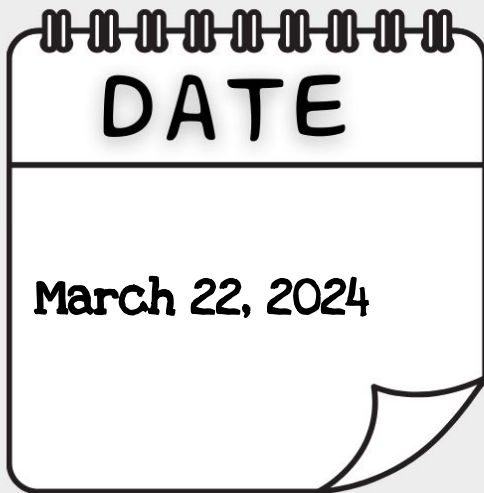


# WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



## LUNCH

Mon 3/25: Hot hamburger sandwich

Tues 3/26: Chicken taco bar

Wed 3/27: Pizza

Thurs 3/28: Homemade baked ziti

Fri 3/29: BBQ pulled pork

[CES Lunch Menu](#)

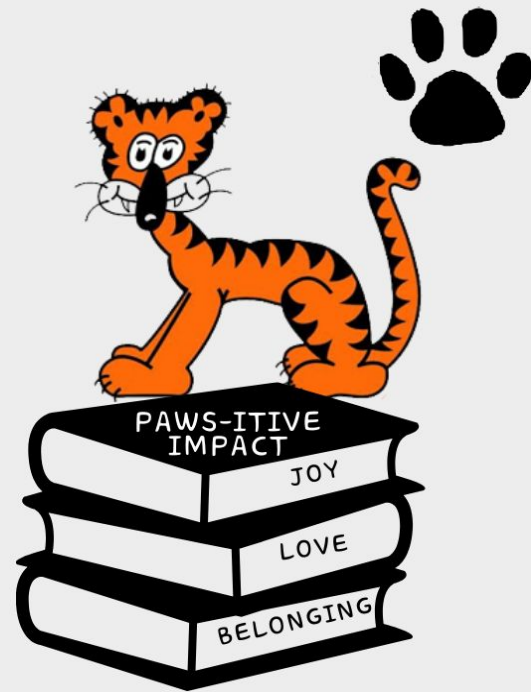


## UPCOMING EVENTS

April 8: Early Dismissal  
@11:30-AFTERSCHOOL  
Program will be CLOSED

April 22-26-No  
School, Spring break

~~BANKING EVERY TUESDAY AM~~



## NCAL NEWS

After a few weeks off, we returned to NCAL this week where things were very quiet as there are currently not many shelter residents. There are however two very adorable puppies available for adoption. Seen here is "Pearl" visiting with our hardworking sixth graders who demonstrated initiative throughout our time at the shelter. This was their second visit and they knew exactly what needed to be done before I even had a chance to tell them! They all met the definition of "self starter" which is a very important employee characteristic in my opinion. Great job girls!

### Ready Tech Go Appreciation

I would like to give a big shout out to all of the people who helped make the "Ready Tech Go" event a huge success! This effort would not have been possible without Lori Hebert's willingness to author a grant for the programming materials. Upon receipt of the grant, Lori was joined by fellow PTA member Jordan Bean and several CES staff members who spent a great deal of time planning for the event and also took turns facilitating at the event. Our facilitating staff members included Pam Cushman, Cassie Calabrese, Ellen Koier, Faith Horton, and Jeremy LaClair. Sue Reed and Laura Edgerton provided childcare. The highlight of the night for me was watching our technology student ambassadors participating in the event by helping to facilitate, taking photographs, and more. Our participating student ambassadors were Nakiya Brown, Asher Smith, Emerson Hadley, Calise Valiska, and Oliver Herman. Thank you to all!

Wishing you all a fabulous weekend!

Please be careful cleaning up from the snowstorm and I hope that you are able to enjoy the snow as well. I think that it might be perfect for building snowpeople!



