

# Cambridge Park Elementary School

## December 2024 Newsletter

### Mrs. K. Bera, Principal

#### December Events

- December 3 Four Hour Session Dismissal 12:45 PM all students Afternoon Conferences
- December 4 Four Hour Session Dismissal 12:45 PM all students Evening Conferences
- December 6 Flannel Friday
- December 9 PTO popcorn pickup will be out of door 19 from 3 - 5 pm.
- December 9 PTO Toy Drive begins.
- December 10 PreK First trimester ends
- December 10 Four Hour Session **PreK Only School Dismisses at 12:45**
- December 10 PTO Meeting live in the gym at 6 pm. Popcorn pickup out of door 19 from 5 - 7 pm.
- December 17 Preschool Development & Learning Reports On Parent Portal
- December 19 BOE meeting at Lloyd Road 7:00 PM
- December 20 Four Hour Session Dismissal 12:45 PM all students
- December 23 - Jan 1 Winter Recess
- Jan 2 School reopens



### Wear a cozy flannel on December 6, 2024



Wear a cozy flannel on Friday 12/6/24

# Student Attendance Survey for Parents/Guardians



MARSD Parents/Guardians: Please take a few minutes to complete the following survey about student attendance. We greatly appreciate your input. Your feedback is valuable as we continue to improve the educational experience for all students in Matawan-Aberdeen.

[Please click here to complete this google form](#)

## Encuesta sobre asistencia de estudiantes para padres/tutores



MARSD Padres/tutores: Tómese unos minutos para completar la siguiente encuesta sobre la asistencia de los estudiantes. Agradecemos enormemente su aporte. Sus comentarios son valiosos a medida que continuamos mejorando la experiencia educativa para todos los estudiantes en Matawan-Aberdeen.

## Encuesta sobre asistencia de estudiantes para padres/tutores



**December 10**

**PreK Only** Early Dismissal at 12:45 PM



**December 19**

BOE meeting at Lloyd Road School 7:00 PM



**December 23 - Jan 1**

Winter recess



## Message from the School Nurse

Dear Parent/Guardian of PreK Student

According to N.J.A.C. 8:57-4 Immunization of Pupils in School, students in preschool must provide the district with proof of vaccinations in order to attend school. Students are also required to have a physical on file.

This is a reminder that documentation must be received by **December 20th**. Failure to provide proof of the flu vaccination will result in your child being excluded from our program and he/she

will not be permitted to return to class in January. If excluded, a spot may be given up to another student who has been waiting to register.

Please email your child's vaccination record(s) directly to Ms. Lexi Johnson at [ajohnson@marsd.org](mailto:ajohnson@marsd.org). Please reach out to her at 732-705-4056 with any questions.

## **WHEN SHOULD CHILDREN STAY HOME FROM SCHOOL**

Cold and flu season has arrived. Parents often ask, when do I keep my child home from school? Here are some guidelines for keeping sick children at home. As always, please consult your doctor with any concerns.

- A child with heavy cold symptoms, such as deep or uncontrollable coughing or significant lack of energy, belongs at home even without a fever. They should return when they can comfortably participate in school activities.
- If your child has a fever, keep them home for at least 24 hours after the fever is gone without the use of fever-reducing medicines, such as acetaminophen. This will help ensure that the fever is truly gone and that your child is past the point of being contagious.
- If your child has pain in their ears, throat, head or chest and can not comfortably participate in school activities.
- If your child is vomiting or has diarrhea, they must have neither for 24 hours before they can return to school.

Why is this important?

- Children need rest to recover from illness. Without enough rest, it can take your child longer to feel better. Staying home is also important because your child can spread the illness up to 24 hours after symptoms are gone.
- People with weakened immune systems often need even more time to recover and to stop being contagious.

