Goodwin Elementary Announcements & Events Notices for 10/16/20

- **October Lunch Menu**
- **After School Friends Program**
- **COVID-19 Protocols**
- **Internet Safety**
- **United Services/Kinship Care Group**
- **Socially Distant Drug Disposal**
- **Eversource Help**
- **Halloween Happenings**

OCTOBER
ELEMENTARY MENU

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

FACEBOOK.COM/EATLOCALATMPS

EAT LOCAL @ MANSFIELD Public Schools

Breakfast & Lunch Price: FREE*

*Free for ALL children through 12/31/20

Milk Only: $0.50

BREAKFAST

LOCAL OFFERING

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mini Pancakes or Mini Waffles	Bagel & Cream Cheese	Breakfast Bar **Cereal Served Daily**	Egg & Cheese Sandwich	Bread Slice or Muffin

NO SCHOOL OCT 12-13

Alternate Lunches by Week

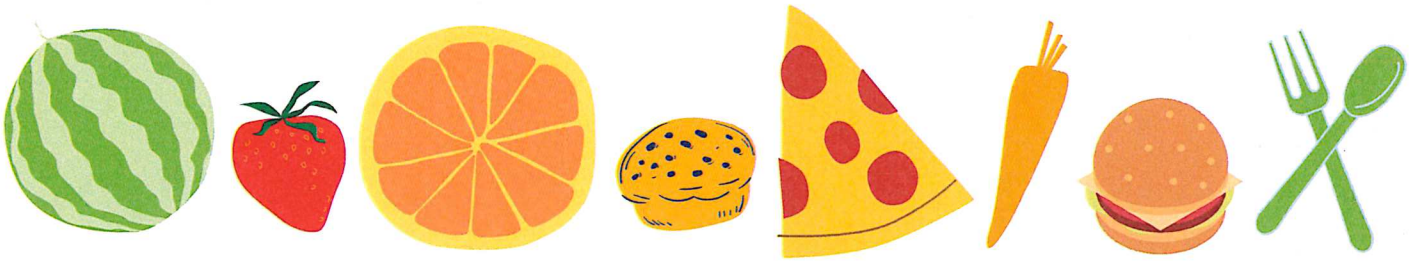
10/14 - Turkey Sandwich
10/19 - Bagel & Yogurt
10/26 - Turkey Sandwich

Salad Plate Meal offered daily

10/14	10/15	10/16
Chicken Nuggets w/ Dinner Roll Broccoli Fries/Wedges Fruit of the Day	Beef & Bean Chili Cornbread & Tortilla Chips Baby Carrots Fruit & Juice	Cheese or Pepperoni Pizza Veggie Sticks Hummus Fruit of the Day

10/19	10/20	10/21	10/22	10/23
Mac 'n' Cheese **LOCAL SUMMER SQUASH MEDLEY** Roasted Chickpeas Fruit of the Day	Hot Dog w/ Bun (VN Turkey, GW/SE Beef) Vegetarian Baked Beans Broccoli Fruit & Juice	Cheese Ravioli w/ marinara sauce Mixed Greens Salad Steamed Carrots Fruit of the day	**Brunch for Lunch!** Chicken & Waffles Hashbrown Corn Fruit & Juice	Cheese or Pepperoni Pizza Cucumber Slices Baby Carrots Fruit of the Day

10/26	10/27	10/28	10/29	10/30
Mozzarella Sticks w/ marinara sauce Mixed Greens Salad Broccoli Fruit of the Day	Pulled Pork Nachos Shredded Lettuce & Tomatoes Fruit & Juice	Hamburger or Cheeseburger Roasted Chickpeas **LOCAL WINTER SQUASH** Fruit of the Day	Chicken & Mashed Potato Bar Dinner Roll Corn Fruit & Juice	Cheese or Pepperoni Pizza Veggie Sticks Hummus Fruit of the Day



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 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

After School Friends

Program

MANSFIELD Parks & Recreation

3 LOCATIONS
GOODWIN
SOUTHEAST
VINTON

Now that school is opening a full 5 days, the After School Friends Program will be open on 1/2 day Wednesdays. The After School Program offers a safe, fun and relaxed atmosphere for children. Children participate in group games, arts & craft projects, outside time, quiet time for homework and games. Sign up for 1 day or all 5 days.

Initial registration needs to be done at the Mansfield Community Center. Register for specific days. Each month you will need to re-register. Space is limited to 10 participants per location.

