

Carver Coyote Newsletter



Volume 1, Issue 3

November 2015

Annual Food Drive

Carver Elementary School's students and staff have the opportunity to participate in our Annual Food Drive to benefit the local food pantry. Beginning on November 2 and continuing through November 18, students may bring in non-perishable food items for this worthy cause. The two classes (1 from each building) that contribute the most items, will get to have "Lunch with the Principal" on Friday, 11/20/15. This is strictly voluntary.

Lost and Found

If your child has misplaced any items, please have them check the Lost and Found areas. There is a large amount of clothing, etc.

Parking in the circle in front of the EKW Building is strictly prohibited. This area is for emergency vehicles only. Thank you for your cooperation with this important safety reminder.

We would like to wish all our Coyote Families a very Happy Thanksgiving. We are grateful for your continued collaboration with us as we partner to provide the best education possible for your children!

We would like to extend a special thank you to all the parents, teachers and other volunteers who worked together to make our Annual No Trix Just Treats evening a very enjoyable one! We had a spectacular evening handing out candy and treats to the Carver Coyotes and their families.



Topics of the Month

Fighting the Flu

http://www.naesp.org/sites/default/files/RtP_Flu.pdf

Tips for Your Child's Success in School

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Ten-Tips-for-Your-Childs-Success-in-School.aspx>

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Ruby C. Maestas, Principal
Paula S. Foley, Associate Principal
Kerry Agashe, Associate Principal

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NEW Traffic Pattern in EKW parking lot. In an effort to reduce congestion in the EKW parking lot, we need your assistance to follow a one-way traffic pattern. Please use the first right to enter the parking lot and the 2nd right to exit. We have attached an aerial view of the new traffic pattern.



Calendar of Events:

Monday, 11/2/15 through Wednesday, 11/18/15			Annual Food Drive to benefit local food pantry
Monday	11/9/15	7:00 pm	School Committee Meeting at MLLC
Tuesday	11/10/15	9:30 am	Veterans' Day Celebration
Wednesday	11/11/15		Veterans' Day – No School
Thursday	11/12/15	8:30 am	Volunteer Orientation
Friday	11/13/15		Term I Ends
Thursday	11/19/15	7:00 pm	Building Committee Forum
			EKW Cafeteria
			Childcare Available
Friday	11/20/15	6:30 pm	PTO Family Bingo Night
Wednesday	11/25/15	11:45 am	Early Release Day
			Report Cards Issued
Thursday	11/26/15		Happy Thanksgiving
Friday	11/27/15		Thanksgiving Recess

Special Needs Preschool Screening

If you are a Carver resident and feel that your preschool child, age 3 to 5 (just before kindergarten), has special needs, please contact the Carver preschool and schedule a screening. Screenings are generally held on the first Friday of the month throughout the school year. Please call Mrs. Blackden (508-866-6307), Mrs. Mitchell (508-866-6265) or Mrs. Wethington (508-866-6403) to schedule a screening or to address any questions.

Preschool Screening Schedule for 2015/2016

November 6

December 4

January 8

February 5

March 4

April 1

May 6

June 3

Nurses' Office Information

The school nurses would like to emphasize how important it is that students in ALL grade levels have a set of extra clothes available in their backpacks, "just in case". Wet/soiled clothing can and does happen in school, whether it is from a spill during lunch, a puddle at recess, or a bathroom accident. We have a very limited amount of clothing to supply students in need of a change. Students tend to prefer and are more comfortable in their own clothing from home. If we need to call a parent from work to bring in a change of clothes, this disrupts the student's day as well as creates a potential inconvenience for parents. If your child has been provided with clothing from the school nurse's supply, it would be greatly appreciated if the item/s could be laundered and returned within a week. Thank You!

There have been some questions regarding the management of head lice. Here is a fact sheet from the Massachusetts Department of Public Health, for your information:

**Massachusetts Department of Public Health | Bureau of Infectious Disease | 305 South Street,
Jamaica Plain, MA 02130**

MASSACHUSETTS PUBLIC HEALTH FACT SHEET

Head Lice (Pediculosis)

What are lice?

Lice (singular *louse*) are tiny, wingless insects that survive by feeding on human blood. They cannot jump or fly, and they do not burrow under the skin. Adult head lice or their eggs (nits) are found in the hair and are most often found behind the ears and at the base of the neck. Head lice usually lay their eggs on strands of hair about 4 mm or ¼ of an inch from the scalp.

Who gets head lice?

Anyone can get head lice, but in the United States, head lice are most common in children 3-12 years of age. Having lice is referred to as an "infestation." An infestation with head lice does not mean someone is dirty. Head

lice have special “claws” on their legs to help them cling to the hair. Washing with plain soap and water does little to disturb them.

