

# The Sussex Star

January 13, 2023

Please visit us on facebook @  
<https://www.facebook.com/swregional/>



Welcome back!

Wishing you and your families a happy and healthy 2023!

## Parent Drop Off Solar Panel Lot



The safety of our students and staff is our highest priority. If you drive your student to school, please drop off your student in the solar panel parking lot between 8:15 a.m. and 8:35 a.m. Please do not utilize the main parking lot to drop off your student during the above timeframe as it creates potentially hazardous conditions both for our students and our bus drivers.

## Board of Education Meeting

Our Board of Education will hold a meeting at 7:00 p.m. on **January 26th** at Sussex Middle School. *Everyone is welcome.*

## Calendar



**1/16**-School Closed. Martin Luther King, Jr. Day Observed  
**1/19**-Early Dismissal. Professional Development  
**1/25**-MP 2 ends  
**1/26**-BOE meeting @ SMS @ 7 p.m.

## Absentee Line

If your child is going to be absent from school for any reason, please call the absentee line at 973-875-4138 option 1 and leave the reason for your child's absence.

## 6th Grade Vaccination Requirements

Sixth grade students are required to have both the Tdap and Meningitis B vaccination for the start of the school year. This must be completed after their 11 year old birthday. Please forward a copy of the vaccinations to the school nurse at Sussex Middle School.

## Walkers

All walkers at Sussex Middle School should utilize the following walking route: Newton Ave to Main St. There are crossing guards positioned at the intersection of Newton Ave and 23 as well as the intersection of Route 23 and Route 284.

## Parent Portal

The district has moved to **Realtime Notification** as its primary means of communication for school closings, emergencies and general notifications. Parents/Guardians will need to update their contact information on the parent portal. Should you have any issue logging into your parent portal account, please email the Administrative Assistants at Sussex Middle School for assistance.

## Parking At SMS



When parking in the middle school parking lot, please utilize the parking spaces provided and adhere to New Jersey regulation 39 4-138 regarding the fire lane.

As a reminder, currently the school day begins at 8:40 a.m. and ends at 3:29 p.m. Students walking to school are asked to arrive no earlier than 8:15 a.m. and are to report to the auditorium upon their arrival. Students who are dropped off by a parent/guardian should be dropped off at the doors in the solar panel parking lot on Loomis Avenue between 8:15 a.m. and 8:35 a.m. Please refrain from utilizing the main entrance parking lot to drop your child off. Thank you for your assistance in keeping our students and staff members safe.



## Nurse's Corner



### **Information on Coxsackie Virus:**

The Coxsackie Virus is prevalent in early fall. Coxsackie is a viral disease characterized by sudden onset of fever, sore throat and small, grayish sores in the mouth that may also be on the gums and sides of the tongue. The sores can last from 7 to 10 days and can also occur on the palms of the hands, fingers, soles of the feet and occasionally on the buttocks. Although the disease is usually self-limiting, rare complications may occur in infants. The disease is spread by direct contact with nose and throat discharge and feces of infected people. It can also be spread by aerosol droplets. There is no specific treatment. A person is considered contagious during the first stage of illness and could pass the virus in their stool for several weeks. Preventative measures include promoting good hand washing and other hygiene measures in the home and school. Consult your health care provider if you or any member of your family has symptoms of this disease to obtain a medical diagnosis. Contact your school nurse with any questions or concerns.

### **Head Lice Information:**

Students diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice. Head lice can be a nuisance but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice. Both the American Academy of Pediatrics (AAP) and the National Association of School Nurses (NASN) advocate that "no-nit" policies should be discontinued. Please be sure to check your child periodically for head lice at home.

### **INSTRUCTIONS:**

1. **Do not panic!**
2. Check your child for signs of head lice which are the presence of bugs or the eggs they lay in your hair. The bugs are brownish, small flat, wingless insects that are about as big as a sesame seed when fully grown. They do not jump or fly and can live only on a person, never on pets. The eggs, or nits, are small, gray-white and tear shaped. The nits are firmly attached to the hair shaft and cannot be moved easily. The insect bites you very much like a mosquito and the person usually complains of itching.
3. Lice are easily transmitted from one person to another. Remind your child that lice are spread from person to person and to not share personal items with friends. Lice or their eggs can get on the rug or couch and then crawl or cling to another person, or they can "hitch" a ride on a shared comb, hat, or personal item.
4. If you discover lice:
  - a. Use a lice shampoo, lotion or gel as directed on the label.
  - b. Remove all the lice and nits (eggs) with a fine tooth comb or fingernails.
  - c. Put on clean clothes. Wash all clothes and bedding. Don't forget coats and combs.
  - d. Vacuum all carpets well. Vacuum every day for at least the next 10 days. Do not forget to vacuum the car as well.
  - e. Check your child's hair DAILY for re-infestation. Most treatments recommend a repeat treatment in 7-10 days. If eggs are left in the hair they can start hatching at any time. An egg takes about 10 days to fully mature and

hatch. Each louse lays many eggs every day.

- f. Items that cannot be washed should be bleached in an airtight plastic bag for two weeks.
- g. Please notify your nurse if your child has head lice. Call with any questions or concerns.

### **Information on Conjunctivitis (Pink Eye):**

Several viruses and bacteria can cause conjunctivitis (pink eye), some of which are very contagious. Each of these types of germs can spread from person to person in different ways. They usually spread from an infected person to others through:

- Close personal contact, such as touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then touching your eyes before washing your hands

### **When to go back to work or school:**

If you have conjunctivitis but do not have fever or other symptoms, you may be allowed to remain at work or school with your doctor's approval. However, if you still have symptoms, and your activities at work or school include close contact with other people, you should not attend.

<https://www.cdc.gov/conjunctivitis/about/transmission.html>



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