



Middlebrook PTA Weekly Messenger Jan. 21, 2018

Middlebrook Quick calendar

Monday	January	15	Martin Luther King Jr Day - NO SCHOOL <i>District Offices Closed</i>
Thursday	January	18	MB PTA meeting 9:00 am
Wednesday	January	24	Geography Bee Final
Tuesday	January	30	Science Fair 3-6 pm

Middlebrook Six Day Cycle

Monday	January	15	NO SCHOOL Martin Luther King Day
Tuesday	January	16	Day 3
Wednesday	January	17	Day 4
Thursday	January	18	Day 5
Friday	January	19	Day 6

Note from the PTA President:

I hope you all are enjoying the long weekend and that brief respite from wintry temperatures. Please read on to see what is happening in our Middlebrook Community, especially if you love maple syrup, which is a food group at our home.

Online PTA Membership and Directories:

We have over 300 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

National PTA Reflections “Within Reach” 2017-18 Program:

All entries are currently on display through the holiday weekend at the Wilton Library, with winners already selected to move on in this competition that celebrates arts & creativity in schools across the country.

Science & Engineering Fair Tuesday January 30, 2018:

Registered participants, please email Ritu Malik at middlebrooksciencefair@gmail.com with any questions.

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.

Click here to order online in a matter of minutes 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. Yearbooks must pre-ordered before the deadline if you want a yearbook 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.*

Class Project 2022:

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

- Order your Wilton S'well bottle by contacting Maura Chapey chapeys@aol.com
- All other orders can be made by contacting Gail Hanny gmhanny@optonline.net

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

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, February 14
Wednesday March 14
Wednesday, April 4
Wednesday, May 9

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.

Box Tops for Education – Please Support This Effort!

Please donate your Box Tops to Middlebrook School. **Box Tops for Education can be found on hundreds of everyday products from companies like Food Should Taste Good, Yoplait, Kleenex, Scott, Ziploc, Hefty, Old El Paso, Green Giant, Land O Lakes, and Hanes.** Collection boxes are located in the front reception booth, the media center, and the teachers' lounge. Proceeds from Box Tops go directly to the school to help buy new equipment and supplies. **Last year we raised over \$1100! That works out to just 11 box tops per student!** If you would like more information

about this program, including participating brands, visit www.btfe.com or contact Jennifer Acerra- Markey at jtm4jla@optonline.net

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 December 22nd, <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

Middlebrook Maple Sugaring Club – Begins February 8nd

Come experience “winter farming” with Kevin Meehan. Students will learn about the process of tapping, collecting and boiling tree sap. Students will tap and collect sap from 50 trees, located behind Middlebrook. This program runs for approximately 5 weeks (weather dependent). **Students will meet on Thursdays, in the cafeteria, after buses are called. Pick-up will be at 4:10pm in the pick-up line.** There is no charge to participate in this program. Each child will receive their own bottle of Ambler Farm Maple Syrup. Please register by emailing Jennifer Grass (jennifer@amblerfarm.org) .

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 2 – Wednesdays

Facilitated by: Nicole Mok, Bonnie Schnitzler

Jan 17, 24, 31

Feb 7, 14, 21

(one snow date scheduled)

Session 3 – Thursdays

Facilitated by: Jim Martin, Alexa Lee

March 8, 15, 22, 29

April 5, 19

(one snow date scheduled)

Registration for Session 1 is now open. Please call Wilton Youth Services at (203) 834-6241.

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.

YOUTH TO YOUTH AT MIDDLEBROOK - SKI TRIPS: Update

It's that time of year again! Youth to Youth Ski Trips to Mohawk Mountain. Anyone in grades 6-8 is welcome to attend, although active Youth to Youth members have priority sign up. Sign up quickly as they fill up!

Students depart MB at 3:30 pm and return 10:45 pm on Fridays January 19th, 26th and February 2nd (Rescheduled from January 5th). Students may attend as many as they like! **Cost is \$87 and includes lift ticket, coach bus transportation and chaperones. Students may find the paperwork on the Youth to Youth board near the media center or parents may email Mrs. Tanya Leonard at leonardt@wiltonps.org.**

UPCOMING PROGRAMS:

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

TED TALK SCREENING, Wednesday, January 24, 2018

10:00-11:30 a.m. @ Weston Library Registration recommended - <http://www.westonpubliclibrary.org/> click on Calendar. Or same date 7:00-8:30 p.m. @ Wilton Library

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

Appropriate for Parents of Children of all ages.

By loading kids with high expectations and micromanaging their lives at every turn, parents aren't actually helping. Join us to view Julie Lythcott-Haims' thought-provoking TED Talk on parental expectations and unconditional love. The video will be followed by a discussion facilitated by Tracey Masella, LCSW, of Silver Hill Hospital. Tracey will help us understand how to stop over-parenting and

help our children develop resilience. We will discuss how to create a safe and effective family frame in which children learn to manage their lives effectively.

BOOK DISCUSSION: Wednesday, February 28, 2018

Registration for the February 28th Book discussion is now open.

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

Registration required - opens mid-January - www.wiltonlibrary.org or 203-762-6334.

Minimum 15 registrants required for each session.

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.

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

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