How are head lice spread?

Head lice are most commonly spread by direct head-to-head contact with hair of other people who have head lice. Head lice are less commonly spread through contact with an infested person’s personal items, such as hair brushes and combs, hats, unwashed clothing, bedding or towels. Head lice are commonly spread within households. Children often spread head lice to each other during close contact while playing. Head lice can crawl from an infested person or object to a non-infested person. People with head lice can continue to spread head lice to other people until they complete a course of treatment that kills all of the head lice and their eggs. Pets cannot spread head lice.

What are the symptoms of head lice?

A person who has head lice may feel itching caused by a reaction to the louse’s saliva and feces, but many children have no symptoms. Head lice are not known to spread infectious diseases from person to person and should not be thought of as a medical problem. However, there is some risk of skin infection from scratching. Head lice are certainly a nuisance, but they are not generally considered a health hazard.

How are head lice diagnosed?

The best way to determine if someone is infested with head lice is to find a living adult louse. However, adult head lice are rarely seen because they are fast and hide well. Identification of a head lice infestation is usually made by detecting nits attached to the hair close to the scalp. Nits are tiny, grey, oval specks that do not come off of the hair easily like a speck of dandruff would. Behind the ears and near the hairline at the base of the neck are common places to find nits. Nits found within ¼ of an inch from the scalp usually mean the nits are alive and treatment is needed. If the nits are more than ¼ of an inch from the scalp, you should ask your doctor if treatment is necessary.

How do you prevent head lice?

Children should be checked regularly and treated when head lice are found. Parents should learn to recognize head lice and teach their children not to share hats and scarves or personal hair care items, such as brushes, combs and hair ties.

What is the treatment for head lice?

There are a number of effective treatments for head lice. Treatment for head lice usually consists of shampooing the hair with a medicated shampoo or cream rinse containing one of the following ingredients: Massachusetts Department of Public Health | Bureau of Infectious Disease | 305 South Street, Jamaica Plain, MA 02130 *permethrin, pyrethrin, malathion, benzyl alcohol, spinosad, or ivermectin*. Shampoos containing *lindane* are no longer recommended.

Safety is a major concern and these products should be used with care, under the supervision of a health care provider (even though some of them do not need a prescription) and always according to the instructions on the label. This is especially important for women who are pregnant or nursing, and for infants with head lice. Be sure to follow the package or label instructions very carefully. Permethrin and pyrethrin-based products have a good safety record but resistance has been documented in the United States. For treatment failures, malathion, benzyl alcohol lotion, or spinosad suspension can be used. Hair should be checked daily for the 10 days following treatment for newly hatched head lice. If these are present, an additional treatment may be necessary. Many of these agents require a reapplication of the treatment 7-10 days later to kill immature lice that may have hatched from eggs that were not inactivated during the initial treatment.

Data are lacking to determine whether suffocation of lice by application of products such as petroleum jelly, olive oil, butter, or fat-containing mayonnaise, are effective methods of treatment of head lice. Manual removal of nits after successful treatment is a difficult and time-consuming process. It is sometimes desired, though, for aesthetic reasons, to avoid diagnostic confusion, or to satisfy “no-nits” policies at some schools and daycare centers (see below).

Additional precautions:

Household and other close contacts should be examined and treated if head lice are found. Remember, head lice do not survive for long periods of time off of the scalp. Even though head lice are not commonly spread by contact with personal belongings, the following steps can be taken as added precautions to avoid re-infestation by lice that have *recently* fallen off of the head of an infested person.

☐ Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.

☐ Soak combs and brushes in **hot** (128.3°F/53.5°C) water for 5 minutes.

☐ Thoroughly vacuum rugs, upholstered furniture, and mattresses.

☐ **DO NOT USE INSECTICIDE SPRAYS.**

What is a “no nits” policy?

Many school departments and child care sites require that children be free of nits before returning to school and parents should be familiar with their own school's or day care's head lice policy. However, both the American Academy of Pediatrics and the National Association of School Nurses advocate that "no-nit" policies should be abandoned. Head lice are not a health hazard or a sign of poor hygiene and are not responsible for the spread of any disease. No healthy child should be excluded from or miss school because of head lice.

Where can I find more information?

