## WILDCATION NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL

## DATE

October 20 2023

## LUNCH

Mon 10/23: Chicken nuggets

Tues 10/24: Taco bar

Wed 10/25: Pizza

Thurs 10/26: Chicken teriyaki

Fri 10/27:: French toast sticks

CES Lunch Menu



## UPCOMING EVENTS

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

Oct 27: Early release at 11:30

Nov 10: NO SCHOOL

Nov 20-24: NO SCHOOL

BANKING EVERY TUESDAY AM







Many thanks to everyone who visited our annual open house last night! It truly warms my heart to see our students displaying such pride for their school with their families. I greatly appreciate all of the pre-planning and preparation by our staff to make it so special. I remain impressed with the level of appreciation that our families hold for education. Thank you and go Wildcats!

Speaking of a supportive community, please join me in thanking the members of the Cambridge Fire Department who spent their morning at CES teaching fire safety to all of our students. Fire safety day is a beloved and vitally important tradition at CES. We are so lucky to have such selfless community members who make the time to do everything they can to keep our students (and all of us) safe!

Our NCAL visit was a big success yesterday! Connor Stevens, Mason Rodger, and Roland Baldwin washed windows, folded laundry, and played with a sweet kitten who is looking for a forever home. The shelter is brimming with kittens at the moment, so please spread the word to others! Great job boys!

We will be holding a Halloween costume parade immediately following our Celebration of Learners assembly on October 31. A schedule and additional details will be sent out to families early next week!











## TWINS OF THE WEEK!





FIRE PREVENTION SAFETY DAY!









## Jr. Naturalist Program

## 3rd grade Wildcats learning outdoors!







Ms. Purinton's 1st grade class with their fly traps after their outdoor classroom lesson. They learned about predator plants.





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



The annual CES Wildcat T-shirt Fundraiser is underway! All proceeds benefit student activities such as nature presentations, field trips, musical performances, and more. A recently added feature to our fundraiser is the ability to pay online as well as by check.

Shop our <u>Online Store</u> or look for the order form in this newsletter. Thank you for your support!

## ANNUAL CES T-SHIRT

## WHAT?

You can pick one of two designs: The Original Wildcat design adorned with a student-created Wildcat or a Paw Print designed by one of our students!

## WHY?

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

## WHERE?

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, 11/3/23. If you need a paper copy of the order form- ask our front desk staff or a teacher. All paper forms must be accompanied by checks made payable to CES.

## WHEN?

Please place all shirt orders online by Friday, 11/3/23! Shirts/Sweatshirts should be available for distribution by the first week in December.

## CHOOSE A DESIGN

## WILDCAT DESIGN



## **PAW PRINT DESIGN**





### YOUTH

YOUTH SHORT SLEEVE T-SHIRTS

> \$15 AVAILABLE SIZES

& COLORS

Light Pink- XS- XL Indigo-XS-XL Gold- XS-XL Purple- XS-XL Cherry Red-XS-XL

YOUTH LONG SLEEVE TEE

\$16

AVAILABLE SIZES & COLORS Aquatic Blue- S- XL

Purple- S-XL Navy- S-XL Yellow- S-XL Sangria- S-XL YOUTH HOODED **SWEATSHIRT** 

\$23 AVAILABLE SIZES & COLORS

Cardinal Red-S-XL Purple- S-XL Carolina Blue- S-XL Dark Heather- S-XL Light Pink- S-XL

### ADULT

ADULT T-SHIRT

S16 AVAILABLE SIZES & COLORS

Sky Blue-S-3XL Purple-S-3XL Maroon-S-3XL Kiwi- S- 3XL Sports Grey- S-3XL

**ADULT** LONG SLEEVE T-SHIRT HOODED SWEATSHIRT

VAILABLE SIZES & COLORS

Purple-S-3XL Maroon-S-3XL Indigo-S-3XL Ash- S- 3XL

Forest Green-S-3XL

S 2 5 AVAILABLE SIZES & COLORS

**ADULT** 

Graphite Heather-S-3XL Carolina Blue-S-3XL Violet- S-3XL Military Green-S-3XL Ash- S-3XL

### LADIES

LADIES T-SHIRT.

\$16

AVAILABLE SIZES & COLORS

Purple-S-XL Carolina Blue- S-XL Navy- S- XL Coral Silk- S-XL Black- S-XL

LADIES LONG SLEEVE T-SHIRT.

