

# WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



## LUNCH

Mon 10/2: Chicken patty

Tues 10/3: Beef nachos

Wed 10/4: Pizza

Thurs 10/5: Spaghetti

Fri 10/6: Pancakes

[CES Lunch Menu](#)



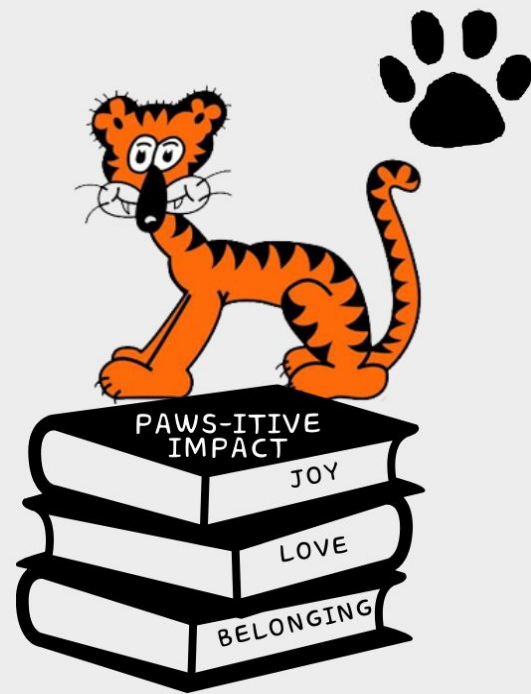
## UPCOMING EVENTS

Oct 3: Picture Day

Oct 9: NO SCHOOL

Oct 19: Open House 6pm-7pm-All invited!

Oct 23: District Harvest Dinner, more info further in newsletter.



# WILDCAT NEWSLETTER



This week marked the beginning of this year's sixth grade volunteer project at North Country Animal Leagues in Morristown. The sixth graders and I ventured to the animal shelter on Thursday. I was joined by Zoey Hatin, Danica Whittemore, and Charlotte Krueger. After folding laundry and sweeping and mopping the floors, these hard working students spent some quality time with some very rambunctious kitten residents. The shelter currently has many kittens available for adoption! Great work everyone!



This week also marked the return of our Celebration of Learners assembly where I announced the winners of our first estimating jar of the year. Estimating is an important lifelong skill which is why we offer this as a school wide activity every month! This months' winners were Avah Tingaud, Ellie Graner, and Emerson Hadley! There were 78 dice in the jar and each of them estimated 79! Each of them won a \$25 gift card for Phoenix Books. Congratulations! Look for a new estimation jar next week! Have a wonderful weekend!

-Mary Anderson, Principal



## **Cambridge Elementary School has job openings! They are as follows:**

**NEW!!**

### **Van Driver**

CES is seeking a part time van driver to transport 1-2 students to and from CES five days a week. \$21 an hour - no CDL required. The vehicle is a Toyota Sienna minivan that is owned and maintained by CES.

Approximately 6:15 a.m. to 7:30 a.m.

and

2:30 p.m. to 3:45 p.m. or 3:30 p.m. to 4:15 p.m. (not sure yet)

Interested? Please complete a [CES Job Application](#) and return to Mary Anderson, CES Principal.

### **Early Childhood Special Education 1:1 Assistant**

Cambridge Elementary School is seeking a part time Special Education instructional assistant to work one on one with a preschool aged student. We are seeking applicants with experience in supporting preschool aged students (three and four year olds) with their academic and social and emotional growth. This is a school year position on Mondays and Wednesdays from 8:00 a.m to 2:00 p.m.

Interested? Please apply via school spring at the link below or complete a [CES Job Application](#) and return to Mary Anderson, CES Principal.

[Preschool IA Opening](#)

### **After School Program Support Needs**

We are seeking individuals to provide support to students within our after school program.

Specifically, we are looking for someone to work two to five days a week in our after school program providing 1:1 student support until 3:30.

Interested, apply via the following link or complete a job application.

