



## Wellfleet Elementary School Principal's Newsletter - January 2021

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### **HOLIDAY RECESS**

The Holiday Recess begins at 11:00 AM (early release day) on Wednesday, December 23rd. School will not be in session from December 24, 2020 – January 4, 2021 for the Holiday Recess. We will be eager to see everyone back at school on **Tuesday, January 5, 2021!** WES wishes you and your family a happy and healthy holiday season!

### **HOLIDAYS DURING COVID-19**

As Massachusetts residents plan for the holiday season, the following considerations are being offered to help keep our friends, families, and communities safe during the pandemic. If you host a holiday celebration, keep it small. If you are considering travel, be aware of Massachusetts **travel orders** and be certain to **contact Mrs. Cope-Crosen at 508-349-3101 ex. 14 to discuss your travel plans and the return to school protocols.** If you participate in a celebration, please follow public health guidance.



Any time you're near people you don't live with:

- **Wear a mask** when not eating or drinking
- Wash your hands often with soap and water
- Stay at least six feet apart from others
- Consider if those around you may be at higher risk of severe illness from COVID-19, such as older adults or those with certain medical conditions, and take extra precautions
- If gathering indoors, improve ventilation by opening windows and doors

### **Lower Risk Celebrations**

- Limit in-person holiday gatherings to only people you live with or limit to a small group of individuals with whom you are regularly in contact.
- Gatherings with more people pose more risks. As a reminder, gatherings in Massachusetts are subject to **gathering size limits.**
- Keep visits short – gatherings that last longer pose more risk than short gatherings.

- Host a virtual holiday dinner with extended family or friends, especially if they are at higher risk for illness from COVID-19. Prepare traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and deliver them in a way that doesn't involve contact with others.

### **Higher Risk Celebrations**

Including people who are not in your household or limited social network increases the risk of contracting or spreading illness. If you plan on celebrating the holidays in person with people you don't live with:

- Wear your mask and watch your distance at all times.
- Do not share food, drink, or any utensils.
- Encourage guests to bring food and drinks for themselves and for members of their own household only.
- Wear a mask while preparing or serving food to others who don't live in your household.
- Consider having one person serve all the food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
- Avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiment or drink stations.
- For 14 days before and after holiday gatherings, minimize contact with other people, and only leave home for essential services like going to work, buying groceries, and appointments with doctors; OR,
- Obtain a negative result from a molecular (PCR) SARS-CoV2 test, on a sample obtained within 72 hours of the celebration. Information about where to obtain a test can be found at [www.mass.gov/GetTested](http://www.mass.gov/GetTested).
- Seat people with plenty of space from one another while dining.
- Consider small seating table arrangements in multiple rooms with plenty of spacing, instead of a large family table.
- If gathering indoors, improve ventilation by opening windows and doors.

### **Avoid These Activities**

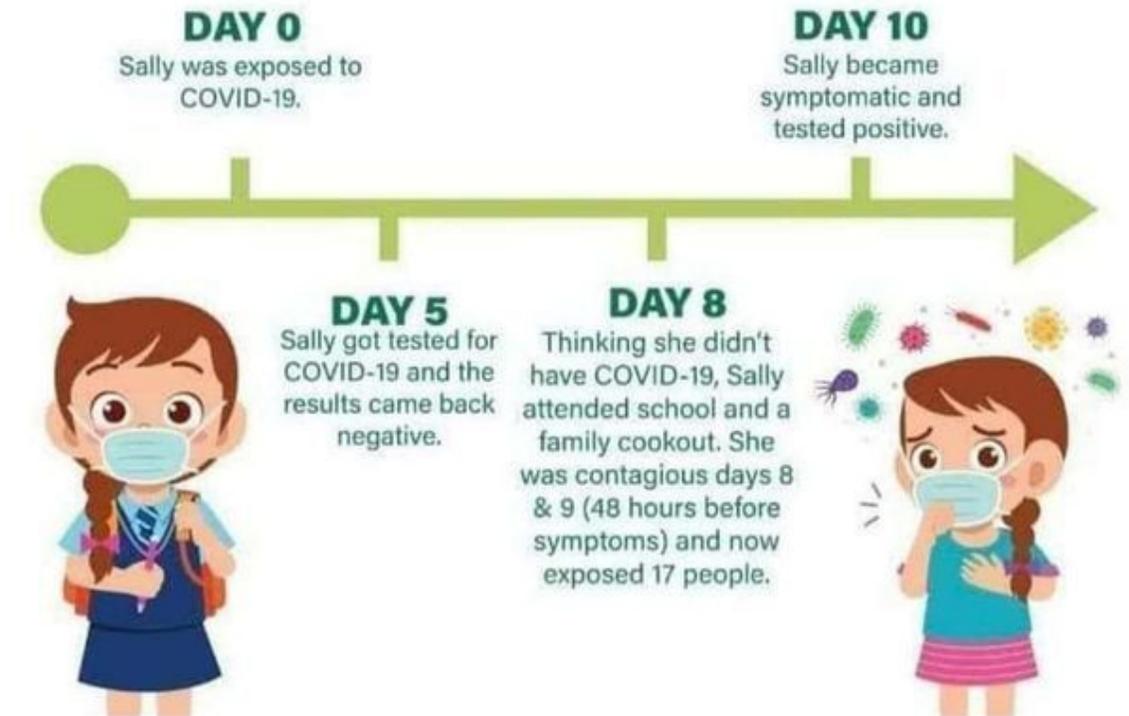
- Avoid sharing food and drinks.
- Avoid shaking hands and hugging. Wave and verbally greet others instead.
- Avoid singing, dancing, and shouting. These activities increase your chances of catching COVID-19 through the air.
- Avoid in-person gatherings with people at a higher risk for severe illness from COVID-19, such as older adults and people with certain medical conditions.

