

# WILDCAT NEWSLETTER

CAMBRIDGE ELEMENTARY SCHOOL



## LUNCH

Monday: NO SCHOOL

Tuesday: Meatball sub

Wednesday: Cheesy breadsticks

Thursday: Chicken & cheese  
quesadilla

Friday: Chicken nuggets

[CES Lunch Menu](#)



## UPCOMING EVENTS

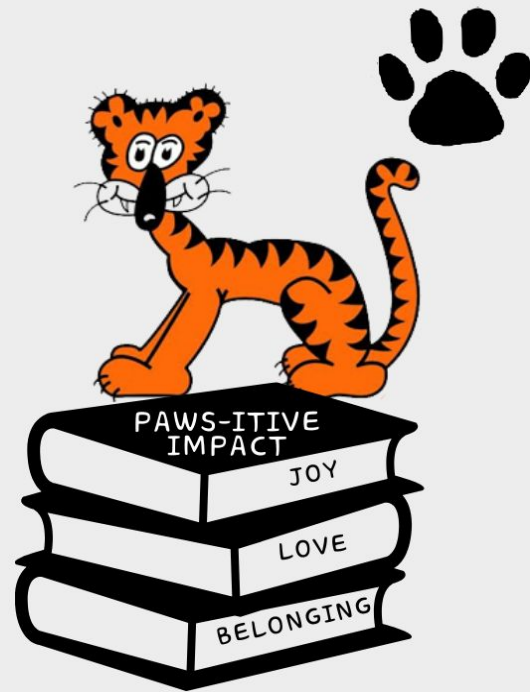
November 11: NO SCHOOL

Nov 25-29: Fall break-NO SCHOOL

December 5: Early release at 11:30

December 6: NO SCHOOL

*BANKING EVERY TUESDAY AM*



# PICTURE RETAKE DAY:

## Monday, November 18, starting around 10am.

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



We had a fantastic week at NCAL with lots of cleaning and quality time with a very sweet puppy! Kai Graner, Everett Gerasimoff, and Henry Leitz worked tirelessly to make the dog visitor room spotless while having a lot of fun. Great job boys!





# SOCCER

GAME

LAMOILLE  
BOYS&GIRLS  
VARSITY  
SOCCER  
TEAMS

VS

LAW  
ENFORCEMENT  
OFFICERS  
(LEO'S)

FRIDAY | 11.08.2024

K.O | 3:45PM

LUHS Upper Field



# Cambridge Elementary

## Early Childhood Program Preschool Developmental Screening

Will your child be turning 3 or 4 by September 1, 2025? Cambridge Elementary Early Childhood Program invites families with eligible preschool students to call 802-521-5613, to make an appointment for a developmental screening.

**Who:** Community of Cambridge/Jeffersonville children (ages 3 and 4 by September 1, 2025)

**What:** Preschool Screening

**Where:** Cambridge Elementary School/ Preschool

**When:**

1. Wednesday, March 26th 1:30-2:30
2. Wednesday, April 16th 4:30-5:30
3. Wednesday, May 21st 1:30-2:30

**How:** Contact Erin Vaillancourt (802-521-5613), **no later than 12/20/2024**, to reserve a time for your child.

Screenings will take approximately 60 minutes. During this time, parents will fill out a brief developmental questionnaire about their child while educators interact with the children to gain information about each child's development in the areas of speech and language, social/emotional, motor, and cognitive. This is also a time for parents to ask questions about their child's skills and about our preschool program.

# Winter Concert Season

Save the dates

**WEDNESDAY**

**12/4**

**A LONG WINTERS NAP**

**PREK-2ND GRADE**

**6 pm**

**OSKAR AND THE 8 BLESSINGS**

**3RD-5TH AND 4/6 CHORUS**

**6:15 pm**

**TUESDAY**

**12/10**

**CAMBRIDGE ELEMENTARY SCHOOL GYM**

**LIVE STREAM LINKS WILL BE ON OUR SCHOOL WEBSITE:**

**[WWW.CES.LNSD.ORG](http://WWW.CES.LNSD.ORG)**





Cambridge Elementary School will be participating in a Kids Heart Challenge for the next few weeks. This Challenge will begin with learning how to jump rope while learning about our heart health. We will be continuing to work on our fitness as well in PE class and will have a fun Kids Heart Challenge celebration to wrap up this fundraiser.

Every year CES has held a Kids Heart Challenge event to raise funds for the American Heart Association. I am so proud of the students for wanting to carry on this tradition as it is for such a good cause. This program offers many benefits. The money that our school raises will help fund research on heart disease, which is our leading health risk today. It will also fund educational programs that will teach people the importance of a healthy heart and staying fit. Students will benefit from this program not only by having fun and learning different movement skills, but also by learning the importance of physical activity and community service.

All donations are due on **Friday November 15th**. All donations are completed online. Please refer to the Kids Heart Challenge handout on how to complete this process. Thank you so much for your time and effort with this. Thank you gifts will arrive up to 3 weeks after the end date of donations.

