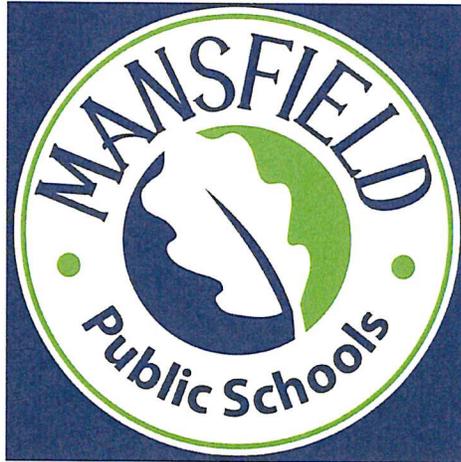




***Goodwin Elementary
Announcements & Events
Notices for 10/2/20***

- **Lunch Menu Week of Oct. 5**
- **Drive-thru Flu Clinic**
 - **Including Consent Form**
- **Mansfield Youth Services**
 - **Free Live Online Parenting Classes**
- **TVCCA Winter Boots Project**
- **Distant Learner Picture Nights**

EAT LOCAL @ 



ELEMENTARY MENU

WEEK OF OCT. 5

MONDAY/THURSDAY

Breakfast: Breakfast Bar Meal or
Cereal Meal

Lunch: Teriyaki Chicken Strips,
Veggie "Fried" Rice, Broccoli, Baby
Carrots, Fruit of the Day, Juice

TUESDAY/FRIDAY

Breakfast: Egg & Cheese
Sandwich Meal or Cereal meal

Lunch: Grilled Cheese Sandwich,
Fries/Wedges, Roasted Chickpeas,
Fruit of the Day

ALTERNATE LUNCH CHOICE

Bagel & Yogurt Meal or
Salad Plate Meal

FARM TO SCHOOL UPDATE

October is always a great month to celebrate school meals because it is National Farm to School month! Oct 5-9th is "CT Grown for CT Kids" week, and October 12-16th is National School Lunch Week. Over the last few years the Mansfield Public Schools Farm to School program has grown from featuring a few, one-time, local items to buying and serving thousands of pounds of local produce the last couple school years.

Although the COVID-19 pandemic has presented a fair amount of challenges, we have not given up hope on our farm to school efforts in Mansfield. Over the summer a team of Mansfield school and community members completed VT FEED's Farm to School Institute, with goals to expand farm to school from the cafeteria to the classrooms and greenhouses.

This school year we've continued our support of Horse Listener's Orchard in Ashford, who is able to supply us with local apples throughout almost the entire duration of the school year. We hope that with the lack of fairs and fall festivals, families have been able to visit local farm stands and orchards.

Please keep an eye on our menu for future farm to school offerings!!

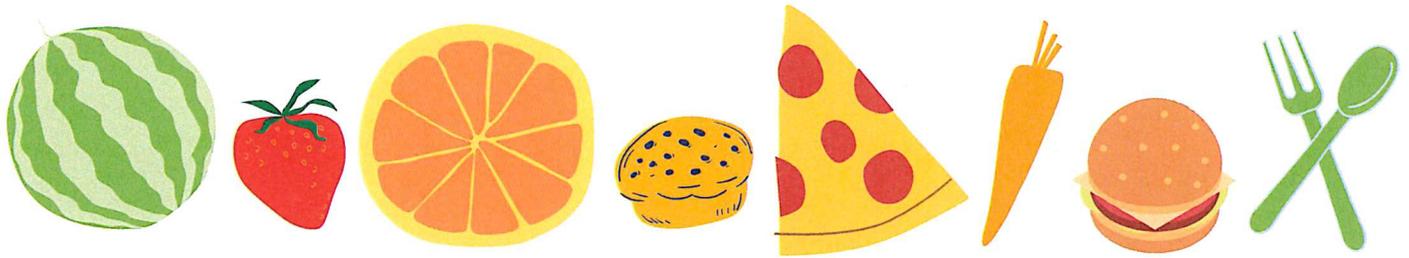
Breakfast & Lunch Price: **FREE*** Milk Only: \$0.50

*Free for ALL children through 12/31/20

 [FACEBOOK.COM/EATLOCALATMPS](https://www.facebook.com/eatlocalatmps)

