



# Middlebrook PTA Full Messenger

September 29, 2019

## Middlebrook Quick Calendar

Monday	September	30	<b>No School:</b> Rosh Hashanah
Wednesday	October	9	<b>No School:</b> Yom Kippur

## Middlebrook Six Day Cycle

Monday	September	30	No School
Tuesday	October	1	Day 6
Wednesday	October	2	Day 1
Thursday	October	3	Day 2
Friday	October	4	Day 3

## News From The PTA President

Interested in getting involved with the PTA? We're still looking for a Secretary, for LLC volunteers and more! Reach out at [cring226@hotmail.com](mailto:cring226@hotmail.com) if interested in learning more.

-Chandra Ring

## SCHOOL NEWS

### **MB PTA Hospitality Fall Luncheon**

Parents: On Friday, October 11th, the Hospitality Committee would like to host a luncheon for our wonderful staff members. Please click here:

[https://www.signupgenius.com/go/30e0f4cadad22a3f94-mb\\_staff](https://www.signupgenius.com/go/30e0f4cadad22a3f94-mb_staff) to donate a food item for this event. We cannot hold this event without your support! You or your child may please drop off your food item at the front office from 8:00-10:00 a.m. on the day of the luncheon. Please contact Annemarie Aronowitz at [annemariearonowitz@yahoo.com](mailto:annemariearonowitz@yahoo.com) with any questions. MANY THANKS!

### **Save the date!! 6th Grade Activity Night!!**

**Friday, October 18, 2019**

7:00-9:00 p.m.--Middlebrook

DJ-Pizza-Games-Raffles-Basketball-Open Gym

To sign up your child please click here:

<https://docs.google.com/forms/d/e/1FAIpQLSdA5RL3ftLmOWS4EqDR8siesJjrvQ8zTtyVt-Z2CpeADVn0ng/viewform?vc=0&c=0&w=1>

To volunteer please click here:

<https://m.signupgenius.com/#!/showSignUp/30E0F4CADAD22A3F94-6thgrade>

Contact Kris Getty with any questions: [kagtty@optonline.net](mailto:kagtty@optonline.net)

### **Box Tops**

The MB Box Tops Contest is back!! Our Box Tops Contest Collection area will be in the lobby starting on Tuesday, October 1st, through Friday, October 25th. 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. The Color with the most submitted Box Tops will be awarded a Homework Free Night!!

You may have heard that Box Tops are going digital, meaning less clipping and submitting, all while making it even easier for families to earn monies for their school. To donate box tops just follow a few simple steps:

1. Download the Box Tops (BTFE) app on your smart phone (only need to do this once)
2. Buy products with the Box Tops Logo
3. Using the BTFE app, scan your receipt (within 14 days of purchase). The app instantly tells you whether any of your purchases earned monies for Middlebrook.

The app is quick to download and simple to use!

If you have any questions, please email Jennifer Acerra-Markey at [jtm4jla@optonline.net](mailto:jtm4jla@optonline.net).

### **Wilton Public Schools Workshops**

A follow-up discussion to the September 26th presentation of College Frenzy 2.0 will be held on Monday, October 7th, from 10:30 a.m. -12:00 p.m. at the Wilton Library. Bring your questions for an informal conversation based on the presentation. Minimum of 25 registrants for program to run. Registration is required: [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events). Sponsored by Wilton Youth Council, Wilton Presbyterian Church, SPED\*NET Wilton, Wilton Library, and Wilton Youth Services

### **"How To Talk So Kids Will Listen, & Listen So Kids Will Talk" Parenting Workshops**

This program, developed by the authors of the book by the same name, uses lessons, role-play, 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

**The workshops are free and limited to Wilton parents.** Space is limited and registration will be accepted as received.

#### **Fall Workshops**

#### **Tuesday Evenings\* (For Parents of All Ages)**

October 15, 22, 29, & November 12, 19, 26

7:00 pm to 8:30 am @ Comstock Room 30

Facilitated by: Kathy Weiss and Kim Zemo

**Register online at <https://forms.gle/ExKrZUFpYh1g3odBA>**

\*Deadline to register is Thursday, October 10. Minimum of 10 participants for program to run.

