WILDCATION NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL

OATE

October 18, 2024

LUNCH

Monday: Grilled cheese

Tuesday: Buffalo chicken dip/chips

Wednesday: Cheesy breadsticks

Thursday: Hot dog

Friday: Ham & cheese pinwheels

CES Lunch Menu



UPCOMING EVENTS

November 11: NO SCHOOL

Nov 25-29: Fall break

December 5: Early release at 11:30

December 6: NO SCHOOL

BANKING EVERY TUESDAY AM



Thank you to everyone who attended our open house! It is always such a pleasure to observe our students sharing their excitement about their school and learning with their families! I understand that we are all very busy people and stretched way too thin! The time that we take with our children to share how much we value their education is so important! I appreciate everyone's time to prepare for and attend the festivities! We will announce the winner of the open house estimating jar on Monday!

Have a wonderful weekend and please enjoy the gorgeous weather!

Best,

Mary Anderson



Join us for annual Wildcat Costume Parade on October 31st! We will spread JOY by walking around town directly after our COL celebration at approximately 9:20 AM



WE WILL START OUT ON SCHOOL ST, WALK ON MAIN ST AND HEAD BACK TO CES VIA CARLTON AVE

Join Us Monday, October 28th! - Lamoille North Safe Schools Night

Join Lamoille North on Monday, October 28th, for our LNSU Safe Schools Night on the Lamoille Union Campus from 5:00 to 7:30.

The event includes a touch-a-truck featuring vehicles and equipment from our local EMS and first responder partners. Our LNSU Nutrition Team will grill burgers, veggie burgers, and hot dogs for guests. Our community partners will have exhibit tables to share information and resources with attendees, and we'll end the evening inside the Lamoille Union Auditorium for a School Safety presentation led by our district safety coordinators, counselors, and trusted community partners.

Lamoille North is offering childcare for kids ages 10 and under so parents and families can participate in our school safety discussion (slated to start around 6:00 pm).

This school safety event is meant for all LNSU families and community members, regardless of your student(s)' age in our school system.

Don't miss the chance to engage with our community and support our shared commitment to safety. Lamoille North Safe Schools Night

Recruiting mentors!



Seeking Mentors for the 2024-2025 CES school year

Guide

Coach

Friend

Motivator

Expectations: Commit to one hour one day a week during the school year to mentor a student and making a difference in the life of a child and giving them a person to depend on.



Mentoring takes place in the school during the school day for the academic year.

Interested? Please call or email our Mentoring Coordinator Santha Dahlin 802-521-5670 ces.mentoring@Insd.org

w the Garden

warm days in early October gave time to dig up 177 potatoes (75lbl)

Now the garden is winding down, with our first big frost this morning.

Greens are wilting, beets are harvested, pumpkins are turning orange.



4th grade harvested potatoes they planted in the spring – lots!





6th grade took soil samples for nutrient analysis





The new pavilion will make a great outdoor classroom



Kindergarten made beautiful suncatchers



35th grade dug into soil

2nd and 3rd grade explored animals that live in the garden

candy Donations Needed



October is here and Halloween is just around the corner! Halloween in Jeffersonville is really a special event and is a great evening of outdoor family fun. The residents of Jeffersonville village welcome an enormous number of trick-or-treaters each year and there is a way that all of us can help lighten the burden for our neighbors. Collection boxes are in the CES lobby, the union Bank, and Hanley's again this year. Donated candy will be distributed to anyone in the village who requests it. If all of us who enjoy this great tradition contribute what we can, we can keep those porch lights on!

