



Middlebrook PTA Weekly Messenger Mar. 11, 2018

Middlebrook Quick calendar

Wednesday	March	14	9:30 AM or 6:30 PM, both at Miller Driscoll Cafeteria: Presentation & Conversation with the Superintendent on the 2018-19 BOE Budget
Thursday	March	15	MB PTA Meeting 9:00 AM
Friday	March	16	2-Hour delayed opening for students- Professional learning for staff
Wednesday	March	21	PSAT 8th Grade
Mon-Fri Tuesday	March March	26-30 27	World Language Week World Language Assembly, performance by SURCARI
Wednesday	March	28	International Top Chef Competition-- After School

Middlebrook Six Day Cycle

Monday	March	12	Day 3
Tuesday	March	13	Day 4
Wednesday	March	14	Day 5
Thursday	March	15	Day 6
Friday	March	16	Day 1

Note from the President:

Good Morning! I'm already missing that hour of sleep, how about you? It has been a long five days since we last had school, even longer if you were among the nearly 40% who lost power on Wednesday. As you prepare for the week ahead, please read on to find out what is new at Middlebrook, including a talent show and cooking competition.

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:

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

SCHOOL NEWS

International Top Chef Competition on March 28

The World Language Department is proud to present the annual International Top Chef Competition to take place March 28, immediately following bus dismissal in the cafeteria. Entry forms are available from World Language Teachers and limited to Middlebrook Students only. Categories are appetizers, main dishes and desserts. **Deadline to enter is March 16th.**

SOUP-N- SALAD Lunch Buffet for Middlebrook Teachers and Staff – Tuesday, March 27, 2018

To wrap up the winter months, we’d like to do something special for the teachers and staff at Middlebrook! The PTA’s Hospitality Committee will be hosting a Soup-N- Salad lunch buffet and we appreciate your help. We are looking for donations of your favorite soups, salads, drinks and desserts. We would also like to borrow a few crock pots to keep the soup warm throughout the lunch waves. You can drop off items at school between 8am-10am on Tuesday, 3/27, or contact us to make arrangements for drop off the day before. Follow link below for all of the details and to sign up.

Thank you in advance! We’re hoping this new event is another hit!

<https://signup.com/client/invitation2/secure/2246830/false#/invitation>

Middlebrook Talent Show

The annual Middlebrook Talent shows will be held during the school day on Friday, April 6. Students who would like to perform should submit a video audition to Google Classroom.

The classroom code is 17xor7

Submissions will be accepted from March 5 - March 25. We are hoping for lots of variety and fun. Questions? Speak to Mrs. Nobles

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...(see attached chart)

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"

Project Adventure

Has your child told you about how awesome the climbing unit in gym is? Just in case they didn't let me tell you about it. Some of the students scramble up the wall like they were meant to climb, some students are scared to leave the ground but somehow find the courage to climb a few rungs up, some even surprise themselves and make it to the top maybe not on the first try but the 2nd or 3rd. Some kids race each other to top and some do the pumper jump fearlessly. You can be a part of this! You can become a belayer for project adventure and help them build up the courage to conquer their fear, to try again when they don't succeed and to share in their accomplishments. The more belayers we have the more opportunities the students will have to climb.

Project adventure is currently running through the end of March and will run again next fall. We have a morning and an afternoon shift and we are happy if you come in once or 10 times. Volunteers need to become a certified belayer(1 hour class and a certification test). If you are interested in project adventure or have any questions please contact Margo Silvan margosilvian@me.com and Renee Rafferty raffertyrenee@gmail.com

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! *SALE ENDS MARCH 30*****

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.*

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, 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.

The last workshop begins next month. It is 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

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_2I3w/edit?usp=sharing

COMMUNITY NEWS

Zero Waste Faire at the Wilton Field House March 25

Come to the Zero Waste Faire at the Wilton High School Field House on March 25th, from 11am-4pm! The Zero Waste Faire offers a new and exciting experience that will feature a broad range of interactive, hands-on exhibits from nature education, home composting and backyard farming to cooking demonstrations, zero waste shopping techniques and product demonstrations. There will also be a Zero Waste Feast, games for younger kids, great shopping, very cool electric cars – the BMW i8 and i3 and Tesla Model X -- entertainment, dynamic speakers, and a mini film festival!

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](#)

Class Project 2023

Attention 7th grade parents: Our next meeting will be March 22 at 7pm at Comstock Community Center. Plan on attending a meeting at **Comstock Community Center at 10:00 a.m. or 7:30 p.m.**

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

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. Upcoming events:

Managing the Impact and Influence of Digital Devices and Content: What to do, how to do it and why it's important

Susan Bauerfeld, PhD, Licensed Clinical Psychologist; Chris Parrott, BPS Chartered Counseling Psychologist

Tuesday, March 20, 2018

10:00-11:30 AM @ Wilton Library, [137 Old Ridgefield Road, Wilton](#)

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

7:00-8:30 PM @ Weston Library, [56 Norfield Road, Weston](#)

Free; registration recommended - www.westonpubliclibrary.org, click on Calendar

Join popular speakers Susan Bauerfeld and Chris Parrott to learn how to take a different approach based on an understanding of the science of how both devices and human relationships can influence behavior. The presentation will include practical, flexible and straightforward guidelines for teaching the skills needed to manage digital devices and content so children and parents can travel in and out

of the Digital World with composure, mindfulness, resilience and good health.
This presentation is appropriate for parents with children of all ages.

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.

Managing the Impact and Influence of Digital Devices and Content: What to do, how to do it and why it's important

Susan Bauerfeld, PhD, Licensed Clinical Psychologist; Chris Parrott, BPS Chartered Counseling Psychologist

Tuesday, March 20, 2018

10:00-11:30 AM @ Wilton Library, [137 Old Ridgefield Road, Wilton](http://www.wiltonlibrary.org)

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

7:00-8:30 PM @ Weston Library, [56 Norfield Road, Weston](http://www.westonpubliclibrary.org)

Free; registration recommended - www.westonpubliclibrary.org, click on Calendar

Join popular speakers Susan Bauerfeld and Chris Parrott to learn how to take a different approach based on an understanding of the science of how both devices and human relationships can influence behavior. The presentation will include practical, flexible and straightforward guidelines for teaching the skills needed to manage digital devices and content so children and parents can travel in and out of the Digital World with composure, mindfulness, resilience and good health.

This presentation is appropriate for parents with children of all ages.

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**