

NEWSLETTER

October 16, 2020

Thank you to Girls Scout Troop 10686 for the donation to past due lunch accounts and projects around TVES! We Appreciate You!

From the Nurses Office

What happens if my child has symptoms at home or gets sick in school? The Vermont Department of Health has provided the following guidelines:

https://www.healthvermont.gov/sites/default/files/documents/pdf/CYF_VT%20BacktoSchoolAfterIllness10.6.pdf

Library Books

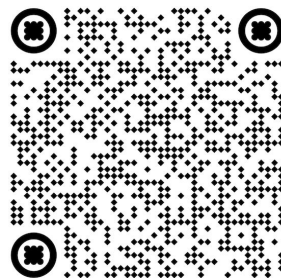
Please return your library books! There is a bin outside of the front doors or you can send the books back into school with your child.

Lunch

Don't forget to complete your lunch forms each week. Selections for the upcoming week begin on Wednesday at 8am and are due by Friday at 9am. If you select meals for Wednesday, they will be sent home with your child on Tuesday.

In Person QR Code and Link:

<https://forms.gle/VR1gypvAJtsbbSmd6>



Remote Learners Link:

<https://forms.gle/Tz2VbJ2ueqR7t4SS9>

COVID UPDATE:

Here is a link provided by the state to check on COVID cases in schools.

<https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Transmission-Schools.pdf>



PARENTING IN A PANDEMIC

SKILL BUILDING AND SUPPORT DURING COVID-19

FREE 6-WEEK VIRTUAL PARENTING SKILLS CLASS OFFERED ON ZOOM with WENDY PRESCOTT, MSW, LICSW APPROPRIATE FOR PARENTS OF CHILDREN OF ALL AGES

Tuesdays, Oct. 27-Dec. 1, 7-8 pm

FREE INFORMATION SESSION: Oct. 24, 10 am

REGISTER ONLINE AT KEENEYMCA.ORG

Week 1: Communication/Listening/How to Speak to Your Kids about COVID-19
Week 2: Setting Appropriate Boundaries/Rules & Following Through
Week 3: Modeling Behavior: How to be a Good Role Model
Week 4: Controlling Your Emotions: Easier Said than Done
Week 5: How to Show Love & Foster True Connection
Week 6: Helping with Emotional Identification/Development of Healthy Coping Skills

ABOUT THE FACILITATOR: Wendy Prescott, MSW, LICSW is the founder of Coping 101, a private psychotherapy practice in Keene. She has worked at Monadnock Family Services as an Emergency Services Clinician, where she conducted psychiatric evaluations in the Emergency Department, and at Cheshire Medical Center as a medical social worker and was the adolescent social worker on the Mental Health Unit prior to its closing in 2016. Wendy then opened her practice to provide outpatient services for adolescents in Cheshire County. She has since expanded her practice to include adolescents, adults, couples, and families. Her areas of specialty include treatment of depression and anxiety, PTSD, adjustment disorders, and substance use disorders. She lives in Keene with her two daughters.

MADE POSSIBLE BY FINANCIAL SUPPORT FROM:



Questions or Need Assistance?
Peter Sebert: 283.5257;
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KEENE FAMILY YMCA
200 SUMMIT ROAD, KEENE, VT 03426
603.352.6002



WHITINGHAM FREE PUBLIC LIBRARY & DEERFIELD VALLEY LION'S CLUB

**SATURDAY
OCTOBER 31ST
5 -7 PM**

PUMPKIN FESTIVAL & TRICK OR TREAT

Pick up a free pumpkin to carve and return it to the library for a spook-tacular lighted "Jack-o-lantern Walk" Halloween Night!!



***call 368-7506 to reserve pumpkin**

**Whitingham Municipal Center
Village of Jacksonville**

***Pick up pumpkins Oct. 17th-24th**
****Drop off pumpkins Oct. 28th - 31st.**

Hours: Mon. 10-4 ~ Wed. 2-7 ~ Thurs. 10-4 ~ Sat 9-2