

WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



LUNCH

Mon 4/1: Chicken patty

Tues 4/2: Buffalo chicken dip

Wed 4/3: Cheesy breadsticks

Thurs 4/4: Mac n Cheese

Fri 4/5: Hot turkey & cheese pinwheels

[CES Lunch Menu](#)

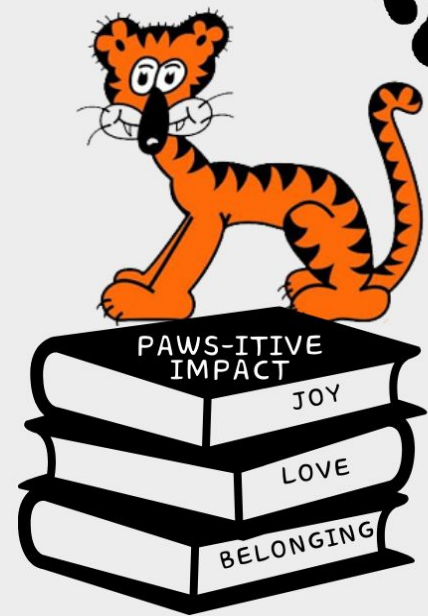


UPCOMING EVENTS

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

April 22-26: No School/Spring
break

BANKING EVERY TUESDAY AM



NCAL News

This week I was joined by Shyanne Wright and Charlotte Krueger who helped out a great deal at the animal shelter. They restocked supplies, swept and mopped the floors, and had the opportunity to play with a very sweet senior kitty cat. Thank you for all of your hard work!

In case you are looking for a new dog, NCAL is expecting a transport of dogs on Monday.

Have a wonderful weekend and Easter! We hope to see many of you at the CES Easter egg hunt tomorrow at noon.

Best,

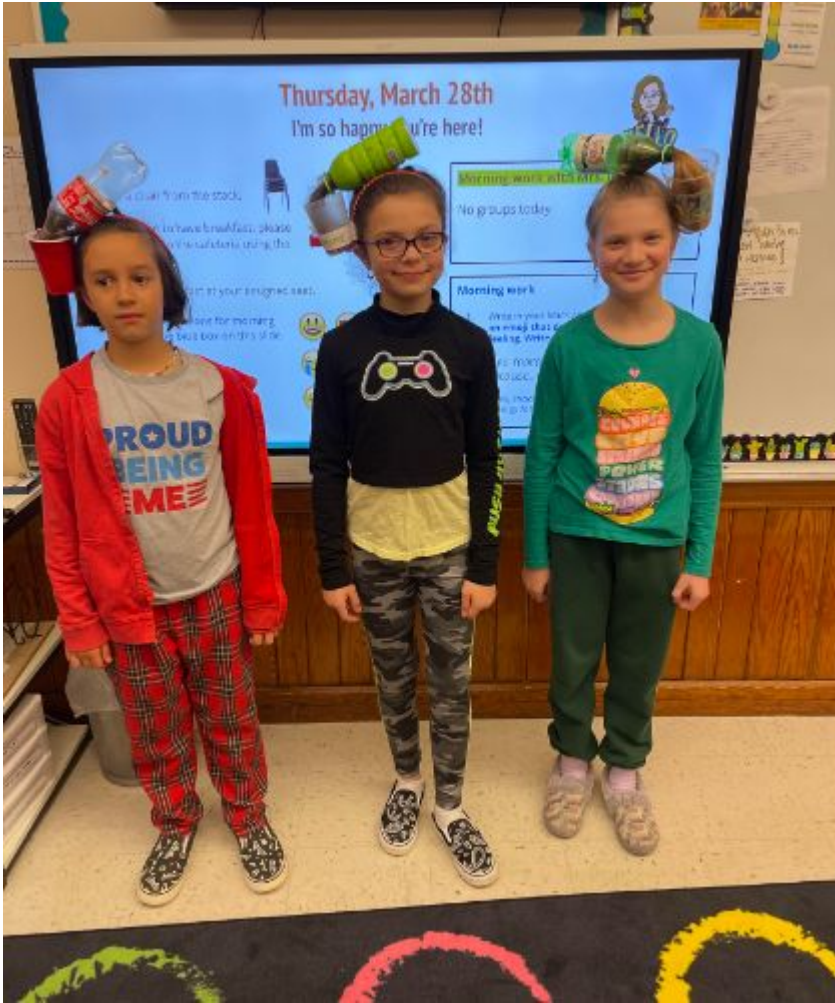
Mary



WILDCAT NEWSLETTER



CRAZY HAIR DAY!



