult to support you in self care can be a big help in making it a permanent part of your life!

SCAN
Building hope for children & families
in Northern Virginia

**ALLIES IN PREVENTION
COALITION**
An initiative of SCAN of Northern Virginia

For more parenting resources, download our
SCAN Parent Resource Center App or visit
www.scanva.org/prc

Nutrition News!



Please visit our [Pride Academy school website](#) for information about our Breakfast and Lunch program and nutrition services. Students should continue to order their breakfast/lunch via an online portal on a monthly basis. If you would like to support them in their ordering, please review this [tutorial](#) shared by Ms Oates, our Main Office Coordinator.

November Menus:

 [Breakfast Menu](#)

 [Lunch Menu](#)

Good nutrition leads to great academic performance

"Your body needs healthy fuel to perform, to grow and to ward off illness and disease. Would you feed a million dollar racehorse junk food & soda? Of course not, so think about what you eat...because you are worth far more than a horse! Good nutrition has a positive and direct impact on your ability to do well in school. When your nutritional needs are met, you have the cognitive energy to learn and achieve. You will be better prepared to learn, more likely to attend school, and are more apt to take advantage of learning opportunities."

<https://www.schoolnutritionandfitness.com/index.php?sid=1659980115310&page=nutri>



<https://www.schoolnutritionandfitness.com/index.php?sid=1659980115310&page=asknutri>



Spotlight on Safety from Ms Brower!

#1: Preventing Harassment, Intimidation and Bullying (HIB)

Each month, this column will feature information, articles, and links to resources to increase understanding of New Jersey's Anti-Bullying Bill of Rights (ABBR) statute and support practices that promote a safe and positive school climate at Pride. It is our goal to ensure all school staff, administrators, volunteers and contracted service providers develop the expertise required to recognize, prevent and respond appropriately to incidents of harassment, intimidation and bullying.

Spotlight on Safety: Distinguishing Between Conflict and Harassment, Intimidation and Bullying (HIB)

The greatest distinction between conflict and bullying lies in the balance of power involved. Conflict is a mutually competitive or opposing action or engagement, including a disagreement, an argument or a fight. There is no significant imbalance of power, merely two or more individuals who are not getting along and who may, unfortunately, allow that disagreement to escalate to a physical level. Conflict is a normal part of human development. Our role is to help students manage conflict in a manner that is peaceful, safe and respectful to all involved. Fighting is never permitted.

Bullying is one-sided, where one or more students are victims of one or more person's aggression, which is intended to physically or emotionally hurt the victim(s). Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people. Bullying behaviors may fall into one or more of the following categories:

- 1. Verbal** – Includes taunting, name calling, inappropriate sexual behavior or comments, embarrassing someone in public, malicious teasing or making threats;
- 2. Psychological** – Includes spreading rumors, purposefully excluding people from activities, breaking up friendships.
- 3. Physical** – Includes hitting, punching, shoving, spitting, tripping, making rude or threatening gestures or taking personal belongings
- 4. Cyberbullying** – Includes using the Internet, mobile phone or other digital technologies to harm others.

If students have a physical conflict and one student has a significant physical advantage over the other is that automatically considered an incident of bullying? No. It could be, but whether an incident is considered HIB or non-HIB bullying, or merely a conflict depends on the circumstances uncovered during the investigation. Please refer any student who may be injured in a physical conflict to the nurse immediately, forward witness statement and a completed referral form to Ms. Brower, Mrs. Thomas, Ms Dumenigo or another administrator.

What if the victim starts the conflict? This sometimes occurs. All students involved in physical conflicts or incidents of bullying, both HIB and non-HIB should be referred to Ms. Brower, District Anti-Bullying Coordinator. In accordance with the Anti-Bullying Bill of Rights (ABBR) the students are offered counseling through the school Social Workers. Students also receive anti-bullying education, social skills and conflict management strategies and support.

Every member of the school community plays a role in making sure our children have a safe environment in which to learn. The ABBR spells out the specific roles and responsibilities of the school staff, administrators, volunteers and contracted service providers in addressing HIB.

It is vital that you are clear about how you should respond. It is the law.

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>



Questions and Suggestions?

Your thoughts, questions and feedback are important to us. Please reach out to Mrs Thomas via email at fthomas@prideacs.org or call at 973-672-3200 ext. 201 if you would like to set up a time to meet or share about your experience at Pride so far this year.