



## Middlebrook PTA Full Messenger

January 13, 2019

### Middlebrook Quick Calendar

Wednesday	January	16	Gr.8/WHS Band Concert: 7:30 p.m.--WHS Clune Center
Thursday	January	17	PTA Meeting 9:00-10:00 a.m.-- LLC
Monday	January	21	<b>No School</b> - Martin Luther King Jr. Day
Wednesday	January	23	Digital Learning Parent Workshop #2: 9:00-11:00 a.m. & 7:00 p.m.-9:00 p.m.--MB LLC
Tuesday	January	29	Science Fair: New Gym--11:00 a.m.-6:00 p.m. & Old Gym-- 2:00 p.m.-6:00 p.m. (Snow Date= January 31st)

### Middlebrook Six Day Cycle

Monday	January	14	Day 2
Tuesday	January	15	Day 3
Wednesday	January	16	Day 4
Thursday	January	17	Day 5
Friday	January	18	Day 6

## SCHOOL NEWS

### Lost & Found

Last Call for Lost & Found! Any items not claimed from the Lost & Found by January 17th will be collected by the Zero Waste Club and donated to the textiles recycling bin.

### 8th Grade Dinner Dance Meeting

We hope parents can come to our 8th Grade Dinner Dance kick-off meeting on January 23rd at 7:30 p.m. OR January 24th at 9:00 a.m. at Comstock Community Center. (It is the same meeting - you only need to come to one of them.) We will be discussing the timeline for planning this event, possible

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themes and all of the different committees that we will need volunteers for. Any questions can be sent to Carolyn Lyon at [carolynlyon@optonline.net](mailto:carolynlyon@optonline.net) or Tara Snow at [tanda@optonline.net](mailto:tanda@optonline.net).

### **8th Grade Curriculum Night**

For parents/guardians of the future WHS Class of 2023! Please mark your calendars for a very important 8th Grade Curriculum Night for parents/guardians and students which will be held on Monday, February 4, at 7:00 p.m. at WHS with a snow date of Tuesday, February 5, at 6:30 p.m. (please note the change in time). More information will follow, but please plan on arriving at WHS at 6:45 p.m. (as parking is tight) for an informative night focusing on the wide range of programs offered at Wilton High School. Any questions, please contact Susan Mangan in the WHS Counseling Department: 203-762-0381 ext. 6208.

### **Science & Engineering Fair Tuesday, January 29, 2019 (snow date January 31st)**

**Time: New Gym- 11:00 a.m.-6:00 p.m. & Old Gym- 2:00 p.m.-6:00 p.m.**

The Fair invites students to explore and expand their understanding of a science or engineering related topic. Students, working independently or in teams of two, will:

- develop a hypothesis
- conduct their own experiment
- draw conclusions
- organize results into a visual display
- present their project to judges

**Registration packets** and a list of important dates are available on the PTA website [www.middlebrookpta.org](http://www.middlebrookpta.org). A number of help sessions conducted by our science teachers and volunteers will be available both before and after school. The Middlebrook Science & Engineering Fair is sponsored by the Middlebrook PTA and the Wilton Education Foundation. For questions or additional information contact Madhavi Sharma Vallabhajosula at [madhavi\\_sharma@hotmail.com](mailto:madhavi_sharma@hotmail.com)

### **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 nurse if you have any questions. 203.834.4961

### **2018-2019 PTA REFLECTIONS ARTS & LITERATURE PROGRAM**

The theme this year is: "Heroes Around Me"

Talented student writers, musicians, dancers, artists and photographers are invited to embrace this opportunity to compete at the district and possibly state and national level and GAIN RECOGNITION for your talent!

Information on each category (Visual Arts, Photography, Literature, Music Composition, Dance and

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Film) is below with links to category requirements and entry forms.

For more information [www.ctpta.org/reflections-program](http://www.ctpta.org/reflections-program)

Rules by Category (please note size requirements for art and tech specifics for dance and video submissions)

[https://docs.wixstatic.com/ugd/660af5\\_c7c6eb9a12694fc497d8dccc158dd84e.pdf](https://docs.wixstatic.com/ugd/660af5_c7c6eb9a12694fc497d8dccc158dd84e.pdf)

Entry Form (each submission needs your contact info clearly written and a written statement explaining how your piece answers the theme of “Heroes around Me.”)

[https://docs.wixstatic.com/ugd/660af5\\_afb70caebec84debb3f55ab6107c3708.pdf](https://docs.wixstatic.com/ugd/660af5_afb70caebec84debb3f55ab6107c3708.pdf)

Questions? Email: [laurenyoon@msn.com](mailto:laurenyoon@msn.com)

### **Box Tops for Education**

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](mailto: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](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](mailto:wiltonsepta@gmail.com)

### **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

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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/](http://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](mailto:carbos@optonline.net)

### **Job Openings Within Wilton Public Schools**

Our school district is interested in hiring talented adults who love working with children. Open positions generally provide considerable flexibility, and the time commitment can be as little as a few hours per week. There are also opportunities to work several full days per week. Open positions include:

Lunch & Recess Monitors - 3.25 hour commitment (late morning / midday)

Bus Aides - 2.5 - 3 hour commitment (before school 6:30 a.m. - 9:00 a.m. and/or 2:00 p.m. until 4:30 p.m.)

