

# The Sussex Star

December 8, 2017

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

## Principal's Message



Please join us on Thursday, December 14th at 7 p.m. in the Sussex Middle School Auditorium for our Winter Concert.

### ***DATES TO REMEMBER***

**12/6**-Progress Reports Went Home  
**12/14**-Winter Concert  
**12/22**-Early Dismissal  
**12/25-1/1**-Winter Break  
**1/2** -School Resumes



On Thursday morning, December 14th, the SMS Chorus will be featured on 102.3 WSUS. Please tune in!

## PTO

Please consider joining our District Parent Teacher Organization. It is an extremely active organization that has had a profoundly positive impact on our district.

## Ski Club



Official permission slips for the Sussex-Wantage Ski Club are in the process of being distributed. If your child has not received one and is interested in participating, please contact Ms. Ralph at the Sussex Middle School or Mrs. Klag at the Wantage Elementary School. Thank you.

## Builder's Club



Builder's Club began on Tuesday, October 3rd. Students interested in joining Builder's Club should see Ms. Birnbaum.

## Band



Music is in the air at the Sussex Middle School! Band and lessons have begun for the 2017-2018 school year. Does your child want to be part of the excitement of learning to play a band instrument? It's not too late! No prior experience necessary! Please have your 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade student see Mrs. Kallimanis for more information or contact her at [jkallimanis@swregional.org](mailto:jkallimanis@swregional.org).



Grandparent/Caregiver Peer Support Groups are free and confidential. These groups serve as a safe place for grandparents and other caregivers to express frustrations and concerns about their children, schools and situations that arise on a daily basis for families raising other family members children.

Our Grandparent's Support Group will be meeting on December 15th from 10:30 a.m. until noon at Sussex Middle School.

## Nurse's Corner



Students who are interested in participating in extracurricular sports must have a physical submitted to the school nurse prior to tryouts.

### Flu Vaccination

#### **Why should people get vaccinated against the flu?**

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of people are hospitalized and thousands of people die from flu related causes every year. Even healthy people can get very sick from the flu and spread it to others. Flu season in the U.S. can begin as early as October and last as late as May. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others.

#### **Who should get vaccinated?**

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when the Center of Disease's Advisory Committee on Immunization Practices voted for "universal" flu vaccination in the United States to expand protection against the flu to more people.

#### **When should I get vaccinated?**

You should get vaccinated now, if you haven't gotten one already this season. It's best to get vaccinated before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu.

#### **Why do I need a flu vaccine every year?**

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing. For the best protection, everyone 6 months and older should get vaccinated annually.

#### **Can the flu vaccine give me the flu?**

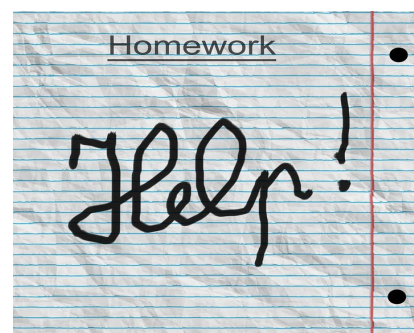
While a flu vaccine **cannot** give you flu illness, there are different side effects that may be associated with getting a flu shot. These are mild and short-lasting, especially when compared to symptoms of bad case of flu. The viruses in the flu shot are killed, so you cannot get the flu from the shot. Minor side effects are: soreness/redness at the site of injection, Fever (low grade) or body aches.

#### **Where can I get a flu vaccine?**

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers.

The following Vaccine Locator (<http://vaccine.healthmap.org/>) is a useful tool for finding vaccine in your area.

## Homework Club



Homework Club began on Tuesday, September 26th. Permission slips for Homework Club were sent home with students last week. Homework Club will run on Tuesdays, Wednesdays and Thursdays from 3:30 p.m. until 4:30 p.m. This is a great chance for students to complete their work in the building away from distractions that may occur at home. This time will be monitored by our teachers which will allow students to have an opportunity to get help and instruction during this time.

## Community Events



**Come out and join Sussex Wantage Little League! Registration is now open for the Spring season for children age 5 to 16 years. For online registration: <https://active.leagueone.com/Olr/Pages/Welcome.aspx?ClubId=13924>**

You may also register by mail if you are unable to access online or come in person. All information is detailed below along with copies of all necessary forms. If you are not registering online you must also submit a signed copy of the SWLL Code of Conduct and photo release form. In addition, all mail in or in person applicants must fill out a medical release form and give it to their coach at their first

practice. All forms can also be found on  
our website:  
<http://www.eteamz.com/swllbaseball>

**2018 Registration Fees:**

T-Ball: \$60.00/player

AAA: \$95.00/player

Minors/Majors: \$130.00/player

Intermediate/Juniors: \$140.00/player

**Volunteer Check –All Levels \$50.00**

Volunteer check collected at registration or  
1<sup>st</sup> practice (Check returned upon

Completion of volunteer time)

(There is a 10% discount starting with the  
2nd sibling registered). **Registration must  
be complete by February 23 to avoid  
late fee and placement on a wait list.**

**Mail-In Registration Instructions:**

**For Players:**

1. Go to Forms page at  
<http://www.eteamz.com/swllbaseball>
2. Download, print and completely fill out  
2018 Spring Player Registration Form (be  
sure to indicate shirt size and division)
3. Download, print and sign  
Sussex-Wantage Little League Code of  
Conduct and the photo release form  
(mandatory - registration will not be  
accepted without these forms)
4. Attach a copy of player's birth certificate  
(first time players to this league only)
5. Attach payment (please do not send  
cash)
6. Mail registration form, code of conduct,  
photo release form, birth certificate (if  
applicable) and payment to:

Sussex-Wantage Little League  
P.O. Box 475  
Sussex, NJ 07461  
Attn: 2018 Spring Registration