

## WEEKLY ENVELOPE UPATE from the OTPTO for

October 3, 2014



Welcome to the weekly envelope! In an effort to help keep the Old Tappan PTO members “in the know”, we have come up with “The Weekly Envelope”. The weekly envelope will be available on the OTPTO website ([www.otpto.org](http://www.otpto.org)) sidebar, and it will be updated weekly (Wednesday). You will be able to access the weekly envelope at any time that is convenient for you –; however, don’t wait too long or you may miss an important announcement or reminder. You **MUST BE AN OTPTO MEMBER TO RECEIVE THE EMAIL BLAST EACH WEDNESDAY!**

New this year...you can access these updates through the OTPTO Directory Smartphone App

We hope that you will find this form of communication beneficial and convenient. Your feedback is important to us, so if you have any recommendations, suggestions or general feedback, feel free to email me directly at [Melissa\\_DelRosso@yahoo.com](mailto:Melissa_DelRosso@yahoo.com).

Thanks for your support!

### Updates:

- **ORDERS FOR PIZZA LUNCH MONDAY** have re-opened for purchase. It will be open until Thursday, October 9<sup>th</sup> for new orders and add-on slices. There will be no refunds or cancellations. Price for pizza is \$62 for 31 weeks, with delivery starting MONDAY, OCTOBER 20<sup>TH</sup>!
- **OT EDGE AFTER-SCHOOL CLUBS** will begin next week. Golf, Tennis and iPiggibank began this week. In order to avoid confusion, PLEASE SEND A NOTE WITH YOUR TBD CHILDREN advising your child’s teacher that they will be dismissed to a particular after-school club.
- **JOIN US FOR OUR FIRST OTPTO GENERAL MEETING ON THURSDAY, OCTOBER 9<sup>TH</sup>** at OT Library at 9:15AM. We will go over the plans for the 2014-15 school year. In addition, we will have a special presentation provided by *LICE HAPPENS*. Go to [www.OTPTO.org](http://www.OTPTO.org) for more details. **Kindergarten and First grade parents are encouraged to come – we will be looking for interest in an after-school craft project group. More information at the meeting.**
- **“IT’S TIME TO TALK – PARENTING IN THE AGE OF TECHNOLOGY”** is a special OTPTO sponsored presentation for TBD & CDW parents scheduled for October 14<sup>th</sup> at 7PM. Tom Kersting, psychotherapist and school counselor, will provide this insightful and interactive presentation:


This will be a unique and interactive discussion with parents. Parents will have the opportunity to learn about and discuss the following: The connection between technology use and mental health

- How much screen time is too much
- The link between ADHD and Tech overload
- Strategies to help your child lower his/her anxiety
- How much sleep is acceptable for your over-scheduled child
- Creating leaders not followers
- Your role as a parent

..... And much more..

**Go to [www.OTPTO.org](http://www.OTPTO.org) for more information and to reserve a spot at this FREE presentation! There will be limited seating and we will be opening this up to other towns if it does not fill up with OT parents.**

- **“BACK TO SCHOOL” COMEDY NIGHT, WEDNESDAY OCTOBER 22<sup>ND</sup>!** Gather some friends, do a ladies’ night out, make it a date night with your spouse...come join us for a fun night at Levity Live Comedy Club & Dinner Theater at the Palisades Center Mall. Tickets are \$25 and require an additional 2 item purchase (drinks or apps). See flyer for details.
- **CONGRATULATIONS TO MRS. DOCKENDORF’S 2<sup>ND</sup> GRADE CLASS.** They have won the boxtop collection for September!
- **THE OTPTO IS EXCITED TO ANNOUNCE OUR PARTICIPATION IN THE TD BANK AFFINITY PROGRAM.** TD Bank Affinity program offers us the opportunity of raising funds for the OTPTO just by having a TD Bank Account. More details are attached, all banking information is confidential and no money comes from your accounts. Please contact Melissa at [Melissa@OTPTO.org](mailto:Melissa@OTPTO.org) if you have any questions, or contact TD Bank in Norwood for more details.

A portrait of Tom Kersting, a man with short brown hair, wearing a blue button-down shirt under a dark green blazer. He is looking slightly to the right of the camera with a neutral expression. The background is dark and out of focus.

Tom Kersting

AMERICA'S RELATIONSHIP & WELLNESS EXPERT

# TOM KERSTING

**TUESDAY, OCTOBER 14, 2014**

**7PM—8PM**

**T. BALDWIN DEMAREST GYMNASIUM**

**PLEASE RSVP FOR THIS FREE EVENT at [www.OTPTO.ORG](http://www.OTPTO.ORG)**

This will be a unique and interactive discussion with parents. Parents will have the opportunity to learn about and discuss the following:

- The connection between technology use and mental health
- How much screen time is too much
- The link between ADHD and Tech overload
- Strategies to help your child lower his/her anxiety
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..... And much more..

"I am getting more calls than ever from parents with children suffering from anxiety, depression and behavioral issues. What parents don't know is that the cause of these issues is the countless hours (8 or more hours per day) that their kid's spend plugged-into their smart phones, computers, video games and ipads. Yes, their brains are being re-wired and the result is an inability to cope with "real" life issues. This lecture will cover all of this and will include lot's of real cases I've dealt with. Please spread the word." - Tom Kersting

*About Tom Kersting:*

*Psychotherapist and school counselor, Tom Kersting, is a nationally renowned authority in the field of mental health, parenting and wellness. For more information, visit his website at <http://tomkersting.com/>*

# **“BACK TO SCHOOL” COMEDY NIGHT**

**GATHER THE GIRLS or MAKE IT A COUPLES NIGHT  
GREAT FUN WHILE FUNDRAISING TO SUPPORT OTPTO**

# **LEVITY LIVE**

## **BEYOND FUNNY**



## **COMEDY CLUB & DINNER THEATER**

**Wednesday , October 22, 2014, 7PM**

**LEVITY LIVE**

**Palisades Center Mall**

**\$25 PER TICKET**

**WITH ADDITIONAL 2 ITEM PURCHASE REQUIRED (DRINKS, APPS)**

**Purchase tickets at [www.OTPTO.org](http://www.OTPTO.org) or contact [Melissa@OTPTO.org](mailto:Melissa@OTPTO.org)**

**This is a “4 Towns Mingle” Event that we are sharing with Norwood,  
Northvale and Harrington Park.**

**WE HAVE A 25 PERSON MINIMUM!**

# **NORTHERN VALLEY REGIONAL HIGH SCHOOL DISTRICT PRESENTS**

## **DEFENDING YOUR TEEN**

**NATIONALLY RECOGNIZED PREVENTION EXPERT:  
Timothy Shoemaker**

"Defending Your Teen" is an intimate and engaging two hour presentation that no parent can afford to miss. Presented by one of the nation's most engaging prevention experts, audience members are given the tools and techniques they need to protect their kids from the most ominous drug threats in American history. In this astonishing tour of the teen drug scene, parents are free to explore more than two dozen hands-on displays and practice real-world detection techniques that they can incorporate into their own lives. Learn how to reinforce positive behavior and how to intervene in small mistakes before they become life-threatening. Join us and make sure you have what you need to Defend Your Teen.

## **OCTOBER 20, 2014**

**7:00PM - 9:00PM**  
**Northern Valley Regional H.S.**  
**@ Old Tappan Auditorium**  
150 Central Avenue  
Old Tappan, New Jersey 07675