

## ***BAYBERRY ELEMENTARY SCHOOL***

113 BAYBERRY LANE

WATCHUNG, NEW JERSEY 07069

[WWW.WATCHUNGSCHOOLS.COM](http://WWW.WATCHUNGSCHOOLS.COM)

***MRS. JILL DOBROWANSKY, PRINCIPAL***

### **Announcements**

- ❖ **Important-** Don't forget to update your contact information in PowerSchool. This is the information we use for all communications.
- ❖ School is closed for students on Monday, January 21st in honor of Martin Luther King Jr. Day. There will an in-service for Bayberry School teachers.
- ❖ Please read the attached letter from Mrs. Dobrowansky & Mrs. Matrunich regarding Influenza.

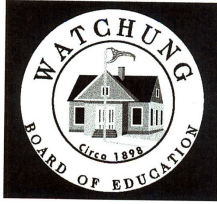
### **Upcoming Events**

- ❖ January 21st - School Closed for Students - In-Service Day for Staff
- ❖ January 23rd - 7:00 p.m. - Board of Education Meeting - Valley View Middle School All Purpose Room

*Have a great weekend Bayberry Bears!*



*Don't forget to read!*



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**MRS. JILL DOBROWANSKY, PRINCIPAL**

January 18, 2019

Dear Parents/Guardians,

Flu season is here, and we want to keep your children and the adults who care for them healthy. Influenza (“the flu”) is an infectious disease caused by a virus. When children are in a group with other children, they are more likely to get infectious diseases like influenza. Flu can cause serious illness that may result in hospitalization or death. Children with certain conditions are at a higher risk for flu complications. It’s very important for us to work together to protect the children in our care!

The single best way to protect against influenza is to get vaccinated each year. Yearly flu vaccination is needed because immunity against the flu wears off over time. In addition, the flu virus strains often change, so the vaccine also changes from year-to-year in order to match the flu viruses expected to be circulating in the community. To reduce the risk of becoming sick with influenza, everyone 6 months of age and up to 5 years of age, including child care staff, must receive the influenza vaccine. This critically important approach puts the health and safety of everyone in the child care setting first. Here are some ways we can work together to promote health and reduce illness.

### **Get Vaccinated for Seasonal Influenza Every Year**

- A flu vaccine is the best way to protect against getting the flu.
- All people 6 months and up to 5 years of age need a flu vaccine each year.
- Pregnant women are at higher risk of severe illness from influenza. Flu shots may be given to pregnant women at any time during pregnancy. The flu vaccine will protect expectant mothers and their unborn babies and will help protect their baby in the first few months of life.

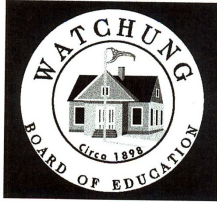
You may be interested to know that we recommend all of our staff to get vaccinated for the flu!

### **Use Good Hygiene**

- Whenever children are together, there is a chance of spreading infections. This is especially true among infants and toddlers who use their hands to wipe their noses or rub their eyes and then handle toys or touch other children. In turn, these other children then touch their noses and rub their eyes so the virus now goes from the nose or eyes of one child (by way of hands or toys) to the next child who then rubs his own eyes or nose.

113 Bayberry Lane • Watchung, NJ 07069 • Phone (908) 755-8184 • Fax (908) 755-0366

*Excellence on the Hill*



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**MRS. JILL DOBROWANSKY, PRINCIPAL**

- As adults, we know how to wash our hands often with soap and water, especially after coughing, sneezing, or wiping noses. It's also important to cover your own mouth and nose with a tissue when you cough or sneeze and then wash your hands afterward. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose or mouth, as germs are spread this way. We work hard to maintain these practices, and we spend time teaching the children to do these things as well.
- Please help us by reinforcing these activities at home!

### **Is Your Child Too Sick to Go to School?**

- When children are healthy, they can attend child care or school, and parents can go to work. Getting the flu vaccine is the best way to protect against the flu.
- Any child with respiratory symptoms (cough, runny nose, or sore throat) and fever should be excluded (kept home) from school for at least 24 hours after symptoms subside.

Attached is a copy of the Center for Disease Control overview of cold and flu symptoms. Should you have any questions, please contact Mrs. Trudy Matrunich at (908) 755-8184 or via email, [tmatrunich@watchungschools.us](mailto:tmatrunich@watchungschools.us)

Respectfully,

Jill Dobrowansky  
Principal/K-4 Curriculum Coordinator

Trudy Matrunich  
School Nurse

# Is it a cold or flu?



## Signs and Symptoms

## Influenza

## Cold

Symptom onset

Abrupt

Gradual

Fever

Usual

Rare

Aches

Usual

Slight

Chills

Fairly common

Uncommon

Fatigue, weakness

Usual

Sometimes

Sneezing

Sometimes

Common

Stuffy nose

Sometimes

Common

Sore throat

Sometimes

Common

Chest discomfort, cough

Common

Mild to moderate

Headache

Common

Rare



## START PROJECT

In conjunction with

Watchung Special Education Parent Advisory Grp.

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### **PARENT INVOLVEMENT IN SPECIAL EDUCATION: BASIC RIGHTS**

*"This is a fantastic review of our rights and responsibilities." – Westampton Twp. parent*

**Presenter:** Monique Dujue, SPAN Statewide Parent Advocacy Network

**When:** Tuesday, January 29, 2019

**Where:** Valley View Middle School (All Purpose Room)  
50 Valley View Road  
Watchung, NJ 07069

**Time:** 7:00 p.m. – 9:00 p.m.

#### **To RSVP & Questions**

**Email:** [WatchungSEPAG@gmail.com](mailto:WatchungSEPAG@gmail.com)

Parents and educators of children who are already receiving special education services and parents and educators of children who are having difficulty in school but may have not been determined to be eligible for special education services will benefit from this training.