COL DATES TO REMEMBER 24/25

COL DATE AND TIME	SPIRIT DAY THEME School Spirit Wear green, yellow, gold or your CES gear			
9/27 Friday 8:20				
10/31 Thursday 8:20	Costume Day Wear your Halloween costume!			
11/22 Friday 1:10	Camo Day Wear your favorite Camouflage gear			
12/20 Friday 8:20	Candy Cane Day Wear red and white the colors of a candy cane!			
1/31 Friday 1:10	Pajama Day Wear your jammies to school!			
2/21 Friday 1:10	Mad about Plaid/Flannel Wear your favorite plaid clothes or flannel gear			
3/27 Thursday 8:10	Crazy Hair Make it wild!			
4/30 Wednesday 8:10	Sports Day Wear your favorite sports gear, team jerseys, sweats or hats!			
5/30 Friday 1:10	Class Color Contest Dress to match your grades color!			

COL DATES AND TIME ARE SUBJECT TO CHANGE. AMPLE NOTICE WILL BE GIVEN IF THERE IS A CHANGE.



CES Puppy Play Date Fundraiser

Add some joy to your day while also raising funds to support CES enrichment! Join a fellow CES family for a **Special Puppy Play Date** with their adorable litter of 8 Siberian Husky puppies!

3 special fundraising sessions are available on Sunday, October 27th: 10-10:30am, 10:30-11am, & 11-11:30am

\$20/person (children/adults) 50% of proceeds go to the fundraiser!

<u>Book now for a unique and unforgettable</u>



<u>experience!</u> <u>tinyurl.com/CESPUPPYPLAY</u>



COSTUME ENCORE Family Dance

Friday, November 1st, 2024 6-8pm 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.

Festive costumes are encouraged!

Gym-friendly shoes are required.

Refreshments & more will be available for purchase!



Funds raised will support enriching CES programs & Teacher/Staff Appreciation.

Volunteer slots available via SignUpGenius



SATURDAY, NOVEMBER 2ND 5:30-7:30PM IN THE CES CAFETERIA

Admission \$5/person.
Concessions available for purchase.

Recommended for children grades 3 and up— it is scary! Brought to you by the CES After School Program.

SUPPORT SCHOOL & COMMUNITY ENRICHMENT EVENTS!



CES PTA PALS SUPPORT DRIVE

Become a CES PTA Pal! Join or renew your support for the 24–25 school year!

Register online: vtpta-00031203.givebacks.com/store

or return the form in your student's folder by Wednesday

10/23 to be entered in a random drawing for a \$25 local gift card! The winner will be announced in next Friday's Newsletter.

PTA PALS VOLUNTEER OPPORTUNITY:

Costume Encore Family Dance Volunteers on 11/1



CES PTA PALS RECENT ACCOMPLISHMENTS

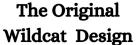
- 1. We helped CES earn the **School of Excellence** designation for 2023–2025.
- 2. We made the dream of a **Cambridge Community Pavilion** a reality!
- 3. We commissioned a JOY sign for CES by Jericho artist Chris Cleary.

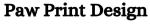






CES T-SHIRT Sole









WHAT?

You can pick one of two designs: *The Original Wildcat* design adorned with a student-created Wildcat or a *Paw Print* designed by one of our students!

WHY?

All profits from this fundraiser will benefit our activity fund which helps to pay for enrichment activities for our CES students.

WHERE?

You can order online by visiting this website bit.ly/WildcatApparel23 or find the "Online Store" button on our CES website. Additionally, you can scan this QR code.

If you prefer to not use our online store, <u>you can download this order form</u> and return the form with payment to the main office no later than Friday, 11/1/24. If you need a paper copy of the order form- ask our front desk staff or a teacher. All paper forms must be accompanied by checks made payable to CES.

WHEN?

Please place all shirt orders online by *Friday, 11/1/24!* Shirts/Sweatshirts should be available for distribution by the first week in December.

