

Pond Cove Principal's Notes

January 3, 2023

Dear Pond Cove Families,

Happy New Year! I hope that you all enjoyed the winter vacation. We are excited to welcome students back to school today and to welcome 2023.







Pond Cove's plan for remote snow/school closure days will be shared with you soon. Our goal is to provide an equitable remote learning experience for all students. Please note that we will have two traditional snow days before we utilize a remote snow day. This should give us plenty of time for everyone to prepare for remote learning.

Moving forward the weekly Principal's Notes will be posted [here](#) on our Website, and also posted on our [Facebook](#) and [Instagram](#) pages. Please like/follow our pages so you can access updates. We will eventually move away from sending the notes via email and will instead use the Cape Elizabeth Schools website, Facebook, and Instagram. You will be able to get this information quicker and easier.

As we start a new calendar year, staff will again review with students our Peaceful Pond Cove expectations for common areas (see below). When students follow these expectations, they may receive a link to celebrate their efforts, so keep an eye out for your child to come home with a notification!

Everybody, Every day, Will Be:

RESPONSIBLE * RESPECTFUL * SAFE

CLASSROOM	HALLWAY	RESTROOM	PLAYGROUND	CAFETERIA	BUS
					
RESPONSIBLE: Be a self-manager! Keep your hands, feet, and body to yourself.					
I will arrive on time and ready to learn. I will work through struggles.	I will keep my hands to myself and away from items on walls and lockers.	I will keep the restroom clean.	I will use words to solve problems and ask for help when I need it.	I will eat my lunch and clean up my area (check the floor, too).	I will keep my hands and feet to myself.
RESPECTFUL: Be a direction-follower! Follow all directions.					
I will focus on learning and help others learn.	I will keep my voice off or whisper and keep personal space.	I will respect others' privacy.	I will include others and follow agreed-upon game rules.	I will speak in an indoor, quiet voice.	I will use an indoor, quiet voice.
SAFE: Be a safety expert! Do and say things that help our school and others stay safe.					
I will keep my hands and feet to myself and stay in my own personal space	I will walk facing forward and stay in line.	I will use the toilet and sink, then leave immediately when finished.	I will use equipment appropriately and keep my hands and feet to myself.	I will stay seated and raise my hand to leave my seat.	I will sit bottom to bottom, back to back and stay in my seat at all times.

What's Happening At Pond Cove

Our technology integrator, Leesa Joiner, facilitates a coding activity with kindergarten students using Beebots.



Our administrative assistant, Sarah Choi, matches in red with two students.

Crusher from the Maine Celtics visited Pond Cove with EcoMaine for a presentation on recycling.



First grade students learned about owls of Maine during a presentation by Chewonki.



CELL PHONES AND SMART WATCHES

Some students bring cell phones in their backpacks to school as a means to communicate with family members after school. Student cell phone use is not allowed during the school day and any cell phones that students bring to school must be kept securely in their backpacks and turned off. V-Tech/Apple watches or other similar devices with access to the network are not permitted at school. The school is not responsible for lost, stolen or damaged personal cell phones.

WINTER WEATHER RECESS GUIDELINES

Currently, there are no national or professional standards that preclude sending children outdoors for recess. Decisions for indoor recess are made within each district by the school administrative team and health services.

At Pond Cove, decisions for outdoor winter recess are based upon temperature, wind chill factor, the condition of the outdoor play surfaces, and student clothing.

The teaching staff at Pond Cove recognizes the importance of recess as an integral part of a student's day at school. Research has proven that play and exercise during the school day helps students to focus better on their school work. If students are unable to access the outdoors, teachers incorporate movement into their indoor recess time.

When deciding on outdoor recess, Pond Cove staff refer to Weather.com to check the actual temperature and the "feels-like" temperature with wind chill. In an effort to keep all of the children at Pond Cove safe, students remain indoors when "feels-like temperatures" with wind chill are below 0 degrees Fahrenheit.

It is important that students are prepared for the outdoor temperatures. This includes wearing snow pants, coats, hats, gloves/mittens, and boots.

Young children lose heat more rapidly than older children because of their size. Younger children are also less likely to recognize danger signs of cold exposure. When children are exposed to cold temperatures for an extended amount of time or are not properly dressed and have wet clothing, they are more likely to develop frostbite and hypothermia.

Recess during the winter months can be great fun for students if they are dressed appropriately. Thank you for partnering with us.

Sincerely,

Jason Majourides, Principal
Sarah Forrey-Pettit, Assistant Principal
Erin Taylor, School Nurse

POND COVE ILLNESS GUIDELINES

****We have immunocompromised students in our school so it is really important that you follow these guidelines****

Please do not send your child to school if he/she exhibits one or more of the following symptoms:

- **FEVER** - Fever is defined as having a temperature of 100.4 degrees F or higher taken orally or in the ear
- **DIARRHEA or VOMITING** one or more times in the last 24 hours
- **STREP THROAT, IMPETIGO and OTHER BACTERIAL INFECTIONS** requiring antibiotics - keep your child home until they have been on antibiotics for a FULL 24 hours
- **EARACHE** - severe or constant
- **PINK EYE** - constant drainage from the eye or inflammation of the conjunctiva/ mucous membranes of the eye

Do you think your child might have COVID-19?

