

ESTELL MANOR SCHOOL DISTRICT

FRIDAY FOLDER

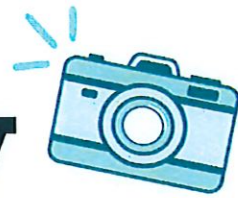
WEEK 6: October 7, 2024

<u>MONDAY</u> October 7, 2024	Choir: 8am in Room 133 Week of Respect: Wear Blue Day Fire Prevention Week
<u>TUESDAY</u> October 8, 2024	Cross Country vs Mullica: 3:45pm Band: 8am in Room 133 Week of Respect: Wear your Philadelphia Phillies Sports Gear/Jersey
<u>WEDNESDAY</u> October 9, 2024	Picture Day Band: 8am in Room 133
<u>THURSDAY</u> October 10, 2024	Cross Country at Egg Harbor City: 3:45pm Faculty Meeting: 3:35pm in Media Center Intramurals: Grades 3-5: 3:30pm Week of Respect: Pajama Day
<u>FRIDAY</u> October 11, 2024	Week of Respect: Wear Green or Estell Manor Gear
<u>REMINDERS</u>	October 14: School Closed: Columbus Day October 15: Cross Country at Folsom: 3:45pm October 17: Field Hockey at Northfield: 3:45pm October 17: Intramurals: Grades 3-5: 3:30pm October 17: Think Pink Day October 18: Teacher PLC Meetings: 8:35-8:55am October 18: Cross Country vs Assumption: 3:45pm October 18: Public School Works Online Training: Due October 18: HSA Trunk or Treat: 5:30-7:00pm October 18: SGO's: Due (Non-Tenured Teachers) October 21: Field Hockey at Davies Middle School: 4pm October 21: Book Club: Grades 5-8: 3:30pm October 22: Cross Country at Mullica: 3:45pm October 23: Community Flu Shot Program: 4pm in Cafeteria October 24: Cross Country vs St. Joe: 3:45pm October 24: Intramurals: Grades 3-5: 3:30pm October 24: Board of Education Meeting: 6pm in Media Center

Have a Great Weekend!

David L. Ricci
Superintendent

Picture Day



is coming soon!

DATE

Estell Manor School District
Wednesday, October 9, 2024

TO ORDER

Pre-Pay for photos at
www.bassettiphoto.com



Enter code: **EMSD24**







Upper Grades After School Book Club!

**Students in 5th-8th grades
are invited to join us as we
explore the wonderful world
of books with
Mrs. DiBenedetto in
After School Book Club!**

Mondays 3:30-4:30pm

**October 21
October 28
November 11
November 18
November 25
December 2
December 9**

**Please fill out the google form permission
slip to guarantee a spot for your child!**

**Email Mrs. DiBenedetto with questions
jdibenedetto@estellmanorschool.com**



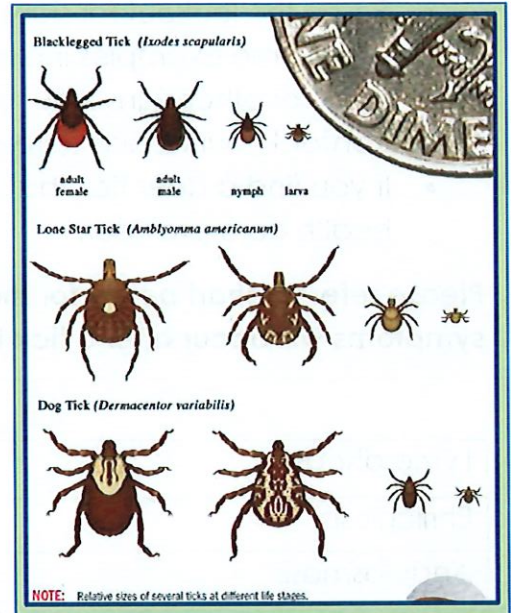
Parent Letter: Don't Let a Tick Make Your Child Sick!

