

November 20, 2020

Dear CES Families:

As we go into the Thanksgiving holiday, please be careful and follow the COVID protocols:

**Watch your distance,
Wear your masks, and
Wash your hands.**

The more we follow these rules at ALL times, the healthier we are as a community. Thank you for your diligence and attention.

REPORT CARDS AND CONFERENCES

Report Cards go home today! Parent/teacher conferences are on Monday and Tuesday of next week. Please reference last week's letter for details on the report cards. Here is the link: <http://www.canterburypublicschools.org/wp-content/uploads/2020/11/Report-Card-Update.pdf>

HALF DAYS with DISMISSAL AT NOON

Monday, Tuesday, and Wednesday next week are half days with dismissal at noon. Kindergarten families may come at 11:55 to start dismissal line.

PTO BOOK FAIR

The online book fair is NOW open. Here is the link: <https://bookfairs.scholastic.com/bookfairs/cptoolkit/homepage.do?method=homepage&url=ctces2020>

PTO DRIVE FOR CANTERBURY CARES

We are still gathering items for the food bank such as coffee, tea, and toiletries. Thank you for your generosity!



Soap, Sanitizer, and Dry Winter Skin

Handwashing has gone viral (ha!) this year. It seems like we are washing our hands a hundred times a day! And when we aren't washing, we are sanitizing. What's the deal anyway?

We all know the importance of clean hands in infection control. Hands are the little vehicles that get germs into mouths, eyes, nose, and ears. We need to keep them clean. We all know that!

Hand sanitizer is a great next-best thing. Throwing some hand sanitizer on is definitely a protection against germs. But it does start to gum up, it does start to feel yucky, it can sting on dry hands, and there are some viruses that it just doesn't kill.

The friction of **handwashing**, and rinsing germs down the sink is definitely the go-to option. It doesn't matter if it's antibacterial soap or not; just get some suds on there, and get scrubbing (and rinsing!). Keeping hands clean is one of our many strategies for keeping germs at bay, but it is arguably our most important!

And as the weather gets cold and dry, all this washing is going to start drying our skin. Remember to moisturize with a good lotion (Eucerin is a personal favorite of mine!) and keep that skin nice and healthy. Our skin is our armor against the environment, and we want to keep that armor in good shape!!

Hats and Scarves and Gloves, Oh My!

"There is no such thing as bad weather, only unsuitable clothing."

--Alfred Wainwright

The cold weather is coming! We've had some glimpses of it, for sure, but we know it'll get chillier soon!! Please remember to have your kids wear suitable clothing. This means a **warm coat**, a **hat**, and maybe some **gloves**. They will have so much more fun at recess if they aren't freezing!

This year especially, because we are keeping physical distancing and cohorting and all that jazz, it's imperative that kids get some time to get their wiggles out outdoors. As long as it's reasonable, **we plan to get these kids out in the fresh air each day**.

I have some hats and gloves in my office for those who need one--if your child is sent home with a hat from me, they are the first and only recipient of said hat. No givesie-backsies on hats! (And remember to remind your kids not to share hats.)

If for any reason your family needs assistance with any appropriate winter wear, *please let me know*.

Please don't hesitate to contact me with any questions or concerns you may have.



Nurse Cassie

castimson@canterburypublicschools.org,

text (860) 546-8588

phone (860) 546-6744.