

# Stay Safe, Stay Strong, Stay Healthy

Quarter: Winter/Spring 2021 | Stay Safe, Stay Strong, Stay Healthy | Month: January 2021

## HEALTH FORMS

Required Health Forms for ALL  
Scholars/Grades:

- New Jersey State's Child Health Record (CHR) [physical form]
- Up-to-date Immunization record
- Emergency Care Plans (for individuals with Asthma, Allergies, Diabetes, or Seizure)

Required Health Forms for K &  
Transfer Scholars in every grade:

- New Jersey State's Child Health Record (CHR) [physical form]
- Up-to-date Immunization record
- Health History Form (2-sided)
- 2 Consent Forms
- Dental Form

As per state law any missing forms or immunizations may lead to exclusion from school.

**IF YOU STILL HAVE NOT SUBMITTED ALL OF YOUR REQUIRED FORMS, PLEASE SUBMIT ALL REQUIRED PAPERWORK AS SOON AS POSSIBLE.**

This is the final deadline. Please drop them off at the school by this date. Contact me immediately with any questions or to speak.

## Letter to Parents & Guardians

Dear Cresthaven Academy  
Parents/Guardians,

Happy New Year! Over the past year we have all been facing many challenges and forced to make changes to our lives and how we lived them. Let us not grow weary and give up, but instead we must continue making safe, strong, and healthy choices to keep everyone safe. It is from this place that I bring you this Winter/Spring Health Newsletter.

In this Newsletter you will find information about the state of New Jersey's and our school's required Health Forms, immunization requirements, COVID-19, and other health-related information.

Please reach out to me with any questions.

## OFFICE INFORMATION

Enfermera: Janet Adekola, BSN, RN

Calendario:

Días: Lunes a Viernes  
Hora: 8:00 am - 3:00 pm

A school nurse is responsible for the care of students throughout the day and events sponsored by the school. The role of the nurse ranges from the care of students during the school day with medical conditions, which is get sick or hurt. The nurse is also responsible health paperwork, health exams and various other tasks.

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## KEY DATES

**Friday, February 12, 2021- ALL required HEALTH FORMS & PHYSICALS DUE (or your child may be excluded from school, including virtual learning)**

## GENERAL INFORMATION

### Immunizations:

Influenza Vaccine (Flu vaccine)-  
Not required, but recommended

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If your child has a medical diagnosis (Asthma, Allergies of any kind, Chronic headaches/migraines, Epilepsy, Diabetes, or another condition please make sure to tell Nurse Adekola.

If he/she is taking medication or needs emergency medication, please ensure that all required documents have been filled out by the physician and brought to school BEFORE or with the Medication.

Medication CANNOT be given without the proper forms.

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If your child or a household member, gets sick or feels unwell, please let Nurse Adekola know.

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### Inspirational Quote:

**"However difficult life may seem there is always something you can do and succeed at."**  
- Stephen Hawking

## Coronavirus (COVID-19)

### SYMPTOMS OF COVID-19:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills  
Cough  
Shortness of breath or difficulty breathing  
Fatigue  
Muscle or body aches  
Headache  
New loss of taste or smell  
Sore throat  
Congestion or runny nose  
Nausea or vomiting  
Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

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### HOW TO PROTECT YOURSELF AND OTHERS:

1. Wash Hands Often-  
Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
2. Avoid close contact-  
Stay at least 6 feet (about 2 arms' length) from other people
3. Cover your mouth and nose with a mask when around others-  
Everyone should wear a mask in public settings and when around people who don't live in your household
4. Cover coughs and sneezes-  
Wash hands immediately after
5. Clean and disinfect-  
Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
6. Monitor your health daily-  
Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
7. If sick or you think you are sick, stay home-  
Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

## REFERENCES

[https://nj.gov/health/cd/documents/imm\\_requirements/k12\\_parents.pdf](https://nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf)

[https://www.nj.gov/health/cd/documents/imm\\_requirements/vaccine\\_qa.pdf](https://www.nj.gov/health/cd/documents/imm_requirements/vaccine_qa.pdf)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>