

Wildcat Connection

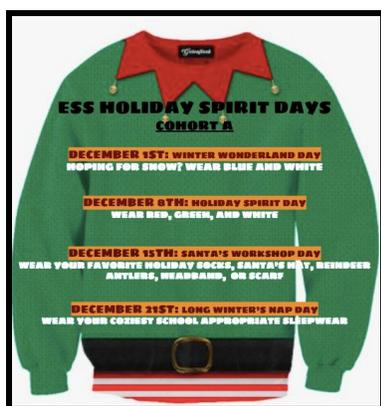
November 25, 2020

Important Dates

November 25-27: Thanksgiving Break, No school for students
December 2: Cohort B, Half-day Wednesday, students dismissed at 12:15
December 2: Picture Retake Day at ESS, see information below
December 6: ESS School Store Closes, see information below
December 7-11: Book Fair at ESS, see information below
December 9: Cohort A, Half-day Wednesday, students dismissed at 12:15
December 16: Cohort B, Half-day Wednesday, students dismissed at 12:15
December 23-January 3: Winter Break, No school for students
January 6: Cohort A, Half-day Wednesday, students dismissed at 12:15
January 13: Cohort B, Half-day Wednesday, students dismissed at 12:15
January 18: Martin Luther King Jr, Day, No school for students
January 19: Teacher Workshop Day, No school for students
January 20: Cohort A, Half-day Wednesday, students dismissed at 12:15
January 21: Cohort A, Full Day of School
January 22: Cohort B, Full Day of School

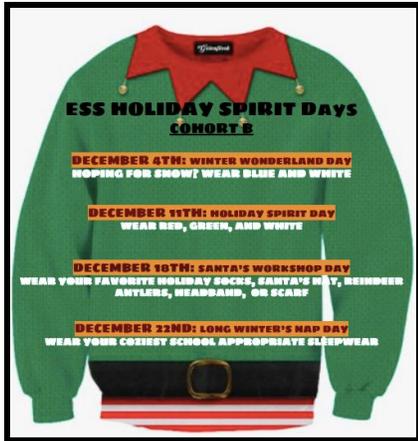
[Updated RSU 16 School Calendar Link](#)

Gearing Up for Some Festive Fun:



It's hard to believe that December is quickly approaching and that we will be gearing up for some festive fun here at ESS in the coming weeks. We have chosen to focus on the character trait of *kindness* during the month of December as it is a time of giving. Mrs. Madsen and Mrs. Jenkins will share weekly kindness challenges during morning announcements and a student from each cohort in each class will be recognized for exemplifying kindness at our upcoming virtual character trait assemblies. We will also be hosting our Wildcat Assemblies Virtually this year and we will invite parents by sending a Zoom link if your child has been nominated to receive an award from their teacher.

Students in both cohorts will be invited to participate in our ESS Holiday Spirit Days which will look a little different this year than in previous years. Students will have the opportunity to dress up once a week throughout the month of December beginning on Tuesday,



December 1st (Cohort A) and Friday, December 4th (Cohort B). See the flyers below or check out our ESS Facebook page for more details. Finally, students will have the opportunity to participate in some socially distanced fun holiday themed “Minute to Win It” games with Mrs. Madsen and Mrs. Jenkins as we end the week leading up to winter break.

Picture Retake day: Wednesday, December 2nd @ ESS gym

This is a Cohort B & C day, we encourage any students that did not have their picture taken to do so for the 2020/2021 Yearbook. There is no purchase necessary. If your student is in Cohort A, please email (radamson@rsu16.org) or call Becky (345-3381 ext 101) in the office to set up an appointment time.

Order forms are available per request and you can also order online at mylifetouch.com, Picture Day ID: **EVTZWR8M2**.

Update on Trimester 1 reporting:

The district has made the decision not to provide a formal report card for the end of Trimester 1 at this time. As we have completed our Student Led Conference last week, we felt that it was best to consider reporting out on progress in conferences and provide a more formal, traditional report card at the end of Semester 1 in January. Traditionally, the elementary schools have always had a Trimester Schedule and the middle school and high school have had a semester schedule. Given the hybrid schedule, we feel that it is best to move to a semester report card given the limited time with our students in the classroom. If you have questions or concerns regarding your child(s) progress this year, we encourage you to reach out directly to your child(s) teacher and they will be able to provide clarification and answer any questions you might have.