DEAR PARENTS,

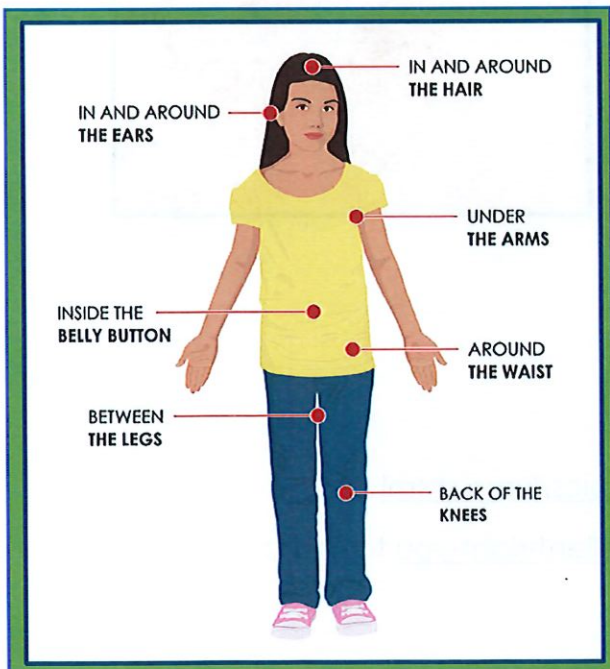
During warm weather months ticks are more likely to feed on humans. In order to protect you and your child from the diseases that ticks can spread, we are providing you with this resource to learn about ticks and tick prevention.

What to know about ticks:

- Common ticks found in New Jersey include the black-legged "deer" tick, the Lone Star tick, and the dog tick.
- Ticks can carry various diseases; the most common is Lyme disease, carried by deer ticks.
- Lyme disease is caused by bacteria that are spread to a human through a tick bite.
- Ticks like **dark, damp areas** such as long grass and brush and are often carried by animals such as pets.



Here's how you can help your child to avoid tick-borne illnesses:



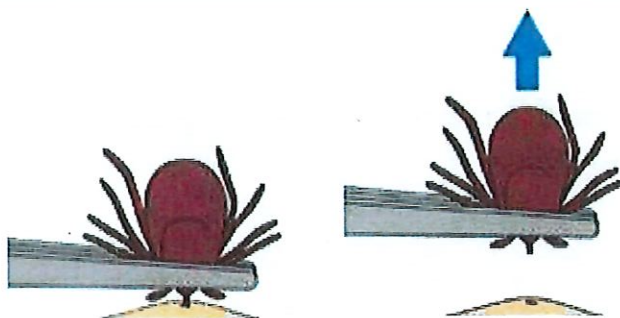
- Help them dress appropriately by wearing **light-colored clothes with long sleeves** and **tucking their pants into their socks** to avoid a tick crawling into these gaps.
- Apply **an EPA registered insect repellent** ideally with at least 20% DEET and treat clothing (or buy pre-treated clothing) with permethrin.
- Limit outdoor play to sunlit areas away from the woods.
- After coming inside, remind them to **shower as soon as possible**.
- **Place clothes in a hot dryer** for at least 10 minutes before washing to kill ticks.
- Perform a **tick check** after being outdoors and be sure to check in crevices such as their elbows, behind their ears, between their legs, behind their knees, in their hair, etc.

If you find an attached tick:

- Remove **only** with fine-point tweezers.
- Grasp the tick **by the head**, as close to the skin as possible, and pull the tick straight out with constant force.
- **Wash the skin** with rubbing alcohol or soap and water and save the tick in rubbing alcohol in a sealed plastic bag or container in case you need to show a doctor.
- Know that a tick must be attached for **36-48 hours** to transmit most diseases.
- Be on the lookout for signs that appear in the time period listed below after the tick bite. Some examples include **a rash or flu-like symptoms**. If you notice either of these or other signs, your child may have a tick-borne illness and you should contact your health care provider.
- If you find a deer tick that has been **attached for at least 36 hours**, consult your health care provider.

Please refer to chart below for the diseases that are transmitted in NJ and how soon symptoms will occur after a tick bite for each, if infected.

Lyme disease	3-30 days
Ehrlichiosis	7-14 days
Anaplasmosis	7-14 days
Spotted Fever Group Rickettsiosis	2-14 days
Babesiosis	7-63+ days
Powassan	7-30 days

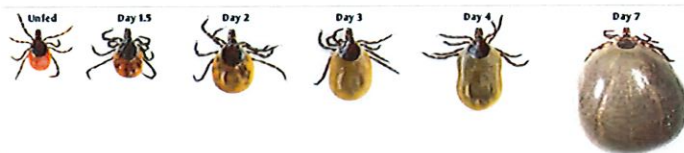


More information can be found at:

www.cdc.gov/ticks and <https://nj.gov/health/cd/topics/lyme.shtml>

Use <https://www.epa.gov/insect-repellents/find-repellent-right-you> to find a repellent that suits your needs.

