

# WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



## LUNCH

*AFTER THANKSGIVING BREAK*

Mon 11/27: Dress your own burger

Tues 11/28: Chicken & Biscuits

Wed 11/29: Pizza

Thurs 11/30: Mac n Cheese

Fri 12/1: Homemade Shepherd's Pie

[CES Lunch Menu](#)



## UPCOMING EVENTS

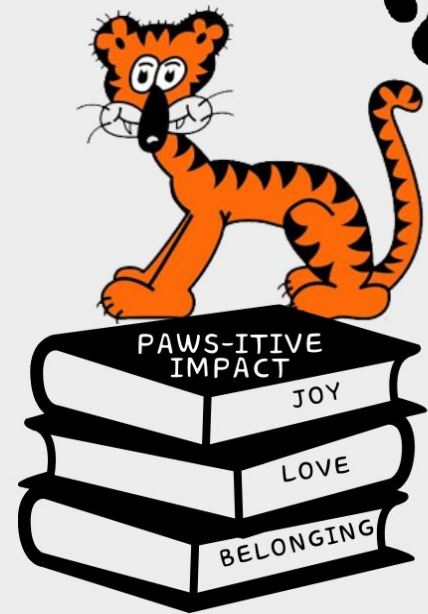
Nov 20-24: NO SCHOOL

Dec 7: Early Release at 11:30

Dec 8: NO SCHOOL

Dec 25-Jan 1: NO SCHOOL

BANKING EVERY TUESDAY AM





# REMINDER: NO SCHOOL NEXT WEEK-Happy Thanksgiving



I wish you and your family a Happy Thanksgiving. One of things I continue to be thankful for is my opportunity to be a member of our amazing school community!

Gratefully,

Mary Anderson



We had a successful week of volunteering! I was joined at NCAL by sixth graders, Micah Edwards, Oliver Herman, and Liam Osborne. They were able to make a large supply of kong filled treats for an incoming transport of dogs from the southern part of the country. Following their chores, they were able to play with some very feisty kittens who kept them on their toes.



Sixth graders Rowan McCray-Fay, Madison Lesure, and Sequoia Sherman accompanied me to the monthly community lunch at the Jeffersonville Church. They took orders, passed out food, and cleared dishes. Everything came very naturally to them and they received many compliments from the patrons.





## 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)



*We are grateful for our CES Community!*



***Each Fall, the CES PTA invites teachers/staff to respond to some optional questions about their favorite things.***

*We then share this info so that anyone in our community who would like to show appreciation during the holidays, birthday months, and/or Teacher/Staff Appreciation Week may do so with some informed inspiration:*

**[tinyurl.com/CES-faves](https://tinyurl.com/CES-faves)**

## ***CES Teacher/Staff Faves***

*This is only meant as a helpful reference **if** you are inspired and able to make a gesture of gratitude- **not** as a prompt to do so.*

***Note that ALL teachers/staff LOVE to receive handmade/handwritten cards or notes from students and families!***





# Coffee & Conversation

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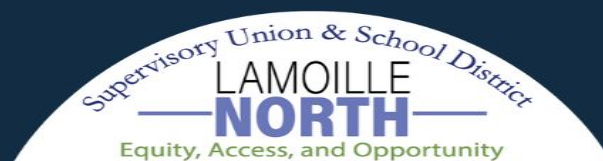
Join Lamoille North Superintendent Catherine Gallagher for an upcoming small group discussion series to learn about what's happening in our schools and to share your thoughts and questions.



♥ 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





Cambridge Elementary School

# OPERATION FIRE CUFFS

Please join us and the Cambridge Fire and Rescue in collecting toys for the children at the University of Vermont Children's Hospital.

The Hospital will accept any and all donations as long as they are new. If you are able and willing to donate the hospital has identified some specific areas of need. They include Comfort Items, Legos, and Gift Cards.



All donations must be dropped off to  
CES Room 211 by Monday, December 18th.





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The Hospital will accept any and all donations as long as they are new. If you are able and willing to donate the hospital has identified some specific areas of need. They include Comfort Items, Legos, and Gift Cards.