The third graders are starting their final Cambridge History Project. This year we will be recreating classic board games with a Cambridge History twist! If you own any of these games and would be willing to donate them please let us know! Our plan is to reuse the pieces and boards to create new versions of the games, so please only donate games you no longer need. It's okay if pieces are missing or boards are not in the best of shape.

We appreciate the help! Here are the games we are looking for, we will take as many sets as we can get our hands on.

Candy Land

Game of Life

Chutes and Ladders

Monopoly Jr

Connect Four

Ticket to Ride: The First Journey (JR version)

Historically yours,

Molly & Aly



**CES has the following open positions!**

[CES Preschool Assistant Opening](#)

[CES K-6 Instructional Assistant Opening](#)

[CES Early Childhood 1:1 Instructional Assistant Position](#)

**Instructional Assistants needed for student support in the after school program**

CES is seeking part time support personnel to work one on one with elementary school aged students in our after school program. Partial week schedules are an option if someone does not want to work every day after school.

Interested?

You can apply by completing the application at the link below and send it to Mary Anderson's attention at the email address below.

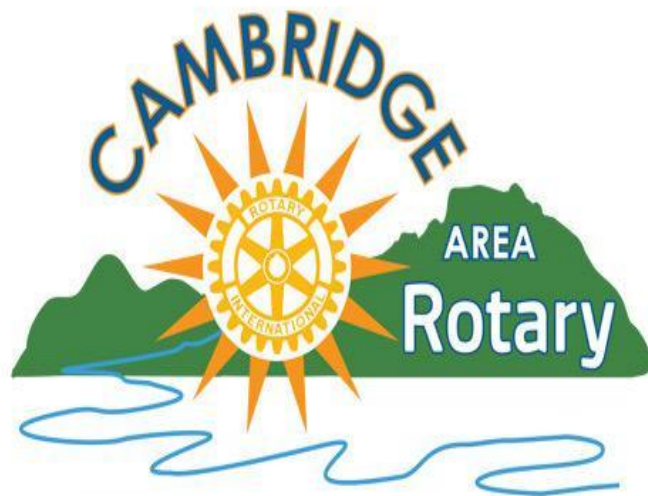
[CES Job Application](#)

Questions? Feel free to contact Mary Anderson, CES Principal at 521-5602 or [manderson@lnsd.org](mailto:manderson@lnsd.org)

Cambridge Elementary School is an Equal Opportunity Employer

**CAMBRIDGE  
WILDCATS**

**HELP WANTED**



**\$15**  
per person



*at The Cambridge Community Center*  
**Saturday, April 13<sup>th</sup> | 6-10pm**

**Social Hour from 6-7pm. Games begin at 7pm.**

**Silent Auction • Prizes • Raffle • Cash Bar**

**Advanced Ticket Purchase at:**

The Varnum Library, Union Bank in Jeffersonville,  
Any Rotarian, or call Anita Lotto (802)793-0856



CAMBRIDGE  
WILDCATS



READY, TECH ▶ GO!



Brought to you by the CES PTA along with  
CES Technology, Enrichment, & Guidance Staff  
+ Student Tech Ambassadors



A Collaboration Between:



**Many thanks to all those who contributed to and participated in this event! Whether you were able to join us or not, please check out the following resources:**

**Presentation Slides**

**Take Home Tip Sheet**

[www.tinyurl.com/rtg-slides](http://www.tinyurl.com/rtg-slides)

[www.tinyurl.com/rtg-tips](http://www.tinyurl.com/rtg-tips)

**Event Feedback Survey**

<http://www.pta.org/survey>

> Cambridge PTA > PTA Connected: Ready, Tech, Go!



# LAST CALL FOR 6<sup>TH</sup> GRADE FAMILY *Love Lines*



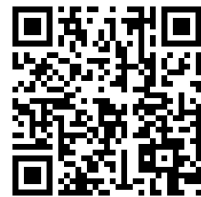
Congrats .....! You rock our world! We wish you all the best as you graduate from CES.  
Lots of love, Mom & Dad

**Here's your LAST CHANCE to add a special message to the 23-24 yearbook for your graduating 6<sup>th</sup> grader!**

**\$10:** text-only message

-OR-

**\$20:** photo + message



Order via a [PDF form](#) or you can order online: [tinyurl.com/6thgradelove](https://tinyurl.com/6thgradelove)

Brought to you by the talented 6th grade student Yearbook Crew, 6th grade trip planners, & the CES PTA. Proceeds will support both the 6th Grade Trip and enriching programming for our school community.