Remote Days Attendance:

As our hybrid schedule is likely going to continue through Semester 1, we are now beginning to work with students who are not participating in their remote learning activities provided on SeeSaw. Throughout the year, we have been monitoring the work students complete on their remote days at the school level. The state has asked for schools to track student participation on remote days. Therefore, our school will begin to mark participation on remote days in our school computer system. Students will either be marked as having participated or as no participation for their remote days. Please know that we will continue to work with families and provide whatever support we can to make remote days work for your family.

ESS Book Fair:

Elm Street School will be hosting a book fair in the coming weeks to help support our ESS library! Our school librarian, Mrs. Henderson will be completing a “contactless” book fair with our students during their library time from **December 7th - 11th**. Parents can also purchase items from the Book Fair by visiting our *virtual store!* Click on this link to check out our book fair flyer and to shop our fair online! [ESS Book Fair Online Store](#)



Free Breakfast and Lunch Waiver Extended for 2020-2021 Academic Year:

The Federal Government has extended the waiver for all students at Elm Street School to continue to receive free breakfast and lunch at school. This means that your child can receive healthy meals throughout the school year.

Even though the waiver has been extended, we are asking that families complete the online application. This form is safe, secure, and private. [School Meals Application](#) This form is not only used to support our food services program, but it also helps to secure additional resources for our students at ESS.

If you have any questions about the free breakfast/lunch program or if you have questions about our school nutrition program at ESS, feel free to reach out to our kitchen manager, Chelsey Harrison at charrison@rsu16.org.

A large graphic promoting school breakfast. At the top, it says 'take time for school BREAKFAST' with icons of a strawberry, banana, bread, and blueberries. Below is an illustration of a yellow school bus with children's faces in the windows. The main text reads: 'DID YOU KNOW, ELM STREET SCHOOL OFFERS ON THE GO BREAKFAST?'. Below this is a paragraph: 'We have breakfast carts by the all school entrances to ensure getting a nutritious breakfast is as easy as possible. We offer a variety of items including fresh fruits, low-fat milk, whole grain pastries, low-fat yogurt, and much more! This week the menu will include an Egg & Cheese Whole Grain Croissant Sandwich and Whole Grain Cinnamon Dippers with Pumpkin Pie Yogurt Dip. Have your students stop by for a delicious, quick, hearty, and FREE breakfast!'. At the bottom left, it says 'Make the Grade with SCHOOL BREAKFAST'. On the right side, a green box contains the text: 'Breakfast = School Success!', 'wake up! School Breakfast', 'Open every morning from 8:15 - 8:50', and 'USDA has extended their waiver allowing us to feed all children both breakfast and lunch for free! This fantastic move will help ensure - no matter what the situation is on-the-ground - children have access to nutritious food as the country recovers from the COVID-19 pandemic.' At the bottom right, there is a small logo with the text 'I SCHOOL BREAKFAST'.

Update from ESS Nursing:

Hearing and Vision Screenings:

You may have heard your child mention that they were seen in the Nurse's office recently to have their vision checked. All Prek, K, 1st, 3rd, and 5th Grade students will undergo a hearing and vision screen this year in an effort to identify students who may be in need of additional evaluation. If your student does not pass the screen you will be provided a letter recommending follow up with a medical provider. Screenings are an important tool to ensure our students are best prepared to grow and learn!

Oral Health:

Thank you to all of the families that returned their child's Fluoride Permission Form. A representative from the Maine Oral Health Program completed our Fall Fluoride program this week, and will be back in the Spring for additional Fluoride applications.

If you missed the flyer that recently went home, a registered dental hygienist from T. F.I. (Tooth Fairies) will be providing an opportunity for dental cleanings, sealant placement, fluoride varnish, brushing instructions, temporary fillings and SDF (fluoride with silver ions that can stop the bacterial infection that causes cavities) at school. The purpose of this program is to decrease disease by providing preventive dental care and education to those who have difficulty accessing these services. Services provided are available to students who are not established with a dentist (going on a regular 6 months schedule). MaineCare will cover this service. If your child is not covered under MaineCare, the fee for this service is \$42.00 for children age 4-13 and \$52.00 for age 13 and older. Financial assistance is available if needed.

If you would like your child to participate, please complete the [Health History Form](#) by clicking on the link and return the completed form to school.

Flu Vaccine

We encourage you to check out this video from the CDC on the importance of getting you and your child vaccinated for the flu this year: [Protect Your Health This Season](#). Additional information regarding the 2020-2021 flu vaccine can be found on the [CDC's Website](#). If you have any additional questions feel free to reach out the ESS nurse, Laurie Camire at lcamire@rsu16.org or by contacting the school at (207) 345-3381 x104.

