



If you have any questions, I can be reached at 201-796-3353 or [s.janc@stannenj.com](mailto:s.janc@stannenj.com)

## IMPORTANT REMINDER FOR PRE-SCHOOL STUDENTS

The New Jersey Department of Health is fully enforcing the influenza vaccine mandate. There is no grace period.

Therefore, any child enrolled in pre-school, who has not received the flu vaccine as of January 1<sup>st</sup>, may not return to school until the end of the flu season (which is March 31<sup>st</sup> in the state of New Jersey) OR until he/she has received at least one dose of the influenza vaccine.

Completion of one dose of influenza vaccine is required by New Jersey law.

Please provide documentation of completed vaccine to the director of the pre-school.

If your child is exempt for medical reasons, a physician's note is required.

If your child is exempt for religious reasons, a note from the parent/guardian stating such an exemption is required.

### Some important reminders:

**Do not send children to school if they are sick.** Any child who becomes sick while in school or is identified as being sick while in school will be sent home.

**Keep sick children at home** for at least 24 hours after they no longer have a fever, or signs of a fever. The fever should be gone without the use of a fever reducing medicine. Keep away from others as much as possible to keep from making them sick. This is key to controlling the spread of disease.

**Be sure your contact information given to the school is correct and current.**

**There must be someone who is available to promptly pick up your child from school, if it is determined the child must go home. (15 - 20 minutes is a reasonable amount of time for a sick child to wait to be picked up from school.)**

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### Healthy snacks have benefits:

They can give you an energy boost, provide vitamins and minerals, and help you keep a healthy weight.

### Some tips for Healthy Snacking:

- Choose snacks that are high in vitamins, minerals, fiber and protein. (e.g., fruits, vegetables, whole-grain cereal, crackers, pretzels, cheese, yogurt, nuts and seeds.)
- Limit added sugars, fats, cholesterol and sodium
- Check food labels
- Portion it out
- Don't forget about drinks (e.g., water, low-fat milk, small glass of 100% fruit juice)
- Time snacks wisely. Having a snack to gear up for playing a sport or doing homework can give children the boost they need. But avoid serving snacks too close to mealtimes.
- Use snack time to sample healthy foods you have been meaning to try