



February 5, 2021
Happy February, CES Families!

We officially remained SAFELY open for the anticipated surge of January! Cases are still up--we still need to be on guard--but they are definitely trending in the right direction. Last week the town of Canterbury had 15 cases. We had 29 the week before, and 41 the week before that, so things are definitely looking up. We thankfully haven't had any cases in the last few weeks that required contact tracing within the school.

Thanks so much, families, for doing your part. We so appreciate your communication, your open and honest stance about potential exposures, and your abundance of caution in keeping symptomatic kids home. Without your cooperation, it would be a whole lot harder to keep our school community open.

Remember, we get outside for recess most days. Please be sure your child brings a coat (and maybe hat and gloves) every day, so that they can be comfortable and get the most out of recess.

Also students are encouraged to have a water bottle with them at school. Dehydration can cause headaches and brain fog, among many other things. Drinking plenty of water is so important for our bodies! When it's chilly out, it's easy to forget to drink water. But our bodies need hydration more than ever.

We also want to remind you to use the code PEACE2020 and check out peaceathomeparenting.com. We especially encourage you to check out the flash class "Be Your Child's Emotion Coach" at <https://attendee.gototraining.com/771z4/register/2302847239347033345>

Thanks for being such a great community. Don't hesitate to text me at 860-546-8588 or call me at 860-546-6744.

Your nurse,
Cassie