S18 **AVAILABLE SIZES** & COLORS Purple-S-XL Dark Heather Grey- S-XL Aquatic Blue- S- XL Maroon-S-XL Kelly Green- S-XL







Students at Cambridge Elementary School are hosting a Krispy Kreme Doughnut Fundraiser to raise funds for Winter Wellness and we are in need of your help!

## A dozen glazed Doughnuts for \$12.00

This year you can order doughnuts through our <u>CES online store</u> to pay by card! A paper flyer/order form was sent home last week if you wish to pay by cash or check. If you would like to just make a donation, our online store has a donation button!

All orders must be placed by Monday, November 6th!

Pickup will be on <u>November 13th</u> at the CES Gym Lobby between the hours of 2:30–4:00 PM.

Many thanks from the CES 4th - 6th Graders

# COSTUME FAMILY DANCE Friday, October 20th, 2023 6:30-8:30pm in the CES Gym

## \$5/person at the door

OR \$4 advance online tickets: tinyurl.com/ces-dance

All grade levels are welcome!

Parent/guardian presence is required.

Festive costumes are encouraged!

Gym-friendly shoes are required.

Refreshments & more will be available for purchase!



Funds raised will support the 6th Grade Trip and enriching CES Programs.

Volunteer slots still available: SignUpGenius



## SKI, RIDE & SALE WINTER SPORTS SALE

Cambridge Community Center | 22 Old Main Street, Jeffersonville

Fri. Nov. 10 7 pm - 9 pm **Sat. Nov. 11**9 am - 3 pm

Consignment information is available at the Varnum, CES, CCC and Cambridge Town Clerk's Office from Oct. 30 - Nov. 10

Drop Off your items on: Fri. 11/10, 4-7pm.

Pick Up: Sat. 11/11, 2:30 - 4:30 pm

RotaryCambridge.org

Proceeds benefit the CES "Winter Wellness" program and other Rotary activities.

## Proceeds benefit our CES Wildcats!

What is the Winter Wellness Program?



Our 4th-6th grade Wildcats participate in a week-long ski/ride outdoor learning experience at Smuggs!

Cambridge Basketball Association Inc 2023-2024 Basketball Season Sign Up Registration Open October 01,2023-October 30, 2023 Any questions,

cambridgevtbasketball@gmail.com or

802-798-2575, Katie French

Registration

Link: <a href="https://cambridgevtbasketball.sportngin.">https://cambridgevtbasketball.sportngin.</a>

com/register/form/877186851

Website Link:

https://cambridgevtbasketball.sportngin.com/ home



## CALLING ALL 6TH GRADERS

ARE YOU INTERESTED IN HELPING RAISE FUNDS FOR YOUR 2024 CLASS TRIP?

OCTOBER 23 FROM 2:40 PM - 4PM
IN THE CONFERENCE ROOM

WE WILL WORK TOGETHER TO LEARN THE SKILL OF WRITING DONATION REQUEST LETTERS

ALSO, CREATIVE MINDS HAVE THE OPPERTUNITY TO WORK ON A MARKETING CAMPAIGN FOR YOUR FUNDRAISING EFFORTS! LEARN A SKILL THAT CAN HELP YOU LATER IN LIFE WHILE CONTRIBUTING TO YOUR CLASS TRIP FUNDRAISING!

