



# Cornwall Consolidated School E-News



[CCS Website](#)



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## This Week Events

Mon, Nov 1st	3:00-5:45 3:00-4:00	Region One Art Garage, & Boys/Girls Soccer Practices Middle School Homework Club
Tues, Nov 2nd	3:00-5:45 3:00-4:00	Region One Boys/Girls Soccer & Cross Country Practices Middle School Homework Club
Wed, Nov 3rd	7:30-8:15 3:00-4:00 4:20	CCS Middle School Student Advisory Team Mtg (FIRST Meeting!!) Middle School Homework Club Region One Boys/girls Soccer Games VS IMS
Thurs, Nov 4th	3:00-4:00	Middle School Homework Club

**Daylight Savings Time is This Weekend! Don't forget to turn your clocks back one hour!**

## Upcoming Events to Be Aware Of

Thurs, Nov 11th	<b>12:10 Early Dismissal for students</b> (No Lunch will be scheduled for students on a 12:10 dismissal. However, Students in the Afterschool Program should bring lunch as they will eat once others leave)
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## The Virtual Backpack



Check here weekly to ensure that you are up to date with flyers and notices that have been sent home with your child!

[Click here to see Flyers & Notices That Have Been Sent Home](#)

# PRINCIPAL PAGE

Dear CCS Families,

It is hard to believe that tomorrow is November 1st and we are starting our third month of school. It has been a busy couple of months with a spirit day, student involved conferences, CCS Virtual Teams, Nature's Classroom for middle school students and Halloween festivities for all!

You may have noticed on this week's events page that on this Wednesday, CCS is having their first Student Advisory Team meeting. The Student Advisory Team will meet once a month so that students can share their perspectives, thoughts and suggestions about CCS to ensure they have a voice in their school. After all without them, we would have no school!

14 middle school students were selected by their peers to be class representatives for the Student Advisory Team. The qualifications to be a class representative shared with students were for the candidates to be good listeners, organized and responsible as they will need to collect input from peers and present it to the Student Advisory Team. After each monthly meeting, they will then report back to their class during the Morning Meeting about what was discussed, decided and continue to collect peers' thoughts and suggestions for the next Student Advisory Team meeting.

Miss Krueger and I are looking forward to working with the Student Advisory Team to bring positive changes to CCS and cannot wait for our first meeting this week!





# Nurse News

October 31, 2021

Hello CCS Families,

Happy Halloween! Not all of us participate in Halloween festivities, but the holidays are approaching and that usually involves celebrating with food. An article I read October 29th made me wish it had been around when my kids were young. It's main message, in brief:

“... in the effort to keep kids from eating too many sweets, many parents may end up inadvertently reinforcing unhealthy eating habits.” Apparently kids everywhere are hardwired to be attracted to high energy foods (candy!) during periods of maximal growth. But it also makes children vulnerable in modern food environments where they are frequently exposed to processed foods with high levels of added sugar.” Setting limits without imposing too many food restrictions that can backfire is the parental goal.

“To start, keep less healthy foods out of the house when you can. (Birthdays and holidays can be an exception.) Buy healthy foods and snacks and give children free access to the food cabinets. If you have Halloween candy in the house, put it in a basket with other snacks to make it seem less special and more like the other foods they're allowed to eat.” If you give them a piece of candy and they ask for more, you might say, “We want to save enough candy for tomorrow so you can have it again.”

**I found this especially interesting:**

“In one study, researchers asked children to eat vegetables and drink milk, offering them stickers and television time if they did. Later in the study, the children expressed dislike for the foods they had been rewarded for eating.” Here is a link to the article, [“The Common Halloween Candy Mistakes That Parents Make.”](#)

*If you cannot open the link and would like to read the full article, let me know and I will send a hard copy home. After all, the holiday season is just beginning!*

On another note, please let me know if your child(ren) has been vaccinated against COVID-19. **Remember that if your child is exposed to COVID-19 and they are vaccinated, quarantining is not required. I am trying to maintain accurate records and I appreciate your help.**

**Thank you!**

**Clare RN**

[crashkoff@cornwallschool.org](mailto:crashkoff@cornwallschool.org)