### **Thursday Mornings (For Parents of All Ages)**

October 17, 24, 31, & November 7, 14, 21

9:30 am to 11:00 am @ Comstock Room 30

Facilitated by: Nicole Mok and Bonnie Schnitzler

**Register online at <https://forms.gle/uqo3N5NAaZ3etvqE9>**

This is a Wilton Public Schools program, in partnership with Wilton Youth Council. Please contact Genevieve Eason at [geason@wiltonyouth.org](mailto:geason@wiltonyouth.org) with questions.

### **S.P.A.C.E.: Supportive Parenting of Anxious Childhood Emotions**

Date: Monday, November 4, 2019

Time: 7:00 p.m.

Place: Wilton High School Clune Center

Dr. Eli Lebowitz, Associate Professor in the Yale Child Study Center, will speak to parents about the S.P.A.C.E. program, which addresses childhood anxiety (from low level to severe) by teaching parenting skills. The program has been found to be effective in lessening the negative impact of anxiety on children and families. Come learn more about how changing parent behavior can positively impact your child and reduce the impact of anxiety on your entire family. Dr. Lebowitz will also lead a training session for professionals during the day on November 4th and 5th. This session is sponsored by the Wilton Public Schools, SPED\*NET Wilton, Wilton SEPTA, and Wilton Youth Council.

### **The Resilience Formula: Giving Kids Roots and Wings**

Date: Wednesday, November 13, 2019

Time: 10:00 a.m. OR 7:00 p.m. (TWO opportunities!)

Place: Wilton Library

In this interactive session, Donna Volpitta, Ed.D makes the science of the brain easy to understand. Her Resilient Mindset Model helps parents appreciate how the brain responds to challenges and provides them with tools to raise emotionally healthy, resilient kids who make mindful and informed choices. Visit [www.wiltonyouth.org/events](http://www.wiltonyouth.org/events) for more information. Sponsored by Wilton Kiwanis, SPED\*NET Wilton, and Wilton Youth Council.

### **Online PTA Membership and Directories**

Get instant access when you join – no waiting, easy updates to address or phone number changes throughout the year! Join at: [www.middlebrookpta.org](http://www.middlebrookpta.org)

It's green, searchable and portable! Available on phones, tablets and computers!

Parents can update their profiles at any time.

One easy spot to register for all your kids' PTAs and make a donation at the same time!

Questions? Email our Membership VP Donna Arnold at [mallorysleeping@gmail.com](mailto:mallorysleeping@gmail.com)

### **Wilton Special Education Parent Teacher Association (SEPTA)**

Thanks to everyone who attended our first meeting on September 18th! We are excited to begin the new school year with you and are grateful for your support.

With our new charter in hand, this year we hope to strengthen our parent and teacher base (membership), make inroads with each school's PTA to have events that can truly integrate students and families of children with special needs, educate and fundraise so we can provide grants to our

teachers and our schools.

Our first joint initiative is a Sensory Friendly Station at the Miller Driscoll PTA Carnival on Sunday, September 29th. Thanks to Sensory Kids, this station will have guided therapy sensory breaks for children by certified occupational therapists who specialize in sensory processing difficulties. From bean bag chairs to fidgets and noise cancelling headphones, Sensory Kids is excited to sponsor this station and help ensure all kids can experience the carnival in an individualized way.

As a reminder, our next meeting will take place on October 16th from 9:00 a.m. - 10:30 a.m. in Room 13 at the Comstock Community Center. The meeting schedule for the 2019-2020 year is below. Please remember to visit our website at [wiltonsepta.org](http://wiltonsepta.org) for the most up to date information, including agendas, meeting minutes, event information and more!

