



# OSPREY NEWS

DECEMBER 20, 2020

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Dear MBS Families,

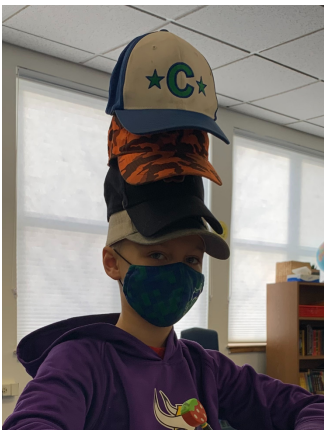
This past week has been Spirit Week at MBS. Included below are a few pictures from our door decorating, dress to impress, and hat day! Students and staff alike enjoyed decorating and dressing up. Tomorrow Spirit Week continues with riddles for classrooms to solve and a Virtual All School Meeting. Special thanks to the MBS PTA for sponsoring our Snowperson remote craft day on Wednesday.

I wish you a safe and restful school vacation (12/23 - 1/1). Please review the [district's most recent newsletter](#) with information about Governor's Scott's orders regarding quarantine and what to do if you are travelling. Also, page 2 of this edition of the *Osprey News* has additional information from Nurse Josie.

Our next edition of the *Osprey News* will go out to families on January 3rd, 2021.

Respectfully,

*Ms. Burke*



# NURSE

If your family is traveling over break, or attending a multifamily gathering, please remember the State of Vermont guidelines around quarantine. Information is available on the [Vermont Department of Health website](#). Please let me know if you are quarantining and/or testing and when your student plans to return to school after the holiday. I do need information regarding COVID testing prior to students returning to school.

Email communication works best and I will check it over break if you have any questions or concerns. [Josie.Lang@colchestersd.org](mailto:Josie.Lang@colchestersd.org). I hope everyone has a joyous, peaceful, and healthy holiday break! I look forward to seeing everyone in 2021!

Nurse Josie

## GUIDANCE



This can be a stressful time of year for both adults and children. There are many resources available if your family needs help over the break, or any time. These are unprecedented times, don't hesitate to reach out for help or support.

- Tips on [Coping with Family Stress During COVID-19](#) (Vermont Department of Health)
- Vermont 2-1-1 for free and confidential connections to resources at 2-1-1 or 866-652-4636. Text VT to 741741 to talk with someone at the [Crisis Text Line](#)
- Call your local mental health 24/7 crisis line [Howard Center First Call](#) 802-488-7777,
- Contact the [National Suicide Prevention Lifeline](#) at 1-800-273-8255.
- Get connected to Alcohol and Drug Support Services at [VT Helplink](#).
- Call or text [Pathways Vermont peer support line](#) at 833-VT-TALKS (833-888-2557) 24/7
- [COVID Support VT](#): Self-help tips, education and a way to connect to mental health and community services.
- For multilingual support call 800-985-5990 or text TalkWithUs to 66746.
- Don't hesitate to reach out to the MBS School Counselor, Ms. Peltier at 802-264-5898 for help connecting to resources for you or your child.



Ms. Sim Peltier, MBS School Counselor

(802) 264-5898

[simrat.peltier@colchestersd.org](mailto:simrat.peltier@colchestersd.org)



# SPIRIT WEEK

Monday, December 21	Tuesday, December 22
 <p>Riddle Challenge Day: Can your class work together to solve riddles? Whole School Meeting</p>	 <p>Cozy Day!</p>

## PTA

Want to support MBS while online shopping?  
From kitchen supplies to jewelry to candles,  
you can order many items all while supporting  
MBS by shopping at the online storefront.  
**[Click here for the fundraiser storefront link.](#)**



# FOOD BUNDLE

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CSD Community,

If you have signed up for the food bundle, come to the main lobby of Colchester High School on Wednesday, December 23 between 5:00 pm and 6:00 pm to pick up your free food bundle.

**When:** Pick up your meals on Wednesday, December 23 between 5:00 - 6:00 pm

**Where:** Main lobby of Colchester High School

It is important to note that these meals are for any CSD child, not just those in need. By signing up and coming to pick up the food bundle, you will be supporting our community.

Food Service Program  
Colchester School District