[When Should Children Stay Home From School/NJDOH](#)

[Help Your Child's School Prevent the Spread of Infections/CDC](#)



**What:** A winter holiday sing along with your child.

**When:** During your child's regular music class time. (see attached schedule)

**Where:** The Cambridge Park board room - enter through Door 2.

**Who:** One grownup per child please.

**Why:** To share some wintry musical fun with one another

Please RSVP to your child's teacher by 12/6.

## Winter Sing Along Schedule

Monday, 12/16

9:45 - 10:20 Gerding

10:30 - 11:05 Mazzucco

12:00 - 12:35 Cordi

12:45 - 1:20 Hornowitz

1:30 - 2:05 Li

2:10 - 2:45 Menconi

Tuesday, 12/17

9:00 - 9:35 Gibson-Clarke

10:30 - 11:05 Marques

12:00 - 12:35 Periera

1:30 - 2:05 Santora

2:10 - 2:45 Joseph

Wednesday, 12/18

9:45 - 10:20 Fins

10:30 - 11:05 Mehta

12:45 - 1:20 Babino

1:30 - 2:05 Small

2:10 - 2:45 Taylor

Thursday, 12/19

9:45 - 10:20 Hoffman

10:30 - 11:05 Weiner

11:15 - 11:50 Fowler

1:30 - 2:05 Scala

2:10 - 2:45 Novello





# CAMBRIDGE PARK PTO EVENTS CALENDAR 2024-2025

## DECEMBER

**1st: Husky Pup Orders Due!**

**9th & 10th: Popcorn Pickups**

- *details to follow soon!*

**10th: PTO Meeting**

- **\*NOW IN PERSON\***

**12/9-12/19: PTO Toy Drive for  
Bayshore Medical Center**

- *\*note, this is separate from the MARSD district-wide toy & holiday collection.*

**12/16-12/20: Spirit Week**

- *details coming soon!*

**\*\* There will be no Dine Out in December.**



# Monday 12/16/24 Grinch Day! Dress in Green



Tuesday 12/17/24 Wear your coziest winter pajamas! No slippers please



Winter Hat Wednesday 12/18/24





Thursday 12/19/24 Wear white to welcome winter



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Friday 12/20/24 Wear your ugliest holiday sweater



Dear Parents/Guardians:

I can't believe that 2025 is just around the corner!

Before we leave for winter break, please note the important information below:

- On Friday, **December 20, 2024 there will be a four hour session.**
- **School will be dismissed at 12:45 PM.** Please make arrangements so that someone is at your child's bus stop or that you pick up your child on time.
- We will **return to school on Thursday January 2, 2025.**

On behalf of the entire staff of Cambridge Park Elementary, we would like to wish everyone a Happy Holiday and a safe New Year. See you on January 2, 2025!





## Winter Alert....Delayed Opening Information

In an effort to clarify what a delayed opening entails, listed below are the details to be followed for Strathmore Elementary:

### **90 MINUTE DELAYED OPENING:**

- School begins at 10:15 AM
- Students cannot be dropped off prior to 10:00 AM
- School ends the same time as a regular day – 3:00 PM
- There is no Y time in the morning for a delayed opening
- There is no breakfast for a delayed opening

With regard to **Bus pickup**, please add 90 minutes to the time that is listed on your child's bus pass. For example, if your bus is due to arrive at 8:00 am, in a 90 minutes delayed opening, the time for that bus would be 9:30 AM. The procedure of being at your bus stop about 10 minutes before would still apply in a delayed opening.

We hope the above information will assist you with any confusion regarding a delayed opening.



### Dress for the weather

- When weather conditions permit, the students **do** go outside to play during recess. Please make sure your child has appropriate clothing to wear outdoors.
- We use the benchmark of 28 degrees (Feels like temperature with windchill figured in) to determine if it will be outside recess. If it is below 28 degrees then recess will be inside.
- The temperature in the building ranges from classroom to classroom. It is suggested that your child dress in layers so that they can feel comfortable at all times during the school day.