COVID-19 Updates and Information:

Self-Screening and COVID expectations:

As a reminder, we are asking that families continue to complete the symptom screening at home before coming to school. The symptom screening at home is one of the six state-mandated requirements for us to continue in-person learning. In addition to self-screening, the school continues to be diligent in practicing the remaining requirements while our students are in our schools. Thank you for your continued commitment to keeping our staff and students healthy and our schools open!

A Strong Defense Against Flu: Get Vaccinated! **FIGHT FLU**

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illness, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example, flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A 2022 study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

We want to review with you the requirements for every school district in Maine in order to be open. Below are the six state-mandated requirements for opening doors to in-person learning. With our cases increasing in the state of Maine we continue to ask that families be diligent in completing their self-screening at home before coming to school.

★ Symptom Screening at Home Before Coming to School- Students (parents/caregivers) and staff members must conduct self-checks for symptoms prior to boarding buses or entering school buildings each day. Any person showing symptoms must report their symptoms and not be present at school.

★ Physical Distancing and Facilities- Adults must maintain 6 feet of distance from others to the extent possible. Maintaining 3 feet of distance is acceptable between and among students when combined with the other measures outlined in this list of safety requirements. 6 feet of physical distancing is required for students while eating breakfast and lunch.

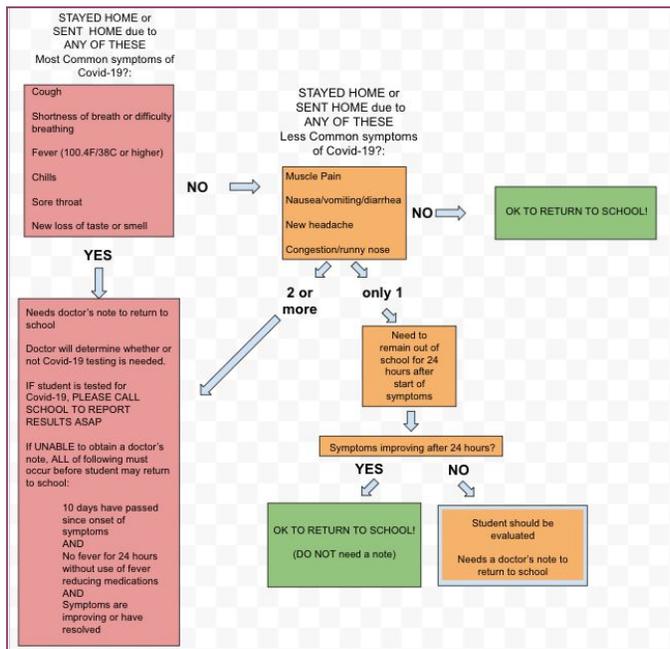
★ Masks/Face Coverings- Adults, including educators and staff, are required to wear a mask/face covering. Students are required to wear a mask/face covering.

★ Hand Hygiene- All students and staff must wash hands or use sanitizing gel upon entering the school, before and after eating, before and after donning or removing a face mask, after using the restroom, before and after use of playgrounds and shared equipment, and before and after riding school transportation.

★ Personal Protective Equipment- Additional safety precautions are required for school nurses and/or any staff supporting students in close proximity, when distance is not possible, or when a student requires physical assistance.

★ Return to School after Illness- Sick staff members and students must use home isolation until they meet criteria for returning to school.

What if my child has symptoms?



We have created this flow-chart to help families understand what they should do when their child has symptoms related to COVID-19.

Symptoms in the Red Box: You must notify the school and keep your child home. Your child will need to be seen by a doctor in order to return to school or they will need to wait 10 days from onset of symptoms, be fever free (without tylenol or ibuprofen for 24 hours) and their symptoms must be improving.

Symptoms in the Yellow Box: You must notify the school by calling the main office and keep your child home. If they only have 1 symptom, they will remain out of school for 24 hours, if symptoms are improving they may return. If they have 2 or more symptoms in the yellow, they will need to be seen by a doctor in order to return to

school or they will need to wait 10 days from onset of symptoms, be fever free (without tylenol or ibuprofen for 24 hours) and their symptoms must be improving.

If you have any additional questions, please reach out to the school nurse Laurie Camire at lcamire@rsu16.org or by phone at (207) 345-3382 x104.

Travel outside of Maine:

With the holidays approaching, we recognize that families traditionally travel to spend time with their families. As a reminder, the district has the following guidelines for holiday travel due to the spread of COVID-19 within our community and surrounding states.

