



NEPTUNE TOWNSHIP SCHOOL DISTRICT

Neptune Middle School's Monthly Newsletter

The Middle School Minute

September/October Edition

Principal's Message

Dear Parents, Students, and Staff,

Welcome to the latest edition of the NMS Newsletter! We have successfully completed almost one month of school and I am delighted to share with you the exciting events, achievements, and updates from our vibrant school community. This newsletter serves as a platform to celebrate our collective successes and keep you informed about important developments. Please be sure to look out for our newsletter at the beginning of each month.

Warm regards,

Dr. Janelle Opoku
Principal



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Upcoming Events

- **10/01/2024**
PTO and 8th Grade Trip Meeting!!
Time: 6:30pm
Location: In-Person at Neptune Middle School
- **10/14/2024**
School Closed for Students

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School News

- On Wednesday, September 11th, 2024 we had an amazing Back to School Night which was attended by about 300 parents and students. Families had an opportunity to meet their child's teachers while also engaging with school and community organizations. Below, please find pictures of community partners! Community partners included; The Neptune Township Board of Education, Mercy Center-Family Resource Center, NMS Student Activities/National Junior Honor Society, Effective School Solutions, The Tigger Stavola Foundation, Girl Scouts of Central New Jersey, NJ4S Compass, Neptune EMS, Neptune Recreation Municipal Alliance, Neptune Supporters of Diverse Learners, Zeta Phi Beta Sorority, Inc., and The Neptune Township Teachers Association.



- Congratulations to our very own **Lauren Hallgring** for being the recipient of several awards related to Social Studies education! Mrs. Hallgring is The New Jersey Council for Social Studies Middle School Teacher of the Year, The American Civics Education's Teacher of the Year for middle school, and she will be working with the Medal of Honor Foundation as a teacher trainer.





Guidance

The Neptune Middle School Guidance Department is dedicated to assisting students in making choices that are most beneficial to their academic and social development. Through dialog with the counselor about particular aptitudes, personality traits, achievements, and interests the student will be in a better position to solve problems presently confronting them as they set future goals.

The guidance department is also available to guide parents/families through assisting their students both academically and socially.

To contact our staff, please call 732-776-2200 ext 6006.

Jennifer Maher-Grade 6 Counselor

Tara Hollywood-Grade 7 Counselor

Andrea Magovern-Grade 8 Counselor

PBSIS-Positive Behavior Support in Schools

PBSIS is a program that helps students with their academic, behavioral, social, emotional, and mental health. The program's goal is to create safe and welcoming learning environments where students can feel successful and work together to achieve goals. Through the program students have the opportunity to earn tickets which can be cashed in for rewards. Some of our rewards include freshly popped popcorn, sweet treats, pencils, basketballs, gift cards, etc. We are asking *for your help* to keep our prize closet fully stocked. Please consider visiting our Amazon Wish List or making a direct donation to the main office. We also reward our families with some of the popular gift cards being Amazon, Target, Costco, Dunkin' Donuts, Starbucks, and Wawa. **Again, any of these donations would be amazing and greatly appreciated!**

Amazon Wishlist: https://www.amazon.com/hz/wishlist/dl/invite/4X8gsoV?ref=wl_share

Curriculum Corner

Welcome Back Neptune Middle School Families,

The Office of Curriculum, Instruction and Assessment (CIA) is responsible for leading the work in the areas of curriculum development, instructional practice, assessment, and professional learning. This includes reviewing curriculum documents ensuring: alignment to standards; interdisciplinary connections, and integration of the Social and Emotional Learning (SEL) competencies.



This year, we are excited to implement new curricula in English Language Arts and Mathematics, all aligned to the 2023 New Jersey Student Learning Standards. Additionally, Neptune Middle School offers a robust list of electives that can really enrich their middle school experience. Our electives allow students to explore their interests, develop new skills, and discover potential passions. Whether it's art, music, technology or environmental science, having a variety of options helps students engage more fully in their education.

Here are some tips for middle school students starting the new school year:

- **Stay Organized:** Use a planner or digital calendar to keep track of assignments, tests, and important dates. Break tasks into smaller steps to avoid feeling overwhelmed.
- **Develop Good Study Habits:** Find a quiet, comfortable place to study. Set specific times for studying each day and use techniques like summarizing information, using flashcards, or teaching others to reinforce learning.
- **Ask for Help:** Don't hesitate to ask teachers or classmates for help if you don't understand something. It's important to clarify any confusion early on.
- **Get Involved:** Join clubs or sports to meet new friends and develop skills outside the classroom. It can also help you feel more connected to your school community.
- **Balance School and Life:** Make time for hobbies, family, and friends. Finding a balance helps reduce stress and keeps you motivated.
- **Practice Self-Advocacy:** Learn to express your needs and concerns. If you're struggling, communicate with your teachers or school counselor about how they can support you.
- **Stay Positive:** Middle school can be challenging, but maintaining a positive attitude can help you cope with stress. Focus on your strengths and celebrate small achievements.
- **Focus on Health:** Get enough sleep, eat balanced meals, and stay active. Physical health greatly affects mental well-being and academic performance.
- **Use Technology Wisely:** Take advantage of educational apps and online resources, but also be mindful of screen time and distractions.
- **Build Strong Relationships:** Invest time in friendships and seek out supportive adults, whether they're teachers, counselors, or family members. Building a strong support network is key to navigating challenges.

Remember, every day is a chance to learn and grow.

Sally A. Millaway, Ed.D.

Director for Curriculum, Instruction and Assessment

Reminders and Announcements

- PTO Meeting-Please join us at Neptune Middle School on **October 1st, 2024 at 6:30pm** as we have our first Parent Teacher Organization meeting of the school year!! We hope that you can join us and children are welcome to attend. We will also discuss the 8th grade Washington, D.C. trip. We will be meeting in the community room at Neptune Middle School.