

Oct. 18, 2019

Millstone River School Weekly Update

Oct. 21, 22: Early Dismissal for Grades K-5 for Parent/Teacher Conferences

PTA News

4th Grade Record Breakers - has been rescheduled to **Tuesday, October 22**. Please sign up or update your sign up if you need to.

<https://www.signupgenius.com/go/10c0a4aa5ab2ba3ff2-4thgrade1>

Oct. 24, 9:30 a.m. - Please join us for our very first **Coffee with Counselors**. We will come to understand the term *HIB - Harassment, Intimidation and Bullying* with a short presentation and discussion to follow. This is an opportunity to get together informally with our school counselors and other parents, share coffee and treats and speak about topics relevant to our children. RSVP to millstonepta@gmail.com

Nov. 14, 6.30 p.m. - F.U.N. Parent Night for Millstone River School Parents

Millstone River School PTA invites you to an evening of fun and learning for parents! This amazing evening will be presented by Marc Griffiths, a world class motivational speaker, ventriloquist, author and a father of five who knows how difficult it is to balance family and work. He was a finalist on 'Britain's Got Talent' and has won multiple awards, including "Best Specialized Act in Wales" and "Young Entrepreneur for Wales." Doors open at 6.30 p.m. More info? Email millstonepta@gmail.com

Learn how to be F.U.N.

F -- How to be a *FABULOUS* parent: Parents can only give out of who they are. Life is tough sometimes! So firstly, the session invests into the parents' own happiness. They are FABULOUS!

Takeaways include: How to be happier in ourselves and our relationships, understanding love languages and how to balance the business of life with what's most important.

U -- How to be an *UNDERSTANDING* parent: So many problems stem from misunderstanding each other. This part helps us UNDERSTAND and see the gold in each other. It explains the four personality types in every home.

Takeaways include: Improved communication between parents and children, understanding how they and their children work and what each needs, improved behavioral and educational results that remove family frustrations.

N -- How to move forwards into something *NEW!*: A happy family is one that is able to respect each other with healthy boundaries.

Takeaways include: How to create healthy boundaries, how to parent in the age of multimedia, and how to set NEW goals and dreams for ourselves, family and school.

Mark your Calendars:

- Oct 22: New date for 4th Grade Record Breakers
- Oct. 24 : Coffee with the Counselors (HIB Training)
- Nov. 13: Deadline to submit Reflections entries
- Nov. 14: MRS Parents Night with Marc Griffiths

Useful links: [PTA Facebook Page](#) | [PTA Website](#) | [Join the PTA](#)

SEPTSA

- SEPTSA is a district-wide PTSA supporting parents, guardians and students who receive special education, related services and accommodations for physical, emotional and or learning challenges.
- If you have a student with an IEP or a 504 plan and you missed our table at Back To School Night, click [here](#) for the membership form. **SEPTSA's First Parent Workshop** is Nov. 14, 7 p.m. at Community Middle School. Dr. Teresa Herrero Taylor, PhD BCBA-D, will present on the evaluation referral process and assessments (educational, psychological, speech-language) conducted by the child study team. Learn more about how testing determines special education eligibility and shapes IEP development.

Useful Links: [WW-P SEPTSA Facebook](#) | [WW-P SEPTSA Website](#)

School News

- Check out the [Academic Calendar](#) to see upcoming dates.
- **Early Dismissals** for Parent/Teacher Conferences are Oct. 21-22

Coat Drive

MRS is supporting "National Make a Difference Day" with the collection of coats on the morning of Oct. 26. Donations will go to Doorway to Hope. Families wishing to join the effort may drop off gently used, cleaned coats and/or new hats, gloves and scarves. These items can be for all ages.

http://www.west-windsor-plainsboro.k12.nj.us/newsroom/news/coat_drive

Overdue Library Books?

You may receive an email reminder of overdue library books. Please join our effort to teach our young friends organization and responsibility for returning books in a timely manner.

Food Items in School

Please be reminded that food items sent to school for events must be done so for a specific purpose, cleared through teacher and approved by the school nurse. Food guidelines dictate that sugar not be the first ingredient in items served. Additionally, we need to remain cognizant of various allergy concerns.

Follow MRS on Twitter

We are doing our best to highlight school events and news, but our reach is not as far as we would like. Please consider following us on Twitter!

@MRS_Eagles

@Dalton_MRS_WWP

@ErinFalk1

@HeatherShanklin

Parent University

Are you aware of the Parent University offerings in WWP? Stay informed, learn from others' experiences. Mark your calendar for upcoming offerings. The first event is scheduled for Oct. 24.

http://www.west-windsor-plainsboro.k12.nj.us/newsroom/news/parent_university_2019-20

PTA Membership

Have you joined the Millstone River School PTA? Are you aware of the many ways the PTA supports our school?

The Millstone River School PTA supports students and the goals of the school through membership, volunteerism, fundraising and dialogue with school leadership. Not all members are required to volunteer, but every effort helps. Membership helps too! Membership raises the level of communication and involvement. Our school population is over 1,000 students and we would like to see our PTA membership to be commensurate with that number. Help us grow!