We will also have an event at the end of our jump rope unit on **Thursday November 14th**. This event is the Kids Heart Challenge event where students jump rope in stations and get to eat a healthy snack. Parents are welcome to volunteer and come to this event. I will be sending home forms for donations for fruit/ juice and for volunteers this week. Thank you for all your support.

Sincerely,

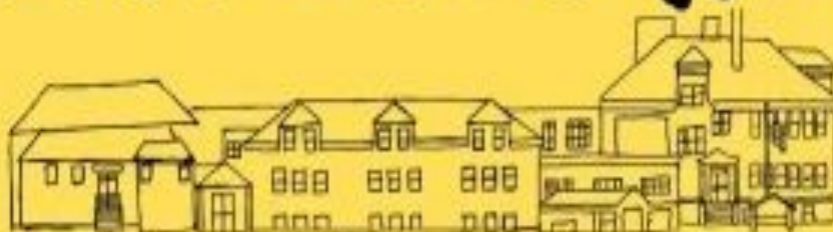
Amanda Graner (Physical Educator)

**SPREAD** *the* **WORD**



COLLEGE STUDENTS, PARENTS, COMMUNITY MEMBERS, RETIREES...

# SUBSTITUTES NEEDED

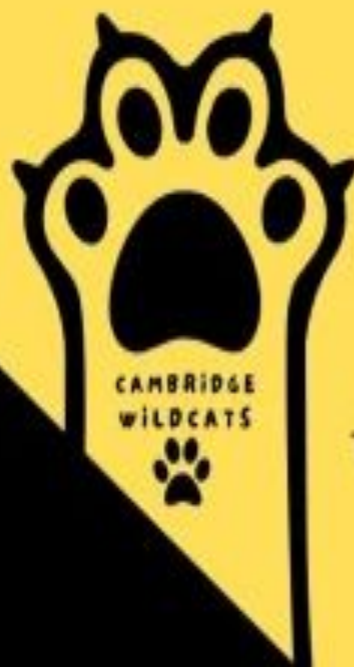


AT CAMBRIDGE ELEMENTARY SCHOOL

**INTERESTED IN HAVING FLEXIBILITY ABOUT WHEN YOU WORK?**

**YOU CAN CHOOSE WHICH DAYS WORK FOR YOU. HALF DAYS WORK TOO!**

**CES HOURS ARE TYPICALLY 7:30AM - 2:30PM.**



**\$22/HR**

**JOIN OUR  
CES TEAM  
TODAY!**

PLEASE FILL OUT AN APPLICATION AT  
THE FOLLOWING LINK. RETURN TO OUR  
MAIN OFFICE OR EMAIL IT TO MARY  
ANDERSON'S ATTENTION!



# Now 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@lnsd.org](mailto:ces.mentoring@lnsd.org)

# COL DATES TO REMEMBER

## 24/25

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

***Now is a great time to become a  
CES PTA Pal! Join or renew your  
support for the 24-25 school  
year!***

**Register online:** [vtpta-00031203.givebacks.com/store](https://vtpta-00031203.givebacks.com/store)  
or **return the [form](#)** in your student's folder .

***If you just want to be included on our mailing list for volunteer opportunities, please send a message to [ces.pta@lnsd.org](mailto:ces.pta@lnsd.org)***



## 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!

JOIN US FOR

# MOVIE NIGHTS



10/25

9/27



11/17



12/15



**HOSTED BY**  
THE JAMTONES

**DATES**  
9/27 & 10/25 @ 7PM  
11/17 & 12/15 @ 2PM

**LOCATION**  
LUHS AUDITORIUM

**TICKETS**  
\$5/PERSON FOR THE JAMTONES' PERFORMANCE

CONCESSIONS WILL BE OFFERED THROUGHOUT THE MOVIE





# INTRODUCING

## LAMOILLE HEALTH PARTNERS MOBILE DENTAL UNIT

Thanks to grant 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 NOVEMBER!

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 \*

## November 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 Homeschool Meet-up Group 10 AM – 11 AM	2
3	4	5 Story Time 10 AM – 10:30 AM	6 Story Time 10 AM – 10:30 AM	7 Coffee and Conversation 10 AM – 11 AM	8	9
10	11	12 Story Time 10 AM – 10:30 AM	13 Story Time 10 AM – 10:30 AM LHH&H mini-series: Aging in Place 12 PM – 1 PM	14 Coffee and Conversation 10 AM – 11 AM	15 Homeschool Meet-up Group 10 AM – 11 AM	16 MYO Green Cleaning Workshop 11 AM – 12 PM
17	18	19 Story Time 10 AM – 10:30 AM	20 Story Time 10 AM – 10:30 AM	21 Coffee and Conversation 10 AM – 11 AM	22	23
24	25	26 Story Time 10 AM – 10:30 AM	27 Story Time 10 AM – 10:30 AM	28 Closed	29 Closed	30 MYO Beaded Book Mark Workshop 10 AM – 11 AM

