



EASTPORT Elementary School

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JOHN J. DEKAMS, JR.
Principal

March 10, 2026

Dear Eastport Families,

As the weather warms up and our students spend more time outdoors, I would like to share a few reminders to ensure everyone stays healthy, safe, and ready to learn. Please review the following guidelines:

Hydration & Sun Safety

- **Stay Hydrated:** Please send your child to school with a refillable water bottle every day. We have stations throughout the building where bottles can be refilled.
- **Sun Protection:** Apply sunscreen in the morning before school to protect your child during outdoor recess and physical education.

Outdoor Safety

- **Proper Footwear:** For safety on the playground and during activities, please ensure your child wears sneakers or closed-toe shoes. *Footwear such as Uggs slippers and Crocs are prohibited during recess and Physical Education (Kanes are permitted).*
- **Tick Checks:** We live in a beautiful area, but ticks are active! Please perform daily tick checks on your child after they return home.
- **Helmet Safety:** Whether riding a bicycle or a scooter to school, please ensure your child is always wearing a properly fitted helmet.

Dress Code Reminders

As you update your child's seasonal wardrobe, please keep in mind that school attire should be functional for a learning environment.

- Avoid clothing that may expose undergarments (such as very short shorts or low-rise pants).
- Midriff-baring tops (half-shirts) are not permitted.
- Thank you for your partnership in keeping our school community healthy! As always, do not hesitate to reach out to my office with any questions or concerns.

Sincerely,

Mr. John DeKams, *Eastport Elementary School Principal*

Ms. Karen Cortes, RN *Eastport Elementary School Nurse*

