

# Sussex-Wantage Regional Schools Newsletter

JUNE 20, 2019

## Upcoming Events

6/20; LAST DAY OF  
SCHOOL, EARLY  
DISMISSAL

6/20; 7:00 pm 8th  
grade Commence-  
ment Ceremony High  
Point Regional High  
School

6/27; 9:00 am SMS  
Sports Physicals



Sussex-Wantage Regional Schools  
wishes you a happy  
and safe summer.

See you September 5th !



# *Sussex-Wantage Summer Enrichment Programs*



**Acting Workshop with Ms. Leslie Brooks**

**Band Lessons with Mrs. Kelly Felsen**

**Model Rocketry with Mr. Dave Pasake**

**Voice Lessons with Ms. Justine Doherty**

**Summer Art Camp with Mrs. Regina Hagemann**

**[Click here for more information and registration](#)**

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## **Summer Care registration is now open!**

The Summer Care program is a fun, safe day care for your child from grade K-8.

The program starts June 24th at Wantage School and ends August 16th. It opens 7:00 a.m. daily and closes at 6:00 p.m..  
Breakfast and hot lunches are available.

Swimming at High Point Park and kiddie pools for younger children.  
Bowling for grades 2-8 is also available.

Rates are very reasonable. So, consider registering your child today.

Applications are available

**[at www.swregional.org](http://www.swregional.org) under the district tab.**





### Checking for Ticks

Reduce your chances of getting a tick-borne disease by checking your body for ticks after being outdoors. Use a hand-held or full-length mirror to view all parts of your body.

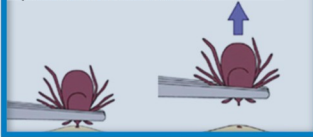
Be sure to check these parts of your body:

- ◆ Under the arms
- ◆ In/around the hair
- ◆ In/around the ears
- ◆ Between the legs
- ◆ Inside belly button
- ◆ Around the waist
- ◆ Back of the knees
- ◆ On the scalp

### What to Do if You Find a Tick

- Using fine-tipped tweezers, grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.
- With a steady motion, gently pull straight up until all parts of the tick are removed.
- After removing the tick, clean your skin with soap and warm water.
- Contact a healthcare provider if you develop symptoms of tick-borne disease.

*Do not use petroleum jelly, hot matches, nail polish remover, or other products to remove a tick.*



### Where Can I Find More Information?

**New Jersey Department of Health Communicable Disease Service: Vector-Borne Illness**  
[www.nj.gov/health/cd/topics/vectorborne.shtml](http://www.nj.gov/health/cd/topics/vectorborne.shtml)

**Centers for Disease Control and Prevention: Tick-Borne Disease**  
[www.cdc.gov/ticks/diseases](http://www.cdc.gov/ticks/diseases)

**Centers for Disease Control and Prevention: Stop Ticks**  
[www.cdc.gov/features/stopticks](http://www.cdc.gov/features/stopticks)

**New Jersey Department of Health Communicable Disease Service**  
 PO Box 369  
 Trenton, NJ 08625  
 (609) 826-4872



Aug 2017

C2471

# Tick-Borne DISEASES



## TICK - B O R N E D I S E A S E S

### What are tick-borne diseases?

Tick-borne diseases are illnesses that can be spread to humans by the bite of an infected tick. The most common tick-borne diseases in New Jersey are:

- ◆ Anaplasmosis
- ◆ Babesiosis
- ◆ Ehrlichiosis
- ◆ Lyme disease
- ◆ Rocky Mountain spotted fever

### How do tick-borne diseases spread?

Ticks become infected when feeding on small infected mammals such as white-footed mice and voles. An infected tick can then infect a person through a tick bite. It is possible to be infected with more than one tick-borne disease at the same time.

### Disease-causing ticks in NJ

These are common ticks in New Jersey that may spread disease to humans:

- ◆ Black-legged "deer" tick (*Ixodes scapularis*) can transmit Lyme disease, anaplasmosis, babesiosis and Powassan disease
- ◆ American dog tick (*Dermacentor variabilis*) can transmit Rocky Mountain spotted fever and tularemia
- ◆ Lone star tick (*Amblyomma americanum*) can transmit ehrlichiosis and tularemia



Black-legged "deer" tick      American dog tick      Lone star tick

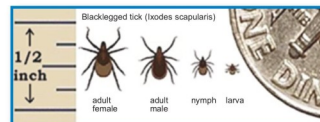
### What are the symptoms of tick-borne diseases?

