

FRIDAY



FLASH

EDMUNDS  
ELEMENTARY SCHOOL

299 Main St, Burlington, VT 05401 • 864-1791

## From the Principal's Desk

Date and Volume Number

March 6, 2020

## Up Coming Events:

March 20 - Lion King Performance 6:30 PM

March 21 - Lion King Performance 4:00 PM

March 26 - Early Release Day 11:30

March 27 - Parent/Teacher Conferences **NO SCHOOL**

Whole School Assembly  
March 12, 2020  
Ms. Nolan Leading

REMINDERS FROM THE SCHOOL NURSE!

Please remember that as always, the best way to prevent germs from spreading is to

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Guidelines from the Vermont Department of Health  
For updated information about Coronavirus, please go to the Vermont Department of Public Health website:

<https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus> All travelers

returning from China, Italy, South Korea, Iran and Japan, those concerned about Coronavirus, or in contact with a person with Coronavirus should: **Call the Vermont Department of Health at 802-863-7240.**



I hope that everyone had a good break. I was able to visit my daughter and her family including my 14-month old grandson in New Jersey and had a lot of fun with all his new "skills". My daughter and son-in-law are being pretty careful about his access to technology. That said, he is attracted to remotes and cell phones. He tries to get Alexa's attention, looking directly at the device and with a commanding voice, says "Ayayah!" Thank goodness Alexa doesn't respond because he doesn't have the vocabulary to actually ask for anything.

I have taken my own personal break from one aspect of technology. I've never been a big follower of Twitter, or Facebook, preferring Instagram's more efficient posts to stay in touch with family and friends. The thing I was looking at more regularly was a newsfeed, which provided news from the NY Times, LA Times, Newsweek, Times, and many more news outlets. I had noticed that life was feeling pretty stressful. Last weekend, I decided to unsubscribe from the service and deleted the App. Although it was my "go to" when I was waiting for something, I have to say it's a relief to not have so much bad or alarming news crowding my day. I still watch and listen to the news daily, but in reasonable doses. Technology offers a lot, but it's important to insure that what is being offered is actually worthwhile in terms of the quality of our lives. Lesson learned!

I know that the Covid-19 or the Corona virus is on everyone's mind to one degree or another. It's hard not to be considering it, given the news coverage which shows the spread of the virus. The good news is that it doesn't seem to be impacting children much. It may be a good idea to have your children develop the habit of washing their hands when they get home from school just as soon as they get in the house, regardless of whether they're showing symptoms of any cold or virus or not. At the end of this Friday Flash, we've attached a great resource to share with your child, that we hope you find helpful.



**PTO LEADERS:** Kim Brockway, Kimberly Price & Stacey Kelleher

**PTO CONTACT:** [askeespto@gmail.com](mailto:askeespto@gmail.com)



### MINI MILERS!

Many thanks to Courtney Ledger who is going to lead Mini Milers on Tuesdays beginning March 31 for ten weeks. We are still looking for more volunteers to help, even if you can only help for 4-5 sessions! The more adults, the more kids who can participate! No experience necessary. Please help make this program happen for EES students! if you are able to volunteer, please contact Kim Brockway at [kimbrockway1@gmail.com](mailto:kimbrockway1@gmail.com)

### VSO - MUSICAL PETTING ZOO

Attention music lovers and parents of kindergartners and first-graders! We need your help to make this event happen! The musical petting zoo is a fun, hands-on experience for kids in kindergarten and first grade to learn about the instruments that are part of an orchestra and get a chance to play them. We need lots of parent volunteers to help hold these actual orchestra instruments and sanitize them between students; an easy way to volunteer and join in the fun!



No musical experience needed! We are looking for 8 volunteers to staff this one-time workshop from 8:15-10:10 am Friday April 17<sup>th</sup>. Only available for a portion of the morning? No problem! I am happy to coordinate shifts. Contact Kate Remuzzi if you are available to volunteer [kremuzzi@gmail.com](mailto:kremuzzi@gmail.com)



**GET READY FOR GIRLS ON THE RUN!**

During each Girls on the Run season, girls make new friends through fun games and talking about what matters to them! Our trained coaches facilitate activities, challenges and discussions from our research-based curriculum to help each girl activate her limitless potential.

Participants develop confidence and tools for managing emotions, resolving conflicts and setting goals to navigate life challenges through adolescence and beyond! Physical activity is woven into each session to inspire a lifetime of wellness. After the 10-weeks, girls complete GOTRVT's celebratory 5K and see that the finish line is just the beginning!

The team meets twice weekly, after-school, for 90 minutes per session. Be on the lookout for our meeting schedule coming soon! Registration opens on February 17<sup>th</sup> at [gotrvt.org/register-now](http://gotrvt.org/register-now). GOTRVT provides financial assistance directly on the registration form for qualifying families. Visit [www.gotrvt.org](http://www.gotrvt.org) for more info! Questions? Contact Jessica Green, GOTRVT's Program Coordinator, at 802-871-5664.

### STILL LOOKING FOR MORNING TRAFFIC CIRCLE VOLUNTEERS!

Your morning traffic circle crew needs a volunteer one morning per week. Do you have 20 minutes to help on **Wednesday OR Friday** mornings between 7:45-8:05 in the traffic circle? This is a fun, easy way to help students start the day safe and smiling. Please email Stefanie Waite if you can help: [waite@burlingtontelecom.net](mailto:waite@burlingtontelecom.net)



Kids, this comic is for you.

It's based on a radio story that NPR education reporter Cory Turner did. He asked some experts what kids might want to know about the new coronavirus discovered in China.