Tick Safety



What should I know about ticks?

Ticks are tiny but dangerous. Ticks become infected with germs by feeding on small mammals and then can infect a person by biting them. New Jersey consistently has one of the highest rates of tick-borne disease. The most common tick-borne diseases in NJ are:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Lyme disease
- Spotted Fever Group Rickettsiosis

What are the symptoms of tick-borne diseases?

- Skin rash
- Flu-like symptoms
- Tiredness
- Fever
- Stiff neck
- Muscle aches
- Joint pain
- Dizziness



How can I prevent tick bites?

- ☒ Ticks live in/near grassy or wooded areas. Stay on trails and cleared land in the sun.
- ☒ Apply EPA-registered insect repellent according to the product label instructions.
- ☒ Wear long sleeves and long pants tucked into socks. Wear light colors to spot ticks.
- ☒ Shower as soon as you get inside and dry clothes in a dryer on high heat for 10 min.
- ☒ Perform tick checks as regularly as possible, especially after being outdoors. Pay attention to hard-to-see areas such as between your legs, under your arms, and behind your ears.

What if I find an attached tick?

- ☒ Using fine-tipped tweezers, grab the tick close to the skin and firmly pull straight up.
- ☒ Clean your skin with soap and warm water.
- ☒ Watch for symptoms of a tick-borne disease and contact your health care provider if you develop any.
- ☒ If you find a deer tick that has been attached for at least 36 hours, consult your health care provider



For more information, visit: www.cdc.gov/ticks or www.nj.gov/health/cd/topics/vectorborne.shtml
For help choosing a repellent, visit: www.epa.gov/insect-repellents/find-repellent-right-you



NJDOH K-12 Tickborne Disease Education Toolkit

Date: September 19, 2024

Public Health Message Type: ☐ Alert ☐ Advisory ☐ Update ☒ Information

Intended Audience: ☐ All public health partners ☐ Healthcare providers ☐ Infection preventionists
☒ Local health departments ☒ K-12 Schools ☐ ACOs
☐ Animal health professionals ☐ Other:

Key Points or Updates:

- (1) New Jersey is among the leading states in the nation for tickborne disease incidence. In 2023, over 7,000 cases of Lyme disease were reported. Although Lyme disease is responsible for the majority of tickborne diseases and conditions, there are several others that impact New Jersey residents, including Anaplasmosis, Babesiosis, Ehrlichiosis, Powassan, and Spotted Fever Group Rickettsiosis. Taking steps to prevent tick bites and quickly identifying and removing ticks are essential steps to minimizing the risk of tickborne illness.
- (2) New Jersey statute ([Title 18A:35-5.1](#)) requires that Lyme disease prevention be included within the public-school health curriculum. Additional legislation signed by Governor Murphy in 2023 ([P.L.2023, c.60](#)) requires that local educational agencies provide instruction on the prevention of Lyme Disease and other tickborne diseases in grades K-12.
 - a. The NJDOH "K-12 Tickborne Disease Education Toolkit" includes PowerPoint slides and accompanying script, activity sheets and quizzes, and other materials all based on appropriate grade level to easily incorporate lessons into your K-12 curriculum.

Action Items:

- (1) As planning begins for the new school year, it is the ideal time to implement the toolkit into health education lesson plans to highlight the importance of tick identification skills and the prevention of Lyme disease and other tickborne diseases.
- (2) If you used the toolkit over this previous school year(s), please provide feedback on your experience by completing this [brief survey](#) to inform us of your experience and feedback.

Contact Information:

- CDSVectorTeam@doh.nj.gov

References and Resources:

- <https://www.nj.gov/health/cd/topics/tickborne.shtml>
- https://www.nj.gov/health/cd/topics/vectorborne_ticktoolkit.shtml
- <https://bit.ly/VectorBorne>
- <https://www.nj.gov/education/standards/chp/index.shtml>

Head Lice

Frequently Asked Questions

What are head lice?

Head lice are small insects. They are very small (about 1/16 to 1/8 of an inch long), gray or white in color and have no wings. Head lice have claws that cling to hair shafts and they spend their entire life cycle on the heads of people sucking blood for nutrition.