[After School Support Openings](#)

[CES Job Application](#)

<b>COL DATE</b>	<b>SPIRIT DAY THEME</b>
<b>9/28 (Thurs.)</b>	<b>School Spirit</b> – Wear your CES gear or green and/or gold and let your school spirit shine!
<b>10/31 (Tues.)</b>	<b>Costume Day</b> – Costumes must be school appropriate and no masks please
<b>11/30 (Thurs)</b>	<b>Camo Day</b> – Wear your Camo head to toe if you have it!
<b>12/22 (Fri.)</b>	<b>Ugly Sweater</b> – Join us for another Ugly Holiday Sweater contest (more info. to come)
<b>1/31 (Wed.)</b>	<b>Flannel Day</b> – Show up in flannel and keep the chill out!
<b>2/23 (Fri.)</b>	<b>Hat Day</b> – Your chance to wear a hat ALL DAY!
<b>3/27 (Wed.)</b>	<b>Crazy Hair Day</b> – Gel it up!
<b>4/30 (Tues.)</b>	<b>Mismatch Day</b> – How many “wrong” ways can you wear your clothes? (Backwards, inside out, plaids and stripes?)
<b>5/31 (Fri.)</b>	<b>Tie Dye Day</b> – We are getting groovy! Show off your Tie Dye.

**COL DATES ARE SUBJECT TO  
CHANGE. COL START TIME: 8:20**

## Join Us on October 23rd for a Harvest Gathering & Dinner!

Lamoille North is delighted to invite you to join us on Monday, **October 23rd from 6:30-8:00 for an evening of celebration and togetherness at Jenna's House in Johnson, VT.** This special event is not just about the harvest season—it's about coming together as a community to express gratitude for the abundance of support and goodwill that surrounds us. **(Plus it's totally free!)**

Join us on October 23rd for a wonderful farm-to-school harvest dinner crafted by our School Nutrition team, student performances, and discussions with important school district partners.

This gathering is more than just an event; it's an opportunity to express our heartfelt thanks. Let's take a moment to appreciate our cherished family and friends who make our lives meaningful and the organizations that work tirelessly to enhance the well-being of our students, staff, and communities.

Space is limited so register now to reserve your seat!

[\*\*REGISTER HERE\*\*](#)



# This week's twins





The Cambridge Recreation Board is proud to announce the return of **Scarecrows in the Villages!**

**BUILD PARTY!!** We'll kick off the fall festivities with a Spooktacular Scarecrow Build party on Friday, October 13<sup>th</sup> from 5-7pm at the CCC. Join members from the Cambridge Recreation Board and CCC to create your scarecrow. We'll have tools, materials and clothing pieces available. We'll also have some light snacks and Halloween tunes!

Or...Have everything you need to make a scarecrow at home? That's great too!

Karen Obert and her friends at the Village Beautification Project have graciously offered the use of their large flowerpots, located in both Cambridge and Jeffersonville Villages, as bases for the scarecrows. Flowerpots are on a first come, first served basis. Pick your favorite flowerpot and stand your scarecrow through the middle of it (using a garden stake) or sit your scarecrow right on top.

**VOTE!!** The Cambridge Recreation board will post pictures of all the scarecrows to its Facebook page. Vote for your favorites with the "like" button!

**WIN!!** The top 8 scarecrows with the most "likes" will receive a \$25 gift card to one of our local businesses impacted by the July flood.

The scarecrow winners will be announced on Friday, November 1st.

We kindly ask that you collect your scarecrow from the chosen flowerpot no later than November 4<sup>th</sup>.



# Candy Donations Needed



October is here and Halloween is just around the corner! Halloween in Jeffersonville is really a special event and is a great evening of outdoor family fun.

The residents of Jeffersonville village welcome an enormous number of trick-or-treaters each year and there is a way that all of us can help lighten the burden for our neighbors. Collection boxes are in the CES lobby, the Union Bank, and Hanley's again this year. Donated candy will be distributed to anyone in the village who requests it. If all of us who enjoy this great tradition contribute what we can, we can keep those porch lights on!



# JOIN OR RENEW TODAY!



**Support Cambridge Elementary School and our students by becoming a CES PTA member for the 23-24 school year!**

Register online via the **CES PTA givebacks store**: [tinyurl.com/CESVTPTA](https://tinyurl.com/CESVTPTA)

Or you may return this form to school in your student's folder with a check payable to **CES PTA**.



Once you sign up, we will add you as a contributor (add/edit access) to our shared Google Drive folder which we use for meeting agendas, collaborative planning, and more!

