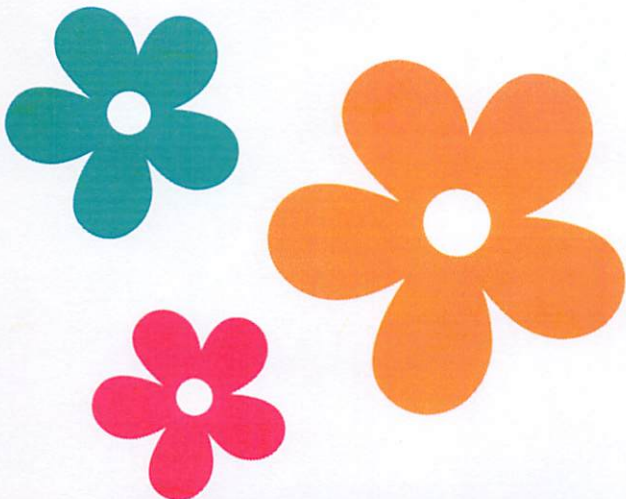


EDGARTOWN WELLNESS  
COMMITTEE'S

April

NEWSLETTER



APRIL SHOWERS  
Bring  
MAY FLOWERS

# **NATIONAL AUTISM AWARENESS MONTH**

## **APRIL 2ND IS WORLD AUTISM AWARENESS DAY**



visit  
[islandautism.org](http://islandautism.org)  
to learn about their  
wonderful programs!

### **Our Mission**

**We strive for the lifelong independence, confidence, and happiness of autistic individuals and their families on Martha's Vineyard, through housing, life skills, enrichment, job training, and therapies.**

**Building on our work with children and adults since 2009, we are now focused on the following main objectives:**

- 1. Raise awareness of autism to the community and including all those on the island in the current and future programs,**
- 2. Create and build an Island Autism Center to include farmland and residences in West Tisbury, and**
- 3. Provide educational and enrichment programs and events to our residents, the community, and to summer residents.**



**April 20-26**

**World Immunization Week**

## Back to School Pup Says

### By Two Years

3 doses of Hep B

4 doses of DTaP

3 doses of Polio

3 or more doses of Hib

1 dose of MMR

1 dose of Varicella

DTaP = Diphtheria, Tetanus, and Pertussis

Hib = *Haemophilus influenzae* type b

MMR = Measles, Mumps, and Rubella

### By Kindergarten

3 doses of Hep B

5 doses of DTaP

4 doses of Polio

2 doses of MMR

2 doses of Varicella

### By 7th Grade

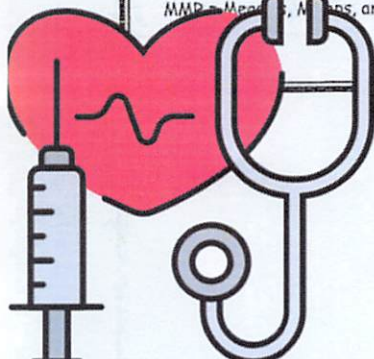
3 doses of Hep B

1 dose of Tdap

3 doses of Polio

2 doses of MMR

2 doses of Varicella



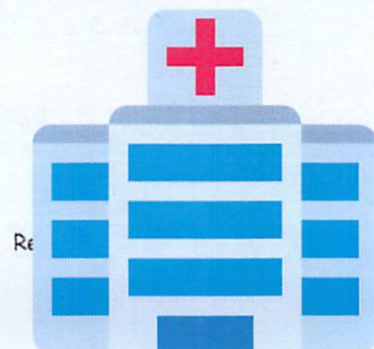
## VACCINATE ALL YOUR CHILDREN

For more information, contact your health care provider  
or the MDPH Immunization Program:

Massachusetts Department of Public Health Immunization Program  
Main Number (617) 983-6800 or Toll-Free 888-658-2850

For BOSTON providers/schools only, you may call the Boston Health Commission:  
(617) 534-5611

Visit our Website at: [www.mass.gov/dph/imm](http://www.mass.gov/dph/imm)



# “BEE” HEALTHY IN APRIL



- Play pickleball at school on Thursdays with other staff members
- Amity Running Club meets on Thursdays at the Town @ 5:30 (location subject to change see their website/instagram [amityislandrc.org](http://amityislandrc.org) for more info)

- **Practice the Big Three**

There is a reason that eating healthy, exercising and getting enough sleep always appear on prevention lists. These three habits are the cornerstone to a happy, healthy life and their impact on stress is no different.



# FIELD TRIP

With the warm weather coming hopefully there will be some fun field trips happening!

Please give the nurses ample time to medically clear students or to find a nurse to attend the trip, review allergies, and to delegate medications that may need to be given during the trip.



# FABULOUS FITNESS FRENZY!

TO REGISTER PLEASE VISIT

<https://runsignup.com/Race/MA/Edgartown/FabulousFitnessFrenzy>

**Please see below for  
information on our April  
Staff Wellness Challenge**

In honor of World Health Day (April 7th), we want you to engage in daily physical activity to support your mental and emotional well-being, as well as improving your physical health.

The "challenge" is to be physically active for at least 30 minutes a day every day for the month of April. This activity should be purposeful, not just the time you spend on your feet in a day. As people who work in the school, we are all on our feet for most of the day. Your daily activity should be a time you set aside for yourself to get your heart rate up, the endorphins going, and a chance to clear your head.

You will log your daily minutes on runsignup and at the end of the month, each participant who completes 30 out of 30 days will be entered to win the prize money! The more people who participate, the more money in the pot!

This is not a competition of who can have the most minutes! You are more than welcome to do more than 30 minutes, but that will not give anyone an extra advantage. Raffle prizes will also be awarded throughout the month also.

Activities need to be uploaded within 48 hours of completing them.

It only takes \$5 to get in on the fun!