What are nits?

Nits are the eggs of lice. Female lice glue the nits to the hair shaft very close to the scalp. A female can lay 50-150 eggs over a three to four-week period.

Where are head lice found?

Head lice are rarely found off the head. They are most commonly found in the hair above and behind the ears and near the neck. Head lice cannot live for more than 48 hours without a blood meal therefore they do not live long off the head. Very few nits will hatch away from the head, and any nymphs which hatch will die very soon without a blood meal.

What is the life cycle of the head louse?

Head lice eggs hatch in seven to nine days into the first nymph stage, which looks like a miniature adult. The nymph takes a blood meal by biting the scalp soon after hatching and will feed every three to six hours. In about nine days, the louse will have passed through two more nymphal stages and reach the adult stage. The adult will stay on the head for its entire life.

How do people get head lice?

Head lice are usually spread by close personal contact with the hair of an infested person. Sharing personal items such as hats, headbands, coats, or storing these items close together such as in classrooms can spread lice. At home, sharing items such as combs, brushes, towels, soft toys and bed sheets can also spread lice.

What are the symptoms of head lice infestation?

People with light infestations may not notice any problem. Itching is the most common symptom caused by an allergic reaction to the bites. Other symptoms include a tickling feeling of something moving in the hair, irritability, and sores on the head caused by scratching.

How are head lice diagnosed?

Seeing the nits or lice is the only way to confirm an infestation with lice. It requires a thorough look at the scalp. Lice move quickly and can be hard to see. Finding nits close to the scalp is the usual way to confirm an infestation. Finding nits that are more than 1/4 inch from the scalp usually means that they are old and not active even though they are firmly glued to the hair.

Can head lice spread any diseases?

Head lice do not spread any diseases. Sores caused by scratching can become infected.

What is the treatment for head lice?

Over-the-counter or prescription shampoo, lotion, or cream rinse is used to treat head lice infestations. Sometimes, a pill may be prescribed. Follow all instructions given by your health care provider and the product label. Treatment failure is common. If active lice are seen 8 to 12 hours after treatment, call your health care provider to see if a different product should be used.

Will the medications kill the nits?

There is no guarantee that any product will completely kill all the eggs. It is extremely important that the hair and scalp be thoroughly checked every two to three days after treatment. Most head lice products do not kill all of the eggs and recommend a second treatment in 7 to 10 days after the first treatment in order to kill any lice from newly hatched eggs.

Is it necessary to remove all the nits?

It is not necessary to remove all nits after using a head lice treatment according to package directions because only live lice cause an infestation. People may want to remove nits for reasons of appearance and to prevent any confusion with diagnosis.

How difficult is it to remove all the nits?

Hair should be looked at in small sections while removing nits with the nit comb (some people prefer flea combs, fingernails or tweezers). Certain over-the-counter products and white vinegar may help to loosen the glue holding the nits to the hair. It often takes many hours over a period of days to remove all of the nits. Because of many reports of lice that are resistant to products designed to kill them, it is very important to remove all nits close to the scalp.

Is cleanliness important in preventing head lice?

Infestations are not prevented by personal or household cleanliness, use of shampoos or length of hair. All social and economic groups can be affected by head lice, but African Americans are much less frequently infested than other racial groups.

How effective are home remedies?

Many alternatives to head lice products are promoted because of treatment failures. But, there is little proof that these methods are effective at killing the lice and nits on the head. Some of these remedies include olive oil, mayonnaise, tea tree oil, petroleum jelly, and hair dryers. Never use harsh substances such as kerosene or gasoline. Do not use pesticides (bug spray) that are not registered for treatment of lice such as diazinon.

How can my family avoid being infested?

All contacts of an infested person should be examined, but only those with live lice or nits within 1/4 inch of the scalp should be treated. Bed mates and brothers and sisters should also be treated even if no live lice are found. The examination and treatment of contacts, if necessary, should be done all at the same time. Treated people should be checked for at least two weeks to be sure the lice and nits are gone. Family members should avoid sharing combs, brushes, towels and other personal items.

What else can be done to prevent the spread of head lice?

It is probably impossible to totally prevent head lice infestations. Young children come into close head-to-head contact with each other frequently. Children should be taught not to share personal items such as combs, brushes and hats.

Should bug sprays be used in the home or school?

