



# Cornwall Consolidated School E-News



[CCS Website](#)



## EVENTS for November & December 2020

|                        |   |
|------------------------|---|
| Wed 11/25- Fri 11/27   | Thanksgiving Break<br> |
| Wed 12/9               | 12:00 Early Dismissal for Students  |
| Wed 12/23 - Fri 1/1/21 | Holiday Break   |
| Mon Jan 4th 2021       | No School / Teacher Professional Development Day  |

**NOTE:** Children will be going outside as much as possible. Warm coats, boot, hats & mittens are recommended as well as boots. Boots allow students to run on the grass without getting their feet wet. Children can bring extra clothes to leave in school as well. Thank you!

## “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](#)

# 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.

**September Quotes were around Kindness**

**October & November Quotes are around Perseverance**

**Definition to be shared with students:**

*Perseverance is the continued effort to do or achieve something despite difficulties, failure or opposition. Never giving up until you succeed!*

**This Week's Quote is:**

**Winners are NOT people who never FAIL,  
but people who never QUIT!**



Photos of CCS 6th Graders working hard and persevering during math class!

# Principal Page

Dear CCS Families,

It is hard to believe that Thanksgiving is almost here! It is getting colder out so please be sure to have your children dress appropriately. We will be going out for recess as much as possible so hats, gloves & other warm items should be sent to school.

Please be sure to read Nurse Rashkoff's page carefully so that we can continue to be in school for learning. It is a team effort to keep our schools open & we thank you for all your support!

I have included a link to our [\*\*CCS Second Recorded Morning Announcement!\*\*](#) The 8th graders do an amazing job starting our day as a school community in a positive manner! I am sure you will agree once you view their Friday announcement.

Please be sure to sign up for Thanksgiving supplies **by Mondy, 11/16/20** if your family is in need. The Cornwall Food Pantry is there for you as well as the Cornwall Community!

[Cornwall Food Pantry Thanksgiving Sign Up Link](#)

Reminder that the next few slides have to do with supporting or getting support from our community. The 8th graders are holding a food drive. A Coat Drive is also being held in partnership of CCS, Park & Rec and Cornwall Social Services. Thank you & Stay Safe!

*~Mary Kay Ravenola, CCS Proud Principal*

# CCS Food Drive

CCS 8TH GRADE EXPLORATIONS:

## Food Drive For the Cornwall Food Bank

November 9th - November 20th

### What to Donate?

- Soups
- Tuna
- Rice
- Kids snacks
- Shampoo/Conditioner
- Canned Beans

Anything non-perishable is  
Appreciated!

There will be boxes located in each classroom  
for donations to be collected in.

# CCS Coat Drive

*Share the Warmth*

## COAT DRIVE

Donations of gently used winter clothing and accessories  
in all sizes accepted.

Please drop your donations in the box outside of CCS.

**NOV. 4-NOV. 20**

**PARTNERSHIP OF CCS, PARK & REC &  
CORNWALL SOCIAL SERVICES**

For more information or questions:

Heather Dinneen

[Cornwallsocialservices@gmail.com](mailto:Cornwallsocialservices@gmail.com)

860-671-9315 (call/text)

# HIKE FOR FOOD WEEKEND

## HIKE for FOOD weekend

**November 27-29, 2020**

Join the Cornwall Conservation Trust and Cornwall Food Pantry  
for a weekend of hiking!

Check out the Cornwall Conservation Trust's website for info on trails throughout Cornwall, take a hike (safely, socially distanced and masked of course) and while you are out, drop donations of non-perishable food at the Food Pantry (inside the back doors of UCC Church, 8 Bolton Hill Road). Be sure to tag @cornwallconservationtrust in your hike photos!

**CORNWALL  
CONSERVATION TRUST**



ENJOY. PROTECT.

[cornwallconservationtrust.org](http://cornwallconservationtrust.org)

# Food Opportunities for Cornwall Families

Food Pantry is available to any Cornwall family, no questions asked. The Food Pantry provides food & household goods to Cornwall families each Monday. Delivery is available. Families just need to complete the form linked [here](#) by 3PM on Thursdays in order to have food & supplies delivered or ready for pick up at 3:15 on Mondays. Just complete the form for what your household needs & we will get it out to you!

