

# CUTLER SCHOOL Cardinals NEWSLETTER

Term: Fall 2020 | Date: September 25, 2020

## THANK YOU

I would like to take a moment to thank you for all of your support and flexibility as we begin the school year. We have had to make many changes to our routines and protocols. Both you and your children have been fantastic through all of it.

I would also like to thank our staff for all of their work to prepare for the start of the year! From moving furniture to make more space in our rooms to finding outdoor spaces for classes to use to redesigning our schedules, the staff has been right there to problem solve and do what is best for kids.

Our community is a great place to be!



## Conferences

We will be holding fall parent teacher conference the week of October 5th. Your child(ren)'s teacher will be reaching out to schedule a ZOOM or phone conference. The purpose of the conference is to discuss the transition back to school, review the grade level curriculum and address any questions or concerns you may have. We value the opportunity to communicate with you and work together to support your child.

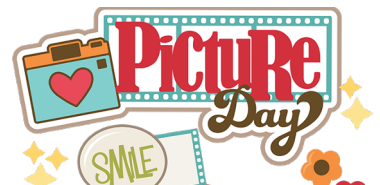
## Parents' Guide to the Monadnock Elementary Schools

Please look for the *Parents' Guide to the Monadnock Elementary Schools* on our district or school website which is [www.mrsd.org](http://www.mrsd.org). If you can't access the online version, please call our office and we will gladly provide you with a hard copy. Refer to it throughout the year as it will answer many questions you may have.

## PICTURE DAY

New England Photos will take school pictures on October 7 and 8 to accommodate both hybrid cohorts. Remote students will have their photos taken on Friday, October 9th from 10:45- 12:15.

Photo package information has been sent home and posted on our Facebook page.



## Ms. Costa's Counselor's Corner

September, 2020

Hello Parents & Guardians! Welcome to the new school year. I am so excited to be welcoming our former students as well as all of our new ones. We are going to have a great year! For those of you new to Cutler, I am the school counselor and am available to all students here. My job is to work as part of your child's team to ensure a successful academic year. Although this year, we have to be a little creative due to safe health practices, as a counselor, I get to work with students individually and in small groups. I also get to go in to all of your children's classrooms in our 6 day rotating schedule as part of their special's schedule to teach "Guidance". Some of the topics we will be covering will be: making and keeping friends, adjusting to change, managing feelings, coping with worries, mindfulness, growth mindset, puberty (5th and 6th), staying healthy, career exploration, conflict resolution, resiliency, and focusing & attention. It will be a full year!

As part of your child's team, I am also here to support all of you with navigating the child's education and social development. Please do not hesitate to reach out with any questions or concerns. I can be reached at 603-352-3383 or [ccosta@mrsd.org](mailto:ccosta@mrsd.org).

During this year we have all had to adapt in ways that we may have not believed imaginable. Some ideas to help your child during remote learning days are:

- Set a schedule/ Establish routines
- Establish a space for learning with all tools necessary ahead of time
- Help reduce distractions
- Take learning/brain breaks
- Make time for physical exercise
- Begin the morning by checking in with our child about what they will be working on.
- At the end of the day as what your child accomplished and if they have any questions or any difficulties.
- Encourage curiosity! Is there anything they want to learn about and explore? Children are always learning. Can they help you cook or do some wood working to practice some math skills?
- Give positive feedback
- Reach out to your child's teacher with questions
- Help your child keep in touch with friends
- Encourage your child to attend whole class zoom meetings

Adapted from ACS International Schools Parent guide- <https://acs-schools.com/parents-guide-distance-learning>

"Be Kind Whenever Possible. It is Always Possible."

The 14th Dalai Lama

## Cutler School Nurse's Corner

September, 2020

Hello and welcome to the new school year both new and returning Cutler Parents and Guardians. We are looking forward to a healthy and safe school year. For new Parents and Guardians, I am Carol Mitchell-Boudreau, RN-BC the School Nurse. I am available 8:00 am - 3:30 pm Monday - Friday and can be contacted by phone or email see contact info below.

School Health Services provide support to students to help them achieve and maintain their optimal level of health and wellness and be ready to learn. The school nurse is available to assist students and families with questions or concerns that relate to the student's health. As a member of the school team, the school nurse works closely with teachers and others to ensure the child's educational goals are being met.

### **\*\*\*Important Notices\*\*\***

#### **Immunizations**

The state requirements for school immunizations are issued by The New Hampshire Department of Health and Human Services. Please note the following updates to the mandatory school immunization requirements for the 2020-21 school:

<https://www.dhhs.nh.gov/dphs/immunization/documents/schools20-21.pdf>

#### **New Student Health Requirements for Entry into District #93**

All new students require the following documentation to be on file with the school nurse prior to the student's entry: 1) an up-to-date immunization record, and 2) a current physical dated within the past 12 months. If the student has not had a physical within the past 12 months, then plan to schedule an appointment date for the physical and contact the school nurse to provide the date.

