



**Cambridge
Elementary School**

January 20, 2023

UPCOMING EARLY

RELEASE: Wednesday,
January 25. 11:30am
dismissal

Starting February 1, 2023, some bus routes have slight changes to their routes and pick up/drop off times may vary slightly. Please be advised that buses may be a few minutes earlier or later than normal.

On February 13, there will be no transportation for Denee's bus #4 for both morning and afternoon. Please make alternate arrangements and let Beth know of the changes at BBrown@cesvt.net.



WWW.CESVT.NET

UPCOMING:

January 25-Early Release @
11:30

February 3-NO SCHOOL

February 22-Early Release @11:30

February 27-March 7-NO SCHOOL

4th Grade Winter Wellness Dates: [Feb 6-10th](#)

5th/6th Grade Winter Wellness Dates: [January 23rd-27th](#) (We will be back early on the Wednesday half day)

LUNCH MENU

Monday: Buffalo chicken flatbread melt

Tuesday: Chicken fried rice

Wednesday: Pizza

Thursday: Dress your own burger

Friday: Pancakes

The weather cooperated this week allowing me to travel to NCAL with an enthusiastic group of sixth graders. They were afforded the rare opportunity to play with one of the shelter's canine residents in addition to a cuddly kitten! Sweeping, folding, and window washing were all completed prior to play time. Great job!



Jr Iron Chef Update

Jr Iron Chef Teams will have the chance to showcase their skills at Town Meeting Day! These teams will be partnering with our CES PTA to deliver a meal to remember to the community on March 7, 2023. Details to come!



“World Famous”

Pie for Breakfast



\$5 all you can eat &
bottomless coffee



Saturday, January 28th
8am-11am @ Cambridge Elementary



Part of Winterfest presented by the Cambridge Area Rotary

Cambridge Village Market
Cambridge Community Center
Clover Meadow Vacation Rentals
Close Five!
G.M. Tatro Construction
Height of Land Publishing
Lodge at Wyckoff Maple
Meadowood Media


SMUGGLERS NOTCH
V-E-R-M-O-N-T
America's Family Resort™


THREE MOUNTAIN
ROOFING

Union Bank
Notch Glen Rentals 111 LLC
Rockin' Ron Carter
Sterling Ridge Log Cabin Resort
Visions of Vermont Fine Art Galleries
VT Art Quilts, LLC
VT Canoe and Kayak
Varnum Memorial Library

Cambridge Area Rotary presents **WinterFest 2023!**

Events in and around Jeffersonville and Cambridge to celebrate Winter. Please note that there are no evening events. Events are FREE except as noted and are subject to change. Thanks to Cambridge Elementary School, Smugglers' Notch Nordic Center, Varnum Library, and Cambridge Community Center.

8:00a-11:00a Pie for Breakfast – Cambridge Elementary School Cafeteria - \$5 all the pie you can eat & all the coffee you can drink.

8:00a-4:00p Ice Skating Rink at Cambridge Community Center (weather dependent) - bring your own skates.

8:00a-4:00p FREE Smuggs Nordic Trail Passes to Cambridge & Jeffersonville Residents - bring your own cross-country skis or snowshoes.

9:00a-11:00a Scout Troop 39 Bonfire at Cambridge Elementary School Field

10:00a-10:20a Scout Troop 39 Flag Retirement at Cambridge Elementary School Field

11:00a-12:00p Varnum Library - Raptors Up-Close with VINS

11:00a-12:00p Nature Walk at the Krusch Preserve with Sara Lourie

2:00p-3:00p PK's Nordic Ramble with Vintage Skis at Smuggs Nordic Center - bring your own cross-country skis.

For more info contact rcarter@smuggs.com

CES families are invited to join students and staff on February 6th from 9:15-10:00 am in the gym for a **musical performance** by members of Dopapod.

Dopapod consists of two local Vermont residents: bassist Chuck Jones (husband of Aly Jones, one of our third grade teachers) and guitarist Rob Compa, as well as keyboardist Eli Winderman and drummer Neal Evans. We look forward to welcoming them to CES!



We celebrated **Harvest of the Month** on Thursday 1/19 and this month's focus was on beets. Overall the students were keen to try everything that was offered! Michele and the kitchen crew made a delightful beet hummus and some very well received beet and strawberry popsicles and the Farm to School Coordinator, Holly brought in refrigerator pickled beets for tasting. Moving forward, students will have the opportunity to help prepare food for the HOM taste test on a monthly basis.