The use of bug spray in the environment is not necessary since lice do not survive for long off the scalp. Vacuuming carpets and upholstered furniture will remove any stray lice or nits.

What is the school's role in the prevention and control of head lice in children?

Because a child with an active head lice infestation has likely had the infestation for a month or more by the time it is discovered, he or she should be allowed to remain in class, but be discouraged from close direct head contact with others. The child's parent or guardian should be notified of the infestation that day by telephone, or by a note sent home with the child at the end of the school day. The parent or guardian should be advised that prompt proper treatment is in the best interest of the child and his or her classmates.

Other children in the school who were most likely to have had direct head-to-head contact with the infested child should also be checked. Classroom or school-wide screening has not been proven to be necessary or effective at controlling the spread of head lice.

Some schools have "no nit" policies under which a child is not allowed to return to school until all nits are removed. The American Academy of Pediatrics and the National Association of School Nurses discourage such policies.

Where can I get more information on head lice?

- Your health care provider
- Your local health department
- American Academy of Pediatrics www.aap.org
- National Association of School Nurses www.nasn.org
- Centers for Disease Control & Prevention www.cdc.gov

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

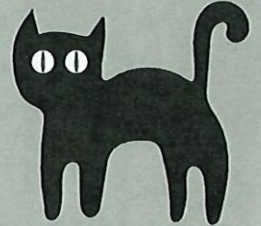


Baa-Na Night



THURS. | 6-8 PM
10/24 [AT] BRHS

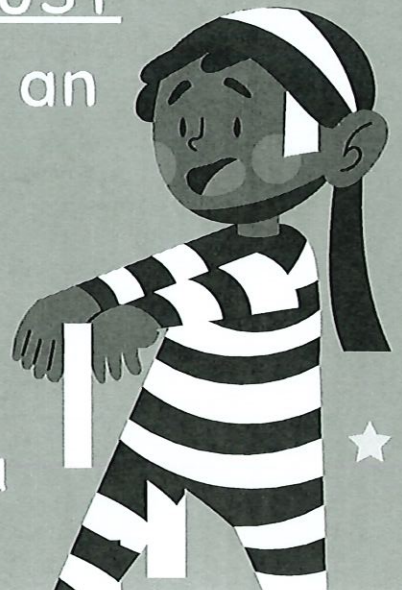
Join us for an
evening of
Halloween fun!



Open to children 13 and
under. All children MUST
be accompanied by an
adult.

New This Year:

All guests are asked to
bring 1 cat or dog food
item that will be donated
to animals in need.





Upper Township Wrestling Association
 Mailing Address: PO Box 734 – Marmora, NJ 08223
 Hornets' Nest: UT Community Center Wrestling Room
 1790 Rt 50 Tuckahoe, NJ 08250
uppertwphornets@gmail.com www.upperwrestling.com



The Upper Township Wrestling Association is
 inviting, **ALL BOYS AND GIRLS K – 8th grades** to join the

2024-25 UPPER TOWNSHIP GREEN HORNETS WRESTLING TEAM

**FREE... No Obligation "TRY IT OUT" practices – Mon. Oct 28th, Wed. Oct 30th, & Fri. Nov 1st
 5:30 PM - 7:00 PM. No wrestling gear needed for "Try it Out" practices.**

Online Registration IS OPEN: GO TO WWW.UPPERWRESTLING.COM

1st Child \$125.00, Sibling Discount- 2nd child \$100, 3rd child \$100, 4th child is free.

We will collect a refundable \$150 Singlet Bond per wrestler and a refundable \$75 Work Bond per family.

Your bond checks should be made payable to UTWA and turned in no later than November 23rd.

**We will be accepting a limited number of out-of-town wrestlers,
 contact Head Coach Frank Sannino 609-231-8528 with any questions.**

*****FREE REGISTRATION FOR ALL 1ST YEAR GIRL WRESTLERS!!!!*****

Meet the Coaches:

Look for our Upper Township Green Hornets Wrestling booth at Caldwell Park during the Upper Township Indians home games on Sunday 9/29, Saturday 10/5 & Sunday 10/20. You'll be able to register & meet the coaches.

Practice Schedule :

(Novice wrestlers) practice at the Hornets' Nest Mon & Wed from 5:00pm – 6:00pm, starting Wed Nov 6TH.