CHOOSE A DESIGN

WILDCAT DESIGN



PAW PRINT DESIGN





YOUTH

YOUTH
SHORT SLEEVE T-SHIRTS

\$17
AVAILABLE SIZES
& COLORS

Light Pink- XS- XL Indigo-XS-XL Gold- XS-XL Purple- XS-XL Cherry Red- XS-XL YOUTH LONG SLEEVE TEE

\$19

AVAILABLE SIZES
& COLORS

Aquatic Blue- S- XL
Purple- S-XL
Navy- S-XL
Red- S-XL
Sangria- S-XL

YOUTH HOODED SWEATSHIRT

\$27

AVAILABLE SIZES & COLORS

Cardinal Red- S- XL Purple- S-XL Carolina Blue- S-XL Sports Grey- S-XL Light Pink- S-XL

LADIES

LADIES V-NECK T-SHIRT.

\$21

AVAILABLE SIZES & COLORS

Azalea-S-XL Sapphire S-XL Navy- S- XL Sports Grey- S-XL Black- S-XL

ADULT

ADULT T-SHIRT

\$17 AVAILABLE SIZES & COLORS

Sky Blue-S-3XL
Purple-S-3XL
Maroon- S-3XL
Forest Green- S- 3XL
Sports Grey- S-3XL

ADULT LONG SLEEVE T-SHIRT

\$21

AVAILABLE SIZES

& COLORS

Purple-S-3XL Maroon-S-3XL Indigo- S-3XL Ash- S- 3XL

Forest Green- S-3XI

ADULT HOODED SWEATSHIRT

\$29

AVAILABLE SIZES
& COLORS

Navy-S-3XL Carolina Blue-S-3XL Violet- S- 3XL Military Green-S-3XL

Ash-S-3XL

LADIES LONG SLEEVE T-SHIRT.

AVAILABLE SIZES
& COLORS
Purple-S-XL

Dark Heather Grey- S-XL
Aquatic Blue- S- XL

Maroon- S-XL Kelly Green- S-XL



SKI, RIDE & SALE WINTER SPORTS SALE

Cambridge Community Center | 22 Old Main Street, Jeffersonville

Fri. Oct. 18th 6 pm - 8 pm **Sat. Oct. 19**th
9 am - 2 pm

Consignment information and tags available at the Varnum Library, CES, and Union Bank.

Drop Off: Fri. 10/18 4:00-6:00 pm Pick-Up: Sat. 10/19 1:30-3:30 pm

Rotary Cambridge.org

Proceeds benefit the CES **Winter Wellness** program and other Rotary activities.











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? Please consider signing up to help the Rotarians at the upcoming Ski/Ride Swap on October 18th & 19th. Follow this link to help volunteer your time. 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. Don't forget the CES student craft table.



Let's help the Rotary make this event a success!

Thank you, 4th, 5th & 6th Grade Teachers

1ST ANNUAL C360

BARREL OF BUCKS RAFFLE

RAFFLE TICKETS: \$100 each



WE NEED YOUR HELP!

Cambridge 360, a local nonprofit, wants to purchase the Cambridge Community Center so it can continue to be a resource for our community. We need \$60,000 to complete the purchase.

We have been offered a donation of \$25,000 if we can raise \$25,000 to match it.

HELP US MEET THE CHALLENGE!

For each \$100 donation you have a chance to WIN a \$2000 grand prize + other cash prizes.

Maximum 300 Raffle entries!

We will draw 8 winners on October 27th.

Join us at the Cambridge Community Center from 10am - 12 noon on Oct 27 for the drawing.

of Raffle tickets sold and will not exceed 15% of funds collected

You do not need to be present to win.