Blankets  
Stuffed Animals  
Pillow Cases  
Legos  
Gift Cards



**All donations must be dropped off to CES**

**Room 211 by Monday, December 18th.**



**Thank you for supporting The University of Vermont Children's Hospital.  
We have listed some ideas below to best support all age groups.  
Currently the teen and infant population are in the highest need of donations.**

**Infant Items:**

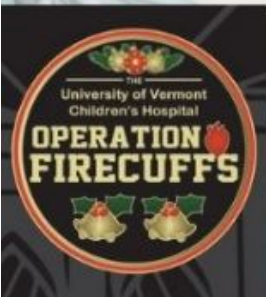
- Toys
- Books
- Board Books
- Sound machines
- Bath toys
- Diapers

**Wish List Items:**

- Legos
- Games (Uno, Connect 4)
- Slime Kits
- Playdoh
- Board Books
- Kinetic Sand
- Magnatiles
- "Little People" Toys
- Playsets (Bluey, Paw Patrol)

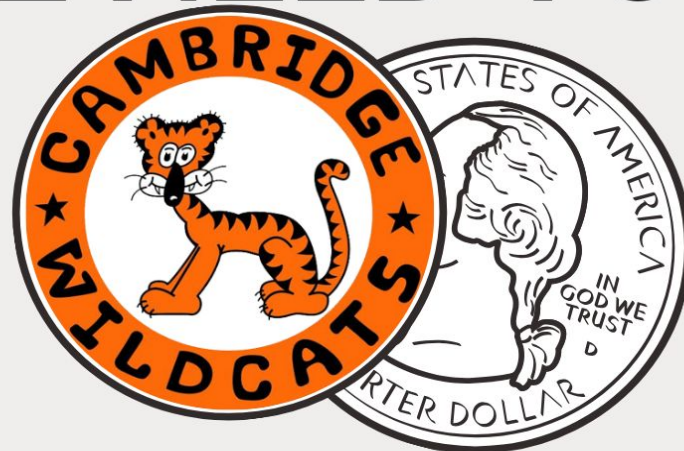
**Teen Items:**

- Gift cards (Walmart & target)
- Wireless speakers
- Wireless headphones
- Remote control cars
- Legos



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







# 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>UPCOMING COL DATES</b>	<b>SPIRIT DAY THEMES</b>
<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**



***GREAT NEWS!*** The CES PTA was just awarded a **\$1250 grant** from the National PTA and AT&T to bring the **Ready, Tech, Go! program** to our school in 2024. *Stay tuned for more details!*

*Parenting in the digital age can be challenging, and families are faced with many important decisions surrounding technology use and digital safety. Determining when your children may be ready for a device and establishing healthy digital habits are chief among them. The **PTA Connected: Ready, Tech, Go!** program helps families, parents, and caregivers navigate these challenges through meaningful peer-to-peer discussions about screen readiness and ways to promote healthy and responsible device use for all members of the family.*



Learn, laugh, flip and fly!

**REGISTRATION OPENS  
NOVEMBER 15**

**CIRCUS  
SMIRKUS  
CAMP**

**CIRCUS  
SMIRKUS**

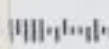
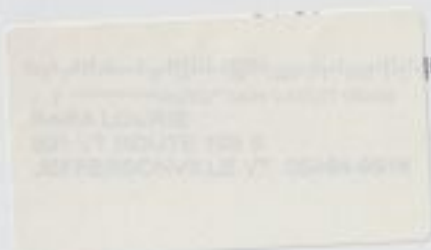
Join us at our overnight camp in Greensboro, VT  
[smirkus.org/camp-sessions](http://smirkus.org/camp-sessions)

**2024  
CAMP  
SESSIONS**

- AGES 5-11** SMIRKLING CAMP  
 June 8-9 (2 days, 1 night)  
 June 15 (1 day)
- AGES 8-16** ALL LEVELS CIRCUS CAMP  
 June 16-21 (1 week)  
 June 23-July 5 (2 weeks)
- AGES 12-18** INTERMEDIATE CAMP  
 July 7-July 19 (2 weeks)
- AGES 12-18** ROAD SHOW  
 July 7-August 10 (5 weeks)
- AGES 12-18** ADVANCED CAMP  
 July 21-August 9 (3 weeks)
- ALL AGES** FALL FAMILY & FRIENDS WEEKEND  
 August 30-September 1

Circus Smirkus  
 1 Circus Road,  
 Greensboro, VT 05841

Non-profit Org.  
 U.S. Postage  
 PAID  
 Print & Mailing Center  
 Barre VT





# 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)**



# This week's twins



givebacks

Earn *free donations*  
for our school when you shop—  
at no cost to you!