PLEASE CONTACT DANNIE MCFARLAND WITH ANY QUESTIONS

VERMONTMOMTREPRENEUR@GMAIL.COM



## 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** 

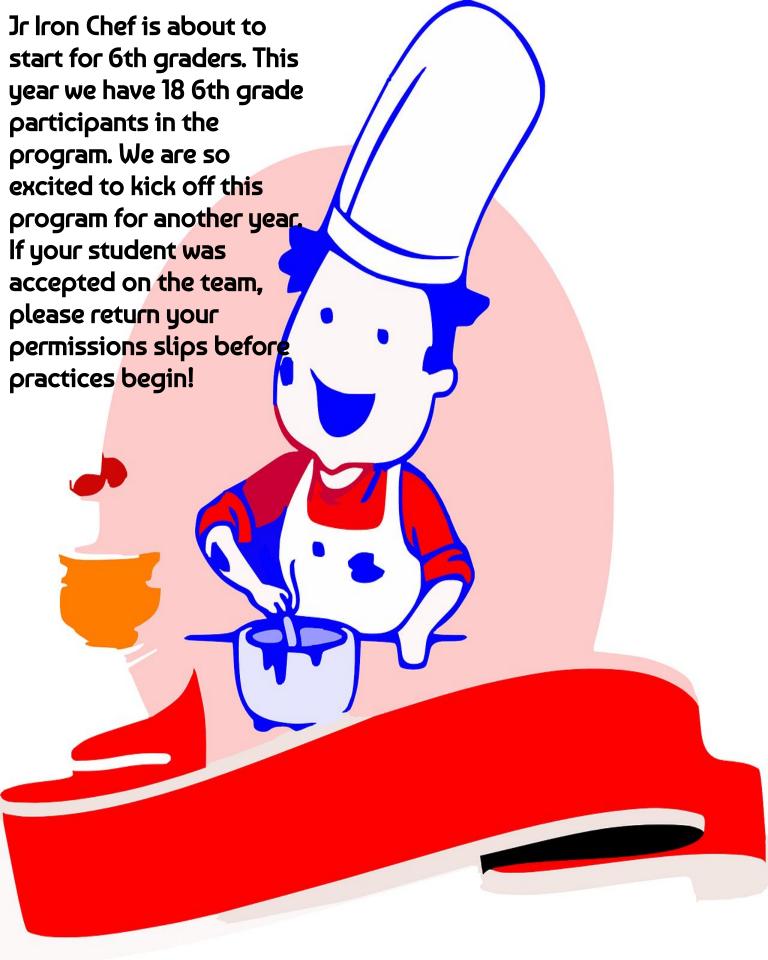


## SATURDAY, OCTOBER 28<sup>TH</sup> 5:30-7:30PM IN THE CES CAFETERIA

Admission \$5/person.
Concessions available for purchase.

Recommended for children grades 3 and up— it is scary! Brought to you by the After School Program.

SAVE THE DATE!



The CES PTA is trying to gauge interest in restarting the Four Winds Nature Program at CES. <u>Please fill out this survey to let us know your thoughts.</u> Thank for taking the time to respond.



Four Winds Nature Institute 4 Casey Rd. Chittenden, VT 05737 802-353-9440

www.fourwindsinstitute.org

## THE NATURE PROGRAM

Why do spiders spin webs?
What birds are singing in our woods?
How far will dandelion seeds float?
How do beavers chew under water?

Four Winds's Nature Program encourages curious kids to explore nearby nature and ask questions, and then gives them the opportunity, knowledge and skills to discover the answers.

Each month in schools across northern New England, more than 1,600 adult volunteers lead Nature Program workshops for some 17,000 students in hundreds of K-6 classrooms. Four Winds's Nature Program includes over 40 individual lessons grouped to illustrate five broad natural science concepts. Throughout the year, children explore one of these concepts in depth through a series of eight monthly workshops.

Far from being a canned curriculum, the Nature Program provides hands-on science education intimately tied to the students' own community. The schoolyard becomes a resource-rich classroom where children interact regularly with the natural world. They learn to use appropriate tools, including all their senses, for observation and collection of data. They practice problem solving and experimentation in science investigations. They learn to look at the familiar with fresh eyes and ask productive questions about what they observe.

Four Winds's Nature Program supports formal education by reinforcing science learning standards, and by involving parent volunteers directly in the learning community. Adult volunteers and teachers are co-learners displaying scientists' habits of mind as they encourage children to make inquiries, investigate, and explore.

Each lesson strives to engage students of all learning styles by incorporating language arts, math, movement and art in addition to science instruction. Writing haiku while sitting in a grassy field, recording the growth rate of dandelion flowers, creating a mural of the local pond, building a model bird nest with natural materials — all help children observe and learn about the natural world.





The Nature Program utilizes a "teach the teacher" model. Throughout the year, a Four Winds naturalist-educator comes to your community each month to lead a two-hour informational presentation for parents and other volunteers. These volunteers then team-teach the lesson in individual classrooms. Two volunteers acting as program coordinators serve as administrative liaisons with Four Winds.

In the workshop, we discuss ways to tailor each lesson to the learning needs of younger and older students. For example, while studying leaves, kindergartners may look at different leaf shapes, while sixth graders may examine the physical structure of leaves and learn about photosynthesis. Teaching materials like skull sets, gall kits, audiotapes, photos and diagrams are provided for each unit along with informational handouts.

The idea that nature is everywhere becomes clearer with each lesson as students explore key science concepts. Nature Program volunteers help children recognize "patterns of similarities," compare "life cycles," and think about "structure and function" when examining the characteristics of organisms. Students begin to understand the complexity of "ecosystems" as they explore what lives at the edge of the soccer field, in the patch of woods beyond, or in the shrubs out front. In the Nature Program, children learn to observe, to question, to test their ideas, and to share their discoveries.