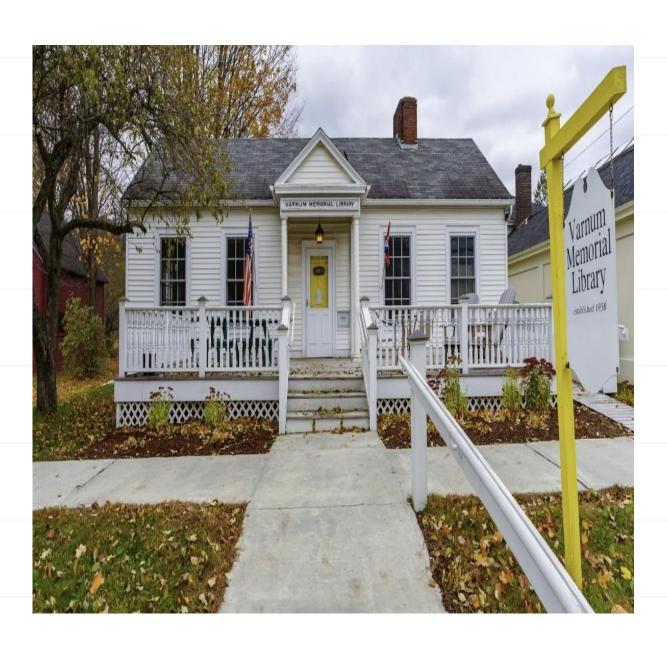
** total value of prizes awarded is dependent on the final number

DONATE /
BUY A RAFFLE TICKET
TODAY!



The Varnum Memorial Library in Jeffersonville is bringing back an autumn tradition - The Harvest Dinner! It is a fundraising event that will take place at the Morse Mountain Grille at Smugglers' Notch Resort on Thursday, October 24th, at 6:00pm. Enjoy some great food and socialize with your neighbors.

Tickets are \$55 per person and can be purchased at http://bit.ly/3THtnsw
Proceeds benefit the Varnum Library.



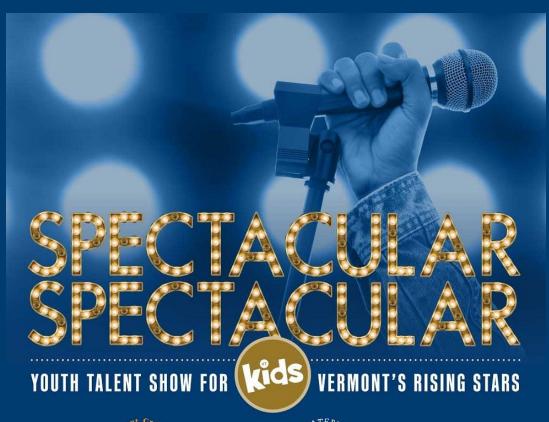
Lamoille Union's homecoming is quickly approaching, and our girls soccer team is in hopes of having as many FUTURE Lady Lancer soccer player's at our homecoming game as possible! Our game is this Saturday 10/19, kick off is at 11:00. We would love for your kiddos to walk out with our teams, and join us in the festivities at Lamoille. There will be LUHS swag to collect, a dunk tank (where you will even be able to dunk our Head JV Girls Coach during half time!), food, and plenty of fun to welcome our students and community back to campus! If you are attending, and want your kiddo to walk out with us, please be there by 10:30 so we can get them set up with some Lancer gear and ready to walk out with us! Any and all questions/communication about this can be sent to rcota@Insd.org



CALLING ALL YOUNG TALENTED VERMONTERS!

- ★ Vermonters ages 5-16 are invited to submit a 2-minute audition video to be considered for one of the 20 spots in the Spectacular Spectacular talent showcase. Kids can audition solo or in a group of up to 5 youth.
- ★ Audition videos must be sent by 10pm Sunday 10/27.
- ★ The top 20 acts, as determined by a panel of judges at Seven Days/Kids VT, will be invited to perform in the live showcase at Higher Ground on Saturday, December 7.

<u>Learn more and review the Audition Guidelines!</u>











Calling All Cambridge, Waterville, and Belvidere Parents!



Exciting News! Registration for the **2024-2025 Basketball Season** opens Tuesday, October 1st, 2024 and will close on October 31st, 2024!

From Pre-K(4+) to 6th Grade, we've got programs tailored just for your young athletes! Check out our website to find the perfect fit for your star player before signing up.

