FROM THE WINCHENDON PUBLIC SCHOOLS SUPERINTENDENT'S OFFICE – MARCH 2, 2020

"In profound ways, literacy is destiny. It is the single most important goal of schooling and the key to academic and career success."

IMPORTANT NOTIFICATION FOR THE COMMUNITY
Attached is a letter outlining a recent update from the Center for Disease and Prevention on the Coronavirus and general precautions for staff, students, parents, and the community.

SUPERINTENDENT LANDERS TO HOST A WINCHENDON PUBLIC SCHOOLS COMMUNITY FORUM
School Superintendent Joan Landers will be hosting a community forum to discuss the Winchendon Public Schools on Monday, March 2nd beginning at 6:30 pm. The meeting will be held at the District Central Office located in the Toy Town Elementary School at 175 Grove Street. Please come and share your thoughts on how to improve the education provided to Winchendon students.

WINCHENDON SCHOOL COMMITTEE MEETING
The next meeting of the Winchendon School Committee will be held on Thursday, March 5, at 6:00 pm at the town hall, 2nd floor.

CONDITIONS FOR LEARNING SURVEY
As we work to strengthen the Winchendon Public Schools, the input of parents and guardians is essential. You know what is and is not working for your child and family, and we need your input so that we know where to focus our improvement efforts. We hope you will take a few minutes to complete the Conditions for Learning Survey. ([http://bit.ly/CLS-parents](http://bit.ly/CLS-parents))

MESSAGE FROM COORDINATED FAMILY AND COMMUNITY ENGAGEMENT OUTREACH AND RESOURCE LIAISON
I wanted to share with you the latest Brain Building Bulletin which has some great activities and information. I have also attached the newest Playgroup flyer as well as the flyer regarding the Cooking Matters Program.

In the Cooking Matters Program, participants learn about cooking easy, healthy, and delicious meals on a budget. Each week participants will make a meal together discussing nutrition, alternatives for picky eaters or allergies, how to shop on a budget, how to get your children to participate in meal prep, etc. and then participants will be given the ingredients and recipe to make that recipe at home for their family. During the next class, they will discuss how their family liked the meal, what worked and did not work for them, what if anything did they change, etc.

Please feel free to call or email me if you have any questions.
Winchendon Pre-K Paraprofessional
CFCE Outreach & Resource Liaison
32 Elmwood Road, Suite A-3
Winchendon, MA 01475
Phone: 978-297-3436
Fax: 978-297-0631
JARRETT KROSOCKA, NY BESTSELLING AUTHOR COMING TO MWCC
The author will speak to his graphic memoir, HEY KIDDO, a story about his childhood growing up with his grandparents, struggles dealing with his family's addiction, and finding his father.
The event is being held on March 11, noon to 2:00 pm in the multipurpose room/common area at Mount Wachusett Community College.

Please be a guest of Superintendent Landers at the Home Town Café on Monday, March 2, from 9:30–10:30 am, for breakfast and conversation about our schools. RSVP at jlanders@winchendonk12.org.
February 28, 2020

Dear Winchendon Community,

We understand that many families have questions regarding the recent outbreak of the Novel Coronavirus (2019-nCoV) and how it may impact our local community. The Centers for Disease Control and Prevention is providing daily updates and recommendations.

While this is a public health concern, the CDC continues to report that the immediate risk to the general public remains low at this time. As with seasonal flu and strep infections, there are general precautions we can all take to remain as healthy as possible.

- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands. Use Alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue. You can also cough or sneeze into your sleeve. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels, or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.
- 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.

It is essential to keep children home from school when they are ill. If your child has any of the following symptoms please keep them home from school: temperature greater than 100, coughing, vomiting, diarrhea, any rash not yet diagnosed by a physician, red or pink itchy eye, and/or drainage from eye, and any contagious illness such as chickenpox, strep throat or flu. For additional guidance on when to keep your student home, please contact our School Nurse Leader, Mona Sergi by phone at 978-29-2578 or email at msergi@winchendonk12.org.

The Novel Coronavirus (2019-nCoV) is an evolving situation that we are following closely and will continue to update you as information is shared with us. Please rest assured that we are monitoring student health concerns. We will be in close communication with the local Board of Health, Massachusetts Department of Public Health/School Health Unit, as well as pediatric health care providers in the community. Our School Facilities Department will vigilantly sanitize our educational spaces as we typically do during the cold and flu season. We are following all recommended guidelines to ensure the safety of our students and staff.

We remain deeply committed to student and staff wellness and will continue to share new information with you, as necessary, about this evolving situation.

Sincerely,

Joan Landers                                                                                                     Mona Sergi  
Superintendent of Schools                                                                                     School Nurse Leader
**Brain Building Bulletin**

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**Don't wait!**

You can begin to teach your child practical life skills as early as now!

Most children do not learn how to handle real-life situations until high school.

