



OFFICE OF THE SUPERINTENDENT  
VERNON TOWNSHIP SCHOOL DISTRICT  
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**Karen D'Avino**  
Superintendent of Schools  
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November 3, 2021

Dear Parents, Guardians, and Caregivers of Vernon Township Students,

The Vernon Township School District takes the concern of social emotional well being for our students seriously. To that end, we want to extend social emotional wellness to families and our educational community to be acknowledged during several weekends this year.

**December 4 and 5 will be a “Wellness Weekend”.** Wellness Weekends represent a break away from school responsibilities. During each of the wellness weekends, students will not have any obligations to the school district, which means no homework, no tests or quizzes, and no due dates scheduled directly before or after a wellness weekend. It is my hope this will lead to healthier students, employees and families. After more than eighteen months of COVID disruption, it is important now more than ever that we prioritize our health, collectively, as a community.

In addition, **December 3 will be Tech Awareness Day.** This means we (as a district) will use Genesis to take attendance as a district but then refrain from using technology for instruction. While this represents a shift in daily practice, as we rely heavily on technology, it is essential that students and educators take time to “unplug.” It is a wonderful opportunity to acknowledge the importance of unplugging, of balancing tech in one's life, and having face-to-face conversations with other people. Perhaps you might consider what a Tech Free evening looks like in your home on Friday, December 3. Technology can be marvelously convenient, but we've come to rely on it for nearly everything. Tech Awareness Day is a way to be aware of the reliance on technology and how connecting and learning can be fun and engaging without technology in our classrooms.

As we approach December 3, 4, and 5, you will hear more from your Principal. The district is also planning on offering additional Wellness Weekends this school year to further encourage family engagement and the social emotional care of each other. Perhaps as you begin the four day weekend, due to the NJEA convention, families can begin to brainstorm what wellness looks like in your home. Be well!

Sincerely,

*Karen D'Avino*

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