There will not be before school care in the fall. Only registered participants will be able to use the drop in program. Space is limited to 10 children per location.

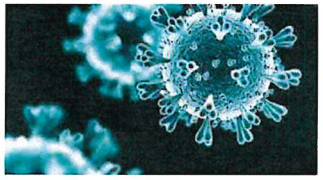
Fees: $13.70 per day for registered participants.
Drop in $17 per day

VISIT WWW.MANSFIELDCC.COM
OR CALL 860.429.3015, EXT. 0
FOR MORE INFORMATION

MANSFIELD COMMUNITY CENTER 10 S. EAGLEVILLE RD, STORRS, CT 06268

Eastern Highlands Health District

COVID-19 Protocols



Daily Screening For Parents

Every morning before you send your child to school please check the following:

the district nurses are using "100.0" for our guidelines

- Does your child have a temperature of 100.4 degrees or greater?
- Any other signs of illness such as:

Congestion or Runny Nose | **Cough or Shortness of breath or difficulty breathing** | **Nausea or vomiting or diarrhea** | **Sore Throat** | **Headache** | **Muscle pain or Fatigue or chills** | **New Loss of taste or smell** | **Keep child home and seek medical advice**

- Was your child in close contact (within 6 feet for more than 15 minutes) with anyone confirmed with COVID-19 within the last 2 weeks?
- Has your child travelled out of state/country to any of the locations on the COVID-19 Travel Advisory?

If the answer is **YES** to any of these questions, **DO NOT** send your child to school.
Instead, begin quarantine of your child and contact your healthcare provider. Strongly consider COVID-19 testing.

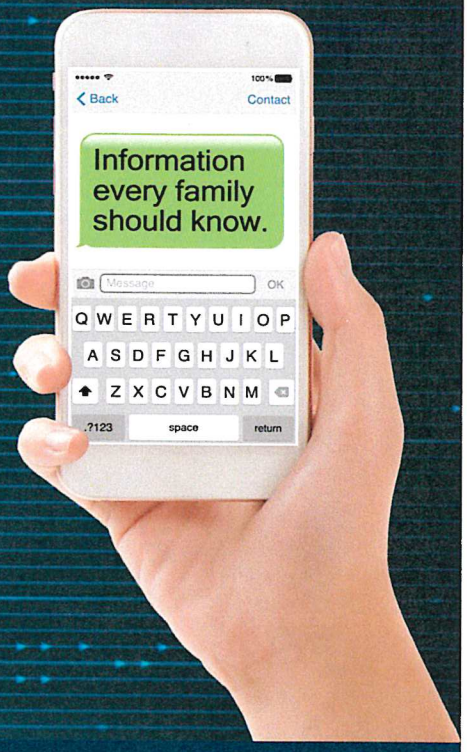
These health protocols, as related to COVID-19, incorporate recommendations from the Center for Disease Control (CDC), the State of Connecticut and the Department of Education School Reopening 2020 recommendations

COVID-19: When a student, faculty or staff member can return to school

Individual	Symptomatic	No Symptoms
Not tested for COVID-19, No known exposure to COVID19 WITH alternate explanation (strep, influenza etc. as determined by a doctor)	May return to school after **24 hours** resolution of fever without fever reducing medications **AND** Return to School Form completed by the provider stating that the individual has an alternate diagnosis and the provider believes it's appropriate for the patient to return to school	N/A
Not tested WITHOUT alternate explanation	Must remain home for at least **10 days** from the first day symptoms appeared AND be **24 hours** fever-free without fever reducing medications and with improvement of symptoms	N/A
Tested Negative	The individual can return to school with a negative test **AND** Return to School Form completed by the provider stating that the individual has an alternate diagnosis and the provider believes it's appropriate for the patient to return to school. If no alternative diagnosis, isolate for at least 10 days from the first day symptoms appeared and be **24 hours** fever-free without fever reducing medications and with improvement of symptoms. Test may have been a false negative.	May proceed with attending school. **EXCEPTION:** A known close contact (within 6 feet of a confirmed case for more than 15 minutes) must complete a 14-day quarantine, even if the test is negative.
Tested Positive	Must remain home in isolation for at least 10 days from the date symptoms began AND be **24 hours** fever-free without fever reducing medications and with improvement of symptoms.	*Isolate* at home for 10 days from when the test was taken. If the individual develops symptoms, MUST in isolate for at least 10 days from the date symptoms began AND be **24 hours** fever-free without fever reducing medications and with improvement of symptoms.
Close Contact (within 6 feet for 15 minutes or more with a confirmed COVID – 19 case)	N/A	*Quarantine* for 14 days before returning to school. Must remain symptom free. If individual develops symptoms, then refer to the symptomatic scenarios.

