

Parent Partnerships

Issue 2 November, 2023



**“Stand Up For Pride” logo designed by
Tahmari Farrell, 8th grade**

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Save the Dates!

Wednesday, November 8th

ESSA "Have Your Say" Zoom Parent Meeting @ 6pm

Sunday, November 12th

Top Golf Fundraiser in Edison, NJ 12 - 3 pm

Tuesday, November 14th

Parent Council Snack Sale from 3:20 to 3:45 pm in the Common Room

Sunday, November 19th

Kick-off for Envision, Create, Inspire - Pride Scholar Artist Exhibition at Imani Baptist Church

Wednesday, November 22nd

End of 1st Trimester/ Project Pride Proposals Day & Half-Day / 12:30pm Dismissal for Thanksgiving Break

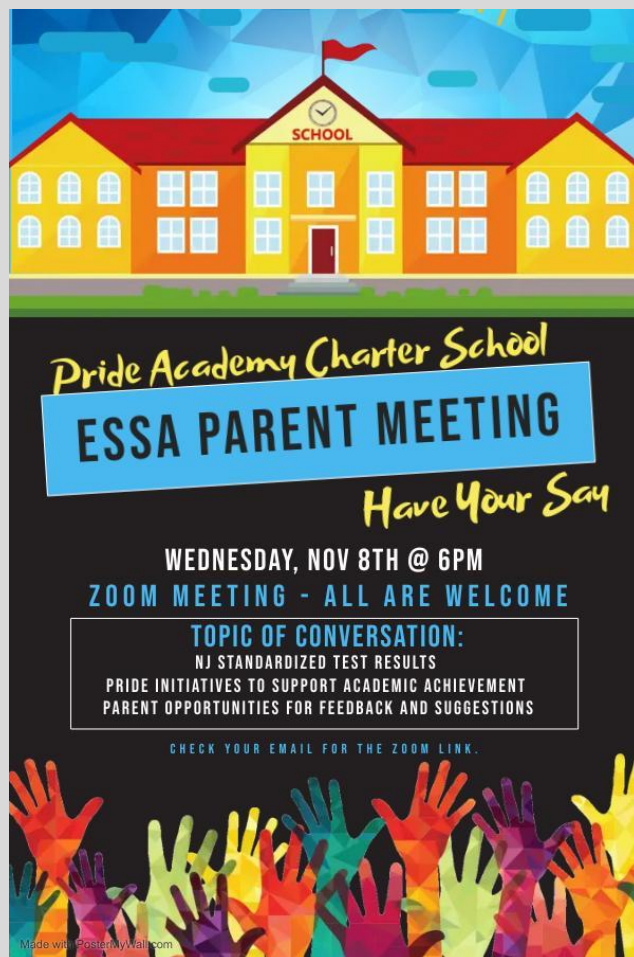
Monday, November 27th

School Re-opens and beginning of Trimester 2

ESSA Parent “Have Your Say” 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 8th**, we will be sharing Pride Academy’s Spring 2023 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 with our families to help our children achieve and be the scholars they are meant to be.



Encouraging Scholar Responsibility with Homework, Materials & Homework Agendas!

In order to encourage scholars to practice organization and preparedness, scholars who forget to bring their homework/projects, materials or homework agendas to school on a given day, may not call their parent/guardian requesting that they bring these items to school for them.

In the case of an Agenda, scholars may lose a point(s) and be provided with a paper copy of their chart so that they can use it for that particular day and receive points for each of their classes.

If a student forgets to bring the necessary materials/work for class, they may lose a point for determination in that class and may borrow any necessary materials (books, pencils, etc.) needed to participate in the class. All homework and work that has been forgotten is subject to the same late work policy as stated in the handbook.

Keeping Everyone Safe in School and at Home!

Here at Pride, we are continuing to take actions that reduce the spread of illnesses and COVID-19 so that we can all stay in school every day! We know that the virus that causes COVID-19 and flu 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 a 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 scholars, staff and families are strongly recommended to follow. These include the following:

- ❖ Staying up to date with COVID-19 booster vaccinations and this year's Flu shot
- ❖ Staying home when sick with fever and cold/flu-like symptoms, vomiting and diarrhea
- ❖ Washing and/or sanitizing hands frequently
- ❖ Wearing masks is voluntary at this time. However, please be aware that we may move to universal mandatory mask wearing if COVID-19 levels rise in our county or district and/or if we begin to experience an increase in COVID-19 and Flu outbreaks in our school community.

