



Middlebrook PTA Weekly Messenger Feb. 25, 2018

Middlebrook Quick calendar

Friday	March	2	Career Awareness Day
Thursday	March	8	Brown Bag Lunch with Principal at 1:00 p.m.
Thursday	March	15	MB PTA Meeting 9:00 AM
Friday	March	16	2-Hour delayed opening for students- Profession Learning for staff
Monday - Friday	March	26-29	World Language Week
Tuesday	March	27	World Language Assembly for students (2 scheduled): SURCARI performance

Middlebrook Six Day Cycle

Monday	February	26	Day 5
Tuesday	February	27	Day 6
Wednesday	February	28	Day 1
Thursday	March	1	Day 2
Friday	March	2	Day 3

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.

Volunteer:

Volunteering is a great way to know your child’s school and be a part of the Middlebrook Community. There are many opportunities to help. 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 immouracade@gmail.com

SCHOOL NEWS

Health Office Notice

Scoliosis screenings for the 7th grade girls will be done during gym periods starting in February. To be excused from this, a parent’s note is requested.

Art Dept. Needs Your Help!

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

Additionally, the art department is **looking for artifacts** to use in this year's International Art Exchange. Our exchange countries this year are Uganda, Brazil, and Sri Lanka. Artifacts will be used in display cases as well as around the show to support the countries that we are exchanging with this year. *Artifact will be returned after April 2.* Please contact your child's art teacher if you would like to participate.

2017-2018 Middlebrook Yearbooks are on Sale!

Middlebrook Middle School Yearbooks are now available for purchase for sixth, seventh and eighth grade students through March 30th.

Be a part of all the fun memories for years to come! The cost this year is \$35.00 and gets you 200 full color pages of portraits and photos of activities, full color hardcover and a bonus “Year In Review” section. *Yearbooks must pre-ordered before the deadline if you want a yearbook in June.*

Please order online through our secure School Annual yearbook site: [BuyYearBook](#)

Due to declining sales we will not be pre-ordering any extra yearbooks. There will be no yearbooks for sale during the last days of school in June.

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.*

Privileged and Pressured: Dr. Suniya Luthar Returns to Discuss Wilton's Survey Results

Monday, March 5, 2018 7:00-8:30 PM

Snow date: March 6 at 10:45 AM

Wilton High School's Clune Center, [395 Danbury Road](#)

Admission is free; registration is recommended at WiltonSurveyResults.eventbrite.com

Suniya Luthar, PhD, is a nationally recognized researcher, writing and speaking about the particular challenges faced by children of affluence across the country. In October 2016, when she presented to Wilton parents and concerned community members, there was an outpouring of interest in having her study students at Wilton High School.

Because our district continues to seek a better understanding of factors that contribute to the well-being of its students, over 1,200 WHS students participated in a survey in November 2017. Dr. Luthar will share her findings regarding our students' life experiences in areas such as personal values, empathy and kindness, depression and anxiety, substance use, and relationships with family and friends. She will put those results into the context of national norms to help us understand our students' current level of health and well-being.

Don't miss this unique opportunity to hear her speak in Wilton! **Program begins promptly 7:00 PM.** Please allow extra time for parking. Please contact Genevieve Eason at Genevieve.Eason@gmail.com with questions. *Sponsored by:* Wilton Public Schools, Wilton Youth Council, Wilton Youth Services, Wilton High School PTSA

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 Meeting Dates:

Wednesday March 14

Wednesday, April 4

Wednesday, May 9

The PAB is planning several events for this year's Disability/ Inclusion Awareness month, to take place in March. They include:

Throughout March: Stories of famous people with disabilities and learning differences will be printed and posted on the bulletin board at MB

Date TBD: Peer panel discussion of recent graduates who work with Smart Kids with LD: Demystify and Destigmatize Disabilities, Differences through Empowerment, Education and Awareness.

Date TBD: The Top Inclusion Models (TIMs) will host a "mix it up" lunch day where students are encouraged to mix up their lunch tables to include different students.

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.

This workshop is will run three times this year. It is free and limited to Wilton parents. Dates for the 2017-2018 school year are listed:

Session 3 – Thursdays 10-11:30 a.m. at Comstock FULL, WAITLIST ONLY

Facilitated by: Jim Martin, Alexa Lee

March 8, 15, 22, 29

April 5, 19 (one snow date scheduled)

Registration for Session 2 is now open. Please call Wilton Youth Services at (203) 834-6241.

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

April 23, 30

May 7, 14, 21

June 4

Stop and Shop A+ Rewards Program:

Those families who frequent Stop & Shop can support Middlebrook through the Stop & Shop's A+

Rewards program. **The program gives money to our school based on all of your purchases made October 6, 2017- March 15th, 2018.** It does not cost you anything and does not impact your gas points. Sign up directly online at www.stopandshop.com/school-rewards/

Spread the word to friends and neighbors that we would love to have them support Middlebrook through this program. Even extended family that does not live in Connecticut can sign up if they shop at Stop & Shop. The funds raised will be used for projects that help Middlebrook feel like a fun and friendly place through groups including Team Change and Kindness Club. Of course, we are not asking anyone to change their shopping habits or switch stores! This is just an easy way to take advantage of no-cost fundraising with folks who already use Stop & Shop.

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/1A1aBWLEIM7lvqFtzIXNuuXssDQyZ6X5LrD3Ot3_2l3w/edit?usp=sharing

COMMUNITY NEWS

Class Project 2022

Show your support with 2022 T-shirts, hoodie sweatshirts, plaid lounge pants, magnets and water bottles!

- 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](#)

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!

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.

Class Project 2023

Attention 7th grade parents: orientation meetings for class project 2023 will be held on **Tuesday Feb 27th, 2018**. Plan on attending a meeting at **Comstock Community Center at 10:00 a.m. or 7:30 p.m.**

Both meetings will present the same information and give parents the opportunity to learn about all there is to know about what a class project is and how you can be a part of it. For the past 30 years the Wilton Class Projects have been bringing parents together to improve networking and communication as well as providing substance-free social activities for students in grades 7 - 12. Questions? Contact Eva Beshlian - Class Projects Coordinator EVA@BESHLIAN.COM

UPCOMING PROGRAMS:

BOOK DISCUSSION: Wednesday, February 28, 2018

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success

10:00 - 11:30 a.m. OR 7:00 – 8:30 p.m. at the Wilton Library, Rimer Room

Registration required- <http://www.wiltonlibrary.org/> or 203-762-6334

Appropriate for Parents of Children of all ages.

Ellen Brezovsky, LCSW, of Silver Hill Hospital will facilitate a *book discussion*. In ***How to Raise an Adult***, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

FREE Narcan Training

Monday, March 12, 2018, 10:00 AM, Wilton Library.

Registration required at www.wiltonlibrary.org or 203-762- 6334.

A coalition of local organizations is offering a free Narcan training session, to address the rising crisis of opioid use.

Join us for a training session and demonstration on how to acquire and administer Narcan, the lifesaving drug that can be administered in the event of overdose. Participants will learn overdose

prevention strategies, the signs and symptoms of overdose, and how to administer Narcan. Good Samaritan laws will also be covered, and additional information and resources will be available.

Sponsored by the Department of Mental Health and Addiction Services, Human Services Council, Wilton Library, Wilton Youth Council, and Wilton Youth Services.

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

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 meetings are Mondays Feb. 26th and 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>

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