Easy Refrigerator Pickled Beets

CES Taste Test 1/19/23

From Plating Pixels: <https://www.platingpixels.com/refrigerator-pickled-beets/>

Ingredients:

6-8 medium beets (red, chioggia or gold)
1 ½ cups water
1 ½ cups apple cider vinegar, or white vinegar
¼ cup granulated sugar
2-3 bay leaves, dry
1 tablespoon black peppercorns
½ tablespoon Kosher salt
1 tablespoon black peppercorns
½ tablespoon Kosher salt

Instructions:

1. Preheat oven to 400° F. Cut leaves and stems from beets and discard, or use for another purpose.
2. Scrub and wash clean under water. Place a beet on a square of foil and drizzle with a bit of olive oil. Lightly sprinkle with salt and pepper, then tightly wrap in foil. Repeat for remaining beets.
3. Place beets on a baking sheet. Bake 35-40 minutes, until tender. Cool slightly before removing foil.
4. Scrub or peel off the skin and discard. Thinly slice beets and place stacked in small mason jars and set aside.
5. In a saucepan over medium-high heat, combine water, vinegar, sugar, bay leaf, peppercorns, and salt, plus additional desired spices or herbs. Bring to a boil then pour over beets until they are submerged.
6. Tightly seal on lids and let cool slightly at room temp. Place jars in the refrigerator for 4 to 7 days, then serve.

Cambridge Elementary Early Childhood Program Preschool Developmental Screening

Will your child be turning 3 or 4 by September 1, 2023? Cambridge Elementary Early Childhood Program invites families with eligible preschool students to call 802-521-5601, to make an appointment for a developmental screening.

Who: Community of Cambridge/Jeffersonville children (ages 3 and 4 by September 1, 2023)

Where: Cambridge Elementary School/ Preschool

When: Thursday, February 16th First Session: 1-2 pm Second Session: 2-3 pm

How: Contact Beth Brown or Diane Adams (802-521-5601), **no later than 2/3/2023**, to reserve a time for your child. Screenings will take approximately 60 minutes. During this time, parents will fill out a brief developmental questionnaire about their child while educators interact with the children to gain information about each child's development in the areas of speech and language, social/emotional, motor, and cognitive. This is also a time for parents to ask questions about their child's skills and about our preschool program. **Please bring your child's birth certificate, proof of residency and up to date immunization.**

Dear CES Families,

I am very excited to announce that it is officially time for the **CES Wildcat t-shirt and sweatshirt fundraiser**. This year's sale comes later than usual, but I can share with you that with great certainty that good things come to those who wait!

This year's sale is a REALLY big deal for a couple of reasons. For the first time ever, customers can order online and pay by credit card! Thanks to the brilliant minds of Jeremy LaClair and Faith Horton, we are now living in the modern world when it comes to fundraising! Please be assured that you can still order via a paper order form and pay by check. Please see the attachment for all of the important details. Another exciting thing about this year's t-shirt sale is that we have a second paw print image that you can select. This image was created by one of our second graders!

Our shirts are printed by Pumpkin Harbor Designs located in Cambridge!

All proceeds benefit the CES activity fund which helps to fund student enrichment opportunities across our school such as field trips and artists in residence programs.

Orders on next page are due by Friday, February 23.

Thanks in advance and Go Wildcats!

ANNUAL CES T-SHIRT *Sale*

WHAT?

This year, you can pick one of two designs: *The Original Wildcat* design adorned with a student-created Wildcat or a new *Paw Print* designed by one of our aspiring graphic designers in 2nd grade.

WHY?

All profits from this fundraiser will benefit our activity fund which helps to pay for enrichment activities for our CES students.

WHERE?

We just opened our first CES online store! You can order online by visiting this website <https://cambridgewildcats.square.site/wildcat-apparel> or find the "Online Store" button on our [CES website](#). Additionally, you can scan this QR code.

If you prefer to not use our online store, you can [download this order form](#) and return the form with payment to the main office no later than Friday, 2/23/23. If you need a paper copy of the order form- ask our front desk staff or a teacher.

WHEN?

Please place all shirt orders online by **Thursday, 2/23/23!** Shirts/Sweatshirts should be available for distribution in March.

