



As required by the state of New Jersey,  
students in Grades 5 and 7 will be screened for scoliosis.  
Scoliosis screening will take place on Monday, April 23 2018

Letters explaining the procedure will be sent home this month.

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

Please note: **Your child will be screened unless you request in writing that he/she be exempt.**



## The Many Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle.

### **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.)**