

ESTELL MANOR SCHOOL DISTRICT

FRIDAY FOLDER

WEEK 36: May 20, 2024

<u>MONDAY</u> May 20, 2024	STEAM Class: 8 th Period in Media Center: Kindergarten Kindergarten Book Club: 3:30-4:15pm iReady Assessment: Begins: Grades 3, 4, 6, 7 Student Council T-Shirt Sale: Ends
<u>TUESDAY</u> May 21, 2024	STEAM Class: 8 th Period in Media Center: 1st Grade Journalism Club: 8:15am: Grades 5-8 in Room 114 NJSLA- Science Track and Field Meet of Champions @ Ocean City HS: 4pm
<u>WEDNESDAY</u> May 22, 2024	STEAM Class: 8 th Period in Media Center: 2 nd Grade Prek-K Trip to Cape May Zoo NJSLA- Science
<u>THURSDAY</u> May 23, 2024	STEAM Class: 8 th Period in Media Center: 3rd Grade Intramurals: Grades 3-5 Board of Education Meeting: In Media Center: 6pm
<u>FRIDAY</u> May 24, 2024	STEAM Class: 8 th Period in Media Center: 4th Grade
<u>REMINDERS</u>	<p>May 27: School Closed: Memorial Day</p> <p>May 28: iReady Assessment: Begins: Grades 5 and 8</p> <p>May 28: Journalism Club: 8:15am: Grades 5-8 in Room 114</p> <p>May 29: 7th/8th Grade Trip to Arden Theatre and Lincoln Financial Field</p> <p>May 30: Student Showcase: 9:30-11:00am: Lower Grades</p> <p>May 30: HSA Frozen Treat Truck: 11:30am-1:00pm</p> <p>May 30: Student Showcase: 1:30-3:00pm: Upper Grades</p> <p>May 31: 8th Grade Semi-Formal: In Gymnasium: 7-9pm</p> <p>June 4: Safety Patrol Trip to Great Adventure: 8:30am-6:30pm</p> <p>June 4: Wetlands Trip: 5th and 6th Grade</p> <p>June 5: Cold Springs Village Trip: Grades 3 and 4</p> <p>June 5: Donuts with Dad: 8:00-8:45am</p> <p>June 6: BMX Bike Assembly: 2pm: Outside</p> <p>June 6: Spring Band and Choral Concert: 6pm in Gymnasium</p> <p>June 7: Field Day: AM</p> <p>June 7: Student Council Meeting: 8:15-9:00am</p> <p>June 10: Honor Core Luncheon: Superintendent's Office</p> <p>June 10: Preschool Moving Up Ceremony: 10am</p> <p>June 11: Kickball Tournament: 5th vs 6th and 7th vs 8th: 10am</p> <p>June 11: Ice Cream Social: 2pm</p> <p>June 11: Chromebook Collection</p> <p>June 11: 4th Marking Period: Ends</p> <p>June 12: Early Dismissal: 1:30pm</p> <p>June 12: Manor Bowl Quiz: Students vs Students: Grades 5-8: 12:20pm</p> <p>June 12: Awards Assembly: 9:30am</p> <p>June 12: 8th Grade Graduation: 6pm in Gymnasium</p> <p>June 13: Early Dismissal: 1:30pm: Last Day of School for Students and Staff</p> <p>June 13: Volleyball: Teachers vs 8th Grade: 10am</p> <p>June 13: Manor Bowl Quiz: Teachers vs Students: Grades 5-8: 12:20pm</p> <p>June 13: Report Card Distribution</p>

David L. Ricci
Superintendent



Happy
**Mother's
Day**
May 2024 Newsletter



Coming up events

Clothing Drive
Saturday May 4



Mother's Day Muffins with Mom
Wednesday May 8th



Frozen Treat Truck
During school hours
Thursday May 30
For Current Students only



To our 8th Graders
Have a blast at your Semi
Friday May 31st!



Facts about Memorial Day

It was originally called Decoration Day.
It was changed to Memorial Day after WWII.
The first Memorial Day took place in 1868.

Memorial Day and Veterans day
are not the same.

Memorial Day is a day
of
Solemn remembrance.