#### **Medications**

Please note prescription medication should be taken at home if possible. If medication is required to be taken at school, then a current written healthcare provider's order and signed written parent/guardian permission for administration of the medication is required to be on file with the school nurse and must be updated annually for each school year the medication is needed in school. All students with medical conditions (I.E. Asthma, Life-threatening Allergies, Seizures, or Diabetes that require an as needed Rescue Inhaler, or other as needed Emergency medication in school also require current healthcare provider's orders to be on file with the school nurse. Also, all over-the-counter medications require written parent/guardian permission for administration and for over-the-counter medications this is located on the back of the annual school health record form that is sent out at the beginning of each school year. Please note all medications must come in the original prescription or over-the-counter packaging and must be transported to the school nurse by an adult. For safety reasons students are not allowed to transport medication to the school nurse.

## Annual School Health Form (2-sided)

School Health Forms need to be updated at the beginning of each school year. This form provides the school nurse with any medical updates, as well as consent to treat your child during the school day if necessary. Without having a current written consent form completed and signed by a parent/guardian on file in the Health Office, your child cannot receive any over-the-counter medications at school.

### Cold weather is coming!

With the cold weather on its way, please check that your child is dressed appropriately for the weather. Unfortunately, the Health Office will not be providing coats, sweatshirts or other clothing to students this year due to the Covid-19 pandemic. It is recommended that your child have an extra layer (long sleeve shirt, sweater or sweatshirt) to wear in case needed at school. **If you need assistance with providing a winter coat for your child, please plan to contact me to let me know your child's coat size and I will do my best to get a winter coat for your child.**

Please feel free to contact me with any questions and/or concerns.

Thanks,

Carol Mitchell-Boudreau, RN-BC

Cutler School Nurse

Office phone #: 355-3130

EFax #: 1-603-719-1287

Email: [cmitchell-boudreau@mrds.org](mailto:cmitchell-boudreau@mrds.org)



## Cutler Library News

September, 2020

Hello MRSD families,

I am Lisa Wiley, the Elementary Library Media Coordinator. Your school library staff have been visiting classrooms during the specialists rotation to help students explore perfect books for personal interest and research, and create in our innovative STEM-based Makerspace programs!

We are bringing materials to the classrooms for the foreseeable future and wanted to update you on our procedures.

Overdue books can be brought to your classroom teacher anytime, not just on your "Library Day"! We will be sending overdue notices home in October, but if you'd like a reminder of what might be missing please contact me or the library staff for your school at the email below.

- Our schools never charge late fees. If an item is lost or damaged we are happy to work with you to find a good option for replacement/coverage. Contact me with any questions!

Until November, library books will be brought to each classroom so students can use them in school, and will not be sent home at this time. They will be kept in separate areas of the classroom and replaced each week to be quarantined. Students will have the opportunity during library specials to learn about and request favorite authors, genres and series.

Please contact me or your school library staff with any questions. We have exciting plans for library and Makerspace activities in these changing times- and so much to share!

Lisa Wiley- [lwiley@mrdsd.org](mailto:lwiley@mrdsd.org)

Ashley Carolus, [acarolus@mrdsd.org](mailto:acarolus@mrdsd.org)



## **End 68 Hours of Hunger®**

The Monadnock Regional School District has the great pleasure of hosting a local chapter of End 68 Hours of Hunger. End 68 Hours of Hunger addresses the needs of schoolchildren by providing extra meals from Friday evening through Sunday evening. This helps students to be better prepared to come to school on Monday morning nourished and ready to learn. We fill bags with nourishing food that children can take home on Friday afternoons (Weds or Thurs during the hybrid school days).

Each weekend bag contains food for two breakfasts, two lunches, and three dinners. The weeks will alternate to include cereal, oatmeal, nutrition bars, plastic jars of peanut butter or jelly, fruit cups, fruit snacks, canned soup, canned tuna, chicken or ham, macaroni and cheese, canned fruit, pudding cups, and crackers. Teams get together once a week to fill the bags and deliver them to our district schools. All food is non-perishable and easy to prepare.

With COVID-19 disrupting food supplies, End 68 Hours of Hunger is using an online registration to ensure we can continue to support our families should schools need to close again. **All students who wish to receive the weekly bags must register online.**

If you would like your child to participate in this free program, please register your child, at [registration.end68hoursofhunger.org](https://registration.end68hoursofhunger.org). or email us at; [monadnocknh@end68hoursofhunger.org](mailto:monadnocknh@end68hoursofhunger.org). If you have any questions please contact Karin (603-903-6708) or Melissa (603-903-6715).

*No data will be shared with anyone outside of End 68 Hours of Hunger, and the data will only be used to deliver food to children.*