Hello Calais Cougars

With our third quarter of the year coming to an end on 3/31, I want to remind families that parent teacher conferences are coming up. These conferences will be held virtually via Zoom or phone and have been scheduled for 15-20 minutes, similar to what we did in the fall. Your child will be coming home next week with a conference time schedule for Wednesday, 3/31 after school and Friday, 4/2 from 8:00-4:00.

It’s our hope to have 100% participation so please be sure to check in with your child’s teacher if you have questions about the time we have you scheduled for.

Enjoy the beautiful weekend!

Ms. Cat, CES Principal

Hello 6th Grade Families,

The video for parents (replacing the parent information night) will be released on March 24th. Parents may view this information at their earliest convenience.

Student packets will go home on March 23rd. Packets need to be returned to school by Wednesday, April 7th.
It might actually be Spring sometime soon! With the change in weather comes allergies. Please remember that **we have not** loosened our guidelines for illness within the school; *if your student has fever, runny nose, congestion, cough, shortness of breath, chills, fatigue, muscle pain/body aches, headache, sore throat, loss of taste or smell, nausea, vomiting or diarrhea, they may not be at school.*

Allergies can mimic one or more of the Covid-19 symptoms, making it difficult to decide whether or not to send your child to school. Calais Elementary requires a note from a medical provider with a diagnosis of allergies for me to be able to make any exceptions due to allergies. If you feel that your student suffers from allergies and you have not gotten a note from your child’s provider, please call and request one. That gives me a small amount of clinical decision making ability; is your student well with allergy symptoms and a written diagnosis or is your student unwell with Covid-19 symptoms? With no note, I have to err on the side of safety and send that student home. There may be times when, even with a note from a medical provider, your child may be sent home.

**State Guidance has changed! Please review the following changes regarding travel and gathering:**

Vermont has restrictions on social gatherings based on whether you are fully vaccinated or not. You are fully vaccinated 14 days after your final shot. Since children cannot get vaccinated at this time, a household with children is not considered a fully vaccinated household.

**If you are fully vaccinated:**

You may gather with other fully vaccinated people or households. You don’t need to wear a mask or stay 6 feet apart when you gather. You may gather with up to two unvaccinated people or households at a time. The gathering can also include other vaccinated people or households. If you gather with people from more than one unvaccinated household, or with someone who is at higher risk of severe COVID-19 or lives with someone at higher risk, everyone should wear a mask and stay 6 feet apart.

**If you are not fully vaccinated:**

You may gather with fully vaccinated people or households. You don’t need to wear mask or stay 6 feet apart, unless someone is at higher risk of severe COVID-19 or lives with someone at higher risk.

You may gather with one other unvaccinated person or household at a time. Fully vaccinated people or households can also be at the gathering. Everyone should wear a mask and stay 6 feet apart.

You can do outdoor recreation and fitness activities with anyone. This includes biking, hiking, walking, running, hunting and fishing, skiing, snowboarding, skating, snow machining and other no-contact outdoor activities. However, you must stay at least 6 feet away from people you don’t live with and wear a mask at all times. Do not gather at trailheads, access areas or other outdoor facilities before or after the activity.

If you live alone, you may gather with people who live in one other household.

You can take in and shelter people from another household who are living in a dangerous, unhealthy or otherwise unsafe situation.

I appreciate your help in adhering to our health protocols this year. Please contact Nurse Maria at 454-7777 ext. 116 or mmelekos@u32.org with any questions or concerns.
<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Wednesday March 24</td>
<td>• Early Dismissal @ 12:30</td>
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<td></td>
<td>• Rising 7th Grader video is released</td>
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<tr>
<td>Friday April 2</td>
<td>Parent/Teacher Conferences - No School</td>
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<tr>
<td>Wednesday April 7</td>
<td>• Early Dismissal @ 12:30</td>
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<td></td>
<td>• Rising 7th Grade packets returned to school</td>
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<tr>
<td>Monday April 19 - Friday April 23</td>
<td>April Vacation - No School</td>
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</table>
Central Vermont Little League is happy to announce registration has started. Please log on to our website WWW.CVTLL.ORG and register for the upcoming baseball/softball season. All kids ages 4-12 are eligible to participate. We look forward to a great season!
Central Vermont Raiders Youth Lacrosse

We're back! Registration is now open for the 2021 spring lacrosse season. You can register at https://www.eastmontpelierrecreation.org/lacrosse/registration

Schedule

All practices will be held at the East Montpelier Recreation fields next to the East Montpelier Elementary School. The preliminary schedule is as follows, but may be subject to change depending on the availability of students and their families:

All boys: Tuesday & Thursday, 5:30-7:00
All girls: Wednesday & Friday, 5:30-7:00

All practices will be held outdoors, so the first practice will occur when the fields are ready to be used.

Equipment

Girls only require a stick, goggles, and cleats, while boys are required to have a stick, helmet, chest protector, elbow pads, gloves, protective cup, and cleats. Equipment rentals are available on a first come, first serve basis and have a fee of $15.

Registration & Contact Information

Registration can be completed at https://www.eastmontpelierrecreation.org/lacrosse/registration and answers to any questions can be obtained by contacting the Program Director, Bob Fitch, at bobbfit@gmail.com or 802-279-1560.

Coaches and volunteers are always needed, so please notify Bob of any interest in helping! To learn more about the sport of lacrosse, go to www.uslacrosse.org/about-the-sport or contact Bob.

