





IMPORTANT DATES/ITEMS to REMEMBER

MAIN OFFICE: 973-412-2266 ZOOM ID: 950 7620 7082

IT DEPARTMENT 973-412-2295 ZOOM ID: 998 4983 6130 * Please submit Lunch Applications *Please submit District of Residence Form & 3 Proofs of Address

*Virtual - All classes will be virtual April 12-April 19

*Hybrid - Students have the option of attending school all 4 days
Mon. Tues, Thurs., Fri.

No School: Good Friday: April 2 Spring Break: April 5-9

Notas:

Si necesita ayuda en español, comuniquese con la escuela al 973-412-2227 / 973-412-2272





Essex County Schools of Technology Non-District School Registration Form | 2020-2021 School Year

		First Name:			
Date of Birth:		Gender: Male	Gender: Male or Female		
School for September 2020-2021		Grade for September	2020-2021		
City of Birth	State of Birth		Country of Birth		
☐ Irvington ☐ Livingston ☐ Mill ☐ South Orange/Maplewood ☐ Verd	ona 🗆 West E	□Cedar Grove air □ Newark ssex □ West Orange	☐ East Orange ☐ Glen Ridge ☐ Nutley ☐ Orange ☐ Other		
Section B: PRIMARY PARENT	/GUARDIAN INFORM	MATION			
First Name		Last Name			
Street Address		Apt/Floor:			
City		State	Zip Code		
Phone Number 1:		Phone Number 2:	'		
Relationship to Student:		Email Address:			
Does the student have an IEP? (circle one	e) Yes or No	If yes, what is his/her	classification?		
Homeless or Displaced Information					
Is family homeless or displaced? (circle o	ine)	Yes or No	SE SE		
Parent/Guardian Signature:	The	DLE	o date.		
Print Name:			Date		
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Important!!!

District of Residence is due ASAP

PROOF OF RESIDENCY FORMS I PROOFS OF ADDRESS

Contact Nicole Blasco 973-412-2280

THE COUNSELOR'S CORNER

Notes:

Counseling Dept.

Who are your child's counselors?

Grade 9: Ms. Marbely Perez Grade 12: last names Q-V

All ESL

mperez@essestech.org

Grade 10: Mr. Andrew Turner Grade 12: last names W-Z aturner@essextech.org

Grade 11: Ms. Toni Ann Percontino tpercontino Cessextech.org Grade 12: last names A-P Student Assistance Coordinator (SAC) Alghashiyah Murray amurray@essexyech.org





GROWTH & WELLNESS WEDNESDAY SESSIONS

#	9:30-10:20 Session	Zoom Link	Passcode	Description
1	New Year New Goals	https://essextech- org.zoom.us/i/96310219914?pwd=Ynk4YUF CTDRHdU9XMFBIMIZoK1hrQT09	840848	Learn strategies for sticking to your goals and setting patterns for a future of success! Then, we'll make a Jamboard to keep those goals in mind
2	Just Breathe	https://essextech- org.zoom.us/i/97860006125?pwd=bml4VXB FU2pNU3FpZnNHa3l1Wm10Zz09	699754	So much is going on in our world. Deep breathing exercises and preventative measures can decrease stress & anxiety. Learn techniques to help you cope with stressful situations.
3	Why Do I Get So Angry?	https://essextech- org.zoom.us/i/5845153406?pwd=WVJzUVBl YIZST2szbHpONVU4RWtQUT09	ANGER	Do you get upset with yourself or others? Are you quick to react? Learn about yourself, the feeling of anger, and what triggers yours. Discuss and practice ways to control and manage your feelings and responses.
4	Embracing Race and Identity!	https://zoom.us/i/95511217569?pwd=dTVv ZEFBWUxvcHlwSUQvQXdaMIJNUT09	Speech1	Embracing Race and Identity! At the conclusion of this activity, students will be able to recognize the connections between music and their identity/race. Students will analyze a poem, a set of lyrics, and create their own positive messages that honor their race/identity.
5	Time is Money	https://essextech- org.zoom.us/i/98163332290?pwd=bDBFNk1 WRk80RDVmaThOcTdRNEdudz09	TimeMng	Stop wasting your time! Get organized and get ready for a successful future.

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15	ELLNESS AY'S VEDNESDAY'S
1	VEDNEST

OF STREET STREET, STRE				M. C. C.
6	I Am So AnxiousHelp!	https://zoom.us/i/92327654060?pwd=a2ZtU mx0d0VzWmpRQVFhRXVuVktxdz09	Support	Learn about anxiety and some strategies to manage emotions.
7	We're Really Not Strangers	https://essextech- org.zoom.us/i/95698165902?pwd=NllNbFFs R2VFWm9UZTR3cVoxVEYrUT09	2021Talk	Let's Talk! Let's Talk! You will have an opportunity to learn about each other in a fun game-like format. You will realize that you are more alike than different.
8	Yoga	https://essextech- org.zoom.us/i/97596514054?pwd=N3c4ajRl SVgzViJLSk83VExSYUZDdz09	Yoga	Let's stretch those tense muscles and relax our minds and body with some easy yoga stances!
9	Winter Indoor Track Participants Only	https://essextech- org.zoom.us/j/93384867575?pwd=YTVKYmV nQWxhUDdBZmtkL1daMlFvdz09	878594	Winter Track Participants will discuss medical expectations and requirements.
10	Spoken Word & Poetry Open Mic	https://essextech- org.zoom.us/i/9545450279?pwd=LzdQaWJ1 YUh5dZExTnVvazl1SE54dz09	852526	Do you have a book of poems that you've written or a favorite poem you want to recite. Are there words to express how you are feeling? If so, share them Open Mic.
11	Let's MoveLet's Dance!	https://essextech- org.zoom.us/i/5900268440?pwd=Q0R0VzRx d2RSL0pLMkhnSTNJcjFVZz09	NT2021	Start your morning with some dynamic stretching and movement!
12	Mindfulness: Meditation	https://essextech- org.zoom.us/i/8500172372		Come out and learn the power of meditation through this interactive workshop.
13	Money, Money, Money, Money!	https://zoom.us/i/2570629008?pwd=V0l3d1 crTzRWNG9mcVhpdU83N1l4UT09	psych	Students will lean about entrepreneurship, credit cards, debt, student loans, investments, Bitcoin, other financial vehicles.
14	Coping With Life's Ups and Downs!	https://essextech- org.zoom.us/j/99277118385	117845	Discuss challenges and how to make the most out of the good and bad events
15	Zumba	https://essextech- org.zoom.us/j/9442645726?pwd=TmlLaXUw	91617	Work- out doing Zumba and other cardio exercises using modern Latins style music. 30 Min.