**\*Professional Development Hours are available**

**Workshop is FREE!!**



# Watchung Hills Soccer Association

(Serving Warren, Watchung, Green Brook and Long Hill Township)



## Spring 2019 In-town Recreation Soccer

<b>Who</b>	<p>Preschool through 9<sup>th</sup> Grade  <b>Travel players (WHSA or any other club) are NOT permitted to play</b></p>
<b>When</b>	<p>Weekday training begins week of April 1<sup>st</sup>          Saturday games begin on April 6<sup>th</sup>; Last game on June 8<sup>th</sup>, Rain Date on June 15<sup>th</sup>          No games on April 20<sup>th</sup> and June 2<sup>nd</sup> (due to inaugural WHSA tournament). No practices the week of April 15<sup>th</sup></p>
<b>Equipment</b>	<p>Soccer cleats, shin guards and balls are <b>mandatory</b>; <b>No earrings</b> are permitted.          Shirts will be supplied.          Size 3 soccer balls will be supplied to Preschool through Kindergarten</p>
<b>Registration</b>	<p>Register online at <a href="http://www.WHSA.org">www.WHSA.org</a>.          Pay by Visa, MasterCard or Check.  <b>Deadline is February 28<sup>th</sup> (or until all spots are filled)</b>  <b>Register by January 31<sup>st</sup> to avoid Late Fee</b>  <b>NO REFUNDS</b></p>
<b>Volunteers</b>	<p>WHSA encourages parents to get involved as Assistant Coaches and Team Managers.          If you are interested, please sign up as a volunteer when registering your child.</p>
<b>Questions</b>	<p>Call the WHSA Information line (908-647-8342) or send an email to <a href="mailto:WHSHELP@verizon.net">WHSHELP@verizon.net</a></p>
<p><b>Important Notes</b></p> <p><b>PLEASE READ</b></p>	<ul style="list-style-type: none"> <li>➤ You cannot request field locations, trainers, or assistant coaches as they change from season to season.</li> <li>➤ We will attempt to honor special requests; however, there are no guarantees. We will absolutely not honor requests for multiple players to be on the same team. <b>No special requests accepted after January 31<sup>st</sup>.</b></li> <li>➤ <b>Your child must be available anytime between 4:30 pm and 8:00 pm for the 2/3, 4/5/6 and 7/8/9 divisions. Practice times vary by division and there may not be an early or late practice session in every division. If your child has a conflict during that practice window, you must note that in the special request section. We will not accommodate any practice time conflicts if you tell us after rosters/practice times have been distributed.</b></li> <li>➤ Please make sure your email address is updated in the registration system.</li> <li>➤ <b>Late Fees will not be waived.</b></li> </ul>

Program	Team Size	Weekday Sessions	Saturday Sessions	Format	Coaches/ Managers	Fee/ After 1/31
<b>Preschool</b> (3 yrs old by 12/31/18)	11 players	None	<b>Green Brook Middle School</b> 11:30 am	Training w/ limited scrimmages 1 hour	Professional Trainers	\$110 / \$135
<b>Pre-K</b> (4 yrs old by 10/1/18)	12 players	None	<b>Green Brook Middle School</b> 10:15 am	Training w/ scrimmages 1 hour	Professional Trainers	\$110 / \$135
<b>Kindergarten</b>	12 players	<b>Location: TBD</b> Tue or Wed 4:30, 5:30 pm	<b>Green Brook Middle School</b> 9:00 am No preset teams	<b>Weekday:</b> 1 hour training <b>Saturday:</b> 4 v 4 scrimmages 1 hour including review	Professional Trainers	\$140 / \$190
<b>1<sup>st</sup> Grade</b>	12 players	<b>Location: TBD</b> Wed or Thu 4:30, 5:30 pm	<b>Green Brook Middle School</b> Scrimmage times: TBD No preset teams	<b>Weekday:</b> 1 hour training <b>Saturday:</b> 5v5 scrimmages 1 hour including review	Professional Trainers	\$140 / \$190
<b>2<sup>nd</sup>/3<sup>rd</sup> Grade</b>	11 – 12 players	<b>Location &amp; Times: TBD</b> Boys: Thursday Girls: Tuesday Practices time slots are between 4:30 and 8:00	<b>Location: TBD</b> Game times will vary Teams formed by WHSA	<b>Weekday:</b> 1 hour training by United Soccer Academy <b>Saturday Games:</b> 7 v 7	Professional Trainers will lead all training and games. Parents may register as Assistant Coaches or Team Managers	\$140 / \$190
<b>4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Grade</b>	12 – 13 players	<b>Location &amp; Times: TBD</b> Boys: Wednesday Girls: Tuesday Practices time slots are between 4:30 and 8:00	<b>Location: TBD</b> Game times will vary Teams formed by WHSA	<b>Weekday:</b> 1 hour training by United Soccer Academy <b>Saturday Games:</b> 9 v 9 (Girls may change to 7 v 7 format)	Professional Trainers will lead all training and games. Parents may register as Assistant Coaches or Team Managers	\$140 / \$190
<b>7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> Grade</b>	12 – 17 players	<b>Location &amp; Times: TBD</b> Boys: Wednesday Girls: Thursday Practices time slots are between 4:30 and 8:30	<b>Location: TBD</b> Game times will vary Teams formed by WHSA	<b>Weekday:</b> 1 hour training by United Soccer Academy <b>Saturday Games:</b> 9 v 9 or 11 v 11	Professional Trainers will lead all training and games. Parents may register as Assistant Coaches or Team Managers	\$140 / \$190