



Cornwall Consolidated School E-News



[CCS Website](#)



EVENTS for September 2020

Mon 9/14	Blue & Gold Day for Spirit Week
Tues 9/15	Mismatch / Inside Out Day for Spirit Week
Wed 9/16	Superhero Day for Spirit Week
Thurs 9/17	Silly Mask Day for Spirit Week
Fri 9/18	Class Color Day for Spirit Week (K = Pink; Gr 1 = Blue; Gr 2 = Purple; Gr 3/4 = Green; Gr 5 = Orange; Gr 6 = Yellow; Gr 7 = Red; Gr 8 = Black)
Wed 9/23	Early Dismissal for Teacher Professional Learning at 12:10

Visit our New Website! We are hoping to post new pictures & information weekly! [New CCS Website](#)

“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

Thank you for a wonderful opening and all your support. Nothing is perfect and we will continue to work on creating a positive school environment. A few things to note are:

- 1) **Masks:** The children have been amazing about wearing masks which medical experts say is the single most important step in keeping school opened. As adults, we need to be models for our children. Please wear a mask when on school grounds at all times.



- 2) **Recess:** Recess is currently more structured as social distancing is harder for students to remember when around their peers in an unstructured setting. Mr Boucher, our PE teacher, has been wonderful working with students at recess to share some non contact games. Over time, students will be given more freedom to choose what to do and it will be less structured. The big concern is students maintaining social distance. during this time. We are hoping to add the playscape to recess time in the future. Region 1 Schools are not using playscapes at this time. Again we are taking it slowly to ensure the safety of all.



- 3) **Drop Off and Pick Up:** Please stay in your vehicle. When leaving the parking lot, please drive slowly and drive out through the lower lot ; not the way that you entered. Thank you for your cooperation as we fine tune dismissal..



CCS Spirit Week

(Fliers Went Home With Students Last Friday)

SPIRIT WEEK

SEPTEMBER 14 –
SEPTEMBER 18

Monday

Blue/Gold Day

Mismatch/Inside Out Day

Tuesday

Wednesday

Superhero Day

Silly Mask Day

Thursday

Friday

Class Color Day

Kindergarten: Pink

Fifth Grade: Orange

First Grade: Blue

Sixth Grade: Yellow

Second Grade: Purple

Seventh Grade: Red

Third/Fourth Grade: Green

Eighth Grade: Black

COVID Student Informational Sessions

In line with our Reopening Plan to educate students about COVID, Region 1 schools have enlisted the services of Johns Hopkins School of Medicine and Medicine for the Greater Good. This is hosted by Dr. Galiatsatos and his associates to help educate our children about COVID. There are four sessions and the topic for week one is: COVID-19 Biology. Students will leave the session with an understanding of how the virus is transmitted and how students can help their community.

These sessions will be geared toward the grade of the student and information will be general and not scary to students. Other Topics: 9/25 Physics Behind a Face Mask; 10/2 Hand Hygiene; and 10/9 Mathematical Models. Each week I will share a detailed blurb about the session being offered. Again these topics will be discussed at the appropriate level and understanding of the target audience.

These sessions are being presented via Zoom, and all students (in-person or distance learning) will participate with their teacher during the day. CCS and Kellogg will be in the same sessions on Fridays, from 9/18 - 10/9. K-2 will be at 1:00-1:30; Gr 3-5 1:30-2:00; Gr 6-8 2:00-2:30.

If you have any questions or concerns, please contact Mary Kay Ravenola, Principal via email mravenola@cornwallschool.org or call the office. Thank you!

Parent Tech Support

Parent and Community Learning

This year we will be offering parent tech support throughout the year. Below are two links that will bring you to Google or Seesaw Technical support.

Please begin with [this letter](#), which provides helpful training for families on Google for Education.



The parallel resource for Seesaw can be found [here](#) though it is a website, and is not as robust as what Google has to offer.



Nurse News

Hello from the CCS Nurse's Office! It was so wonderful to welcome your children back to school! Hopefully they will rarely need to see me for illness or injury, but I am here for them when they do.

This year it is especially important that students who are not well stay home. Yesterday I was alarmed to hear (from our Medical Director, Dr. Suzanne Lefebvre) that COVID-19 in children looks like the common cold. YIKES! It is important to recognize that most kids who develop cold symptoms will NOT have COVID-19. The challenge will be making that determination, and of course I will need to err on the side of caution.

Therefore, although I always hate sending students home from school, I'm afraid I will need to do so more often this year. Please be sure to provide your updated contact information on school forms. And remember that a solid backup plan is important in case your child becomes sick at school and you are unavailable.

I am cautiously optimistic that masks and conscientious hand washing will decrease the spread of everything, including garden variety colds, sore throats, stomach upsets, and so on. Wouldn't that be wonderful?! Here's to LESS ILLNESS in 2020-21!

Speaking of masks, these made me chuckle, and I hope they do you as well.

[shark shirt/ mask](#)

[Charlie Brown mask](#)

Clare Rashkoff RN

Mindful Moments

Brought to you by CCS School Counselor, Brittany Perrone, M.S.

Welcome back to school!

We are all acutely aware that this year is going to **be** different... and **feel** different.

As a community, we are working together to adhere to CDC Guidelines so that we can learn and grow in the safest possible environment; However, the mental-social-emotional health and wellbeing of our community members is equally important!

The administrators, teachers, school counselor, school psychologist, and support staff will be checking in with students each day, but we wanted to provide you with some helpful tips for ensuring your child is as supported as possible. You are invited to access the resources below and contact me with any questions or concerns.



Things to keep in mind...

- 1. We are all doing our best!**
Each moment, every day, we are all doing the best we can. Practice patience and compassion, not only for others, but also for yourself :) Mindfulness activities, exercising, and other forms of self-care can help us stay focused, calm, and balanced.
- 2. Check in with your child(ren).**
You *know* your children; Pay attention to what they say and don't say. A check-in might look like a pointed question at dinner time or a quick text during the day. It may be different for each child, but the common goal is to keep lines of communication as open as possible, building trust and increasing a sense of comfort and security.
- 3. Ask if you need help or support.**
It takes a village... and it is okay to *not* be okay. Even if a school team member cannot provide you with answers directly, we can guide you toward valuable resources and information.

Parent/Guardian Resources

- [Safer, Smarter Families COVID-19 Guide](#)
- [Supporting your child's mental health as they return to school during COVID-19: How parents can help their children navigate their feelings during school reopenings](#)
- [National Association of School Psychologists: Helping Children Cope with Changes Resulting From COVID-19](#)
- [PBS: How to Talk to Your Kids About Coronavirus](#)
- [Teaching Tolerance: Speaking Up Against Racism Around the New Coronavirus](#)

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.

**Be somebody that makes
everyone feel like
somebody!**

**What will you do this week
to be kind to others?**