(Intermediate Group) will practice Mon & Wed from 6:15-7:45pm, starting on Wed Nov 6TH

(Advanced Group) will practice Tues & Thurs from 5:30pm-7:30pm Starting Thurs Nov 7TH.

Mandatory Parents Meeting:

Novice Group Parents: Monday, November 25th, 5:30pm at the Hornets' Nest

Advanced Group Parents: Tuesday, November 26th, 5:30pm at the Hornets' Nest

Gear needed for wrestling practices:

Wrestling shoes, headgear, athletic shorts, t-shirt (no buttons/zippers). A limited supply of wrestling shoes and head gear will be made available for new wrestlers to borrow during "try it out" practices. If you have any questions, email uppertwphornets@gmail.com, or call Head Coach Frank Sannino at 609-231-8528 anytime.

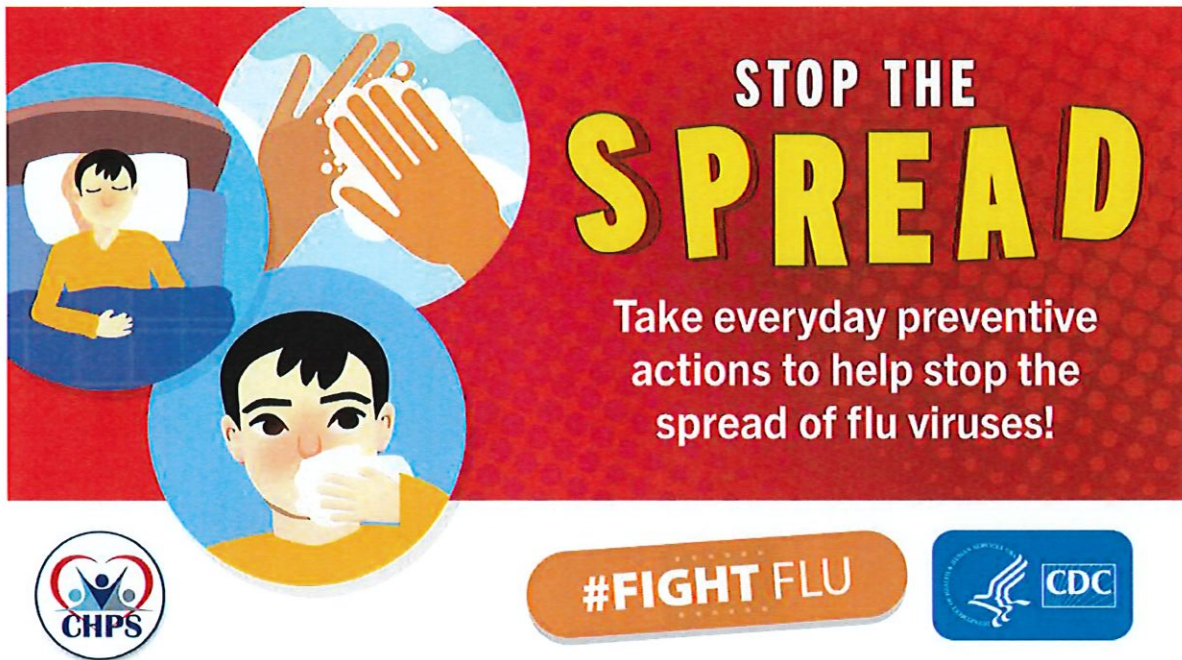
TO ALL K – 8TH GRADE GIRLS.... WE WANT YOU!!

We want you at Upper Township Wrestling!! Last season we had 41 girls on our team, the largest girls rec team in the state of New Jersey!! This coming season we expect to surpass that!! Our Green Hornet girls have had tremendous success over the last few years with girls winning many state and national titles!! If you prefer not to compete you can opt to attend practices only. No pressure, become a part of our Green Hornet Wrestling family, have fun, and learn to love the sport of wrestling!

*****Free registration to all new 1st year girl wrestlers*****

***RESPECT * DISCIPLINE * ACCOUNTABILITY * PERSEVERANCE * COURAGE * LEADERSHIP* = UPPER TOWNSHIP WRESTLING**

Don't Let the FLU Get YOU



Annual vaccine available

(ages 3+)

Estell Manor School

October 23 from 4pm-6pm

Link: <https://www.acmemarkets.com/vaccinations/group-clinic/EstellManor24>

QR Code:

