

Rochelle Park News and Events

April 2026

A FRESH START THIS SPRING

Spring is finally here, and we hope all of our students and families enjoyed a restful and well-deserved Spring Break. It is a valuable time to relax, recharge, and return to school with renewed energy for the months ahead. With longer days and warmer weather upon us, there is a shared sense of optimism across our school community - we can truly begin to see the light at the end of the tunnel.

At this point in the school year, our students have been in school for seven months, building routines, strengthening relationships, and developing important academic and social-emotional skills. We are seeing growth not only in their learning, but also in their confidence, independence, and ability to navigate challenges. These are the moments when all of the hard work - both in and out of the classroom - begins to come together.

As we move into the final stretch of the year, we look forward to our students continuing to apply the knowledge and skills they have developed to finish the year strong. With continued focus, perseverance, and support, we remain confident in their ability to meet their goals and celebrate their progress.

As always, we extend our sincere gratitude to our parents and district partners for their ongoing support and collaboration. Your partnership plays a vital role in the success of our students and the strength of our school community.



FAMILY FUN NIGHT BROUGHT COMMUNITY TOGETHER

Our Rochelle Park campus was filled with laughter and connection during this month's Family Fun Night, which welcomed families from both Rochelle Park and Mahwah. The evening featured trivia games, pizza, salad, and a crowd-favorite hot chocolate bar. A highlight of the night was the visit from therapy dogs from Operation K-9 Beethoven, who brought comfort and joy to students and families alike.



Family Fun Nights are an important part of our school community, providing meaningful opportunities for families, students, and staff to come together outside of the traditional school day. These events help strengthen relationships, build trust, and create a sense of belonging that supports student success both in and out of the classroom.

Events like this continue to foster the strong sense of community that makes Sage Alliance so special, offering families a chance to connect, engage, and create lasting memories in a fun and relaxed setting.

GROWING TOGETHER: NJCEC SPRING CONFERENCE

Faculty from both our Mahwah and Rochelle Park campuses attended the Spring Conference hosted by the New Jersey Council for Exceptional Children (NJCEC) at Ramapo College. It was a meaningful day of learning, collaboration, and inspiration as educators from across the state came together to share ideas and best practices for supporting students with diverse learning needs. Our

teachers explored new approaches to instruction, student engagement, and social-emotional support, bringing back valuable insights that continued to strengthen the work in our classrooms. Professional learning opportunities like this reinforced our commitment to growth and excellence.



BRINGING SCIENCE TO LIFE WITH ROCKETRY

Students in Mr. Feliciano's science classes had an engaging and inspiring experience when guest speaker Gary Gonska, a retired engineer, visited the classroom.

Mr. Gonska shared his knowledge of rockets and space travel, explaining how rockets were designed and launched, and what it took to explore beyond our world. Students gained insight into the science, engineering, and teamwork behind space exploration.

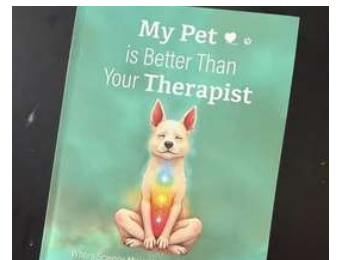
They asked thoughtful questions, explored real-world challenges, and left feeling inspired. The visit served as a powerful reminder that curiosity, creativity, and hard work can open doors to endless possibilities.



LEARNING THROUGH "PET MEDICINE"

Our Paws for a Cause Club welcomed Jennifer Bronsnick, a licensed clinical social worker and founder of Paws 4 Wellness, for a memorable and impactful visit.

Jennifer introduced students to her "Pet Medicine" approach, helping them understand how connections with their pets could support emotional wellness, reduce stress, and build resilience. Through engaging discussion and relatable examples, students connected deeply with the message. They walked away with meaningful, real-life strategies they could use in their everyday lives. A heartfelt thank you went to Mrs. Fries for organizing this special experience for our students.



CELEBRATING QUARTER 2 ACADEMIC EXCELLENCE

Last month we recognized 19 students for their outstanding academic achievements in Quarter 2. Students earning High Honor Roll achieved an average of 93% or higher, while those on the Honor Roll earned an average of 88% or higher. Their dedication, focus, and hard work across all classes set a strong example for our school community. Join us in congratulating these students on their well-deserved accomplishments - their success is a reminder that perseverance and effort truly pay off!



TRACK TEAM TRIUMPHS IN FIVE-SCHOOL MEET

Our Rochelle Park track team had an incredible showing this month, bringing home 1st place overall in a competitive five-school meet. The team finished with an impressive 126 total points, securing the win by 8 points. Throughout the meet, our athletes demonstrated determination, resilience, and strong teamwork.

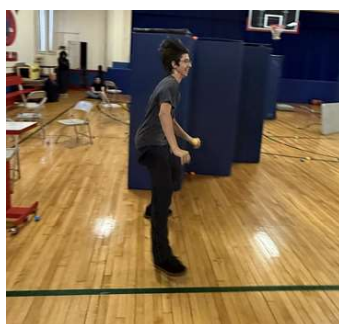
From sprints to distance races and relays, each athlete contributed to this exciting victory. Standout performances - including a gold medal finish in the 600m - helped lead the team to success and showcased the strength of our program.

