

# WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



## LUNCH

Mon 11/6: Sloppy Joe

Tues 11/7: Chicken & Cheese fajita

Wed 11/8: Cheesy breadsticks

Thurs 11/9: Harvest lunch-all invited

Fri 11/10: NO SCHOOL:

[CES Lunch Menu](#)



## UPCOMING EVENTS

Nov 10: NO SCHOOL

Nov 20-24: NO SCHOOL

Dec 7: Early Release at 11:30

Dec 8: NO SCHOOL

BANKING EVERY TUESDAY AM



ReplyForward

## WILDCAT NEWSLETTER



Dear CES Families,

This is a friendly reminder that all Krispy Kreme orders are due Monday, November 6th. Orders can be placed online or you can send in your order form, cash and checks made out to CES in a labeled envelope and return to your child's classroom teacher. We want to thank you all for your efforts in raising money for our 4-6 Winter Wellness program. [Krispy Kreme Order Form](#)

Also, CES Wildcat T-shirt Orders are due today! All proceeds benefit the CES Student Activity Fund. [CES Wildcat T-Shirt Order Form](#)

Thank you for your support!

Go Wildcats!

Enjoy the sunshine this weekend!

**REMINDER: NO SCHOOL, Friday, November 10**



## NEWS FROM NURSE SARAH

### When to stay home:

Fever 100.4 or greater - must be home until fever free without use of medication for greater than 24 hours.

Vomiting or Diarrhea - must be 24 hours symptom free and able to tolerate food and drink before returning to school.

Any infection requiring antibiotics - keep your student home until they have been on antibiotics for 24 hours.

Persistent cough that disrupts normal activity.

Excessive nasal drainage - check with your child's doctor before sending your child back to school.

Unexplained rash - check with your child's doctor before sending your child to school.

Red or draining eyes - check with your child's doctor before sending your child to school.

COVID-19 - If you refer to the Vermont dept of health website it will walk you through the guidelines.

<https://www.healthvermont.gov/disease-control/covid-19/covid-19-symptoms-treatment>

Influenza - stay home until fever free without medication for 24 hours.

Any other symptoms or illness that impedes a student's ability to learn or staff's ability to work.

Sarah Kartluke, RN, BSN (she/her/hers)

CES School Nurse

802-521-5619 (office)

[skartluke@lnsd.org](mailto:skartluke@lnsd.org)



*The Abbey Group invites you to*

# Fall Harvest Meal

## MENU

Oven Roasted Turkey

Chef Mashed Potatoes

Steamed Green Peas

Hearty Stuffing

Homemade Dinner Roll

Cranberry Sauce

Cranberry Crunch Bar

Assorted Milk Variety

## PRICING

Adult meals are \$5.25

Children 18 and under eat FREE

Please pay at the event, no prepay option is available

## DATE & TIME

November 9, 2023

Prek & K-- 10:40-11:15

3/4-- 11:30-12:05

1/2-- 12:15-12:50

5/6-- 1:00-1:35

# Mrs. Casserly's 3rd grade exploring Nature's classroom





**SKI, RIDE & WINTER SPORTS SALE**

Cambridge Community Center | 22 Old Main Street, Jeffersonville  
Fri. Nov. 10<sup>th</sup> 7pm-9pm      Sat. Nov. 11<sup>th</sup> 9am-3pm



Dear Families,

Did you know that the funds raised from our local Cambridge Area Rotary Ski/Ride Swap help our CES Wildcats to receive FREE Ski/Ride Lessons at Smugglers ' Notch this winter? Let 's help the Rotary make this event a success!

[Please consider signing up to volunteer your time at the upcoming Ski/Ride Swap on November 10th & 11th on this Sign-Up Genius site.](#) Many hands make light work!

Consignment tags can be found in the CES lobby if you are looking to sell gear. Additionally, check out the sale to score great winter gear and buy more student-created jewelry.

Only a few more days for Krispy Kreme orders! Thank you for your continued support of experiential learning.

Best,

CES 4th, 5th & 6th Grade Teachers



# SKI, RIDE & 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](http://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!



