

## Rochelle Park News and Events

May 2026

### BUILDING MAY MOMENTUM

As we enter May, we find ourselves reflecting on an April filled with energy, growth, and meaningful experiences that brought learning to life across our school community. Spring has a way of energizing both students and staff, and this past month was no exception. Classrooms were buzzing with engagement as students continued to challenge themselves academically, deepen their understanding, and take greater ownership of their learning. Throughout April, we saw students actively participating, asking thoughtful questions, and pushing themselves to meet new goals, both individually and collaboratively.

Beyond the classroom, students took part in a wide range of enriching experiences that extended learning in authentic and memorable ways. Hands-on projects, interactive lessons, and field trips helped connect curriculum to the real world, while school-wide events strengthened our sense of community and belonging. We also witnessed important moments of personal growth, as students demonstrated perseverance, kindness, leadership, and responsibility in both structured activities and everyday interactions. As we move into May, we carry this momentum forward with pride and purpose, looking forward to finishing the year strong and celebrating all that our students have accomplished.

### COLLEGE AND CAREER READINESS

Last month, our juniors and seniors visited Montclair State University, where they gained a valuable glimpse into life beyond high school. During the visit, students explored the campus, learned about a variety of academic programs, and began to envision their future paths. The trip also gave students a chance to experience a real college environment and imagine themselves as part of a campus community. Students also had the opportunity to ask questions about admissions, financial aid, and student life, helping to make the college process feel more accessible and less overwhelming. A special thank you to Mrs. Sardinsky, our College and Career Counselor, for organizing this meaningful and impactful experience.



## COMMUNITY CONNECTION & STUDENT SUPPORT

### Supporting Adolescent Mental Health

This month, we were proud to offer a webinar for families focused on Supporting Adolescent Mental Health. Parents and caregivers joined us to learn more about recognizing warning signs such as changes in mood, behavior, and engagement, as well as strategies for responding in supportive and proactive ways. The session also emphasized the importance of open communication, building trust, and knowing when to seek additional support. Families walked away with practical tools and a greater sense of confidence in how to support their child's emotional well-being at home.

### Guest Speaker: Arno Michaelis

We also had the opportunity to bring an impactful experience to our school community with guest speaker Arno Michaelis, author of *My Life After Hate*. Through his powerful and honest story, he shared his personal journey from a life rooted in hate and extremism to one grounded in empathy, accountability, and positive change. He spoke candidly about the influences that shaped his past, the turning points that led to transformation, and the importance of compassion, understanding, and personal responsibility. His message encouraged students to reflect on their own choices, the impact of their words and actions, and the value of kindness and connection. It was a meaningful experience that resonated with both students and staff.

We will continue to offer opportunities like these to support our families and strengthen the connection between home and school, ensuring that our students are supported both academically and emotionally.

## CLASSROOM LEARNING IN ACTION

### Hands-On Learning in Anatomy & Physiology

Mr. Feliciano's Anatomy & Physiology class took learning to the next level with a hands-on fetal pig dissection. While it may sound intense, this experience provided students with a deeper understanding of anatomical structures and how the human body functions, reinforcing classroom concepts in a powerful and memorable way. This type of experiential learning also helps students build confidence in applying scientific knowledge in real-world contexts. It was a truly engaging and valuable experience for all involved.

### Self Defense & Fitness: Strength in Action

Students in Mr. Milon's Self Defense & Fitness program came together for a full-group workout that highlighted the skills they've developed throughout the year. From strength and technique to teamwork and perseverance, it was impressive to see their growth and commitment on full display. The session also reinforced the importance of discipline, goal-setting, and maintaining a healthy, active lifestyle.



## STUDENT LIFE & SCHOOL CULTURE

### Monthly Advisory Challenge: Carnival Day!

This month's Advisory Challenge was a crowd favorite! Each advisory created their own carnival booth, showcasing creativity, collaboration, and school spirit. The event brought our community together for a day full of fun, complete with unlimited cotton candy, popcorn, and hot dogs. It was a wonderful celebration of teamwork and positive energy.



