



Middlebrook PTA Weekly Messenger Apr. 14, 2018

Middlebrook Quick calendar

Thursday	April	19	MB PTA Meeting 9:30 a.m.
Thursday	April	26	BOE Regular Meeting- 7:00pm WHS Prof. Library
Monday	April	30	FAPA K-12 Art Show Opening Wilton Library 6:00 p.m.
Tue-Fri	May	1-4	Teacher Appreciation Week
Wednesday	May	2	Grade 8 Music Concert & Art Exhibit Chorus 7:30 p.m. Instrumental 8:30 p.m.
Wednesday	May	9	Grade 6 Music Concert & Art Exhibit Chorus 7:30 p.m. Instrumental 8:30 p.m.
Thursday	May	10	Brown Bag Lunch with Principal Feltz 12:00 p.m.

Middlebrook Six Day Cycle

Monday	April	16	Day 4
Tuesday	April	17	Day 5
Wednesday	April	18	Day 6
Thursday	April	19	Day 1
Friday	April	20	Day 2

Note from the President:

Whether you staycated or vacationed, I hope this Messenger finds you well rested and ready to send these kids back to school. Looking ahead at May, things start to get very busy!

Volunteer and re-commit to your current PTA committee position:

We are looking towards next school year. If you are interested in becoming more involved with the PTA, you can check out our website at www.middlebrookpta.org -- there is bound to be an event or committee that piques your interest! You can also email Meire Mouracade at mouracadefamily4@gmail.com

Online PTA Membership and Directories:

We have over 360 PTA members, but would love a few more! Your membership and donation dollars support a variety of programs at Middlebrook that enrich the student experience.

Student Assemblies, Outdoor Classroom, Media Center Supplies, Activity Nights, Science & Engineering Fair, Social Opportunities, Weekly Messenger, Organizing Photo Day, Teacher & Staff Appreciation Events and Soaring Ahead are just a few of the programs our PTA supports with funding and volunteer hours. When you join the PTA, you gain instant access to our new online directory.

Visit <https://wilton.mobilearq.com>, choose parent or teacher registration, enter your email used with the district and the code "wilton" to join, pay your membership dues and even make a supporting donation, if you're feeling generous! Please add support@mobilearq.com to your address book to ensure delivery of the confirmation email with temporary auto-login link.

SCHOOL NEWS

Art Dept. Needs Your Help!

The art department is looking for parent volunteers willing to help mat artwork, hang shows, and help with the **FAPA International Art Show in April 30**. Please email Labarberas@wiltonps.org if interested.

Middlebrook Relay Club & Wilton Relay for Life

Wilton Relay for Life, sponsored by the American Cancer Society, is a huge community fundraising event that raises money to help fight cancer through funding research and support services in local communities. Funds help support rides to treatment centers, lodging for family members near treatment centers, counselors to speak with patients and family members.

The relay event at the Wilton High School track, Friday June 8th from 4-11 PM, is a combination of walk-a-thon, carnival, fundraiser, concert, and memorial. It really is the culmination of weeks and months of fundraising done by individuals who often form a "team". A team is simply a group of friends/family/coworkers who decide to come up with a team name, register on the Wilton Relay for Life site. These team members work together to raise funds in the weeks leading up to the relay, get a tent site around the track, and plan their relay evening together.

Dr. Priest runs a Middlebrook Relay Club for students every other Thursday after school from 3:15 to 4:15 PM. The club's google classroom page code is UMAA3H and you can contact John Priest at priestj@wiltonps.org

We would also love to have an interested parents and family members help us with our committee work. If you think you can lend a hand with our committee please contact Grace Scinto at Grace.Scinto@cancer.org More information regarding our event can be found online at http://main.acsevents.org/site/TR?fr_id=87938&pg=entry or by searching "Wilton Relay for Life"

Health Requirements for Students Entering Grade 7 in Fall of 2018

In accordance with Connecticut State Law, the Wilton Board of Education requires that prior to the opening day of school, an appropriate health examination, including an immunization record, be filed in the health office.

Prior to August 1, 2018, please submit a State of Connecticut (blue form, HAR-3).

Please check to see that all asterisks on the State of Connecticut form are completed by the physician. *The Physical must be within 15 months of the first day of entering the 7th grade.*

Parent Advisory Board

The Parent Advisory Board for Special Services & 504 (PAB) is seeking new members. If you are interested in working with parents and administrators on issues and programs related to special services in our school district, please contact us at PABwilton@gmail.com. We hold meetings on the second Wednesday of every month (**Sept. to May**) from **9:15-10:30 at the Zellner Gallery in the Clune Center, WHS**. For more information on the PAB, please visit www.pabwilton.com

PAB LAST Meeting:

Wednesday, May 9

How to Talk So Kids Will Listen, And Listen So Kids Will Talk

Wilton Public Schools are introducing a six-week workshop developed by the authors of the book by the same name, using lessons, roleplay and practice to help parents develop more effective skills for communicating with their children.