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 [CES online store](#) 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 [November 13th](#) at the CES Gym Lobby between the hours of 2:30–4:00 PM.

**Many thanks from the CES 4th - 6th Graders**



BACKCOUNTRY MAGAZINE

14<sup>TH</sup> ANNUAL

# BARN

2023

SKI & SNOWBOARD MOVIES

LIVE MUSIC:  
**TREMOLO HOSS**  
FEAT. BRETT HUGHES & LOWELL THOMPSON



# BASH

**SATURDAY NOV 4**  
CAMBRIDGE COMMUNITY CENTER 6:30PM

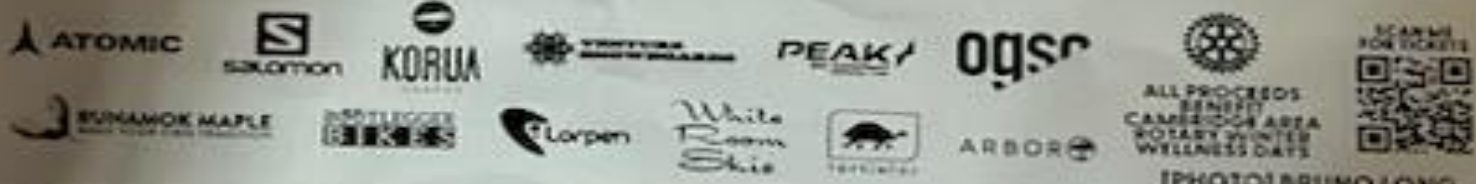
**7:00 MOVIES**  
DAYDREAM  
ABSTRACT  
ADVICE FOR GIRLS

**8:00 MUSIC**  
**TREMOLO HOSS**  
FEATURING BRETT HUGHES & LOWELL THOMPSON

**HUGE RAFFLE:**  
SKIS, SNOWBOARDS, APPAREL & MORE  
**GRAND PRIZE:**  
WEEKEND GETAWAY AT SMUGGLERS' NOTCH!

**TICKET INCLUDES: RAFFLE TICKET, FOOD, BEVERAGE & FREE SMUGGS LIFT TICKET**

TICKETS: [BACKCOUNTRYMAGAZINE.COM/BARNBASH23](http://BACKCOUNTRYMAGAZINE.COM/BARNBASH23)

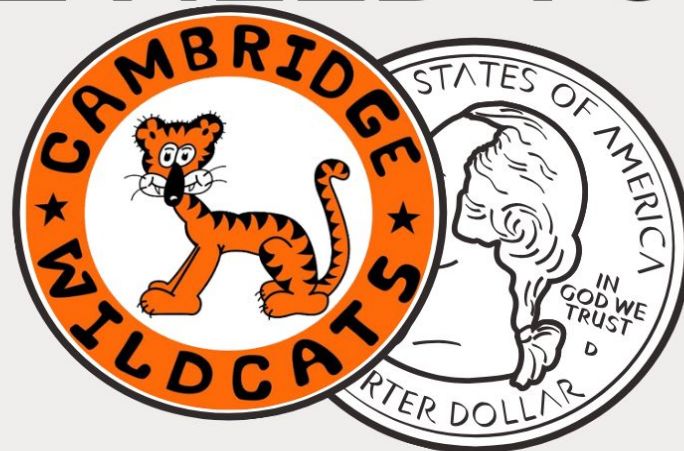


ALL PROCEEDS BENEFIT CAMBRIDGE AREA COAST GUARD WINTER WELLNESS DAYS

[PHOTO] BRUNO LONG

A decorative border at the top of the page features several quarter coins. Some are green and show the profile of George Washington, while others are orange and show the profile of George Washington. The text "LIBERTY" and "QUARTER DOLLAR" is visible on the coins.