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	16	Understanding Trauma	https://essextech- org.zoom.us/i/93960888292?pwd=RDBiRTkz MVk05kJzZm90Wk5iZmJXZz09	63980
.6	17	Coding with Vex Robotics	https://essextech- org.zoom.us/i/98109067751	NTVEXT
WELLNESS AY'S WEDNESDAY'S	18	CHESS Tournament	https://essextech- org.zoom.us/j/9300330724	No Pass
WELDNESU	19	Emotional Intelligence	https://zoom.us/i/4574728008	No Pass
77	20	Podcasting 101	https://zoom.us/i/4704696075?pwd=OUFnN DVubIVTZUtKQldpRIM10Es0UT09	No Pass
The second secon	21	Shopping: Couponing 101	https://essextech- org.zoom.us/i/945805571477pwd=M1JrciZ6 dGJVbVk3MEFkL0JTVTJCQT09	1008
为于一个	22	Career Counseling	https://essextech- org.zoom.us/i/98768191072?pwd=Z1VianV4 emlzQUhQeDk1TTi0OUtTQT09	care
	23	This is My Song/Story	https://essextech- org.zoom.us/i/96777647973?pwd=ZFVtQiR Mb1VnOUs4SVNxbFgxclZrQT09	pjeter
(四) (四)	24	Workplace Readiness and Job Opportunities for Students	https://essextech- org.zoom.us/i/8907111385?pwd=RWVodHp vaTlnZkRveVJuclNwVkE3QT09	
	25	Book Club	https://us02web.zoom.us/j/4040014904?pw d=N3JkU0p6K3FFZ0VzdFpFMFNJd2dVZz09	9UH1

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7	16	Understanding Trauma	https://essextech- org.zoom.us/i/93960888292?pwd=RDBiRTkz MVk0SkJzZm90Wk5iZmJXZz09	639808	Trauma and stress impacts everyone. Trauma has had a significant impact on today's teens. Learn how to recognize it and some things you can do about it.
	17	Coding with Vex Robotics	https://essextech- org.zoom.us/j/98109067751	NTVEXTEAM	VEX Robotics and VEX code are providing opportunities for students of all ages to participate in learning the code that makes these robots work. This 100% online, browser-based platform allows students to experience all of the features of VEX code platform with a virtualized robot.
7	18	CHESS Tournament	https://essextech- org.zoom.us/i/9300330724	No Passcode	Challenge your Essex Tech peers in chess, watch a match, or learn the basics of chess in open-window online chess competitions.
	19	Emotional Intelligence	https://zoom.us/i/4574728008	No Passcode	How well do you understand and manage your emotions and those of the people around you? Learn ways to grow you emotional intelligence!
	20	Podcasting 101	https://zoom.us/i/4704696075?pwd=OUFnN DVubIVTZUtKQIdpRIM10Es0UT09	No Passcode	Learn how to create your own blog or online talk show on any topic you can you like
	21	Shopping: Couponing 101	https://essextech- org.zoom.us/i/945805571477pwd=M1JrciZ6 dGJVbVk3MEFkL0JTVTJCQT09	100875	Learn quick and simple ways to save money by using coupons
	22	Career Counseling	https://essextech- org.zoom.us/j/98768191072?pwd=Z1VianV4 emlzQUhQeDk1TTi0OUtTQT09	career	Are you unsure about your future? Are you worried about what jobs are available after high school or college? Do you know what you will major in during college? Join this session to engage in career research, goal setting, and planning for your future.
K. W.	23	This is My Song/Story	https://essextech- org.zoom.us/i/96777647973?pwd=ZFVtQiR Mb1VnOUs4SVNxbFgxclZrQT09	pjeter29	Students will discuss songs and lyrics that have made an impact on us. Come prepared with a school appropriate version of the song that has had impact on you. Songs and lyrics help us through many good times and rough times! Can't wait to see and hear from you!
-	24	Workplace Readiness and Job Opportunities for Students	https://essextech- org.zoom.us/i/8907111385?pwd=RWVodHp vaTlnZkRveVJuclNwVkE3QT09		Students can acquire information about work study, career readiness, and job opportunities
-	25	Book Club	https://us02web.zoom.us/i/4040014904?pw d=N3JkU0p6K3FFZ0VzdFpFMFNJd2dVZz09	9UH1ng	Students will discuss Ta Nehisi Coates between the World and Me, and racism in the US. Student will discuss book topic interests and create a video review of a book they have recently



read on a BookTube Channel.



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	#	Session	Zoom Link
	1	One Word	https://essextech- org.zoom.us/j/96310219914?pw CTDRHdU9XMFBIMIZoK1h
WELLNESS AY'S WEDNESDAY'S	2	College Readiness	https://us04web.zoom.us/i/761 wd=ZnB5eFBucTFLODhxdUJsNGi
WEDNIE	3	Psychology: Fixed Mindset vs Growth Mindset	https://essextech- org.zoom.us/j/93723864859?pw sSmlreVVtRk5aOUhZakRv
	4	Handling Stress & Anxiety	https://essextech- org.zoom.us/j/99588913903?pw dnlFa3VFMCtyV3U4TXFu
	5	Social Justice 101	https://zoom.us/j/95511217569 ZEFBWUxvcHlwSUQvQXdaM
	6	Virtual Art	https://essextech-org.zoom.us/r
	7	Relationships 101	https://essextech- org.zoom.us/j/94956903048?pw 1hZVJod1lQYzUwejlkWIF;
The state of the s	8	Poetry	https://essextech- org.zoom.us/i/95694358315?pw XOGFMbkk0NnJyR2dJazJI
全国经验	9	Who Am I?	https://essextech- org.zoom.us/j/93165187328?pw bUttUVIoUGEwZDZsTzVm

		- caroni III		
#	Session	Zoom Link	Passcode	Description
1	One Word	https://essextech- org.zoom.us/i/96310219914?pwd=Ynk4YUF	840848	Let's play some games to help you choose one word to be your driving force this year. We'll make a visual
		CTDRHdU9XMFBIMIZoK1hrQT09		reminder while we get to know each other!
		CTDRINGOSAIVIFBIIVIIZORTIII QTOS		Charles and the transfer of the second seco
2	College Readiness	https://us04web.zoom.us/j/76133096321?p	College	Students will access college and career inventories and use
		wd=ZnB5eFBucTFLODhxdUJsNG80bzFYQT09		district resources such as NAVIANCE to identify their interests and career goals. Students will learn to research the high school
				requirements needed to enter various post-secondary colleges,
				universities, and trade schools, including Ivy Leagues and
				HBCUs. Students will understand various degrees and
				certifications offered in post-secondary settings and the criteria to achieve their career goals.
3	Psychology: Fixed Mindset	https://essextech-	mindset	Understanding the basic psychology to turn weaknesses into
3	vs Growth Mindset	org.zoom.us/i/93723864859?pwd=Z2tkNHV	Illinuset	strengths!
	vs or owen minusee	sSmlreVVtRk5aOUhZakRvdz09		
4	Handling Stress & Anxiety	https://essextech- org.zoom.us/i/99588913903?pwd=ZE9HbiRu	Breathe	Come learn some relaxation techniques to help breathe away stress and anxiety!
		dnlFa3VFMCtyV3U4TXFuUT09		stress and anxiety:
		dilli asvi Mctyvso41Xi do 105		
5	Social Justice 101	https://zoom.us/j/95511217569?pwd=dTVv	Speech1	Increase understanding of social justice and social justice issues
		ZEFBWUxvcHlwSUQvQXdaMlJNUT09		by engaging in focused discussions and activities
6	Virtual Art	https://essextech-org.zoom.us/my/speguero	993918	Express yourself through creative art.
		50 Section 100 Sec		
7	Relationships 101	https://essextech-	624978	Students will discuss the importance of positive relationships.
	00	org.zoom.us/j/94956903048?pwd=bUdVMm		
		1hZVJod1lQYzUwejlkWlFzdz09		
8	Poetry	https://essextech-	Poetry	Share your creativity through poetry! Poem topics on Love,
	in cod s	org.zoom.us/i/95694358315?pwd=VEJzMEh	1.0000000	Current Events, and more!
		XOGFMbkk0NnJyR2dJazJIUT09		
9	Who Am I?	https://essextech-	2021	Defining yourself from the inside & outside.