COLORS CHOICES

COLORS VARY DEPENDING ON THE STYLE OF SHIRT

-  CHARCOAL
-  KELLY GREEN
-  ROYAL
-  FOREST GREEN
-  NAVY

WHITE IS ALSO AVAILABLE IN A FEW STYLES

DESIGN CHOICES

WILDCAT DESIGN



PAW PRINT DESIGN



YOUTH

YOUTH SHORT SLEEVE T-SHIRTS



YOUTH LONG SLEEVE TEE



YOUTH HOODED SWEATSHIRT



LADIES

LADIES T-SHIRT.



ADULT

ADULT T-SHIRT



ADULT LONG SLEEVE T-SHIRT



ADULT HOODED SWEATSHIRT



LADIES LONG SLEEVE T-SHIRT.



Transportation Announcement:

Due to the current shortage of bus drivers, transportation changes for your child may be denied. We are asking that if you want to send your child on a different bus, that you notify the school by 8am to Beth Brown at BBrown@cesvt.net. This will allow us the time we need to check for available space on a bus. If your request is denied, you will be notified as early as possible.



PreK Instructional Assistant

Cambridge Elementary School is seeking one part time preschool Special Education instructional assistant to work one to one or in small groups with students. The preschool assistant hours are 7:15-1:15, M, W and F.. We are seeking applicants with experience in supporting preschool school aged students with their academic and social and emotional growth. These are school year positions with excellent benefits. You can apply at the link below or via the CES job application which is also linked below.

[Preschool Instructional Assistant Opening](#)

After School Program Behavior Specialist

CES is seeking a part time behavior specialist After School Behavior Specialist Opening to work one on one with an elementary school aged student in our after school program. This position requires training and experience with delivering instruction to students with emotional, behavioral, or neurologically based disabilities. M-F 2:30 to 5:00 p.m. You can apply at the link below or via the CES job application which is also linked below.

[After School Behavior Specialist Opening](#)

CES Bus Driver

We are in need of a bus driver for a 5.5 hour contracted day. These hours follow the school calendar and could potentially have additional hours, outside of the contract, for field trips, late runs, etc..... If you are interested in a position at CES as a bus driver or know someone that might be, please give us a call or complete the job application at the link below and return to Kelly Shortlseeve, CES Transportation Coordinator. We pay all fees that are associated with obtaining a license to drive a bus. Cambridge offers excellent benefits and a great community atmosphere. You can apply at the link below or via the CES job application which is also linked below.

[Bus Driver Opening](#)

[CES Job Application](#)



YOUR PTA IS HAPPY TO ANNOUNCE THE NEWLY LAUNCHED **CES Community SWAP**



Inspired by the *Buy Nothing* and gift economy movements, the PTA is facilitating a way for CES families and staff to freely give and receive within our school community.

Here's to nurturing a more resilient, sustainable, and joyful community through freely giving and receiving!



JOIN US ON FACEBOOK TO GIVE & RECEIVE:

clothing, toys, books, accessories, and more!

USE THE SWAP TABLE IN THE CES ENTRY FOR EASY PICK-UP & DROP-OFF OF ITEMS

facebook.com/groups/cesswap

Help Kids Fight Cyberbullying and Other Mean Online Behavior

Most kids will encounter mean behavior at some point in their digital lives. For some kids, this experience is a blip that's easily forgotten, while for others it can have deep, long-lasting effects. For parents, the key is staying involved in kids' lives -- both online and off -- so they can step in and offer help if necessary. With guidance from parents and educators, kids can learn how to dodge the drama and stand up for others.

Check out these 6 tips 

1

Define your terms.

Make sure kids understand what cyberbullying is: repeated and unwanted mean or hurtful words or behavior that occur online (through texts, social media posts, online chat, etc.).

2

Check in about online life.

Just like you'd ask your kid about their sleep, exercise, and eating, stay on top of their online life. Who are they chatting with? How do people treat each other in the games and on the sites they're using?

3

Role-play.

If kids feel like they might have trouble removing themselves from digital drama, experiment with some different ways they can make a graceful exit. Talk through words they can use, ways they can steer conversations in positive directions, etc.

4

Encourage upstanding.

Let kids know that supporting a friend or acquaintance who is being bullied can make a big difference. If they feel safe confronting the bully, they should. If not, a private message to the victim can be enough to help someone through a tough time. Speaking up against hate speech is important, too.

**CES FAMILY
TECH TIP OF THE MONTH...**

**HOW CAN WE ADDRESS
CYBERBULLYING?**

5

Take breaks.