# WE NEED YOUR



# CHANGE!

***JOIN YOUR COMMUNITY & OTHER AUBUCHON  
SHOPPERS TO INSTANTLY SUPPORT THE CAMBRIDGE  
ELEMENTARY 6TH GRADE CLASS TRIP BY ROUNDING UP AT  
CHECK OUT THIS NOVEMBER ON ALL OF YOUR PURCHASES***

**AUBUCHON**  
HARDWARE

November 1 - 30



# CALLING ALL 6TH GRADERS

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

**NOVEMBER 13 FROM 2:40 PM - 4PM  
IN THE CONFERENCE ROOM**

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

LAST MONTH OUR GROUP WROTE OUR FIRST DRAFT AS A GROUP.  
WE WILL BE EDITING AND WRITING FINAL DRAFTS TO SEND OUT  
AND DROP OFF FOR DONATION REQUESTS. PLEASE JOIN US!

PLEASE CONTACT DANNIE MCFARLAND WITH ANY QUESTIONS  
[VERMONTMONTREPRENEUR@GMAIL.COM](mailto:VERMONTMONTREPRENEUR@GMAIL.COM)





# Concert Season

## Save the dates

**MONDAY**

**ALL THE WORLD**

**DEC. 04**

**PREK-2ND GRADE**

**6 pm**

**THE SHORTEST DAY: CELEBRATING THE  
WINTER SOLSTICE**

**3RD-5TH, ADV BAND AND  
4/6 CHORUS**

**6:15 pm**

**TUESDAY**

**DEC.  
12**



**CAMBRIDGE ELEMENTARY SCHOOL GYM  
LIVE STREAM LINKS WILL BE ON OUR SCHOOL WEBSITE:  
[WWW.CES.LNSD.ORG](http://WWW.CES.LNSD.ORG)**

<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**



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 [Online Store](#) or look for the order form in this newsletter. *Thank you for your support!*

# ANNUAL CES T-SHIRT

# Sale

## 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**

OR

**PAW PRINT DESIGN**



YOUTH			LADIES
<p>YOUTH SHORT SLEEVE T-SHIRTS</p> <p><b>\$15</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Light Pink- XS- XL Indigo- XS- XL Gold- XS- XL Purple- XS- XL Cherry Red- XS- XL</p>	<p>YOUTH LONG SLEEVE TEE</p> <p><b>\$16</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Aquatic Blue- S- XL Purple- S- XL Navy- S- XL Yellow- S- XL Sangria- S- XL</p>	<p>YOUTH HOODED SWEATSHIRT</p> <p><b>\$23</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Cardinal Red- S- XL Purple- S- XL Carolina Blue- S- XL Dark Heather- S- XL Light Pink- S- XL</p>	<p>LADIES T-SHIRT.</p> <p><b>\$16</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Purple- S- XL Carolina Blue- S- XL Navy- S- XL Coral Silk- S- XL Black- S- XL</p>
ADULT			LADIES LONG SLEEVE T-SHIRT.
<p>ADULT T-SHIRT</p> <p><b>\$16</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Sky Blue- S- 3XL Purple- S- 3XL Maroon- S- 3XL Kiwi- S- 3XL Sports Grey- S- 3XL</p>	<p>ADULT LONG SLEEVE T-SHIRT</p> <p><b>\$18</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Purple- S- 3XL Maroon- S- 3XL Indigo- S- 3XL Ash- S- 3XL Forest Green- S- 3XL</p>	<p>ADULT HOODED SWEATSHIRT</p> <p><b>\$25</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Graphite Heather- S- 3XL Carolina Blue- S- 3XL Violet- S- 3XL Military Green- S- 3XL Ash- S- 3XL</p>	<p><b>\$18</b></p> <p>AVAILABLE SIZES &amp; COLORS</p> <p>Purple- S- XL Dark Heather Grey- S- XL Aquatic Blue- S- XL Maroon- S- XL Kelly Green- S- XL</p>



THE  
POSTPONED  
CES HAUNTED HOUSE  
IS  
**CANCELED**

**AND WILL BE REPLACED BY...**



**An Enchanted Village**

**COMING IN DECEMBER!**

**STAY TUNED FOR MORE INFO!**



*Brought to you by the CES After School Program.*





# Barbie & Ken Family Dance

Saturday, November 11th, 2023  
6:30-8:30pm in the CES Gym

\$5/person at the door

OR \$4 advance online tickets: [tinyurl.com/ces-dance](https://tinyurl.com/ces-dance)

*All grade levels are welcome!* Parent/guardian presence is required.

