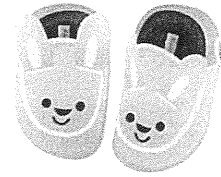


Wednesday, December 20th  
is



## Pajama Day!

Wear your best and cutest jammies!  
Wear your favorite jammies!  
If you sleep in a t-shirt and  
sweatpants, wear those!

(There will be a special treat in  
the afternoon at 12:45PM)



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# SAVORY-WINTER-SQUASH-AND-KALE-SCONES

8-10 scones

## INGREDIENTS

2 cups kale, loosely packed  
2 cups all-purpose flour  
1/2 tsp salt  
1 tsp baking soda  
1/2 tsp baking powder  
1 Tbsp sugar  
1/3 cup cold butter  
1 egg  
3/4 cup buttermilk  
1/2 cup winter squash, cooked and diced  
3/4 cup cheddar cheese, grated

## DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Steam the kale for 1-2 minutes. Chop finely and squeeze out as much liquid as you can (you should end up with less than 1 cup cooked kale).
3. Blend the flour, baking soda, baking powder, salt, and sugar together. Cut in the butter.
4. In a small bowl, beat the egg and add the buttermilk until well combined. Add the wet mixture, as well as the kale and squash, to the dry ingredients- mixing with a fork just enough to combine.
5. Drop the dough by spoonfuls onto a parchment-lined baking sheet. Bake for about 20 minutes, or until lightly browned.

Source: Valley Cooperative Preschool

recipe courtesy Green Mountain Farm to School



December 13, 2017

Dear Parents/Guardians:

Head lice has been identified in the school.

Please check your child carefully (by natural window light or a good lamp light) at least weekly. Report any findings to the school and close contacts of your child. As the holidays approach, take the time to be vigilant and check your children's heads!

The most common symptom of head lice is itching and head scratching, particularly at night. Red bite marks or sores may also be noticed on the scalp. If you suspect that your child has head lice, please call the school to report the issue.

What to look for:

- Frequent head scratching.
- Grayish crawling insects about 1/8 " long
- Tiny whitish oval eggs (nits) attached close to scalp (and won't fall or be brushed off...must be pulled using fingernails)
- Lice do not hop, jump or fly. The only way they can get from person to person is through direct hair-to-hair contact.
- When found, most cases of head are already at least a month old.

*Head lice are not a sign of being unclean; they love clean hair because it is easier to latch onto!*

We will maintain your confidentiality, and we can address the issue easily and quickly if we have accurate and timely information. There are safe and effective products to treat head lice that are available both over the counter and by doctor's prescription.

There are also some natural remedies as well, such as using olive oil etc. You can find more information on removing head lice naturally by viewing this short *youtube* video at

The most effective screening occurs when parents and guardians check their children at home on a regular basis. Please make this a weekly routine in your home.

If you have any questions you can call Lakeview Union School and ask to speak with the nurse or the principal.

Sincerely,

Eric Erwin, Ph.D., Principal

Tammy Preston, R. N , School Nurse

## Lakeview Nordic Ski Program 2018

We have the opportunity to participate in the Nordic (cross country) ski program at the Craftsbury Outdoor Center again this year. Instruction will be provided for the students (and adults if needed) at the beginning of the session. Students will use equipment provided by the Craftsbury Outdoor Center - there will be equipment for the volunteers if they need it too! The Craftsbury Outdoor Center is providing instruction, equipment and trail use *free of charge*.

- ❖ **We will need parent and community volunteers!!**
- ❖ **Ski dates: January 16, 23, 30 & February 13, 2018**
- ❖ **The program will be on Tuesdays. Buses leave at 9:00 & 12:15.**

Day	Time	Classes
Tuesdays	9:00 AM Bus leaves LUS; Ski from 9:30 – 11:00 Bus leaves 11:15, returns by 11:45 AM	Ms. Campos Ms. Slayton
	12:15 PM Bus leaves LUS; Ski 12:45—1:45; Bus leaves 2 PM, returns by 2:30 PM	Mrs. Sedore Mrs. Casavant Ms. Pollard

We can use your help! If you are able to help with the program, please circle the time(s) below. All volunteers must have completed the background check paperwork within the last three years. If you are unsure, please check with the school.

After the initial group instruction, the students will break off into smaller groups to ski –the more adults, the smaller the groups! Often, adults will snowshoe with their group, especially with the younger kids.

This is such a healthy activity, and we live in such a wonderful region to be able to virtually walk out the door and ski! Even if you have never done it before, consider helping, because it is a lot of fun to be learning and helping the students!

I would like to help with the 2018 Cross Country ski program. I am able to help the following times:

**Tuesdays in the *Mornings***      **Tuesdays in the *Afternoons***      **BOTH!**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Return  
this  
portion  
>>>>>

Tie Day - Friday, December 22!

Mr Erwin's  
Birthday!