Questions? Call/text 860-671-9315 or email Heather Dinneen at: [cornwallsocialservices@gmail.com](mailto:cornwallsocialservices@gmail.com)

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*In addition, Region 1 is able to provide all students with a choice to receive breakfast & lunch for the days they are not in school. THERE IS NO COST FOR THE MEALS.*

***For HVRHS Students:*** *if you are attending in-person, you will take home meals on your Remote Learning days before you leave school. Parents of students who are engaged entirely in remote learning can pick up their meals on Mondays & Thursdays from 1-2:45 PM at the loading dock behind the gym.*

***For Cornwall & LHK Students:*** *you can pick up your meals on Mondays & Thursdays from 1-2:45 PM at the loading dock behind the gym at HVRHS.*

*If you choose to take part in this meal program, please fill out this Google form at least several days prior to when you expect to have the meals. You will remain on the list until/unless you notify us otherwise. [Region One Meal Service Sign Up Link](#)*



Happy November, CCS families...

The leaves are down & the weather appears to have turned, but it was great to have the windows wide open throughout much of early November. The fresh circulating air felt good & as I expect you've heard, is proven to help reduce airborne transmission of viruses including COVID-19.

The colder temperatures will obviously limit the extent to which the classroom windows can be opened. But it's okay, because there are many things we can do that will help us all stay well. Dr. Eric Toner, a physician at Johns Hopkins in the Departments of Health Security and Public Health, put it this way: ***“First and foremost, Americans need to embrace the fact that public health interventions such as social distancing, wearing masks & avoiding crowded areas really work.”***

Since COVID-19 cases have been on the rise in Region One, it will be especially important for all of us to consider how we celebrate Thanksgiving, Christmas, Hanukkah, Kwanzaa & New Year's Eve/Day to ensure that we guard against additional spread. For those of you who may be traveling, it will be important to consult [ct.gov](http://ct.gov) to be aware of the current list of states that are on the Travel Advisory list. Please be sure to complete the travel form & to get tested upon your return from any of these states per the most current CT recommendations.

For more information on COVID-19 symptoms, go to: [COVID Symptoms](#)

We hope that you enjoy your holiday time & find time to relax & celebrate safely with your family & friends. If we all practice safe behavior, then we can all celebrate these days & keep our schools open. Thank you!

~Clare RN

# Mindful Moments

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

## Emotion Identification

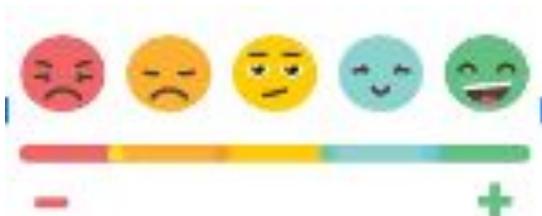
One of the most important elements of managing ourselves, our emotions, words, and actions, is our ability to clearly identify what it is we are feeling. As early as the 4th century B.C., Aristotle attempted to identify the exact number of core emotions in humans. Today, research indicates that there are **27 distinct emotions**, many of which are interconnected.

When young children and adolescents learn about identifying their emotions, visual cues can be helpful. The Zones of Regulation is just one way that kids can begin to identify what they are feeling and, subsequently, what tools and skills can be used when they are not feeling the best.

| What Zone Are You In?  |  |   |   |
|--|--|---|---|
| Blue   | Green  | Yellow  | Red   |
|  |  |  |  |
| Sick<br>Sad<br>Tired<br>Bored<br>Moving Slowly                                     | Happy<br>Calm<br>Feeling Okay<br>Focused<br>Ready to Learn                         | Frustrated<br>Worried<br>Silly/Wiggly<br>Excited<br>Loss of Some Control            | Mad/Angry<br>Mean<br>Yelling/Hitting<br>Disgusted<br>Out of Control                   |

[Image Source](#)

