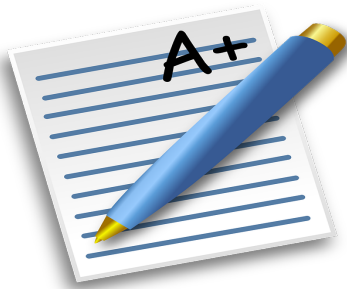


The Sussex Star

December 1, 2017

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

Principal's Message



Progress Reports will be sent home on Wednesday, December 6th.

DATES TO REMEMBER

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

Builder's Club



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

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.

Community Events



High Point Regional High School is hosting a Holiday Bazaar on Friday, December 8th from 3 p.m. until 7 p.m. and Saturday, December 9th from 9 a.m. until 4 p.m. Vendors, activities, Santa, food, music, baked goods, elves, photos, etc. Please contact ebang@hpregional.org for more information.



Congratulations to all of our TREP\$ entrepreneurs. This year's 4th annual TREP\$ Marketplace was a huge success!

Winter Concert



Our Winter Concert will be held on Thursday, December 14th at Sussex Middle School at 7 p.m. in the evening.

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 6th, 7th or 8th grade student see Mrs. Kallimanis for more information or contact her at jkallimanis@swregional.org.

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?

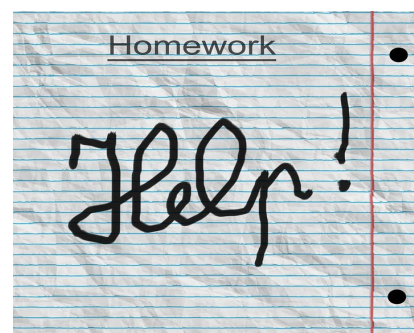
While *a flu vaccine cannot give you flu illness*, there are different side effects that may be associated with getting a flu shot. These are mild and short-lasting, especially when compared to symptoms of bad case of flu. The viruses in the flu shot are killed, so you cannot get the flu from the shot. 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.

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.



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.