Tentative Practice Schedule Per Program:

THERE IS A POSSIBILITY THAT THESE COULD CHANGE PRIOR TO THE SEASON DEPENDING ON COACHING AVAILABILITY

Pre-K-Kindergarten: Saturdays 9-10am (only five practices)

1st & 2nd Grade Co-Ed Intramurals: Tuesdays 4-5:30pm

3rd-6th Grade Co-Ed Intramurals: Fridays 4-5:30pm

3rd/4th Grade Girls Travel: Mondays and Wednesdays 4-5:30pm

3rd/4th Grade Boys Travel: Mondays and Wednesdays 5:45-7:15pm

5th/6th Grade Girls Travel: Tuesdays 7:30-9pm & Thursdays 4-5:30pm

5th/6th Grade Boy Travel: Tuesdays and Thursdays 5:45-7:15pm

IMPORTANT: All registrations must be done online—no cash or checks will be accepted.

Season Start: Get ready to hit the court the first week of December! The Lamoille Basketball League game scheduling meeting will be held on November 21st, 2024, we will upload the games onto our website and the sports engine app the following week prior to the season starting. Look out for an email closer to December from our program coordinator with all the details introducing you to the program you have chosen for your athlete.

Got Questions? Join Katie French at the CES Open House on October 17th from 6-7 PM! She'll be there to assist with registrations and answer any queries you may have.

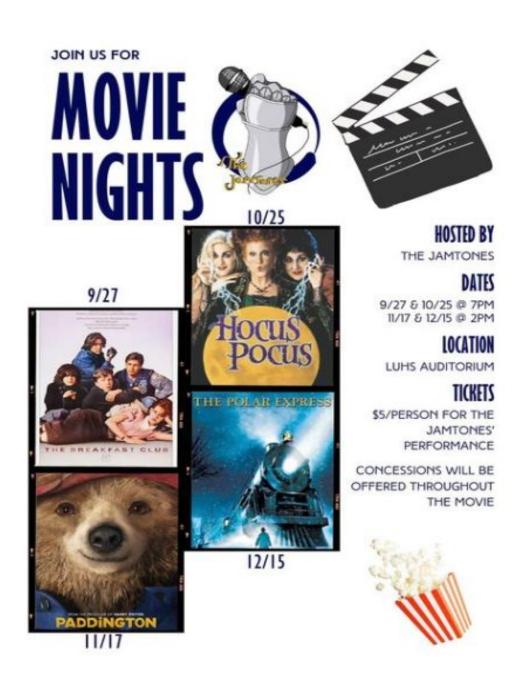
Website: https://cambridgevtbasketball.sportngin.com

Registration: https://cambridgevtbasketball.sportngin.com/.../581485147

Let's make this season unforgettable! Thank you for your support!

MOVIE NIGHT at Lamoille Union:

The LUHS a cappella group Jamtones will be hosting movie nights this fall in the LUHS auditorium! Tickets are \$5 and there will be a short performance before each movie. Concessions will be available. The next showing will be HOCUS POCUS on Friday, October 25 at 7pm!



CARNEVIL

Poisonous Food / Killer-Games
Broken Rides / Deadly Petting Zoo
Broken Promises

October 24th, 25th & 26th
6pm Tickets Open
*Gates Lock at 9pm
Admission: \$5

**Less Scary Matinee October 27th 12-2pm

Located at the Old Abandoned Market Main Street Johnson







INTRODUCING

LAMOILLE HEALTH PARTNERS MOBILE DENTAL UNIT

Thanks to grand funding secured in 2023, we are launching our Mobile Dental Unit to bring comprehensive dental care directly to the community.

This state-of-the-art mobile clinic, operated by our dedicated dental team, will ensure that individuals of all ages have access to essential dental services. Our first focus will be schools within Lamoille County in the coming 2024-2025 school year.



Cleaning & Checkup



X-rays & Radiographs



Filings & Extractions



Application of Fluoride & SDF



TO SIGN UP PLEASE SCAN



HAPPENINGS AT THE VARNUM IN OCTOBER!