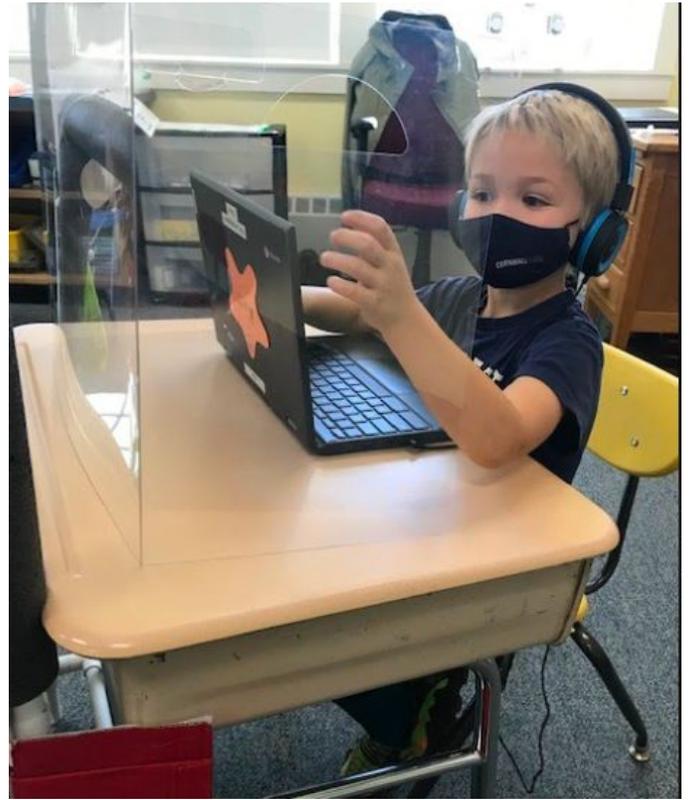
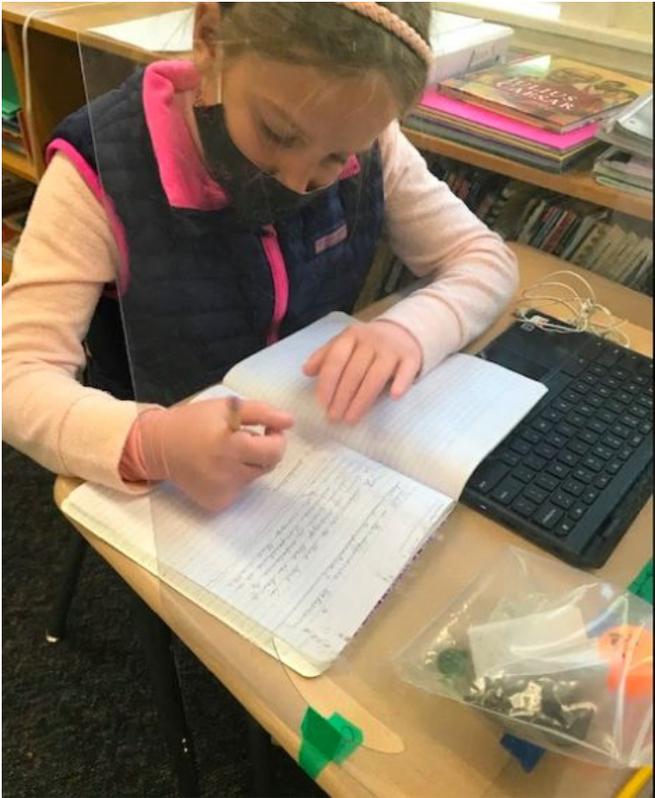
It can sometimes be helpful to ask children to identify which color zone they are in and how they know. You can talk to them about paying attention to physical cues from their body. If they are feeling angry, for example, and can become more aware of what is happening to them and why, they can develop their self-regulation skills and handle problems and big emotions in a healthy and proactive way. You can read more about the Zones of Regulation [here](#) and extend learning with [The Zones of Regulation](#) app and the [Exploring Emotions](#) app!



As always, you are welcome to reach out by phone or email if you have any questions or concerns.

Phone: 860-672-6617 Ext. 242  
Email: [bperrone@cornwallschool.org](mailto:bperrone@cornwallschool.org)

# FOCUSED LEARNERS!



# CCS OUTSIDE PHOTOS