Information about vaccinations can be found [HERE](#) and also in the fliers attached to the Alert email message.

MAKING HOPES & DREAMS COME TRUE!

Friends of Pride Academy Charter School, Inc is a foundation that supports Pride in its mission and goals through a variety of charitable activities, including fundraising events to support their HOPES & DREAMS Grant Program, which provides teachers and staff with the opportunity to provide unique and enriching academic experiences for their students.

On Sunday, November 12 they will be hosting a Top Golf fundraising event at Top Golf in Edison, New Jersey from 12 to 3pm. Top Golf is a sports entertainment complex that features an inclusive, high-tech golf game that everyone can enjoy, even if they have never held a golf club before. The event will include a delicious menu of food and beverages, as well as raffle prizes and a 50/50 raffle.

Last year's Top Golf event raised over \$4,000 and allowed Friends of Pride to fulfill the "HOPES & DREAMS" proposals of several Pride Academy teachers by funding private screenings or the movie "Till", taking scholars to see Alvin Ailey at NJPAC, and allowing for the rental of professional wireless microphones for student performers in our annual school play.

Please be part of making HOPES & DREAMS come true by helping us to find supporters to attend, organizations and businesses to sponsor, or by getting donations of items to raffle for this important fundraising event for our school community.



The poster features a background image of a Top Golf driving range at dusk. In the top left, a football is superimposed over the words "SUNDAY FUNDAY". In the top right, a circular graphic contains the date "NOV 12" and the time "@12-3PM". The center of the poster has the large text "TOP GOLF" with "FUNDRAISER FOR PRIDE ACADEMY CHARTER SCHOOL" underneath. A grey box in the lower left contains text about watching football games. The bottom of the poster lists the location and a registration deadline. On the right side, a red vertical banner contains the Friends of Pride Academy Charter School logo, ticket prices, and a list of sponsoring packages.

SUNDAY FUNDAY

NOV 12
@12-3PM

TOP GOLF
FUNDRAISER FOR
PRIDE ACADEMY CHARTER SCHOOL

FOOTBALL & GOLF!!! WHAT COULD BE BETTER?
Watch the game, play some golf, and support the children and families of Pride Academy!
Plenty TVs at the bar and in the Golfing Bays to catch all the football games.

TOPGOLF 1013 US-1
Edison, NJ 08817
REGISTER BY NOVEMBER 8TH

FRIENDS OF PRIDE ACADEMY CHARTER SCHOOL

JOIN US FOR GOLF, LUNCH, & FUN!

\$60 adults
\$40 kids
(14 yrs. old and under)

SPONSORING PACKAGES

PREMIER - \$750
Golf & lunch for 10 people,
name recognition at event
room and social media

PARTNER - \$500
Golf & lunch for 6 people,
name recognition at event
room and social media

SUPPORTER - \$300
Golf & lunch for 4 people,
name recognition at event
room and social media

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**
The Coalition of Staff at Northern Virginia



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

November Nutrition News!

Please visit our [Pride Academy school website](#) for information about our Breakfast and Lunch program and nutrition services. Students can order their lunch via an online portal and they will do this on a monthly basis. If you would like to support them in their ordering, please reach out to Ms Oates, our Main Office Coordinator.