Open Hours: Sunday: Closed Monday: Closed Tuesday: 9AM-5PM Wednesday: 9AM-5PM Thursday: 9AM-5PM Friday: 9AM-3PM Saturday: 10AM-2PM All offerings are free and open to the public *

October 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
		Story Time 10 AM – 10:30 AM	Story Time 10 AM - 10:30 AM	Coffee and Conversation 10 AM – 11 AM	Homeschool Meet-up Group 10 AM – 11 AM	Build Your Own Sushi With Laura 11 AM – 12 PM
	7	8 Story Time 10 AM – 10:30 AM	9 Story Time 10 AM - 10:30 AM LHH&H mini-series: Aging in Place 12 PM - 1 PM	Coffee and Conversation 10 AM - 11 AM	Homeschool Meet-up Group 10 AM - 11 AM	12
3	14	15 Story Time 10 AM - 10:30 AM	Story Time 10 AM - 10:30 AM	Coffee and Conversation 10 AM - 11 AM	Homeschool Meet-up Group 10 AM – 11 AM	19
0	21	22 Story Time 10 AM – 10:30 AM	23 Story Time 10 AM – 10:30 AM	Coffee and Conversation 10 AM - 11 AM	Homeschool Meet-up Group 10 AM – 11 AM	26
7	28	29 Story Time 10 AM – 10:30 AM	Story Time 10 AM – 10:30 AM	Coffee and Conversation 10 AM - 11 AM		



WILDCAT NEWSLETTER





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 quidelines.
- 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@Insd.org

Tools Schools

August 18, 2024 - February 15, 2025

Help our school earn <u>FREE</u> Educational Equipment!

Price Chopper / Market 32 has proudly donated over \$15,235,000 worth of educational equipment since 1991 to make a positive impact on local schools!

EARNING IS EASY!



1. REGISTER

Your AdvantEdge Card at rewards.pricechopper.com

2. SHOP

At Price Chopper / Market 32 using your AdvantEdge Card

3. EARN

Banking every Tuesday am



PROGRAM OVERVIEW

Union Bank and your child's school are joining together to bring students the Save for Success school savings program. Children may have a Save for Success Statement Savings account and a Certificate of Deposit (CD*) account. Students will learn the principles of saving, how to manage money and the importance of investing money for a return, all wise money management skills your they will be able to use throughout their lives.

Statement Savings Product Overview:

- Union Bank deposits the first dollar for every student that participates so no initial deposit is required.
- Elementary student accounts are established as a joint account with a parent or guardian and one signature required for withdrawal.
- Students are provided with a Save for Success zipper pouch that is used to safely transport the deposit to school.
- A weekly banking day is held at the school and is run by parent volunteers. The student may make a deposit OF ANY AMOUNT to their savings account and choose a weekly prize. The volunteer will enter the deposit in the account register.
- Deposits may also be made at any UB branch or electronically.
- Statements will be mailed home on a quarterly basis.

How to get started:



Parents or Guardians can simply click on the QR code or visit our website at:

UBLocal.com/personal/personal-savings/save-for-success/

Union Bank offers the school savings program as a service to parents, teachers, and children in its communities. The parent volunteers and the Union Bank staff are proud of the Save for Success Program which teaches children lifetime skills of sound money management.

If you have any questions,
please contact our Save for Success Coordinator Monica
Wood at 802.888.0448



Once you have opened your account, bring this flyer in to your volunteer & we will issue your Banking Day Pouch and Register!







JOIN GREEN MOUNTAIN ACADEMY TODAY!





