



Deane-Porter School WEEKLY UPDATE

The Rumson School District ignites the potential of its learners by growing, inspiring, and cultivating personal excellence academically, socially, and emotionally



March 6, 2019

Reminder: Important Parent Program Tonight

Raising Digital Natives & Keeping Them Safe



Do you feel #old, #dated, or #whatisahashtag?

Sure you have heard of Snapchat, Instagram, and Facebook...but do you really know what your digital native child is doing on their device? And more importantly, do you know how to keep them safe?

Please join us for an informative and powerful Parent Academy. Maureen O'Brien, retiree from Union County Prosecutor's Office, will address the following topics:

1. Social Media Awareness - What apps are kids using these days and what are the associated hidden dangers?
2. Cyberbullying - What are the mental health and criminal implications with cyberbullying as a result of all of the technology children have at their fingertips?
3. Monitoring - How can you be proactive in monitoring your digital native child? What tech rules can you establish in your home?
4. School impact - What can schools do to create Safe Spaces for our students? What are updates in Rumson HIB policy and practices?

Date: March 6, 2019 Time: 6:30 - 7:30 PM

Woofs of Wisdom



It's cold outside.....
IF YOU WERE A.....



If you were a snowflake what shape would you make with your body?

Make up other fun Winter themes and if you were a snowman,

snowplow.....

Animals, shapes are fun too!

Club Drop Off Safety

Please be mindful when dropping students off for clubs in the morning. Staff and deliveries are also entering the parking lot and therefore full attention needs to be paramount. If you need to watch your child enter the building, your car needs to be fully stopped.

- All students must exit onto the sidewalk ONLY.
- Do not leave students until the club advisor is at the door waiting for them.
- As you pull away from drop off, keep your eyes on the road.

Club Updates

- Check the Virtual Backpack for club dates and times
- Make up club dates will be communicated via the club advisor to participants directly

Nurse Notes -Increased Illnesses

We have several different types of illnesses making their way through Deane Porter. We have had mononucleosis , strep throat , the flu , the stomach virus , other respiratory illnesses and viral infections . Please notify the school of illness when calling in absences to the school . This helps track trends in classrooms and grade levels . We have seen rapid strep tests show negative results , only to find out the send out culture to be positive a day or two (or in some cases 3 days) later . This allows illnesses to spread quickly throughout staff and student population. Please reinforce children to cover their coughs and wash their hands to help contain the spread of illness. Be mindful of sending children to school who are under the weather. If they are sick please keep them home until they are feeling better and able to engage in all school activities. As always students have to be fever free (without the use of medicines) , vomit free, and diarrhea free for 24 hours in order to be in school. Besides potentially spreading their germs , if they are fighting something, they are more susceptible to pick up another illness. Please send in doctors notes and follow the MD plan of care. Thank you for your efforts in keeping our students and staff healthy!

~Ms. Zajac

<https://www.healthline.com/health/symptoms-of-mono-in-kids>

What should I do if I get sick with the flu?

- Stay home for at least 24 hours after your fever is gone.
- Get plenty of rest.
- Drink plenty of liquids.
- Ask your doctor if antiviral medication is necessary.

What should I know about flu pandemics?

- Flu pandemics (global outbreaks) are caused by a new flu virus that affects people from around the world. Most people won't have immunity (protection) from the virus.
- Flu pandemics are rare. There have only been four flu pandemics in the past 100 years – but they were very serious.
- The seasonal flu vaccine probably won't protect you against a flu pandemic. A new vaccine will need to be made, which may take time.
- During a pandemic, be sure to practice healthy habits and take antiviral medications if prescribed by your healthcare provider.

Additional Resources

New Jersey Department of Health
<http://nj.gov/health/cd/topics/flu.shtml>

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/flu

Follow us on social media
Facebook, Instagram, Twitter: @NJDeptofHealth
Snapchat: @NJDOH



New Jersey Department of Health
Communicable Disease Service
Vaccine Preventable Disease Program
PO Box 369
Trenton, NJ
Phone: 609-826-4861

Flu Basics

Tips to stay healthy during flu season



C2553

What is the flu?

The flu is caused by viruses that infect your nose, throat, and lungs. It is easily spread from person to person when someone with the flu coughs, sneezes, or talks. It is also possible to get the flu by touching a surface or object that has flu virus on it and then touching your mouth, nose, or eyes.



What are the symptoms?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea

Who is at risk for the flu?

Anyone can get the flu, even healthy people. Some people are at high-risk of developing serious complications if they get sick with the flu such as:

- Children under 5 years old
- Adults 65 years of age and older
- Pregnant women
- People with chronic health conditions (asthma, diabetes, or weakened immune system)



Take 3 Actions to Fight the Flu

- 1. Get a yearly flu vaccine**
The vaccine is recommended for everyone six months of age and older.
- 2. Practice healthy habits**
Cover coughs and sneezes with a tissue or use your upper sleeve (elbow), wash your hands often, avoid sick people, clean commonly touched objects and surfaces.
- 3. Take antiviral medications if your healthcare provider prescribes them**
Antiviral medications work best when started within two days of getting sick; however, if started later, they can still lessen the severity of symptoms. Be sure to follow instructions for taking these medications.

