



Wellfleet Elementary School Principal's Newsletter - April 2022



SPRING 2022 MCAS TESTING SCHEDULE (UPDATED)

April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 ELA SESSION I Gr. 5	5 ELA SESSION II Gr. 5	6 Early Release Day	7	8	9
10	11 ELA SESSION I Gr. 3	12 ELA SESSION II Gr. 3	13 ELA SESSION I Gr. 4	14 ELA SESSION II Gr. 4	15	16
17	Spring Vacation					23
24	25	26	27	28	29	30

May 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	MATH SESSION I Gr. 3	MATH SESSION II Gr. 3	Early Release Day	MATH SESSION I Gr. 4	MATH SESSION II Gr. 4	14
15	MATH SESSION I Gr. 5	MATH SESSION II Gr. 5	18	19	20	21
22	STE SESSION I Gr. 5	STE SESSION II Gr. 5	25	26	27	28

KINDERGARTEN PARENT ORIENTATION

It's time to plan for and welcome next year's kindergarten class to WES! All children who will be 5 years old on or before August 31, 2022 are eligible to register. A

Welcome to
Kindergarten!
Orientation Night

remote Parent Orientation is scheduled for **Thursday, April 7th at 5:30 PM**. A presentation by Principal Rodman; Kindergarten Teacher, Ms. Shuemaker; related staff; PTA; and the Recreation Dept. will take place. Parents will receive important information about WES, the kindergarten program, the screening process, recreation programs, and PTA's support and

events. We look forward to welcoming the class of 2035 to WES!

EARLY RELEASE DAYS

Early dismissal days are built into the 2021 - 2022 academic calendar (*for faculty & staff professional development and parent-teacher conferences*). All students in grades K - 5 will be dismissed at 11:00 AM on the following dates:

- **Wed., April 6**
- **Wed., May 11**

SPRING CONCERT & ART SHOW

It is with great joy to announce that we are planning for an **ALL SCHOOL SPRING CONCERT** on **Thursday, June 16th at 6:00 PM** in the WES gymnasium! More information to come.



The WES **ART SHOW** will remain virtual this year. The link to view students' artwork will be shared in mid-April!

SPRING VACATION

Spring Vacation is scheduled from **April 18th - 22nd**. We look forward to welcoming all students back to school on Monday, April 25th!

NEWS FROM THE HEALTH OFFICE

Colds, COVID, Flu, and Seasonal Allergies

Schools are a melting pot for sharing germs in the environment and now that many children are unmasked, respiratory infections are on the rise. It can be difficult to determine what is the common cold, seasonal allergies, influenza, or COVID-19. The most common symptoms of COVID-19 are fever, dry cough, and tiredness, along with sore throat and congestion. The common cold can look exactly the same, and both are caused by a type of coronavirus via respiratory droplets. Seasonal allergies are caused by an overactive immune system response triggered by exposure to an allergen. While allergies may cause sore throat or tiredness, sneezing and itchy, watery eyes, and headache, they never cause a fever, nausea, vomiting, or diarrhea. Influenza, caused by the influenza A, influenza B virus usually causes fever, muscle aches, sore throat, cough, headache, and in children, commonly nausea and vomiting.

COVID-19 symptoms usually appear 2-14 days after exposure to the SARS-CoV-2 virus while flu symptoms usually appear 1-4 days after exposure. Cold symptoms appear 1-3 days after exposure and may take up to 3 weeks to fully resolve. Seasonal allergies may last for several weeks and may trigger shortness or breath in those who have asthma or other respiratory conditions.

Getting vaccinated is an important tool in preventing serious illness from COVID-19 and influenza. Antiviral medications are available if you are diagnosed with COVID-19 or the flu. Wearing a mask, handwashing, covering coughs and sneezes, avoiding large crowds, and cleaning frequently touched surfaces can help stop the spread of viruses. Masks may also help minimize seasonal allergies by preventing the inhalation of large pollen particles. It is important to wash masks after each use as it might carry pollen particles.

As you can see, it can be very difficult to determine what the cause of illness may be. At home COVID-19 test kits are free through the Nauset Public Schools and readily available. When in doubt, test, and call your Doctor for advice.

Symptoms	Coronavirus [†] (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath or trouble breathing	Common	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Rare	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Common	Common	Sometimes	Common	No***
 Sore throat	Common	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Common	Sometimes	Common	Sometimes	Sometimes
 Headaches	Common	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Common	Common	Common	No	No
 Diarrhea, nausea and vomiting	Common	Rare	Sometimes	No	No
 Chills	Common	No	Sometimes	No	No
 Loss of taste or smell	Common	Rare	Rare	Sometimes	No

Your symptoms may vary. [†]Information is still evolving. Many people may not have symptoms. *If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. **Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. ***If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 5/21/21 • aafa.org/covid19

LIGHT ON LITERACY

What Parents Can Gain From Learning the Science of Talking to Kids

We all know that it's important to talk to our children. But, do we *really* know just how important early exposure to oral language is? The impact is staggering! I hope you'll take the time to read this [article](#). By helping you understand the science of language-building, you will understand that you are the architect of your child's early brain development.

Please visit my Teacher Site for more information about topics related to reading. My Teacher Site can be accessed [HERE](#).

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.



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