**Membership fee:** \$15 per individual or \$25 per family membership.

**Note:** \$4.50 or \$9 of this fee is remitted to the Vermont State PTA.

## MEMBER REGISTRATION FORM:

Type of Membership:	<input type="checkbox"/> Individual (\$15) or <input type="checkbox"/> Family (\$25)
Full Member Name(s):	
Email(s):	
Phone #(s):	
Current CES student name(s) / grade level(s): <i>[optional]</i>	
How would you most like to engage with the CES PTA in the 23-24 school year? <i>[optional]</i>	

**CONTACT: CES.PTA@LNSD.ORG**



[facebook.com/CESVTPTA](https://facebook.com/CESVTPTA)



[instagram.com/CESVTPTA](https://instagram.com/CESVTPTA)

# HAPPENINGS AT THE VARNUM IN OCTOBER

All offerings are free and open to the public \*

## OCTOBER 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.\*

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

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Story Time 10-10:30 AM ----- CrafterNoon 3-4 PM	4 Story Time 10-10:30 AM ----- Baby Rumble 3 - 4 PM	5 Coffee And Conversations 10 - 11 AM	6 Technology And Tea 11 AM - 12 PM	7 Teens Teaching Technology 9 - 11:30 AM
8	9	10 Story Time 10-10:30 AM ----- CrafterNoon 3-4 PM	11 Story Time 10-10:30 AM ----- Mobile Rural Resource Navigator 9 AM - 11 AM ----- Baby Rumble 3 - 4 PM	12 Coffee And Conversations 10 - 11 AM	13 Technology And Tea 11 AM - 12 PM	14 Make Your Own Sushi With Laura 12 PM - 1 PM
15	16	17 Story Time 10-10:30 AM ----- CrafterNoon 3-4 PM	18 Story Time 10-10:30 AM ----- Mobile Rural Resource Navigator 9 AM - 11 AM ----- Baby Rumble 3 - 4 PM	19 Coffee And Conversations 10 - 11 AM	20 Technology And Tea 11 AM - 12 PM	21
22	23	24 Story Time 10-10:30 AM ----- CrafterNoon 3-4 PM	25 Story Time 10-10:30 AM ----- MRRN 9 AM - 11 AM ----- Baby Rumble 3 - 4 PM ----- Dungeons and Dragons 4:30 PM - 6 PM	26 Coffee And Conversations 10 - 11 AM	27 Technology And Tea 11 AM - 12 PM	28 Full Moon Fest And Costume Party 1 PM - 2 PM
29	30	31 Story Time 10-10:30 AM				

Varnum Memorial Library, 194 Main Street, Jeffersonville Vermont 05464 (802) 644-2117



BOY SCOUTS OF AMERICA®

## Cambridge Scout Sign Up Night

Monday, October 12th 6:00 -7:30pm  
Cambridge Elementary School Gymnasium  
186 School Street, Cambridge VT

Pizza and Drinks Provided  
Fun Activities  
Meet Some Scouts and Leaders  
Learn what Scouting is About



Cub Scouts (Boys & Girls Grades K-5)  
Scouts BSA (Boys Grades 6-12)  
Venture Crew (Boys and Girls 13-20 yrs)

Can't make it to the event, you can join anytime:

Unit #	Contact Person	Phone Number	Email
Cub Scouts Pack 839 (Grades K-5)	Darryl Arnold	802-730-0918	Darryl.Arnold@icloud.com
Scouts BSA & Venture Troop 39 (Grades 6-12)	Roger Allen	802-373-8152	rallen@thexyz.net

Or online at: <https://beascout.scouting.org>





## **CAMBRIDGE MARTIAL ARTS ACADEMY**

Welcome back to school! Now that you have met your new teachers and classmates, come train with us! Gain confidence, get in shape and learn self defense.

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. For more information email: [cmaatkd@hotmail.com](mailto:cmaatkd@hotmail.com) or visit <https://www.facebook.com/cmaavt>



# MOUNT MANSFIELD MARTIAL ARTS

STOWE WATERBURY MORRISVILLE CAMBRIDGE

[www.MountMansfieldMartialArts.com](http://www.MountMansfieldMartialArts.com)

## Cambridge After School Karate - New Session Starting



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

### Wednesdays - At Cambridge Elementary

- Karate Kids (*Stripe Belts - ages 5-10*) 3:00 - 3:45 P.M.
- Jr. Adult (*All Ranks - ages 10+*) 4:00 - 4:45 P.M.

### Fridays - At Cambridge Elementary School Gym

- All Rank (*Stripe Belts - Solid Belts*) 2:30 - 3:15 P.M.  
(Students meet in the gym right after school)

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.

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## Join the ReTribe Forest School and Afterschool Program in Underhill.

Would a child in your life enjoy spending a day each week exploring, practicing outdoor crafts and skills, making music, and playing joyfully while immersed in nature with a community of friends and mentors? The ReTribe Forest School currently has spaces open for our Fall 2023 program, Wednesdays and Thursdays in Underhill from 9am-3pm. We also offer Wild Woods Afterschool, Mondays and Thursdays from 3-5:30pm.