Next HSA Meeting

Monday June 3rd
7 pm in the Media Room

School Day Reminders

No School: Monday May 27th

Volunteers Needed

**Each event takes effort
and volunteers in
order to make it
successful!**

Join us!

**Help keep the
events going for
your child.**



Scan the QR code to join

BAND & CHOIR

CONCERT

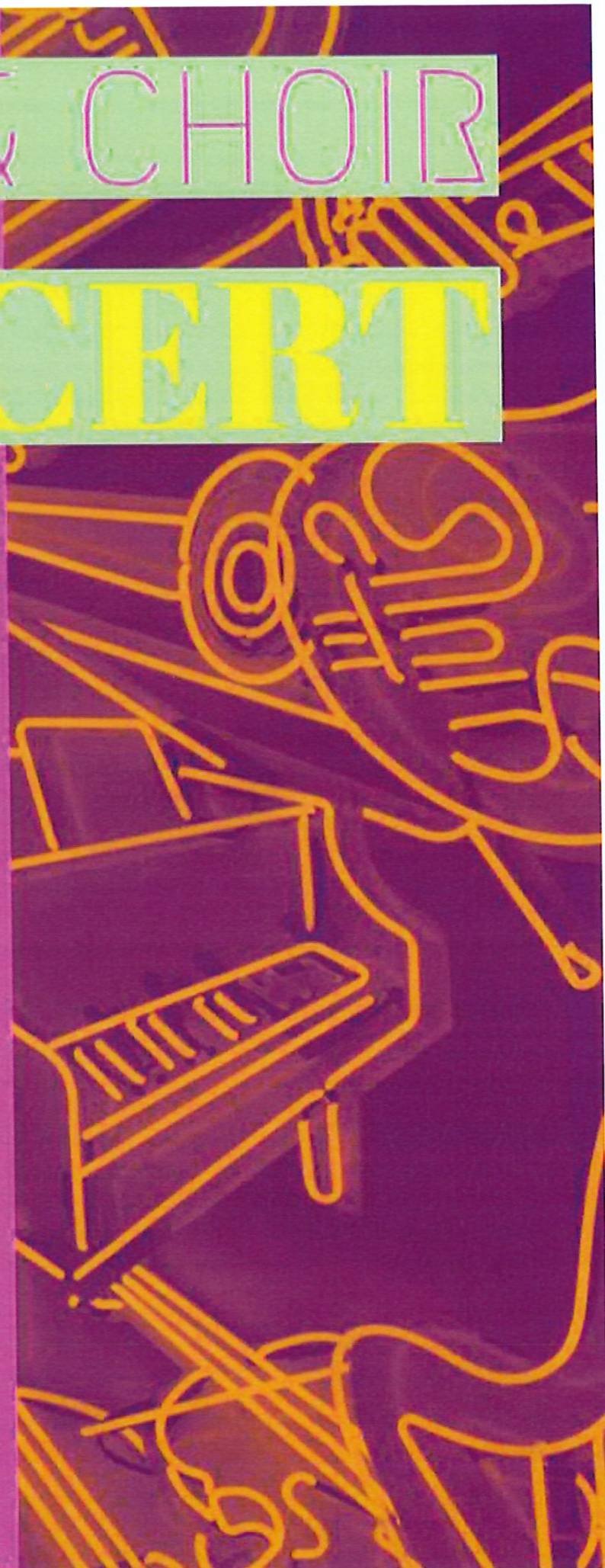
THURSDAY,
JUNE
6TH,
2024

6:00 PM



The Estell Manor

School Gymnasium



POETRY & NEWSPAPER CLUB

MEETING DATES ON TUESDAYS @ 8:15 AM

4/30, 5/7, 5/21, AND 5/28!

MAY 28TH WILL BE OUR FINAL MEETING/PARTY!

8:15-9:10 AM

ROOM 114



SEE MRS. SCHOENBORN FOR MORE DETAILS!



