

John H. Fuller Elementary



Falcon Newsletter

December 4, 2020

DATES TO REMEMBER

December 18

Remote Instruction Day

Dec. 24—Jan. 1

Holiday Recess
No School



Turkey Trot
results inside!

Hello JFS families,

I hope you were all able to enjoy your time off this past week. With the Holiday season in full swing I wanted to take a minute and remind everyone to be extra vigilant and safe during the Holidays. With our numbers increasing daily within our small community and emotions heightened, it is still our goal to remain face to face for as long as possible.

I know for some our policies in place may seem a little over the top but please remember it is only for the health and wellness of our students, staff and community.

NH DPHS continues to recommend that schools and businesses exclude persons with new or unexplained symptoms of COVID-19, even mild symptoms (e.g., rhinorrhea, nasal congestion, headache.), and that such persons be tested for COVID-19 using a PCR or antigen test.

NH DPHS has released a [letter for healthcare providers](https://www.dhhs.nh.gov/dphs/cdcs/alerts/documents/covid-19-update23.pdf) which discusses NH data on symptoms in children and teenagers with COVID-19, and explains the rationale behind our exclusion and testing guidance. <https://www.dhhs.nh.gov/dphs/cdcs/alerts/documents/covid-19-update23.pdf>

Below is a visual I that I adapted that shows an example of how community spread is happening, the incubation period of COVID-19, and how testing prior to visiting family members does not mean you are COVID free. Clicking on the photo or link below will bring you the CDC's Holiday and gatherings guidelines at:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Although things are very different this year, there are ways to be able to enjoy the Holidays safely.

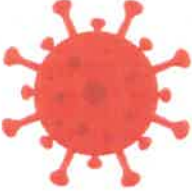


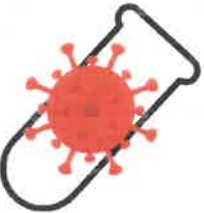
Kindly,
April Fitzsimmons, RN

Diagnostic Test Results:

A snapshot of one point in time

With the Holidays fast approaching, it is important to understand the risk we are taking when we choose to celebrate with the people we love who are outside of our immediate household.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

- | | | | |
|------------------|--------|---|--|
| December
18th | DAY 1 |  | April was exposed to
COVID-19 |
| December
22nd | DAY 5 |  | April felt well and tested
negative for COVID-19 |
| December
25th | DAY 8 |  | April enjoyed the Holidays
with 8 family members
while contagious and not
knowing |
| December
27th | DAY 10 |  | April developed symptoms
and tested positive for
COVID-19.
DON'T BE LIKE APRIL
THIS HOLIDAY
SEASON |



2020 1st Place Turkey Trot winners:

1st Kindergarten Boy: Thomas B.
1st Kindergarten Girl: Bailey B.

1st First Grade Boy: Killian H.
1st First Grade Girl: Hannah W.

1st Second Grade Boy: Kaj E.
1st Second Grade Girl: Brynn T.

1st Third Grade Boy: Christopher G.
1st Third Grade Girl: Eve B.

1st Fourth Grade Boy: James J.
1st Fourth Grade Girl: Fiona L.

1st Fifth Grade Boy: Oliver D.*
1st Fifth Grade Girl: Grace D.

1st Sixth Grade Boy: Tyler C.
1st Sixth Grade Girl: Noli H.

*Oliver D. was the overall fastest in the school!



Mrs. Memoli's Counseling Corner

December 4, 2020



Flatbread Fundraiser

JFS would like to thank you for supporting our pizza fundraiser at Flatbread Company. It is with your help that we raised funds for Kiwanis Angels & Elves and school-wide programming.

THANK YOU!

Food Drive ~ Thank You

The JFS Student Council would like to thank the JFS community for supporting our annual Food Drive. This year we collected food for End 68 Hours of Hunger and the community.

**WE COLLECTED
317.5 POUNDS
OF FOOD!**

Student Council President, Addy Blair



Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of “Y” or “Yes” to our school’s short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with “**Stop**”.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from
your mobile
phone now!**



**Just send
“Y” or “Yes”
to 67587**

i Information on SMS text messaging and Short Codes:

SMS stands for Short Message Service and is commonly referred to as a “text message”. Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as “short code” texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers. If you’ve ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

MONDAY

Daily Beverage Options:

- Milk, Skim
- Milk, 1%
- Milk, Fat Free Chocolate

TUESDAY

1

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Grilled Cheese Sandwich
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Sweet Corn
 • Assorted Fruit

WEDNESDAY

2

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Pasta with Meatsauce
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Broccoli
 • Assorted Fruit

THURSDAY

3

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Honey Dipped Corn Dog
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Celery Sticks
 • Assorted Fruit

FRIDAY

4

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Cheese Pizza
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Carrots
 • Assorted Fruit

7

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • French Toast Sticks and Sausage
 CHOICE B:
 • The Pizza Stacker Lunchbox
Side Picks
 • Tater Tots
 • Applesauce Cup

8

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Soft Beef Taco
 CHOICE B:
 • The Pizza Stacker Lunchbox
Side Picks
 • Sweet Corn
 • Assorted Fruit

9

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Homemade Mac and Cheese
 CHOICE B:
 • The Pizza Stacker Lunchbox
Side Picks
 • Broccoli
 • Assorted Fruit

10

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Chicken Patty on Bun
 CHOICE B:
 • The Pizza Stacker Lunchbox
Side Picks
 • Carrots
 • Assorted Fruit

11

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Cheese Pizza
 CHOICE B:
 • The Pizza Stacker Lunchbox
Side Picks
 • Cucumber Wedges
 • Assorted Fruit

14

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Crispy Chicken Nuggets and Dinner Roll
 CHOICE B:
 • The Better Cheddar Lunchbox
Side Picks
 • Carrots
 • Assorted Fruit

15

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Soft Beef Taco
 CHOICE B:
 • The Better Cheddar Lunchbox
Side Picks
 • Tater Tots
 • Assorted Fruit

16

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Baked Ziti w/ Meat Sauce
 CHOICE B:
 • The Better Cheddar Lunchbox
Side Picks
 • Broccoli
 • Assorted Fruit

17

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Roast Turkey
 CHOICE B:
 • The Better Cheddar Lunchbox
Side Picks
 • Mash Potato
 • Assorted Fruit

18

Remote Day - All Schools

21

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Sloppy Joe on Bun
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Cucumber Wedges
 • Assorted Fruit

22

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • Classic Shepherd's Pie
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Sweet Corn
 • Assorted Fruit

23

- Classroom Picks**
SELECT ONE:
 CHOICE A:
 • American Chop Suey
 CHOICE B:
 • Yogurt Dipper Lunchbox
Side Picks
 • Broccoli
 • Assorted Fruit

24

Holiday Break - No School

25

Holiday Break - No School

28

29

30

31

New Years Eve - No School

FREE MEALS FOR ALL! DUE TO EFFECTS COVID-19 ON FAMILIES ACROSS THE COUNTRY THE USDA HAS APPROVED COMPLIMENTARY BREAKFAST AND LUNCH FOR ALL THOSE 18 YEARS OLD OR YOUNGER IN THE COMMUNITY THROUGH JUNE 30, 2021 FOR ADDITIONAL INFORMATION CONTACT YOUR SCHOOL FOOD SERVICE DIRECTOR.