

Monkton Central School

October 21, 2009 - Newsletter #8

<http://www.vita-learn.org/mcs>

Calendar

October 22-23	Vermont NEA Days – no school
October 30	Halloween Parade and Skit, 2:00 p.m.
November 3	PTO Meeting, 7:00 p.m.
November 13	Parent Conference Day, no school for students

News from the Office

Dear MCS Families,

Again, I want to thank the Monkton community for its warm welcome. While I have only been on board for six days, I already feel like I am a part of this wonderful school. I did speak with Mr. Jesset this week. He sounds good and indicated that he is feeling much better. He sends his best to all.

Many of you are calling the school regarding the H1N1 flu and how the school is handling this health concern. I am pleased to say that we do not have any diagnosed cases here at MCS. It is likely that we will and therefore we are asking that all take some basic precautions to minimize the spread of this flu. We are following CDC (Center for Disease Control and Prevention) and VT Dept of Health recommended practices to minimize risk and exposure. These steps include preventive steps such as strongly supporting healthy habits like frequent hand washing and sneezing etiquette. Students and staff exhibiting flu-like symptoms are being sent home (or asked not to come to school) and are not allowed back in the building until they are free of fever for at least 24 hours.

As you know, we will be participating in the Health Department's vaccination program in Bristol. Transportation and supervision by school staff will be provided. Shots will be administered by home health nurses hired by the Vermont Department of Health. A consent form was sent home last Friday. We ask that you return it regardless if you wish to have your child participate or not.

As always, please feel free to be in touch if you have any questions regarding the school-based clinic, our school's H1N1 response plan, or otherwise. If you have questions regarding if you should vaccinate your child, we encourage you to reach out to your regular health care provider.

Respectfully, Richard Schattman

Please remember there is no school tomorrow or Friday, as these are Vermont NEA Convention days. School will resume on Monday, October 26.

News from the Nurse

The fluoride mouth rinse program will begin on Tuesday, October 27.

Hilary Mack

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26-toast, cereal, fruit, milk	27-bagel with topping, cereal, fruit, milk	28-toast, cereal, fruit, milk	29-toast, cereal, fruit, milk	30-double cinnamon toast, hard boiled egg, fruit, milk
Nov 2 - toast, cereal, fruit, milk	3- double toast with peanut butter on the side, yogurt, fruit, milk	4-toast, cereal, fruit, milk	5 - toast, cereal, fruit, milk	6 - double pancake with syrup, sausage pattie, fruit, milk
9 - toast, cereal, fruit, milk	10 - double English muffin with peanut butter on the side, hard boiled egg, fruit, milk	11 - toast, cereal, fruit, milk	12 - toast, cereal, fruit, milk	13 - Parent Conference Day No school.

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26-meatball sub, baked French fries, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	27-baked potato bar: ham slices, sour cream, bacon bits, chives, butter; fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	28 - New Item - stuffed pizza sticks with cheese, pizza sauce on the side, fresh vegetable, fresh fruit, dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	29 - buttered spaghetti or home made meat sauce, garlic bread, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	30 - Halloween wrapped up skeletons(hot dog in a bun), goulash chips (Sun Chips), wormy apple (apple), slimy goo (chocolate pudding), witches broom sticks (cheese sticks), draculas teeth (carrot and celery sticks), ghost juice (milk) - deli or peanut butter sandwich (in place of main entrée), salad bar
Nov 2 - baked chicken nuggets, seasoned rice, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	3 - home made goulash, garlic bread, fresh vegetable, fresh fruit, dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	4 - Salad Bar Day - romaine and iceberg lettuce, tomatoes and other salad bar fixings, pickles, cottage cheese, dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	5 - scrambled eggs, baked ham, fresh vegetable, fruit juice, breakfast cake, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	6 - Dress Your Burger Day - cheese, pickles, ketchup, mustard, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar
9 -pancake with syrup or strawberries from Norris Berry Farm, sausage links, fresh vegetable, fruit juice, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	10 - delicious shepard's pie (mashed potato, corn, hamburger), home made bread, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	11 - home made pizza (cheese or BBQ chicken), fresh vegetable, fresh fruit, chocolate mousse, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	12 - buttered rotini and Italian meatballs in sauce, garlic bread, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	13 - Parent Conference Day No school.

Did you know we are serving fruits and vegetables from Norris Berry Farm and The Last Resort?