☐ Your doctor, nurse, health clinic, or local board of health (listed in the phone book under “local government”)

☐ The Massachusetts Department of Public Health (MDPH) Division of Epidemiology and Immunization, (617) 983-6800

☐ The US Centers for Disease Control and Prevention: www.cdc.gov/parasites/lice/head/index.html

☐ American Academy of Pediatrics: <http://pediatrics.aappublications.org/content/110/3/638.full.pdf>

Carver Elementary PTO News

The Carver Elementary PTO will be having its first Family Bingo Night on November 20th, 2015. There will be 2 sessions: 6:30-7:30 pm and 7:30-8:30 pm. Please choose only one to attend as the cafeteria can only accommodate so many people. There is a \$3.00 suggested donation to play. Doors will open at 6:20 pm in the EKW Cafeteria. Prizes will be awarded to Bingo game winners! Bring the whole family for a fun night out! Please contact kristin.moore@carverpto.org with any questions. Thank you!

The final numbers from the Coyote Quick Kids Fun Run are in and we did amazing! Coyotes collected 95% of pledges for a total school profit of \$31,000. Way to go Coyotes!!

Believe it or not Winter Wonderland is right around the corner. This year's event will be held on Saturday, December 12th from 10-2 in the EKW building. We are currently looking for volunteers to help make decorations at home. If you are interested in helping out please email us at info@carverpto.org.

Look for Square 1 Art catalogs to come home with students the week of November 16th. Square 1 Art products make great holiday gifts for friends and family. All orders will be due November 24th.



First and second grade students participated in the Annual Pumpkin Parade on Friday, 10/30/15. Students decorated small pumpkins and displayed them around the bus circle for all students, parents and visitors to enjoy.

Special Education Parent Advisory Council

SEPAC has elected new officers for the 2015/2016 school year. Our new officers are:

Carol Spiewakowski, President

Brenda Preston, Vice President

Diana Wiley, Secretary

Michele Robbins, Treasurer

Please join us for our first meeting on November 10, 2015 at 7pm. We are meeting at the Elementary School IMC. Topics include: Meet & greet with our special education teachers & therapists, understanding the IEP & 504 process, and updates on the new restraint reporting laws. Refreshments will be served and childcare is available. Please call or text Carol Spiewakowski at 508-320-2555 to reserve a spot for your child. We look forward to seeing you at the meeting.

Follow us at Facebook: Carver Special Ed Parent Advisory Council – SEPAC

Follow us on Twitter: @CPAC_Carver_Ma

CARVER PUBLIC LIBRARY

Tuesday	Wednesday	Thursday	Saturday
<p>November 3 Toddler Storytime, 10:30 a.m. Election Day Fun: Vote in our silly polls!</p>	<p>November 4 Preschool Storytime, Ages 3 to 5, 10:30 a.m. Reading Therapy Dogs, 3:30 p.m. - 6:00 p.m.</p>	<p>November 5 Pajama Storytime, Ages 10 and under, drop-in 6:30 p.m.</p>	<p>November 7 Make-it, Take-it Craft Autumn Craft All ages, drop-in 11 a.m. - 1:00 p.m.</p>
<p>November 10 Toddler Storytime, 10:30 a.m. Veteran's Day Craft</p>	<p>November 11  Closed for Veteran's Day</p>	<p>November 12 Preteen Craft Cork Bracelets Ages 8 and up, must register 6:30 p.m.</p>	<p>November 14 Crafts from the Roost We have a ton of leftover turkey... crafts! Drop in 11:00 a.m. - 1:00 p.m.</p>
<p>November 17 Toddler Storytime, Ages 3 and under, 10:30 a.m.</p>	<p>November 18 Preschool Storytime, Ages 3 to 5, 10:30 a.m. Reading Therapy Dogs, 3:30 p.m. - 6:00 p.m.</p>	<p>November 19 Leather Leaf Necklaces Ages 8 and up, must register 6:30 p.m.</p>	<p>November 21 Back in the Day Play Learn some games the natives and settlers knew. All ages, drop-in, 11:00 a.m.</p>
<p>November 24 Toddler Storytime, 10:30 a.m. <u>Talkin' Turkey</u> Give us your best turkey call and get a surprise! All day, drop-in.</p>	<p>November 25 Preschool Storytime, Ages 3 to 5, 10:30 a.m.</p>	<p>November 26  Library closed for</p>	<p>November 28  the holiday weekend.</p>
<p>December 1 Toddler ST, 10:30 a.m. Holiday Lego Challenge All ages, drop-in 5:30 p.m. - 7:30 p.m.</p>	<p>December 2 Preschool Storytime, Ages 3 to 5, 10:30 a.m.</p>	<p>December 3 Kid's Paint Night: Holiday Cards Ages 8+, must register 6:30 p.m.</p>	<p>December 5 Holiday Window Painting Ages 5 and up, register 11:00 a.m.</p>
<p>December 8 Toddler ST, 10:30 a.m. Miss Connie is running adult Paint Night, don't forget to register!</p>	<p>December 9 Preschool Storytime, Ages 3 to 5, 10:30 a.m.</p>	<p>December 10 Holiday Card Wreath Craft Ages 5 and up, register 6:30 p.m.</p>	<p>December 12 Ornament Making All Ages, drop-in 11:00 a.m. - 1:00 p.m.</p>
<p>December 15 Toddler Storytime, 10:30 a.m. <u>Holiday SongPop!</u> Family teams welcome. All ages, drop-in, 6:30p.m</p>	<p>December 16 Preschool Storytime, Ages 3 to 5, 10:30 a.m. Happy Chanukah!</p>	<p>December 17 Holiday Storytime with Marilyn Thayer! All ages, please register 6:30 p.m.</p>	<p>December 19 Gift Making Workshop Come get your craft on! Drop-in, 11:00 a.m. - 2:00 p.m.</p>

