

January 24, 2022

Dear CCA families,

Thank you for being extra careful in the parking lot this last week. That ice was pretty incredible but everyone took their time and made it in and out of the building safely.

CARDINAL KEY: *Our Cardinal Key for January is **Failure Leads to Success:*** The only real failure is not learning from our mistakes. The key to success is to look carefully at what went wrong, change what we did the first time, and try again by applying what we learned.

How Sick is Too Sick?

We are in the worst time of year for colds, flu and other illnesses. On our end, we are cleaning rooms repeatedly during the day, giving students ample time to wash their hands, and getting outside as much as possible. From parents, we ask that you keep your child home if they are experiencing any of the following new or worsening symptoms not explained by an existing condition:

- Feeling feverish, having chills, or temperature 100.4°F or higher.
- New or unexplained persistent cough.
- Shortness of breath or difficulty breathing.
- Loss of taste or smell.
- Fatigue and/ or muscle aches.
- Headache.
- Sore throat.
- Nausea or vomiting.
- Diarrhea.
- Runny nose or congestion.

This is not an exhaustive list. We just ask that you monitor your child for illness and keep them home if they do not feel well.

If you have questions, email [Brook Nighswonger](mailto:Brook.Nighswonger) or call Crystal or me. We are happy to help.

Lunches and Snacks Update:

Wow! The lunches last week had most of us salivating! We had a suggestion that we put together a parent resource for fun lunches. If you have some fun, easy lunch ideas that you would like to share with other parents, please send it to robinerker@re3j.com. We will get that on our webpage soon.

Student Mental Health Resources:

Please take some time to look at the resources on our new [Mental Health Information](#) page under the parents tab on the CCA website. All the sources come to us via Mrs. Nighswonger and are for students and their families.

Kindness Week and Valentine's Day:

CCA will be celebrating a Kindness week the week of February 8th-11th. We will kick it off with an assembly for all students. There will be activities in the classrooms and for the whole school. Friday we will culminate our week with Valentine parties. Information on the parties will come via your K-5 classroom teacher or middle school class liaison.

Emergency Weather Closure Information:

As we transition into wintery weather, CCA families should know that CCA will follow RE3j if the district chooses to delay or close school. In addition, CCA can call our own delay or closure. In the event of a delay or closure, you will receive notification and see the announcement on our website. If we have to close school early due to inclement weather, we will notify families as soon as the decision has been made. Please make arrangements if you are not able to get to CCA during an emergency dismissal. As student safety is always our priority, we monitor the weather and road conditions to make the best decisions.

COVID Update:

Please keep an eye on the **updated Covid guidance** from RE3j found on the home page of the CCA website and on the right of the weekly newsletter. Feel free to contact me, Crystal at crystalbydalek@re3j.com or our new nurse, Brook at brooknighswonger@re3j.com if you have questions regarding Covid guidelines for schools and students.

Upcoming Events

- January 26th: CCA Board of Directors meeting @ 5:45 in the STEM lab or on Zoom
- February 8-11th: Kindness week at CCA
- February 11th: Valentine's Parties
- February 15, 16, 17th: Parent/Teacher/ Student Conferences 4-7pm
- February 18th: No School

Sincerely,

Maureen Lockette