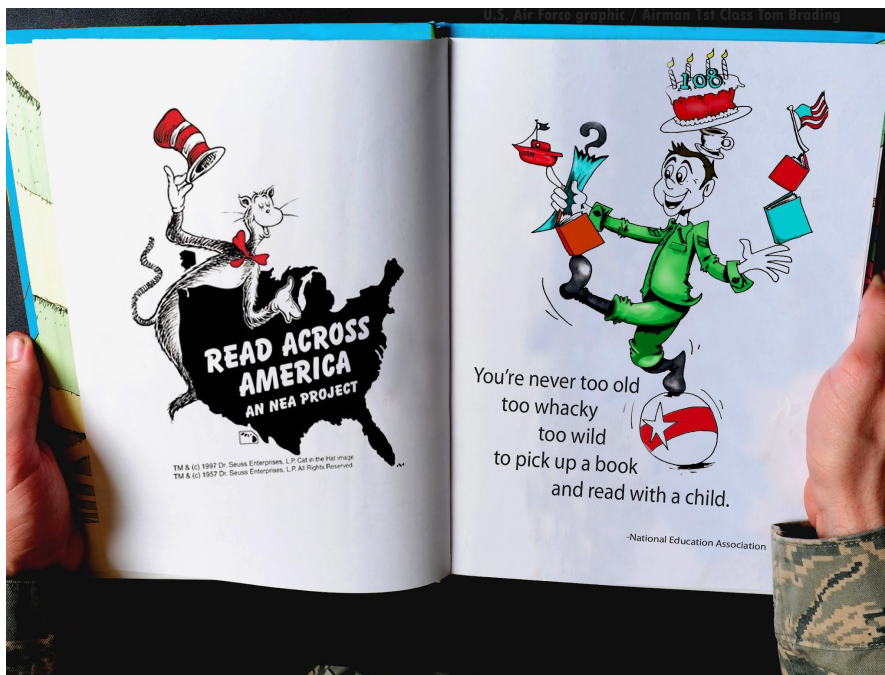
THIS WEEK'S TWINS!



Book Character Day: Save the Date!

April 19, 2024

Save the date for our annual "dress up as your favorite book character" day on Friday, April 19th. The week of April 15th is I Love to Read Week. We will be celebrating reading and literacy all week long, culminating in a school wide parade down School Street and around Main Street back to school on Friday morning at approximately 9:30. Children are encouraged to come to school that day dressed as their favorite book character. Stay tuned for more information about our week-long celebration!



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 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?

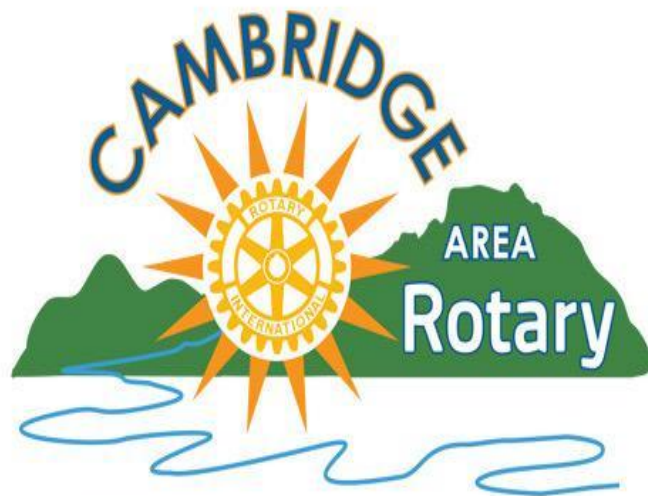
You can apply by completing the application at the link below and send it to Mary Anderson's attention at the email address below.

[CES Job Application](#)

Questions? Feel free to contact Mary Anderson, CES Principal at 521-5602 or manderson@lnsd.org

Cambridge Elementary School is an Equal Opportunity Employer

**CAMBRIDGE
WILDCATS**
HELP WANTED



\$15
per person



at The Cambridge Community Center
Saturday, April 13th | 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

VOLUNTEERS NEEDED: PLEASE SIGN-UP

Cambridge Elementary School

EASTER EGG HUNT

Saturday, March 30th @ Noon

for Grades PK-6 at CES

Thousands of eggs to find!