In this workshop, participants will learn how to:

- Engage your child's willing cooperation
- Deal with your child's negative feelings - frustration, disappointment, anger
- Express your anger without being hurtful
- Set firm limits and still maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Encourage positive relationships between your children
- Resolve family conflicts peacefully

Funding and training for this new program was provided through a joint initiative of the Wilton Youth Council and Wilton Woman's Club that is taking aim at the opioid crisis by focusing on early prevention of the risk factors that lead to addiction later in life. Early prevention starts with fostering communication, connection and resilience in families and in the community.

Free and limited to Wilton parents::

Session 4- Mondays 10-11:30 a.m. at Comstock SPOTS AVAILABLE

April 23, 30

May 7, 14, 21

June 4

Media Center Volunteers

The media staff would greatly appreciate your help in the school Media Center to assist with a variety of projects. Shifts are extremely flexible- you can pick the time and day that works best for you! Can be weekly/ biweekly/monthly, or just periodically throughout the year! Please contact Claire Carbonier at carbos@optonline.net

Lose Something on the Bus?

If your child left something on the bus use this link for a peek at items currently in the lost and found at the Bus Depot-- across from MB where the buses park. All unclaimed items will be donated to the Turnover Store: <https://wiltonslostproperty.blogspot.com/>

Missing Items at Middlebrook?

Use this handy link to see pictures of the items currently in the Middlebrook Lost & Found https://docs.google.com/presentation/d/1A1aBWLEIM7lvqFtzlXNuuXssDQyZ6X5LrD3Ot3_2I3w/edit?usp=sharing

COMMUNITY NEWS

Class Project 2022

IMPORTANT - New this year, the PTA will no longer be supplying free commemorative T-shirts with all students names listed on the back to 8th grade students. Project 2022 has decided that, rather than have the kids miss out, we will have the T-shirts made and offered at a cost of \$12.00. Click [here](#) to access the 2022 Spirit Wear online store and order your child's shirt. Orders will be picked up from the Wilton Sport Shop. **The order cutoff date is Saturday 3/31 by 11:59 PM.** No exceptions!

Additional 2022 T-shirts, hoodie sweatshirts, plaid lounge pants, magnets and water bottles also available:

- All other orders can be made by contacting Gail Hanny gmhanny@optonline.net
- Limited quantities of Wilton S'well bottles available at Painted Cookie and Scoops

Email wilton2022@gmail.com for information on how to get involved or visit our [2022 Website](#) or [2022 Facebook Group](#)

Class Project 2023

Attention 7th grade parents: Save the date! 2023 Family Picnic will be Friday June 1 at 5:30 pm. More details soon!

Food Allergy Connecticut Spring Family Workshop - Sunday, April 29

Join Food Allergy Connecticut - a FARE recognized support group for a Spring Family Workshop taking place in New Canaan on **April 29th from 1PM to 3PM: Taking Charge: Empowering Families to Manage Food Allergies with Confidence**

This workshop will address the emotional challenges of living with food allergies and include age appropriate programming for kids ages 5 and up, run by trained professionals in psychiatry and the support of FARE staff. Our parent speaker will be Dr. Eyal Shemesh from the EMPOWER program at the Jaffe Food Allergy Institute at Mount Sinai Hospital. Register at: <https://www.eventbrite.com/e/taking-charge-empowering-families-to-manage-food-allergies-with-confidence-tickets-42598063956>

Wilton Youth Council:

WYC promotes and protects the social, emotional and mental well being of Wilton's students by educating and empowering youth, parents and community. Find us on FB or visit wiltonyouth.org for more information and to sign up for our monthly newsletter.

New Events

Youth 2 Youth's Third Annual 'COLOR FOR THE COUNCIL' Color Run Thursday, May 3rd, 3:30pm, Middlebrook School

The event is for the entire Middlebrook School community - staff, students and their families. This fun Color Run is an untimed fun run featuring a designated course. Throughout the course participants will experience color splash zones where they will be doused in color. There will also be a final color toss celebration.

Registration now OPEN! Participants can register at <http://bit.ly/color4thecouncil> or by completing a paper registration form by May 2nd. Anyone interested in more information or a copy of the paper registration form can visit the Youth to Youth Google Classroom page (code 3pjwzr) or contact Tanya Leonard (leonardt@wiltonps.org) or Heather Schlitz (schlitzh@wiltonps.org).

Early Registration! Registration includes a race bib, color packet, and a t-shirt only if you sign up before 4/5/18. You can pick up your items at the registration table the day of your event or prior to the event if needed. Share with your friends! #myschoolcolorrund #colorforthecouncil

Business Sponsorship for the Color Run

The WYC Fundraising Committee is looking for volunteers to help with obtaining business sponsorship for the event. This is a KEY way to support the Wilton Youth Council, which relies heavily on these

donations for its programming. Color Run fundraising takes place mainly during March and the first half of April so we are looking for volunteers to get started right away.

Please contact Kathy Schlageter (kaschlageter@yahoo.com) if you are interested in volunteering or if you have any questions.