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10	Vision Board	https://essextech- org.zoom.us/i/5900268440?pwd=Q0R0VzRx d2RSL0pLMkhnSTNJciFVZz09	NT2021	Students will learn to create a virtual dream board of texts and images to reflect a beautiful work of art, reflecting themselves or loved ones.
11	Understanding Stress & Anxiety	https://zoom.us/i/2570629008?pwd=V0l3d1 crTzRWNG9mcVhpdU83N1I4UT09	psych	Learn ways to identify stressors and practice strategies to reduce stress and anxiety.
12	Alumni Post ECST	https://essextech- org.zoom.us/i/94230442352	480499	Hear from students who have graduated from ECST and their stories of success
13	Community/Service Learning	https://essextech- org.zoom.us/i/97877413354?pwd=OFV4R1F OMG9ZZTJRK3BWYzA5ZGtyQT09	823383	Learn about the importance of service and its personal reward Understand the difference between community service and service-learning, and learn how you can get started!
14	Movement & Dance	https://essextech- org.zoom.us/i/9442645726?pwd=TmlLaXUw dkxHeFBvZW4rZmFkd3BPQT09	91617	This session focuses on stretching exercises with cardio and freestyle dance, as well as core exercises.
15	Journaling: Expressive Writing	https://essextech- org.zoom.us/j/93153932041	104253	Expressive Writing details a significant life moment and brings up powerful emotions. Learn strategies to express yourself effectively.
16	Setting Goals and Manifesting Your Destiny	https://us02web.zoom.us/i/2146903999		In this interactive workshop, students will see how poor work habits prevent them from being successful. Through this PearDeck presentation, students will develop the necessary skills needed to flip those poor habits into positive ones that will help ultimately allow them to manifest their destiny!
17	Coding with Vex Robotics	https://essextech- org.zoom.us/j/98109067751	NTVEXTEAM	VEX Robotics and VEX.code are providing opportunities for students of all ages to participate in learning the code that makes these robots work. This 100% online, browser-based platform allows students to experience all of the features of VEX.code platform with a virtualized robot.
18	CHESS Tournament	https://essextech- org.zoom.us/i/9300330724		Challenge your Essex Tech peers in chess, watch a match, or learn the basics of chess in open-window online chess competitions.
19	Emotional Intelligence	https://zoom.us/j/4574728008		How well do you understand and manage your emotions and those of the people around you? Learn ways to grow you emotional intelligence!



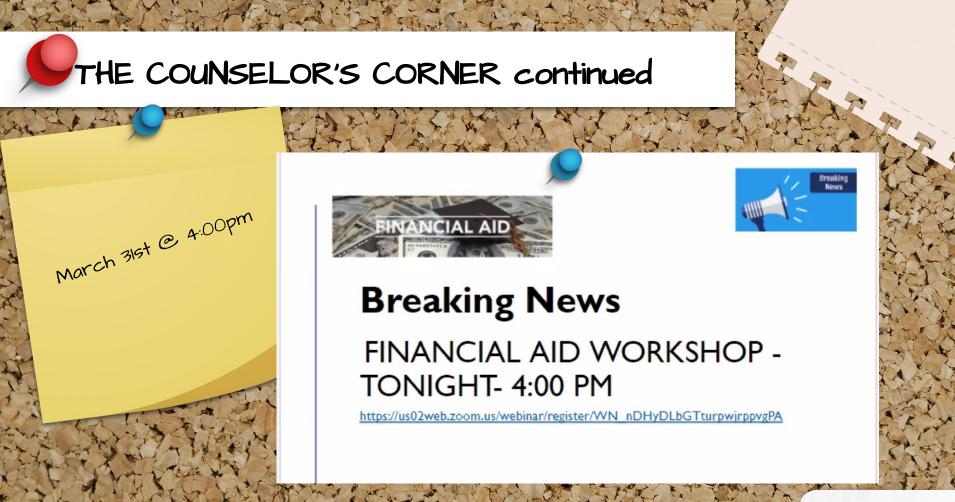


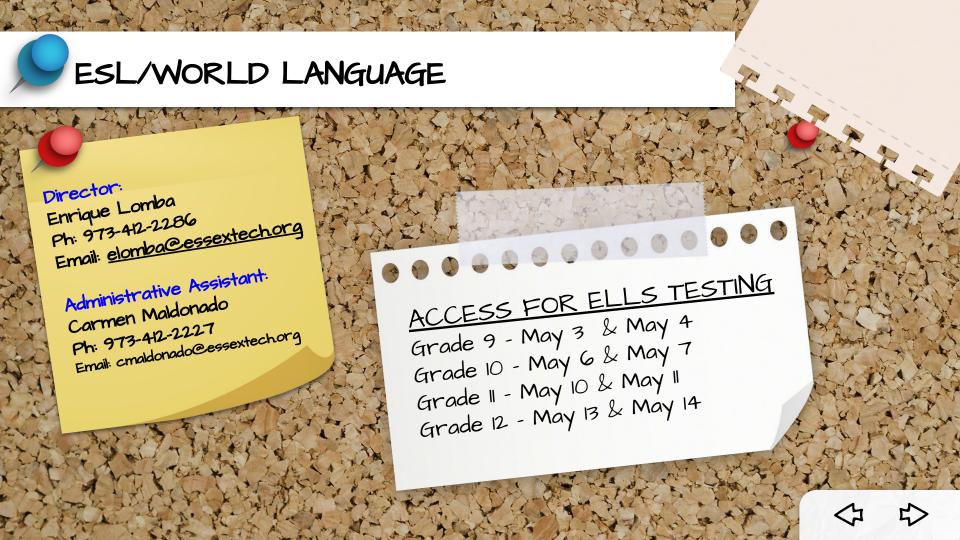
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20	Podcasting 101	https://zoom.us/i/4704696075?pwd=OUFnN DVublVTZUtKQldpRIM10Es0UT09		Learn how to create your own blog or online talk show on any topic you can you like
21	Athletics	https://us02web.zoom.us/j/89347078337?p wd=OC8rdUZtMkZrejR2RXJiNFVIMEVhUT09	1jWKuY	Students Interested in all sports welcome! Learn about college recruiting and academic support.
22	LGBTQ	https://essextech- org.zoom.us/i/92190513913?pwd=aWp6M mNDZkhXK25wWG1JZDR5TmJaUT09	377430	Support and open forum
23	The Power of Water	https://essextech- org.zoom.us/i/9089365151		Am I dying of thrust?
24	Workplace Readiness and Job Opportunities for Students	https://essextech- org.zoom.us/i/8907111385?pwd=RWVodHp vaTlnZkRveVJuclNwVkE3QT09		Students can acquire information about work study, career readiness, and job opportunities
25	Book Club	https://us02web.zoom.us/j/4040014904?pw d=N3JkU0p6K3FFZ0VzdFpFMFNJd2dVZz09	9UH1ng	Students will discuss Ta Nehisi Coates between the World and Me, and racism in the US. Student will discuss book topic interests and create a video review of a book they have recently read on a BookTube Channel.