If your child is exhibiting [COVID-19 symptoms](#), please test your child prior to sending them to school. If your child tests positive please follow the guidance below and contact our school nurse regarding return to school. **If the test result is negative, repeat the COVID-19 test in 48 hours. Symptoms should be improved before your child returns to school.**

If your child was exposed to COVID-19 and does not have symptoms, wait at least 5 full days after their exposure before testing. *****Your child should be sent to school wearing a mask if he/she has had a known COVID-19 exposure but is not exhibiting symptoms.*** Please see below for masking guidance:

[What to do if you have COVID-19 \(Isolation and other guidance\)](#)

[What to Do If You Were Exposed to COVID-19 \(masking and testing guidance\)](#)

[COVID-19 Testing: What You Need to Know](#)

[FDA instructions on repeat testing](#)

Children with any of the above symptoms cannot comfortably participate in program activities and unnecessarily expose others to their illnesses. They should stay home for at least 24 hours before returning to school. If you believe your child is too sick to go out to recess, they are probably too sick to attend school.

If you have concerns about your child's illness, contact their healthcare provider.

Please review with your child these good hygiene techniques:

***Good Hand Hygiene** - show children how to wash hands with soap and water for at least 20 seconds (as long as it takes to sing the ABC's)

Hands should be washed:

- whenever they are visibly dirty
- after coughing, sneezing, or blowing noses
- after using the bathroom
- before eating food



*When coughing or sneezing, one should cough/sneeze into their elbow (if you cough/sneeze into your hands or a tissue, wash hands)

Good videos to share with your child:

[Stop Germs from Spreading: Wash Your Hands](#)

[How to wash your hands \(handwashing technique taught by a student\)](#)

If you have any questions about these health guidelines, please contact our school nurse, Erin Taylor (etaylor@capeelizabetschools.org).

IMPORTANT SAFETY INFORMATION

For playground safety, closed-toe footwear such as sneakers and other sturdy shoes are most appropriate for outdoor play. Please do not allow your child to wear sandals, clogs, flip-flops, and other open shoes to school that can make for injury-prone conditions and inhibit active play.

To ensure the safety of students and staff, rollerblades, skateboards, baseball bats, lacrosse sticks, hard balls and any other equipment that may present a hazard are not permitted on school grounds.

If your child will be riding a bike to school, please review important road safety rules with your child. **Bike helmets are required by law for children under 16 years old.** Please note, students should walk their bikes once on school grounds.

****Please make sure that all of your contact information is up-to-date in PowerSchool. This helps the main office and our school nurse to know who to notify in case of unexpected illness or injury at school.**

Counselors' Corner

Mrs. Gallagher and Mrs. McDermott



Bri Gallagher

bgallagher@capeelizabethschools.org

[Pond Cove's Wellness Space](#)



Megan McDermott

memcdermott@capeelizabethschools.org

Mrs. G and Ms. McDermott have been enjoying the conversations and learning that have come from our second unit in [Sanford Harmony Curriculum](#), Valuing Each Other. Check out the goals and objectives of this unit...

Appreciating Our Differences

- We are all the same and different.
- We are all unique, and this uniqueness makes us special.
- We can learn both from and about one another.

Including Everyone

- We understand how it feels to be left out instead of included.
- We can make sure others feel included.

Breaking Stereotypes

- We understand that stereotypes are based on guesses about people because of groups they are part of instead of actual knowledge of a person.
- We can get to know others and “pop” stereotype thoughts to ensure everyone feels included.

Showing Empathy and Supporting Others

- We can put ourselves in “someone else’s shoes” in order to understand how others may feel in a situation.
- We can use empathy to help others and make our relationships stronger.
- Empathy is one way to show we care about someone.

Standing Up for Others

- We can recognize when a situation isn’t fair and take steps to make it fair.
- We can use empathy to support others in an unfair situation.

Here are some of the awesome read alouds that we have been using to kick off some engaging conversations about inclusion, our impact on each other, and identifying stereotypes.



Dates to Remember:

Winter Music Concerts

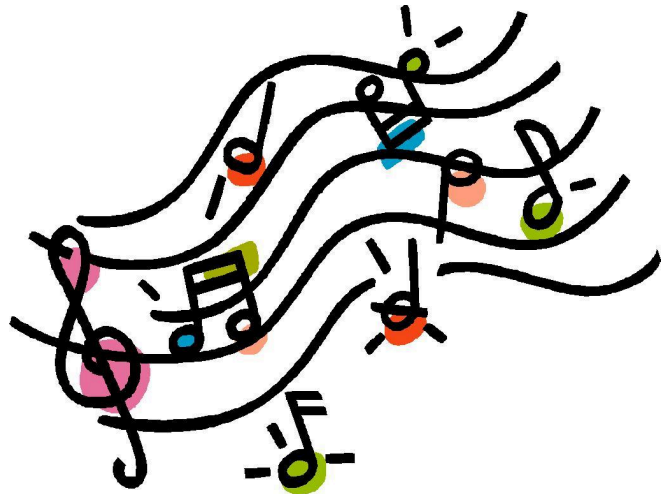
Grade 4 Concert:

(Students of: **Trammell, Gordon, Bucci**)

February 7 @ 6:30pm

Pond Cove Cafeteria

(Snow date February 8)



Grade 4 Concert:

(Students of: **Tweedie, Merriam, Whitaker**)

February 9 @ 6:30pm

Pond Cove Cafeteria

(Snow date February 13)

2022-2023 Professional Development Early Release Days:

Students are dismissed at 12:05.

February 3

April 13

May 26



Resources

- [Pond Cove Student and Family Handbook](#)
- [2022-2023 District Calendar](#)

CEEF Supports Pond Cove Educators!

We hope you'll consider supporting CEEF with a direct donation or by sending a Red Apple Award to an educator who has made a difference! Either way you support CEEF, you're letting Cape teachers and students know you support them! ceef.us/donate or ceef.us/redapple

