



## Middlebrook PTA Full Messenger

April 21, 2019

### Middlebrook Quick Calendar

Wednesday	April	24	8th Gr. PSATs: 8:30-11:45 a.m.
Thursday	April	25	PTA Meeting: 9:00 a.m.
Thursday	April	25	Moving Up To WHS- Discussion for Parents of Current 8th Graders: 7:00-9:00 p.m.--WHS Little Theater
Wednesday	May	1	Gr. 8 Spring Concert & Art Exhibit: 7:30 p.m.--MB Auditorium
Friday	May	3	Gr. 8 Music Adjudication at Music In The Parks

### Middlebrook Six Day Cycle

Monday	April	22	Day 4
Tuesday	April	23	Day 5
Wednesday	April	24	Day 6
Thursday	April	25	Day 1
Friday	April	26	Day 2

## SCHOOL NEWS

### Middlebrook Yearbooks

Please visit [yearbook sales site](#) to order a 2018-2019 Middlebrook Yearbook. Time is running out!

### From The MB Health Office

#### 6th to 7th Grade Immunizations for September 2019

In accordance with Connecticut State Law, the Wilton Board of Education requires that all school children have a physical examination to enter 7<sup>th</sup> grade.

The State of Connecticut mandates that the blue Connecticut State physical examination form HAR-3 be completed within fifteen months before the first day of school. Please submit this form to the Middlebrook nurse by August 1, 2019. Forms can be found online or in the health office.

Students will not be allowed to enter grade 7 in September of 2019 until proof of compliance with this

State requirement is received in the school health office.

Additionally, a second dose of varicella, one dose of Tdap, and one dose of meningococcal vaccine are required for 7<sup>th</sup> grade entry. Please call the school nurse with any questions: 203-834-4961

### **Moving Up to High School: Parents Preparing to Support Your 8th Grader**

Thursday, April 25th, 7:00-9:00 p.m. at Wilton High School Little Theater. Starting high school is a major milestone. Wilton Youth Council's Project 2023, the Wilton High PTSA, and Wilton Public Schools invite you to learn how to provide social and emotional support to your child through this transition. After a presentation by Liz Jorgensen on adolescent brain development, and a brief introduction of the FLIGHT Program for incoming freshmen, there will be a panel discussion to address parents' questions. For parents of 8th grade students only. Sponsored by Wilton Youth Council's Project 2023, the Wilton High School PTSA and Wilton Public Schools. Please RSVP at [warriorclass2023@gmail.com](mailto:warriorclass2023@gmail.com)

### **"How to Talk So Kids Will Listen, And Listen So Kids Will Talk" Parenting Workshops**

This program, developed by the authors of the book by the same name, uses lessons, role-play, 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. By request, the program is being offered to parents with children of all ages on Tuesday evenings this spring!

**April 30th, May 7th, 14th, 21th, 28th, and June 4th  
6:00-7:30 p.m.**

*Comstock Community Center, Room 18, 180 School Road, Wilton*

*Facilitated by: Kathy Weiss LCSW & Kim Zemo LCSW*

Space is limited and registration will be accepted as received. Deadline to register is Wednesday, April 24th. To register please call Wilton Youth Services at 203 834-6241 or email [colleen.fawcett@wiltonct.org](mailto:colleen.fawcett@wiltonct.org).

Funding for staff training for this program was provided through a joint initiative of the Wilton Youth Council and Wilton Woman's Club.

### **Online PTA Membership and Directories**

Join the PTA and show your support for all of the programs and activities we organize each school year. Student Assemblies, Outdoor Classroom, Media Center Supplies, Activity Nights, Science & Engineering Fair, Social Opportunities, Weekly Messenger, Photo Day, Teacher and Staff Appreciation Events and Soaring Ahead are just a few of the programs our PTA supports. When you join, you will gain instant access to our online directory that is desktop and mobile device friendly, just download the app.

Join here, and use the code - 'wilton'

[https://mobilearq.com/schooldirectory/school\\_directory\\_parent\\_register.html](https://mobilearq.com/schooldirectory/school_directory_parent_register.html)

### **Wilton Special Education Parent Teacher Association (SEPTA)**

For information and to inquire about open executive board and committee positions contact us at

[wiltonsepta@gmail.com](mailto:wiltonsepta@gmail.com) For membership visit our website at [www.wiltonsepta.org](http://www.wiltonsepta.org)

Wilton Special Education Parent Teacher Association (SEPTA) is open to all who want to support Special Services in Wilton Public Schools. Please like our Facebook page: Wilton SEPTA to be informed

of upcoming events and helpful information.

### **Box Tops For Education**

Even though our contest winners have been announced please continue to submit Box Tops until the end of the school year. Any questions please contact Jen Markey at [jtm4jla@optonline.net](mailto:jtm4jla@optonline.net).