PUBLIC RELATIONS

COVID Testing Sites:

Essex County Offers FREE COVID-19 tests to all Essex County residents ages 8 and over

Please visit EssexCovid.org to schedule your COVID-19 test!

Food Distribution:

Lunch for students is available from 1:30 until 4:00 pm (Mon-Tues-Th-Fr)
Location: NT Parking Lot (Wickliff Street)

Food boxes are also available at Payne Tech, contact 973-412-2266 for more information



PUBLIC RELATIONS





In addition to wearing a mask, washing our hands, social distancing and getting tested, we encourage residents to help stop the spread of COVID-19 by getting vaccinated. Our comprehensive plan provides vaccination centers that are convenient to all Essex County residents. We encourage everyone to get the vaccine.

-Joseph N. DiVincenzo, Jr.

Joseph N. DiVincenzo, Jr. Essex County Executive

and the Board of County Commissioners

YOU ARE INELIGIBLE TO RECEIVE A COVID-19 VACCINATION TODAY BECAUSE:

- ☐ You do not have an appointment
- ☐ You are exhibiting COVID-19 Symptoms
- ☐ You have tested positive for COVID-19 within the last 90 days
- ☐ Your answer to one of the EUA screening questions has changed to "Yes"

We are currently registering individuals in Group 1A for the COVID-19 vaccinations.

If you are a healthcare worker or work in a health care setting visit, www.EssexCOVID.org or call 973-877-8456 to register for an appointment.

Group 1A

- -Doctors
- -Nurses
- -Pharmacists
- -Dentists
- -Physical Therapists
 -Occupational
- -Occupational Therapists
- -Other licensed or registered
- professionals
- -Community Health Workers
- -Promotoras
- -Home Health Aides
 -Visiting Nurses
- -Doulas

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- -Health Educators -Essential Care Givers
- Givers
 -EMS
 -Paramedics
- -Funeral Staff
 -Mortuary Staff
 -Autopsy Workers
- -Public Health Professionals -Those working at
- -Those working a vaccination sites:
 - -Students -Volunteers
 - -Volunteers
 -Vaccinating Site
 Staff
 - -Contractors

-Healthcare support staff including:

- -Facilities management
- -Security -Food Services
- -Environmental Services -Administrative
- Services
 -Human Resources
- -Reception
 -Language Services
- -IT

-Laboratory -Other health care support areas



In addition to wearing a mask, washing our hands, social distancing and getting tested, we encourage residents to help stop the spread of COVID-19 by getting vascinated. Our comprehensive plan provides vascination centers that are convenient to all Essex County residents. We encourage everyone to get the vascine.



Joseph N. DiVincenzo, Jr.
Essex County Executive

and the Board of County Commissioners

ESSEX COUNTY COVID-19 VACCINATION LOCATIONS

Residents from each town can ONLY go to the site that is designated for them.

Vaccination sites are open Mondays to Saturdays Hours are 10 a.m. to 6 p.m. Hours for West Caldwell Site are 12 p.m. to 7 p.m. To make an appointment, visit: www.EssexCOVID.org or call 973-877-8456

Vaccinations will be given in two doses. Residents making reservations to receive the vaccination will receive two appointments. It is critical that residents attend both appointments.

Residents will be asked to provide their medical insurance information and their insurance provider will be billed \$16.94 for the first dose and \$28.39 for the second dose. If you do not have insurance, the cost of the vaccine will be covered by the Health Resources and Services Administration's Provider Relief Funds. There will be no out of pocket expenses to residents.

KMART-WEST ORANGE

235 PROSPECT AVENUE, WEST ORANGE
West Orange, Cedar Grove, Essex Fells,

Montclair, Newark, Nutley & Verona

ESSEX COUNTY COLLEGE
303 UNIVERSITY AVENUE, NEWARK
(GYM ENTBAKE ON WEST MARKET STREET) AND
ESSEX COUNTY DONALD M. PAYNE, SR.
SCHOOL OF TECHNOLOGY
488-544 WEST MARKET STREET, NEWARK
NOWARK, EAST OTANGS & Invington

WEST CALDWELL TECH
620 PASSAIC AVENUE, WEST CALDWELL
West Caldwell, Bloomfield, Caldwell,
Fairfield, Glen Ridge, Newark,
North Caldwell & Roseland

LIVINGSTON MALL/SEARS
112 EISENHOWER PARKWAY, LIVINGSTON
Livingston, Belleville, Maplewood.

Millburn, Newark, Orange & South Orange



THE PARENT CORNER

Welcome to the Parent's Corner!

Here you will find the most recent PTA information as well as resources that may help you and your child.

December's Issue offers resources for Algebra I, Algebra II, & Geometry along with directions for PowerSchool and Schoology as well as other helpful resources!

PDF versions of all documents can be found on the Newark Tech website (www.essextech.org/ParentResources)









ESSEX COUNTY NEWARK TECH ADOPT-A-SENIOR DONATION





WHEN March 25-April 15



ALL DONATIONS WILL BENEFIT SENIORS IN NEED OF FUNDING

HELP US SUPPORT OUR SENIORS



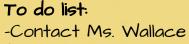
CASH APP @
WHITEKL OR ZELLE
@ 862 452 6887
(INDICATE
SPONSOR A
SENIOR)

SPONSORS

Parent, Teacher's and Association (PTA)

BENEFITING

Senior Formal, Cap & Gown, Senior Picnic



for application







To do list: -email Ms. Wallace Re: PTA Membership Drive

Hi Newark Tech PTA families.

We're excited to tell you about a new way you can support our school through everyday purchases - all from home!

Our MemberHub e-store has a new category called "Givebacks." Here, you'll find products and services designed to help you raise a happy, healthy family and keep your kids learning & safely entertained from home. Here is how it works:

- 1. You shop and get special savings on family offers through our givebacks program.
- 2. Our PTA receives a passive donations from your purchase of up to 20% of ALL sales go back to our PTA!
- 3. We can then help fund programs in our school supporting our families.

We think this is an exciting new way to support our school and get family products and services at a discount. Check out our e-store:

https://newarktechpta.new.memberhub.store/store?category=Sponsors

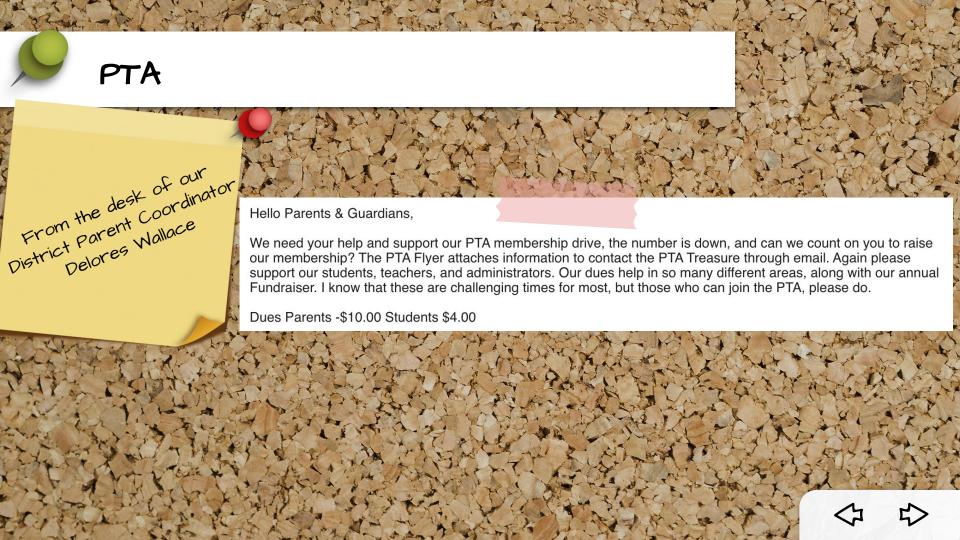
Also - If YOU own a business and you're interested in doing an offer in our PTA e-store, please let us know! We want to include your business.

