Dear Rumney Families,

I hope you’ve had a nice week! We have enjoyed the week at Rumney and are thankful for sunshine to make the cold days more enjoyable. There is definitely excitement in the air as many students are enjoying the snow and most are looking forward to a holiday or two this month.

In the midst of lots of Zoom meetings, I try to escape the office as much as I can to see some of the great things happening in classrooms. A couple of highlights from this week:

- Sixth grade presentations continued (some pictures are included later in the newsletter). What an amazing group they are! There was so much self-reflection and artistry that went into the production of shields and then having something meaningful to share publicly about how the shield is a reflection of themselves.
- Second graders engaged in scientific inquiry, made predictions, tested hypotheses, and came to conclusions. This fun lesson was actually part of a writing assignment… although I think that they were having so much fun that they didn’t even realize that they were learning while having a great time.

I am so thankful for our staff who work tirelessly to support student learning. So much planning goes into each part of the day and I hope that your child shares with you some highlights of their week. Thank you for your support!

Wishing you a great weekend,

Mr. Provost
Casey Provost, RMS Principal, cprovost@u32.org

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**Upcoming Events**

- **Tuesday, December 15th -- PTNO Meeting, 6:30 pm to 7:30 pm** (please see Zoom link below)
- **Wednesday, December 16th -- *Early Release at 12:30 pm***
- **December 23rd to January 1st -- Holiday Break**
- **January 18th -- Teacher Inservice, No School for Students**
- **February 22nd to March 2nd -- Winter Break**
"MULTI-HOUSEHOLD GATHERING"

What is it? What is safe & what is not?

General Idea: Do not spend time with people who do not live with you. However... sometimes, that is necessary and unavoidable.

When is it okay to do?

YES:

Low Risk Activity
- Stay home with people who live with you.
- Outdoor walk with one person, masked & socially distanced.
- Attending school or daycare
- Staying in touch with family/friends through phone calls & Zoom.

Higher Risk Activity
- Informal childcare arrangements
- Carpooling
- Essential travel (such as for work or custody arrangements)

NO:

Higher Risk Activity

To Be Avoided
- Playdates with other children (including classmates)
- Sleepovers
- Social gatherings with your childcare providers

If you believe your situation warrants an exception or have questions/concerns, please contact your school nurse.

Berlin - emullaney@u32.org  Calais - mmelekos@u32.org  Doty - jabista@u32.org
EMES - dmathies@u32.org  Rumney - bdunham@u32.org  U32 - cleclerc@u32.org or jbritel@u32.org
**Nurses Corner**

Hello Rumney Families,

I hope that you are all doing well. At the beginning of the year, we had an amazing outpouring of mask donations for our students. Thanks to all of those who made donations. I find that on any given day, I hand out roughly 5 cloth masks to students whose mask is wet, uncomfortable, or not fitting well. We still have some extra masks on hand, but if anyone is willing to make or purchase more masks to donate to the school, that would be much welcomed. I am thrilled to report that mask-wearing, hand-washing, and observance of social distancing is something that the students and staff take very seriously here at Rumney. Despite the growing numbers of positive Covid-19 cases in our state, I am grateful for the feeling of safety and respect for the guidelines that I am seeing here in school.

Have a great weekend and always feel free to contact me with any questions,

Bonne Dunham RN  
School Nurse  
bdunham@u32.org

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**Rumney Basketball Update**

Hello families!

With everything still up in the air about whether or not if we will be allowed to have a "normal" basketball season (or any season at all), the Athletics and Activities department is proceeding as if we will be able to have a season. Currently, it has been decided that we will postpone any athletics until after the December break, but we have not heard yet if we will be able to start then. In order to have a seamless start (if we are allowed to do so), I’m sending out this notice to start the process of getting volunteer coaches lined up.

Each school will need the following volunteers:

★ PK-2 coed basketball  
★ 3/4 "girls" basketball  
★ 3/4 "boys" basketball  
★ 5/6 "girls" basketball  
★ 5/6 "boys" basketball

Volunteer coaches must be cleared as a Level II Volunteer. If you would like to confirm your volunteer status or are interested in becoming a volunteer, please contact Mary at mmonteith@u32.org. Any interested coaches for the (hopeful) upcoming season, can contact me at ccadorette@u32.org.

In that email, please include the following:

★ Your full name;  
★ contact info (email and phone);
★ School that you want to coach at (Berlin, Calais, Doty, Rumney);
★ Grade level interested (indicate "boys" or "girls" also, please)
★ Volunteer status: (whether you are currently a Level I, Level II, or not a registered volunteer); and
★ Include any coaching experience you have, as well as if you have taken any of the NFHS trainings (Concussion in sport, Sudden Cardiac Arrest, Heat illness prevention, or the COVID trainings).