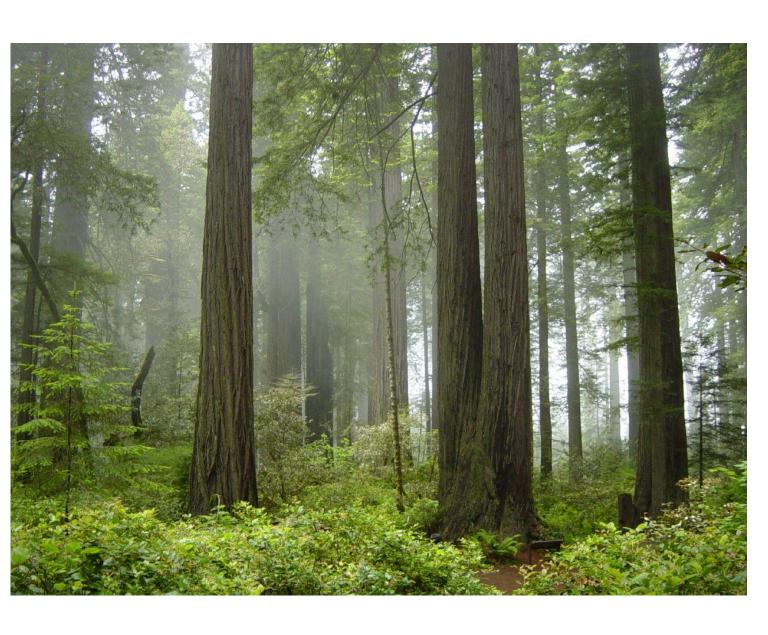
REGISTRATION OPEN FOR STOWE AND BOLTON VALLEY PROGRAMS INCLUDING JR RIPPERS, SHE SHREDS, FREESKI, AND MORE!

Registration Closes Nov. 1. Sign up today!

Openings in ReTribe's Fall Forest School & Afterschool in Underhill/Richmond

Would your child enjoy spending time each week connecting with nature through the seasons, learning outdoor skills and crafts, and playing joyfully with a community of friends and mentors?

ReTribe is accepting students ages 6–13 for their Forest School and Wild Woods Afterschool programs. Forest School has spaces open on Thursdays in Underhill from 9am–3pm. Afterschool meets Mondays and Thursdays in Underhill from 3–5:30pm. Learn more at www.retribe.org/the-forest-school.





MOUNT MANSFIELD MARTIAL ARTS

TOWE WATERBUR

MORRISVILLE

AMBRIDGE

www.MountMansfieldMartialArts.com

Cambridge After School Karate -New Session Starting September 4th & 6th

LEARN ABOUT ALL OUR CLASSES!
(802) 760-7094 : SDGDRAGON@AOL.COM
WWW.MOUNTMANSFIELDMARTIALARTS.COM

Wednesdays - At Cambridge Community Center

- 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)

Since 2005 Mount Mansfield Martial Arts has been providing top notch martial arts programs to our local community.

Why Choose Us:

- Classes taught by professional educators
- Convenient class times with available classes in surrounding communities
 Monday-Friday
- We accept all students and are a welcoming Martial Arts community



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

SEARCH & CONNECT TO SERVICES IN OUR COMMUNITY



lamoille.findhelp.com



United Way of Lamoille County

110 Portland Street Morrisville, VT 05661 (802) 888-3252



GREAT LAMOILLE COUNTY RESOURCES TO SHARE

Community

Wheels for Warmth 2024 Tire Sales:

- 10/26, 8am-12pm
- Two locations:
 - Vermont Granite Museum, 7 Jones Brother Way, Barre
 - Casella Construction, 1385 US-7, Pittsford
- All tires half price starting at 10am

<u>Healthy Lamoille Valley Fall Community Event</u>: We will connect around our work strengthening local actions to reduce harmful substance use across the lifespan.

- 10/24, 9-10:30am
- GMTCC
- If you live or work in the Lamoille Valley region there is a place for you at this table and in this
 conversation.
- Light refreshments and coffee will be served
- RSVP

LRSWMD Fall Compost sale:

- \$3 per 5 gallon bucket (bring your own) at the Johnson, Morrisville, and Stowe stations during normal operating hours
- \$75 per cubic yard at Lamoille Soil at the Johnson Transfer Station, Fridays & Saturdays 9am-3pm
- Compost is approved for use on certified organic farms by NOFA-VT

Flooding Resources

Lamoille Area Recovery Network (LeARN) is available to support flood survivors with recovery resources:

learn@uwlamoille.org, 802-730-9513

<u>FindHelp</u>: an online database of searchable resources in Lamoille County.