Breakfast Menu

November Breakfast 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 W/G Plain Bagel w/ Cream Cheese Mixed Fruit Cup 100% Fruit Punch Milk	2 W/G Superdonut Fresh Pear Milk	3 Frosted Mini Wheat Cereal W/G Cranberry Muffin 100% Orange Juice Diced Pear Cup Milk
6 MultiGrain Cheerios Cereal Apple Breakfast Bar Fresh Pear Milk	7 W/G Cinnamon Toasters Cereal W/G Graham Crackers Applesauce Cup 100% Grape Juice Milk	8 W/G Cinnamon Raisin Bagel with Cream Cheese Fresh Pear Milk	9 W/G Strawberry Waffle Grahams W/G Honey Graham Toasters Cereal Fresh Apple Milk	10 W/G Cinnamon Granola, Non-fat Strawberry banana Yogurt Fresh Orange Milk
13 W/G Corn Chex Cereal W/G Graham Crackers Fresh Apple Milk	14 100% Fruit Punch W/G Frosted Flakes Applesauce Cup W/G Vanilla Bear Grahams Milk	15 W/G Poffitz Pancakes Fresh Pear Milk	16 100% Apple Juice W/G Superdonut Peach Applesauce Cup Milk	17 MultiGrain Cheerios Cereal Apple Breakfast Bar Fresh Orange Milk
20 W/G Fruit Loops Cereal W/G Graham Crackers Applesauce Cup 100% Grape Juice Milk	21 W/G Frosted Flakes Fresh Apple corn Muffin Milk	22 Fresh Orange W/G Croissant with Margarine Milk		24 NO SCHOOL TODAY
27 W/G Poffitz Pancakes Fresh Pear Milk	28 W/G Honey Scooters Cereal W/G Chocolate Bear Grahams Fresh Orange Milk	29 W/G Croissant with Margarine Fresh Banana Milk	30 W/G Plain Bagel w/ Cream Cheese Fresh Apple Milk	
This institution is an equal opportunity provider.				



Lunch Menu (Hot)

November Lunch 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Finger Veggie Nuggets All Beef Italian Sub (Beef Bologna, Beef Salami, and American Cheese) Green Beans Fresh Banana Whole Grain Bread Milk	2 BBQ Beef Riblet on Wheat Hamburger Bun Veggie Chicken Patty on Wheat Bun Beef Bologna and Cheese on a Whole Grain Roll with Celery Sticks and Dip Red Kidney Beans 3 Bean salad cup Fresh Orange Milk	3 Domino's Pizza Slice Romaine Salad w/ Dressing Mandarin Orange Cup Milk
6 w/g Chicken and Cheese Quesadillas Black Bean and Corn cup WW Mini Cheese Quesadillas with Mixed Vegetables Turkey & Provolone on w/g Potato Bun Diced Pear Cup Milk	7 All Beef Hamburger on Whole Wheat Bun Veggie Burger on a Whole Wheat Bun Sliced Chicken and Cheese on a Whole Wheat Bun Black Bean & Corn Salad Red Kidney Beans Fresh Pear Milk	8 Jamaican Beef Patty w/ Cheese Stick Bean and Cheese Burrito with Toasted Potato Medley All Beef Italian Sub (Beef Bologna, Beef Salami, and American Cheese) Fresh Banana W/G Sub Roll Milk	9 Turkey and Cheese on a W/G Kaiser Roll Fresh Baby Carrots w/ Dip American Cheese on a Whole Grain Sub Roll Diced Peach Cup Milk	10 Domino's Pizza Slice Romaine Salad w/ Dressing Peach Applesauce Cup Milk
13 All Beef Hot Dog on a WW Hot Dog Bun Diced Pear Cup Beef Salami and Cheese on Italian Bread Veggie Chicken Patty on Wheat Bun Milk	14 Beef Meatball Parmigiana on W/G Sub Roll Veggie Meatballs Parmigiana on Turkey on a whole Grain Potato Bun Black Bean & Corn Salad Milk	15 Popcorn chicken Veggie Nuggets Seasoned Diced Potatoes Turkey Ham and Swiss Cheese w/ a W/G Potato Bread Potato Salad Cup Whole Grain Bread Fresh Orange Milk	16 BBQ Beef Riblet on Wheat Hamburger Bun Seasoned Diced Potatoes WW Mini Cheese Quesadilla with vegetarian Beans Beef Bologna and Cheese on a Whole Wheat Kaiser Roll Fresh Banana Milk	17 Domino's Pizza Slice Romaine Salad w/ Dressing Diced Peach Cup Milk
20 Chicken Empanada with Black beans Veggie Nuggets Turkey and Cheese on a W/G Potato bun Strawberry Applesauce cup Milk	21 Beef Nachos with Cheddar Cheese Sauce w/ Tortilla Scoops Veggie Nachos w/ Shredded Cheddar Cheese Cup & W/G Tortilla Scoops Turkey and Cheese on a W/G Potato bun Fresh Broccoli Florets w/ Dip Fresh Baby Carrots w/ Dip Strawberry Applesauce cup Milk	22 Half Day Snack- Orange Tangerine Juice with w/g Alphabet Snackable		24 NO SCHOOL Thanksgiving Break
27 Breakfast For Lunch French Toast Sticks w/ Turkey Sausage Links & Syrup French Toast Sticks w/ Syrup Veggie Sausage Patty Sliced Chicken and Cheese on a Whole Wheat Bun Celery Sticks w/ Dip Diced Pear Cup Milk	28 All Beef Hamburger on Whole Wheat Bun Veggie Burger on a Whole Wheat Bun Turkey Ham and Swiss Cheese on W/G Potato Bun 3 Bean salad cup Black Beans Fresh Pear Milk	29 Fresh Pear Chicken Meatballs with Teriyaki Sauce with Oriental Mixed Vegetables Veggie Meatball with Teriyaki Sauce, Oriental Mixed Vegetables Turkey and Cheese on a W/G Bread, Potato Salad Cup Fresh Apple Milk	30 Cheese Lasagna with Meat Sauce Cheese Lasagna w/ Spaghetti Sauce Beef Bologna and Cheese on a Whole Wheat Kaiser Roll Whole Grain Bread Diced Peach Cup Milk	
This institution is an equal opportunity provider.				