**Please note: For students on quarantine, parents/caregivers will need to make arrangements with the school for the student to make-up school work at home as would ordinarily be done for a school absence.**

## COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

**SALLY WAS EXPOSED TO COVID-19.**



### **NEWS FROM THE HEALTH OFFICE** - *Another Reason to Wear a Mask*

I wear a mask to protect you and you wear a mask to protect me. Growing evidence shows that masks also protect the wearer. How do masks make a difference? They let significantly fewer viral particles into the body, making it easier and quicker for your body's immune system to stamp out COVID-19 before it causes major problems. The less virus you get, the less sick you get. So even if you do get infected while wearing a mask, you may prevent serious illness or avoid symptoms all together. To be protected, choose a mask that fits snugly against the sides of the face without gaps and covers the nose and mouth. Keeping distance from those who are not in your household, avoiding gatherings (especially indoors) and frequently washing your hands also drastically reduces the risk of contracting COVID-19. Masks aren't always comfortable or convenient, but we know it's good protection for you, as well as those around you.

### **STUDENT & FAMILY RESOURCE PAGE**

Mrs. Francis, WES School Psychologist, has created a resource page on the WES homepage and can also be accessed [HERE](#). Resources and supports for Social-Emotional Learning, COVID-19, Mental Health, Special Education, and Community Agencies are available on the page. If you need or wish to contact Mrs. Francis, please call 508-349-3101, ext. 37 or email [francisk@nausetschools.org](mailto:francisk@nausetschools.org).

## **COOKING WITH KIDS**

ChopChop is a quarterly, fun, cooking magazine for children and their families. The ChopChop Family is a nationally recognized, non-profit organization, with a mission to inspire and teach families to cook and eat real food together. Best known for their educational and inspiring quarterly publication, *ChopChop*, the organization works to build essential life and STEAM skills through the lens of food and cooking. The 48-page, diverse and inclusive, ad-free magazine is distributed in English and Spanish and used by educators, health-care professionals, Tribal Nations, SNAP-Ed, and WIC. Please enjoy this free, online version.

### **[ChopChop: A cooking magazine for kids](#)**

## **EARLY RELEASE DAYS**

The Nauset Public Schools 2020-2021 School Calendar includes early release dates. Please take note of the following early release dates. Elementary students will be dismissed at 11:00 AM on:

- January 13
- February 10
- March 10
- March 19
- April 7
- May 12
- June 9

## **LUNCH MONITOR POSITION AVAILABLE**

WES is seeking a part-time lunch monitor (on full school days, only) to supervise the safety and well-being of students in kindergarten through grade 5. The hours are 10:30am - 12:30 pm. If interested, please contact Mrs. Rodman at [508-349-3101, ext. 11](tel:508-349-3101) or by email at [rodmanm@nausetschools.org](mailto:rodmanm@nausetschools.org).



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