



# DEANE-PORTER SCHOOL NEWSLETTER



APRIL 10, 2024



**UPCOMING  
EVENTS**

A vertical flyer for an event. At the top left is a red and white beach umbrella. At the top right are a pair of orange and blue flip-flops. The background is a light beige color with blue wavy lines at the bottom representing water. A red star is on the left side, and a red circular graphic is on the right side. At the bottom left is a beach ball, and at the bottom right is a pink flamingo inflatable ring. The text is in blue and red.

THE RUMSON PTO IS EXCITED TO HOST

# LUNCH WITH A LOVED ONE

MONDAY MAY 20TH, 2024

RAIN DATE TUESDAY MAY 21ST, 2024

LOOK FOR INVITE IN WEEKLY FLYER AFTER SPRING BREAK

[WWW.RUMSONSCHOOL.ORG](http://WWW.RUMSONSCHOOL.ORG)

SCHOOL  
COUNSELOR  
I'LL BE THERE FOR YOU

# School Counselor SPOTLIGHT

If you would like to talk to or see Mrs. Piernik, please call, 732-842-0330 X4409 or e-mail, [jpiernik@rumsonschool.org](mailto:jpiernik@rumsonschool.org)



## Upcoming NJSLA Testing for Grade 3 Students



All public schools in New Jersey will administer the NJDOE-mandated NJSLA assessments this spring. Rumson students in Grades 3 through 8 will take the NJSLA assessments in ELA and Mathematics from **May 6-10, 2024**. Testing begins promptly at 9:00 a.m., so we ask parents' assistance in ensuring students arrive to school on time. In the event that your child reports to school later and the testing session has begun, your child will be held in the Cafeteria under the supervision of a teacher, and then will be scheduled for a make-up exam at a later date. Please do not send your child ill to school, just to take the exam, as their health is a priority and we can always schedule a make-up exam.

In accordance with NJSLA Test Security requirements, all cellular phones and electronic devices (including but not limited to: smartphones, iPods, smartwatches, tablets, e-readers, FitBits) are prohibited from the testing environment, including after students have completed testing and during breaks. If a student is found to be in possession of a cellular phone or any other prohibited material, then the student will be dismissed from the testing environment and the test may be invalidated later by the State Education Agency.

As the easiest method to avoid any cell phone-related test irregularities, we encourage you to simply have your child leave their cell phone or other prohibited device at home on NJSLA testing days.

Otherwise, in compliance with district policy and Student, Staff and Parent Handbook rules, and to comply with Test Security policies, prior to the start of NJSLA testing each day, teachers will collect the phones/devices of all students who bring their phones and/or prohibited devices to a classroom.

Phones will be stored together outside of the classroom and returned at the conclusion of testing each day.



# Allergens and Pollen

CDC.gov

# Nurse Notes

Climate change will potentially lead to both higher pollen concentrations and longer pollen seasons, causing more people to suffer more health effects from pollen and other allergens.

Pollen is an airborne allergen that can affect our health. Pollen grains are tiny “seeds” dispersed from flowering plants, trees, grass, and weeds. The amount and type of pollen in the air depends on the season and geographic region. Though pollen counts are typically higher during the warmer seasons, some plants pollinate year-round.

Climate change will potentially lead to shifts in precipitation patterns, more frost-free days, warmer seasonal air temperatures, and more carbon dioxide (CO<sub>2</sub>) in the atmosphere. These changes can affect:

- when the pollen season starts and ends and how long it lasts each year,
- how much pollen plants create and how much is in the air,
- how pollen affects our health (the “allergenicity” of pollen),
- how much pollen we are exposed to, and
- our risk of experiencing allergy symptoms.

Pollen exposure can trigger various allergic reactions, including symptoms of hay fever. Hay fever, also known as allergic rhinitis, occurs when allergens like pollen enter your body and your immune system mistakenly identifies them as a threat. If you have allergic rhinitis, your body then responds to the allergen by releasing chemicals that can cause symptoms in the nose. Symptoms of allergic rhinitis can occur during certain seasons or year-round, depending on the allergen, and affect as many as 60 million people per year in the United States. Symptoms from allergic rhinitis include sneezing, runny nose, and congestion.