If you notice your kid getting pulled into digital drama, help them take a break. It's great if they can determine for themselves when they need to step back, but they might need some help setting limits. Putting devices to bed at a specific time, plus breaks for mealtimes and face-to-face connection, can help kids recharge.

6

Review worst-case steps.

Walk through what to do if your kid is being bullied online. First, step away. Ignoring a bully can be very effective. If the bullying continues, take screenshots or print out evidence. Then block the person. If it gets worse, report the behavior to a trusted adult. Talk about who those people are and make sure your kid has their contact information.

The Abbey is hiring for 4
hours a day
with possible more hours..
Looking for someone from
10a.m to 2p.m..
light kitchen duties dishes
prepping serving ETC..
Please contact
Michele Hathaway at
1-802-521-5600 ext. 5609
from 6a.m. until
2p.m. Monday through
Friday ..



You can still get free at
home Covid-19 tests

[https://special.usps.com
/testkits](https://special.usps.com/testkits)

KEEPING CES HEALTHY

If your child is sick please keep them home.

The CES "sick kids stay home criteria" is:

fever within the last 24 hours

significant cold symptoms including a cough and runny nose

Any kind of rash

Antibiotics within the last 24 hours

If your child has a mild residual cough, it is helpful to all if they wear a mask

Masking is not required but we support anyone that chooses to wear one to protect themselves or others

if your child has Covid like symptoms, testing can prevent transmission to others

If they test positive, isolation for at least 5 days is required.

Notify the school. We are still required to report cases to the Department of Health

Day 0 is the first day of symptoms or positive test, whichever happens first

Isolation can end after day 5 if fever free for 24 hours without fever reducing medication and feeling better.

It is highly recommended to mask through day 10.

Please notify the school if your child has Covid-19.

Interested in a Covid vaccine for your child?

<https://experience.arcgis.com/experience/cdf6b5c920a54a5f960ca73bda5943c2/>

Questions about all things Covid-19:

<https://www.healthvermont.gov/covid-19>

BANKING CONTINUES EVERY TUESDAY

Union Bank Save for Success

Saving Money & Getting Rewards

What: School Banking Day
When: October 11th
Where: Stairway to the Gym
Who: Cambridge Elementary School

Tuesday's are Banking Day!

Monica Wood
Coordinator
Save for Success
802.888.0448

mwood@ublocal.com
UBLOCAL.COM

Your School banking day will be on *Tuesday at 7:30 - 7:50*, through-out the school year! Dig out those bank pouches, get your money and join Union Bank at Banking Day! Learn what a savings account is, the advantages of having one, and how it earns interest.

New to the program? Welcome! Pick up your new account packet from Union Bank or a volunteer at the banking table. Open an account any time during the year and Union Bank will give you \$1 to start! Deposit any weekly amount and gain small prizes as a reward.

We hope to see you there!

Our Hours:
 Sunday & Monday: Closed
 Tuesday: 9AM-6PM
 Wednesday: 9AM-6PM
 Thursday: 9AM-6PM
 Friday: 9AM-3PM
 Saturday: 9AM-3PM

• All offerings are free and open to the public •
JANUARY 2023

Details of all events can be found at <https://www.varnumlibrary.org/calendar>
 Reminder: All patrons under age 13 must be accompanied by an adult remaining within the building.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 CrafterNoon Beading- January 3 PM - 5 PM	4 Toddler Time 10 AM - 10:30 AM	5 Coffee and Conversations 10 AM - 11 AM	6	7 Teens Teaching Technology 1:30 PM - 3 PM
8	9	10 CrafterNoon Beading- January 3 PM - 5 PM	11 Toddler Time 10 AM - 10:30 AM Dungeons and Dragons 4 PM - 6 PM	12 Coffee and Conversations 10 AM - 11 AM Adult Crafting Pt. 1 11 AM -12 PM Read With Me 3:30 PM - 4:30 PM	13	14
15	16	17 CrafterNoon Beading- January 3 PM - 5 PM	18 Toddler Time 10 AM - 10:30 AM	19 Coffee and Conversations 10 AM - 11 AM Adult Crafting Pt. 2 11 AM - 12 PM	20	21
22	23	24 CrafterNoon Beading- January 3 PM - 5 PM Board of Directors 6:30 PM	25 Toddler Time 10 AM - 10:30 AM Dungeons and Dragons 4 PM - 6 PM	26 Coffee and Conversations 10 AM - 11 AM Adult Book Group 11 AM -12 PM Read With Me 3:30 PM - 4:30 PM	27	28 Raptors Up Close VINS 11 AM - 12 PM
29	30	31				



