

Please remember...all children 59 months of age and younger MUST receive the influenza vaccine before returning to school after the Christmas break.

Documentation must be sent to the Health Office. This NJ State law will be strictly enforced. Children who do not comply will be excluded from school for the duration of the flu season or until they receive the vaccine (medical and religious exemptions are granted on an individual basis).

Remember to dress your children appropriately for the weather. Plan on outdoor recess.

Being physically active is one of the most important actions that people of all ages can take to improve their health. Physical activity fosters normal growth and development and can make people feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases. Health benefits start immediately after exercising, and even short episodes of physical activity are beneficial.

It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, enjoyable, and that offer variety. Children and adolescents ages 6-17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily.