November 16, 2020

EMES Mission Statement
"The purpose of our school is to teach all children to become competent, caring

2020-2021 EMES Family Newsletter

Alicia Lyford, Principal

Dear EMES Families -

I hope you enjoyed participating in our virtual parent/teacher conferences last Wednesday. I heard nothing but positive reports from our teachers and though I know they missed not seeing you all in person, they were so pleased to share your children's progress and school experience with you this year. Thank you for participating in your children's education!

We have another 12:30 dismissal this Wednesday afternoon. Our teachers will be participating in some new learning around creating rubrics and sharing multiple data points through Canvas. In addition, they will continue to prepare for remote learning in the event that our school needs to go remote for a period of time. I know there are so many questions floating around about this, but as of today, our plan is to stay in-person for as long as possible. We have been so fortunate to have had no cases in our school to this point.

Please remember to send your children in with winter gear. We are trying to get outside as much as possible regardless of the weather. If you have any used gear that you'd like to donate to Nurse Dave's office, we could use it! Hats, mittens, snow pants, boots, jackets...we'll take any and all of it! We have a washing machine and dryer and will wash in between sharing. Thank you!

U-Arts Progress Reports are ready for your review! Please take a look at your child's classroom for specific information on what they been learning this fall.

Mrs. Gariboldi's class

Mrs. Zeilenga's class

Ms. Fecura's class

Ms. Pinard's class

Mrs. Giammusso's class

Mrs. Fitch's class

Ms. Gallagher's class

Mrs. Shedd's class

Mrs. Gannon's class

Mr. Willard's class

Upcoming Dates to Note at EMES:

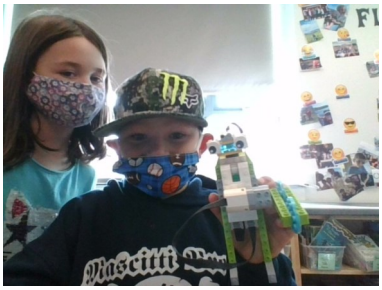
⇒ Wednesday, Nov 18th: 12:30 dismissal—lunch will be provided first

⇒ Wednesday, Nov 18th: 6:00pm WCUUSD Board Meeting via Zoom

⇒ Wednesday, Nov 25—Friday, Nov 27: Thanksgiving break

Meals for Vermonters:
Do you know someone who is struggling to feed themself or their family right now? Vermont Everyone Eats has meals from 100+ Vermont restaurants available at over 130 distribution sites around Vermont PLUS anyone affected by the pandemic can use the Localvore app to order takeout meals paid for by Vermont Everyone Eats. Consumers that would like to use the app to access Everyone Eats meals can simply create a free account by filling out the form on https://everyoneeatsvt.com/. Then, using the same username and password, they can download the Localvore Passport app, log in with their credentials, and discover and redeem the meals via the app.

Spy Robots in 2nd Grade
Students in Ms. Pinards's class have been learning engineering design and coding concepts during our Lego Robotics unit. Students built robots that included a motion sensor and then programmed these robots to play a sound when motion was detected. The 2nd graders then designed, built, and programmed arms that would move if motion was detected. Here are a few photos of students with their designs.



K-8 Basketball in Washington Central

The health and safety of our students remains our first priority when making decisions that impact our student body. At this time we will not have indoor winter sports through December for students in kindergarten through grade 8 at Washington Central Schools. WCUUSD Athletic Directors and Leadership will evaluate our ability to safely offer basketball programming for students through Grade 8 in early January 2021. If/when we feel that we can safely implement a program we will notify all families about offerings and will detail the health and safety precautions that will need to be in place.

Guidance from the Vermont Agency of Education and the Vermont Principals Association does allow basketball and indoor sports to occur when able to fully implement health and safety recommendations. Considering the development of students in Kindergarten through Grade 8, we do not feel that we are at a place to safely implement this at present. Plans are being made to try and have a high school basketball program - we will monitor and assess the safe implementation of the program and determine in early 2021 if we are able to expand.

We recognize that participating in sports is one way that our student athletes can participate in activities that support their development, wellness, and social connectedness. To that end, we are first prioritizing the health of our students and will make adjustments to increase offerings when we can do so safely.

Dear WCUUSD Families and Community Members -

We are so appreciative of your tremendous support since reopening our doors on September 8, 2020. We are grateful to be back in our buildings each day educating your children, and we are thankful that we have been able to spend these past ten weeks fully in person, safe and healthy.

Although you aren't able to be a physical part of our day-to-day in the schools this year, if you were here, you would see that our entire staff is working tirelessly to provide an environment that is safe for all children and adults who enter our buildings each day. We are washing hands, tables, door knobs and other high touch surfaces. We are wearing our masks properly, distancing ourselves from others, opening windows, increasing ventilation and teaching outside. The list goes on and on. To say this work is exhausting is an understatement. However, being with your children and providing them with the rich in-person learning they need and deserve clearly outweighs the extra effort and additional work this takes. We are confident that the safety measures we are taking are working and our efforts have paid off to this point.

We know how important family and close friends are to our communities. We also know that Covid spreads most effectively in household gatherings of friends and family. As you may have heard from Governor Scott's press conference earlier today, given our rising numbers, there is now a ban on any inter-household gatherings. Covid spreads most effectively in households and gatherings of friends and family, and while it is in our nature to trust those closest to us, this is where the greatest spread has occurred in our region. We all want to keep our loved ones and community safe, and we want our schools to stay open. The choices we make right now will determine where we will be in a day, week, and month from now. Please, reconsider any upcoming gatherings you have planned for your family despite the short-term disappointment. Please, do not send your children to school if they are sick at all, even if just a runny nose or cold. Please continue to use Basecamp each morning and contact your school nurse if you have questions or concerns.

We will continue to do our part in keeping our schools safe for your children to thrive and learn. We ask that you do your part as well in adhering to the directives of our government officials. We've all worked too hard to make it this far to slip up now. Please help us stay the course! We couldn't do it without your continued support and help.

Respectfully,
Alicia Lyford and EMES Staff

November 11, 2020

Re: Holiday Assistance

Dear East Montpelier Families,

The holiday season is upon us, and it is our hope that you will have a peaceful and safe holiday season. Here at EMES we have been able to provide some assistance to families during the holidays through donations and some fund raising in cooperation with the East Montpelier Fire Department and the Old Meeting House. If your family could use some assistance this year, please fill out the signup sheet on the back of this letter..

Please list clothing sizes and one special interest of your child(ren)
Return the attached wish list to the school office (attention: Michael Sherwin) by **Friday, Nov 20, 2020** to ensure that your name is considered for assistance.

If you'd like to contribute to our EMES Cares Fund, which is used throughout the year to help our school families, just send in your tax deductible contribution payable to 'EMES Cares Fund'.

If you have any questions or concerns, please feel free to call Michael at 223-7936 x 356.

Sincerely,

East Montpelier Holiday Giving Committee

SIGN UP FOR EMES HOLIDAY HELP

Parent Name:_____ Tel#: _____

Address: _____

	Child's Name	Age	Clothing sizes	Special Interest
1				
2				
3				
4				

Return to Michael Sherwin by **Friday, November 20, 2020**

Dear Families,

Each day I am amazed by the resilience of students during these trying times. They work hard and make adjustments to the way we engage each other with all the protocols to stay healthy in a Covid-19 aware school environment. Many things take more effort which slowly builds exhaustion and anxiety over caring for ourselves and people in our community. It's important to remember to take time to care for ourselves to avoid or reduce any potential exhaustion or anxiety. Have you considered using mindfulness practices to cope with anxiety?

Mindfulness is a way to focus on awareness by being aware of a particular moment without holding judgment about anything in that moment, simply noticing. In Mindfulness-Based Stress Reduction, Jon Kabat Zinn says, "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally." Mindfulness often incorporates breathing techniques, awareness of senses, meditation, guided imagery, and body scans to relax and refocus the brain, reducing stress.

Research shows that mindfulness is beneficial when dealing with anxiety. Here are some tips for using mindfulness to cope with stress.

1. **Take time to notice your thoughts in a moment in time** - Simply notice without judging the thoughts in that particular moment. By being present in the moment we are less likely to feel anxious which often stems from thinking about the future. Live in the moment with acceptance.
2. **Practice taking slow deep breaths** - For a deep breath consider breathing out for twice as long as you breathe in. Breathing in also involves filling up the lungs which should then push on your diaphragm causing your belly to push out. Just focusing on your breath can help you come back to the present moment.
3. **Notice sensations in your body** - Non-judgmental awareness of the body in a particular moment in time can reduce stress and anxiety. That is one reason yoga can be a great tool for coping with stress. Become aware of how small movements shift how you feel. You can also do a simple body scan, noticing how each part of the body feels. Accept yourself and all that makes you you.
4. **Meditate** - Meditation can calm the brain and lower blood pressure. It can help you to be more focused and calm throughout the day as you manage stressful moments that may come your way. There are many meditation apps you can use. You may also simply take time to just notice your breathing noticing and releasing thoughts as you sit calmly returning to the awareness of your breath.

With awareness of ourselves and the present moment we are better equipped to respond to stress.

Mindfulness practices train the brain to focus on bodily sensations when feeling anxious instead of avoiding these feelings. By remaining present and aware of the symptoms of anxiety we can learn to reduce the time experiencing these sensations teaching the body to a new response to symptoms of anxiety. With consistent mindfulness practice more benefits will be noticed over time.

To practice mindfulness, you could use guided imagery, color a mandala, go for a mindful walk, notice the world around you, or focus on one thing at a time. Remember to engage your five senses in these moments. Some mindfulness strategies you can try include these ideas from the Mayo Clinic. Mindfulness exercises - Mayo Clinic

Take a moment now and focus on your breath. Notice your chest as it rises and falls. Be aware of the feeling as the breath moves in and out of your body. When your thoughts wander, simply return your attention to each breath. Focus on this moment, stay in the present. Notice how it feels to pause and breathe as you take time for yourself in the present moment.

As we move through the year of the pandemic it will be beneficial to build our skills for managing stress and anxiety. Consider continuing to use mindfulness or starting your own mindfulness practice with your family to stay resilient and healthy.

Peace,
Mary Beth Langevin
mlangevin@u32.org

Resources:
Can Mindfulness Really Help Reduce Anxiety? - Anxiety.org
"4 Quick Mindfulness Practices for Coping with Anxiety" by Jennifer Rollin
https://www.huffpost.com/entry/4-quick-mindfulness-practices-for-coping-with-anxiety_b_57b625c0e4b029a9a46516b6
Mindfulness exercises - Mayo Clinic
Mindfulness Tricks to Reduce Anxiety https://www.healthline.com/health/mindfulness-tricks-to-reduce-anxiety

Session #3, November 30th – January 15th, 2020

East Montpelier/Calais Community Connections

~ Bringing School and Community Together ~

Phone: 223-7936 x305 ~ kbolduc@u32.org

Starting at $7* a day for our morning program, you can drop-off your child on a school day beginning at 7:30 am.

Please make sure we have a registration form.

We play with STEM toys, create Origami designs and social distant games in the gym or cafeteria until school starts.

Please contact Kim for more information!

Fall Schedule of Events

Kindergarten through 6th Grade

November 25th-27th	Thanksgiving Break	NO Camps
December 23- January 1	Holiday Break	NO Camps

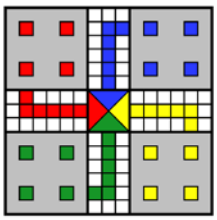
If your child is on free or reduced lunch you would likely qualify for state childcare subsidies and may be able to send your child to Community Connections at no cost to you!

Monday – Friday Afternoons:

We will be outside on the playground daily, weather permitting.
Please send appropriate gear to keep your child dry and warm.

We will play social distanced games along with free play and nature exploration depending on group size(s).

When inside we will offer board games and individual arts, craft and project based around the current Holiday themes. Homework help and STEM explorations are always available.



***Note to families**: In all of our before and after school activities, we follow COVID practices such as social distancing and sanitization safety protocols. Board games will be played with masks on and clean hands, which includes the use of hand sanitizer and/or wearing gloves to protect ourselves and others. We also use a rotation of the games available to reduce the possibility of exposure!*

East Montpelier/Calais

Community Connections

~ Bringing School and Community Together ~

Kindergarten through 6th Grade

Kimberly Bolduc: Site Coordinator
802-223-7936 x305 ~ kbolduc@u32.org

Dear Families,

Here is the registration packet for **East Montpelier/Calais Community Connections Before and After School Programs - Session #3**. Please look over the enclosed materials and **return the registration and planned attendance calendar to school by November 19th.**

JUST A FEW THINGS:

- Our fee structure is a sliding scale of **$12-18/day for afternoons 3:35 to 5:30 P.M. (Wednesday s 3:00-5:30p.m.)** and **$7-12/day for Morning care 7:30 to 8:30 A.M.** *A Family Income Guideline has been included below to help you determine the amount to pay*. It is a *suggested* guideline, and we ask you to indicate on the sign-up form the highest amount you can afford to help support the program and promote its sustainability.
- As always, **alternative funding** *(state subsidies, reduced fees, volunteering in exchange for participation, etc.)* is available if cost is a concern *(please talk to Kimberly Bolduc).*
- Space is limited based on staff to child ratios, so your child *may not* be able to participate in all days they sign up for if the number of kids already registered fill all slots, so sign up soon.
- Drop-in space is not guaranteed, families must have prior approval please let the site know as soon as you are aware of the need, during COVID-19 times this is even more important. The drop-in rate is $12 for the morning and $18 for the afterschool for the same day.
- **Payment is due at the beginning of the session unless payment arrangements are made**, in which case full/final payment would be due no later than December 18th. There is an extra $10 charge for invoice billing (if payments are not made at the beginning of each session or payments are not made per the agreed upon arrangement).
- There is no refund for days that are missed due to sickness or absence. If family schedules change a credit is possible with 72 hour to a weeks notice, in the first 6 sessions.
- Every afternoon starts with a healthy snack provided by us, fruits, veggies and a grain/starch!
- Please make sure your child comes to school **dressed appropriately for outdoor recess** (jackets, boots, hats, etc.) **All** kids will go out daily for a recess break before any special programs or activities start. Sunscreen and bug spray are needed as well.
- Before care runs from 7:30am to 8:30am. After school programs run from 3:35-5:30pm. A **late fee will be charged if you are later than 5:30pm to pick-up your child.** The fee is $20 for every 15 minutes that you are late.

Thank you,

Kimberly Bolduc
Community Connections Site Coordinator

Suggested Family Income Guideline for Sliding Scale Placement

	Over $90,000	$70-$90,000	$50-$70,000	Below $50,000*
PM	$18 per day/per child	$15 per day/per child	$13 per day/per child	$12 per day/per child
AM	$12 per day/per child	$10 per day/per child	$8 per day/per child	$7 per day/per child

**Families at this level should explore whether they qualify for assistance through the Vermont Child Care Subsidy Program.*

East Montpelier & Calais Community Connections

Kindergarten through 6th Grade

Sign Up Form – Session 3, 2020-2021

Child's Name_____**Grade**_____**Teacher**_____

Child's Name_____**Grade**_____**Teacher**_____

Child's Name_____**Grade**_____**Teacher**_____

Please circle the dates and sessions your child will be attending.

AND **return by** **November 19th**

Monday	Tuesday	Wednesday	Thursday	Friday
November 30 AM PM	**December 1** AM PM	2 AM PM	3 AM PM	4 AM PM
7 AM PM	8 AM PM	9 AM PM	10 AM PM	11 AM PM
14 AM PM	15 AM PM	16 AM PM	17 AM PM	18 AM PM
21 AM PM	22 AM PM	Happy	Holidays!!!	
Holiday	Vacation	Week,	Enjoy!!!	
January 4 AM PM	5 AM PM	6 AM PM	7 AM PM	8 AM PM
11 AM PM	12 AM PM	13 AM PM	14 AM PM	15 AM PM

Kindergarten through 6th Grade

Please calculate your payment using the chart below

AM Care	# of AM days	X	$7-12/day Sliding Scale Fee	=	**Total Cost of AM Care**	
PM Care	# of PM days	X	$12-18/day Sliding Scale Fee	=	**Total Cost of PM Care**	
TOTAL	**Total Cost of AM Care**	+	**Total Cost of PM Care**	=	**TOTAL DUE:**	

Parent Signature_____

Phone(s)_____ **Email(s)**_____

VERMONT
DEPARTMENT OF HEALTH

Holiday Travel Toolkit for Schools

October 2020

Messaging Toolkit for Schools: Holiday Travel and Gathering

Vermonters have done well to adapt their lives to prevent the spread of COVID-19, and our data shows that what we're doing works. But as the holiday season approaches, we all need to consider our plans carefully, especially when it comes to travel and gathering.

Travel increases your chance of getting and spreading COVID-19. We want to help people understand the risk of travel and then make decisions that are best for their family, the school community, and Vermont. We encourage you to share these messages with empathy and compassion for the families in your community that have been following the guidance and keeping each another safe for months now.

This toolkit provides information to help everyone to make informed choices based on the risk of getting or spreading the virus.

Travel Questions to Answer

If you are thinking of traveling:

- Where are you going? Start by looking at Vermont's Cross-State Travel Map and find your destination. The map is updated every Tuesday, so it will change, but you can start watching to see how the "colors" on the map are trending.
    - Green means you can go and do not need to quarantine when you return. Green does not mean there's no risk, so you still need to practice prevention measures.
    - Red or yellow locations require quarantine for all family members who have traveled when you return to Vermont. Quarantine means staying home and away from other people for 14 days. Vermonters can also choose to quarantine for 7 days and then get tested. You will need to remain in quarantine until you receive a negative test result. (Check the Health Department website in advance for testing availability).
    - You may also need to check quarantine requirements for your destination since every state's rules are slightly different.

- How will you quarantine when you return? Plan ahead, making sure you can cancel any appointments, get food for your family and care for children at home.

- Can you be flexible and cancel your trip last-minute in case someone in your family is sick? Consider purchasing refundable tickets and reserve lodging that offers a free cancellation policy.

- Do you live with someone at higher risk or are you visiting someone who is higher risk? If the virus spreads to them, they are at increased risk of severe illness.

- Have you gotten your flu shot? Get a flu shot for everyone in your family who is age 6 months and older. It takes about two weeks for the vaccine to be fully protective.

- Have you had "the COVID talk"? Talk to the people you plan to visit and discuss your comfort with COVID-19 prevention steps, like when people will wear masks, how you will stay 6 feet apart, and whether you can keep gatherings small. Prepare for these conversations to potentially be difficult and require negotiation.

If people are coming to visit you:

- Look at Vermont's cross-state travel map to find where your visitors are traveling from. The map is updated every Tuesday, so it will change, but you can start watching to see how the "colors" on the map are trending.

- Tell your visitors about the Vermont requirements for quarantining. They will need to quarantine at the place they are staying for 14 days. Or they can quarantine for 7 days, get a COVID-19 test, and end their quarantine after receiving a negative test result. (Check the Health Department website in advance for testing availability). Visitors can also complete these quarantine options in their home state if they are driving to Vermont in their personal vehicle.

- If you are hosting travelers under quarantine in your home, you do not also need to quarantine. But if you're sharing space, you should stay at least 6 feet from the people under quarantine. People under quarantine should wear a mask in common spaces. They should eat in separate spaces and use separate bathrooms. Be sure to disinfect commonly touched surfaces, and check yourself for symptoms for 14 days.

- Discuss your expectations for visitors during their stay. Will people wear masks, stay 6-feet apart, keep the gatherings small?

- Ask your visitors to get a flu shot two weeks before they arrive.

Talk about the Challenges

Most people are growing tired of the pandemic and the lifestyle changes they have made to stay safe and healthy. It is hard to balance our risk of getting sick with COVID-19 and our human need for in-person connection with family and friends, especially during the holidays. We are asking the school community - including students, parents/caregivers, and staff – to make hard decisions about whether to participate in holiday traditions with loved ones that they may have not seen in person for months.

Acknowledging these challenges is a great way to show compassion and help guide families through the decision-making process. People need to weigh their risk and then decide how much risk they are comfortable with. You can also express gratitude for the changes that families have already made to stop the spread of COVID-19 in Vermont.

VERMONT
DEPARTMENT OF HEALTH

Holiday Travel Toolkit for Schools

October 2020

Our individual choices can profoundly impact the health of our community in this pandemic. Last March, when schools and the economy shut down, we did not have choices about where we could go. Now we have more options, but making these decisions can affect others.

It's easy to let our guard down among friends and family — people we trust. But the fact is, we don't know — and they may not know — if they've been exposed to the virus, and it's those times that the virus can spread very easily.

We have been able to re-open the economy and go back to school in person, which is critical for the social and emotional development of children. When children attend school in-person their parents and caregivers can go to work and keep the economy growing. But our current situation is fragile, and can change easily. By making safer choices, we can help Vermont stay open together.

Alternatives to travel or hosting family

This year, many people will choose not to travel and holidays will likely be smaller than usual. Sharing a meal virtually is not the same as celebrating with family and friends in person, but it could be good enough to get us through 2020. Families may also choose to gather with friends or family in Vermont with whom they already interact frequently. This is one way to lower the risk of infection while keeping social connections.

Social Media Message Ideas

Highlight these four steps:

1. Check the map to find out the risk of COVID-19 infection at your destination,
2. Decide if the risk is worth it for your family,
3. Plan to have a safe trip or gathering, remain flexible and get your flu shot and
4. Quarantine when you return.

- Want to travel or gather with others for the holidays? First do your research.
- We're all tired of COVID-19 restrictions, but we must protect our loved ones during the holiday season.
- Holiday celebrations are tempting, but are they safe?
- Should you stay or should you go? Decisions about holiday travel and gatherings are extra hard this year.
- Will you have visitors during the holidays? First do your research.
- Is your family staying in Vermont this holiday season? Ideas for fun and connection.

Newsletter Drop-in

Sample 1

Families are making hard decisions about holiday plans to travel and gather with loved ones.

VERMONT
DEPARTMENT OF HEALTH

Holiday Travel Toolkit for Schools

October 2020

Since last spring Vermonters have changed their lives to stay healthy during the pandemic, and many are tired of the daily effort required to prevent the virus from spreading. We are all longing for connection and crave things that feel normal, like our traditional holiday celebrations.

But travel and gathering does increase your chance of getting and spreading COVID-19. As the virus continues to spread throughout the country, we encourage families to make safe choices about travel and gathering this holiday season by taking the following steps:

5. Check the map to find out the risk of COVID-19 infection at your destination,
6. Decide if the risk is worth it for your family,
7. Plan to have a safe trip or gathering, remain flexible and get your flu shot and
8. Quarantine when you return.

More information can be found on the Health Department website and you can email with questions.

Sample 2

What are you planning for the holidays this year? It's hard to imagine breaking with tradition and celebrating at home, but that is what a lot of Vermont families are deciding to do in 2020. Travel does increase your chance of getting and spreading COVID-19, and the way you celebrate this year will have an impact on your family, community, and Vermont. Consider the level of risk you are willing to take and make plans to safely gather with loved ones or think creatively about how to connect remotely. Don't make plans to travel or gather until you take these steps:

1. Check the map to find out the risk of COVID-19 infection at your destination,
2. Decide if the risk is worth it for your family,
3. Plan to have a safe trip or gathering, remain flexible and get your flu shot and
4. Quarantine when you return.

More information can be found on the Health Department website and you can email with questions.

Sample 3

This year it's hard to balance our desire to celebrate the holidays with loved ones and the growing risk of COVID-19 infection. Travel or gathering does increase your chance of getting and spreading COVID-19, so we are asking families to think about how they can make their holiday plans safer. Make safety a priority for your family and take these steps:

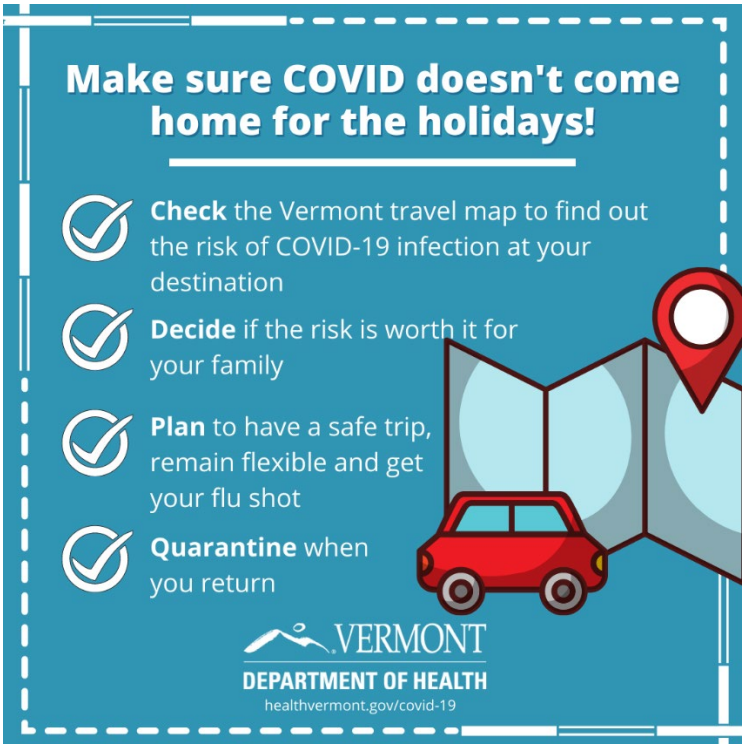
1. Check the map to find out the risk of COVID-19 infection at your destination,
2. Decide if the risk is worth it for your family,
3. Plan to have a safe trip or gathering, remain flexible and get your flu shot and
4. Quarantine when you return.

You can celebrate the holidays, but like other aspects of our lives right now, they will likely look different. Take extra precautions when attending or hosting an even and insist that people wear masks, keep gatherings small and cancel if anybody in your family is sick.

More information can be found on the Health Department website and you can email with questions.

Holiday Travel Toolkit for Schools

Images to Use



VERMONT
DEPARTMENT OF HEALTH

Holiday Travel Toolkit for Schools

October 2020

Keep Vermont Safe Over the Holidays

While the Health Department does not recommend travel during the holidays, we understand that many of us are missing family at this time. **Consider the following when traveling out of state:**

CHECK the **MAP** to find the risk of COVID-19 infection. Does your destination require a negative test result?

DECIDE if the **risk** is worth it for your family.

PLAN to have a safe trip if you decide to go. Get a **flu shot**, remain flexible in case somebody is sick at the time of travel and schedule time away from work or school to quarantine when you return.

QUARANTINE in Vermont means staying home for 14 days or 7 days followed by a negative test. You may go outside to exercise or be in private outdoor space.

We are counting on you to keep yourself, your family, and other Vermonters safe. For prevention tips, please go to our website **www.healthvermont.gov/covid19-prevention.**

VERMONT
DEPARTMENT OF HEALTH

108 Cherry Street, Burlington, VT 05401 · 802-863-7200 · www.healthvermont.gov

VERMONT
DEPARTMENT OF HEALTH

Holiday Travel Toolkit for Schools

October 2020

Keep Vermont Safe Over the Holidays

While the Health Department does not recommend travel during the holidays, we understand that many of us are missing family at this time.
Ask yourself the following questions before your family travels to you:

Have we checked the travel **MAP**? Is our family traveling from a green area or will they need to **quarantine** (either with us or at their home before traveling)?

Is the **risk** of getting COVID-19 during travel worth it to our visitors and our family?

Is everybody healthy at the time of travel? Do not welcome sick visitors!

Can we talk about **expectations** for the visit and agree to have masks on faces, 6-foot spaces, uncrowded places, **flu shots** for everyone.

We are counting on you to keep yourself, your family, and other Vermonters safe. For prevention tips, please go to our website **www.healthvermont.gov/covid19-prevention.**

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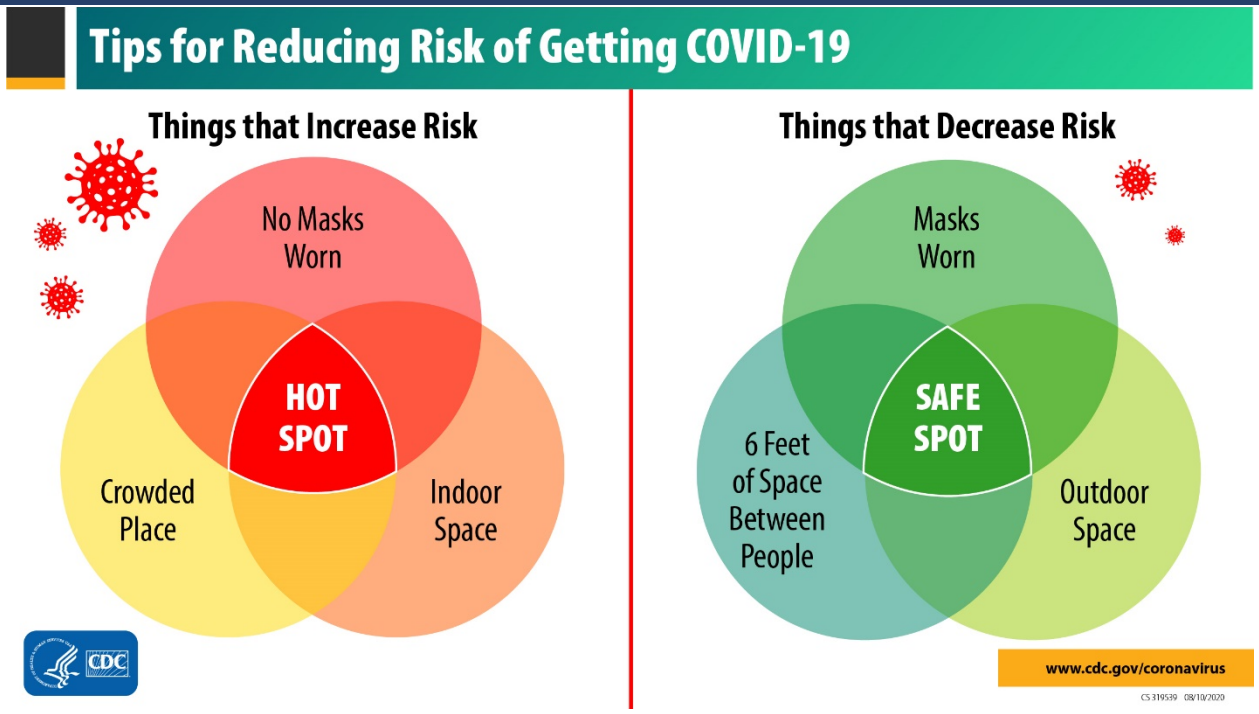
Holiday Travel Toolkit for Schools



Other Resources

- Travel during COVID (CDC)
- Holiday travel during COVID (CDC)
- Deciding to Go Out (CDC)
- Travel restrictions by state
- Cross State Travel Information (ACCD)
- COVID-19 in Vermont (Department of Health)