MOUNT MANSFIELD MARTIAL ARTS

STOW WATERBURY MORRISVILLE CAMBRIDGE

www.MountMansfieldMartialArts.com

Cambridge Karate - New Session Starting



LEARN ABOUT ALL OUR CLASSES!
(802) 760-7094 : SDGDRAGON@AOL.COM
WWW.MOUNTMANSFIELDMARTIALARTS.COM

Karate Kids (ages 5-10)

The Karate Kids Program is designed specifically for children ages 5 through 10. The emphasis is on gross motor skills and activities that are developmentally and age appropriate. Students engage in physical activities that work on balance, coordination, fitness, flexibility, speed, timing, and power skills, along with traditional martial arts movements. Mount Mansfield Martial Arts students understand that the goal of self-defense is to prevent harm, not hurt others. We emphasize that our program uses martial arts techniques to teach social skills such as cooperation, taking turns, sharing, listening, and teamwork. Through training, students work on goal setting and achievement by progressing through our curriculum and obtaining colored belts and stripes. We also integrate a character development program into our classes that reinforces respect, self-control, self-discipline, focus, courtesy, integrity and confidence. Through positive feedback, overcoming challenges, mastering responsibilities and achieving goals, students at Mount Mansfield Martial Arts can become the leaders of tomorrow.

Jr. / Adult Class (All Ranks – ages 10+)

This class follows the Adult Solid Belt system. The class is faster paced and more technically and physically challenging than our Karate Kids program. While the emphasis is primarily traditional martial arts students also delve into Wude (Martial Ethics), modern Self-Defense and physical conditioning. Most importantly, it is still fun. This class is also a great opportunity for the whole family to train together.

Wednesdays - At Cambridge Community Center

- Karate Kids (stripe belts) 3:00 - 3:45 P.M.
- Jr. / Adult (solid belts) 4:00 - 4:45 P.M.

Visit our website to see our full schedule



The snow is flying and so are the punches and kicks in the dojang. Now offering classes on the weekend! There is no better way to stay warm this winter then by training in taekwondo!

Cambridge Martial Arts Academy (CMAA) is an independent school training in the traditional Korean martial art of taekwondo. CMAA promotes self-esteem, self-confidence, character development and provides students a physical outlet in an educational and controlled environment.

CMAA is a family oriented school; welcoming all people of good character, regardless of age or ability.

We offer structure and discipline for both children and adults in order to promote a healthy lifestyle through the art of taekwondo.

CMAA promotes the tenets of taekwondo: courtesy, integrity, perseverance, self control and indomitable spirit! Our mission is to forge leaders, inspire our students to achieve their personal best, while fostering positive relationships with teammates.

Training is every Tuesday and Thursday 6pm - 7pm at the Cambridge Elementary School gymnasium. Starting January 15, 2023 we will be offering additional classes on Sundays 8am-9am! For more information email: cmaatkd@hotmail.com or visit <https://www.facebook.com/cmaavt>

<https://forms.gle/r91GxoaiVTvekxxPA>

The Vermont Master Naturalist Program will be offered in Cambridge for the first time in 2022-2023.

Program dates:

September 24, 2022

November 5, 2022

February 18, 2023

April 8, 2023

May 13, 2023

Questions? Contact local program coordinator Sophie Mazowita: sophie.mazowita@gmail.com.



The following items are regularly needed to care for our animals:

**Please note: We are not accepting donations of towels/bedding or other used items at this time and only unopened bags or cans of pet food are accepted. Thank you for understanding.*

Dog food (both dry and canned)

Cat food (both dry and canned)

Dog and cat treats

Plain canned pumpkin (for dog toys)

Dog poop bags

Dog pee pads

Gift cards to Pet Food Warehouse, Guy's Farm & Yard or Menard's Family True Value

Laundry detergent (HE only)

Bleach (HE only)

Paper towels

15 and 30 gallon trash bags

Liquid hand soap

Windex

Postage stamps (Forever)

8 1/2" x 11" white copy paper

To donate online: Please see our [Amazon Wish List](#) or [Chewy Wish List](#) by searching for North Country Animal League and deliver to: 16 Mountain View Meadow Road, Morrisville, VT.