EMS

STUDENT COUNCIL ANNOUNCEMENT

**Meeting dates through
THE END OF THE SCHOOL YEAR:
Friday 4/12/24 8:15am- EVERYONE
Friday 5/10/24 8:15am- EVERYONE
Friday 6/7/24 8:15am- EVERYONE**

**Google Classroom Code:
w5qes27**

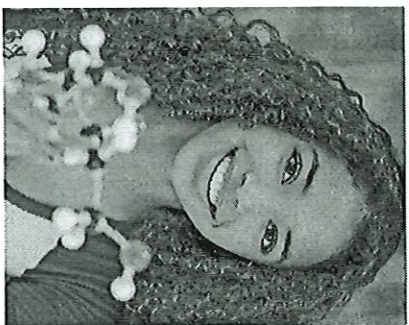
Check for meeting dates and times PLUS updates



HPV vaccine is cancer prevention.

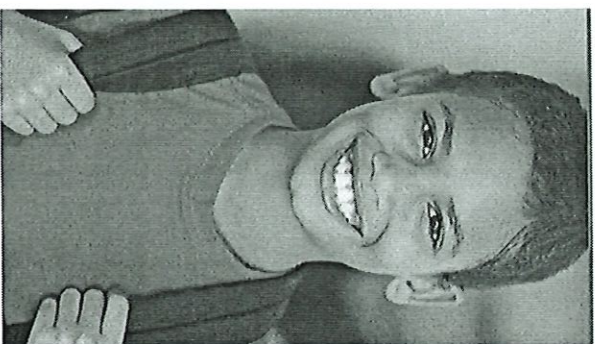
What is HPV?

Human papillomavirus (pap-ah-LO-mah-VYE-rus) (HPV) is a group of common viruses that can cause cancers and genital warts. It is spread by skin-to-skin contact during any type of sexual activity including oral, vaginal, or anal sex with someone who has the virus. HPV usually has no symptoms, so most people can be infected and spread it—without realizing it. It's possible to get more than one type of HPV.



How common are HPV infections?

HPV infections are so common that nearly all men and women will get at least one type of HPV at some point in their lives. Nearly 80 million Americans are currently infected with some type of HPV. About 14 million Americans, including teens, become infected each year.



For more information, contact:

Your healthcare provider

Your local health department

❖ Localhealth.nj.gov

NJ Department of Health:

❖ www.nj.gov/health/cd/topics/hpv.shtml

Centers for Disease Control and Prevention (CDC)

❖ www.cdc.gov/hpv

Protect Me With 3+

❖ www.protectmewith3.com

Vaccines for Children

❖ www.cdc.gov/features/vfcprogram/

New Jersey Department of Health
Communicable Disease Service
Vaccine Preventable Disease Program
PO Box 369
Trenton, NJ 08625
609-826-4861

This information is intended for educational purposes only and is not intended to replace consultation with a healthcare provider.



Human Papillomavirus (HPV) Vaccine for Preteens and Teens

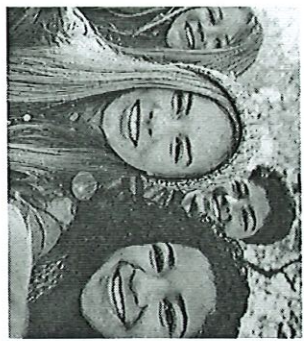


Learn the facts about cancer prevention

Get vaccinated!

What Is the connection between HPV and cancer?

Most HPV infections (9 out of 10) go away by themselves within two years. Sometimes HPV infections will last longer and can cause certain types of cancers.



Every year in the United States, HPV is estimated to cause nearly 35,000 cases of cancer in men and women. HPV infections can cause cancers of the:

- ❖ cervix, vagina, and vulva in females;
- ❖ penis in males; and
- ❖ anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both males and females.

Can I get tested for HPV?

No. There is no test to find out a person's "HPV status." Also, there is no approved HPV test to find HPV in the mouth or throat. There are HPV tests that can be used to screen for cervical cancer. These tests are only recommended for screening in women aged 30 years and older. HPV tests are not recommended to screen men, adolescents, or women under the age of 30 years.

Is there a cure for HPV?

No. There is no cure for HPV, but there are ways to treat the health problems caused by HPV such as genital warts and certain cancers or precancers. Most infections will clear on their own, but there is no way to know which people will develop cancer or other health problems.

How can I lower my chances of getting HPV?

HPV vaccination can help prevent most HPV-associated cancers from occurring. Since the vaccine was first recommended in 2006, there has been a significant reduction in HPV infections. The current vaccine protects against nine strains of HPV; seven strains that cause cancers and two strains that cause 90% of genital and anal warts. The vaccine is given in a multi-shot series.

