

Health Offices of Tantasqua & Union 61

September 2022

NEWSLETTER

Brimfield Elementary Brookfield Elementary Holland Elementary Burgess Elementary (Sturbridge) Wales Elementary Tantasqua Junior High Tantasqua High School Tantasqua High School Tech. Division



WHAT'S NEW

Contents

- P. 1 What's New?
- P. 2 Covid-19 Testing, Mobile Dentist
- P. 3 Apple Picking Time



Back to School

The Health Office Team welcomes our new Nurses!

Jennah Ventetuolo RN *School Nurse for Wales Elementary*

Patrick Lucas RN *School Nurse for Tantasqua Junior High*

Mary Rappold RN *Nurse Assistant for Burgess Elementary*

Tara Furey RN *has accepted the School Nurse position for Burgess Elementary*

Julie Lardizzone RN *has accepted the Nurse Leader position for our Team*

Covid 19 testing when your child has symptoms at school

If your child has Covid symptoms at school the school nurse can do a rapid antigen test as part of the assessment provided a signed, dated parent/guardian permission form is on file in the Health Office. A new permission form is required to be completed for this school year 2022-2023. If you choose not to allow testing your child will be sent home . Please see the applicable school Covid guidelines below:

- “Symptomatic individuals can remain in their school or program if they have mild symptoms, are tested immediately onsite, and that test is negative. Best practice would also include wearing a mask, if possible, until symptoms are fully resolved. For symptomatic individuals, DPH recommends a second test within 48 hours if the initial test is negative.
 - If the symptomatic individual cannot be tested immediately, they should be sent home and allowed to return to their program or school if symptoms remain mild and they test negative, or they have been fever-free for 24 hours without the use of fever-reducing medication and their symptoms are resolving, or if a medical professional makes an alternative diagnosis. A negative test is strongly recommended for return. [“Covid 19 testing Permission form](#)

Here is the link for the current school guidelines: [COVID-19 Isolation and Exposure Guidance for Children and Staff in Child Care, K-12, Out-of-School Time \(OST\) and Recreational Camp/Program Settings](#)

Mobile Dentist is Coming!

Smile Massachusetts Mobile Dentist is coming to the Elementary and Junior High schools-watch for your schools' announcement.

You can sign the permission form online

[Mobile Dentist Permission Form](#)

🍏 Apple Picking Time 🍏

Cook's Orchard in Brimfield 🍏

🚜 Brookfield Orchard in Brookfield

Hyland Orchard in Sturbridge 🌳

[Pick your own apples in Central MA](#)

[Pick your own in Western MA](#)

🍏 [Health Benefits of eating Apples](#)

Apple Crisp By Diane Kester

A simple dessert that's great served with ice cream.

Prep: 30 mins **Cook:** 45 mins **Additional:** 5 mins **Total:** 1 hr 20 mins

Servings: 12 **Yield:** 1 9x13-inch pan



Ingredients

- 10 cups all-purpose apples, peeled, cored and sliced
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ½ cup water
- 1 cup quick-cooking oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- ¼ teaspoon baking powder

- ¼ teaspoon baking soda
- ½ cup butter, melted

Directions

Instructions Checklist

- **Step 1**
 - Preheat oven to 350 degrees F (175 degree C).
- **Step 2**
 - Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.
- **Step 3**
 - Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
- **Step 4**
 - Bake at 350 degrees F (175 degrees C) for about 45 minutes.

Editor's Note:

Impress guests by serving with an easy homemade [caramel sauce](#).

Nutrition Facts

Per Serving: 316 calories; protein 2.4g; carbohydrates 60.5g; fat 8.4g; cholesterol 20.3mg; sodium 97.9mg.

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