Kind regards,

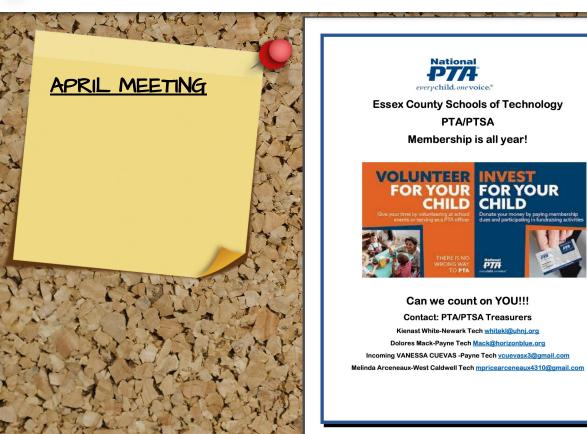
Delores A. Wallace **District Parent Coordinator** Essex County Schools of Technology Email:dwallace@essextech.org Office #: 973 412-2293

Notes:

- -Shop & save
- -All sales go to PTA -Check out e-store















Parent Resources

Essex County Newark Technical Ms. Carmen Morales, Principal



Putting together furniture or toys can make your teen a better problem-solver. When your family needs a bookshelf or dollhouse assembled, let your high schooler take the lead. She will practice reading diagrams, following steps, and fixing mistakes-all of which can help her in school and in the future.

Kindness is easy

Being kind in small ways shows others that you care-and it's simple. Encourage your teen to exhibit kindness throughout the day. For instance, he might make a snack for his sister when she's studying. Or he could rake your neighbor's lawn when he's raking yours.

Dangers of vaping

Teens may believe that vapes are safer than regular cigarettes, but they're not. Scientists are in fact still learning about the dangers of vaping. Regardless, both types of cigarettes are addictive-and illegal for children. Let your teen know these facts, especially if you suspect that her friends might be vaping.

Worth quoting The things that make me different are the things that make me me."

4.4 Milne Just for fun

Or Why did the computer cross the

As Because it was programmed by



Time to talk

Fifteen minutes may not seen like much. But research shows spending that amount of time each day talking with your teen can keep your lines of communication open. Try these four ways to make. the minutes count.

1. Chat with your teenager when he's relaxed and in a good mood. Catch up with him after

he finishes his homework, or knock on his door before he goes to bed. Start a conversation about your night and his, rather than asking him a lot of

2. Watch for cues that your teen wants to talk. If he has something on his mind-or just feels like talking-he may linger nearby while you cook or offer to go along on an errand with you. Encourage him to open up by casually asking how things are going.

3. Do an activity together. Your high schooler may feel more comfortable

discussing his life while you're taking a walk or driving to pick up dinner. Be wady to listen extra closely if he mentions a serious topic like a new relationship or a friend who is in trouble.

4. Reconnect after interruptions. If you have to stop a conversation to take a work call, for instance, let your teen know you still want to talk. ("I'll be off in 30 minutes. Can we talk more then?") Be sure to follow through when you are free.

Academic goals help your busy high schooler focus on what matters the most. Share this advice for setting goals.

■ Be specific and realistic. Your teenager is more apt to meet a goal like "I will get an A on my next geometry test" rather than "I will ace geometry this semester!" Or instead of a general goal ("I will be more organized"), she might concentrate on updating her planner daily.

■ Make a plan. Your child should decide what she'll do to reach each goal, such as starting a study group or packing her planner every day.

Idea: Suggest that she write and display each goal on a separate slip of colored

The opioid epidemic and teenagers

You may have heard news reports about the opioid epidemic and wondered whether it could affect your toenoger. Here are answers to questions about opioids, which include heroin and prescription pain relievers like OxyContin, Vicodin, and codeine.

Q: How can I talk to my teen about aptotás? At Explain the dangers, including such serious consequences as addiction and even fatal overdose. When you hear sobering statistics in the news, like the number of overdoses in your state, share them



locked up between doses. Also, promptly dispose of any leftovers. That will keep them away from teens who are tempted to explore medicine cubi nets or face peer pressure from friends to do so. Q: What are the signs of

High School Years

1: What if a doctor prescribes an opioid for one of us? A: Keep all medications

opioid use, and what should I do if I think my child has tried these drugs?

A: Signs of opioid use include shifts in relationships with family and friends, not caring about one's appearance, changes in sleep habits, and poor concentration. If you suspect or discover your teen is using drugs, contact her pediatrician immediately.

Reading: The best vocabulary builder

Spot a teenager with a good vocabulars; and you've likely spotted a teenager who reads a lot. In fact, reading is the best way to build a strong speaking and writing vocabulary. Share these ideas,



with your high schooler.

variety. Books set in other places and time periods expose

your teen to

words he might not otherwise come across. Suggest that he read a book set on every continent. Or hang up a world map where he can mark locations he reads about. He might also read histori-

cal fiction to match topics he's studying. - Absorb meanings. Encourage your high schooler to learn new words as he reads. He could figure out definitions from the context or use a dictionary on app, or an e-reader's look-up feature. To make the words "stick," have him post them on sticky notes with their definitions-and remove each one when he knows the word.

OUR PURPOSE To provide busy parents with practical ide that premions school success, pionest involv-ment, and more effective parenting.

Besources for Educators, a division of CCH Incorpo 128 N. Royal Avenue • Forest Royal, VA 33630 100-394-5052 • Horoscene Swalton Abraca, com www.cfeco.lesc.com FROM TRAIN, BASIS

Does multitasking work?

My son regularly scanned Twitter and texted his friends while doing homework. James told me not to worry-that he could "multitask" - but I wasn't so sure. I asked his homercom teacher about this, and

she said kids tend to make more mistakes and take longer to finish work when they multitask. To show my son the difference, she suggested this. I asked him to track how long it took him to do homework for a week and the number of errors marked when the work was returned. Then, he tracked the same things for a week of homework without tweeting and texting.

He was surprised by the results! Once James saw he could finish more quickly and do better work, he decided on his own to cut down on multitasking -- giving him more time for chatting with friends afterward.

How to increase confidence

your high schooler's future success, both in and out of the classroom. Use these suggestions to boost her self-esteem.

Stay upbeat. Encourage your teen with positive statements like "I know you'll rock your presentation today?" Also, share what gives you confidence. I was a little nervous about my presentation at work, but I felt good because I had backed up my points with solid

Give her responsibility. Put your teenager in charge of home projects like replacing a water filter or

information."