Who should get the HPV vaccine?

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccine series for all males and females at ages 11 or 12 (or can start at age 9 years) and for everyone through age 26 years* if not vaccinated already. For the HPV vaccine to be most effective, the series should be given prior to exposure to HPV. Starting the vaccine series today can help protect you from the cancers and diseases caused by HPV.

If you get the first dose before your 15th birthday, you will only need two doses. If you get the first dose on or after your 15th birthday then you will need three doses. Those with weakened immune systems should also receive three doses.

* Vaccination is not recommended for everyone older than age 26 years. However, some adults age 27 through 45 years who are not already vaccinated may decide to get the HPV vaccine after speaking with their healthcare provider about their risk for new HPV infections and the possible benefits of vaccination.



Is the HPV vaccine safe?

The HPV vaccine is safe, effective, and provides long-lasting protection against certain types of cancer later in life. Over 120 million doses of HPV vaccine have been



administered in the U.S. since it was licensed by the FDA in 2006, and data continue to show the vaccine is safe and effective. The most common side effects are pain in the arm where the shot was given, fever, and headache. Many vaccines given to teens can cause fainting so your healthcare provider may recommend that you sit or lie down for 15 minutes after vaccination.

Can families get help paying for the vaccine?

Yes. Families who need help paying for vaccines should ask their healthcare provider about Vaccines for Children (VFC). The VFC program provides vaccines to uninsured and underinsured children younger than 19 years old. Parents may have to pay administration and office visit fees. For more information, contact the NJ VFC at 609-826-4862.

HPV VACCINE: Information for Parents

As parents, you do everything you can to protect your children's health now and for the future. Did you know that you can protect them from several types of cancer with HPV vaccination?

What is human papillomavirus (HPV)?

Human papillomavirus (pap-ah-LO-mah-VYE-rus), or HPV, is a group of common viruses that affect both boys and girls. HPV can cause anal and mouth/throat cancers. It can also cause cancer in the cervix, vulva, and vagina in women; and cancer of the penis in men. Different types of HPV can cause genital warts.



Is there a cure?

There is no cure for HPV, but there are ways to treat the health problems caused by HPV such as genital warts and certain cancers. Most infections will clear on their own, but there is no way to know which people will develop cancer or other health problems. **Prevention is better than treatment.**

Is HPV vaccine safe?

The vaccine is very safe. Side effects are generally mild and may include a sore arm, fever, and headache.



Who should get HPV vaccine?

The vaccine is recommended for boys and girls at ages 11 to 12-years-old because:

- ❖ The immune response to the HPV vaccine is better in preteens.
- ❖ Your child should be completely vaccinated before they are exposed to the virus.

Catch-up vaccination can be given at ages 13 through 26.* The most important thing is for all preteens to complete the HPV vaccine series. Teens and young adults who haven't started or finished the HPV vaccine series should make an appointment today to get vaccinated.

Pregnant women and anyone who has ever had a life-threatening allergic reaction to any component of the vaccine or to a previous dose should not receive the vaccine.

* Some adults ages 27 through 45 may decide to get the HPV vaccine based on discussion with their doctor if they were not adequately vaccinated when they were younger.

What are the symptoms?

Even though most people do not show any symptoms, HPV can still be spread through contact during any type of sexual activity with an infected person.

Most people will be infected at some point in their lives. HPV infection is most common during the late teens and early 20s.

- ❖ About **79 million** Americans are currently infected with HPV.
- ❖ About **14 million** people become infected each year.

How can HPV be prevented?

HPV vaccination is a series of shots given over several months. Completing the vaccination series is important to ensure maximum protection against cancers caused by HPV infection. **Over 90% of cancers caused by HPV are preventable through HPV vaccination.** It also protects against the HPV types that cause most genital warts.

What if we can't afford the vaccine?

Families who need help paying for vaccines should ask their healthcare provider about the Vaccines for Children (VFC) program. The VFC program provides vaccines to uninsured and underinsured children younger than 19 years old. Parents may have to pay administration and office visit fees. **For more information, contact the NJ VFC at (609) 826-4862.**

Where can I get more information?