# SCHOOL NURSE



## Winter Heart Health

### Heart Risk Factors During Winter Weather

Some activities such as snow shoveling, walking through heavy wet snow or in a snow drift, downhill and cross-country skiing, snow-boarding, can strain the heart enough to cause a heart attack.

Snow shoveling can be more strenuous than exercising full throttle on a treadmill. While this may not be a problem if an individual is healthy and fit, it can be dangerous if not.

Shoveling, even pushing a heavy snow blower, can cause sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessel and decrease oxygen to the heart. All these work in concert to increase the work of the heart and trigger a potentially fatal heart attack.

Individuals who are at risk of a heart attack during cold outdoor activities include:

- Those with a prior heart attack
- Those with known heart disease
- Those with high blood pressure or high cholesterol
- Smokers
- Those who lead a sedentary lifestyle

Such individuals should think twice about shoveling snow and should talk to their doctor before taking on such a task.

### Tips for Protecting Your Heart

#### Before You Shovel Snow

- Talk to your doctor before you shovel snow.
- Avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up.
- Do not eat a heavy meal before shoveling: blood gets diverted from the heart to the stomach.
- Warm up your muscles before starting by walking for a few minutes or marching in place.

- Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.

### While Shoveling Snow

- Use a small shovel: shovel many small loads instead of fewer heavy ones.
- Begin slowly and take frequent, 15-minute breaks.
- Drink plenty of water to avoid dehydration.
- Dress in layers, to avoid hypothermia (low body temperature) or overheating.
- Cover your head and neck (50% body heat lost thru head and neck).
- Cover your mouth (breathing cold air can cause angina or trigger breathing problems).
- Watch for warning signs of a heart attack, lightheadedness, dizziness, being short of breath, or if you have tightness or burning in chest, neck, arms or back. If you think you are having a heart attack, call 911.

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## NOTE to Parents...

- We ask that all Parents/Guardians please make sure to update any changes in phone numbers or contacts in the Parent Portal.
- Notices are uploaded on to the Virtual Backpack periodically. Please make sure that you go in every so often to view any new flyers.
- An adult must sign in/sign out students when dropping them off late, or picking them up early. Students should not be dropped off at the door to buzz in by themselves.
- Should your child be absent for illness/death in family/emergency, please make sure to supply a note to the child's teacher.



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### *Have Fun One-On-One*

**What means more to a child than almost anything else? Undivided attention from parents.** Spending time alone with your child is like saying, "You're important! I love you! You're fun to be with!" It also allows the two of you to share your values, experiences, worries and dreams. How should you spend one-on-one time? Any way your child wants! Here are some suggestions:

- **Go out to eat.** Make a weekly or monthly "dinner date" with your child. Or plan a special before-school breakfast.

- **Enjoy hobbies.** Think of interests you share with your child, such as basketball or cooking. Then plan activities that involve these interests.
- **Exercise.** Take a daily walk with your child to keep your bodies—and your relationship—in shape.
- **Work together.** Sometimes the best conversations happen while you're focusing on something else, such as washing dishes or folding laundry.
- **Educate each other.** Let your child introduce you to a new skill, food or musical group. Do the same thing for her.
- **Volunteer.** Is there a cause you and your child both believe in? Team up to make a difference.
- **Take a drive.** One of the best places to talk with your child is in the car. Since she knows your eyes are on the road, she may say things she wouldn't otherwise.
- **Hang out.** Ask your child what she wants to do. If the answer is "nothing," do just that—together.
- **Say goodnight.** Tuck your child in or have her say goodnight every evening. Ask about her day and end the night with an "I love you."

*Note:* In some families, one parent does most of the child care. If this is the case in your home, make sure the other parent spends some one-on-one time with the kids, too.

Brought to you by:

Cambridge Park Elementary School

*Kelly Bera, Principal*

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HAPPY  
NEW YEAR  
2025



**Kelly Bera**

Kelly is using Smore to create beautiful newsletters



