



Middlebrook PTA Full Messenger

February 10, 2019

Middlebrook Quick Calendar

Monday	February	11	Budget Presentation by Dr. Smith: 7:00 p.m.--MB Auditorium
Thursday	February	14	Shortened Day- STUDENTS DISMISSED AT 12:30 P.M.
Friday & Monday	February	15 & 18	No School- Winter Recess
Tuesday	February	19	Community Math Information Session: 10:00-11:30 a.m.--WHS Zellner Gallery (Please note that this same info. session will be held on 2/26, 2/28 & 3/18. Scroll down for times)
Wednesday	February	20	WHS Block Schedule Information Session for Students (pertaining to current 8th graders): 7:45-8:15 a.m. & 3:00-4:00 p.m.--WHS Little Theater
Thursday	February	21	PTA Meeting: 9:00-10:00 a.m.-- MB LLC (corrected date)
Thursday	February	21	WHS Course Registration ends at 3:00 p.m. (pertaining to current 8th graders)
Wednesday	February	27	WHS PTSA Principal's Coffee for Parents: 9:00-10:30 a.m. & 7:00-8:30 p.m.--WHS Zellner Gallery

Middlebrook Six Day Cycle

Monday	February	11	Day 3
Tuesday	February	12	Day 4
Wednesday	February	13	Day 5
Thursday	February	14	Day 6
Friday	February	15	No School

Notes from the President:

My note this week is all about reminders: attend the school budget presentation this Monday evening at MB, parents of 8th graders— don't forget to register your student for classes next year at WHS, and everyone— sign your child up for hands free CPR training on February 19, link is on the last page of this Messenger.

SCHOOL NEWS

Board of Education Budget Presentation By Dr. Kevin Smith

Monday, February 11th, 7:00 p.m.--Middlebrook Auditorium

Parents are invited to hear Dr. Kevin Smith present the proposed budget. This is a great opportunity to ask questions and learn more about the upcoming B.O.E. budget.

Community Math Information Sessions

Parents are invited to learn about the changes taking place to the district's math program. Trudy Denton will highlight the proposed changes to the district's math program that were discussed at the January 10th B.O.E. meeting. The sessions will take place in the WHS Zellner Gallery during the following dates and times:

February 19th, 10:00 am - 11:30 am

February 26th, 10:00 am - 11:30 am

February 28th, 7:00 pm - 8:30 pm

March 18th, 7:00 pm - 8:30 pm

SNOWDATE= March 26th , 7:00 pm - 8:30 pm

Please note: each date will cover the same presentation

Parents are encouraged to visit the math program update page [here](#) and if they have thoughts they wish to share with the math department a google form is available to fill out [here](#)

Middlebrook Yearbooks

Please visit [yearbook sales site](#) to order a 2018-2019 Middlebrook Yearbook.

From The MB Health Office

1. 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 7th 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 7th grade entry.

2. Scoliosis Screening for 7th Grade Girls

Screenings will be done during gym periods starting in February. To be excused from this, a parent's note is requested.

Please call the school nurse with any questions: 203-834-4961

Box Tops for Education: The Contest Has Begun

The Annual MB Box Tops Contest is back!! **Our Box Tops Contest Collection area will be in the lobby starting on Tuesday, January 22nd, through Wednesday, February 20th.** There will be a collection bin for each color. Make sure to note your team color when submitting your Box Tops in case they are placed in the wrong bin. Also, be sure your Box Tops are NOT expired as they will not count. In the past we've earned over \$1,000 through our contest and we hope to reach that record again this year. If each child brought in just 10 box tops during the contest we could easily reach the goal! Box Tops can be found on so many different brands and different products. From cereals, snacks and meals to school/office supplies, food storage and waste bags. Stay tuned as we will be revealing the prize for the winning color shortly. Questions please contact: Jennifer Acerra-Markey at jtm4jla@optonline.net

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

Wilton Special Education Parent Teacher Association (SEPTA)

Wilton Special Education Parent Teacher Association (SEPTA) is open to all who want to support Special Services in Wilton Public Schools. For general questions, inquiries about membership and Executive Board positions please contact: wiltonsepta@gmail.com or visit our website at www.wiltonsepta.org for general information and to register for membership. Please like our Facebook page: Wilton SEPTA to be informed of upcoming events and helpful information.

Next meeting this Monday February 11 at 4pm in the Zellner Gallery of the Clune Center.

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

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

Stop & Shop 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

September 7, 2018- March 16, 2019. It does not cost you anything and does not impact your gas points. You can 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 do 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

Wilton Youth Council Sponsored Events in Collaboration with Wilton Public Schools

1. A Community Conversation: CHARTING THE COURSE

Wilton Public Schools, Wilton Youth Council and Wilton Youth Services invite you to the culmination of a special 3-part series to explore the purpose of education, the importance of childhood and our community's opportunity to chart the best course for our children.