## BECOMING A NATURE PROGRAM VOLUNTEER

You don't need a science degree or teaching certificate to be an effective Four Winds volunteer, just an enthusiastic interest in learning and sharing. All the necessary background information and learning activities are clearly explained at the monthly training workshops. Background information, lesson plans, handouts and specialized teaching materials provide all the resources necessary to present an informative and engaging classroom unit.

Volunteers are parents and community members who value the opportunity to learn and discover the wonders of nature with children. Each volunteer dedicates about 5 hours a month to the program, including 2 hours in training, 1-2 hours of preparation, and 1-2 hours in the classroom teaching with a partner. The adult training sessions are fun, collegial gatherings. And the children's lessons are filled with questions, discoveries, stories, laughter and learning.







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 4th.



CES had 7 of Vermont's top 20 rising young stars perform at a showcase assembly back in May.

Is your Wildcat excited, inspired, and ready to audition for the next Spectacular Spectacular?

Audition video deadline is coming up on 10/29. <u>Learn more and register!</u>

## 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**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:	☐ Individual (\$15) or ☐ Family (\$25)
Full Member Name(s):	
Email(s):	
Phone #(s):	
Current CES student name(s)/ grade level(s): [optional]	
How would you most like to engage with the CES PTA in the 23-24 school year? [optional]	

CONTACT: CES.PTA@LNSD.ORG



facebook.com/CESVTPTA





instagram.com/CESVTPTA

## Full Moon Fest and Costume Party



Calling all ghouls and ghosts, gals and guys and everyone who loves a good celebration of the season: Join us for another exciting Party-By-Patty! Face painting, donut eating, harvest-themed crafts and good times will abound at this costume-encouraged party!

Great Family Fun with games, treats, crafts and face-painting- you don't want to miss out!

Saturday, October 28

1 PM - 2 PM

http://www.varnumlibrary.org/calendar

## HAPPENINGS AT THE VARNUM IN OCTOBER

Open Hours: Sunday: Closed 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 \*

## OCTOBER 2023

Details of all events can be found at <a href="https://www.varnumlibrary.org/calendar">https://www.varnumlibrary.org/calendar</a>
\*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	Story Time 10-10:30 AM 	Story Time 10-10:30 AM 	Coffee And Conversations 10 - 11 AM	6 Technology And Tea 11 AM – 12 PM	Teens Teaching Technology 9 – 11:30 AM
8	9	Story Time 10-10:30 AM CrafterNoon 3-4 PM	Story Time 10-10:30 AM Mobile Rural Resource Navigator 9 AM – 11 AM Baby Rumble 3 – 4 PM	Coffee And Conversations 10 - 11 AM	Technology And Tea 11 AM – 12 PM	Make Your Own Sushi With Laura 12 PM - 1 PM
15	16	Story Time 10-10:30 AM 	18 Story Time 10-10:30 AM Mobile Rural Resource Navigator 9 AM – 11 AM Baby Rumble 3 – 4 PM	Coffee And Conversations 10 - 11 AM	Technology And Tea 11 AM - 12 PM	21
22	23	Story Time 10-10:30 AM 	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	Coffee And Conversations 10 - 11 AM	Technology And Tea 11 AM – 12 PM	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



## 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: <a href="mailto:cmaatkd@hotmail.com">cmaatkd@hotmail.com</a> or visit <a href="https://www.facebook.com/cmaavt">https://www.facebook.com/cmaavt</a>



## MOUNT MANSFIELD MARTIAL ARTS

TOWE WATERBURY

MORRISVILLE

CAMBRIDGE

www.MountMansfieldMartialArts.com

Cambridge After School Karate - New Session Starting

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





## 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 <a href="www.retribe.org/the-forest-school">www.retribe.org/the-forest-school</a>.

Contact Julia Hunt for more information:

ReTribeTransformation@gmail.com

609-933-0877





## **LET'S KEEP CES HEALTHY!**

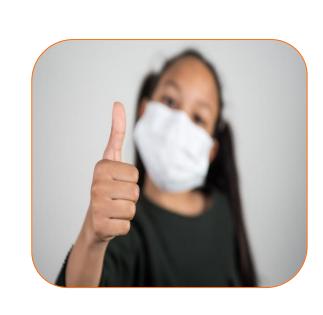
If your child is sick please keep them home.

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 <u>wearing a mask</u>, 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 <u>federally qualified health center</u> or one of <u>Vermont's free & referral clinics</u>.

### 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 <u>Vermont COVID-19 Self-Test Result Reporting Form</u>.

### 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.

### 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

## 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 <u>CES Job Application</u> 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  ${\hbox{\tt CES Job}}$ 

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