5%

Average donation when you  
shop at places like

\$5

We'll earn a \$5 bonus donation  
after your first purchase

★macy's

Walmart

SEPHORA

overstock.com

sam's club

***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.

**Plus— now through December 31, 2023— when you sign up for Shop to Give and download the browser extension, we will receive an automatic \$5 donation.**

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





# Fall 2023 Membership Drive!



## It's not too late 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 recent Make the Difference assembly (November 2023), the upcoming Modern Times 3rd/4th Grade puppet residency (January 2024), Scholastic author visits/books, 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

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)

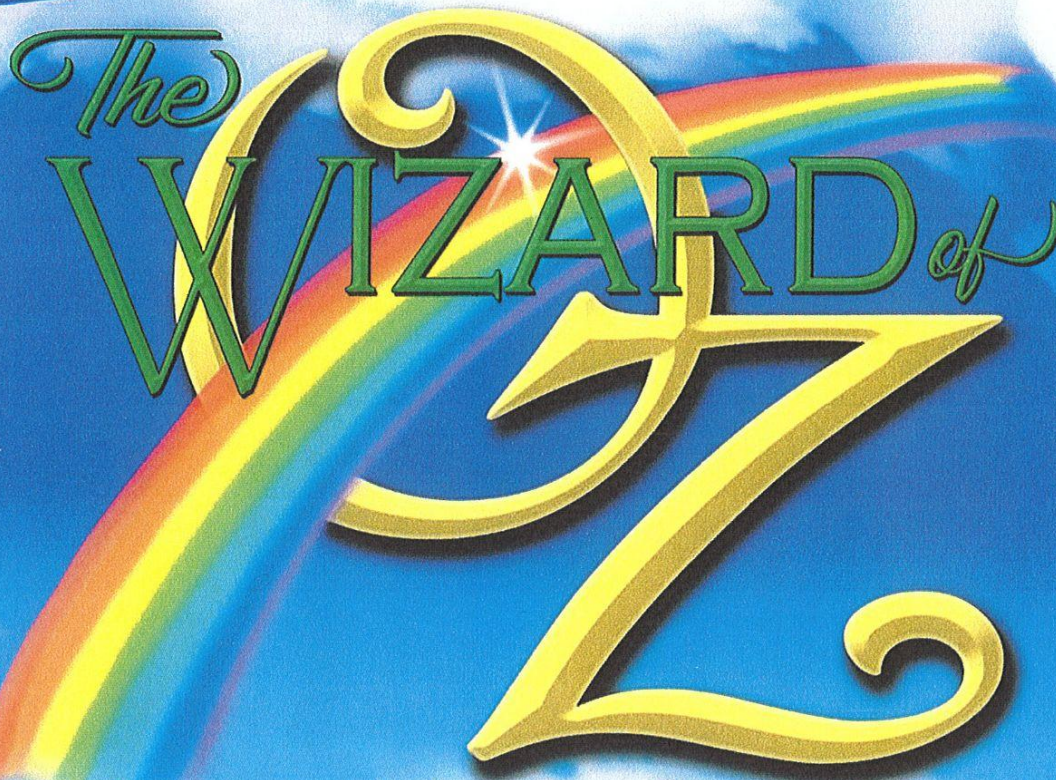
The Karate Kids Program is designed specifically for children ages 5 through 10. The emphasis is on gross motor skills and activities that are developmentally and age appropriate. Students engage in physical activities that work on balance, coordination, fitness, flexibility, speed, timing, and power 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.



THEATRE COMPANY

50 FIFTIETH  
ANNIVERSARY

Lyric



The  
WIZARD of  
Oz

FLYNN MAIN STAGE  
APRIL 11-14, 2024

JOIN US AT THE LYRIC CREATIVE SPACE AT 7 GREEN TREE DRIVE, S. BURLINGTON FOR

**KICK OFF:** NOVEMBER 29 7:00 PM

**AUDITIONS:**

**ADULTS:**

MONDAY, 12/4 THROUGH THURSDAY 12/7

5:30 PM - CHECK IN

CALL BACKS - FRIDAY, 12/8

**KIDS:**

SUNDAY, 12/3

SESSION I - 8:00 AM - 12:00 PM

SESSION II - 1:00 PM - 5:00 PM

FOR MORE INFORMATION: [WWW.LYRICTHEATREVT.ORG](http://WWW.LYRICTHEATREVT.ORG)



# 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](#)

Questions? Feel free to contact Mary Anderson at (802) 521-5602 or [manderson@insd.org](mailto:manderson@insd.org)



# 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)