INTERNET SAFETY

A Distant Learning Presentation



- Overview of popular apps, programs and online trends
- Cyberbullying, sexting and other dangers
- Social networking and your digital footprint
- Using technology while keeping your family safe

A digital workshop presented by

Scott Driscoll
Internet Safety Concepts

Parent Training: Monday October 19 @ 6-7:30 PM

Student Training: Tuesday October 20 @ 6-7:00 PM

To register please click on the following:

Parents - https://internetsafety4parents.eventbrite.com

Students - https://internetsafety4students.eventbrite.com

CONNECTICUT H.A.R.T.

CONNECTICUT CHILDREN'S ALLIANCE, INC.

Prevent Child Abuse Connecticut™

INTERNET SAFETY CONCEPTS
Empowering Smart Online Choices

www.internetsafetyconcepts.com

United Services, Inc.

Creating healthy communities

Kinship Care Social Group

The Kinship Care Group offers peer support and parenting strategies to grandparents, aunts/uncles, cousins, or other extended family members or friends who are raising children because their biological parents are unable to do so. Those who have an active, hands-on connection in raising extended family member or friends' children are also invited to join. The goal is to offer a supportive environment to help families share their experiences, learn new parenting skills, and share concerns, information and resources.

There are two Kinship Care Groups, one in the Plainfield area and one in the Willimantic area. Each group meets once per month for 90 minutes. A snack and childcare is provided free of charge. Childcare also includes crafts and outside play. There are field trips such as Camp Harkness, dinner outings, and holiday celebrations.

Plainfield Area Social Group:

Second Monday of each month

6-7:30 P.M.

United Services, Inc.

303 Putnam Road

Wauregan, CT

Willimantic Area Social Group:

Third Wednesday of each month

5:30 -7:00 P.M.

United Services, Inc.

140 North Frontage Road

Mansfield Center, CT

For more information or to register please contact:

Lori Bergstrom, Youth Service Bureau Coordinator

860-412-8665

lbergstrom@usmhs.org

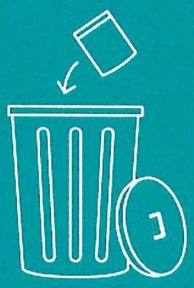
Socially Distanced Drug Disposal Day

Saturday October 24, 2020

It's as easy as 1 - 2 - 3!

1 Tear open pouch – do not remove inner pod(s). Place unused medications inside.

2 Fill pouch halfway with warm water and wait 30 seconds for air to release. Some foaming may occur.



3 Seal pouch tightly, gently shake and dispose of in normal trash.

To deactivate and dispose of transdermal patches, attach sticky side of the patch to a facial tissue and insert into Deterra pouch.

Addiction can start right in our own medicine cabinets. Proper disposal of unneeded medications helps prevent addiction and overdose for ALL ages. You can safely and environmentally responsibly help decrease medication misuse in our community.

Get a FREE Deterra medication deactivation pouch on Saturday October 24 , 2020 at the following Town of Mansfield, CT locations: Town Hall (Little Lending Library Entrance), Community Center, Senior Center, Library, Mansfield Middle School & all Mansfield Elementary Schools!

Pouches can deactivate up to 45 pills at once! See pouch for instructions.

Questions about other ways to support substance use prevention? Contact YSB@mansfieldct.org

MANSFIELD
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Your place to grow

Struggling to pay your electric or heating bill?
We have programs to help.

For more information on these income-based assistance programs, visit **Eversource.com/BillHelp** or call us at **800-286-2828**. We'll work with you one-on-one to find the best program for you.

Protection from Shutoff for Hardship Customers

For qualifying gas or electric customers experiencing financial hardship, service cannot be turned off between November 1 and May 1.

Matching Payment Program *(For electric heating and gas heating customers)*

Reduce your past due balance with affordable monthly payments.

Call us at **800-286-2828** or visit **211ct.org** to find your local community action agency to enroll and apply for state energy assistance funds.

Once enrolled, Eversource will match your payments, plus the amount of energy assistance you receive on your account, down to a zero balance.

If you receive public assistance benefits, your payments can be reduced to as low as $50.

New Start *(for electric customers)*

Have your outstanding balance eliminated in as little as 12 months.

