



Greetings CHS Community,

We are ready and looking forward to welcoming the Lakers and Champs back to CHS next week! This is the last weekly Laker View. Moving forward we will be transitioning to a bi-weekly and then, eventually, monthly Laker View.

Last week we shared that teachers would be communicating weekly learning activities (for both in-person and remote days) via Weekly Learning Plans (WLP). We have linked the WLP grid here: [Weekly Learning Plans](#). Champs, take a minute to look at the WLP for your classes to see what remote (asynchronous) work you have before you come to CHS on Thursday and Friday. Lakers, you are also more than welcome to check out what your work looks like for next week.

On the first day of school (Tuesday for Lakers, Thursday for Champs) we will be running a modified Smart Start for all students.

In addition, last week we shared two important documents that guide the opening of school. If you haven't had a chance to read the guides, please take a minute to do so!

### [The CHS Guide to Operations and Procedures](#)

### [The CHS Guide to Teaching and Learning](#)

We want to take a minute to go over our "Top 10" list from the guides as well as an overview of the first day of school (Smart Start) so you know what to expect! [Top 10 List for Navigating CHS / Smart Start](#)

### **Nuts and Bolts and Reminders:**

- ❑ You can view a student's schedule on PowerSchool! Please see [THIS](#) letter from the guidance department for information on how to access your schedule, the add/drop process, and information about AP testing.
- ❑ Reminder - bring your (charged) laptop every day to CHS.
- ❑ The Laker View will move to bi-weekly. The next Laker View will come out in two weeks on September 18th.

***GO LAKERS! (AND CHAMPS!)***

Ms. Baron, Ms. Shea, Mr. DeMagistris, Ms. LeClair



### News from the CHS Health Office

Deb Deschamps returns to CHS as the Nursing Supervisor and is joined this year by Lindsey Campion. Lindsey is a CHS graduate with 16 years nursing experience, who for the last 6 years was the school nurse at St. Albans Town Educational Center. Lindsey received her B.S.N. from UVM and most recently her Masters in Education from Cambridge College. We have enjoyed working together for the past few months to prepare for the reopening of our schools.

We have expanded the health office to include a medical waiting room, or isolation room, which will be referred to as the Laker Lounge. This room is located in Room 156 near the athletic trainer's office. Any student who becomes sick during the school day with any symptoms related to COVID-19 will be brought to the medical waiting room, where they will rest and remain until a family member can bring them home. If we call with concerns that your child is ill and needs to go home, we ask that you pick them up within 30 minutes. When you come to pick up your child, we will meet you at door 116C, located in the back of the high school across from the baseball field. If your child drove in on their own and is well enough to drive home, we will call you first to let you know we will be sending them home due to illness.

**Prescription Medications at School :** As in the past, all prescription medicines must be brought to school in a labeled pharmacy bottle by a parent/guardian and must be accompanied with a doctor's order. This year due to COVID-19 guidelines, we are limiting all visitors, so we ask that you either call or email us to set up a time to drop off your child's medicine with either Lindsey or myself. You can drive around the school and we will then meet you at door 116C to have you give us the medicine and sign the medication form. Medication forms can be found on the health office website under forms.

**Emergency medication:** Emergency medication can be brought in by the student and given to the nurse. Please send in your Allergy or Asthma Action Plans with the medication. Spacers are needed for all inhalers.

We are looking forward to meeting with you and working with your students. If your child requires surgery or develops any medical condition during the school year, please contact us so we can support them while they are here at school with any accommodations they may need.

*Deb* - 802-264-5724  
[Deborah.Deschamps@colchestersd.org](mailto:Deborah.Deschamps@colchestersd.org)

and *Lindsey* - 802-264-5723  
[Lindsey.Campion@colchestersd.org](mailto:Lindsey.Campion@colchestersd.org)

**Athletic and Co-Curricular Updates:**

**ATHLETIC REGISTRATION IS OPEN!**

To register, please go to our website **Activities>Athletics Home** or click [here](#).

Please note: we are now using [Rank One Sport](#) for our online registration, so you will need to create an account with them.

Please contact me at [mark.ellingson@colchestersd.org](mailto:mark.ellingson@colchestersd.org) if you have any questions or concerns.

Go Lakers!

Mr. Ellingson

CHS Athletics and Activities Director



**WE WEAR OUR MASKS...**

**...TO KEEP OUR COMMUNITY SAFE**

*#MaskUpCHS*

**How to wear a mask**

- ★ Make sure your mask fits well around your mouth and nose without any gaps
- ★ Choose a mask that is comfortable enough for you to keep on for an extended period of time; make sure you can breathe easily while wearing it
- ★ Wash your hands or use sanitizer before and after removing or adjusting your mask
- ★ Wash your mask in the regular laundry daily and whenever wet or soiled
- ★ Have fun with your mask; show your personality; snap a pic to support your friends wearing their masks too! #MaskUpCHS



**STAY SAFE CHS!** Practice social distancing, wash your hands, & wear a mask!

**Wearing a mask is required at CHS. Thank you for doing your part.**

**Why wear a mask**

- ★ Wearing a mask is one of the best ways to protect yourself and others from COVID-19
- ★ You can be contagious and transmit COVID-19 coronavirus even if you don't feel sick
- ★ Effective August 1, 2020, Vermont issued an executive order requiring people to wear masks in public spaces to prevent the spread of COVID-19

**When to wear a mask**

- ★ Inside CHS and any public space
- ★ Outside when you can't maintain a social distance of 6 feet
- ★ On school/public transportation or in a shared vehicle

**When you do not need to wear a mask**

- ★ You do not need a mask when you are outside when you can maintain a social distance of 6 feet but make sure to have a mask with you at all times
- ★ You do not need a mask when you are eating and drinking, but make sure to keep distance from others when eating in a public space

*#MaskUpCHS*

**My mask protects you, and your mask protects me. If everyone is wearing a mask and maintaining 6 feet of distance, we reduce the chances of spreading COVID-19.**