Get a jump start now with some of the following life skills:

<table>
<thead>
<tr>
<th>Life Skill</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Decision Making</td>
<td>Start by having your child make decisions between 2 different items (wearing blue socks or green socks, picking between chocolate or vanilla), help them weigh their options and discuss the pros and cons!</td>
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<tr>
<td>2. Health and Hygiene</td>
<td>Explain to your child why it is important to take baths/showers and why we brush our teeth, wash our hands or change our clothes. Make a chart for your child with some of these important hygiene topics and have them check them off as they do them throughout the day!</td>
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<tr>
<td>3. Meal Prep</td>
<td>Start simply by teaching your child how to make a basic sandwich (PB&amp;J or turkey and cheese), as your child gets older and is more comfortable in the kitchen you can add more steps!</td>
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<tr>
<td>4. Cleaning</td>
<td>Although it can be easier to take control of the cleaning, create some age-appropriate chores for your child to do daily, like: making the bed, help set the table, clean up toys/ daily messes.</td>
</tr>
<tr>
<td>5. Ordering at Restaurants</td>
<td>Getting your child to order their own food at a restaurant can help with their confidence. Start by going through the menu with your child and have them practice saying what they want to you, and then have them tell the waiter/ waitress! Remind your child to say please and thank you and explain the importance of manners!</td>
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**April Showers**

- **Pitter patter rain drops** (wiggle fingers to imitate rain)
- **Falling from the sky** (wiggle fingers down)
- **Here’s my umbrella** (action of opening up umbrella)
- **Hold it high!** (hands over head)
- **When the rain is over** (bring hands down slowly)
- **And the sun begins to glow** (make sun with arms)
- **Little flowers start to bud** (Kneel down)
- **Then grow, grow, grow!!!** (slowly stand up)

**Ice Cream Cone Planting!**

Grab an ice cream cone with a flat bottom, put some planting soil and seeds of your choice inside, water regularly, when the plant begins to grow you can plant the entire cone into the ground!!

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**Curious about your child’s development?**

Call us at (978) 297-3436 for the Ages and Stages Questionnaires.

Your answers will show your child’s strengths and highlight any areas in which your child may need more help or practice.

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Everyone can be a Brain Builder. Visit www.brainbuildinginprogress.org for more information.

CFCE Grant Community Outreach and Resource Liaison,
Samantha Brooks: sbrooks@winchendonk12.org or (978) 297-3436

Funding provided in part by the CFCE Grant funded through the Massachusetts Department of Early Education & Care, and the Winchendon Public Schools.
MUD PAINTING!

What you’ll need: chocolate pudding mix, water, and paper.
Mix pudding and water and let your child finger paint with it on a piece of paper!
This is a super fun and very yummy activity that lets your child use all of their senses!

Financial Literacy

Quick Tips and Activities for Kids

1. Take your child grocery shopping with you and let them look at the prices of different foods.
2. Talk with your child about the difference between needs and wants.
3. Count and roll the change in your house together.

Kindergarten Registration!!

If your child is 5 by August 31, 2020 they are eligible for kindergarten in the fall of 2020!!

Open enrolment is:
Monday, March 2nd through Friday march 27th
10:00am-2:00pm with an evening registration on Wednesday march 18th from 5pm to 7 pm.
Located at Memorial School 32 Elmwood road
Memorial School’s number : 978-297-1305

Preschool Screening Packets!!

Preschool screening packets will be mailed by April 1, 2020.
If you did not receive a packet or if you have any questions call the preschool office at:
978-297-3436
Children must be 3 or 4 years old by August 31, 2020 to be eligible for preschool in the fall!

Financial Literacy

Quick Tips and Activities for Kids

1. Take your child grocery shopping with you and let them look at the prices of different foods.
2. Talk with your child about the difference between needs and wants.
3. Count and roll the change in your house together.

Check this out! Resources for Parents

Massachusetts 2-1-1
Find Help Fast and Free
Dial 2-1-1

Free Winchendon Community Playgroups
9:00—10:00 for ages 0-3
10:00 to 11:00 for ages 3-5
Please call or email for more information!

Free Literacy app for children living in Winchendon
Footsteps2Brilliance=
www.MyF2B.com/iz -then enter zip code

For the latest information on playgroups and other community events,
Like our Facebook page:
Winchendon Community Playgroups
Winchendon Community Playgroups

Like our Facebook Page!
Come and share ideas and learn about child development in a warm and friendly environment.

Spring 2020 Playgroups Series
Ages 0-3—9:00 am -10:00 am
Ages 3-5—10:00 am -11:00 am

Wednesdays,
March 4, 18, & 25
April 1, 8, 15 & 29
May 20 & 27
and
June 3 & 10

Please Note:
Playgroups will not be held on May 6 & 13 due to Preschool Screenings. If you did not receive a Screening packet by April 8th, please let us know.

In the event that the Winchendon Public Schools has a delay in opening or a cancellation, both Playgroups will be cancelled for that day.

Location:
Winchendon Pre-K Program/CFCE
32 Elmwood Road, Suite A-3
Winchendon, MA 01475

Tell us you can join us!
Please Pre-Register @ 978-297-3436 or kbrooks@winchendonk12.org

Registration is suggested but not required.

Thank you for limiting your cell phone use!
The time you share with your child at Playgroup is precious and making them the center of your attention is quality time at its best!

Funded by the CFCE Grant offered through the Department of Early Education and Care and the Winchendon Public Schools