

Pond Cove Principal's Notes

December 5, 2022

Dear Pond Cove Families,

Beginning today these notes will be posted [here](#) on our Website, and also posted on Facebook and Instagram. Please like our pages! You will be able to get this information quicker and easier.

Although we have had a few mild days recently, it's definitely time to begin sending a winter coat, hat, and gloves to school each day with your child.

That being said, our Lost and Found area is *overflowing* with items. Please have your child look for any missing things. We will be donating items at the end of the month.

I have copied our winter weather recess guidelines here for your review.

Best wishes,

Jason



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,

Pond Cove Health and Administrative Office Staff

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



Grade 4 Winter Music Concerts

Grade 4 Concert:

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

February 7 @ 6:30pm

Pond Cove Cafeteria

(Snow date February 8)

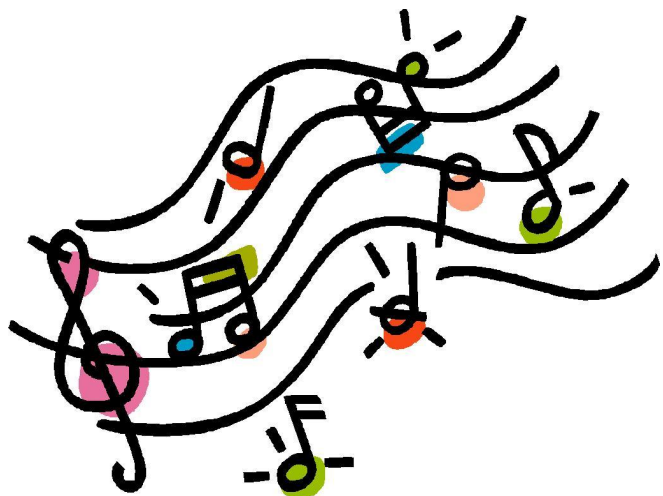
Grade 4 Concert:

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

February 9 @ 6:30pm

Pond Cove Cafeteria

(Snow date February 13)



School, Health and Safety Guidelines

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@capeelizabethschools.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

[Pond Cove's Wellness Space](#)



Megan McDermott

Mrs. G and Mrs. McDermott's current round of classroom lessons are focused on valuing each other and ensuring that everyone feels included at school. As we think about creating an inclusive school environment in December, it is important to recognize and respect the diversity within our community in regards to holidays and celebrations. We know that our students will want to share about their family's holiday traditions with their teachers and classmates. While it is important to allow students to share about their traditions, beliefs, and culture, we also want to be sensitive and create an inclusive environment for students who may feel marginalized and excluded by conversations that focus on holidays that they do not celebrate. We can also build awareness and respect for differences by acknowledging that families have different personal and religious beliefs and cultural backgrounds that may impact which holidays that they celebrate and how they are celebrated.

If you are looking to support this message at home, here are some tips and resources....

- As you discuss your family's holiday plans, you may want to remind your children that other families may celebrate holidays differently and some families may not celebrate the same holidays that you do. You may choose to give examples of friends or family members that have different traditions or observe other holidays to help your children build awareness and respect for these differences.
- Many of us think of December as being the holiday season but you may also choose to mention that for many religions and cultures the most significant holidays do not usually occur in December (examples- Ramadan, Rosh Hashanah, Yom Kippur).
- Use our local library to check out books to learn more about holidays celebrated in our community and around the world and/or to start conversations about respect for religious and cultural differences. Here are some suggestions..

Book Lists:

- <https://www.readbrightly.com/books-about-different-holiday-cultures-and-traditions/>
- <https://aimmontessoriteachertraining.org/eight-great-multicultural-holiday-picture-books/>
- <https://diversebookfinder.org/books/collections/holidays/>

Specific Recommendations:

- Let's Celebrate: Special Days Around the World by Kate DePalma
- Red and Green and Blue and White by Lee Wind
- Christmas in Lagos by Sharon Abimola Salu
- The Only One Club by Jane Naliboff
- The Night of the Moon by Hena Khan

If your family has had a recent loss or family change, this month could be particularly difficult for your child or bring up some big feelings. Please feel comfortable reaching out to one of us if you have concerns about your child or are in need of additional support. Please also remember to take care of yourself. The best gift that you can give your child is to make your own mental health a priority. We encourage you to leave space on your calendar for rest and the things that

fill your cup and, again, please feel comfortable reaching out if your child or family needs additional support.

Help the School Garden Earn Grant \$\$ From SeedMoney!

Help the Pond Cove Playground Garden prepare for spring and earn matching grant money! We are raising funds via the SeedMoney platform for seeds/seedlings and a needed refresh of planting tools and supplies.

SeedMoney is a Maine-based crowd-funding nonprofit that supports edible gardens. Please share the link below with your networks, or make a tax-deductible contribution if you'd like. The more we raise from Nov 15-Dec 15, the larger matching grant we earn!

<https://donate.seedmoney.org/8088/pond-cove-school-garden-learn-play-grow-outside>

Dates to Remember:

2022-2023 Professional Development Early Release Days:

Students are dismissed at 12:05.

December 22

February 3

April 13

May 26

Resources

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