With this information, I can help us start the process so that if we are able to have a season, we will be in great shape to get started as soon as we are allowed! If you have any questions, please don't hesitate to email/call me at ccadorette@U32.org or (802) 498-3884. I look forward to hearing from, and working with you!

Yours in Athletics and Activities,
Chris Cadorette
WCUUSD Elementary Athletic Director

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**Seeking Gloves and Mittens**

Our students are going through our supply of gloves and mittens fast! If you have any that you are willing to donate, please feel free to bring them to Rumney Memorial. Thank you!!!

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**Rumney PTNO Update & Meeting**

The Rumney PTNO (Parent Teacher Neighbor Association) is seeking a volunteer treasurer. The task responsibilities include maintaining receipts of deposits and invoices, balancing bank statements, compiling a monthly treasurer's report for the PTNO monthly meeting, assisting with the culmination of acquiring 501(c)(3) status, and compiling information for the annual tax return. This is a great opportunity to share your skills with your neighborhood school, apply your expertise to a volunteer organization, and contribute to supporting educators and students! Please contact us for more information and your interest at rumneypto@u32.org.

Thank you! -Liz Guilfoyle, Lauren Gould & Debbie Goodwin

The next monthly Rumney PTNO Meeting will be next Tuesday, December 15th, from 6:30-7:30 pm. Meeting link below.

★ Topic: December PTNO
★ Time: Dec 15, 2020, 6:30 PM Eastern Time (US and Canada)
★ Join Zoom Meeting
  ○ https://zoom.us/j/97757849734?pwd=UGRZVDRnSlMyeDlxZFJMMkpZOWtRUT09
★ Meeting ID: 977 5784 9734
★ Passcode: Cr3LD6
**Community Giving Opportunity**

Hello Rumney/Middlesex Community Members!

There is a tradition at Rumney Memorial School of community-sponsored gift giving during the holiday season. This gift giving opportunity is made possible through the generosity of the community. Throughout this process, we honor and respect the confidentiality of all recipients.

If you are interested in donating to this cause, we would be happy to put your donation toward the confidential purchase of goods for families (potentially books, toys, clothing, and/or food). If you are interested in providing a donation, please send donations to:

Rumney Memorial School  
433 Shady Rill Rd  
Middlesex, VT 05602

If you would like to write a check, please write it out to the school district as "WCUUSD" and write in the memo line "Rumney Holiday Fund". Similarly, if you could benefit from support please fill out this form.

If you have any questions, please feel free to contact Mary Monteith in the front office at mmonteith@u32.org or (802) 223-5429 ext 0.

Thank you for your consideration and support of the Rumney community.

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**River of Light Lantern Parade at Red Hen!**

A steady stream of cars drove by the Red Hen Bakery on Saturday evening to view close to 200 hanging lanterns created by Rumney and Moretown students. The well-lit lanterns, part of the 2020 Reimagined River of Light Lantern parade, shown brightly and warmed the hearts of passers-by on a blustery winter evening. Thank you, Rumney PTNO and Camp Meade for supporting this beautiful event!
The holiday season is upon us. Families are dealing with stress from multiple sources, including COVID-19, and may not be able to celebrate the holidays as usual. Although parents/caregivers may feel the need to do more to “make up” for such a difficult year, remember, more is not always better. Decide as a family how you will make each holiday special this year.

Given these changes, adults and children may experience waves of sadness, disappointment, loneliness, grief, and anger. It is important to not feel alone with these feelings, to have your feelings supported and validated by others, and to know that in the midst of these difficult times, you can create moments of joy, hope, and connection. While some traditions may have to shift due to these challenging times, this is also an opportunity to create new family traditions together.

STRATEGIES AND IDEAS FOR THIS HOLIDAY SEASON: Finding ways to make this year special

Start a Family Conversation: Acknowledge What Has Changed and How Family Members are Feeling

- Talk to your children/teens about this holiday season.

- Help them understand why things are different. You may want to share that you are doing things differently because you want to keep everyone safe and healthy.

- Let them talk about their feelings, what they are sad about, what makes them upset.
  
    - Let them know that they are not alone. You hear them.

    - Validate their feelings. It makes sense that they are feeling sad, disappointed, frustrated, angry . . . because the holidays are not the same, because they miss friends and family . . .

    - You may want to let them know that you are also sad and upset that so much has changed and that things are not the way you want them to be.

    - Even when you can’t “fix” things, you are giving children the gift of your support.

- If loved ones have died during this year, find a way to honor their memory this holiday season and find ways to share your feelings as a family.

