

WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



LUNCH

Mon 11/13: Chicken patty

Tues 11/14: Beef nachos

Wed 11/15: Pizza

Thurs 11/16: Lasagna

Fri 11/17: Fluffy Pancakes

[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





T

REMINDER: NO SCHOOL, TOMORROW, Friday, November 10

Bravo to our fabulous kitchen crew. The fall harvest dinner was delicious (and filling)! It was wonderful to see all of the friends and family who were able to join us today.

Today I was joined by Cedar Podd, Danyon Small, and Rowan McRay-Fay at NCAL where they worked hard to make the entrance safer for their visitors and employees by shoveling the snow that had fallen early in the morning. Their hard work was rewarded by a visit to see the many puppy residents and a one one visit with an active kitten! Great work!



PICTURE RETAKE DAY
WEDNESDAY, NOVEMBER 15
STARTING AT 8AM

As far as retakes go, if someone is having a retake because it is poor expression, then they return the original set and we exchange the photos at no extra cost. If someone is having a retake because they didn't like their hair or clothing choice that day, then they return the original set of photos and pay half price for their new set.

We will have an all school assembly next Tuesday, 11/14, starting at 9am. Looking forward to this show called **Make A Difference** where the focus is on respect, responsibility, anti-bullying and setting goals for yourself! Thanks to the PTA for funding support! Let me know if you have any questions.
Pam Cushman, guidance counselor

ECHO DANCE TEAM

THE #1 SCHOOL ASSEMBLY

MAKE THE DIFFERENCE.

ABOUT THE 45-MINUTE SHOW

-30 minute interactive showcase of high energy dancing that captures student's attention and entertains them while spreading a positive message.

-15 minute lecture period, where each member discusses the negative effects of bullying and why it's everyone's responsibility to respect themselves and those around them.



Get Your Assembly

WWW.ECHODANCETEAM.COM

INFO@ECHODANCETEAM.COM

**Appropriate for grades k through 12*



**PERFORMED
IN OVER
2,000 SCHOOLS
NATIONWIDE!**



FOCUSES ON:

- Respect
- Responsibility
- Anti Bullying
- Setting goals for yourself

**"The show is amazing,
energizing, fun and inspirational."**

- Erin Haher

- ✓ **Appropriate**
- ✓ **Affordable**
- ✓ **Engaging**



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.

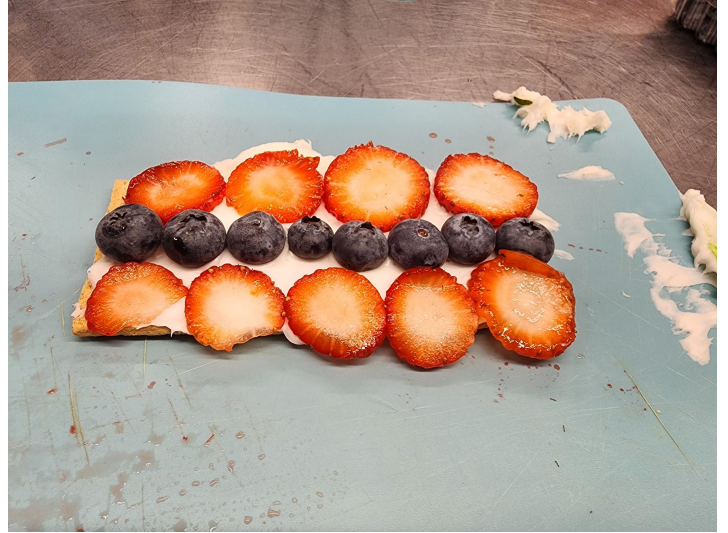
Sarah Kartluke, RN, BSN (she/her/hers)

CES School Nurse

802-521-5619 (office)

skartluke@lnsd.org

Jr Iron Chef teams worked hard on Veterans Day snacks and recipe planning for competition. 3 team names were decided and we'd like to introduce Team Wildcooks, Team Wicked Wildcats and Team CES Flamecats!







SKI, RIDE & WINTER SPORTS SALE

Cambridge Community Center | 22 Old Main Street, Jeffersonville
Fri. Nov. 10th 7pm-9pm Sat. Nov. 11th 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

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!