**ORDER DEADLINE = 3/29/2024**



Cambridge Elementary School

# EASTER EGG HUNT

Saturday, March 30<sup>th</sup> @ Noon

for Grades PK-6 at CES

*Thousands of eggs to find!*

**Grades are divided into separate areas for hunting.**

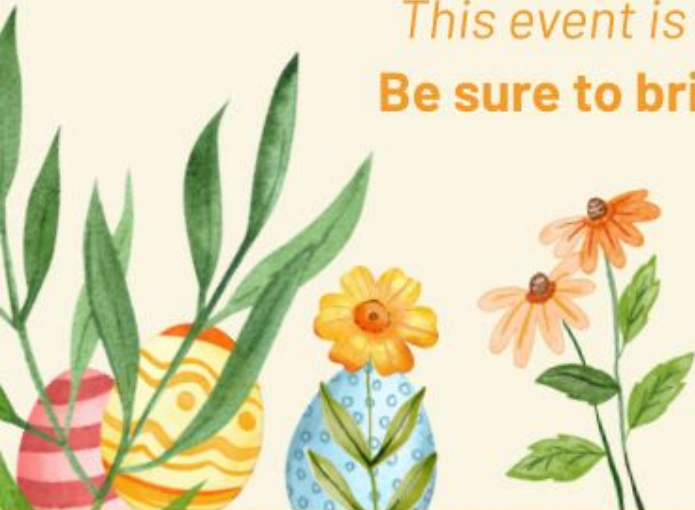
*Keep the candy, but return the eggs so we can reuse them.*

**Prizes for the golden egg in each division.**

**Show up early to not miss out!**

*This event is (light) rain or shine.*

**Be sure to bring a basket or bag.**





# Upcoming CES PTA Events

**Saturday 3/30:** CES Easter Egg Hunt @ noon

**Monday 4/1:** CES 23-24 Yearbook Sales Launch!

**Tuesday 4/9:** CES PTA Meeting 5:30-6:30pm

**APRIL:** Roundup @ Aubuchon for Teacher/Staff  
Appreciation Week delights

**Sunday 5/5:** Chalk the Sidewalk for Teacher/Staff  
Appreciation Week time TBA

**PLEASE SAVE THE DATES & JOIN US!**



# COMING SOON: 23-24 CES YEARBOOKS!

**Brought to you by the talented 6<sup>th</sup> grade student Yearbook Crew, the 6<sup>th</sup> grade trip planners, and the CES PTA.**



**2023-2024**

**PAWSITIVELY THE BEST SCHOOL YEAR YET!**

## YEARBOOK CREW



**Students will bring order forms home or you can order online in April!**

**Proceeds will support both the 6<sup>th</sup> Grade Trip and enriching school programming at CES!**

# Cambridge Little League

## Baseball and Softball Registration



**Sign up online for the 2024 Spring Season. Registration is now open through March 31st.**

- Go to: <https://clubs.bluesombrero.com/cambridgellvt>
  - Create an account and profile for your child
  - Select the appropriate Baseball or Softball program

Coaches and Volunteers with all levels of experience also needed!  
Opportunities available during registration.

If you have questions please contact us through our facebook page (Cambridge Youth Baseball and Softball) or [cambridgeyouthbaseball@gmail.com](mailto:cambridgeyouthbaseball@gmail.com)