A special thank you to Coach Milon, whose leadership, preparation, and belief in our students continue to inspire excellence both on and off the track. We were incredibly proud of our athletes for representing Sage Alliance with such dedication.



MARCH MADNESS BROUGHT FRIENDLY COMPETITION

March Madness brought excitement and friendly competition to our school community, thanks to Mr. Milon's efforts in organizing a variety of basketball activities. Students participated in events such as free throw contests, Hot Spot challenges, three-point competitions, Knockout, and 2-on-2 games. There was something for everyone, whether competing or cheering from the sidelines. The event concluded with a highly anticipated faculty vs. student showdown, creating a fun and memorable send-off before Spring Break.



EGG HUNT EXCITEMENT

This month's Advisory Challenge turned the Rochelle Park gym into a 550-egg indoor hunt! Students took on the added challenge of carrying eggs only in their hands - no bags or pockets allowed. If an egg was dropped, it became fair game, adding to the fast-paced fun. Each egg was worth 1 point, while golden eggs were worth 50 points, making the competition both strategic and energetic. Prizes included Advisory points and trips to the bagel shop and Dairy Queen. Events like this continue to promote teamwork, school spirit, and a sense of community, while encouraging friendly competition among our students.



CELEBRATING SPRING WITH OUR STAFF

Our Sunshine Club hosted a wonderful Spring Fling luncheon for staff, creating a moment to pause and recharge during a busy time of year. Each department contributed something festive, making the event feel like a true celebration of the season. It was an opportunity for staff to step away from their daily routines, share laughter, and enjoy meaningful time together. The luncheon provided a refreshing boost of energy and connection - a perfect spring reset and a reflection of the supportive culture within our school community.



STAFF SPOTLIGHT: MR. FRIEDLAND, PRINCIPAL

Mr. Friedland's guidance is a driving force in our school community. He has been with Sage for 22 years and works tirelessly to create an environment where students can thrive academically, socially, and emotionally. His commitment and vision play a key role in defining the Sage experience. Learn a bit more about Mr. Friedland below and see what shapes his approach to leading our school.

What inspired you to become an educator and join the Sage team?

Mr. Friedland shares, "I come from a long line of educators in my family, including my mother, father, uncles, and cousins. I've always had a draw to the field. Specifically, Sage provides a unique environment to help students directly. It is always exciting and rewarding, despite some of the day-to-day challenges."

What do you enjoy most about working with our students?

"I enjoy the unpredictability that each day brings," Mr. Friedland says. "Every day there is at least one new challenge and at least one small success."

If you weren't working in education, what job would you be doing?

"I could see myself in a variety of fields, including music production, sports journalism, and/or something in the travel or leisure field."

Do you have a favorite book, movie, or TV show that you never get tired of?

"I can watch A Few Good Men any day of the week and twice on Sunday. And I'll never turn off a Seinfeld episode."

If you could instantly learn a new skill, what would it be?

"I would love to be able to play the drums."

What's your go-to comfort food or favorite meal?

"My go-to comfort food is Indian food, but my favorite cuisine is Japanese - sushi specifically."

Do you have a favorite quote, motto, or piece of advice you live by?

"I love mottos and mantras. One I use daily is 'pause and reflect,' which helps give space between an occurrence and my reaction."

What's something on your bucket list you hope to do one day?

"I would love to have dinner at the French Laundry."

Mr. Friedland inspires our students and staff alike, reminding us that curiosity, reflection, and a little humor go a long way in every day at Sage Rochelle Park.



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.

UPCOMING EVENTS



April is

AUTISM AWARENESS MONTH



Sage Alliance Schools

ROCHELLE PARK FAMILIES Parent and Caregiver Support Group

Date: Tuesday, April 14, 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 for the link!



Mark Your Calendar - 2026 Upcoming Dates
*2nd Tuesday of each month
May 12th | June 9th

Sage Alliance Schools

WEBINAR

THURSDAY, APRIL 9 | 10:00-11:00 AM

Sage Alliance Schools

SUPPORTING ADOLESCENT MENTAL HEALTH

A webinar for parents, guardians, educators, and clinicians



Understanding a child or teen's mental health can be overwhelming. Join us for a webinar to learn strategies to better understand children's and teens' emotional well-being. This session will provide an overview of the Columbia-Suicide Severity Rating Scale (C-SSR), a helpful tool to navigate difficult conversations about mental health.

Additionally, this session will provide practical guidance to help you:

- Recognize signs that a child or teen may be struggling
- Support in ways that are age-appropriate and effective
- Understand when and how to seek additional help



Register

Speaker: Adam M. Lesser, LCSW

Adam is an Assistant Professor at the Department of Child and Adolescent Psychiatry, Columbia University Vagelos College of Medicine. He is also Deputy Director for Training and Implementation at The Columbia Lighthouse Project Columbia University Medical Center/New York State Psychiatric Institute.

Register now at info.sagealliance.com/cssrs-webinar

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