Feeling confident can pave the way for a printer cartridge. Accomplishing tasks successfully, and seeing family members benefit from her efforts, will boost her confidence.

> Focus on what your teen can do. Shine the spotlight on what your child is good at. Say she has a knack for explaining complicated ideas in simple language. Ask her to help her younger brother with his

fractions homework or to teach the whole family how to play a challenging hoard game.

Talk to my child - Communication is





Public Service Announcement



December 15, 2020

Alert Number I-121520-PSA

Questions regarding this PSA should be directed to your local FBI Field Office.

Local Field Office Locations: www.fbi.gov/contact-us/fieldoffices Transition to Distance Learning Creates Opportunities for Cyber Actors to Disrupt Instruction and Steal Data

This PSA was written with contributions from the Cybersecurity and Infrastructure Security Agency (CISA).

The FBI is raising awareness for parents and caregivers of school-age children about potential disruptions to schools and compromises of private information, as cyber actors exploit remote learning pulparabilities.

Video Conference Disruptions

When used for real-time instruction, unsecured video conferences are vulnerable to disruption by unauthorized users (e.g., students not enrolled in the class, parents/guardians, or strangers). According to complaints received by the Fig. Interruptions include eyhab harsomer of participants and teachers, use of offensive language, and displaying images containing pormography and violence.

Social Engineering and Phishing

Cyber actors rely on social engineering tactics, such as phishing, to deceive victims into revealing personal information or performing a task. Cyber actors can take advantage of the increased reliance on electronic communications between students, parents, and teachers to craft fraudulent emails. For example, a object actor can use the compromised email of a school official to request private information, send a victim to a malicious website, or convince a victim to download a malicious attachment. This could lead to the compromise of home computers or identity their.

Cyber actors also register web domains that are similar to legitimate websites to capture individuals who mistype URLs, such as ending a school's name with. com rather than edu. Subtle changes in website URLs could easily go unnoticed by a user, such as adding or changing a single character. For example, a user wanting to access www.cottoncandsychool.edu could mistakenly click on

NOTES:

Cyber Awareness for Parents & Caregivers of School Age Children

Federal Bureau of Investigation
Public Service Announcement

www.cottencandyschool.edu (changed one "o" to "e") or www.cottoncandyschool.edu (changed letter "I" to a number "1"). Victims who believe they have clicked on a legitimate link are in reality visiting a site controlled by a cyber actor.

The FBI recommends parents and caregivers implement cybersecurity best practices to minimize the effect of cyber attacks. At minimum, parents and arregivers of students engaged in distance learning should confirm local/home computer networks are secure by implementing basic cybersecurity measures at home and monitor device use to minimize risks to online safery.

Cybersecurity Best Practices at Home:

- Ensure personally owned devices run the latest version of the operating system
 Upgrade devices running Windows 7 to Windows 10
- Ensure firewalls are properly configured and secure on routers and computers
- Replace default router passwords with strong, unique administrative passwords or passphrases
- Enable multi-factor authentication for all applications when this option is available
 Install software and application updates as soon as they are released
- Update and/or confirm wireless routers and other hardware are operating the most recent firmware
- Ensure personally owned computers use up-to-date antivirus, antispyware, etc.
- Teach children to recognize and report suspicious email messages and html links to an adult

Distance Learning Best Practices:

- Identify a point of contact at your school for questions relating to the security of schoolissued devices
- Identify a point of contact at your school to report cyber incidents involving distance learning
- Understand how software and firmware updates are implemented on school-issued devices (e.g., automatic updates versus updates requiring user action)
- Change default passwords for school applications when permissible by the school
- Monitor children's online activities for unusual contacts or accessing suspicious web sites that are not affiliated with distance learning content

UNCLASSIFIED

Federal Bureau of Investigation
Public Service Announcement

- Consider covering device cameras when not in use for class sessions
- Confirm online conferencing platforms used by students are requiring passwords or other authentication methods (such as validation from hosts)
 - Emphasize to students not to share meeting passwords or html links

General Child Data Exposure Best Practices:

- · Monitor privacy settings and information available on social media sites
- Conduct regular Internet searches of children's information to help identify potential exposure and spread of their information online
- Consider credit or identity theft monitoring to check for fraudulent use of child identities
- If possible, provide minimal amounts of information on children when creating online accounts and user profiles (e.g., use initials instead of full names, avoid using exact dates of birth, do not include photos)

Additional Resources

- FBI's Safety Online Surfing Program A free educational program for children that teaches cyber safety and helps them become better digital citizens in a fun and engaging way: https://www.fbi.gov/about/committy-outreach/safe-online-surfing-sos-program
- FBI Boston Press Release (March 2020) reporting a number of video teleconferencing incidents and mitigation strategies for users: https://www.fbi.gov/contact-us/field-offices/boston/news/press-releases/fbi-warns-of-teleconferencing-and-online-classroom-hilacking-during-covid-19-andemic,
- CISA Tip: Avoiding Social Engineering and Phishing Attacks
- CISA and CYBER.ORG "Cyber Safety Video Series" for K-12 students and educators
- . CISA Cybersecurity Recommendations and Tips for Schools Using Video Conferencing

Victim Reporting

The FBI encourages victims to report suspicious or criminal activity to their local FBI field office, and to file a complaint with the Internet Crime Complaint Center (IC3) at www.ic3.gov. In addition, report incidents involving distance learning or education technology tools to your child's school.

NOTES:

Visit essextech.org/parentnewsletter

For a better view of letters!





^a This is a fictitious example to demonstrate how a user can mistakenly click and access a website without noticing subtle changes in website URLs.





Family Support Materials

Polynomials and Rational Functions

In this unit, your student will learn about a kind of function, polynomials. (In earlier grades, students learned about two special kinds of polynomial functions: linear and quadratic functions.) A polynomial is a sum of terms involving only one letter, called a variable, where the exponents of the variable are whole numbers. For example, $3x^3-x^2+10$ and $5x^6$ are polynomials. But $6x^2+2x^4$ is not, because the exponents are negative. And 2xy-7x is not, because it involves more than one variable. Your student will connect different ways of representing polynomial functions, such as graphs and equations.

Multiplication and division of numbers will be extended to polynomials, so this is a good time to refresh skills with multiplying and dividing numbers by hand. When numbers are multiplied, we often use the distributive property, so that each piece of one number is multiplied by each piece of the other number. For example, 34 is 30 plus 4, or 3 tens plus 4 ones. The tens and ones of each number are multiplied by the tens and ones of the other, and then all the results are added. When polynomials are multiplied, we also use the distributive property. Here is an example of each:

$$\begin{array}{lll} (30+4)(10+5) & (x-7)(2x+3) \\ = 30(10+5)+4(10+5) & = x(2x+3)+(-7)(2x+3) \\ = 30\cdot 10+30\cdot 5+4\cdot 10+4\cdot 5 & = x\cdot 2x+x\cdot 3+(-7)\cdot 2x+(-7)\cdot 3 \\ = 300+150+40+20 & = 2x^2+3x-14x-21 \\ = 510 & = 2x^2-11x-21 \end{array}$$

Multiplication, with numbers or polynomials, can be represented in lots of ways, and your student should find a way that makes sense and is useful. Ask your student to show you how to multiply polynomials.