WWW.MANSFIELDCT.GOV/1595/LUNCH-MENUS-ONLINE-PAYMENT

The Oct 14 - 30th menu will be available
before the Columbus Day break



MPS FOOD SERVICES - ELEMENTARY

BREAKFAST MEALS

ALL INCLUDE 100% ORANGE JUICE, ½ CUP OF FRUIT, AND 1% REGULAR MILK

LUNCH MEALS

ALL INCLUDE A CHOICE OF 1% REGULAR MILK OR FAT-FREE CHOCOLATE MILK

ALTERNATE LUNCH CHOICES

BAGEL & YOGURT MEAL INCLUDES BAGEL, CREAM CHEESE, YOGURT, STRING CHEESE, VEGETABLE, FRUIT, CHOICE OF MILK

SALAD PLATE MEAL INCLUDES: ENTRÉE SIZE GARDEN SALAD, PROTEIN, CROUTONS, ADDITIONAL GRAIN, FRUIT, CHOICE OF MILK

TURKEY SANDWICH MEAL INCLUDES TURKEY SANDWICH W/ LETTUCE & CHEESE, VEGETABLE, FRUIT, CHOICE OF MILK

DIETARY MODIFICATIONS

GLUTEN FREE: WE CARRY THE FOLLOWING GLUTEN FREE ITEMS – HAMBURGER BUNS, HOT DOG BUNS, SLICED BREAD, CHICKEN TENDERS, PASTA, PIZZA CRUST, BAGELS, MUFFINS, CEREAL

DAIRY FREE: OUR VENDORS ONLY OFFER LACTAID FOR A MILK SUBSTITUTE. WE DO REALIZE MANY OF OUR ENTRÉE ITEMS INCLUDE CHEESE AS THE MEAT/MEAT ALTERNATE COMPONENT. WE CAN WORK WITH FAMILIES ON ALTERNATE OPTIONS

DISTANT & REMOTE LEARNING MEALS

MEALS ARE AVAILABLE FOR 3-DAY DISTANT AND 5-DAY REMOTE LEARNERS

CONTACT

FOODSERVE@MANSFIELDCT.ORG
TO MAKE ARRANGEMENTS OR FOR ANY OTHER FOOD SERVICES RELATED NEEDS!

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

For your convenience and for the health of everyone at the Mansfield Public Schools, A Seasonal Drive-thru Flu Clinic will be held on Saturday October 3rd, 2020 from 10am-2pm at Mansfield Middle School (rain date 10/4/20)

Upon arrival, pull into the lower entrance near the former tennis courts and drive up to the bus parking lot adjacent to the gymnasium. Please have a consent form filled out for each individual prior to attending the clinic to help speed up the process.

*Flu vaccines will not be given to children younger than 4 or children between ages 4-8 who have not previously had the flu vaccine.

Protect Yourself and Your Loved Ones

Hartford
HealthCare
at Home 

Flu shots administered by:

Payment accepted:

Over age 65: Medicare Part B, Aetna Managed Medicare, Anthem Managed Medicare, ConnectiCare Managed Medicare, or check

Under age 65: Aetna, Anthem Blue Cross/Blue Shield, ConnectiCare, Cigna or check

Vaccine Costs: Flucelvax \$45 / Flublok \$80

2020 Influenza Immunization Consent Form

Name: First _____ Middle Initial _____ Last _____ M F

Address _____ Phone _____

City _____ State _____ Zip Code _____ Date of Birth _____

Primary Insurance Company: _____ Insurance ID# _____

Do not write in names – only use checkbox options below

Medicare Aetna Medicare Anthem/BCBS Medicare ConnectiCare Medicare
 Aetna Anthem/BCBS ConnectiCare Cigna Other Insurance No Insurance

Who carries the health insurance? Self Other Person (a parent, spouse, etc.)

Self-Pay: Flucelvax – \$45 Flublok – \$80 **Please Note:** If your insurance is not listed above, Self-Pay rates will apply

Check # _____ Check Date _____ Check Amount \$ _____

Please answer the following questions:

<input type="checkbox"/> Yes	<input type="checkbox"/> No	Have you ever had a flu shot?	Temperature
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Are you allergic to eggs or Thimerosal?	_____
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Have you ever had a serious reaction to a flu shot?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Have you ever had Guillain-Barré Syndrome?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Are you experiencing, fever, muscle aches, loss of sense of smell or taste, congestion, nausea, vomiting or diarrhea or are you taking an antibiotic?	

I have read, or have had explained to me, the information sheet about influenza vaccine. I have had a chance to ask questions that were answered to my satisfaction, and I understand the benefits and risks of the vaccination as described. I request that the flu vaccination be given to me (or the person named above for whom I am authorized to make this request). I authorize the release of any medical or other information necessary to process a Medicare or Medicare HMO claim, or for other insurance purposes. **I agree that if my insurance company does not pay for the vaccine or if a co-pay or deductible applies, I will be responsible for payment.**

I acknowledge receipt of the Notice of Privacy Practices: I have had the opportunity to ask questions regarding my rights relating to the use and disclosure of my Protected Health Information (PHI).

Signature of Recipient (or Guardian): _____ Date: _____

For Nurse use only

Vaccine: Flucelvax FluBlok Lot # _____ Exp. Date _____
(Please select Vaccine Name and enter Lot Number and Expiration Date)

Injection Site: Right Arm Left Arm

Clinic Location/Company Name _____ **Town of Mansfield** _____
(Please clearly print name of clinic or company as listed on Flu Schedule)

Nurse's signature _____ Date Admin. _____
(Signature of Nurse and date vaccine administered)

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2 Influenza vaccine

CDC recommends everyone 6 months of age and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).