*Festive outfits are encouraged!* Gym-friendly shoes are required.

Refreshments & more will be available for purchase!

**Brought to you by the CES PTA & 6<sup>th</sup> Grade Families  
in support of enriching CES Programs and the 6<sup>th</sup> Grade Trip.**

Concession Donations & Volunteers Needed: [SignUpGenius](#)



# Train with Green Mountain Academy!



Register today at [GREENMOUNTAINACADEMY.COM](http://GREENMOUNTAINACADEMY.COM)

Registration Closes November 15

**We have openings in:**

**Jr Rippers Snowboard (Stowe and Bolton Valley)**

**Jr Rippers Ski (Bolton Valley)**

**Big Mtn/Cross Snowboard (Stowe)**

**Big Mtn/Cross Ski (Stowe)**

**Freestyle Snowboard (Stowe and Bolton Valley)**

**Freeski (Stowe and Bolton Valley)**

The Cambridge Conservation Commission

# Orange Up Day is... November 4

a community fall cleanup



**pick up orange bags at:  
Hanleys General Store + The Farm Store +  
Cambridge Village Market**

**trash bags may be left at the town garage in  
Jeffersonville on Saturday the 4th before dusk.**



**This week's twins, plus Robin!**

# Flood Recovery Support

at Let's Do Lunch!

**Friday, November 17th**

**11AM-1PM • Jeffersonville Congregational Church •  
16 Church St., Jeffersonville**



Speak with an Efficiency Vermont expert about financial and technical resources available to flood impacted homeowners, renters, businesses, and rental property owners. Visit [www.encyvermont.com/flood](http://www.encyvermont.com/flood) to get started today.

For more information visit

**[encyvermont.com/events](http://www.encyvermont.com/events)**

**or call 802-540-7766**

Brought to you by



In partnership with



**Thank you to CES teachers/staff and family members who have already responded to our survey!**

**Congrats to 6<sup>th</sup>-grade parent Casey K, who won our a \$25 gift certificate drawing!**

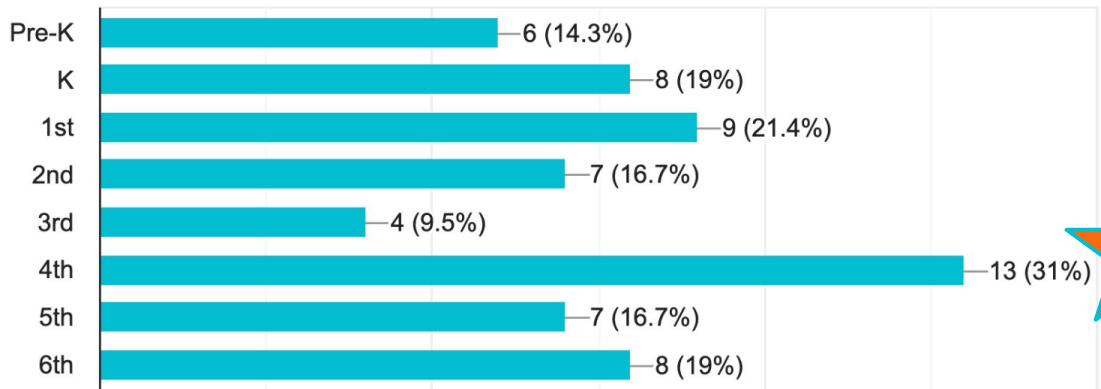
**As a final incentive to invite more participation, the PTA will grant teacher wishes for the grade level with the most responses by the Wednesday 11/8 deadline.**



## **Fall 2023 CES Community Feedback Survey**

Grade levels of students at CES:

42 responses



**Wednesday 11/8 = last chance to respond to the survey!**

**The 4th grade is in the lead as of Friday 11/3!**

givebacks

# Get cashback for you and our school without even trying.

5%

Average cashback for you when you shop at places like

1%

Our school will get up to 1%

\$5

We'll get a \$5 bonus for each supporter for a limited time



Walmart

★ macy's

sam's club

SEPHORA

overstock.

