

Pond Cove Principal's Notes

November 8, 2022

At the end of October, we celebrated Deb Hannon, who retired as one of our social workers after nearly two decades of service to Pond Cove and our community. She'll be greatly missed!

Gentle Reminders:

- Please keep sending your child in with a water bottle. We have two filling stations for filtered water that are available to them.
- The weather keeps changing. Please make sure to dress your child in layers.

Office Contact Information:

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4th Grade Field Trip: Robinson Woods

Our own Mrs. G accompanied Mrs. Whitaker's class in Robinson Woods this past week. She wrote, "I had the best time on the field trip today and was so impressed with the students' level of engagement, curiosity, and respect towards their guide and each other." Great job kids!



Deb Hannon

I've always been a New Englander and growing up in the small town of Windsor Locks, Connecticut, where my mother still lives, gave me life long friendships and values. I notice these same opportunities for kids in Cape Elizabeth also.

For college, I decided to go to Bates in Lewiston. It wasn't a long trip, but it was my first time on my own. There, I participated in some psychology internships and met some awesome social workers. These experiences led to my interest in pursuing it as a career. I went on to work in a psychiatric unit in a Boston hospital. In 1982, I obtained my Masters in Social Work from Boston University. It seems like just yesterday and yet so long ago! I moved back to Maine and have lived in Portland since. My significant other is a native Mainer and lobsterman, but I know I'm still from away!



I have always wanted to work with children (maybe because I am the oldest of four siblings) and I'm so grateful for the professional opportunities I have had. My first job was with foster children and then I worked in Child Psychiatry at Maine Medical Center. It was there that I felt I "became a social worker" with the amazing on the job training and the opportunity to work with people in different mental health disciplines. In 2004, I was hired for a part time position as the third social worker in Cape Elizabeth and began my career here at the Middle School. In 2012, I moved to Pond Cove Elementary where I have been ever since.

What I have liked the most about being a social worker is being able to listen to and understand childrens' thoughts and then help them to problem solve. It is so rewarding for me to experience that when children feel supported, they are able to successfully overcome obstacles. These children and their families inspire and motivate me. I can't imagine having any other career.

As for role models, I rely so much on my colleagues and their expertise. Having a team for collaboration has been something I love about Pond Cove and that I will surely miss.

In retirement I look forward to a slower work life, even though I will still be a social worker in my private practice where I work with all ages of people. I am especially excited to have the opportunity to do more traveling, which Covid paused for us all. I can now travel in the spring and fall!

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

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Mrs. G and Ms. McDermott have been enjoying our classroom lessons and wanted to give an update. We are both currently finishing up the first unit, Being My Best Self, in the [Sanford Harmony Curriculum](#). Check out the goals and objectives of this first unit...

Recognizing Emotions

- Naming emotions as pleasant or unpleasant, mild or strong can help us understand how we feel in situations.
- Physical clues like body language, facial expressions, and voice help us notice emotions in ourselves and in others.

Linking Emotions and Thoughts

- Emotions influence our thoughts, and our thoughts influence our emotions.
- Helpful self-talk helps train our brains to be optimistic and look for opportunities.

Connecting Emotions, Thoughts, and Actions

- We act in response to our emotions and thoughts.

- We can respond to the same situation in different ways.
- If we change our thoughts and emotions, we can choose more helpful actions.

Understanding What I Can and Cannot Control

- Our first emotions from a situation or thought are automatic, but we can change how we think and feel by using calming strategies.
- We can use calming strategies when we have very strong emotions, helping us think more clearly and make useful choices.

Growth Mindset

- A growth mindset means thoughts that help us realize that we can use mistakes and challenges to be our best selves through learning, growth, and effort.
- We can change a fixed mindset (that we stay the same) into a growth mindset (that we can grow) by changing our thinking about challenges, helping us reach our goals.

We both also supplement to best meet the needs of our students. Here is an awesome video about the [power of our thinking](#) that 3rd and 4th graders enjoyed. Watch with your student and ask them to give you some examples of how they have reframed their thinking to help them get through a challenge.

If you have a second grader at home, ask them about the message or their take-away from the book [Marcy's Having All the Feels](#) by Allison Edwards.



As always, please feel comfortable reaching out with any questions about our classroom work or to connect with us about your student.

Dates to Remember:

- No School (Veterans' Day): November 11
- Thanksgiving Vacation: November 23-25
- Picture Retake Day: November 30

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](#)

