

Mt. Vernon Elementary School Newsletter

"A Caring School Community Dedicated to Excellence"

January Principal Pen

Happy New Year!!! It may have been a rough way to end our term together with some crazy weather but it is nice to have everyone back in school with the sun shining, even if it's seriously cold. Having finished the first term, we stand ready to finish the school year with confidence. I hope* that you too, will look forward to the challenges of the new term.

The beginning of a new year is the perfect time to refresh—whether you want to jumpstart your personal goals, make meaningful decisions at home, or take on something new. This is the perfect time to stop playing old messages about who we think we are and make a bold statement to record a new, improved message. This is a great time to reinforce routines and implement new routines. A good morning routine can make getting ready for school less stressful for everyone.

Parents/caregivers, please continue to reinforce good attendance habits with your son/daughter. Attendance and accuracy of attendance are extremely important in school. Excessive absences may result in missing work, which is difficult to make up, losing continuity in school work, and poor grades during the grading period. Also, as the rest of the winter is bound to be cold, please remember to always send in hats, mittens, coats, ski pants, boots, and sneakers daily. Our supply of extra mittens/hats is extremely limited. If you have any extra, we are always accepting donations. It is always better to have something and not need it than to need it and not have it! We go outside every day as long as it is 10 degrees or higher.

I hope the second half of the school year is excellent for all. If you have any questions/thoughts please do not hesitate to reach out to me by phone or email. Together we are a team and we work together to ensure that all children are happy and thriving at MTVES. Every step we take in this journey we will do together to make our community stronger, wiser, and better for our children.

Stay warm and know that the sounds of birds chirping are not that far away.

Happy New Year!

Michelle Hood, Principal





Menu for January 8-12

Monday: Breakfast for lunch-Pancake wrapped sausage

Tuesday: Chicken & Waffles

Wednesday: Jumbo Cheese Ravioli w/ garlic bread

Thursday: Tasty Totchos w/cheese & bacon

Friday: Oven Baked Pizza

2nd Choice daily: Sun butter & Jelly



What's happening

January 15: Martin Luther King Jr. Day/No School

January 24: Early Release-Dismissal 11:40 am



Ask your student about Trivia Tuesday!

Kindergartens Holiday door was super cute

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



Fun in the little snow we have!