- Any staff or students who travel to any state other than New Hampshire or Vermont (no restrictions for these two states only as of 11/16/20; subject to change), they will be required to either: 1) quarantine for 14 days upon return to Maine or 2) provide a negative COVID -19 test once you return to Maine.
- Students or staff will need to provide the negative COVID-19 test results to their school nurse prior to returning to in-person learning.
- Any staff or students who have traveled to restricted states will not be permitted inside the school building until either the negative test result or 14 days has occurred.
- This is not dependent on the length of time spent within the restricted states, meaning that a day visit still requires any person to quarantine for 14 days or until a negative test result is confirmed. All members of the household who travel must test or quarantine if over 12 months old.
- PLAN AHEAD! Before leaving the state, make your COVID-19 test appointment for when you return. Appointments can be made at your PCP's office or at any Maine testing site. Testing site information for Maine can be found here. <https://www.maine.gov/.../restar.../keepmainehealthy/testing>
- Any person who is quarantining should stay home, and not have in-person contact with others unless there is an emergency.

If you have any questions regarding travel, quarantining, or need assistance with any COVID-19 related concerns, we encourage you to contact our school nurse, Laurie Camire at lcamire@rsu16.org or the building administrator, Jessica Madsen at jmadsen@rsu16.org

Elm Street School Store is Open!

Looking for some new ESS swag for your child(ren) and families? The ESS school store is now open and items ordered prior to December 6th will ship in time for the holidays! We have a variety of items in the school store and you can do all of your shopping online! All of the items come in a variety of sizes and styles. Many of the items also come in a variety of colors!

Click on the link to be brought to our online store: <https://essfall2020.itemorder.com/sale> Feel free to share the link with your friends/family! Happy shopping!



Let's Go! Recognizes Elm Street School for Making the Healthy Choice the Easy Choice

Let's Go! has awarded our School Nutrition Program, Elm Street School cafeteria as a Silver Smarter Lunchroom for our commitment to improving children's health. This recognition program honors school cafeterias who implement best practices to reduce waste, increase participation and most importantly, help nudge students to make healthier choices. Elm Street School cafeteria is among 288 Let's Go! Smarter Lunchroom sites across Maine and Mt. Washington Valley, New Hampshire recognized in 2020. This is a particularly special achievement in light of all the changes that the pandemic has brought so far this year.

Awards are given at the Bronze, Silver and Gold levels. Recognition status is determined based on the number of Smarter Lunchroom strategies implemented during the school year. Of the school cafeterias recognized, 96 percent serve easy-to-eat sliced or cut fruit and 93 percent offer a variety of vegetables to appeal to choosy taste buds.

Let's Go! also recognizes schools, early care and education programs, out-of-school programs and health care practices for their role in improving the health of all children. This year, 917 Let's Go! sites across Maine and the Mt. Washington Valley, New Hampshire were recognized. A listing of all recognized sites can be found at sites.lets-go.org.

School Counselor's Corner:



Have you heard your child saying “Mr. Shev came to our class today!” and wondering who that is? I am Mr. Shev, short for Mr. Shevenell. I am the school counselor at Elm St. School.

Parents, the press, administrators and the general public often wonder just what it is that school counselors do on a daily basis. Gone are the days of guidance counselors sitting in their office simply handing out college applications, making schedule changes for students who want to drop a class, or waiting for a crisis to occur. Today's school counselors are vital members of the education team. They help all students in the areas of academic achievement, career and social/emotional development so students can be their best.

As Elm St.'s school counselor, I teach students skills through Second Step to understand and manage emotions, work and play with others, and think about their future. I also support students to come back to learning when they are overwhelmed by thoughts and feelings that need their attention. School counseling is not the same as therapy. I am more like the school nurse who is a medical professional that can assess, triage, and help students meet their needs and get back to class. If more is needed, they refer to a doctor. If a student needs more support than I can offer I refer them to other mental health professionals that do long-term work.

[Learn more](#) about the school counselor's role or [download an infographic](#) about the school counselor's role.

New Staff at ESS for 20-21:



Kaitlyn Kennedy: Art Teacher, ESS & Minot

Kaitlyn will be joining #TeamESS as our new part-time Art teacher. We will continue to share our art teacher with Minot Consolidated School. She is coming to us from Lewiston where she is currently working as a librarian in an elementary school, but is VERY excited to be sharing her talents and certainly her passion for teaching art within RSU 16. Her first official day is November 30th!