In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



4 Risks of a vaccine reaction

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13), and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's www.cdc.gov/flu

Vaccine Information Statement (Interim)
**Inactivated Influenza
Vaccine**

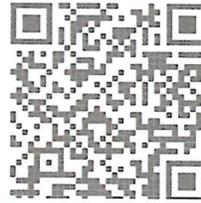
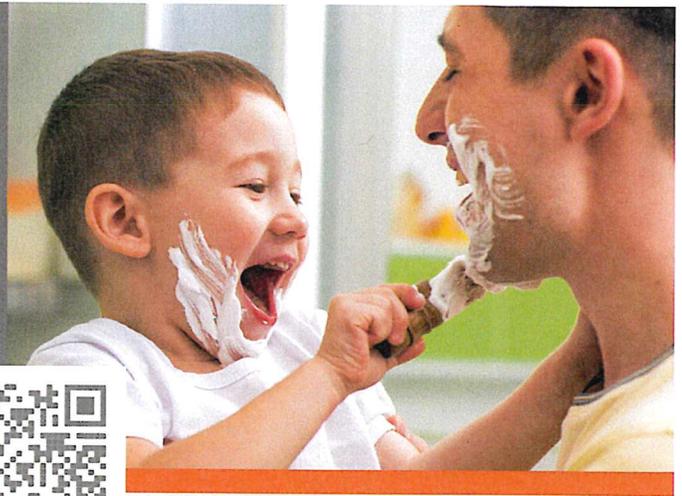


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8/15/2019 | 42 U.S.C. § 300aa-26



PEACE AT HOME
PARENTING SOLUTIONS



FREE LIVE ONLINE PARENTING CLASSES

Get started finding Peace at Home

STEP 1: Go to www.peaceathomeparenting.com/mansfield-ct-login

STEP 2: Choose and click which class is best for you from the list on the right

- **Interactive Live Online Classes** Get answers to your questions on the spot
- **Recorded Classes** On-demand recorded versions of our live, interactive courses
- **Flash Classes** 15 minutes or less

STEP 3: Click on the class topic and then click **Register**. Fill out the form. Choose School/Town Subscription when asked for source of subscription.

STEP 4: Enter your free discount code **PEACE2020** in place of payment

That's it! You will receive an e-mail confirmation with instructions for your next steps or a link to the class you chose. LIVE CLASSES will send reminders leading up to date of the class.

Learn more at
PeaceAtHomeParenting.com

With each class you will receive:

- Parent handouts you can download and print
- Access to our private, monitored Facebook group where you can get answers and feedback from other caring parents like yourself and Peace at Home experts
- Access to Free monthly online Q&A sessions to follow up on your new approaches

And if you sign up for a live, online class and miss it – we will send you access to a recording of that class in just a day or two.

Sponsored by



MANSFIELD
YOUTH SERVICES

September 2020

Dear Parent(s) -

TVCCA-RSVP in Killingly is organizing their 25th annual **Winter Boot Project!** TVCCA coordinates retirees and senior citizens to provide winter boots for children in need. If your child/children (PreK- 5th grade) need a **pair of warm winter boots** please return this form to me by **Friday October 9th** with the following information completed. The children's names will **NOT** be shared with the volunteers.

Child: _____
Age: _____
Boot Size: _____

Child: _____
Age: _____
Boot Size: _____

Child: _____
Age: _____
Boot Size: _____



The boots are delivered to Goodwin by mid-December and distributed to the families.

Feel free to call with any questions:
Anne Wiant-Rudd, RN
Goodwin School Nurse
860.429.9082 x2



Distant Learner Picture Nights

We know how important school pictures are to families!
We invite you to join us at our Enfield studio for socially distant
school pictures for all of our distant learners.

The cost is \$20 for your session but you will
receive a \$20 discount off of your purchase! So it's FREE!

To schedule your private session, please visit <https://bit.ly/360Vvit>
Click on the Undergrad Session box and then pick a date and time
Sessions will be on 10/7 and 10/28 from 4:00pm-8:00pm

To insure your safety:

- Please call 860-265-1440 ext 3610 when you arrive.
- Please wait in your vehicle until we are ready for you to enter the studio.
Only one adult per student will be allowed inside.
- We ask that you wear a mask while in the building. The student can
remove theirs for the photo.
- All of our staff will be wearing masks and sanitizing between students.

If you have any questions, please call our studio at 860-265-1440
and we would be glad to help you.

We look forward to your picture nights!

G&B Photography
3 Anngina Dr. Enfield, CT 06082
860-265-1440
www.grynnandbarrett.com