Feel free to email us at any time with questions or suggestions at [wiltonsepta@gmail.com](mailto:wiltonsepta@gmail.com). Best wishes to everyone for a great year! *Kara, Rosalie &*

### **Save the Date!**

#### **October 27th Bake Sale at The Village Market**

Please consider offering your time and/or baking talent! Volunteers are needed for both baking and selling! All proceeds will go toward future school and community programs. Details and sign-up information will follow

#### **Attention Teachers!**

Is there something you need for your classroom/students? Apply for a start-up gift or grant. Send inquiries to [WiltonSEPTA@gmail.com](mailto:WiltonSEPTA@gmail.com). Membership in SEPTA is required.

Visit [wiltonsepta.org](http://wiltonsepta.org) to join.

#### **2019-2020 Meeting Schedule**

All meetings will be held in Comstock Community Center: Room 12

October 16, 2019, 9:00 - 10:30 a.m. (Room 13 for this meeting)

November 20, 2019, 4:00 - 5:30 p.m.

January 15, 2020, 9:00 - 10:30 a.m.

February 19, 2020, 7:00 - 8:30 p.m.

March 18, 2020, 4:00 - 5:30 p.m.

April 29, 2020, Spring Social

May 20, 2020, 9:00 - 10:30 a.m.

### **Zero Waste**

Our Green Team and Zero Waste Schools Committees are excited to be back and running our Zero Waste Schools Program at each school. If you are new to Wilton schools, students are helping make a difference by sorting their waste in the cafeteria into liquid, recycling, garbage and compost with the goal of sending as little to the incinerator as possible. You can learn more here (insert link <https://vimeo.com/334717577>)

So why not join in on the routine at home with Curbside Compost! Curbside Compost allows you to compost ALL food scraps including dairy, fish and meats.

For every household that signs up for Curbside Compost's residential household collection program Curbside Compost is going to give a \$20 credit towards the Wilton Zero Waste Schools food scrap recovery program. Businesses can get involved too!

Why compost food scraps?

1. Be a role model for your family, children and community.
2. Help to repurpose a material into something good for our homes and gardens.

3. Reduce the energy being used to incinerate trash.
4. Reduce emissions that come from the traditional processing plant.
5. Reduce ash that must be buried in a landfill.
6. Participation is by choice.

Head to Curbside Compost now to sign-up! In the “Pick Up Notes” section be sure to use the code “Wilton Zero Waste Schools” in order for our program to receive credit.

### **Reflections Contest**

Each year, students in Pre-K through Grade 12 are invited to create and submit original works of art in the areas of Dance Choreography, Film Production, Literature, Music Composition, Photography and Visual Arts. These works of art may be submitted for state and national level awards and recognition opportunities. This year's theme is: Look Within

Rules and how to enter can be found here: [http://bit.ly/2020Reflections\\_MB](http://bit.ly/2020Reflections_MB)

Feel free to contact Tree McDermott with any questions [ptsamb.reflections@gmail.com](mailto:ptsamb.reflections@gmail.com)

## **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](http://wiltonyouth.org) for more information and to sign up for our monthly newsletter.

Want to get involved with Wilton Youth Council? We are looking for volunteers to join our fundraising committee and/or the Free Play Matters Task Force. If you are interested, contact Genevieve Eason at [geason@wiltonyouth.org](mailto:geason@wiltonyouth.org) for more information!

### **True Warrior Baseball**

Do you know a child with physical or intellectual disabilities who would enjoy playing Fall baseball? Come join us!! All abilities are welcome! Our focus is to play baseball and have fun. No experience necessary. Register at [www.wiltonlittleleague.org](http://www.wiltonlittleleague.org)

### **National Alliance on Mental Illness (NAMI)**

Has the back-to-school honeymoon worn off? As school gets into full swing, the academic and social stresses can get to be too much, and result in behavioral changes. 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 meetings are Monday, October 28th and Monday, November 25th, from 10:00-11:30 a.m., G&B Cultural Center, 49 New Street, Wilton. For more information: Beth at 203-984-0123 or [beth44es@gmail.com](mailto:beth44es@gmail.com) OR Vanessa 203-970-4130 or [eliasvanessa5@gmail.com](mailto: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)