



Past Accomplishments/Future Plans

The district wellness committee has accomplished quite a bit since its inception just two years ago.

- Changes in food service resulting in more healthy options for students on a daily basis
- Revised incentive programs resulting in a reduction in the use of food as a reward in the classroom
- Curriculum revisions in Physical Education resulting in students participating in more non-competitive, life-long activities
- Changes in the schools' lunch/recess schedule allowing students to participate in recess before lunch
- Parent education resulting in more healthy foods and an increase in activity during classroom celebrations
- The purchase of 460 pedometers (with grant money) for use by students and teachers, allowing another opportunity for non-competitive activity as they work to better their own

accomplishments and set their own goals

- Introduction of BE FIT, a before school exercise program at the Intermediate School
- Introducing third graders to the student Scorecard incentive program to which awards points for exercise and eating well

The committee has established a number of wellness goals for the future. You can look forward to the following during the 2009-2010 school year and beyond.

- Creation the Family Portal system that will allow parents/guardians to access information regarding your child, including monitoring your student's lunch purchases, reviewing account balances and making payments online to student accounts.
- Teaching proper hand washing to students with using the "Glow Germ" system which uses an ultraviolet light to identify "missed spots" after stu-

dents have washed their hands

- Installing hand washing signs in all bathrooms in the district as a friendly reminder to students and staff members
- Establishing mileage markers within the schools and on the outside properties, enabling students and staff to calculate the distance walked over a period of time
- Expanding the Scorecard program to include additional grades
- Working with the PTA to have room parents continue to provide healthy foods and activities at class parties

A Good Start to The Day

Breakfast provides the nutrients and energy that your child needs to concentrate in school. Give your child a mix of protein and carbohydrates. The carbohydrates boost energy and help jump start the day, while the protein keeps the body going strong until lunch.



H1N1 Update



The district's proactive measures to limit the spread of all influenza strains includes disinfecting all bathrooms, buses, and hard surfaces (desks, countertops, door handles, light switches, etc.) on a daily basis.

We have also installed hand sanitizer dispensers in each cafeteria, allowing students and staff to sanitize their hands prior to eating. A dispenser has also been placed in the lobby of each school to allow members of the public to sanitize their hands upon entering the building.

As we continue to monitor the county, state and federal agencies tracking H1N1, we are committed to providing families and staff with accurate information regarding the H1N1 Virus.

Parents/Guardians can assist in a number of ways:

- Most importantly, if you child has flu-like symptoms keep them home from school for 24 hours after the fever is gone (without the use of fever reducing medications). Also, when calling the attendance office, please be very specific regarding your child's symptoms.

- Please make sure that the phone numbers and email addresses that are on file with your child's school are up to date.
- Parents/Guardians should start making arrangements now for an extended school closing since this decision may need to be made very quickly, leaving little time to prepare.
- Everyone should wash their hands! Good hand hygiene and covering the mouth and nose when coughing or sneezing is essential to limiting the transmission of H1N1.
- Stay informed. Below is a listing of phone numbers and websites that provide reliable, accurate health related information.



Seasonal and H1N1 2009 Flu: A Guide for Parents is available on the Centers for Disease Control website. Visit <http://www.cdc.gov/flu/freeresources> to download a copy.

Always wash hands with soap and water:

- After coughing, sneezing or blowing your nose
- After using the bathroom
- Before and after preparing or eating food
- Before and after changing a diaper
- Before and after any contact with someone who is sick or injured
- After touching an animal or animal waste
- After household chores or yard work
- Any time hands are visibly dirty
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wash your hands well:

- Wet hands with warm water.
- Lather both hands with soap.
- Scrub hands for at least 20 seconds, or as long as it takes to sing Happy Birthday twice.
- Rinse hands thoroughly, using warm running water
- Dry hands on a clean towel or let hands air dry if no clean towel is available. If possible, use the towel to turn off the faucet.

Additional H1N1 Information

Ocean County Health Department: www.ochd.org

New Jersey Toll-Free Public Information Hotline (9AM-5PM, Mon-Fri): 1-866-321-9571

New Jersey State H1N1 website: www.nj.gov/health/flu/h1n1

US Department of Health and Human Services website www.flu.gov

Centers for Disease Control website: www.cdc.gov

Centers for Disease Control Hotline (available in English and Spanish) 1-800-CDC-INFO