Daily Substitutes - full or half days (times follow each school's schedule)

Anyone interested in more information about these positions should contact Erika Cross at [crosse@wiltonps.org](mailto:crosse@wiltonps.org).

### **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 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 in November with a screening of *Race to Nowhere: The Dark Side of America's Achievement Culture*. It continues with a screening of documentary *Beyond Measure: What Counts Can't Be Counted*, and concludes with a Community Conversation on February 25th.

#### ***Beyond Measure: What Counts Can't Be Counted***

Middlebrook School Auditorium

#### **Monday, February 4th**

Two opportunities to participate!

**10:00 AM Screening:** [BeyondMeasureWiltonAM.eventbrite.com](http://BeyondMeasureWiltonAM.eventbrite.com)

**7:00 PM Screening:** [BeyondMeasureWiltonPM.eventbrite.com](http://BeyondMeasureWiltonPM.eventbrite.com)

Register for the next screening below, and consider reading the companion book between now and

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then. ([beyondmeasurefilm.com/beyond-measure-book/](http://beyondmeasurefilm.com/beyond-measure-book/))

Save the date for the finale to the series, a Community Conversation. Join us on **Monday, February 25th at 7:00 PM** to share your ideas, hopes and concerns. Location and registration link to come. *Race to Nowhere* is available to rent on Amazon Prime, iTunes, YouTube and Google Play. Consider reading *Beyond Measure*.

## **2. Parent Book Club with Dr. Kevin Smith, Superintendent of Wilton Public Schools**

We are pleased to announce a new district-wide parent book club on one of our favorite books, *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*, by Julie Lythcott-Haimes. Heard about the book and been wanting to read it? Have you read it and would love to discuss? Now is your chance! Space is limited to 20 people, and registration is required. Now is the time to start reading! The discussion will be facilitated by Dr. Kevin Smith and Wilton Youth Council.

### **Book Club for parents of children in grades 6 to 12**

**Thursday, February 7th at 10:00 AM** at Comstock Community Center

Free; register at [RaiseAnAdultWilton6to12.eventbrite.com](http://RaiseAnAdultWilton6to12.eventbrite.com)

## **COMMUNITY NEWS**

### **Mindful Parenting: How to Make It Out in One Piece with Tracey Masella, LCSW**

Tuesday, January 15th, 2019

10:00 AM -11:30 AM @ Wilton Library: 137 Old Ridgefield Road, Wilton

Free; registration recommended - [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-6334

7:00 PM - 8:30 PM @ Weston Library: 56 Norfield Road, Weston

Free; registration recommended - [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org), click on Calendar

One of WYC's most popular presenters, Tracey Masella, returns this week! Join us in the morning in Wilton or the evening in Weston for Tracey's special blend of humor and expert advice.

Parenting isn't what it used to be! The pressures in our community make mindful parenting a challenge. This interactive presentation will discuss what it means to be a mindful parent. Tracey will provide useful information on establishing a family frame, setting reasonable and attainable expectations and goals for your children, managing anxiety (both yours and your children's), and finding a supportive group of fellow parents in your community.

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

Sponsored by: Silver Hill Hospital, Wilton Library, Wilton Youth Council, Wilton Youth Services, Weston Youth Services, Weston Library

### **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](mailto:warriorclass2023@gmail.com).

### **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

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[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)

**PeerConnection**, is 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, 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](mailto:geason@wiltonyouth.org)

### **WYC 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](mailto:wilton2022@gmail.com) to purchase. Your purchase supports the Class of 2022!

### **WYC's Youth to Youth Club**

WYC's Youth to Youth club is excited about a year of fun activities, community service projects, ski trips etc. New members are always welcome. The schedule and list of activities will be posted on our Google Classroom page using code 3pjwzr. Contact Y2Y Program Leader Tanya Leonard ([leonardt@wiltonps.org](mailto:leonardt@wiltonps.org)) or visit Room 133A. More information can be found on our website: <http://www.wiltonyouth.org/youth-to-youth>

**YOUTH TO YOUTH SKI TRIPS:** It's that time of year - WYC's Youth to Youth sponsored Friday ski trips! Open to all students- even if they aren't Y2Y members. If interested, students should see Ms Leonard (Room 133A) for the forms. The last ski date is **Friday, January 25th.**

### **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, January 28th, from 10:00 a.m.-11:30 a.m. at the G&B Cultural Center, 49 New Street, Wilton.

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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](mailto:middlebrookmessenger@gmail.com)