

# Sage★Alliance Schools

## Rochelle Park News and Events

January 2026 - Holiday Edition

### HAPPY NEW YEAR

As we move forward from the first four months of the school year, it's wonderful to reflect on all that we've accomplished together. Our students have made meaningful connections, and our community has shared celebrations, milestones, and moments of joy. Over the past two months, we've had several opportunities for students to give back through community service, from our efforts around Thanksgiving to projects completed before the winter break. Their efforts have made a real difference in the lives of others. These experiences remind us of the importance of compassion, generosity, and supporting one another.

We are deeply grateful to our families, staff, and district partners for their continued support and collaboration. Together, we create a vibrant, caring community where students can thrive. From all of us at Sage Alliance Rochelle Park, we wish you and your loved ones a happy and healthy new year, and we look forward to all that 2026 will bring!

### GATHERED IN GRATITUDE

In November, Rochelle Park was buzzing with tradition, laughter, and community spirit! Over two days, students and staff came together to celebrate what makes this season so special: connection, fun, and gratitude. The highlight was, of course, our beloved Thanksgiving Feast - full of delicious food, smiles, and great conversation. But the celebration didn't stop there! Our annual football game brought out team spirit and friendly competition, while others enjoyed creative reflection through art or shared laughs over board games. Stepping away from screens, everyone embraced the moment, enjoying time together in meaningful ways. These days of tradition reminded us of the joy of community and the importance of celebrating each other as we head into the holiday season.



## SEASON OF SERVICE: OUR COMMUNITY IN ACTION

### Making a Difference, One Bag at a Time

Last month, our Rochelle Park school community came together for a meaningful service project at Saddle River Park. On a beautiful, sunny fall day, students rolled up their sleeves, grabbed garbage and recycling bags, and worked together to make a real difference in our local environment. The park looked cleaner and more welcoming by the end of the day, and students were able to see the immediate results of their efforts. Everyone had fun while learning the value of teamwork and community service. Projects like this also help students connect with nature and develop a sense of responsibility for the spaces they enjoy. Opportunities like this allow students to give back to their community, learn the importance of civic responsibility, and see firsthand the positive impact of their efforts. By volunteering, students develop teamwork, leadership, and a sense of pride in helping others and caring for the world around them. We're incredibly proud of our students' hard work, dedication, and commitment to making our community cleaner, brighter, and stronger.



### Sharing and Caring: Sunshine Club Community Service



Our Rochelle Park Sunshine Club, led by the amazing Miss Preston, Mrs. DiLorenzo, and Mrs. Picano, has been hard at work spreading kindness this holiday season! First, our annual Faculty and Staff Food Drive brought together our staff in generous support of local families in need. Their teamwork and compassion not only make a real difference in the community but also set a powerful example for our students about giving back.

Next, the Sunshine Club organized this year's Giving Tree. Students, staff, and families selected ornaments and contributed gifts, helping bring extra holiday cheer to a family in need. It's wonderful to see our school community come together, one thoughtful gift at a time, to share the

spirit of the season. These efforts reflect the values that define Rochelle Park - care, connection, and coming together to make a difference.

### Student Brings Warmth to the Community

This year, one of our students led Girl Scout Troop 20118's Annual Coat Drive, making it the most successful drive the troop has ever held. Her dedication helped provide winter coats, gloves, hats, and scarves to local families. Her thoughtful efforts reflect the care and commitment our students have for supporting their community. We are proud of her leadership and compassion, which inspire her peers and strengthen our community.





## STAFF SPOTLIGHT: MISS PRESTON, PE AND HEALTH TEACHER

Miss Preston has been a valued member of the Sage community for three years. She says, "I've always loved supporting students both academically and personally. Helping them discover their strengths, build confidence, and make healthy choices - whether that's through physical activity, wellness education, or life skills - is incredibly rewarding. What drew me to Sage is the close-knit, supportive community and the chance to connect with students in so many meaningful ways every day."



### What inspired you to join the Sage team?

Miss Preston says, "I became an educator to make a meaningful difference in the lives of adolescents. Through Physical Education and Health, I strive to help students understand the importance of movement and living a healthy lifestyle. My goal is to create a safe, open space where we can have honest, educational conversations about topics that may feel uncomfortable, empowering students to make informed choices about their well-being."

### What do you enjoy most about working with our students?

"One of the things I love most is building genuine connections with my students and discovering what makes each of them unique," Miss Preston shares. "Watching them achieve personal goals and collaborate with their peers - especially in PE - is truly rewarding and inspiring."

### A little-known fact about you:

Miss Preston shares, "One item on my bucket list is to visit every national park in the United States - I've been to 14 so far! I also try to live by my favorite quote, 'Be afraid and do it anyway,' which reminds me to embrace challenges and push myself beyond my comfort zone."

We're so proud of Miss Preston and the leadership, care, and positivity she brings to our students and the Sage community every day!



### STAY CONNECTED

**Want to see more of the moments that make Rochelle Park special? Follow our Facebook page, Sage Alliance, for daily glimpses into classroom activities, student achievements, and community events.**

## SUPPORTING EVERY STUDENT'S JOURNEY

Every student's path is unique. Our flexible intake and onboarding ensure a smooth transition through:

- Individualized support – Plans tailored to each student's needs
- Collaboration – Partnership with families, leadership, and districts
- Inclusive environment – A welcoming community from day one
- Strong foundation – Supporting academic, therapeutic, and personal growth

**For out-of-district referrals or consultations, please contact our Clinical Director, Margo Adelsberg, at [madelsberg@sageday.com](mailto:madelsberg@sageday.com).**

# Rochelle Park Activities and Events



## Sage Alliance Schools

### ROCHELLE PARK FAMILIES Parent and Caregiver Support Group

Date: Tuesday, February 10, 2026

Time: 7:00 PM

Location: Virtual (Zoom link will be provided)

This virtual group is for **new and current** parents and caregivers of Sage Rochelle Park students to connect, share experiences, and support each other in a welcoming space. We encourage all parents and caregivers to join!

Email Tara Fries at: [tfries@sageday.com](mailto:tfries@sageday.com) for the link!



Mark Your Calendar - 2026 Upcoming Dates

\*2nd Tuesday of each month

March 10th | April 14th | May 12th | June 9th

## Sage Alliance Schools

### Save the Date!

THURSDAY, FEBRUARY 26, 2026

7:00 PM - 8:30 PM

SAGE ROCHELLE PARK