Why should I get vaccinated every year?

- The flu vaccine is reviewed each year, and sometimes updated, to keep up with changing flu viruses.
- Protection provided by the flu vaccine decreases over time, so an annual vaccine is your best defense.

When should I get the flu vaccine?

You should get the flu vaccine as soon as it is available for the season. After you get the vaccine, it takes about two weeks for your body to develop protection against the flu, so it is best to get the vaccine by the end of October if you can. The flu season can last as late as May. Getting the vaccine later in the season can still protect you.

When are people contagious?

People can spread the flu up to 24 hours *before* they feel sick and for about a week after symptoms begin. Children might be able to infect others for an even longer time period.



Genesis Login Information

All parents in the district have access to the Genesis Parent Portal. You can access the portal through www.rumsonschool.org. The portal login can be found in quick links. **Your email address is your user name.** If you do not remember or have a password, click “forget password” and a new one will be emailed to you. If you have any other Genesis questions, email tzifchak@rumsonschool.org. **Please remember it is mandatory to acknowledge and sign off on all forms in Genesis. To access your child’s forms, please hit the forms tab at the top of the portal page. All forms must be completed.** If forms are not completed you will not be able to access your child’s report card.

Guidance News

March's Pillar of Character is **FAIRNESS**

The Guidance Department incorporates the 10 Pillars of Character into our monthly practices and embeds social skill lessons and activities around these traits during Morning Meeting and Character Education Lessons

Those who exhibit fairness:

- Play by the rules
- Take turns and share
- Are open-minded; listen to others
- Don't take advantage of others
- Don't blame others carelessly
- Treat all people fairly

Fundraising for The Kortney Rose Foundation



The Kortney Rose Foundation

Help Us. Help Doctors. Help Kids.

The Kortney Rose Foundation is a 501(c)(3) nonprofit organization that is dedicated to raising funds to support research and education related to the treatment and cure of pediatric brain tumors. Enhancing the quality of life of children with brain tumors requires access to excellent specialty care, clinical trials, follow-up care, and rehabilitative services.

Deane-Porter School will be collecting money during the month of February for the Kortney Rose Foundation. Each child was sent home with their own donation envelope and donations may be returned at any time before February 28, 2019. A chart with totals by homeroom is posted outside of the cafeteria.

The homeroom that donates the most money, by the deadline, will be awarded a pizza party. **Donations may also be made online at <http://thekortneyrosefoundation.org>** (your child(ren) and associated homeroom(s) will receive credit as long as you include the additional information). If donating by check, please make **checks payable to The Kortney Rose Foundation**. In addition, there will be a container in the cafeteria for spare change, if students would like to donate. There will also be a container in the Main Office for any visitors who would like to donate as well.

Back Door Dismissal Safety

- Please keep children off the wood chip pile behind Deane-Porter
- Do not climb on the soccer goals
- Parents please monitor children as they play on after school, on school property

Rolling Car Line Safety

Rolling car line safety is vital to our school. Please make sure you are abiding by the safety guidelines to ensure safety for all.

- No cell phone use
- Stay in your vehicle
- Put your car in park when letting students out of the car
- Stay in the drop off line, do not swerve around other cars to get out more quickly
- Students should get out of cars once in the DP loop and not wait to get closer to the front door



We thank you for your cooperation in this matter. Using the Back Door or Bus (if you are eligible), for Arrival and Dismissal, may be other options you may want to explore.

Save the Dates

Wednesday, March 6
 Wednesday, March 20
 Cafe
 Friday, March 22
 Tuesday, March 26
 Wednesday, March 27

Parent Meeting on Social Media - 1:30-2:30 & 6:30-7:30 PM
 Gr 1 - Mindfulness Parent Academy - 2:15 and 6:00pm -DP
 Dance With Your Darling
 Grade 2 Drama Club performance 6:30-7:30 PM DP Cafe
 BOE Meeting

April 1 & 2
 Wednesday, April 3
 Thursday, April 4
 Friday, April 5
 Monday, April 8
 Friday, April 12

1:00 PM Dismissal- Parent/Teacher Conferences
 DP Night Conferences
 FD Night Conferences
 MP 3 Ends
 MP 4 Begins
 Parent Portal Opens for Mk Pd 3 Report Cards
 Parents Night Out
 BOE Meeting
 School Closed - Spring Recess
 Teacher Appreciation Week

Wednesday, April 17
 April 19-26
 April 29-May 3

Thursday, May 2

Boomer's 2nd Birthday! ❤️

Please visit this link to view the district calendar.

<http://www.rumsonschool.org/rumson/District%20Calendar/>

The 6-day rotation calendar is in the Virtual Backpack of the Deane-Porter website.