



Wellfleet Elementary School Principal's Newsletter - February 2021

PARENT DROP-OFF & PICK-UP (Reminders)

Please drive slowly and cautiously into the parking lot for student drop-off and/or pick-up. We have families that walk to and from school, therefore are crossing the lot.

Also, since most students are assisted by WES staff at parent pick-up, all passengers must be wearing a proper face covering/mask. Thank you for your cooperation.



WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

WHEN TO QUARANTINE: STAY HOME IF YOU MIGHT HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19! Quarantine is used to keep someone *who might have been exposed* to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

For more information on **QUARANTINE**, please click [HERE](#).

ISOLATE IF YOU ARE SICK WITH COVID-19! Isolation is used to separate people infected with COVID-19 from those who are not infected. People in isolation must stay home until it's safe for them to be around others. At home, anyone sick or infected must separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

For additional information on **ISOLATION**, please click [HERE](#).

WINTER VACATION

Winter break is from February 16 - 19, 2021.



COVID-19 TRAVEL

All visitors and entering

follow the established

considering travel, be aware of Massachusetts' **travel orders**. If you are traveling internationally, consult with the **U.S. Department of State website** for COVID-19 information regarding international travel.

ORDER

returning residents

Massachusetts must

travel orders. If you are

All International travelers arriving in Massachusetts must complete the **Massachusetts Travel Form** and must quarantine for 14 days unless they can provide proof of a negative test result that meets the criteria stated above or they are covered by one of the other, limited exceptions.

Prior to travel, please **contact Mrs. Cope-Crosen at 508-349-3101 ex. 14 to discuss your travel plans and the return to school protocols.**

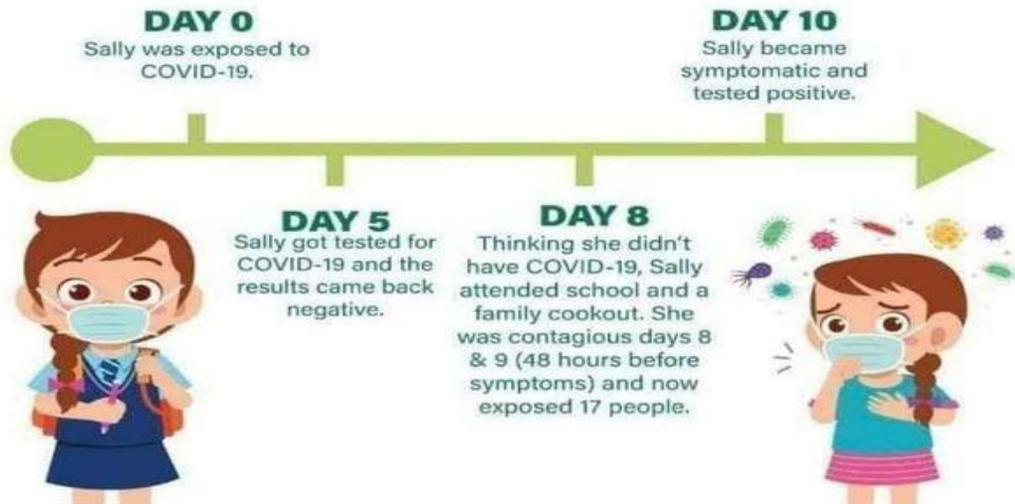
STOP THE SPREAD ~ We All Must Do Our Part to Stop the Spread:

- Avoid public places, including while traveling, if possible
- Massachusetts law requires you to wear a mask if
 - You are within 6 feet of distance from other individuals
 - In a situation or setting where you are unable to maintain 6 feet of distance from others
 - In a public business or public or private transportation carrier or for-hire vehicle
- Wash your hands often with soap and water for at least 20 seconds, especially before you eat
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough and sneezes with a tissue and discard it in a closed container
- Clean frequently touched surfaces and objects.

COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

SALLY WAS EXPOSED TO COVID-19.



ATTENDANCE

Barring no additional snow days, Tuesday, March 2nd will mark the 100th day of school!

Since consistent attendance and punctuality are the cornerstones of student progress I utilize the 100th day as a time to review student attendance records. For students whom there is an attendance concern, a letter will be sent to the parent(s).