- ❖ Your healthcare provider
- ❖ New Jersey Department of Health
www.nj.gov/health/cd/vpdp.shtml
- ❖ Centers for Disease Control and Prevention
www.cdc.gov/hpv
- ❖ Vaccines for Children (VFC) Program
www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.html



Frequently Asked Questions

What is invasive meningococcal disease?

Meningococcal (muh-nin-jo-cok-ul) disease is a serious illness caused by a type of bacteria (germs) called *Neisseria meningitidis*. The disease may result in inflammation of the lining of the brain and spinal cord (meningococcal meningitis) and/or a serious blood infection (meningococcal septicemia). Meningococcal disease can become deadly in 48 hours or less. Even with treatment, 10-15% of people die. Others have long-term complications such as brain damage, learning problems, skin scarring, hearing loss, and loss of arms and/or legs.

Who gets invasive meningococcal disease?

Although it can occur in people of all ages, infants, preteens, teens, and young adults have the highest rates of invasive meningococcal disease in the United States. College students and military recruits are also slightly more at risk for the disease because of time spent in crowded living conditions like dorms or barracks. People with certain medical conditions or immune system disorders including a damaged or removed spleen are also at higher risk.

How do people get invasive meningococcal disease?

The bacteria are spread from person-to-person through the exchange of saliva (spit), coughs, and sneezes. You must be in direct (close) or lengthy contact with an infected person's secretions to be exposed. Examples of close contact include:

- Kissing
- Sharing items that come in contact with the mouth (water bottles, eating utensils, cigarettes and smoking materials, cosmetics (lip balm))
- Living in the same house
- Sleeping in the same residence (sleep overs)

About 1 out of 10 people carry meningococcal bacteria in their nose and throat, but don't get sick. These people are known as carriers. Although carriers do not have any signs or symptoms, they can still spread the bacteria and make others sick. Since so many people carry the bacteria, most cases of invasive meningococcal disease appear to be random and are not linked to other cases.

Can people with invasive meningococcal disease pass the illness to others?

The infectious period for meningococcal disease is considered to be from 7 days before the person got sick to 1 day after he or she starts on antibiotics. This means that people who were in **close** contact with the sick person during this time are at higher than average risk to get invasive meningococcal disease.

People who are identified as **close** contacts should receive antibiotics to prevent them from getting the disease, regardless of vaccination status. The bacteria are **NOT SPREAD** by casual contact activities like being in the same work or school room as the sick person. The bacteria that cause invasive meningococcal disease are less infectious than the viruses that cause the common cold or flu.

What are the symptoms of invasive meningococcal disease?

- Confusion
- Fatigue (feeling very tired)
- Fever and chills
- In later stages, a dark purple rash

- Nausea and vomiting
- Rapid breathing
- Sensitivity to light
- Severe headache
- Stiff neck

How is invasive meningococcal disease diagnosed?

A health care provider diagnoses invasive meningococcal disease by obtaining the history of symptoms, performing a physical examination, and examining blood and spinal fluid.

What is the treatment for invasive meningococcal disease?

It is important that treatment be started as soon as possible. Most people with meningococcal disease are hospitalized and treated with antibiotics. It is very important to finish your antibiotics even if you begin to feel better, unless otherwise directed by your health care provider. Depending on the severity of the infection, other treatments may also be necessary. These can include such things as breathing support, medications to treat low blood pressure, and wound care for parts of the body with damaged skin.

How can invasive meningococcal disease be prevented?

The best way to prevent meningococcal disease is to get vaccinated. The Centers for Disease Control and Prevention (CDC) recommends meningococcal vaccination for the following:

- All preteens and teens
- Children at increased risk for meningococcal disease
- Adults at increased risk for meningococcal disease

Visit CDC to [learn more about meningococcal vaccination](#).

Where can I get additional information?

- Your health care provider
- Your local health department
localhealth.nj.gov
- NJ Department of Health website
nj.gov/health/cd
- Protect Me With 3+
protectmewith3.com
- Centers for Disease Control and Prevention (CDC)
cdc.gov/meningococcal

This information is intended for educational purposes only and is not intended to replace consultation with a health care professional. Adapted from the Centers for Disease Control and Prevention.