Warrior Council Presents... Vaping: What We Know

Warrior Council (a Wilton Youth Council club at WHS) and Newport Academy invite students grades 6-12, parents and community members to learn more about the **vaping** epidemic amongst our youth with Elizabeth Driscoll Jorgensen, CADC.

Thursday, April 19th from 7:00-8:30 pm

Wilton High School's Little Theater

Email Melissa Barrett at barrettm@wiltonps.org with questions.

National Alliance on Mental Illness (NAMI)

Feel like you have no one to talk with about your child's challenging behavior? You are not alone.

National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) Support Group is for parents of children with behavioral, emotional and mental health issues. The meeting is free, confidential, safe and led by trained and certified volunteer facilitators who themselves have had personal experiences raising children with these concerns. Our meetings are a place to speak freely and be understood without embarrassment or the fear of being judged or treated differently. Parents come from Redding, Weston, Westport, Wilton and towns in the surrounding area.

Our next meeting is Mar. 26th, from 10-11:30, at G&B Cultural Center, [49 New Street, Wilton](#). For more info, contact Beth at [203-984-0123](tel:203-984-0123) or Beth44es@gmail.com; or Vanessa at EliasVanessa5@gmail.com, or text [203-970-4130](tel:203-970-4130). You can also visit <http://www.namisouthwestct.com>

Anxious Parents, Anxious Kids and the Anxiously Awaited Antidote! with Lenore Skenazy

Wilton Library

Monday, April 30, 2018, 10:00-11:30 am

Can't make it? The presentation will be recorded and screened (one time only) that evening at 7:00 pm.

The media labeled Lenore Skenazy "America's Worst Mom" when she let her 9-year-old ride the subway alone. She wore the badge with pride and went on to found [Free-Range Kids](#), the book, blog and movement dedicated to the fact our kids are SAFER and SMARTER than our culture gives them credit for. Now she is the head of [Let Grow](#), a non-profit making it easy and normal to give kids back some old-fashioned independence.

In this very funny lecture (she used to write for Mad Magazine) Lenore addresses what she calls “the twin fears stalking America's parents”:

“That their children will be kidnapped, raped and murdered -- or not get into Harvard.”

Where does this fear come from? What's it doing to our kids? Lenore outlines the reasons we're so afraid and never blames "helicopter parents," because it is not neurotic to be worried in a culture bent on scaring us.

Then she discusses how we can regain the calming perspective that allows us to trust our kids, our community and our own parenting. When we do, everyone wins. Anxiety levels go down among parents AND children.

The goal is to raise safe, self-reliant, problem-solvers. Or, as the saying goes, **"Raise your kids so that when they're 18 they move out and your spouse doesn't."**

Wilton Library, Old Ridgefield Road, Wilton

Free; registration recommended at www.wiltonlibrary.org or 203-762-6334.

Sponsored by the Miller Driscoll, Cider Mill and Middlebrook PTAs, Wilton Library, Wilton Youth Council and Wilton Youth Services.

Managing the Impact and Influence of Digital Devices and Content: Follow up Discussion

Susan Bauerfeld, PhD, Licensed Clinical Psychologist

Chris Parrott, BPS Chartered Counseling Psychologist

Tuesday, April 24, 2018

10:00-11:30 AM

Wilton Library, [137 Old Ridgefield Road, Wilton](http://www.wiltonlibrary.org)

Free; registration required - www.wiltonlibrary.org or 203-762-6334

Did you enjoy the presentation on March 20 but leave wanting more? Have you tried to make changes at home, and now you have new questions? Susan Bauerfeld and Chris Parrott lead a follow up discussion appropriate for parents with children of all ages. Minimum of 25 registrants for program to run.

Sponsored by: Weston Library, Weston Youth Services, Wilton Library, Wilton Youth Council, Wilton Youth Services, SPED*NET Wilton

Looking to Get Involved?

Wilton Youth Council needs you! We have many programs running and this is a great time to get involved! Questions? Email Vanessa Elias at eliasvanessa5@gmail.com. Interested in volunteering? Email Suma Iyer at sumapiyer@gmail.com

Back The Track Fundraiser:

Our town track is one of the most frequently used assets in Wilton- from athletes to senior citizens and everyone in between- whether for fitness, youth and club sports teams, the high school as well as serving other groups throughout the year (Cider Mill's Walk-A-Thon comes to mind)! Now, this highly prized resource is past its useful life and in desperate need of resurfacing and repair.

The Wilton Running Club and the Wilton Track Association have joined forces to initiate “Back the Track,” a fundraiser to jump-start the community support and funding required for this project. You can learn more about our track and find out how to donate through our website. If every family makes a donation, we can make a difference! Please go to www.backthetrack.org and donate today!

MB Messenger Announcements:

Have an important announcement to post in the MB Messenger? Please note that the messenger alternates bi-weekly between the “LITE,” calendar based Messenger and the fuller edition. Requests must be in by Wednesday at Noon to be included in the next FULL Messenger. To submit a request for a non-profit, school related announcement in the messenger, email middlebrookmessenger@gmail.com