Early signs of tick-borne diseases can include:

- ◆ Skin rash
- ◆ Tiredness
- ◆ Fever/chills
- ◆ Headache
- ◆ Stiff neck
- ◆ Muscle aches
- ◆ Joint pain
- ◆ Dizziness

### How soon after a tick bite do symptoms occur?

Lyme disease	3-30 days
Ehrlichiosis	7-14 days
Anaplasmosis	7-14 days
Rocky Mt. spotted fever	2-14 days
Babesiosis	7-63+ days



### What is the treatment for tick-borne diseases?

Most tick-borne diseases (Lyme disease, ehrlichiosis, anaplasmosis, and Rocky Mountain spotted fever) are caused by bacteria and can be treated with antibiotics. Babesiosis is caused by a parasite similar to malaria, and a healthcare provider may prescribe medication. It is important to check for symptoms and talk to a healthcare provider if you've been bitten by a tick. Early treatment can be very effective.



### Who gets tick-borne diseases?

Anyone who is bitten by an infected tick may get a tick-borne disease. People who spend a lot of time outdoors, especially from April to September, have a greater risk of becoming infected.

### How are tick-borne diseases diagnosed?

Most tick-borne diseases are diagnosed through blood tests and by discussing symptoms with a healthcare provider.

### How to Prevent Tick-Borne Diseases

- ✓ **DEET**    ✓ **Showers**    ✓ **Tick Checks**
- ◆ Know where ticks are: ticks live in or near wooded or grassy areas. Always walk in the center of trails to avoid contact with ticks.
- ◆ Keep your yard clean: mow lawns, clear brush and remove leaf litter.
- ◆ Apply insecticides: use EPA-registered repellent with DEET on skin and permethrin on clothing, boots and camping gear.
- ◆ Cover up: wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.
- ◆ Shower: showering can help find and wash off unattached ticks.
- ◆ Inspect: check your body for ticks.

# Congratulations to our Winners for May

CEL~ Mrs. Wagner  
WES~ Mrs. Leanzo  
SMS~ Mrs. Birnbaum



Where does your class rank...

## Lawrence School

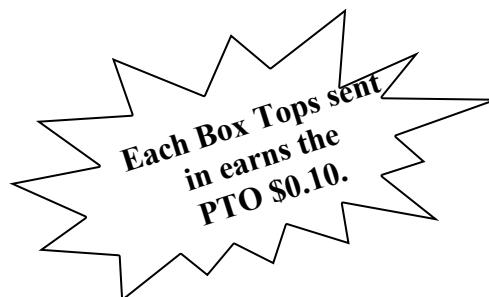
Wagner 1584  
Young 1375  
Benson 1446  
Penhaker 1371  
King 1339  
Wendling 920  
Maas 894  
Roy 842  
Cupo 807  
Gerwald/ 781  
Vanden Huevel  
Harper 764  
Brijbag 696  
Lawrence 515  
Preston 497  
Bessemer 434  
Schneider 421  
Whitcroft 408  
Cordts 354  
Gunther 225  
deWaal 9

## Wantage School

Green 1106  
Card 1055  
Longo 918  
Bakker 903  
Terwilliger 589  
Schnetzer 585  
Obrotka 564  
Camarro 564  
Speck 525  
Caton 505  
Leanzo 481  
Pasake 476  
Cosentino 472  
Veltri 387  
Williams 362  
Orinski 340  
Lombardi 314  
McCarthy 298

## Sussex Middle School

Watson 210  
Lowin 197  
Aroune 180  
Birnbaum 168  
Anderson 163  
Hudson 146  
Bewaidi 139  
Teufert 138  
Apolito 135  
Marchese 101  
Weiss-Connors 77  
Freda 74  
Blackson 44  
Ratyniak 36  
Ison 35  
Madison 33  
Torlucci 22  
DeFalco 14  
Sutton 12  
Gigantino 2  
Wood 1



# Community Info



The 24th Annual

## High Point Hoops Camp

Boys & Girls Camp  
June 25-28

9:00 am - 12:00 pm

Entering grades 5 - 9 for Fall 2019

[Click here for Boys & Girls Camp registration/  
information](#)

Juniors Camp

July 1 - 3

9:00 am - 11:30 am

Entering grades 1 - 4 for Fall 2019

[Click here for Junior Camp registration forms/information](#)

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# Community Info

Calling all kids ages 3-14 to Vacation Bible School

at the Frankford Plains United Methodist Church

99 Plains Road, Augusta, NJ on

August 12 thru 16 from 9:30 am to Noon.