We'll establish a monthly budget payment for you based on your usage.

Make your scheduled New Start monthly payment, and a portion of your past-due balance will be eliminated or "forgiven," reducing the amount you owe each month.

Energy Solutions

Whether you rent or own your home, save money and energy with an in-home energy assessment at little to no cost.

To be eligible for income-based assistance programs, your household income must be at or below 60% of the State Median Income:

Household Size	1	2	3	4	5	6	7	8
Income Level	$37,645	$49,228	$60,811	$72,394	$83,977	$95,560	$97,732	$99,904
Household Size	9	10	11	12	13	14	15	16
Income Level	$102,076	$102,247	$106,419	$108,591	$110,763	$112,935	$115,106	$117,278

EVERSOURCE

Other Help: Operation Fuel: **860-243-2345** • United Way Infoline: **211**
Public Utilities Regulatory Authority: **800-382-4586**

¿Estás Teniendo Problemas para Pagar tu Recibo de Luz o Calefacción?

Tenemos Programas para Ayudarte.

Para más información sobre estos programas de ayuda basados en los ingresos, visita **Eversource.com/BillHelp** o llámanos al **800-286-2828**. Te ayudaremos a encontrar el mejor programa para ti.

Protección Contra la Desconexión para Clientes con Dificultades

Para clientes de gas o electricidad que cumplan con los requisitos y estén teniendo dificultades económicas, el servicio no puede desconectarse entre el 1 de noviembre al 1 de mayo.

Programa de Igualación de Pagos *(Para clientes de calefacción eléctrica y calefacción gas)*

Reduce tu saldo adeudado con pagos mensuales módicos.

Llámanos al **800-286-2828** o visita **211ct.org** para encontrar tu agencia de acción comunitaria local para inscribirse y solicitar fondos estatales de asistencia energética.

Luego de inscribirte, Eversource igualará tus pagos, más la cantidad de asistencia energética que recibas en tu cuenta, hasta cubrir todo el saldo.

Si recibes beneficios de asistencia pública, tus pagos se pueden reducir hasta $50 dólares.

Nuevo Comienzo o New Start *(para clientes de servicio eléctrico)*

Elimina tu saldo atrasado en tan sólo 12 meses.

Estableceremos un pago mensual basado en tu consumo de luz.

Haz tu pago mensual de Nuevo Comienzo programado y parte de tu saldo atrasado será eliminado o "perdonado", reduciendo la cantidad que debes cada mes.

Soluciones de Energía

Ya sea que rentes o seas dueño de tu casa, ahorra dinero y energía con una evaluación de energía para el hogar a bajo costo o sin ningún costo.

Para calificar para los programas de ayuda basados en los ingresos, los ingresos de tu hogar deben ser igual o menos del 60% del Ingreso Medio Estatal:

Residentes en el Hogar	1	2	3	4	5	6	7	8
Cantidad de Ingresos	$37,645	$49,228	$60,811	$72,394	$83,977	$95,560	$97,732	$99,904
Residentes en el Hogar	9	10	11	12	13	14	15	16
Cantidad de Ingresos	$102,076	$102,247	$106,419	$108,591	$110,763	$112,935	$115,106	$117,278

EVERSOURCE

Ayuda Adicional:

Operation Fuel: **860-243-2345** • Línea de Información de United Way: **211**
Public Utilities Regulatory Authority: **800-382-4586**
(Autoridad Reguladora de Servicios Públicos)

HALLOWEEN HAPPENINGS

Find Fall Fun for All Ages, All Around Mansfield!

PU-MP-KIN BINGO!

Look for pumpkins hidden in Mansfield parks, playgrounds, & facilities. Spell out PU-MP-KIN & post your photo to the Mansfield Community Center's Facebook page for a prize! All month long

Halloween Week!

The Mansfield Public Library has a whole week of Halloween fun planned for everyone! Costumes & treats, a spooky garden, & more! All week long, Oct. 26 - Oct. 31

Shadow Puppet Workshop!

Learn how to make a simple shadow puppet show to tell the ghoulish story of your choice with the Ballard Institute & Museum of Puppetry! This free, virtual workshop is for all ages.

Trick-a-Trunk!
Saturday, Oct. 31

An annual tradition from Mansfield Parks & Recreation, this year's event will be a drive-through event at Mansfield Middle School!
~ Pre-registration required ~

For details & more fun, visit:
mansfieldct.gov/halloween

MANSFIELD DOWNTOWN PARTNERSHIP
Business and Community

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