- Think together about your family values and traditions related to the holidays (the way you celebrate may change, but the meaning behind the holiday does not).
Find Ways to Make Connections

- Connections are extremely important during the holiday season. Discuss how your family will stay connected to loved ones and friends.
  - Arrange Zoom calls to light candles, sing holiday songs, or simply laugh and share stories.
  - Check in with elderly family members and neighbors using current social distancing strategies.
  - Create a small social pod that may be able to gather together for in-person holiday celebrations.
- Learn how gifts for teachers at your children/teens’ school are being managed or ask about suggestions for these gifts.
- Find out what activities may be happening in your community to celebrate different holidays. Possibilities include:
  - Zoom holiday services
  - Zoom candle lighting for Hanukkah or Kwanza
  - Drive-in Christmas tree lighting and/or caroling
- Improve your mood by helping others, even when you may be stressed. Because your children/teens do not always see your donations to charity or worthy causes, think of a way to help others in which your children/teens can also participate.
- Volunteer as a family to:
  - Deliver meals or prepare food boxes for food banks
  - Wrap toys donated for a toy drive
  - Walk shelter dogs or play with cats
  - Shovel a neighbor’s drive
  - Have each family member suggest one way to contribute an act of kindness to others
- Consider sending a special card to someone you know who is alone or may need some cheering up. Make a baked good and leave it at their door.

Small Moments Matter

- Ask your children/teens about one thing they would like to do this holiday season. Brainstorm together creative ways to make this activity happen.
Together, start a new tradition. In years to come, everyone will certainly remember how and why this new tradition got started, thus creating new holiday memories. Let your children/teens help decide what the new tradition should be, like:

- Making homemade decorations
- Cooking a favorite dish (if you know, share the story about how this dish became a holiday favorite in your family)
- Making homemade cards to send to special family, friends, and members of the community
- Singing holiday songs

Take a break from the media. Play a family game, watch something enjoyable on television, read a book, listen to music, build a snowman, or take a walk outside.

**Keep to a Routine and Notice the Good Things**

- Maintain routines as much as possible for everyone. Schedules and routines tend to disappear during the holiday season, however, they can help reduce feelings of anxiety and depression.
- Recognize and share what each family member is grateful for this holiday season, including things you appreciate about each family member.
- When you see a behavior you like in your children/teens, tell them. A bit of praise, encouragement, and positive notice from you can make all the difference. This can be very simple. Things you could say include:
  - “I really appreciate the way you helped with dinner.”
  - “Thank you for watching a movie/playing a game with your sister while I finished up my work.”
  - “I like how hard you are working on the holiday card. I’m sure it will be appreciated.”
- 2021 is right around the corner. As it approaches, talk together about what you are proud of accomplishing in this very strange and challenging year of 2020. As the New Year approaches, consider having each family member set both a personal goal and a family goal to accomplish in 2021. Celebrate in some small way when the goals are achieved.

Check out [CDC guidance](https://www.cdc.gov) to make holiday gatherings safer.

**TAKING CARE OF YOURSELF THIS HOLIDAY SEASON**

Just as you work to take care of your children/teens, remember to take care of yourself. When you take care of yourself, you are likely to be less anxious, depressed, and stressed. This will also increase your patience with your children/teens, which in turn, helps to reduce their distress. Modeling your own self-care also increases the likelihood that your children/teens will do the same.
Ideas for Self-Care

- Eat well, especially as some holiday traditions may change typical eating routines.
- Be active or move your body in a way that you enjoy every day (e.g., take a walk, run, ride a bike, dance to your favorite songs).
- Engage in a relaxing activity (e.g., yoga, meditation, mindfulness, a hot shower/bath, reading).
- Connect with a friend or family member (e.g., FaceTime, phone call, Zoom, socially distanced meet-up).
- Give yourself adequate time for rest.
- Disconnect from all electronics for a bit each day.
- If you have additional concerns, look at Understanding & Coping with Reactions in a Pandemic for more suggestions.

HELP IS AVAILABLE

- Even in the best of circumstances, holidays can be times of high stress. Most children/teens and adults are already experiencing higher stress and distress than usual. When children/teens are stressed, this is often seen in their behaviors. See Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 and Helping Children Cope with the COVID-19 Pandemic for ways to support your children.

- For families who are currently involved in mental health services, continue to use the skills you are learning as you cope with the stressors of the holidays.
  - Talk to your therapist about actions to take if you or your children/teens experience extreme distress, anxiety, or depression during this time.

- If you are worried about your children/teens, or yourself, know that services are available even during the holidays.
  - Contact your local mental health care agency
  - Check with your kids’ counselor, pediatrician or physician for a mental health referral
  - Call a helpline
    - Disaster Distress Helpline, Call (800) 985-5990, Text TalkWithUs to 66746
    - National Suicide Prevention Lifeline, Call (800) 273-8255, Chat with Lifeline
    - Crisis Textline - Text TALK to 741741
    - Trevor Project Lifeline (866) 488-7386 (crisis support for LGBTQ youth)
    - 7 Cups; Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors; https://www.7cups.com

Additional NCTSN COVID resources can be found here: COVID-19 resources
A shield presentation in 6th grade

Sensory play in Pre-K!