Dear Parent/Guardians,

Welcome to a new school year at Shark River Hills! I hope everyone had a wonderful summer!

**Few Reminders**

- Make sure required immunizations are up to date.
- Establish a bed time and wake up time to ensure adequate and consistent sleep.
- Develop a routine for homework and afterschool activities.
- Eat breakfast each day at home or at school.
- Make your child’s health concerns known to your school and school nurse.

**THE DENTIST IS COMING!**

Tender smiles will be visiting Monday Oct 21st. Forms were sent home. Please fill out as soon as possible. Any questions call the nurse’s office at Ext 5003.

I hope you have a safe and healthy school year. If I can be of any help throughout the year please don’t hesitate to call me at Ext 5003.

Welcome Back!

Mrs. Murphy R.N

School Nurse