Pollen exposure can also trigger symptoms of allergic conjunctivitis. Allergic conjunctivitis is the inflammation of the lining of the eye (conjunctiva) due to exposure to allergens like those in pollen. Allergic conjunctivitis is found in up to 30% of the general population and as many as 7 out of 10 of patients with allergic rhinitis. Symptoms from allergic conjunctivitis include red, watery, or itchy eyes.

People with respiratory illnesses like asthma may be more sensitive to pollen. Exposure to pollen has been linked to asthma attacks and increases in hospital admissions for respiratory illness. Medical costs linked with pollen exceed \$3 billion every year, with nearly half of those costs being linked to prescription medicine. Higher pollen concentrations and longer pollen seasons can also make you more sensitive to allergens. This can trigger asthma episodes in individuals with asthma and diminish productive work and school days.

Extreme rainfall and rising temperatures also can contribute to indoor air quality problems. For example, they can cause the growth of mold indoors, which may lead to worsened respiratory conditions for people with asthma and/or mold allergies and heightened challenges in maintaining adequate asthma control.

## CDC Allergen Resources:

- [Asthma](#) – guidance on asthma symptoms, triggers, and management
- [Asthma and Allergies in the Workplace](#) – NIOSH resources on a variety of asthma- and allergy-related topics
- [Asthma and Mold After a Hurricane](#) – Information for Clinicians Helping Patients with Respiratory Conditions After a Hurricane or Other Tropical Storm
- [Covid-19 and Seasonal Allergies](#) – Frequently asked questions about Covid-19 and seasonal allergies
- [Pollen and Your Health](#)
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# BOOKS & BUNDT'S

Reading Makes Life Sweeter

**Who**  
Pre-K through Elementary School Students

**What**  
Students will receive a Free Bundtlet for each month that they read 400+ minutes.

**When\***  
February 1, 2024 to June 30, 2024

**Why**  
Reading at an early age enriches children's brains, increases vocabulary and test scores, introduces readers to the world around them and helps develop their imaginations.



Does your child want a Free Bundtlet every month?\*

Have him or her read for at least 20 minutes a day, 5 days a week!



## JOIN OUR "BOOKS & BUNDT'S" YOUTH READING PROGRAM

It's easy, free and delicious!

Turning your child into an enthusiastic reader is as easy as 1-2-3!

- 1 Record child's time spent reading on the monthly tracker.
- 2 Bring the completed reading tracker to the bakery listed.
- 3 Celebrate your child's accomplishment with a **Free Bundtlet** and an award certificate he or she can hold on to long after the cake has been enjoyed!

Shrewsbury  
1081 Broad Street  
Shrewsbury, NJ 07702  
(732) 544-2253  
shrewsbury@nothingbundtcakes.com

A Youth Reading Program by

NOTHING bundt CAKES®

[Click here](#) to print a copy of the Reading Tracker.



Don't miss out!  
(This is a promotion)

## Your school memories from cover to cover

Tus recuerdos escolares de principio a fin.

Visit [ybpay.com](http://ybpay.com) to order your yearbook **today!**

(ingrese a [ybpay.com](http://ybpay.com) para encargar su añobook hoy!)



Escanea el código QR para  
¡hacer su añobook hoy!

Order Deadline: **April 26th, 2024**  
Fecha Tope Para el Pedido:

Yearbook ID Code: **10502124**  
Código ID del añobook:

Contact our Help Center for assistance at [lifetouch.com/support-us](http://lifetouch.com/support-us). Select Yearbook Orders for assistance.  
Comuníquese con nuestro Centro de Ayuda para recibir asistencia en [lifetouch.com/support-us](http://lifetouch.com/support-us). Seleccione Pedidos del Añobook para recibir asistencia.

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# DEANE PORTER



District Website:

[District Homepage](#)

**April 17 - DP Spring Picture Day**

**April 23 - National School Bus Driver Day**

**April 25 - National Take Your Daughters & Sons to Work Day**

**May - Speech & Hearing Month**

**May 2 - Boomer's 7th birthday!**

**May 5-10 - Teacher Appreciation Week**

**May 8 - National School Nurse Day**

**May 15 - Spring Concert/Art Show**

Contact:

732-842-0330