Long division with polynomials looks a lot like long division with numbers. Here is an example of each:

Division can also be represented in many ways, so if you or your student learned a different way of doing long division, that way can also be extended to polynomials.

Here are some tasks to try with your student:

1. Multiply 47 by 25, using any method you like. Try using that same method to multiply (4x + 7)(2x + 5). What was the same? What was different?

Notes: How to help my child w/Math

Paren^a

Resource for Math





Family Support Materials

Constructions and Rigid Transformations

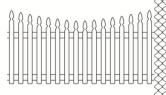
In this unit, your student will be learning about constructing geometric figures. A construction in geometry class is similar to a construction site in the real world—students use a variety of materials to build something. At the beginning of the unit they only have two options: draw a line or draw a circle. It seems like that's not enough to make much, but this image is made entirely of circles:



Can you see how to add lines to make a triangle, rectangle, or hexagon?

In this unit, students also revisit some ideas first encountered in previous grades: rotation, reflection, and translation, which are the three rigid transformations. You might invite your student to look for transformations and symmetry in their everyday life.

What do you see in these two fences?



Each fence has a vertical line of reflection, because if you folded it in half, the left and right halves would match up. The chain-link fence also has a horizontal line of

reflection, because if you folded it in half the other way, the top and bottom halves would match up. The picket fence doesn't have any rotational symmetry, but you could rotate the whole image of the chain-link fence 180 degrees and it would look the same.

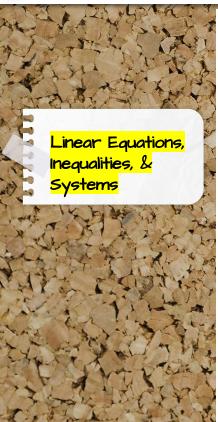
Geometry Unit 1
Constructions and Rigid

CC BY 2019 by Illustrative Mathematics Notes: How to help my child w/Math

Paren^a

Resource for Math





Family Support Materials

Linear Equations, Inequalities, and Systems

In this unit, your student will analyze constraints on different quantities. For example, the amount you spend on a bicycle may be limited by how much you have saved. To qualify for a sports team, you may need to practice at least a certain number of hours, or lift at least a certain number of pounds.

Here are some ways to write constraints using mathematical notation:

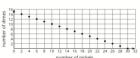
 $w < 20. \, \mathrm{An}$ apartment building only allows dogs that weigh less than 20 pounds.

m+g+b=4. A casserole recipe calls for four cups of vegetables. You have mushrooms, green beans, and broccoli.

 $12.5c+15a \ge 1,000$. In order for a concert to be performed, the artists need to be sure of \$1,000 in ticket sales. Tickets for children under 18 are \$12.50, and tickets for adults are \$15.

5n + 10d = 150. You need \$1.50 in coins for a parking meter. You have a bunch of nickels and dimes in your pocket.

For this last situation, we can see that using more dimes to make \$1.50 means that we can use fewer nickels, and vice-versa. A graph allows us to see this relationship even more clearly.



Each point on the graph represents a combination of nickels and dimes that totals \$1.50. For example, if you use 8 nickels, you will need 11 dimes.



Notes

How to help my child w/Math



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Teen help line https://www.2ndfloor.org/ Emotional Support for adults & children https://www.njmentalhealthcares.org/ Grief Counseling Support https://imagineni.org/ Hopeline/Suicide Prevention https://centerforsuicideawareness.org/hopeline



Step by Step Powerschool Instructions

PowerSchool Student and Parent Portal

https://essextech.powerschool.com/public/home.html

Creating a PowerSchool Parent Portal Account

On this page you will find instructions on how to create a PowerSchool Parent Portal account.

Prior to creating an account, you must have the Access ID and Access Password for your child(ren). Please note, every child has their own Access ID and Access Password. If you have more than one child you will need to obtain the Access ID and Access Password for each of them. Please contact your child's/children's school to obtain the Access ID and Access Password.

Step 1

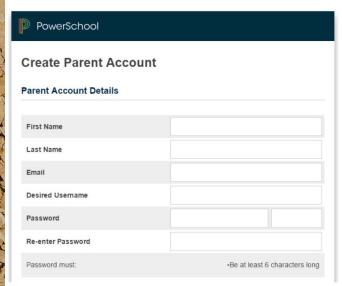
After clicking Create Account tab, click on Create Account button.

Stude	nt and Parent Sign In	
Sign In	Create Account	
Create a	Account	
	rent account that allows you to view all of your students with one account e your account preferences. Learn more.	You can
	<u> </u>	ite Accou

Step 2

Create Parent Account - enter parent information and create a username and password.

- · Password must be at least 8 characters long
- Do not include spaces or any special characters in your username





Step 3

Link Students to Account

- Enter Student Name
- · Parent Access ID and Parent Access Password required
- · Relationship to student
- Up to 7 children can be linked

Link Students to Account

Enter the Access ID, Access Password, and Relationship for each student you wish to add to your Parent Account

Student Name

Access ID

Access Password

Relationship

-- Choose

Congratulations!

You have created a Parent Portal account and can now sign in.

	erSchool	ant Cign In		
Studei	nt and Pare	ent Sign In		
Sign In	Create Account			
Username	•	1		
Password	ı			
		Forgot Username or Pa	ssword?	
				Sign
Welcome	Back.			





Step by Step Schoology What Is Schoology?

Teachers use Schoology to post their classroom materials online; provide a safe forum for students to discuss their ideas and collaborate on projects; and to assign and collect homework electronically. It helps students stay organized and it keeps the class connected.

Schoology makes it easy for parents to stay involved in their children's education. A Schoology Parent Account gives you access to:

- · The classes your child is enrolled in.
- · Your child's upcoming assignments.
- School and class announcements.

To sign up for your parent account go to www.schoology.com.

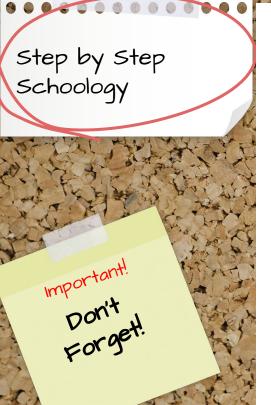
- 1. Click Sign Up at the top of the page and choose Parent.
- Enter your Parent Access Code. Access Code: 9J3V-9ZKR-RQPG
- 3. Fill out the form with your information.
- 4. Click Register to complete.

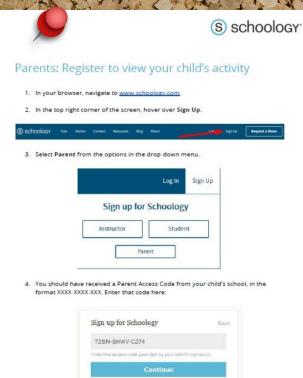
When you use a Parent Access Code to create an account, you are automatically associated to your child. You can add additional children to your account using the Add Child button.

- Parent Access Codes are unique to each student but can be used to make multiple parent accounts.
- If your Parent Access Code does not allow you to register or, if the code does not have 12 digits, please contact the school for more information.



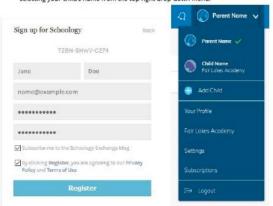
THE PARENT CORNER continued







 Enter your name, email address, and password. Once you log in, you'll be able to browse your child's activity by clicking the arrow to the right of your name and selecting your child's name from the top right drop-down menu;



You also have the option to associate additional children using Schoology with this
account. To associate additional children, click the down-facing arrow in the top
right of your Schoology account, select Add Child, and enter the Parent Access Code
of your other child/children.

