

MT. VERNON ELEMENTARY SCHOOL SCHOOL NEWS

LUNCH MENU Week of: 12/18-21

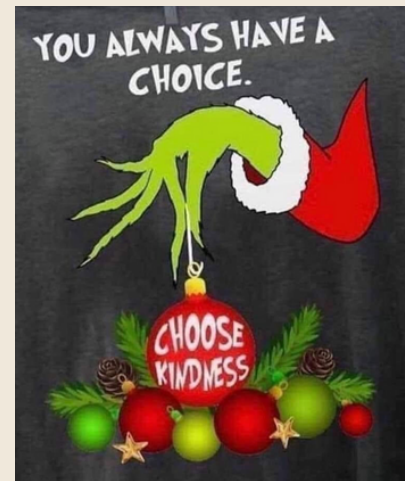
Monday: Kickin' Chicken Nuggets with Cheetos

Tuesday: Ooey-Gooley Toasted Cheese
w/Tomato Soup

Wednesday: Fish Sticks of the Sea w/fries

Thursday: Oven-Baked Pizza

Friday: No School



2nd Choice: Sunbutter & Jelly

Here's what is happening

December 21 Early Release-
dismissal at 11:40 am

No Pre-K

December 22-January 1-
Holiday Break

Enjoy your Vacation

Give Mrs. Reed a high five!
Mrs. Reed's classroom project
"Warm Hands for Outdoor
Adventurers" was recently funded
through Donors Choose.

For more information email:
katie_reed@maranacook.com and
she can give you more details.





REMOTE SNOW DAY



Parents and guardians – as winter weather approaches, please note that the school board has approved both remote learning days and storm days to handle any severe weather events or other situations that may disrupt normal school operations. The board opted to include two remote learning days in this year's school calendar. If the superintendent decides to use a remote learning day in lieu of a snow day, teachers will assign work for students to complete from home on those dates - please see the appropriate school-level plans for the remote day that will be shared in the coming weeks. If you would like to sign up for breakfast/lunch for remote days please use the following link: <https://forms.gle/YByLYrccoYgiAr3z8> The calendar also designates two full snow days when no remote work will be required, should inclement weather force schools to close. Check the district website and local media for announcements on remote learning days, delays, or closures this winter. If you have any questions on emergency day policies, please contact your school principal.



Superintendent Charette

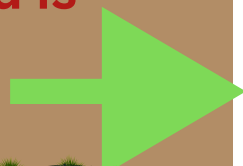


The mission of the Maranacook Education Foundation (MEF), a charitable, not-for-profit organization, is to foster innovation and excellence in the communities of Fayette, Manchester, Mt. Vernon, Readfield, and Wayne by securing resources and funding initiatives that will benefit learners of all ages. We can do this work through the support of our generous donors. Each year, MEF holds its Annual Appeal to raise the necessary financial resources to provide funding for our initiatives. We invite you to read our [Annual Appeal Letter](#) which provides more detail about the foundation and the support we provide the school district. We hope you will consider supporting our efforts.



Nurse Notes

Not sure if your student
should stay home?
Check out this check list
from our school nurse
for when your child is
not feeling well



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)

IS IT A COLD OR FLU?		
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common



will you be warm enough? remember to wear warm clothes. A warm coat, hat, and mittens may help you stay warm this winter. Don't forget to wear your warm clothes!

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.

Deck the Doors!

Congratulations to the 4th grade!

This years winner!



THE HOLLY JOLLY BUS VISITED MTVES AND THEY BROUGHT A SPECIAL GUEST!



Merry
Christmas