<https://millstoneriverwwp.memberhub.store>

<http://www.millstoneriverpta.org/>

<https://www.njpta.org/>

<https://www.pta.org/>

Lost and Found

Lost and found items have begun to collect in our cafeteria. Lost items will be placed on tables in the front hallway on conference days. Please consider checking with your child to be certain they have all of their belongings - coats, lunch bags, etc.

Millstone River School - School Spirit Days

- Nov. 1: Crazy Hat Day - Wear your favorite, silliest, or most outrageous hat! Be creative and unique!
- Dec. 6: PJ Day - Wear your favorite comfy PJs and slippers!
- Jan. 3: Super Hero Day - Who's your Superhero? Pick one and dress the part!
- Jan. 31: Sports Day (Due to the Super Bowl) - Wear your favorite team jersey, uniform, hat (pro/college/HS/rec).
- Mar. 2-6: Dr. Seuss Day - Door Decorating Contest - (special activities TBA all week). Dress in Dr. Seuss colors, or costume, or hat... be creative and unique!
- Apr. 3: Crazy Hair Day - Wear your hair in the most outrageous or silliest way! Be creative!
- May 1: Buddy Up Twin Day - Get a partner and dress alike! Have fun. Be interesting!

Around the District News

- Gorgeous designer handbags plus tricky tray raffle prizes at the [HSS Post Prom Pocketbook Bingo THIS Sunday, Oct. 20](#) at Millstone River School to benefit Post Prom 2020. Doors open at 1:30 p.m. and games begin at 2 p.m. Tickets include 12 games of bingo and are \$30 at the door.
 - Save the date for the **High School North National Honor Society's Trunk or Treat** 4-6 p.m. Oct. 26 in the HSN Stadium Parking Lot. Click [here](#) for more information on this event.
 - Parents and students (ages 11 and up) are invited to join HSN and Community Middle School student organizations **HEAL and NuYu Friday, Oct. 25** at 6 p.m. at High School North for a one-of-a-kind seminar on mental wellbeing with renowned speakers and mental health advocates. Click [here](#) for more information and to register.
 - Village and Millstone River Schools are holding a **coat drive for a local charity**. The schools will be accepting clean, gently worn winter jackets and coats as well as NEW hats, scarves, gloves and mittens. Donations can be dropped off **Saturday, Oct. 26** from 9 a.m. to 12 p.m. at Millstone River School.
 - Join us at the 11th induction ceremony of the **WWPHS South Hall of Honor** on **Nov. 2!** The hall of honor was founded to connect the past to the present and the future; in recognizing those who have brought honor to our school we keep alive the spirit of South. These honorees are an integral part of our history. Check out the [website for this year's inductees and to purchase tickets](#) or send a check (for \$25 made out to WWPHSS Hall of Honor) to Cathy Tantum at HSS.
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District Updates

- [District Website](#) | [Academic Calendars](#) | [Event Calendar](#)

Counseling and Wellness

- A special Parent University event will be held **Thursday, Oct. 24, 7 p.m.** at High School South. The Road to Resilience: Developing a Growth Mindset offers parents practical strategies in supporting child and adolescent resiliency, grit and perseverance. The importance of healthy coping mechanisms, emotional intelligence and supportive relationships to overcome adversity will be discussed. Please visit the district website for more information on this and other upcoming [Parent University Events](#).

Community Education

- **Cultivating Joy After Loss** - Monday, Oct. 28. Presented by Blindspot Training. Adults will learn strategies to work through loss and begin to bring more joy into their life. Sign up through [Community Education](#) under 2019-20 Adult & Youth Programs. Please note: There is a cost associated with this program. *This is not a substitute for grief counseling.*
- Tennis Anyone? **Family Fun Friday** is Nov. 15. Presented by TGA of Mercer County - Children and parents, come out for a night of family fun, with tennis and snacks! Learn basic skills of the game in a non-competitive environment. All equipment is provided. Sign up through Community Education under 2019-20 Adult & Youth Programs. Please note: There is a cost associated with this program.
- **Extended Day Program** registration is ongoing throughout the school year! [Sign up when you need it.](#)
- Space is still available in the morning and afternoon **Kindergarten Extension**. Register through [Community Education](#) under 2019-20 Extended Day, KE, Pre-K.

Community Events

- Are you looking for programs, clubs and things to do around WW-P? Check out the [community event section](#) on the district's website!

Food Services

- Make sure to download [Sodexo's So Happy app](#)! Download the app to view nutritional information, allergens and more. Check out the [menus](#) for October!

WW-P Board of Education

- Check out the upcoming [Board of Education Meetings](#) and materials.

WW-P Education Foundation

- Mark your calendars for the [WW-P Education Foundation's Julia Robinson Mathematics Festival](#) Oct. 19, 2019, at Grover Middle School. This event is broken up by grade level: grades K-3 will meet from 10:30 a.m. - 12:30 p.m. and grades 4-8 will meet from 2-4 p.m.

Make sure to follow the district on WW-P's official social media pages.

[Twitter](#) | [Facebook](#) | [Instagram](#) | [LinkedIn](#) | [Youtube](#)