Flooding Resources: All other resources previously sent can

be found here

Morrisville Centennial Library October Events:

Adult/All Ages Programs

- Spanish Conversation Club Tuesdays, 5pm; all levels welcome.
- Peer Growth & Lifelong Learning Wednesdays, 1pm; A continuing education course for adults with intellectual disabilities in Lamoille County!
- Bone Builders Exercise Group Fridays, 10am; free, strength training and balance exercise class for seniors.
- VT Sisters in Mystery Panel 10/1, 5:30pm; New England mystery writers take suggestions from the audience to create a brand new mystery on the fly.
- Virtual Author Talk: Tropical Bats 10/2, 2pm; a journey into the hidden world of tropical bats with scientists from the Smithsonian Tropical Research Institute.
- Virtual Author Talk: Silvia Moreno-Garcia 10/9, 7pm; Moreno-Garcia chats with us about Latin American Genre fiction, her writing process and journey, as well as her newest book The Seventh Veil of Salome.
- Virtual Author Talk: Lori Gottlieb 10/22, 2pm; Gottlieb shares her wisdom on examining the truths and fictions we tell ourselves to help us breakthrough what is holding us back and getting in the way of living

Youth Programs

- Ukulele Classes for Kids Thursdays starting 10/10, 3:30pm
 - 6-week ukulele class for beginners
 - o ages 13 and under
 - Sign-up required: info@centenniallibrary.org
- Lotions & Potions Lab 10/11, 1pm; ages 10 and under
- Pumpkin Carving & Decorating 10/25, 12:30pm; open to all ages. We are accepting donations of pumpkins!
- Trick or Treat at the Llbrary 10/31, 5-7pm

Parenting Resources

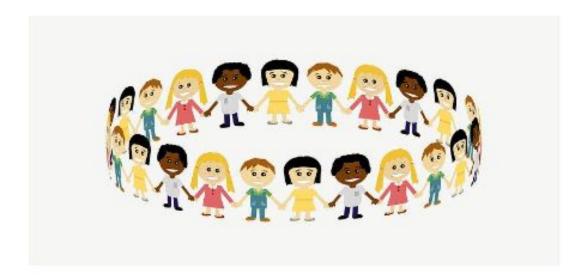
Cafe Chats: Creating space for parents/caregivers to gather and connect around the joys and trials of parenting

- 10/21: Front Seat in Hardwick
- 11/8, Two Sons in Hyde Park
- 8:30-10am, come when you can leave when you need!
- Your coffee/tea is on us!

Power Struggles – Understanding this Potent Dynamic! a parent workshop by professional educator, author and presenter Scott Noyes

- 10/22, 6-7:30pm
- Learn strategies to avoid ineffective responses: bribing, sulking, threatening, lecturing, controlling, pressuring, guilting or shaming children
- Free childcare available call the LFC @ 888-5229 to sign up
- Register

APPEARANCE AND DRESS CODE REMINDER



CES believes that the appearance of the school and its student body are conducive to a positive educational environment. Therefore, clean and appropriate attire is required for each and every student. Students are expected to dress in a manner appropriate for children learning together.

- All shirts should be long enough to reach pants or skirts no bare "mid-regions" will be allowed. Shirts are not to be worn off the shoulder.
- Skirts and shorts should be no shorter than the lowest point a student can reach with straight arms.
- Tank tops should have straps at least one inch wide. No spaghetti straps.
- There will be no underwear showing, including bra straps.
- Shoes are to be worn at all times. Heels should not exceed one inch.
- Clothing which has obscene or offensive language or graphics, or which advertises tobacco, alcohol, or other drugs or drug usage is not appropriate for school.