## Shop to support CES! Sign up for Givebacks!

Support CES and the CES PTA whenever you shop or dine at over 25,000 merchants at no extra cost to you. Local dining offers include the Skinny Pancake and Mimmo's (both up to 5%).



Check out the [Givebacks overview video](#) (0:34) for more info.

The CES PTA is a registered non-profit fueled 100% by volunteers who seek to support programs that benefit all students at CES.



# It's Fall Membership Drive Season!



**That means it is time to join the CES PTA—  
even if you can't attend meetings or volunteer!**

Your membership dues go towards supporting and sponsoring CES programming such as the upcoming anti-bullying dance assembly (November 2023), a Modern Times 3rd/4th Grade puppet residency (January 2024), Scholastic author visit(s), Winter Wellness, teacher/staff appreciation efforts, and more!



**NOTE:** The 6th Grade Trip is not driven by the CES PTA. Nonetheless, the PTA will occasionally partner with the 6th Grade Trip on some fundraising events and efforts.

**Why delay?**  
[Join our PTA!](#)

**NEW for 23-24:** PTA members are **busy** parents and teachers, so we are intentionally focusing on fundraising and community-building goals that will deliver **big boosts** for our time and efforts and serve our top school community needs.

Check out our new [Fundraising & Community Building Goals](#) Dashboard to learn more about our priorities for the 23-24 school year.

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



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



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



# HAPPENINGS AT THE VARNUM IN NOVEMBER



All offerings are free and open to the public \*

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

## November 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 MRRRC 9 AM - 11 AM ----- Story Time for All Ages 10 AM - 10:30 AM ----- NaNoWriMo Write-In Event 6 PM - 9 PM	2 Coffee And Conversation 10 AM - 11 AM	3	4
5	6	7 Story Time for All Ages 10 AM - 10:30 AM ----- CrafterNoon 3 PM - 4 PM	8 MRRRC 9 AM - 11 AM Story Time for All Ages 10 AM - 10:30 AM ----- NaNoWriMo Write-In Event 6:30 PM - 9 PM	9 Coffee And Conversation 10 AM - 11 AM	10	11
12 Teen Advisory Board 12 PM - 1:30 PM	13	14 Story Time for All Ages 10 AM - 10:30 AM ----- CrafterNoon 3 PM - 4 PM	15 MRRRC 9 AM - 11 AM Story Time for All Ages 10 AM - 10:30 AM ----- NaNoWriMo Write-In Event 6:30 PM - 9 PM	16 Coffee And Conversation 10 AM - 11 AM	17	18 Teens Teaching Technology 9 AM - 11:30 AM
19	20	21 Story Time for All Ages 10 AM - 10:30 AM ----- Open-Art Hour 3 PM - 4 PM	22 MRRRC 9 AM - 11 AM ----- Story Time 10 AM - 10:30 AM ----- Dungeons & Dragons 4 PM - 6 PM	23 Thanksgiving	24	25
26	27	28 Story Time for All Ages 10 AM - 10:30 AM ----- Open-Art Hour 3 PM - 4 PM	29 MRRRC 9 AM - 11 AM Story Time for All Ages 10 AM - 10:30 AM ----- NaNoWriMo Write-In Event 6:30 PM - 9 PM	30 Coffee And Conversation 11 AM - 12 PM		



## **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.

# WILDCAT NEWSLETTER



## 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



## 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>

## **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](#)



# WILDCAT NEWSLETTER



Dear Parents—

If your child is to be administered medication again during school hours, we need to remind you of the following requirements:

1. **Written permission from the physician** containing information on the reason for giving the medication, the dose of the medication and time the medication is given.
2. **Written permission from the parents** with any necessary instructions.
3. **The medication must be in the pharmacy labeled bottle.**

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Sarah Kartluke, RN, BSN (she/her/hers)

CES School Nurse

802-521-5619 (office)

[skartluke@lnsd.org](mailto:skartluke@lnsd.org)