

KES Newsletter

Happy Holidays!

Volume 8

January 11, 2019

Dates to Remember

January 14
End of Second Marking
Period

January 21
MLK Day/No Classes

January 23
Drugs/Community
Awareness & Information
Evening
5-6:30pm, Woodstock
Union HS/MS Library

February 2
The Lion & the Mouse
@ 11 AM @ Artistree,
South Pomfret

February 12
KES Talent Show @ 2PM
Permission forms needed

February 13
Drug Awareness
Presentation
5-6:30pm, Woodstock
Union HS/MS Library

February 18-22
Winter Recess/No Classes

March 4
In Service/No Classes

March 5
Town Meeting/Voting
Day/No Classes

April 1
End of Third Marking
Period

April 15-19
Spring Recess/No Classes

May 7
Spring Concert @ 6pm



Trailblazers' Ski & Ride

Mother Nature delivered lots of soft fresh powder for our first of the year KES Trailblazers' Ski & Ride program on Thursday, January 10th.

Thank you so very much to our 40 plus volunteers who make our downhill experience possible!

A grand time was had by all. Take a look at Leon Fleischner pictured here, his first time ever on skis!

Coaches ask that all equipment be clearly marked with names. Masking tape and marker are available at the front desk.

Please be sure your child's skis/boots have been adjusted to the bindings according to his/her size and ability by a professional. Please reach out to Rebecca Claffey, trowbrir@gmail.com, if you need help with this.



KES Superstars

The monthly assembly recognizing positive behaviors was held this morning, Friday, 1-11, in the KES gym. Students continue to earn stars from faculty, staff, and administration for demonstrating respectful, responsible, and safe actions at school. The Superstar Leadership Team, led by grade 5 teacher Allison Naugle, pulled five stars from the collection of nearly 1,000 stars earned since December 7th. Those 5 lucky students were able to pick from the treasure of prizes. Congratulations Camille Underwood, Ryder DeFrancesco-Sias, Christopher Evans, Christian Bisceglia, and Quinn Eckler.

Each month, a white star, which is a star issued by a parent or guardian recognizing safe, respectful, and responsible behavior outside of school, was also pulled. This month the lucky student is Ayron Romanczak. If anyone is in need of more white stars at home, please contact your child's teacher for more to be sent home. Their contribution to the star count makes a tremendous difference in positive behavior motivation.

The next principal's lunch will be held on Wednesday, January 23rd. Participants for that lunch will be announced next Thursday during morning sing.

After School Program Bakes "Bread for Good"



During the last few days of school before the holiday break, students attending the After School Program rolled up their sleeves, donned an apron, and made homemade bread from scratch for the Open Door Mission on Park Street in Rutland. Sponsored by King Arthur Flour, students baked at least 40 loaves of bread and 10 dozen dinner rolls for the homeless shelter as their annual service project for 4-H, "Bread for Good." Thank you to Ms. Kalnitsky, Alex, Tierney, Nora, and Stephanie for

helping our students be stewards of community service for those less fortunate.



Dining Hall News by Mrs. Sylvia



The cafeteria is abuzz with the excitement of a newly added salad bar to the school's lunch program. The new addition will allow students to make healthy choices including a variety of fruits and vegetables along with cheddar cheese and a yogurt bar.



Mary Guggenberger, Principal

Annual KES Talent Show

The 2019 KES Talent Show will be Tuesday, February 12th at 2pm. Permission slips will go home next week.

Drugs/Community Awareness & Information Evening

Two upcoming events at the Woodstock Union HS/MS Library:

January 23rd from 5-6:30pm, answers the question, " What are the facts about legal and illegal drugs in our community? " Some of the topics will be marijuana, vaping, alcohol, edibles, dabbing, as well as other drugs of choice. The guest speaker is Steve Waldo, a 34-year veteran of the Vermont Department of Liquor Control in both the Enforcement and the Education Divisions and previously Chief of Police in Ludlow, Vermont.

February 13th from 5-6:30pm. There will be a community presentation on drug awareness by Detective Sergeant Richard King of the Ludlow Police Department. This presentation will discuss drug trends in society and Vermont. We will cover the seven drug categories to include the indicators of use and paraphernalia commonly associated with each category. We have included sections on synthetic drugs, bath salts, cannabinoids, vaping-different types and illicit uses, THC concentrates and edibles.

Presenter(s) are nationally certified Drug Recognition Experts with extensive experience in impaired driving enforcement and drug investigations.

Health Room News by Susan Clarke, School Nurse

Ways to Help Your Child Stay Healthy and When You Should Not Send Your Child to School.

10 Ways to Stay Healthy This School Year

1. Wash your hands with soap and water!
2. Be aware of yourself, others around you, and your environment.
3. Don't touch your eyes, mouth or nose: unless your hands are clean then don't forget to wash them again.
4. If you cough/sneeze use a tissue or the bend of your elbow.
5. Don't share items- such as cups, water bottles, utensils, chapstick, hats, combs.
6. Keep your distance: stay home if you have a fever or if you have a cold so you keep your germs to yourself! Respect others desires to stay healthy.
7. Eat healthy foods: be sure that includes breakfast, snack, lunch, dinner.
8. Get plenty of sleep: 10-12 hours a night
9. Get plenty of exercise: at least 30 minutes a day.
10. Play safe: at school, in sports, and at home. Don't forget your safety gear! Especially your helmet.

In order to minimize and prevent the spread of contagious illnesses, it is important that parents DO NOT SEND their child to school if they have any of the following symptoms:

- fever (temperature over 100 degrees) - Children need to be temperature free without medication for 24 hours before returning to school.
- nausea, vomiting, or diarrhea (within the past 24 hours)

Thank you so much for your help in keeping our community healthy!

Killington Elementary School

686 Schoolhouse Rd.

Killington, VT 05751

Tel. 802.422.3366 Fax. 802.422.3367 www.kesvt.org

Contact Info

Sheila Pilsmaker, Admin. Asst., spilsmaker@wcsu.net

Killington Elementary School, 686 Schoolhouse Road, Killington, VT 05751

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