



Montville Township Public Schools™

EDUCATE. INSPIRE. EMPOWER.

News & Updates - May 2018

Visit Our Website
www.montville.net



Board of Education 2018-19 Budget Highlights

On April 24th, the Montville Township Board of Education held a Public Hearing on the [2018-2019 budget](#). At the hearing the board formally adopted the budget.

The budget incorporates objectives from the district's Five Year Strategic Plan. New initiatives include:

- The expansion of the one-to-one Chromebook Initiative at Lazar Middle School (the Chromebook initiative was implemented at the high school during the current school year)
- Upgrade of the Grades K-5 Math and Literacy Programs in all five elementary schools
- The implementation of an in-school administration of the PSAT. This is connected to the district's goal of improving student achievement. Previously approximately 50% of students took the PSAT. We believe strongly that increasing our participation in the PSAT will result in better performance on the SAT.
- The addition of a new Criminology elective at MTHS
- Addition of funding to support SRO/Class III Officers - still in discussion with the Montville Township Committee

Due to continued declining enrollment, a number of staff positions will be reduced. The district will still adhere to the class size parameters that are included in Board policy.

- **Two full time teachers at the elementary level, due to declining enrollment.**
- **One full time STEAM Teacher due to the consolidation of STEAM activities into the science curriculum**
- **Two part-time Basic Skills Teachers, district-wide, due to declining enrollment and streamlining of the program**
- **One part-time E.S.L. teacher, district-wide, due to declining enrollment**
- **Seven full time teachers at Lazar Middle School, due to declining enrollment. It is noted that there have been no staff reductions at the middle school in the prior two years.**
- **Four full-time teachers at MTHS due to declining enrollment and the consolidation of class sizes**

- One coaching position at MTHS due to lower participation levels
- Twenty-two para professional positions based on student need
- One maintenance position due to consolidation of responsibilities

The overall increase in the general expenditures is 0.52% over 2017-2018.

TAX IMPACT:

Average Assessed Value Home

\$528,380

General Fund: \$148 per average assessed home

Mindfulness Plan Implementation



In the fall of 2015, the Montville Township Public Schools embarked on a three year Climate and Culture Initiative through the Youth Empowerment Alliance - in connection with the United Way, the College of St. Elizabeth, and Atlantic Healthcare. One of the striking findings of the survey data that was collected was that a large number of students across all grade levels were experiencing high levels of stress and anxiety. Each school within the district has its own Climate and Culture Committees. In each building there is a staff committee and a student committee which are both focused on identifying ways to help students develop the skills to deal with stress and to become resilient when faced with adversity.

In developing the district's Five Year Strategic Plan, which was adopted by the Board of Education in April 2017, the third goal area identified was "School Culture and Climate/Community Involvement." One of the objectives of that goal is to implement programs and strategies to reduce student stress, anxiety and depression. As part of the action plan, the district formed a Mindfulness Committee and developed a Mindfulness Implementation Plan.

What is Mindfulness? Mindfulness is defined as the practice of maintaining a complete awareness of one's thoughts, emotions, sensations and the surrounding environment. Mindfulness can be used to counteract the high levels of toxic stress that both students and teachers frequently experience. A second aspect of mindfulness is "heartfulness," which is the intentional nurturing of positive mind states such as kindness, compassion and empathy. The goals of mindfulness are to increase the ability to focus our attention, to be able to regulate our emotions, to increase adaptability while increasing our skills for compassion, calming and resilience.

Mindfulness in the classroom in its simplest definition is "the use of contemplative pedagogy involving teaching methods designed to cultivate deepened awareness, concentration and insight." Mindfulness activities can take many forms including guided meditation, journals, silence, music, art, poetry, etc.

The administrative team launched the initiative by engaging in Mindfulness Training last summer. Our physical education teachers and counseling staff also were trained in October 2017. Students in grades 3, 4 and 5 in all of the elementary schools received training from Lauren Muriello, Woodmont Parent and Trainer from the Well Being Therapy Center.

A Mindfulness Resource Team has been developed with several representatives from each school. Team members will be trained in June to enable them to help support their colleague in the incorporation of Mindfulness into their instruction and their classroom routines.