Spotlight on Safety from Ms Brower!

#2: 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>



DROP OFF SAFETY!

ELMWOOD AVE DROP OFF: Please review the procedure if you use the drop off lane on Elmwood Ave:

- Enter the cone marked drop off lane at the Elmwood Ave/Shepard Ave intersection and **pull your car forward as far down as you can** to the last cone by the Imani Church building in order to allow for more cars to pull in behind you.
- **The drop off lane will not be used as a parking zone between 7:00-9:00AM. Your child must be ready to quickly exit your car to avoid delay and a back up of cars behind your vehicle.**
- If you need to park in order to speak with your child or come into the school, **please park on the corner of Elmwood and Madonna Place or turn and park on Madonna Place.**
- **Avoid stopping at the entrance of the drop off lane** because there are cars ahead of you in the process of dropping off their child. **Please wait until the car in front of you pulls forward.**
- **Please DO NOT stop your car in the middle of the street on Elmwood Ave to drop off your child.** This will prevent blocking the road and your child will not have to cross through the drop off lane to get to the curb.
- Please try to avoid moving into the intersection if you notice that the drop off lane is full with cars. Wait until cars move up and you can see an available spot in the lane.
- **If you get caught in the intersection, please DO NOT have your child exit the car.** Instead, wait to use the drop off lane and then pull up as far as you can to the end of the lane to drop off safely.
- Always drop off your child at the curb of Elmwood Ave while your car is completely stopped in the coned marked drop off lane.
- If you are unable to enter the drop off lane, please continue to drive along Elmwood to drop off further along the block at Imani Church or around the corner on Madonna Pl.
- Please be careful exiting the drop off lane as you pull out into ongoing traffic on Elmwood Ave.

SHEPARD AVE DROP OFF: An additional drop off lane will be coned off on Shepard Ave on the school side of the road. If you choose to use this lane, please follow the procedures outlined below:

- **Enter the lane driving from the Rhode Island Ave corner**
- After exiting the Shepard Ave drop off lane, please drive directly across the intersection staying on Shepard Ave towards Central Ave or turn left onto Elmwood Ave past Central Presbyterian Church. **DO NOT make a right onto the Elmwood Ave towards our school or onto the Elmwood Ave drop lane.**
- Scholars dropped off on Shepard Ave should walk to the front of Pride and enter at the Main Entrance.
- **Enter the cone marked drop off lane and pull your car forward as far as you can to the last cone at the corner of Elmwood Ave/Shepard Ave to drop off your child.**
- **Please make sure your child is ready to quickly exit your car to avoid delay and back up of cars.**
- Please be careful exiting the drop off lane as you pull out into the intersection.

Thank you for helping us keep your children safe during drop off and helping everyone start their day in a strong and a stress free way!



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.