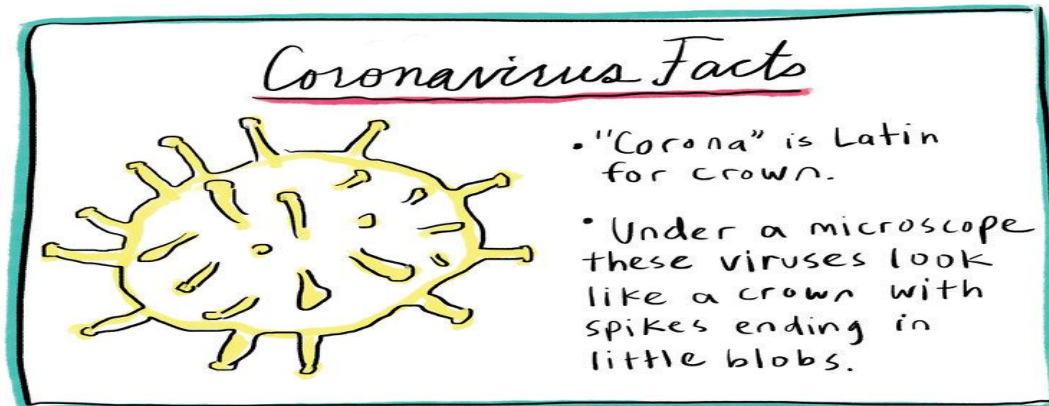
To make this comic, we've used his interviews with [Tara Powell](#) at the University of Illinois School of Social Work, [Joy Osofsky](#) at the LSU Health Sciences Center in New Orleans and [Krystal Lewis](#) at the National Institute of Mental Health.

It's a word you might have heard  
at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.





A lot of the symptoms are similar to the **flu** (which you might have had before!)



Dry, itchy cough



Fever



Kinda hard to breathe

Most people who have gotten sick with this coronavirus have had a **mild** case.

And there aren't a lot of cases in **kids**. If kids do get the virus, it tends to be **very mild**.



People who are much older or who already have health problems are more likely to get sicker with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.



In the U.S. we don't have a lot of coronavirus cases. Medical people are tracking the disease very carefully and are trying to make sure it doesn't spread.

LET'S FIND THAT CORONAVIRUS!





If there's anything you might be confused or worried about, don't be afraid to ask someone you TRUST.



There are some things you can do to protect yourself, family and friends from getting sick.

## ① WASH YOUR HANDS OFTEN

- ★ USE SOAP AND WATER
- ★ WASH FOR AT LEAST 20 SECONDS. IF IT HELPS, SING THE ABC'S WHILE YOU DO IT—THAT'S ABOUT 20 SECONDS.
- ★ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).



- ★ TRY TO GET INTO ALL THE NOOKS + CRANNIES!

## ② SNEEZE INTO YOUR ELBOWS

★ CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.

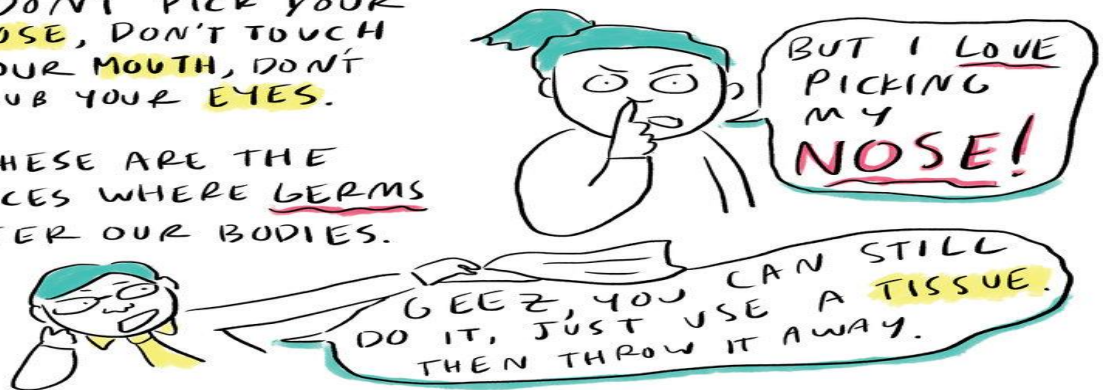
★ IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



## ③ AVOID TOUCHING YOUR FACE

★ DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.

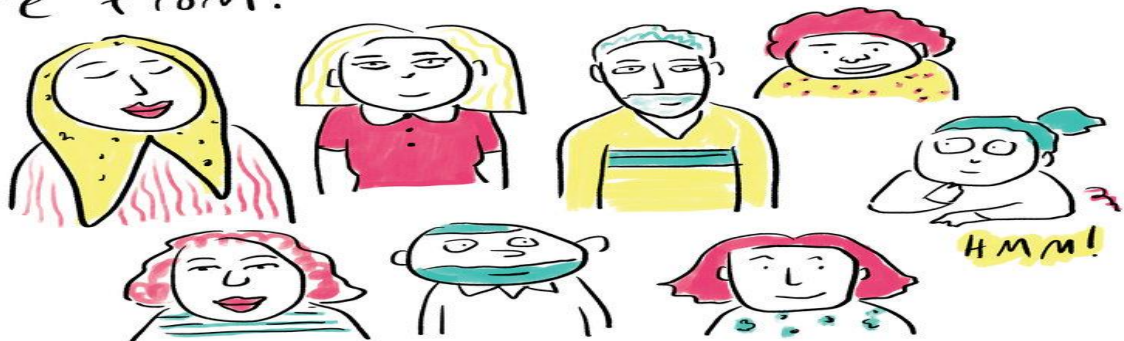
★ THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect

**ANYBODY.**

It doesn't matter where you come from or what country your parents are from.





Just because someone looks different or talks differently doesn't mean that they are at a higher risk of getting the coronavirus or spreading it.

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



But seriously, though...  
PLEASE wash your hands!!!