Please remember that daily school attendance and prompt arrival are required of every child between the ages of 6 and 16, in accordance with Massachusetts General Laws. If I can assist you with improving your child's attendance, please don't hesitate to make an appointment.

VALENTINE'S DAY EXCHANGE

This has been a year like no other and as COVID-19 infections continue to spike in Barnstable County, the Nauset Nursing Team has sadly agreed that students will not exchange materials in school for Valentine's Day. While fomite (surface) transmission of the virus is not considered a major spreader of disease, the health and safety of students and staff is of the utmost importance. Consider other ways to celebrate this day of love and kindness; encourage your child to share kindness with others, dress in red and/or pink, wear something with a heart, bring a red, pink, or white snack to school, or create Valentine's crafts at home (a link to Pinterest activities can be found [HERE](#).)

NEWS FROM THE HEALTH OFFICE ~ *Media Consumption Affects Children's Health & Wellbeing*

Children and adolescents spend more time with media than any other activity except for sleep, averaging about seven hours a day. This includes the use of gaming devices, computers, cell phones, and TV. If a child has a TV in the bedroom, this number increases by 1-2 hours per day.

By the age of 18, the average adolescent will have seen an average of 200,000 acts of violence on TV alone. Research points to a strong relationship between media violence and real life aggression. Heavy TV viewing has been linked to Attention Deficit Disorder in early school years and language delays in infants. Studies also link a TV in the bedroom to negative impacts on academic performance. It may also contribute to sleep disorders, mood disorders, depression, and hypertension.

The American Academy of Pediatrics advises limiting screen time and closely monitoring your child's viewing habits. Avoid exposing your child to PG-13 and R rated movies due to the prevalence of violence and sexual content. (Evidence also points to movie scenes depicting drug, alcohol, and tobacco use have an impact on teenage decisions to engage in substance use.)

Common Sense Media (CSM) is a non-profit organization that provides education and advocacy to families to promote safe technology and media for children.

CSM reviews books, movies, TV shows, video games, apps, and websites and rates them in terms of age-appropriate educational content, positive messages/role models, violence, consumerism, profanity, and more for parents making media choices for their children. They have also developed a set of ratings that are intended to gauge the educational value of videos, games, and apps. The nonprofit's "Learning Ratings" attempt to assess different types of learning qualities within various forms of media.

For more information, please visit, [Common Sense Media](#)

TENTATIVE SPRING MCAS TESTING SCHEDULE

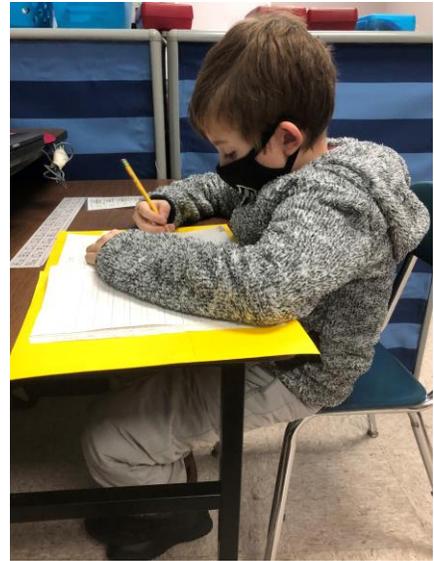
(from the Department of Elementary & Secondary Education)

Shorter Testing Experience for 2021

In spring 2021 the Department will significantly reduce testing time for students in grades 3–8 through a session sampling approach, in which each student will take only a portion of each MCAS assessment in each subject. Instead of taking two sessions each of English language arts (ELA), Mathematics, and science and technology/engineering (STE), students will take only one session each.

Tentative Testing Windows

Schools will administer the MCAS tests to students during the following windows. (Schools will be administering only one test session for each subject area to students in 2021.)



Subject Area Test	Testing Window
ELA	April 5–May 7
Mathematics	April 26–May 28
STE (Grade 5)	April 27–May 28

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.

COOKING WITH KIDS

ChopChop is a fun, quarterly, 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:

- **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 - 12:30pm. If interested, please contact Mrs. Rodman at [508-349-3101](tel:508-349-3101), ext. [11](tel:508-349-3101) or by email at rodmanm@nausetschools.org.



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