4 years old (potty trained) to 14 years old

This year's theme? GAME ON! WE WILL HAVE RECREATIONAL ACTIVITIES, ARTS, CRAFTS, BIBLE STORIES, MUSIC AND FOOD AND BEST OF ALL IT IS FREE!

Visit our website <http://www.frankfordplainsumc.org> or call 973-702-0334.

## **Vacation Bible School at Sussex UMC**

Sussex United Methodist Church of 15 Bank Street, Sussex, will host a free Vacation Bible School to be held from 9:30 am - 12 pm, on Monday, August 12<sup>th</sup> - Friday, August 16<sup>th</sup>, for children entering grades Kindergarten through 6<sup>th</sup>. Our theme is "To Mars and Beyond." Enjoy our time together with God through crafts, stories, music, games, experiments and snacks! Register in person.


Please call (973) 875-5852 or e-mail [susumc@embarqmail.com](mailto:susumc@embarqmail.com) for more information.

Don't forget to check out  
our website!  
[www.swregional.org](http://www.swregional.org)




# SUMMER


Name: \_\_\_\_\_ Date: \_\_\_\_\_




1.




2.




3.



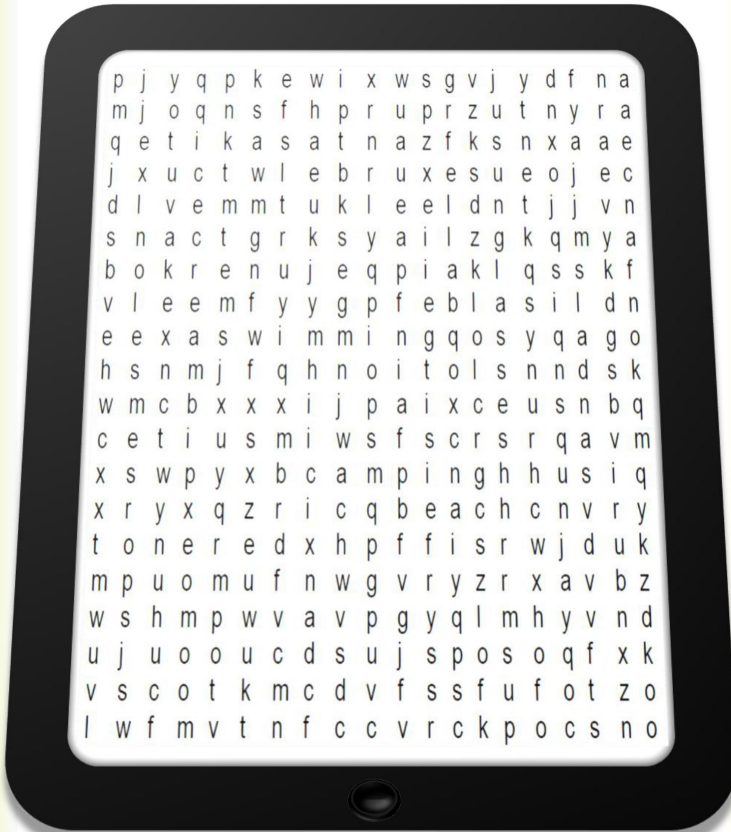
4.



5.




6.




[www.eslkidz.com](http://www.eslkidz.com)

## Vocabulary


palm tree	ball	lotion
summer	ice cream	tent
beach	June	camping
swimming	fan	sun
hot	swimsuit	sunglasses
park	sandals	sunburn




7.




8.



9.



10.



11.

12.

Email Jen Armstrong at [jarmstrong@swregional.org](mailto:jarmstrong@swregional.org) with newsletter submissions