LUNCH MENU

11/2 French Toast Sticks w/syrup Scrambled Egg Patty Sweet Potato Bites Fresh Orange Wedges Buffalo Chicken Salad	11/3 Teacher Professional Day No School	11/4 Chicken Patty on a Wheat bun (plain or buffalo) Romaine lettuce & tomato Baked potato wedges Chilled Fruit cup Buffalo Chicken Salad	11/5 Meatballs in Sauce Wheat Sub Roll/Parmesan Cheese Smart Food Delight Baby Carrots/Apple Buffalo Chicken Salad	11/6 Sal's Pizza Day Cheese or buffalo chicken Tossed salad w/Romaine Roasted Chick Peas Chilled Peaches
11/9 Hamburger on a wheat bun Plain or cheese Lettuce, tomato & pickles W/G pretzels/baby carrots Chilled fruit cup Chicken Bacon Ranch Salad	11/10 Chicken Nuggets Sweet potato puffs Peas Fresh Apple Chicken Bacon Ranch Salad	11/11 Veterans' Day No School	11/12 Grilled Teriyaki Chicken Filet Seasoned Rice Green Beans/Dinner Roll Chilled Pineapple Fortune Cookie Chicken Bacon Ranch Salad	11/13 Pizza Day Personal Pizza Cheese or pepperoni Spinach Salad w/dressing Roasted Chick Peas Chilled Pineapple Chunks
11/16 Brunch for Lunch W/G Pancakes w/syrup Yogurt Cup Sweet potato bites Fresh banana Chicken Caesar Salad	11/17 Taco Tuesday Beef Taco/Lettuce & Cheese Salsa/Baby Carrots Seasoned Brown Rice Chilled Pears Chicken Caesar Salad	11/18 Popcorn Chicken Bites Smiley Fries Green Beans Chilled Pears Chicken Caesar Salad	11/19 Hot Dog in a Wheat Bun BBQ Baked Beans Celery Sticks Apple Chicken Caesar Salad	11/20 Pizza Day Gilardi Wedge Style Cheese or Buffalo Chicken Caesar Salad w/dressing Chilled Pears
11/23 Homemade Turkey Noodle Soup W/G Soft Pretzel Carrot Sticks/String Cheese Fresh Apple Buffalo Chicken Salad	11/24 Chicken Nuggets Baked Crinkle Cuts Broccoli Wheat bread stick/fruit cup	11/25 Early Release Day Lunches are not served	11/26 Happy Thanksgiving <div style="border: 1px solid black; padding: 5px; text-align: center;">Every Tuesday & Thursday Coyote Grab 'N Go Soft Pretzel/Cheese Stick Baby Carrots w/dip</div>	11/27

Daily Choices

Choice 1 – WG Bagel

W/cream cheese, cheese stick & salad

Choice 2 – Garden salad w/dressing

Cheese stick, croutons and fruit

Choice 3 – *Smucker's Uncrustable* with side
salad and fruit

Choice 4 – Assorted WG cereals w/cheese stick, fruit

All meals include choice of milk

(1% low fat or Tru-Moo fat free chocolate milk)

A' la carte milk \$.50

A' la carte water \$.75

In addition to their lunch, students are allowed to
purchase 1 food item and 1 drink item unless parent notifies
us otherwise.

Be sure your NutriKids account is updated.

To register for Nutrikids, watch daily
transactions, check balances
and make online prepayments, please visit:
www.myschoolbucks.com

At school prepayments: please make checks payable
to: **CPS Meal Program**. Please include student id# on check.
Free and reduced applications are available on the
school website (www.carver.org). Applications can
be filled out anytime during the school year. Return
completed application to:

Carver Public Schools – Food Services

3 Carver Square Boulevard, Carver, MA 02330

Contact Kathleen Farrar (farrark@carver.org)