

Mt. Vernon Elementary School News

"A Caring School Community Dedicated By Excellence"



Lunch Menu Week Jan 22-25

Monday: Beef Burrito Blaster with Refried Beans

Tuesday: Toasted Cheese & Tomato Soup

Wednesday: Crispy Chicken Patty

Thursday: Fish Sticks w/ French Fries

Friday: Oven Baked Pizza

2nd Choice: Sunbutter & Jelly



Activities to Banish the Winter Blues

Go Sledding or Tubing

Hit the slopes with a friend

Have a movie night

Learn how to knit

Try a new indoor workout

Go on a winter hike

Build a snowman or fort

Learn how to bake bread

Make frozen bubbles

Help your neighbor shovel snow

Paint Snow

Here's What's Happening

January 23: Acadience Math Testing

January 24: FULL Day of School

(see revised school calendar, not an early release)

January 24: Acadience Literacy Testing K-5

February 8: Family Game/Basket Raffle

Fundraiser night 6-7. Come join the fun!!



BASKET RAFFLE FUNDRAISER

We are looking for donations to create baskets from each grade level to raffle off during our Family Game Night on February 8. Please consider sending in some items to help create your child's classroom basket.

Each student was sent home with a flyer just like this one and we are asking for Parent support in your class and help to fill your basket that will be auctioned off. If you have questions please reach out to your classroom teacher.



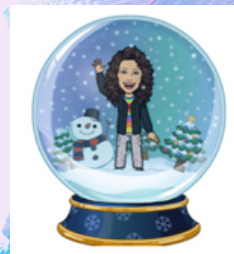
Join us for a Family Game Night and Raffle on February 8th from 6:00-7:00 pm.

Each student that comes will get a ticket to enter a drawing for a brand new game.

Attention Parents:
Buy some raffle tickets and you could take home a wonderful basket.



Nurse Notes



NURSE NOTES from Jennifer VonDeesten:

If your child develops a fever they can't return to school until they have been fever free for 24 hours without medication (Tylenol or Ibuprofen). We consider a fever to be a temperature of 100.4 or greater.

Additionally, if your child develops vomiting or diarrhea, we ask that you keep them home until the symptoms are gone for 24 hours and they are able to eat and drink normally.



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.



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

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

Jennifer_VonDeesten@maranacook.com

EAT A RAINBOW For Health!

Facebook.com/livelovefruit



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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