



Photo by Debbie Karuppan 12/2020

A Winter's Walk

By, Debbie Karuppan

*A pretty day I thought
To take a winter's walk,
So much beauty did I see
That gave this heart warm memories.*

*Despite the clouds
Sun 's dancing eye
Would soon reveal the azure blue,
And spoke to my soul
As if to say, I am still here for you.*

*A winter's walk reminded me
That hope will see us through
Just like the sun that parted the clouds,
Believe it will come true.*

Nurse's Office Updates:

18th Annual Hand Washing Poster Contest Winners November 2020

Congratulations to the following students for their excellent artwork and informative posters:

1st Prize- Olivia Chen- 8th Grade

2nd Prize- Aimen Siddiqui -7th Grade

3rd Prize- Aiden Yu-8th Grade

Posters have been displayed in the Main Hallway.

Thank you to all of our students who participated in this important Health Project!

Note: Names published with parental permission

Flu Update:

As of December 26, 2020, The New Jersey Department of Health's Flu Report indicated that the Influenza Activity level for our region is currently at a "low level".

The importance in receiving the influenza vaccine has been recommended, especially at this time.

If you or your loved ones have not yet received the flu vaccine, please speak with your MD.

For more information, please see: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

COVID-19 Update:

As we continue in the midst of the pandemic, please see CDC's website for more information:

[Coronavirus Disease 2019 \(COVID-19\) | CDC](#)

Vaccine Update:

[COVID-19 Vaccines | CDC](#)

Please feel free to email or call the Nurse's Office for assistance.

We are here to help!

On behalf of Mrs. Stacey Osucha CSN, Mrs. Pam Collins, our Nurse's Aide and myself,

A Healthy and Happy New Year to you all!

Until Next Time,

Debbie Karuppan RN,C