

MJS Weekly Update

OCTOBER 30, 2020

DEAR MJS COMMUNITY,

Dear MJS Families,

As we enter November, I want to take a moment to say thank you to everyone who has made our first thirty-eight days of school successful. Students, your dedication, perseverance, and smiles (we know you smile under your masks) have made MJS and its occupants come alive. Staff, we know you work well beyond the school day, and your passion for teaching and learning with your students is contagious. And parents and guardians, your support means the world to us here at MJS, our partnership is what makes our school so special. Each day we learn together is a gift.

I am sharing below a few updates for next week; please read through them carefully. Reach out at any time with questions or feedback.

Phase 1.5

We will be entering Phase 1.5 on Monday. Follows is a bulleted breakdown from this week's [email update](#) of what your student needs to know and what will be different starting Monday:

What Maroon In-Person Students Need to Know Monday

- On Sunday evening, please have your child check their Genesis schedule to determine their Period 1 classroom. This is the only information they need to know. Once in Period 1, we will provide a gloved distributed printout of their schedule. They will have time to ask questions then, especially about where to go.

What Remote Learners (Gold and Full Time) Need to Know on Monday

- On Sunday evening, please have your child check their Genesis schedule to determine their Period 1 class.
- If students look at their schedule and period 1 has changed, they should check their email to locate an invite to join that new period's Google Classroom.
- If any other periods during the day have changed, they should also look for an invite from their teacher to join the new Google Classroom for that period.

- Students will be able to ask their period 1 teacher any questions.

Please be patient Monday and Wednesday as we work the kinks out of this new program. Just like the beginning of the year, routines and habits will build over the first few weeks.

Please email the teacher, guidance counselor, Mr. Bovee, or me if there are any questions. We will send a reminder email to you and all students on Sunday about this.

Gold cohort students will get a printout of their schedule period 1 Wednesday. If any Full-Time Remote learners would like a printout of their schedule, please stop by the front door and bring you a copy.

What is Different Starting Monday

Students will be moving between classes. We will still have an approximate six-foot distance protocol in most classrooms, as only half of our students are in school daily. In addition to students moving between classes, the following changes will occur:

- [New Bell Schedule Starting Monday](#) - dismissal time is now 12:40 pm.
- [Yearlong MJS Calendar Starting Monday](#) - indicates A/B days and Color Cohort Days.

Videos About Cleaning and Distance Protocols

We have been showcasing videos on our morning announcements that explain how to clean the desks, use the shields, and follow social distancing protocols. If you are interested in these videos, please check our [morning announcement page](#) under Student Resources on our website.

Earbuds/Headphones

Please be sure your student is bringing a pair of headphones or earphones to school every day.

Halloween Photos

Please share any Halloween photos of your MJS student for the yearbook via tinyurl.com/mjsybk2021. Thank you from the Yearbook Committee.

Brooke Phillips

Acting Principal

Madison Junior School

phillipsb@madisonnjps.org

"Falling Back" may be much easier for some than others. Getting that extra hour of sleep can feel glorious during the weekend but may also leave us feeling a bit out of sorts as we get back to work and school on Monday. Here are a few quick and easy tips to smooth the transition:



- **Start early.** To give yourself more time to adjust before the workweek begins, reset one of your clocks at the start of the weekend, such as Friday night or Saturday morning. Try to eat meals, sleep, and wake according to that clock. When Monday comes, you'll be on your way to feeling adjusted. However, be mindful of showing up to any activities and events throughout the weekend at the correct time!
- **Exercise.** Working out releases serotonin, a chemical in the brain that helps our bodies adjust. Exercise regularly, preferably outdoors, and early in the day. A brisk morning walk is perfect. Avoid exercising too late in the evening, as this could interfere with the quality of your sleep.
- **Nap wisely.** Try to resist the urge to take long naps late in the day. If you get tired, take a short, energizing walk around the block instead. If you must nap, keep it earlier in the day and limit it to a maximum of 20 minutes.
- **Digest.** After the time change, you may feel hungry for meals earlier or later than before. Be sure to give yourself ample time to digest your dinner before heading to bed. A heavy meal in your stomach can interfere with the quality of your sleep. Also, be sure to avoid consuming too much caffeine, especially later in the day.
- **Lighten up.** The right combination of light and dark can help your body's circadian rhythm readjust so you can fall asleep on your new schedule and sleep more soundly. In the morning, open the shades and brighten the lights. Try to spend time outside during the day, if possible. Dim the lights in the evening so that your body understands it's time to wind down.



