

MT. VERNON ELEMENTARY NEWS

"A Caring School Community Dedicated to Excellence"

Pick-A-Time is open! Go online today and schedule your appointment with your child's teacher.

Dear Mount Vernon Elementary Parents,

Once again we will be using Pick-A-Time online scheduler for scheduling our parent/teacher conferences that will take place on March 10 & 19th.

To access this, click on the following link or copy and paste into *the* browser <https://pickatime.com/mtvernon>

Log in using your email address and then the password that you created for fall conferences (if your email address has changed or you are a new user, the system will prompt you to make a new password).

Once in the system, you will see a list of every teacher that is accepting conferences in the entire school. Click in the small box near the name of your child's(ren's) homeroom teacher(s) then follow the steps below to schedule your appointment(s).

Once selected, all those teachers' times will appear, notice they are now represented by the colorful design near their names. Click on the box near the date and time for each. Once a slot is selected, you will get a field to enter the child's name associated with this appointment along with a field for your full name.



March 4th

RSU #38 Board of Directors
Business Meeting begins at 6:30
p.m. at MCHS.

March 10th & 19th

Parent Teacher Conferences:
3:00-6:30 p.m.

<https://pickatime.com/mtvernon>

Go online today.

March 6th - 19th

Scholastic Book Fair.
Volunteers are needed.
Please email Carey Bor at
Carey_Bor@maranacook.com
if you are able to help out.

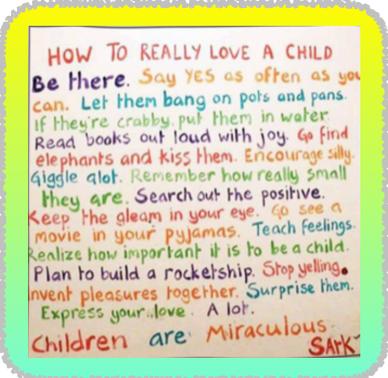
March 20th

No School for students.

March 26th

Spring Concert grade: K-2
6:00-7:00 p.m.

Come enjoy an evening of great
music.



Cold and flu season has arrived in Maine.

Influenza has been confirmed in our community. Here are a few tips to keep our children and ourselves healthy:

- *Avoid close contact with people who are sick.
- * Stay home when you are sick.
- * Cover your mouth and nose with a tissue when you cough or sneeze.
- * Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- * Avoid touching your eyes, nose or mouth.
- * Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Symptoms of influenza include:

- * **Fever or feeling feverish/chills**
- * **Cough**
- * **Sore throat**
- * **Runny or stuffy nose**
- * **Muscle or body aches**
- * **Headaches**
- * **Fatigue (tiredness)**
- * **Some people may have vomiting and diarrhea, though this is more common in children than adults.**



Please remember: If your child develops a fever, we ask that you do not send him/her to school until the fever has been gone for at least 24 hours without medication (Tylenol or Ibuprofen). We consider a fever to be a temperature of 100.3 or greater. Additionally, if your child develops vomiting or diarrhea, we ask that you keep them at home until the symptoms are gone for 24 hours, and they are able to eat and drink normally.

Erin Foth, R.N.

Responsible Cubs "Rock"

At Mt. Vernon Elementary School I...

respect myself and others.	respect property.	respect teaching and learning time.	respect the right to be safe in school.	am responsible for my own actions.
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What does this look like in an **assembly**?

Be aware of personal space. Sit on your bottom. Enter/exit with line behavior.	Keep hands and feet away from walls and equipment.	Listen carefully. Respond appropriately.	Enter, sit and leave using self-control. Leave no trace.	Make good choices.
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At this month's assembly our students donated a \$700.00 check to the Mt. Vernon Food Bank. Thank you to all our students for all your hard work.



Principal's Pen By Janet Delmar

In the event of a delayed start of school, the school's doors will be unlocked and opened at the following times (s):

8:30 a.m. - One hour delay

9:30 a.m. - Two hour delay

Thank you

7:30 a.m. is the regularly scheduled time. We don't have coverage prior to these times.



Remote Learning Day, Khloe and Kaitlyn and baby Jamison hard at work.

March Madness @ Mt. Vernon Elementary School

During the month of **March** we will be celebrating **BOOKS** in many different ways. We are looking for volunteers who would like to be a guest reader. Our goal is to have at least one guest reader visit each classroom throughout the month. Also, we are looking for volunteers who would like to run a lunch bunch that is connected to a book! If you are interested in either of these opportunities or have any questions please reach out to our literacy specialist, Mrs. Boucher. **We look forward to hearing from you!**



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rachael_boucher@maranacook.com
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Alayna and her brother Aedan are having fun working on their school work.