Grades are divided into separate areas for hunting.

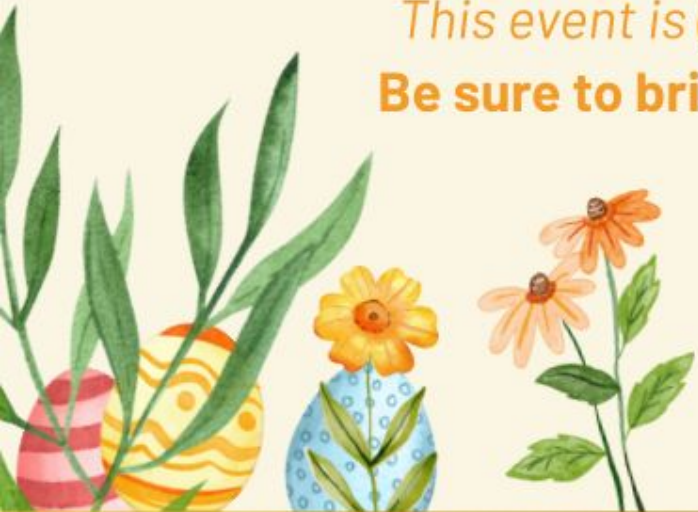
Keep the candy, but return the eggs so we can reuse them.

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

APRIL: CES 23-24 Yearbook Sales!

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

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

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

PLEASE SAVE THE DATES & JOIN US!



LAST CALL FOR

6TH 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 6th grader!**

\$10: text-only message

-OR-

\$20: photo + message



Order via a [PDF form](#) or you can order online: 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 EXTENDED TO 4/3/2024

ON SALE NOW!



ORDER YOUR YEARBOOK TODAY!

**Brought to you by the talented 6th Grade Yearbook Crew,
the 6th Grade Trip planners, and the CES PTA.**

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

Sliding scale: \$20-25/book

Proceeds will support both the 6th 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



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

Upcoming CES COLs



COL DATES	SPIRIT DAY THEMES
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: 8:20am



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@lnsd.org

or tel: (802) 585 0223

See 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 APRIL!

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

April 2024

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 Story Time 10 -10:30 AM ----- Games 3:30 - 5 PM	3 Story Time 10 -10:30 AM ----- Coloring Club 3:30 - 4:30 PM	4 Coffee and Conversations 10 - 11 AM ----- Adult Crafting Mosaics 4 - 5:30 PM	5	6 BUNCO Practice 10 - 11 AM
7	8	9 Story Time 10 -10:30 AM ----- Games 3:30 - 5 PM	10 Story Time 10 -10:30 AM ----- CrafterNoon 3:30 - 4:30 PM	11 Coffee and Conversations 10 - 11 AM ----- Boundless Book Club 4:30 - 5:45 PM ----- Dungeons and Dragons 4 - 5:30 PM	12	13
14	15	16 Story Time 10 -10:30 AM ----- Games 3:30 - 5 PM	17 Story Time 10 -10:30 AM ----- Coloring Club 3:30 - 4:30 PM ----- Clif Story Time 4 - 5 PM	18 Coffee and Conversations 10 - 11 AM ----- Adult Crafting Mosaics 4 - 5:30 PM	19 Birding for Beginners 9 - 10 AM	20 Rambling Repair Workshop 1 - 3 PM
21 Teens Teaching Technology 12 - 1:30 PM	22	23 Story Time 10 -10:30 AM ----- Games 3:30 - 5 PM	24 Story Time 10 -10:30 AM ----- CrafterNoon 3:30 - 4:30 PM	25 Coffee and Conversations 10 - 11 AM ----- Boundless Book Club 4:30 - 5:45 PM	26	27
28	29	30 Story Time 10 -10:30 AM ----- Games 3:30 - 5 PM				

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



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



LOOKING FOR A FUN OUTDOOR LOCAL BOYS SUMMER CAMP?

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

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

Please contact Annie Rheume
at 802-309-8158 or 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



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 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.



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>

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