**860-672-2939 x304**

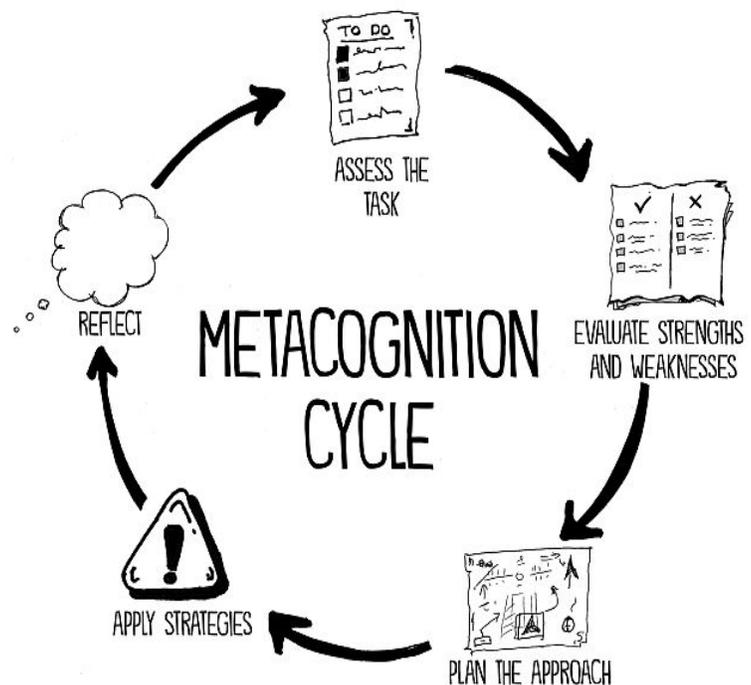
# Weekly Quote

AT CCS, we will share a weekly quote with your child(ren) which helps them to reflect on what it means to be a strong person, academically, socially and emotionally. Please talk to your child about the weekly quote.

## ***This Month's Focus: Thinking About Our Thinking (Metacognition)***

**Definition to be shared with students:** Metacognition is our ability to know what we know and what we don't know. It is our ability to plan a strategy for producing the information that is needed, to be conscious of our own steps and strategies during the act of problem solving, and to reflect on and evaluate the productiveness of our own thinking. (Cited from The Institute for Habits of Mind Website)

***This Week's Quote is:*** It isn't what people think that is important, but the reason they think what they think.



# Upcoming FREE Vaccination Opportunities

## ***Future Region One FREE Vaccination Clinic Dates***

There is one upcoming FREE vaccination clinics being held at Housatonic Valley Regional High School on Friday, November 12th, 3:00 - 7:00 p.m.

In addition, Town of North Canaan will be hosting a FREE Covid-19 Vaccination Clinic on Saturday, November 6, 10:00 a.m. to 4:00 p.m.

All three vaccines, Pfizer, Moderna, and Johnson & Johnson, will be available. All boosters will also be available. Below is some specific information regarding boosters:

### **For individuals who received an mRNA vaccine (Pfizer-BioNTech or Moderna)**

For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in [long-term care settings](#)
- Age 18+ who have [underlying medical conditions](#)
- Age 18+ who work or live in [high-risk settings](#)

### **For individuals who received a J&J vaccine**

For individuals who received a J&J vaccine, booster shots are recommended for those who are 18 and older and who were vaccinated two or more months ago. This means that all individuals who received a J&J vaccine should receive a booster.

### **Mixing & Matching (heterologous series)**

Both the FDA and CDC support individuals to receive a booster dose that is a different vaccine type than they originally received for their primary series if they choose. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

# Cornwall Social Services

The following messages are from Heather Dinneen, Director Of Cornwall's Department of Social Services:

1. **NEW: Holiday Gift Program Sign Up Form** Due to supply shortages and shipping delays, I am sending out the holiday gift sign-up form early to give our donors time to source gifts. The form is due back by November 20th if possible.

[2021 Holiday Gift Program Sign-Up](#)

2. **Thanksgiving Sign-Up Form** We're hearing from our suppliers that turkeys and chickens will be virtually impossible to get as we get closer to Thanksgiving. In an attempt to get things in early, & to plan ahead, please complete the Thanksgiving Sign-Up Form, linked below, by November 1, 2021

We will do our very best to get you everything you request, but please know that supplies are already very limited, and will be more limited as we get into November. Right now we are planning for November 21 distribution for Thanksgiving items. Thanks for helping us plan ahead! Let me know if you have any questions, and please spread the word to your neighbors!