SUPPORTING THE PTO IS AS EASY AS PIE!

Back by demand, we're pleased to offer delicious Griggstown pies for sale, with proceeds going to the Madison Junior School PTO. Perfect comfort food (and dessert) for the cooler nights ahead!

Order online at:

<https://sites.google.com/view/mjsptowebiste/fundraising/griggstown-pie-sale>



Or print out the [order form at this link](#) and deliver with your check (made out to MJS PTO) to:
Kerry Mariani
13 North Oak Court
Madison, NJ 07940

All orders due by Monday, November 2, 2020

Pickup will be Wednesday, November 18, 2020

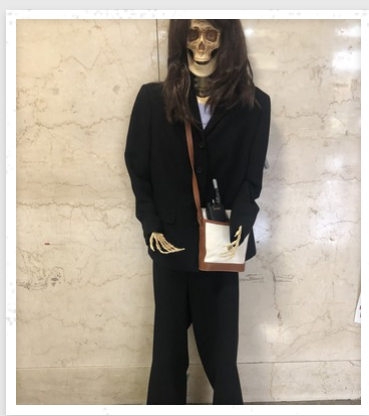
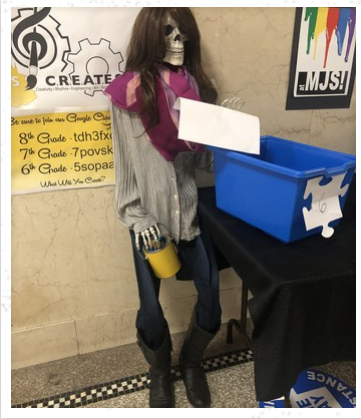


Thank You!

*The PTO Spirit Wear sale was a
big success thanks to all of you!*

**THANK YOU TO THE PTO FOR DECORATING OUR
DOORS AND BRINGING A FUN HALLOWEEN
SPIRIT TO MJS THIS WEEK.**

Can you guess the staff members skeletons below that parent, teachers, and student council decorated?



HW CALENDARS

[6A Homework Calendar](#)
[6B Homework Calendar](#)



HW CALENDARS

[7A Homework Calendar](#)
[7B Homework Calendar](#)



HW CALENDARS

[8A Homework Calendar](#)
[8B Homework Calendar](#)



MJS NEXT WEEK

Monday 11/2 **A Maroon**

Tuesday 11/3 **B Remote**

Wednesday 11/4 **A Gold**

Thursday 11/5 No School

Friday 11/6 No School



MJS LINK BANK

[MJS Bell Schedule - Starting Nov. 2, 2020](#)

[MJS Yearly Calendar - A/B Days - Starting Nov. 2, 2020](#)

[MJS Morning Announcements](#)

[MJS Archive of Updates & Newsletters](#)

UPCOMING DATES

November 2 - Maroon In-Person Day

November 3 - Full Remote Learning Day for all students for election day

November 4 - Gold In-Person Day

November 5-6 No School, Teachers Convention Days

November 10 - Virtual Workshop for families "*Thriving During COVID-19: Helping Families Manage School and Stress*" 6 pm

November 13 End of Marking Period 1

I'D LIKE TO KNOW ABOUT...

Please feel free to use this [Feedback Link](#) to ask Ms. Phillips to include certain information in a future update. It's helpful to know what you would like to learn more about.