An article published on the NPR website in November 2017 ([link to article](#)) indicated that the current increased in depression and suicidal thoughts among teenagers may be partially attributed to more screen time with electronic devices. School districts around the nation are reporting higher rates of suicidal ideation among students. According to an article published online by TIME, ([link to article](#)) "between 2010 and 2016, the number of adolescents who experienced at least one major depressive episode leapt by 60%, according to a nationwide survey conducted by the U.S. Department of Health and Human Services." The district's Mindfulness Initiative has been created to help students reduce and deal with some of the pressure and anxiety which seem to go hand in hand with being a youthful member of society in the 21st century.



Help Celebrate the Third Annual OneMontville Green In Day

The Montville Township Public Schools will join OneMontville in the annual celebration of **Green In Day on Friday, May 18th**. Green In Day was started in 2016 as a way to visually demonstrate the mission of OneMontville*.

All residents and employees of businesses in Montville Township are encouraged to **Wear Green May 18** to create a very visible representation of the fact that we are all OneMontville no matter who we are.

Another very visible Green In Day initiative: OneMontville is also selling **Luminaries for Green In Day** - Light up Montville Township with **Acceptance- Respect-Kindness**.

Luminaries and Green In Day T-shirts can be purchased through the OneMontville website: OneMontville.org. **Luminaries are only \$5. T-shirts are only \$10.**

*The mission of OneMontville is to create and promote a climate of acceptance, inclusion and kindness which teaches and celebrates respect for one another by embracing and being enriched by the diversity that comprises the Montville Township Community. The mission can only be fully accomplished through the involvement and commitment of community leaders, religious leaders, business leaders, and residents of all ages, races, religions, ethnicities, abilities, gender identity or sexual orientation.

THIS WEEKEND: Sunday, May 6th at 3:45 p.m.

OneMontville presents a community screening of the movie "**Love, Simon**" at the AMC Theater in Wayne. Tickets are only \$9 and are available at Joe's Pizzeria, Landauer Café and [HERE](#).

SAVE THE DATE: Sunday, June 3rd from 6 to 8 p.m.

OneMontville's first program in the **OneMontville Unites Speaker Series**. The program entitled "**Dare to Be Diverse: How to Stand Out and Fit In at the Same Time.**" A great evening for all montville teens and their families. It will be held at Holy Spirit Lutheran Church, 70 River Rd, Montville, NJ 07045. More details will be published soon. [Tickets will be \\$5. Lite fare is included.](#)



What Parents Need to Know - Electronic Nicotine Delivery Systems (ENDS)

Electronic cigarettes are the most common type of electronic nicotine delivery systems (ENDS). These devices do not burn or use tobacco. Instead they vaporize a solution that the user then inhales. Many people perceive these to be a "safer" alternative to smoking cigarettes. The World Health Organization and the American Council of Pediatrics continue to publish information

warning of the health risks of ENDS. Across Morris County and beyond, school administrators report a rapid escalation in the use of these devices by students in middle and high school. Some of the main concerns that parents should be aware of are:

- These devices are designed to deliver **nicotine** to the users in the form of a vapor instead of smoke. Liquid nicotine is a **poison**.
- Nicotine levels and ingredients are inconsistent.
- Many devices are manufactured overseas and are not currently regulated or tested.
- Marketing campaigns are directed at adolescents.

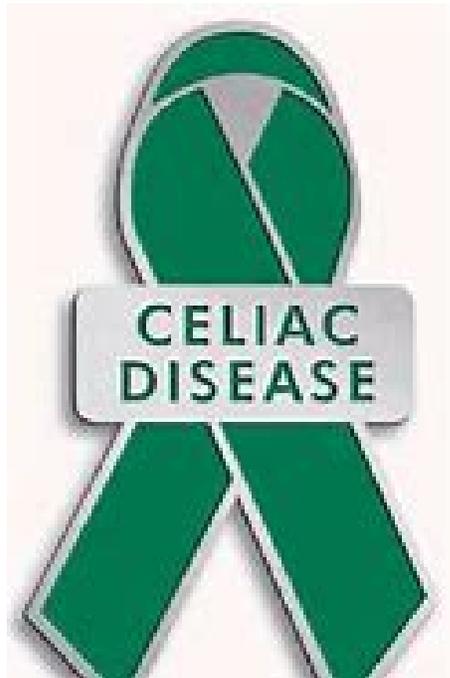
- The aerosols from ENDS emit dangerous toxins such as heavy metals, ultrafine particulate and cancer-causing agents.
- Use of ENDS may cause lung inflammation and disease, such as popcorn lung. Popcorn lung is a serious and irreversible condition in which the tiny air sacs in the lungs become scarred and constricted, which results in no air movement or O₂ - CO₂ exchange in the lungs.
- Increase of ENDS tripled among middle and high school students between 2013 and 2014 and continues to rise.