Monique Collins: Educational Technician, Grades K-3

Hello, my name is Monique Collins. I am excited to start my teaching career as an Ed Tech II at Elm Street School in the RSU 16 district. I recently completed earning my Associates in Science with a minor in Education. My future career goal is to earn a Maine's teachers' certificate. I enjoy spending time outside during every season Maine provides. I enjoy sewing, crafts, and spending time with my grandchildren. I'm a kid at heart! I am honored to be part of your children's education at ESS!



Leetta Linscott, Special Education Teacher, Resource Room 3-6

I started working at Poland Community School as an Educational Technician in 2014. In 2017 I did my first year teaching special education at Poland Community School Life Skills classroom. This is my 7th year with the district and 4th year as a teacher. I am excited to be a part of the Elm Street School team working as a Resource Room teacher. I have worked with children from birth through high school age either as a mentor, teacher, Ed Tech or child care provider. I have two daughters, 19 and 18, and a very large drooly English Mastiff. My girls and I enjoy spending as much time as we can together.



Diana Skvorak, Educational Technician, Kindergarten

My name is Diana Skvorak, but the kids know me as Mrs. S. This is my fifth year in RSU 16. I am working in kindergarten this year, and loving it. I have really enjoyed being at Elm Street this year.



Annie Jones, Grade 4 Teacher

My name is Annie Jones and I am a new fourth grade teacher here! I am from Pittsburgh, PA and moved to Maine after graduating from college in May. This is my first teaching job and I am very excited to be part of such a great school and community. I'm looking forward to the rest of the year here at ESS!



Walter O'Driscoll, Restorative Room Educational Technician

Hello! My name is Mr. O'Driscoll and I am the Restorative room attendant at Elm Street School. I was born and raised in Central Maine and I am a graduate of Gardiner Area High School. After High School I attended and graduated from Bridgewater State College in Bridgewater Massachusetts and returned home to start a Family. My wife and I have called Poland home for the last 17 years and have enjoyed raising our sons in this area of Maine. I enjoy working with the Students to help them realize and achieve their goals.



Laurie Camire, School Nurse, RN

Meet Laurie Camire, our new school nurse! Laurie graduated from the University of Southern Maine with a Bachelor of Science in Nursing degree, and worked in nursing within the Portland area for a number of years. After taking some time off to enjoy raising her children, Laurie has worked the last few years in a secretarial role at one of our neighbor elementary schools. Laurie enjoys spending time with her family as well as her dog, her chickens, and her honey bees! An avid lover of the outdoors, Laurie enjoys gardening, hiking, skiing, and time on the water. Laurie is excited to meet the students and families of Elm St. School and looks forward to working collaboratively to keep our students healthy and ready to learn!

Grades K-5 Digital Citizenship Curriculum Letter to Parents

Dear parents and caregivers,

Your child is taking part in classroom lessons from **Common Sense Education**. Common Sense helps kids learn the habits and skills they need to use technology safely and responsibly in school, at home, and beyond.

WHAT IS DIGITAL CITIZENSHIP?
Kids today may seem like experts at using technology, but the digital world requires all kinds of skills and habits that kids don't just pick up as they go. Digital citizenship helps them learn those skills.

The Common Sense lessons help kids in grades K-2 develop healthy media habits and learn how to be safe online. Lessons for kids in grades 3-5 continue to focus on screen time and online safety. Older kids also learn about how to recognize cyberbullying, what is and isn't OK to share online, and how to find credible news and information.

WHAT FAMILIES CAN DO
Common Sense Education provides resources to help you support your kid's learning. As we teach these lessons in class, we'll be sending home tip sheets, videos, and activities for you to do with your kids. You can visit the Common Sense website at www.commonsensemedia.org for more.

Please feel free to contact us if you have any questions. Working together with Common Sense Education, we can prepare today's kids to think critically and use tech in positive, creative, and powerful ways.

Sincerely,

To learn more about Common Sense Education's tools and resources, visit www.commonsense.org/education.

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Common Sense Education:

All of our students at ESS will be participating in our Digital Citizenship curriculum this year through their library classes. The Digital Citizenship curriculum can be found by visiting their website [Common Sense Digital Citizenship Curriculum](#). Through this curriculum our students will learn about their digital footprint, online privacy and safety, as well as online literacy and research.

From their website: Designed and developed in partnership with Project Zero at the Harvard Graduate School of Education -- and guided by research with thousands of educators -- each digital citizenship lesson takes on real challenges and digital dilemmas that students face today, giving them the skills they need to succeed as digital learners, leaders, and citizens tomorrow. [Read about the research behind our curriculum.](#)