For more specifics on our programming visit our [www.retribe.org/the-forest-school](http://www.retribe.org/the-forest-school).

Contact Julia Hunt for more information:

[ReTribeTransformation@gmail.com](mailto:ReTribeTransformation@gmail.com)

609-933-0877

Cambridge Elementary continues to search for bus drivers. 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. We are experiencing a bus driver shortage and the bus routes for next year may look considerably different. Anyone who may be interested in a position here at Cambridge as a bus driver, please give us a call or stop by for an application. We pay all fees that are associated with gaining a license to drive a bus. Cambridge offers good benefits and a great community atmosphere!

# CES Bus Drivers NEEDED!

25 \$ A HOUR

5.5 HOURS A DAY

WE PAY FOR YOUR CDL TRAINING!

MAKE A DIFFERENCE IN KIDS' LIVES

BECOME A CES WILDCAT!



Kelly Shortsleeve  
Bus Coordinator  
802-521-5603

[kshortsleeve@cesvt.net](mailto:kshortsleeve@cesvt.net)





## LET'S KEEP CES HEALTHY!

If your child is sick please keep them home. The “*CES sick kids stay home criteria*” includes any one of the following:

- ❑ 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.



## What to do if you test positive for COVID-19

People with COVID-19 can spread the virus to others. **If you test positive for COVID-19, even if you are vaccinated or never have symptoms, isolate as soon as you receive your test result.** Isolation means staying home and away from other people – including the people who live with you – for at least 5 days.

### If you have a positive COVID-19 test

Stay home and isolate for 5 days.

You can leave your home after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers.

This guidance does not apply to [health care workers](#).

You may get a call from the Health Department. If you miss the call, call us back at 802-863-7200.

If you still have symptoms after completing isolation, you might choose to take extra precautions such as [wearing a mask](#), which helps protect you and the people around you from getting or spreading COVID-19.

**If you are over 65 or have a high-risk medical condition** and have mild to moderate symptoms, reach out to your health care provider to ask about COVID-19 therapeutics – as soon you get your positive test result. These treatments can reduce the chance of being hospitalized.

If you need to see a health care provider but don't have one, call 2-1-1 to be connected to care, or contact the nearest [federally qualified health center](#) or one of [Vermont's free & referral clinics](#).

### Report your self-test results to the Health Department

You can report self-test results by choosing the option to automatically provide your results to your local health department or by filling out the [Vermont COVID-19 Self-Test Result Reporting Form](#).

### Notify your close contacts:

If you test positive for COVID-19, it's important let people you spent time with recently know they could have come into contact with the virus. That way, they can look out for symptoms and get tested if needed, to help prevent further spread.

Think about who you spent time with starting two days before your symptoms began or if you had no symptoms, the day you were tested. It's especially important to reach out to anyone who may

be at higher risk for COVID-19. You can share this link for additional guidance:  
[healthvermont.gov/closecontact](https://healthvermont.gov/closecontact).

### **Isolate at home:**

Most people with mild illness can recover at home. For people with mild to moderate symptoms, there are [treatment options for COVID-19](#).

- Stay home, except for urgent medical care or if you feel unsafe at home. Wear a mask if you need to leave home.
- Call ahead before visiting a health care provider or emergency department and tell them you are isolating because you have COVID-19.
- As much as possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least 6 feet (or 2 meters) away from others in your home at all times.
- Wear a mask if you're in any room with other people or pets, unless you have trouble breathing.
- Don't share household items.
- Clean and disinfect surfaces, wash household items and wash hands often.
- Monitor your blood oxygen levels. People diagnosed with COVID-19 may have below-normal levels of oxygen in their blood before they feel short of breath. Finding low oxygen levels early can help you know to seek medical care sooner. This could make the disease less severe.
- If you are caring for someone who tested positive, find out [how to care for someone sick at home](#) (CDC).

### **When to get medical care immediately:**

Get medical care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or changes in color on your lips, gums, face, around the eyes, or nails. Tell your health care provider or 9-1-1 that you have COVID-19 and are isolating at home.

### **Requesting a pulse oximeter**

A pulse oximeter is a small device that clips onto your fingertip and measures your pulse and oxygen levels. It can help you know how sick you are. You can request one if you or someone you care for over the age of 2 tests positive for COVID-19. Be prepared to give your name, date of birth, physical address, contact information, what kind of test you took (PCR/LAMP or antigen), and the date the positive test taken.

You can ask for a pulse oximeter by calling 802-863-7200 or visit the website:

<https://survey.alchemer.com/s3/6704528/Vermont-Department-of-Health-Pulse-Oximeter-Request>