



HEALTH NEWS

Health Information For Students and Their Families

Hello, Families! We hope your summer is off to a safe and healthy start! Here are some quick tips and reminders to keep everyone feeling their best.




Health Alert: Hand, Foot & Mouth Disease in NJ

The NJ Department of Health has reported an increase in Hand, Foot, and Mouth Disease (HFMD) across the state, especially in childcare centers and schools during summer.

Watch for symptoms:


- Fever, sore throat, decreased appetite
- Small, painful blisters or sores inside the mouth
- Red spots or blisters on palms of hands and soles of feet
- HFMD spreads easily through coughs, sneezes, and contact with surfaces. It is most common in young children.

To help prevent spread:

-  Encourage frequent handwashing.
-  Disinfect toys and shared surfaces regularly.
-  Keep children home if they have fever or mouth sores, until at least 24 hours fever-free and sores are healing.

Please call the health office if your child has symptoms or if you have questions about when it's safe to return to school.

Stay Cool & Hydrated

- Drink plenty of water during hot days and outdoor play.  Add berries, lemon, or cucumber for a fresh taste.
- Take breaks in the shade and wear light-colored clothing.
- Remember sunscreen (SPF 30+) and reapply every 2 hours.

Healthy Summer Snacks

Try easy, hydrating snacks:

- Frozen blueberries or grapes
- Watermelon slices with feta cheese
- Rice cakes with almond butter and banana
- Homemade fruit and yogurt popsicles

These keep kids energized for summer fun!






Farmers Market Finds: Getting Kids Involved in Fresh Eating

Summer is the perfect time to explore local farmers markets while encouraging healthy eating and curiosity about food!





Why it matters:

Kids are more likely to try new fruits and vegetables if they help pick them out. Visiting a market is also a fun family outing that supports local farms.

Tips to get kids involved:

-  Let them pick one new fruit or vegetable to try each visit.
-  Give them a small “market budget” to choose produce.
-  Talk to farmers about how foods are grown.
-  Play “rainbow challenge” to find as many colorful items as possible.
-  Let them help wash, chop (with supervision), or prepare simple snacks using their finds.

Easy recipes to try with market finds:

-  Cucumber and hummus snack plates
-  Fresh berry yogurt parfaits
-  Peach slices with cottage cheese
-  Grilled corn on the cob

As You Prepare for the New School Year, Please Remember:

✓ Schedule Annual Physicals:

All students participating in sports need an updated physical before the season begins. We also require updated physicals periodically so please send a copy of any recent physical to the health office.

✓ Immunizations:

Ensure your child's vaccinations are up to date. Required immunizations must be submitted before the first day of school to avoid exclusion.

✓ Medication Forms:

If your child needs medication at school (inhalers, EpiPens, daily medications), updated physician orders and parent permission forms are needed each school year. Bring these, along with the medication in its original labeled container, to the health office before the first day.

✓ Health Concerns:

If your child has a new health diagnosis (asthma, allergies, seizures, diabetes) or health changes over the summer, please let the health office know so we can provide the safest care possible.

✓ Sick Day Guidelines:

Review when to keep your child home:

Fever of 100°F or higher (stay home until fever-free for 24 hours without medication)

Vomiting or diarrhea

Persistent cough or difficulty breathing

Contagious conditions such as strep throat or pink eye (after 24 hours of antibiotics)



First Aid for Summer Break: Bug Bites, Sunburn & Poison Ivy

Summer adventures can bring some itchy or uncomfortable surprises! Here's how to keep your family safe and comfortable:



Bug Bites

Wash the area with soap and water.

Apply a cold pack to reduce swelling.

Use calamine lotion or an anti-itch cream if needed.

Watch for signs of allergic reactions (trouble breathing, swelling of face or mouth).



Sunburn

Cool the skin with cool (not ice) water or apply aloe vera gel.

Keep your child hydrated with extra water.

Prevent future burns by applying SPF 30+ sunscreen before outdoor play, and reapply every 2 hours.



Poison Ivy

Wash the skin gently with soap and water as soon as possible after contact.

Apply calamine lotion to help with itching.

Avoid scratching to reduce the risk of infection.

If the rash spreads to the face or causes swelling, contact your doctor.



Ask the Nurse!

Q: What's the best way to prevent bug bites?

A: Wear long sleeves, use kid-safe insect repellent on exposed skin, and avoid outdoor play at dusk when mosquitoes are most active.

Beach Water Safety Alert

Before heading to NJ beaches or lakes, check for water quality advisories. Over 100 beaches nationwide, including some in NJ, recently closed due to high bacteria levels after heavy rain. Swimming in contaminated water can cause stomach illness or infections. Avoid swimming in water that looks cloudy, discolored, or smells unusual. Rinse off after swimming and keep wounds covered. Stay informed to keep your family safe while enjoying summer water fun!