### The Great Gatsby Comes to Life

Our annual 11th Grade Gatsby Party was a tremendous success! As juniors explored *The Great Gatsby*, they brought the Roaring Twenties to life in style. Student volunteers even learned the Charleston for the occasion, adding to the lively atmosphere. From the creative outfits and music to the decorations, props, and food, every detail contributed to a truly immersive experience. A very special thank you to Mr. Tanis for making this incredible event possible!



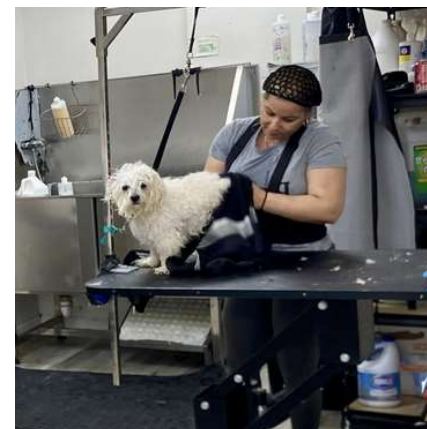
## EXPERIENTIAL LEARNING & ENRICHMENT

### Paws for a Cause Club: Real-World Animal Care Experiences

Members of our Paws for a Cause Club participated in two hands-on experiences this month focused on animal care and career exploration.

During their visit to Garrett Mountain Equestrian Center, students, accompanied by Mrs. Fries and Miss Henke, had the opportunity to groom horses Treasure and Bandit, learn about proper care and feeding, and interact with a variety of animals including guinea pigs and a bunny. A highlight of the trip was watching the Passaic County Mounted horses train alongside their police officer partners.

Students also visited Rolly Pups Groomer in Rochelle Park, where they learned about the day-to-day responsibilities of professional groomers. This experience gave students insight into grooming techniques, animal care practices, and helped them explore whether working with animals might be a potential future career path.



## STAFF SPOTLIGHT: MRS. HOFFMAN, SCIENCE TEACHER

We are excited to highlight Ms. Eileen Hoffman from our Science Department, who is currently in her third year at Sage. Her passion for science and dedication to her students make her an invaluable part of our community.



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

Ms. Hoffman shares, "I love working with kids and young adults, and I've always been passionate about teaching science. I wanted to share my love for biology and chemistry with students and hopefully inspire a lifelong interest in science and discovery."

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

"What I enjoy most is seeing students become curious and engaged," she explains. "It's incredibly rewarding to watch them build confidence and begin to see themselves as capable learners, especially in subjects they may have once found challenging."

### What's one surprising or little-known fact about you?

"One surprising fact about me is that I'm a runner," Ms. Hoffman says. "I run almost every day and have completed several marathons and half marathons. I also ran for my college team." She adds that if she could instantly learn a new skill, it would be playing the piano.

We are so grateful for Ms. Hoffman's enthusiasm, dedication, and the energy she brings to her classroom each day!



## STAFF SPOTLIGHT: MRS. FRIES, THERAPIST

We are proud to feature Mrs. Tara Fries, MSW, LCSW, one of our talented therapists who joined Sage in 2023. Known for being creative, kind, and engaging, Mrs. Fries brings warmth and connection to our school community.

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

Mrs. Fries shares, "I was excited to find ways to connect with students, watch them grow, and hopefully make a positive impact in their lives. Sage felt like a place where I could truly do that in a meaningful way."

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

"I love their creative minds - they are the most inspiring group of young people!" she says. "Each student brings something unique, and it's amazing to be part of their journey."

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

"On my bucket list is driving across the country," Ms. Fries shares. "I'd love the experience of exploring different places and taking in everything along the way."

We are thankful for Ms. Fries' compassion, creativity, and the strong connections she builds with our students every day.

## PICKLEBALL DEBUTS AT ROCHELLE PARK!

Students recently had the opportunity to participate in our very first pickleball program! They learned the fundamentals of the game and prepared for a friendly competition with Banyan School. To prepare for the tournament, students received personalized instruction from special guest Coach Leo, who helped sharpen their skills and build confidence on the court. Looking ahead, we're excited that next year, pickleball will officially be offered as a Wednesday club, with even more schools joining future competitions!



### 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.

## Our May community initiative is MENTAL HEALTH AWARENESS



## Sage Alliance Schools

### ROCHELLE PARK FAMILIES Parent and Caregiver Support Group

Date: Tuesday, May 12, 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!



## 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).**