Now that you've successfully registered for Schoology to view your child(ren)'s activity, check out our <u>Parent Guide</u> in the Help Center: <u>support.schoology.com</u>.



Schoology (<mark>en Espanol)</mark> Paso a Paso ¿Qué es Schoology?

Los maestros <u>usan</u> Schoology para <u>publicar sus materiales</u> de <u>clase en línea; proporcionar un</u> <u>foro seguro</u> para que <u>los estudiantes discutan sus</u> ideas y <u>colaboren en proyectos;</u> y <u>asignar y recolectar tareas electrónicamente</u>. Schoology <u>ayuda</u> a <u>los estudiantes</u> a <u>mantenerse</u> <u>organizados</u> y <u>mantiene</u> la <u>clase conectada</u>.

Schoology <u>facilita</u> que <u>los padres</u> se <u>mantengan involucrados en</u> la <u>educación</u> de <u>sus</u> <u>hijos</u>. <u>Una cuenta</u> para padres de Schoology le da <u>acceso</u> a:

- Las clases en las que está inscrito su hijo.
- Las próximas asignaciones de su hijo.
- Anuncios de la escuela y la clase.

Para registrarse en su cuenta de padres, vaya awww.schoology.com

- 1. Haga clic en Registrarse en la parte superior de la página y elija Padre.
- Ingrese su código de acceso para padres. Código de acceso: 8254-MN83-TXD8
- 3. Complete el formulario con sus datos.
- 4. Haga clic en Registrarse para completar.

Al <u>utilizar</u> el <u>código</u> de <u>acceso</u> para <u>crear una cuenta</u>, se le <u>asocia automáticamente</u> a <u>su</u> <u>hijo</u>. <u>Puede agregar niños adicionales</u> a <u>su cuenta usando</u> el <u>botón</u> "Add Child" (<u>agregar niño</u>).

- Los códigos de acceso para padres son únicos para cada estudiante, pero se pueden usar para crear varias cuentas para padres.
- Si su Código de Acceso para Padres no le permite registrarse o, si el código no tiene 12 digitos, comuniquese con la escuela para obtener más información.





(S) schoology

Padres: Registrarse para visualizar la actividad de su hijo

- 1. En su navegador, diríjase a www.schoologv.com.
- 2. En la esquina superior derecha de la pantalla, pase el cursor sobre Registrarse.
- 3. Seleccione Padres entre las opciones del menú desplegable.



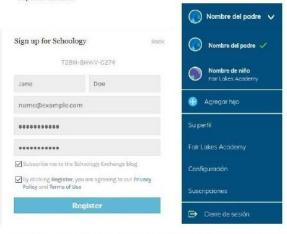
 Debería haber recibido un código de acceso para padres del centro educativo de su hijo, con el formato XXXX-XXXX-XXX. Ingrese el código aquí:

Sign up for Schoology	-
T28N-8HWV-C274	
Enter the access code provided by your child's	instructor
Continue	

 Ingrese su nombre, dirección de correo electrónico y contraseña. Una vez que inicie sesión, podrá explorar la actividad de su hijo al hacer clic en la flecha a la derecha

S schoology

de su nombre y seleccionar el nombre de su hijo en el menú desplegable de la parte superior derecha:



 También puede asociar hijos adicionales que utilicen Schoology con esta cuenta. Para asociar un hijo adicional, haga clic en la flecha descendente en la parte superior derecha de su cuenta de Schoology, seleccione Agregar hijo e ingrese el código de acceso para padres de su otro hijo.

Ahora que se ha registrado con éxito en Schoology para visualizar la actividad de su hijo o hijos, consulte nuestra <u>Guía para padres</u> en el Centro de ayuda: <u>support.schoology.com</u>,







Pandemic EBT Card (P-EBT Card)

000000000000

What does the P-EBT card look like?

NEW JERSEY

P-EBT

1234 5601 2345 6789 NJ Cardholder

About P-EBT

What is Pandemic Electronic Benefits Transfer (P-EBT)?

Pandemic-EBT (P-EBT) is a program to help purchase food for your school-aged child(ren) who were eligible for free- or reduced-price school meals, but whose schools went remote due to COVID-19.

P-EBT benefits in the amount of \$99.62 per eligible child are being issued for the 2020-2021 school year for the month of September for students receiving free- or reduced-price school meals who are attending schools with a remote learning schedule of at least 5 consecutive days. (This benefit is not available for students whose school are conducting classes in person or a hybrid of in-person and remote.) P-EBT benefits are now available to most families with an existing SNAP Families First EBT card. For non-SNAP recipients and certain SNAP recipients, P-EBT cards will be mailed in October.

Benefits were previously sent for students who received or became eligible for free- or reduced-price school meals for the 2019-2020 school year. If you have questions about benefits for the last school year see the 2019-2020 School Year Benefits section below.

Notes:

for assistance with
P-EBT Card
Contact Mrs. Pinkett
Ph: 973-412-2249
Email:
tpinkett@essextech.org





CLUBS &

CLUBS & ATHLETICS CORNER



Volleyball season has begun!

SIL YEAR

Clubs:

Club Meetings are in progress!!

Note: to contact club advisors

Visit <u>www.essextech.org</u>

- -Click Our Schools
- -Choose NT
- Under Quicklinks choose NT Club Advisors Link

Sports & Clubs look great on College Applications!





CLUBS & ATHLETICS CORNER (cont.)

NT	Boys Volleyball	Head	Anthony Rock	arock@essextech.org	973-207-8977
		Asst	Robert Dolce	rdolce@essextech.org	973-459-1392
	*Spring Track	Head	Kcyied Zahir	mycoachkz@gmail.com	973-703-6835
		Asst	Danielle Todman	zetasoneofakind@gmail.com	908-764-3530
		Asst	Aldo Nolasco	anolasco@essextech.org	201-937-9766
П	Baseball	Head	Todd Romano	tromano@essextech.org	973-8191644
		Asst	Herb Ramos	hramos@essextech.org	201-455-1189
	Softball	Head	Regan Rone	rrone@essextech.org	732-501-3133
		Asst	Kelli Warnock	kwarnock@essextech.org	908-208-7665
	Athletic Coordinators	NT	Angelina Martinez	amartinez@essextech.org	862-452-7273
	NT Girls Volleyball	Fall	Ronni Peguero	rpeguero@essextech.org	862-281-4957
	Assistant Coach	Fall	Johanna Valencia	jvalencia@essextech.org	201-707-5714

Note: How to get in contact with my child's coach SPRING 2021







Students of the Month - March





Ashler Nanfack Grade: 11 Engineering



Jalisa Smith Grade: 12 Engineering







Alumni Spotlight







Meet alumni Mustafa Lawrence Class of 2016

Newark Tech's Mustafa Lawrence won the MEAC Conference Championship playing for Norfolk State University.

Mustafa holds 3 State titles at Newark Tech! It is great to see a product of Newark Tech doing so well!

You can visit the link below to keep up with Mustafa: https://www.espn.com/mens-college-basketball/player/_/i d/4279155/mustafa-lawrence