[2021 Thanksgiving Sign-Up Form](#)

2. **WINTER CLOTHING FOR CORNWALL KIDS SIGN UP**

We have many generous donors willing to donate winter clothing. Please complete the form below by November 1. Please note that we will not necessarily be able to honor all specific requests (like if you ask for a teal and purple jacket, we might just be able to get a purple jacket), but will do our best! Please be specific regarding sizes - list each item requested and the size for each - "Jacket- Size 8" "Boots - Size 10" etc.

[Winter Clothing Sign-Up](#)

3. **2021-22 ENERGY ASSISTANCE APPLICATION APPOINTMENTS**

Assistance is available for help paying for propane, electric or wood/pellet heat. Please use the form below to note *\*all\** of the days/times you are available to complete your fuel application. A confirmation email will be sent, along with what you need to bring. All appointments will be held in the big room at the Town Hall. Masks required.

[Fuel Assistance Application Appointment Sign-Up Form](#)

4. **Weekly Food Request Link** Any Cornwall resident can request food using the link in this message with no questions asked. Please use this [LINK](#) to request food. Please submit requests by Thursdays at 3pm.

# Youth Basketball Opportunities



**REG. 1  
TRAVEL**

## **HOUSY HOOPS BASKETBALL**

Housy Hoops is the regional Park & Recreation travel basketball program for all youths in grades 5-8. Those athletes interested in playing competitive basketball are encouraged to participate. The team offerings are-

Boys 5<sup>th</sup>/6<sup>th</sup> - will play in the Jr. Div. of the Rt.44 Basketball League. \$50/player

Boys 7<sup>th</sup>/8<sup>th</sup> - will play in the Sr. Div. of the Rt44 Basketball League. \$100/player

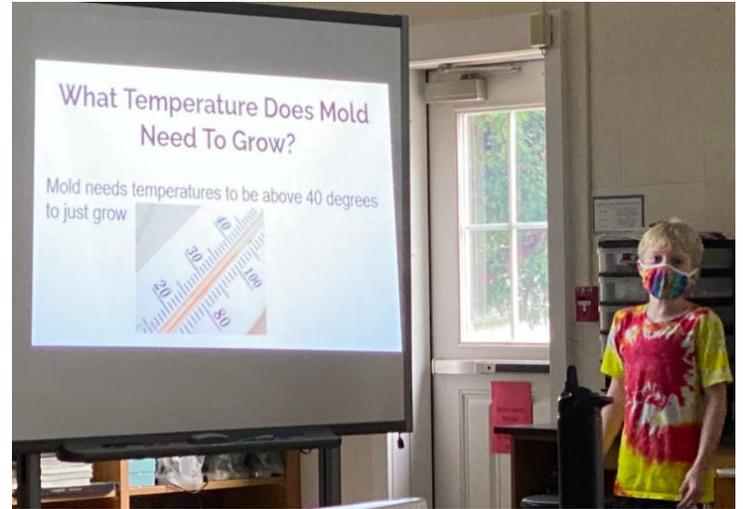
Girls 5<sup>th</sup>/6<sup>th</sup> - will play in the NW League. \$50/player

Girls 7<sup>th</sup>/8<sup>th</sup> - will play on the ROYALS regional team and play in the Northwestern Connecticut Basketball League. \$100/player

There are open tryouts for all of these teams. If you are interested in participating, please contact Matt Andrusis Mette, Sharon Park and Rec Director as we will need to schedule tryouts if needed. **THE DEADLINE FOR REGISTERING IS NOV. 8<sup>th</sup>.** All fees will be collected when teams are rostered. We are always looking for coaches for these teams as well. Please call 364-1400 or email [sharon.rec.ctr@snet.net](mailto:sharon.rec.ctr@snet.net) if there are any questions and to sign up for try-outs.

This year in an effort to offer programming within covid protocols these will be the only teams participating in travel league play. We will be offering an 'in house' program like we did in 2019 for all other youths in grades 1-6 at a later date. For those kids who do not get rostered on a travel team we would encourage them to participate in the in house program. More information will be sent out in the coming weeks for the "in house" program.

# Grade 5 Science



Fifth graders presented their learning about Mold on Thursday during an inquiry based unit on interrelationships in ecosystems. Their findings lead them to uncover the role of decomposers in this process, as well as the role of decomposers in the disappearance of plant debris over time.



# Nature's Classroom Pictures



# Halloween Festivities Photos



# Staff Olympian Photos!

