



New Road Newsflash

A NOTE FROM OUR DIRECTOR

Written by Mrs. Diane O'Donnell



Welcome students, parents, and staff to the 2023-2024 school year at New Road School of Ocean County. It's October already, and we are off to a great start to the 2023-2024 school year! A new school year is always exciting as it affords endless opportunities for growth and positive change. As we kick off the school year, I would like to share some positive changes at New Road School. Robert Muller, previously a teacher at NRS for many years, has moved into a supervisory position and will be working with me in an administrative capacity. I am confident in Mr. Muller's abilities and look forward to his support and contributions to our program! I am also pleased to welcome Wendy Craig, our new music teacher, to New Road School. Ms. Craig brings a wealth of experience to her new

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New Road School

position, as well as a great deal of creativity and enthusiasm. Our students are embracing Ms. Craig and the opportunities she is offering in individual lessons and chorus activities. We look forward to future holiday concerts to showcase the talents of our students!

I am looking forward to a happy and successful year for our students and staff members. As always, I appreciate the continuous support from our New Road families as we work together to recognize and challenge our students to their fullest potential.



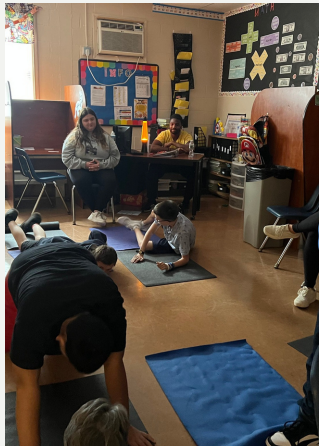
IMPORTANT DATES



- 10/9 - school closed/staff in-service
- 10/23-10/27 - Red Ribbon Week
- 11/8 and 11/9 - Parent/Teacher IN-PERSON Conferences
- 11/22 - 1pm dismissal
- 11/23-11/24 - School closed Thanksgiving



Noteworthy News



MINDFUL LEARNING: MRS. MOONEY AND MRS. VOLK'S TRANQUIL TRANSITION TO AFTERNOON STUDIES



Written by Mrs. Kelly Volk

This year, Mrs. Mooney and Mrs. Volk have introduced students to relaxation and mindfulness activities before afternoon lessons. The aim is to prime students for learning, ensuring they approach their studies with calm and focused minds. These techniques encompass yoga, guided imagery, breathing exercises, and progressive muscle relaxation.

Students partake in straightforward yoga routines that enhance their concentration, breathing, and overall physical awareness. By following the instructor's guidance, they learn to synchronize their breathing with methodical movements. As they seamlessly transition between poses, their confidence in their body's capabilities grows. Every session culminates in deep breathing.

Guided imagery is another favored technique. Here, students tap into their imaginations via a narrated scenario, stimulating the same brain regions activated by sensory experiences. When immersed in the narrative, they engage both hemispheres of the brain: the right side, which thrives on imagination, and the left side, attuned to language. Coupled with deep breathing, this practice instills tranquility. Moreover, meditation enriches their socio-emotional learning, granting them the introspection to comprehend their feelings and their origins.

Both breathing exercises and progressive muscle relaxation equip students with tools to self-regulate. They can employ breathing techniques collectively or individually, be it at their desks or elsewhere. Progressive muscle relaxation, though integrated into guided imagery, can also stand alone. It educates students on the contrasting sensations of tension versus relaxation, thereby refining their focus.

Ultimately, the goal is to nurture children who are poised, peaceful, and prepared for the challenges of each day.

Community Corner



AWARD WINNING BRIDGES TO SUCCESS PROGRAM NEWS

Initiated in 2016, the *Bridges to Success* program allows students to concurrently enroll in college while attending New Road's Pathways transitional class designed for 18-21 year olds. The objectives of the *Bridges to Success* program are to enhance the chances of students seeking higher education and to thoroughly familiarize them with both the college environment and the demands and standards of college-level courses.

On September 11, 2023, two Pathways students embarked on their first class of the Fall semester. They have swiftly acclimated to college life, mastering tasks like class registration, textbook procurement, and obtaining their college IDs. Their enthusiasm is palpable, and as always, we beam with pride at their accomplishments. Here's to a fruitful semester!

UPCOMING COMMUNITY SERVICE AT NEW ROAD SCHOOL

This year we will schedule several opportunities for our students to participate in community service.

NATIONAL MAKE A DIFFERENCE DAY - In the last week of October, students in all grades will make cookies for our Lakewood Police and Fire Departments.

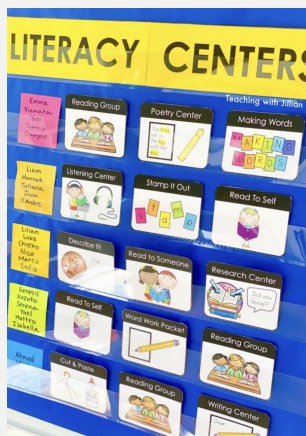
FAMILY VOLUNTEER DAY - FVD is a day of service that celebrates the power of families who work together to support their communities and neighborhoods. We will invite all NRS families to participate in our food drive from November 13-20 that supports our local food pantries.

Updates coming for MLK Day of Service in January 2024 and Global Youth Service Day in April 2024





Curriculum Corner



WHAT IS NEW?

Written by Dr. Carol Ferguson

In curriculum news, New Road of Ocean County remains at the forefront of educational innovation. We've integrated iCEV, an online curriculum platform tailored for K-21, offering standards-aligned, comprehensive CTE instructional materials. iCEV covers 11 distinct subjects such as Agricultural Science, Health Science, Business, Marketing, Financial Literacy, and Computer Technology & Media.

To reaffirm our dedication to top-tier education, we kicked off this academic year with staff in-service sessions on September 1st and 5th. Our elementary educators delved into workshops tailored to craft enjoyable and informative centers for our newly adopted "Into Reading" program by Houghton Mifflin Harcourt. Meanwhile, middle and high school teachers were trained on enhancing writing within the "MyPerspectives" language arts initiative. Furthermore, our certified staff embarked on the first session of a year-long program titled "The Happier School Year - 40 Weeks of Inspiration and Reflection." This program pivots towards bolstering positive psychology, offering strategies that can be integrated both at home and in the classroom.

COMING UP 10/23-10/27: RED RIBBON WEEK

National Red Ribbon Theme is "Be Kind to Your Mind. Live Drug Free"

Description of Week

Monday: Wear Camo, Green, or Tan

Tuesday: Dress for a Fiesta

Wednesday: Wear neon

Thursday: Dress in Star Wars, Star Trek or Outer Space Gear

Friday: Wear Red

Social Skills will focus on Making healthy choices for living drug free



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