### **Volunteer!**

Volunteering is a great way to know your child's school and be a part of the Middlebrook community. If you're interested in helping with any event, email Meire Mouracade at [mouracadefamily4@gmail.com](mailto:mouracadefamily4@gmail.com)

### **MB Clubs**

Middlebrook School is proud to offer more than 20 clubs and intramural activities before and after school at Middlebrook. Please see this [link](#) (also available on the district website) to learn about the offerings at Middlebrook. Clubs and intramurals are starting to meet - there are varied dates depending on the activity, please see the informational document for more details. Our diverse options provide students with the opportunity to explore interests in a safe, supportive environment.

### **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](mailto:carbos@optonline.net)

## **COMMUNITY NEWS**

### **WILTON YOUTH COUNCIL (WYC)**

WYC promotes and protects the social, emotional and mental well-being of Wilton's students by educating and empowering youth, parents and the community. Find us on FB or visit [wiltonyouth.org](http://wiltonyouth.org) for more information and to sign up for our monthly newsletter. [Click here for an overview of this year's events!](#) 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](mailto:eliasvanessa5@gmail.com). Interested in volunteering? Email Courtney Boucher at [courtney.v.boucher@gmail.com](mailto:courtney.v.boucher@gmail.com)

### **Class Project 2023 Parent Social**

SAVE THE DATE - 8th grade parents  
Saturday, April 27th, 6:30-10:30 p.m. at Trackside Teen Center  
Casual fun for the parents! More details coming soon...

### **Children's Film Fest**

HAVE FUN & EXPAND YOUR CHILD'S WORLD VIEW!

Come to the RIFF KIDS FILM FEST

Saturday, April 27, 2019

Introduce your children to an array of imaginative and innovative films from around the world. This one-day film festival features an impressive lineup showcasing animation, live action, and documentary films with individual programs designed to appeal to little kids, tweens, teens, and young adults. (P.S. Parents will enjoy our offerings too!) The RIFF Kids Film Fest is the only dedicated children's film festival in Connecticut and features award-winning programming guaranteed to inspire laughter, curiosity, and empathy while expanding your child's world view. The festival will also

present the CT premiere of the internationally acclaimed South African film *Liyanna* and the East Coast premiere of the uplifting documentary *Band Geeks*. For more information visit <http://riffct.org>. Tickets on sale at <http://bit.ly/2uR7JGFriffKidsFilmFest>

### **Wilton Children's Theater Summerstage Registration**

Wilton Children's Theater 2019 Summerstage show is ANYTHING GOES! This summer production is open to rising 7th-10th graders. The program runs June 24th- July 12th. Visit our website at <http://www.wiltonchildrenstheater.org/> for information about registration. And be sure to like us on Facebook to keep up to date with all our events!

### **Wilton Conservation Program**

The Wilton Conservation Commission is looking for volunteers on Saturday, May 4, 2019 (9am-12pm) to participate in our Townwide Cleanup event. This event is a fantastic opportunity to meet your neighbors and help keep our community beautiful!

Volunteers will meet at the Town Green Gazebo where the Conservation Commission will be handing out work gloves and trash bags to participants. We will then spread out to designated areas throughout Town to pick up litter. All participants will return to the Town Green to dispose of garbage bags. Last year, we had over 200 volunteers join together to remove over 3,200 lbs. of litter from Wilton's roadways and open spaces! This year we can do even more and have a larger impact on our community by bringing family, friends, and neighbors together for the 2019 Cleanup Day.

For more information on the event, or to sign up ahead of time, please contact the Wilton Department of Environmental Affairs (203-563-0180). We appreciate your help in getting the word out. We hope to see you there, rain or shine!

### **CHALLENGER BASEBALL REGISTRATION IS OPEN!!**

**Do you know a child with disabilities who would enjoy playing baseball?**

**Come join us!!**

**The Wilton Little League True Warriors participate in the Challenger Division of Little League.**

**Our focus is to play baseball and have fun. No experience necessary.**

**[Click here to register](#) Want to know more about True Warriors? We can be reached at [wiltonlittleleague@gmail.com](mailto:wiltonlittleleague@gmail.com).**

### **National Alliance on Mental Illness (NAMI)**

**Frustrated by your child's challenging behavior? Do you ever feel like your child is harder to parent than other children? Do you worry about how your child's behavior affects the family? Do you think your child or family needs a therapist, but you don't know where to start? Ever wonder how others manage in similar situations? Are you married, but feel alone in parenting your challenging child? If you say yes to any of these -- 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. These groups are free, confidential, safe and led by trained and certified volunteer facilitators who themselves have had personal experiences raising children with these concerns. The Wilton based support group meets on the 4th Monday of every month. The next meetings are Mondays, April 22nd and May 20th, from 10:00 a.m.-11:30 a.m. at the G & B Cultural Center, 49 New Street in Wilton. For more information, contact Beth at 203-984-0123 or [beth44es@gmail.com](mailto:beth44es@gmail.com) or Vanessa at 203 970-4130 or [eliasvanessa5@gmail.com](mailto:eliasvanessa5@gmail.com)

### **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](mailto:middlebrookmessenger@gmail.com)