

# JFK Weekly Newsletter

*Friday, September 24th Sara Raabe, JFK Principal*



## When to keep your student home

As a school district, we ask families to keep students home if they are sick. In years past being sick enough to stay home has meant things like a fever, vomiting, etc. Students need to be symptom free for 24 hours without use of any over the counter medications before they can come back to school.

COVID has meant that we have had to change our procedures for when a student is sick. If your student has any of the following Covid symptoms, please keep them home from school and call the Covid Hotline at 802 556 2243 to speak to one of the nurses.

- Fever
- Sore throat
- Headache
- Nausea
- Vomiting
- Diarrhea
- Loss of taste or smell
- Shortness of breath
- Cough

If your student has a cough **OR** shortness of breath **OR** loss of taste/smell **OR** has ***more*** than 1 symptom from the list above please call their PCP. The school will need a note from the doctor with your child's return to school plan before they can return to school.

If your student is going to be out of school for any reason, it is important that you call the main office to let us know, even if you have already talked to the COVID hotline.





# World Mental Health Day is 10.10.21.

Join the global movement with us throughout October for:



**Free Speaker Series**



**Resources**

Advance registration is free but required for all Zoom webinars at [howardcenter.org](http://howardcenter.org).

OCTOBER 7 • 12:00–1:00 PM EST

**Supporting resilience in the face of unrelenting uncertainty.**



Simha Ravven, MD, Chief Medical Officer, Howard Center. Presentation followed by Q & A.

OCTOBER 13 • 4:00-5:15 PM EST

**A conversation with best-selling author Ashley C. Ford.**

NATIONAL SPEAKER



Ashley C. Ford, best-selling author, host, and educator talks with Jude Smith Rachele, PhD, about her memoir, *Somebody's Daughter* followed by Q & A.



OCTOBER 19 • 3:00-4:00 PM EST

**Good beginnings for the youngest among us:**

How do we as parents and caregivers support the early childhood years?



Liz Mitchell, LICSW, Early Childhood Program Director, Howard Center. Presentation followed by Q & A.

OCTOBER 28 • 1:00-2:30 PM EST

**Compassion fatigue for the whole community.**



Beth Goss, LCMHC, Director of Client Care and Coordination, Howard Center. Presentation followed by Q & A.



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SPECIAL THANKS TO OUR ANONYMOUS MATCHING FUND DONORS



## Important Dates: Upcoming

Friday, October 15, 2021

No School

Thursday, October 21, 2021

11:00am Early Dismissal

Friday, October 22, 2021

11:00am Early Dismissal

Thursday, November 18, 2021

11:00am Early Dismissal

JFK Parent Teacher Conferences via Zoom

Friday, November 19, 2021

11:00am Early Dismissal

JFK Parent Teacher Conferences via Zoom

Monday, November 22, 2021

No School



Tuesday, November 23, 2021

No School

Wednesday, November 24, 2021

No School

Thursday, November 25, 2021

No School

Friday, November 26, 2021

No School

Wednesday, December 15, 2021


12:15 Early Dismissal




## JFK Elementary


 Facebook

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