The series began with screenings of *Race to Nowhere: The Dark Side of America's Achievement Culture* and *Beyond Measure*. It concludes with a Community Conversation on February 25th. Join us for a discussion about the well-being of our children. We will ask participants to consider childrens' lives at home, school and in organized activities. Working in groups, we will identify concrete, actionable steps for schools, families, and the community.

Community Conversation

Zellner Gallery at Wilton High School's Clune Center

Monday, February 25, at 7:00 PM

REGISTER AT: ChartingTheCourse.eventbrite.com

Missed one or both of the movies? *Race to Nowhere* is available to rent on Amazon Prime, iTunes, YouTube and Google Play. Consider reading *Beyond Measure*. And either way, please join us on February 25th!

Sponsored by Wilton Public Schools, Wilton Youth Council, and Wilton Youth Services.

2. PeerConnection: *a Wilton Youth Council program co-sponsored by Wilton Youth Services and Middlebrook School and funded in part by Elizabeth Raymond Ambler Trust.*

PeerConnection was developed on the simple premise that students seek out help with their problems from their friends before they go to adults or mental health professionals. The school's "natural helpers" are selected, their natural helping skills are enhanced through skill development in effective listening and communication, and they are given the necessary resources and skills needed to involve adults in helping when appropriate. This year we are excited to have a new leader: Middlebrook teacher Jennifer Kaminski and a new format: after school on Tuesdays for 8 consecutive weeks.

PeerConnection Program Leader: Ms. Jennifer Kaminski

Meeting Place: Middlebrook School, 7 Red 206

Meeting Time: Tuesdays from 3:00-4:30 PM for 8 consecutive weeks following the school calendar.

The first meeting date is Tuesday, March 19.

Cost: \$125

We are able to take 15 students each semester into the PeerConnection program. Students should

possess these qualities: natural helping skills, strong peer and adult connections, sought by other students for help, empathetic, good listener, open-minded, may have brought peers to adults for help in the past, consistent academic performance (average to better than average), responsible and able to follow through on commitments, respectful.

For more information, contact Genevieve Eason at geason@wiltonyouth.org

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 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. Interested in volunteering? Email Courtney Boucher at courtney.v.boucher@gmail.com

Wilton Youth Council Sponsored Talk

The Physiology of Addiction: Effects of Drug-Taking Behavior on the Brain

Thursday, March 7th

7:00 PM to 8:30 PM at the Wilton Library

Ruth Potee, MD, provides an overview of how substances and addictive behaviors impact the brain and how the brain is injured by prolonged exposure to these substances and behaviors. This presentation explores normal risk taking behaviors of the developing brain, as well as the impact of marijuana on the adolescent brain acutely and long term. Dr. Potee will also address the risk and impact of addiction on adolescents with ADHD.

This program is appropriate for parents of middle and high school parents. You are encouraged to bring your children.

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

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

WYC Class Project 2022

S'well bottle with Warrior logo is a great gift for kids, teachers, coaches, bus drivers, etc! Visit Blue Star Bazaar, Signature Style, or The Painted Cookie or email wilton2022@gmail.com to purchase. Your purchase supports the Class of 2022!

WYC Class Project 2023

Visit our Wilton 2023 website and join our Facebook WYC Class Project 2023 for more Class Project 2023 information. To become involved with the Project 2023 planning group, email warriorclass2023@gmail.com.

WYC Class Project 2024

Attention 7th Grade Parents: Orientation meetings for Class Project 2024 will be held on **Wednesday, Feb 27th, 2019**. Plan on attending a meeting at Comstock Community Center at 12:00 p.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 at eva@beshlian.com

Support Group For Children of Divorce

Wilton Youth Services presents SPLITS - New Support Group for Kids

Is your child affected by a recent divorce or separation? Does your child need the skills to cope with their emotions?

Join SPLITS

Starting: **Tuesday, February 12th from 2:30 to 3:30pm (weekly for 4 weeks)** at Wilton Youth Services in Comstock.

[Click Here for Registration Form](#)

*** Bus #35 goes to Comstock if you would like your child to take the bus please alert the school. SPLITS program leaders will meet your child at the front entrance of Comstock. ***

SPLITS can help your child by:

- Building healthy coping strategies
- Assisting them on when & how to ask for help
- Recognizing loss, change & gain
- Recognizing strengths that will increase self confidence

Kids' (Hands Only) CPR/AED Event

On Tuesday, February 19th, at 7:00 p.m., the Wilton Volunteer Ambulance Corps in cooperation with Our Lady of Fatima's youth parish, will be hosting a FREE hands only CPR/AED training event specifically for students in grades 5 through 12. Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid...your actions can only help! Registration is required for this free event and more details are available at <https://www.eventbrite.com/e/55078436085>

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) is a support group for parents of children with behavioral, emotional and mental health issues. The meeting is free, confidential, safe and led by trained 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 Monday, February 25th, from 10:00 a.m.-11:30 a.m. at the G&B Cultural Center, 49 New Street, Wilton. Information: Beth at 203-984-0123 or beth44es@gmail.com OR Vanessa at 203 970-4130 or 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