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

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

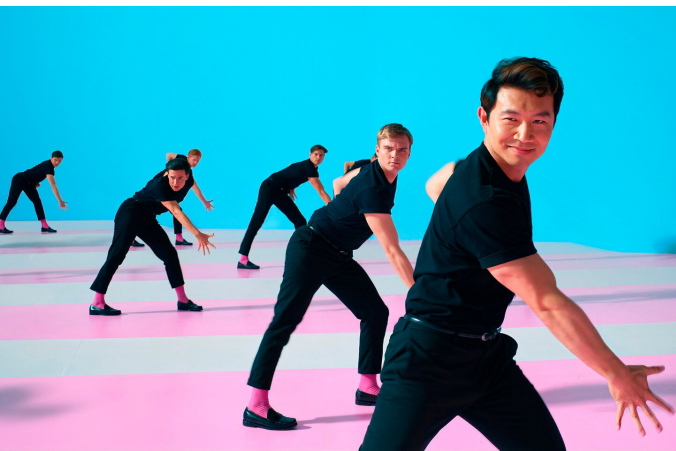
PLEASE REVIEW THE CES DANCE RULES/GUIDELINES

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

Refreshments & more will be available for purchase!

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

Concession Donations & Volunteers Needed: [SignUpGenius](https://SignUpGenius.com)



Coffee & Conversation

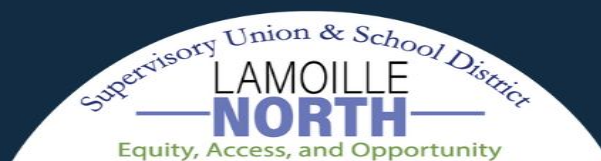
Join Lamoille North Superintendent Catherine Gallagher for an upcoming small group discussion series to learn about what's happening in our schools and to share your thoughts and questions.



♥ coffee

Join us at one of the locations listed below:

- Hyde Park – Two Son's Bakery – 11.14.23 @ 11:00am
- Johnson – Jenna's Coffee House – 11.16.23 @ 10:00am
- Cambridge – The Farm Store – 11.28.23 @ 10:00am
- Eden – Eden Central School – 11.30.23 @ 10:00am
- Waterville/Belvidere – Belvidere Central School –
12.5.23 @ 10:00am



BEDTIME STORIES



Readings by:

Lamoille North Superintendent
Catherine Gallagher

Wed, Nov 8th:
'Tell Me the Day Backwards'
Written by: Albert Lamb

Scan the QR Code to
View the Video
Recording:

Or Visit the Lamoille
North YouTube Page





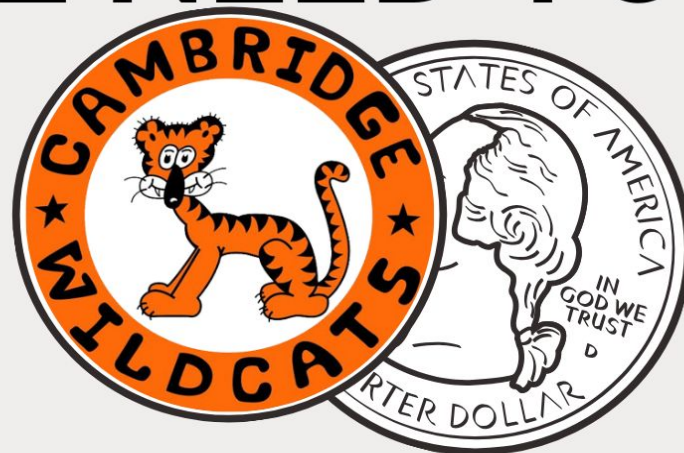
Students at Cambridge Elementary School are hosting a Krispy Kreme Doughnut Fundraiser to raise funds for Winter Wellness and we are in need of your help!

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

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





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**

UPCOMING COL DATES	SPIRIT DAY THEMES
11/30 (Thurs)	Camo Day – Wear your Camo head to toe if you have it!
12/22 (Fri.)	Ugly Sweater – 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.)	Tie Dye Day – We are getting groovy! Show off your Tie Dye.

COL DATES ARE SUBJECT TO CHANGE.

COL START TIME: 8:20

Train with Green Mountain Academy!



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

This week's twins



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.efficiencyvermont.com/flood to get started today.

For more information visit

[efficiencyvermont.com/events](http://www.efficiencyvermont.com/events)

or call 802-540-7766

Brought to you by



In partnership with



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



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 or visit <https://www.facebook.com/cmaavt>



MOUNT MANSFIELD MARTIAL ARTS

STOWE 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.

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.

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 [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.

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.**

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

CES School Nurse

802-521-5619 (office)

skartluke@lnsd.org