

HOPEWELL CREST SCHOOL

122 Sewall Road, Bridgeton, New Jersey. 08032
(856) 451-9203
FAX (856) 451-9420

MRS. MEGHAN E. LAMMERSEN
Superintendent/Principal

MR. JOHN OGBIN
Vice Principal/Curriculum Coordinator

MRS. STEPHANIE KUNTZ
School Business Administrator



Dear Parents,

Hopewell Crest School Cold & Flu season has arrived! Let's work together to keep our school community and our homes as healthy as possible.

Children sent home from school for vomiting, diarrhea, or fever should be kept home the following day.

Please do **NOT** send your child to school if he/she has or has had:

1. Fever over 100 F within the last 24 hours (must be fever free without medication)
2. Vomiting or diarrhea within the last 24 hours.
3. Has been signed out of school for fever, vomiting or diarrhea the day before.
4. Continuous coughing especially during the night and not relieved by cough meds.
5. Strep throat. They may return 24 hours after starting antibiotics.
6. Any contagious illness until your doctor has written a return to school note.

Helpful Tips for Staying Healthy:

1. Frequent handwashing is the BEST way to prevent and combat the spread of germs! Wash hands often with soap and water (*Pro Tip: Sing Happy Birthday song twice to wash long enough*).
2. Cover coughs and sneezes with a tissue or use an elbow or arm.
3. Avoid people who are sick and stay home if you are sick.
4. Disinfect surfaces prone to germs (i.e. phones, keyboards, doorknobs, toothbrushes).
5. Get plenty of rest, eat healthy foods, drink lots of water, exercise for 1 hour every day.

For more information visit www.nj.gov/education/students/safety/health/services/ or www.cdc.gov/flu/symptoms/

Please call the school if your child is going to be late or absent. Please contact Mrs. Barber, RN school nurse for more information, questions or concerns. Phone (856) 451-9203 ext. 118 email: mbarber@hopewellcrest.org

Best Regards & Stay Healthy! Mrs. Barber, RN school nurse

It is the mission of the Hopewell Crest School to ensure that all children have the right to learn the New Jersey Core Content Curriculum Standards in a safe environment, where they will work to their fullest potential to become productive citizens in a technological world. In doing so, they will attain life-long physical, social, academic and emotional skills through the partnership of parents, staff and a supportive community.