

Sussex-Wantage Regional Schools Newsletter

JUNE 7, 2019

Upcoming Events

6/11; 7:00 pm PTO
Mtg/Parent Academy
@ CEL

6/14; 7:00 pm SMS
8th grade Dance,
Beemerville Firehouse

6/18; EARLY DIS-
MISSAL

6/19; EARLY DIS-
MISSAL

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

Any student medication that has been given to the school nurse must be picked up by a parent/guardian by 2pm on June 20th. Any medication left after this time will be discarded.

The last day of school will be
Thursday June 20th.



June 18th, 19th and 20th will be
early dismissal days.

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](#)

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.



Congratulations!

Congratulations to
the SMS students of the month:

6th Grade- Logan Scerbo
7th Grade- Nicole Palmenberg
8th Grade- Kyle Burke

These students were recognized at
the Board of Education meeting on May 8th at
7:00 pm. at Sussex Middle School.

Congratulations

Joel Morales

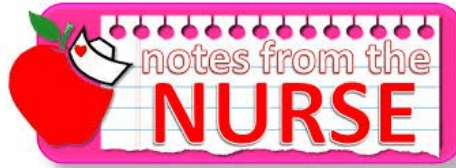
2018 - 2019

Superintendent's Roundtable recipient.

Class of
2019

Sussex Middle School
8th Grade Promotion Ceremony
June 20, 2019 @ 7:00 pm
High Point Regional High School

(information regarding tickets will be coming out
shortly)



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.

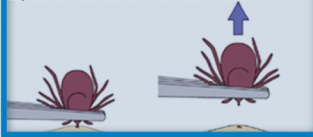
Be sure to check these parts of your body:

- ◆ 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

Centers for Disease Control and Prevention: Tick-Borne Disease
www.cdc.gov/ticks/diseases

Centers for Disease Control and Prevention: Stop Ticks
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

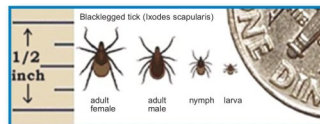
What are the symptoms of tick-borne diseases?

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

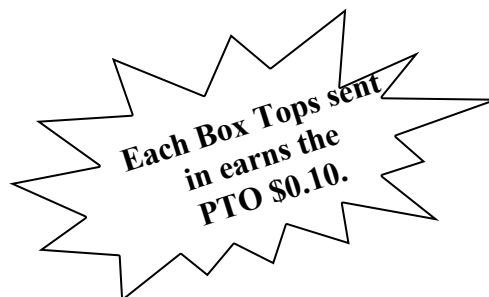
Wagner 1584
Young 1375
Benson 1446
Penhaker 1371
King 1339
Wendling 920
Maas 894
Roy 842
Cupo 807
Gerwald/ 781
Vanden Huevel
Harper 764
Brijbag 696
Lawrence 515
Preston 497
Bessemer 434
Schneider 421
Whitcroft 408
Cordts 354
Gunther 225
deWaal 9

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](#)

The Sussex Borough Recreation Commission is now accepting applications for Miss and Mister Sussex. Young ladies and men between the ages of 17 and 21 are asked to participate. Little Miss and Little Mister are girls and boys between the ages of 4 to 7. Applications can be picked up at the Borough Hall, Sussex Library or on the sussexboro.com website or call Georgeanna 973-222-5595 if you have any questions. The contest will be June 8 2019 from 11:00 am to 3:00 pm at the Cornerstone Playhouse on Main Street. Winners and 1st runners up will award winning package. All other contestants will receive gift bags. The winner of Miss Sussex only, will participate in the Queen of the Fair in August which is lots of fun.

[Miss Sussex Borough Contest Application](#)

[Little Miss and Little Mister Sussex Borough Application](#)

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 9am to Noon.

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 12th - Friday, August 16th, for children entering grades Kindergarten through 6th. 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 for more information.

Don't forget to check out
our website!
www.swregional.org



Sudoku

Level A, Puzzle #4: Piece of Cake

Try to fill in all of the the empty boxes so that:

- Each row contains the numbers 1 through 9.
- Each column contains the numbers 1 through 9.
- Each square 3 by 3 box contains the numbers 1 through 9.

		1		6	5	2	3	7
3				2	9	1	6	
	6	4				9		
	2	8			4	7		3
			1		7	8		
5			2			6	9	
4						5	2	
7	5	6	9	4	2		1	8
9	1		5	8				

The Printable Sudoku Puzzle Site - www.theprintablesudokupuzzlesite.com

Email Jen Armstrong at jarmstrong@swregional.org with newsletter submissions