"JUULing" - JUUL (pronounced "jewel" is a brand of e-cigarette made by JUUL Labs, Inc. Since its introduction on the market in 2015, JUUL has amassed great popularity among youth and young adults. JUUL comes in flavors such as mango, mint and fruit-medley that appeal to youthful users. JUUL is highly addictive. The concentration of nicotine is more than twice the concentration found in other e-cigarettes. This is of great concern given how susceptible youth are to nicotine addiction. JUUL users have a significant risk of becoming cigarette smokers.

The use of hookahs are also increasing. A hookah allows the user to smoke tobacco through cooled water. Water does not filter cancer-causing toxins from the smoke.

Hookah smoke contains higher levels of arsenic, lead, nickel, tar and carbon monoxide than a cigarette. A 45-60 minute hookah session can equal smoking nearly 100 cigarettes. Studies show that one in five boys and one in six girls in high school have used a hookah.

Electronic Nicotine Delivery Systems are not safe!



Montville Township Proclaims May as Celiac Awareness Month

The Montville Township Committee has proclaimed May as Celiac Awareness Month. The Township will put up lime green ribbons along Changebridge Road during the month of May to promote Celiac Awareness. Celiac disease is a serious autoimmune disorder that where the ingestion of gluten (a protein found in wheat, rye and barley) may lead to damage in the small intestine. It is estimated that 1 in 100 people worldwide are affected by this disease. Approximately 83% of Americans who have celiac disease are undiagnosed or misdiagnosed with other conditions. Six to ten years is the average time a person waits to be correctly diagnosed. This makes them at risk for long-term health complications. Celiac disease is hereditary.

Children with Celiac disease can no longer enjoy some of their favorite foods. They must frequently supply their own food for parties, sleepovers and play dates.

This can create feelings of isolation and a desire to simply be "normal." There is also a constant worry of cross contamination.

In addition to common foods such as bread, pasta, cookies and cakes, gluten can also be found in many prepackaged foods, lip balms and lipsticks, hair and skin products, toothpastes, vitamin and nutrition supplements and sometimes even medicine. Even a small crumb of gluten is enough to start the autoimmune response in those who have celiac disease.

Long term complications of celiac disease include:

- malnutrition, a condition in which you don't get enough vitamins, minerals, and other nutrients you need to be healthy
- lymphoma, a cancer of part of the immune system called the lymph system that includes the gut
- accelerated osteoporosis or bone softening, known as osteomalacia
- nervous system problems
- problems related to reproduction
- intestinal cancer

- liver diseases

Take a moment to access the list of Celiac Disease Symptoms and conditions and share your responses with your physician to determine if further testing may be indicated.

[Celiac Disease Symptoms and Conditions Checklist](#)

Bits and Pieces....

Students and staff at William Mason collected items to create "blessing bags" which were filled with snacks and a note of kindness and encouragement. The students learned about empathy by listening to Miss Anna speak about the work of the Homeless Bus.

For the third year in a row the Montville Township Public Schools has received the Best Communities for Music Education Award from the NAMM Foundation.

Congratulations to the students and advisors of the Lazar Drama Club on their delightful production of Peter Pan, Junior in March.

Congratulations to Cheryl Zanone, Science Teacher at Lazar Middle School, on receiving the Fellows Award from the New Jersey Science Teachers Association. The award is presented to recognize an individual who gives to the association of their time and talent to a degree not normally expected of them.

Congratulations to Jason Jones, School Media Specialist at Hilldale School, on being selected for the "Friend of Education Award from the Morris County Council of Education Associations (MCCEA).

Congratulations to the MTHS Team on capturing First Place in the 2018 New Jersey Chinese Cultural Project Competition.



School News

Montville Township Public Schools | (973) 331-7100 | www.montville.net

STAY CONNECTED:

Follow us on [twitter](#)



Like us on Facebook



View on Instagram