

Twin Valley Elementary School

NEWSLETTER

October 23, 2020

From the Nurses Office

Tips for trick or treating

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html?ACSTrackingID=USCDC_2067-DM40330&ACSTrackingLabel=Tips%20for%20Trick%20or%20Treating%20and%20Other%20Halloween%20Activities%20%7C%20COVID-19&deliveryName=USCDC_2067-DM40330

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

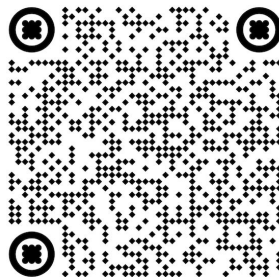
Please return your library books! There is a bin outside of the front doors or you can send the books back into school with your child.

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>

Cub Scout PACK 461

Invites all K-5th grade boys and girls to an

AFTERNOON OF FUN GAMES!

JOIN US FOR RECRUITMENT DAY!

When: Saturday November 7th 2020

Time: from 2:00PM to 4:00PM

Where: Wilmington Community Center
1 school street Wilmington, VT 05363

Contact details: vtcubscoutpack461@gmail.com



SIGN UP ONLINE!



Learn More About Us! www.scoutingvermont.org - Scout me in

Twin Valley Pack 461
for K-5th grade boys and girls



This is not a school sponsored event

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

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.

**Questions or Need Assistance?
Peter Sebert: 283.5257;**

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