AMERICAN  
FLATBREAD

**NCA**  
NORTH COUNTRY  
ANIMAL LEAGUE

# BENEFIT BAKES

JOIN AMERICAN FLATBREAD AND HELP THEM SUPPORT NCAL



**THURSDAY, MARCH 28TH | 4-9PM**  
**1190 MOUNTAIN ROAD, STOWE, VT 05672**

**WE DONATE**  
**\$3.50 FOR EVERY LARGE**  
**\$1.75 FOR EVERY SMALL**

A PORTION OF EVERY EAT-IN AND TO-GO ORDER  
WILL BE DONATED TO  
NORTH COUNTRY ANIMAL LEAGUE



**SEE YOU!**

LEARN MORE ABOUT OUR MISSION, VALUES  
AND SERVICES AT [WWW.NCAL.COM](http://WWW.NCAL.COM)

**RESERVATIONS CALL 802-253-3092**

# **Cambridge Elementary School Cognia Final Schedule 2024**

## **Mar 12, 13 (also Mar 14 if needed)**

ELA Grade 3 8:30 - 10:00

ELA Grade 6 10:45 - 12:00

## **Mar 19, 20 (also Mar 21 if needed)**

Math Grade 3 8:30 - 10:00

Math Grade 6 10:45 - 12:00

## **Mar 26, 27 (also Mar 28 if needed)**

ELA Grade 5 8:30 - 10:00

ELA Grade 4 10:15 - 11:30

## **Apr 2, 3 (also Apr 5 if needed)**

Math Grade 5 8:30 - 10:00

Math Grade 4 10:15 - 11:30

## **Apr 9, 10 (also Apr 11 if needed)**

Science Grade 5 8:30 - 10:00

## **Important Dates**

Grade 5 Starbase - March 7, 14, 21, 28 (Launch day at your school) April 4

Week of Apr 15- I Love to Read Week



## 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)

# Upcoming CES COLs



<b>COL DATES</b>	<b>SPIRIT DAY THEMES</b>
<b>3/28* (Thurs.)</b> <i>NEW DATE!</i>	<b>Crazy Hair Day: Gel it up!</b>
<b>4/30 (Tues.)</b>	<b>Mismatch Day: How many “wrong” ways can you wear your clothes? (Backwards, inside out, plaids and stripes?)</b>
<b>5/31 (Fri.)</b>	<b>Tie Dye Day: We are getting groovy! Show off your Tie Dye.</b>

COL dates are Subject to change.

COL Start time: 8:20am



McKnight Family Maple Presents...

# 3rd Annual Maple Open House

Coffee, hot chocolate, popcorn and pancakes available by donation to benefit the UVM Children's Hospital.



**When:**  
March 23rd & 24th  
10am-4pm

\*\*\*\*\*

**Where:**  
MFM Sugarhouse  
1571 Ober Hill Road  
Johnson, VT 05656



**2024  
Syrup Prices**  
1 Gallon \$42  
1/2 Gallon \$25

Smaller sizes  
available as well!

- \*Free samples
- \*Sugarhouse tours
- \*Sugarbush tools on display
- \*Walk the Maple Trail
- \*Guessing Jar
- \*Coloring sheets for kids
- \*\*\*NEW THIS YEAR\*\*\*
- \*Spin the MFM Prize Wheel
- \*Maple Bundle Raffle

Available  
for purchase: MAPLE...  
syrup, cream, whipped  
butter, sugar, sprinkles,  
seasoning, extract and  
more!

\*\*\*

**Maple Frosted Donuts &  
Maple Sap cooked  
Hot Dogs**



Cash, Applepay, Venmo, Credit & Debit Cards Accepted





## **VOLUNTEERS NEEDED!**

### **FOUR WINDS NATURE PROGRAM**

**Do you enjoy the outdoors and teaching kids about the natural world?**

*Can you spare a couple of hours a month to help bring a nature workshop to your child's/children's/other kids' class(es)?*

No experience needed.

All training and materials provided.

If you are interested, please contact:

Sara Lourie [slourie@Insd.org](mailto:slourie@Insd.org)

or tel: (802) 585 0223

See [www.fwni.org](http://www.fwni.org) for more info about the program.