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





## 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)

# Tools<sup>FOR</sup>Schools

August 18, 2024 - February 15, 2025

## Help our school earn FREE 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](https://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/](http://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!**



BACKCOUNTRY  
presents MAGAZINE

15TH  
ANNUAL

2024

SKI &  
SNOWBOARD  
MOVIES

LIVE MUSIC:  
BAR BRIDES

generously supported by



Union  
Bank



BARNBASH

SATURDAY NOV 9

CAMBRIDGE COMMUNITY CENTER 6:00PM

7:00 MOVIES

SVEN: LIFE IN FRONT OF THE LENS  
OSGODY & F&D

CONSONANCE  
IZ LA MOTTE & SARA BEAM ROSSING

NISEI  
IZ LA MOTTE

8:00 MUSIC

BAR  
BRIDES

FEATURING BRETT HUGHES  
& LOWELL THOMPSON

HUGE RAFFLE:

SKIS, SNOWBOARDS,  
APPAREL & MORE

GRAND PRIZE:  
WEEKEND GETAWAY AT  
SMUGGLERS' NOTCH!

TICKET INCLUDES: RAFFLE TICKET, FOOD,  
BEVERAGE & FREE SMUGGS LIFT TICKET

TICKETS: BACKCOUNTRYMAGAZINE.COM/BARNBASH



[PHOTO] IZ LA MOTTE



# SEARCH & CONNECT TO SERVICES IN OUR COMMUNITY



[lamoille.findhelp.com](http://lamoille.findhelp.com)

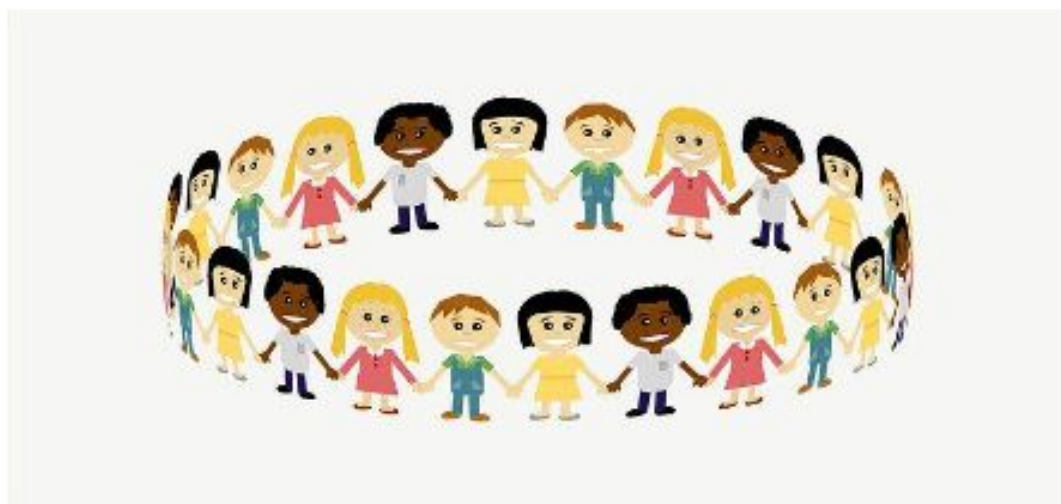


United Way of  
Lamoille County

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



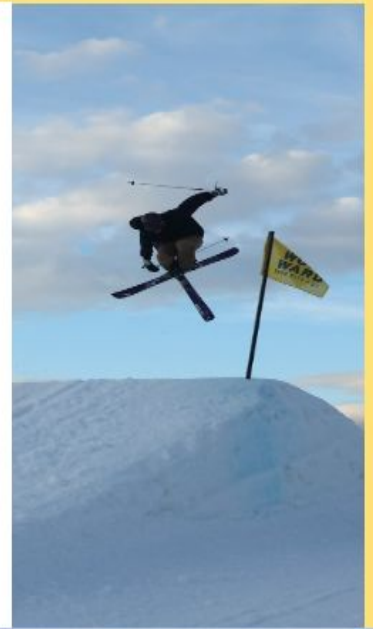
## APPEARANCE AND DRESS CODE REMINDER



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.





**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](http://www.retribe.org/the-forest-school).







# **MOUNT MANSFIELD MARTIAL ARTS**

STOWE WATERBURY MORRISVILLE CAMBRIDGE

[www.MountMansfieldMartialArts.com](http://www.MountMansfieldMartialArts.com)

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



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 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**

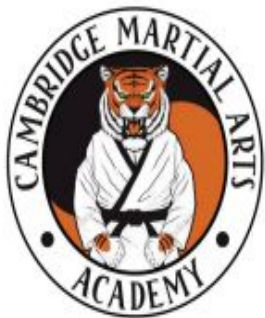
- All Rank (*Stripe Belts - Solid Belts*) 2:30 - 3:15 P.M.  
(Students meet in the gym right after school)

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](mailto:cmaatkd@hotmail.com) or visit <https://www.facebook.com/cmaavt>