

The Lawrence Ledger

October 25, 2019

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<https://www.facebook.com/swregional/>



"Halloween! It's a seasonal time that is fun for all ages. Candy, costumes, and parties are all part of the fun, but remember to stay safe and healthy through the season. Most of Sussex County is rural and many communities lack safe walking routes for trick or treating. Below are tips from the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) to help you and your family prepare for the upcoming holiday.

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Hold a flashlight while trick-or-treating to help you see and others see you.
- Look both ways before crossing the street. Use established crosswalks whenever possible.
- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- A parent or responsible adult should always accompany young children on their neighborhood rounds.

-If your older children are trick-or-treating alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.

-Do **not** enter homes and do **not** accept rides from strangers

-Never walk too close to lit candles or luminaries. Be sure to wear flame-resistant costumes.

-Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

-Eat only factory-wrapped treats. Avoid eating homemade treats unless they are from someone you know.



You can also make healthier choices during this year's festivities by following these few suggestions:

1. Use trick or treating time as a part of your child's daily 60 minutes of physical activity.
2. A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
3. Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
4. Try to ration treats for the days following Halloween.
5. Provide healthy snacks instead of candy for party guests."

For additional information please see a Centers for Disease Control (CDC) Flyer here:

<https://www.cdc.gov/family/halloween/index.htm>

*Adapted from the Sussex County website found here:

<https://www.sussex.nj.us/cn/webpage.cfm?pid=12242>

HALLOWEEN PARADE

Please refer to the previous notification letter sent home regarding our annual parade.



10/28/19-Red Ribbon Week
10/30/19-BOE Meeting SMS @ 7:00 pm
10/31/19-Halloween
11/4/19- SWPTO Meeting SMS @ 7:00
11/5/19-Election Day
11/6/19-End of Marking Period 1
11/7-8/19-School Closed Teacher Convention
11/11/19-Veteran's Day
11/12/19-CEL Family Reading Night Multi Purpose Rm @ 6:30 pm
11/13/19-Report Cards
11/15/19-PTO Yankee Candle Fundraiser Pick Up-CEL 3:30-7:30pm
11/16/19-PTO Yankee Candle Fundraiser Pick Up-CEL 9:00-12:00pm
11/22/19-11/27/19-Early Dismissals
11/28/19-11/29/19-School Closed (Thanksgiving)



Red Ribbon Week
October 28-11/1/19

Monday: Wear RED to kick off RRW!

Tuesday: Wear Team Jerseys to Team Up Against Drugs!

Wednesday: Wear Neon Shirts To Show Our Future is Too Bright to Use Drugs!

Thursday: Happy Halloween!! Say Boo to Drugs!

Friday: Wear Tie Dye or Peace Signs: Say: "Peace Out " to drugs.



Drop Off & Pick Up

Please exercise caution when dropping off your children and do not pass other vehicles. If you perceive that you may need "extra" time for drop off, please park your vehicle in the parking lot and walk your child to the front door.

For pick up, parents and guardians should park and walk to the door nearest the fence.

NOTICE OF DISCLAIMER-Information in The Lawrence Ledger may come directly from the sponsors of the events. Lawrence Elementary School neither sponsors nor endorses these events and is not responsible for the accuracy of the information. If you have any questions, please contact the event sponsor.