Watching Lacrosse

The college lacrosse season is underway, so if you're interested in watching men's and women's college lacrosse you can find webstream links here for women's games: https://www.insidelacrosse.com/league/wdi/calendar/2021
And here for men's games: https://www.insidelacrosse.com/league/di/calendar/2021

Go Raiders!
REGISTER FOR LITTLE LEAGUE BASEBALL SOFTBALL
WWW.CVTLLE.ORG

Registration is now Open!
Central Vermont Little League is happy to announce registration has started. Please log on to our website WWW.CVTLLE.ORG and register for the upcoming baseball/softball season. All kids ages 4-12 are eligible to participate. We look forward to a great season!

CENTRAL VERMONT LITTLE LEAGUE
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Berlin, Cabot, Calais,
East Montpelier, Marshfield,
Middlesex, Montpelier,
Plainfield, Worcester
Starting at $7* a day for our morning program, you can drop-off your child on a school day beginning at 7:30 am.

Please make sure we have a registration form.

We play with STEM toys, create Origami designs and social distant games in the gym or cafeteria until school starts.

Please contact Kim for more information!

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<thead>
<tr>
<th>Schedule of Events</th>
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<tr>
<td>Kindergarten through 6th Grade</td>
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<tr>
<th>April 2nd</th>
<th>In-service Day</th>
<th>CC Day Camp – Flier out by 3/19</th>
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<tr>
<td>April 19 - 23</td>
<td>Spring Break</td>
<td>CC Day Camps</td>
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<tr>
<td>May 3</td>
<td>Last Session Sign-ups</td>
<td>May 10 – End of school</td>
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If your child is on free or reduced lunch you would likely qualify for state childcare subsidies & may be able to send your child to Community Connections at no cost to you!

**Monday – Friday Afternoons:**

We will be outside on the playground daily, weather permitting. Please send appropriate gear to keep your child dry and warm.

We will offer social distanced activities along with free play and nature exploration depending on group size(s); animals and aerodynamics will be a common focus.

When inside we will offer board games and individual arts, craft and project based around upcoming events and holiday themes. Homework help and STEM explorations are always available.

*Note to families:* In all of our before and after school activities, we follow COVID practices such as social distancing and sanitization safety protocols. Board games will be played with masks on and clean hands, which includes the use of hand sanitizer and/or wearing gloves to protect ourselves and others. We also use a rotation of the games available to reduce the possibility of exposure!
Dear Families,

Here is the registration packet for East Montpelier/Calais Community Connections Before and After School Programs - Session #5. Please look over the enclosed materials and return the registration and planned attendance calendar to school by March 15th.

JUT A FEW THINGS:

- Our fee structure is a sliding scale of $12-$18/day for afternoons 3:35 to 5:30 P.M. (Wednesday 8:30am-5:30pm) and $7-$12/day for Morning care 7:30 to 8:30 A.M.
- A Family Income Guidelines has been included below to help you determine the amount to pay. It is a suggested guideline, and we ask you to indicate on the sign-up form the highest amount you can afford to help support the program and promote its sustainability.
- As always, alternative funding (state subsidies, reduced fees, volunteering in exchange for participation, etc.) is available if cost is a concern (please talk to Kimberly Bolduc).
- Space is limited based on staff to child ratios, so your child may not be able to participate in all days they sign up for if the number of kids already registered fill all slots, so sign up soon.
- Drop-in space is not guaranteed, families must have prior approval. Please let the site know as soon as you are aware of the need. During COVID-19 times, this is even more important. The drop-in rate is $12 for the morning and $18 for the afternoon for the same day.
- Payment is due at the beginning of the session unless payment arrangements are made, in which case full/final payment would be due no later than April 16th. There is an extra $10 charge for invoice billing (if payments are not made at the beginning of each session or payments are not made per the agreed upon arrangement).
- There is no refund for days that are missed due to sickness or absence. If family schedules change or credit is possible with 72 hour notice, in the first 6 sessions.
- Every afternoon starts with a healthy snack provided by us, fruits, veggies and a grain/starch!
- Please make sure your child comes to school dressed appropriately for outdoor recess (gloves, boots, hats, etc). All kids will go out daily for a recess break before any special programs or activities start. Sunscreen and bug spray are needed as well.
- Before care runs from 7:30am to 8:30am. After school programs run from 3:35-5:30pm. A late fee will be charged if you are late than 5:30 pm to pick-up your child. The fee is $20 for every 15 minutes that you are late.

Thank you,

Kimberly Bolduc
Community Connections Director

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<tr>
<th>Suggested Family Income Guideline for Sliding Scale Placement</th>
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*Families at this level should explore whether they qualify for assistance through the Vermont Child Care Subsidy Program.
East Montpelier & Calais Community Connections
Kindergarten through 6th Grade
Sign Up Form - Session 5, 2020-2021

Child's Name________________________ Grade________ Teacher________
Child's Name________________________ Grade________ Teacher________
Child's Name________________________ Grade________ Teacher________

Please circle the dates and AM/PM sessions your child will be attending.

AND return by **March 15**

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Kindergarten through 6th Grade

Please calculate your payment using the chart below

**AM Care**

\[
\text{Total Cost of AM Care} = \text{# of AM days} \times \$7-12/\text{day Sliding Scale Fee}
\]

**PM Care**

\[
\text{Total Cost of PM Care} = \text{# of PM days} \times \$12-18/\text{day Sliding Scale Fee}
\]

**TOTAL**

\[
\text{TOTAL DUE:} = \text{Total Cost of AM Care} + \text{Total Cost of PM Care}
\]

Parent Signature_____________________________________________________

Phone(s)________________________ Email(s)______________________________