



MT. VERNON SCHOOL NEWSLETTER



"A Caring School Community Dedicated to Excellence"

Lunch Menu week Jan 16-18

Monday: Holiday/No School

Tuesday: Garlic Breadsticks w/ alfredo sauce

Wednesday: Chicken and vegetable Potstickers w/ teriyaki sauce and fried rice

Thursday: Hot dog on a bun with Doritos

Friday: Oven Baked Pizza

2nd Choice: Sunbutter & Jelly

Milk without meal: .50 cents



Whats Happening



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

January 23: Acadience Winter Testing for Math in the AM. Get your rest, so you can do your best.

January 24: Acadience Winter Testing for Literacy scheduled for the AM.

January 24: Early Release at 11:40 am



Check out the Adult Ed Classes



We've got some great classes starting soon.....

- Walk With Us at MCS!
- Zumba (in person) or Zoom Zumba!
- Slow-Robics
- Weight Room Training & Exercise
- Women's Health Series
- Female Fitness
- Introduction to Chair Caning
- Adminstrating an Estate

For more information on all Winter/Spring classes, go to:
<https://maranacook.coursesform.com/browse>

or call us at 685-4923 x1065

WINTER BREAK TIPS



Don't let your physical activity freeze this winter. Here are some tips and tricks to keep you moving during these dark, chilly months!

- Make everyday tasks more physical. Walk around during phone calls, put on some fun music and dance while you clean the house, and do some stretching exercises during television commercial breaks.
- Don't let the cold weather stop you! Bundle up and enjoy the chilly temperatures with a winter walk or hike, or join a snowball fight with the neighborhood kids.
- If you are stuck at home, practice some yoga or set up an indoor obstacle course for the kids!

Do you have in interest in MIKA coming to MTVES for aftercare?

Dear Parents/Guardians,

Thank you again to everyone who completed our recent survey on potential after-school care options at Mount Vernon Elementary.

After distributing our survey, we were connected with MIKA to explore them providing afterschool care at MTVES. For the program to be viable, MIKA would need a minimum of 10 students enrolled. I have included their website address which outlines the program's key details:
<http://www.mikasavesomekids.com/>

Cost ranges from \$77-\$107 per week depending on membership level, with discounted rates for multiple children

Hours are 2:30 to 6:00 PM, Monday through Friday

Families pay the weekly fee regardless of which days their child attends

For us to determine if there is adequate interest for MIKA to offer an after-school program at our school, please complete the brief survey below and return it to your child's teacher by Wednesday, January 17th.

Gathering this information will allow us to establish if the minimal enrollment level can be met. Our goal is to explore ALL possible options to provide high-quality after-school care that works for our families.

Thank you again for your input as we consider how to best meet the afterschool care needs of our community. Please reach out to Cathy Jacobs with any questions: cathyjacobs72@gmail.com.



Classroom Celebrations

All snacks must be approved by the school nurse a week before the event to be shared with the class. Please click the link below for the form.

Please Parent JL Policy form https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/1017/RSU_38/2632983/JL-Form Parent.pdf

We love water!



Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water—it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

Nurse News



If your student has outgrown their winter coat, maybe we can help.

Call our school nurse, Jennifer VonDeesten at 293-2261 ext 1713 or email

Jennifer_VonDeesten@maranacook.com

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)

SNOW FORT FUN !!

DELAYED OPENING

In the event of a delayed start of school, the school's doors will unlock and be open at the following times:

8:30 - One hour delay

9:30 - Two hour delay

7:30 is the regularly scheduled time. We don't have coverage prior to these times.

Thank you for understanding.