Trainings will take place on the second Friday morning of the month in the CES cafeteria

# HAPPENINGS AT THE VARNUM IN MARCH!

All offerings are free and open to the public \*

## March 2024

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

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	2
3	4	5 Story Time 10 -10:30 AM	6 Story Time 10 -10:30 AM	7 Coffee and Conversations 10 - 11 AM	8	9 Teens Teaching Technology 9 AM - 10:30 AM
10	11	12 Story Time 10 -10:30 AM ----- Games 3 - 5 PM	13 Story Time 10 -10:30 AM ----- CrafterNoon 3 - 4:30 PM ----- Dungeons and Dragons 4 - 5:30 PM	14 Coffee and Conversations 10 - 11 AM ----- Boundless Book Club 4:30 - 6 PM	15	16 Make Your Own Beaded Bookmarks 2 - 3 PM
17	18	19 Story Time 10 -10:30 AM ----- Games 3 - 5 PM	20 Story Time 10 -10:30 AM ----- CrafterNoon 3 - 4:30 PM	21 Coffee and Conversations 10 - 11 AM ----- After School Story Time 3:30 - 4 PM ----- Adult Craft 4:30 - 5:30 PM	22	23 Teen Advisory Board 10 AM - 11:30 AM
24	25	26 Story Time 10 -10:30 AM ----- Games 3 - 5 PM	27 Story Time 10 -10:30 AM ----- CrafterNoon 3 - 4:30 PM	28 Coffee and Conversations 10 - 11 AM ----- Boundless Book Club 4:30 - 6 PM	29	30

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

# FATHERHOOD TODAY



Armando Veve

The role that fathers play in the lives of their families is changing. What are the expectations of male parents today? Do dads parent differently? Is a father's involvement important?

What do studies on fatherhood suggest? Come join us for an evening presentation by professional educator, author, and presenter **Scott Noyes**. Scott's trainings are always fast paced, humorous and memorable. All are welcome (that means you too, mom)!

**WHAT? Free Parenting Presentation**

**WHEN? Wednesday March 27<sup>th</sup> from 6:00-7:30pm @ Lamoille Family Center**

**To Register: [www.lamoillefamilycenter.org](http://www.lamoillefamilycenter.org) - to register for childcare call 888-5229!**

This workshop is sponsored by the Lamoille Family Center. Funding is provided by the VT Child Development Division and the Green Mountain Fund of the Vermont Community Foundation, and our faithful donors.



*Lamoille Family  
Center*

480 Cady's Falls Road · Morrisville, VT 05661 · [www.lamoillefamilycenter.org](http://www.lamoillefamilycenter.org)

Phone – (802) 888-5229 Fax – (802) 888-5392

*Encouraging, Educating and Celebrating Families Since 1976*



# VERMONT CAMP PROGRAM

Eight weekly sessions, Monday - Friday

LIMITED AVAILABILITY  
BOOK EARLY!

Choose one of our many programs— including:

-  HIGH ADVENTURE PROGRAM
-  ARTS AND CRAFTS PROGRAM
-  SURVIVAL & WILDERNESS PROGRAM
-  S.T.E.M. PROGRAM
-  MOUNTAIN BIKE PROGRAM



America's Family Resort™

802.644.1090  
[smuggs.com/vtcamp](http://smuggs.com/vtcamp)



# LOOKING FOR A FUN OUTDOOR LOCAL BOYS SUMMER CAMP?

Monday–Thursday each week, 7:30am to 4:30pm,  
starting the week of June 19<sup>th</sup>.

We have a couple of openings available for boys  
in 1<sup>st</sup> through 7<sup>th</sup> grade in the Cambridge area.

Please contact Annie Rheume  
at 802-309-8158 or [anniesingerdj@yahoo.com](mailto:anniesingerdj@yahoo.com).



BIKING

SWIMMING

BOULDERING

SOCCER

EXPLORING

PLAYING

AND MORE!



# SPRING FOREST SCHOOL

9am - 3pm. Ages 6-13.

Wed/Thurs in Underhill. Fri in Richmond.



ReTribе

one earth family

[www.ReTribе.org](http://www.ReTribе.org)



# CAMBRIDGE MARTIAL ARTS ACADEMY

Spring is just around the corner, so put those Xbox controllers down and come train with us! CMAA trains year round, so you can work on your strength, agility, confidence even when school is out and other sports have stopped for the summer.

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.





## 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>

# 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)