

Mt. Vernon Elementary School News

"A Caring School Community Dedicated to Excellence"

Lunch Menu November 6th-9th

Monday: Grilled Teriyaki Chicken Fillet w/ fried rice

Tuesday: Tasty Totchos(tots smothered w/cheese & bacon

Wednesday: Early Release Crispy Chicken Patty on a bun

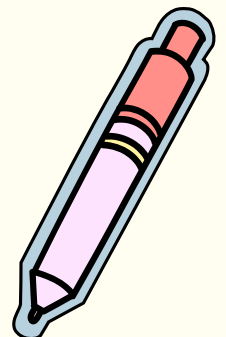
Thursday: Oven Baked Pizza

Friday No School Holiday- Veterans Day



Important Dates to Remember

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- 11/8 Early release
- 11/9 Field Trip for Grades 3,4,5 to Norlands Living History Farm
- 11/16,30 Parent/Teacher Conference- go online and schedule your appointment today
- 11/22 No School - Teacher Workshop- Thanksgiving break
- 11/23 Thanksgiving- Enjoy Family Time
- 11/24 No School
- 11/25 PTC Sponsored Craft Fair





Dear Mount Vernon Elementary Parents:

The Pick~A~Time Scheduler is Open! Go online to schedule your parent/teacher conferences that will take place on November 16 and 30 from 3–7 p.m.

Schedule early to get the times that work best for your schedule.

To access this, click on the following link (or copy and paste it into the browser)

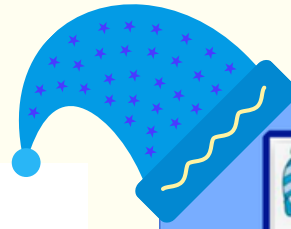
<https://pickatime.com/mtvernon>



**Do you know
someone who is a
veteran?**

**Remember to thank
them for their
service.**





Cold Weather Attire

The weather has been so crazy! One day it is warm and the next it is cool. But one thing for sure the mornings are chilly.

Please remember to send your student(s) to school with a warm coat, hat and mittens so they are prepared for outside play.

Please label all clothing. This will help your child find misplaced belongings if it becomes lost.

Thank you.



I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE BEEN IN THE HOSPITAL	I HAVE TESTED COVID +
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Hospital stay and/or ER visit	5 Day isolation begins with Day 0 as symptom onset or + test if no symptoms

I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication (i.e. Tylenol, Motrin)	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed	Released by my medical provider to return to school	End isolation if symptoms are improving and Fever free for 24 hours without the use of fever reducing medication (i.e. Tylenol, Motrin)
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THANKSGIVING FOOD BASKETS



During the upcoming Thanksgiving season, we understand that Thanksgiving dinner may be a hardship for many.



If your family requires assistance with a holiday meal or food in general please find a list of local resources below:



Mt Vernon First Baptist Church Food Bank (serving Mt. Vernon, Readfield, Fayette, Manchester, and Vienna): Call (207) 293-2273



Maranacook Area Food Pantry (serving all of the RSU38 district)

Email foodpantry@maranacook.com or call Kim Fletcher at 207-685-3128 ext.1180

