



Middlebrook PTA Full Messenger

January 5, 2020

Middlebrook Quick Calendar

Thursday	January	9	Brown Bag Lunch w/ Principal Feltz: 1:00-2:00 p.m.
Wednesday	January	15	Geography Bee Final: 3:30-4:30 p.m.--LLC
Wednesday	January	15	Gr.8/WHS Band Concert: 7:30 p.m.--WHS Clune Center
Thursday	January	16	PTA Meeting: 9:00 a.m.

Middlebrook Six Day Cycle

Monday	January	6	Day 4
Tuesday	January	7	Day 5
Wednesday	January	8	Day 6
Thursday	January	9	Day 1
Friday	January	10	Day 2

News From The PTA President

I hope you all had a restful break and are ready to dive into the new year. The PTA kicked off 2020 with an incredibly generous donation from the Turnover Shop. Please consider donating to, shopping at or volunteering with them.

Our first meeting of 2020 is January 16 at 9am at Middlebrook. We hope to see you there!

-Chandra Ring

SCHOOL NEWS

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**

Submissions due on Jan. 6th, 2020.

Rules and how to enter can be found here: http://bit.ly/2020Reflections_MB

Feel free to contact Tree McDermott with any questions at ptsamb.reflections@gmail.com.

MB Health Office

Health Requirements for Students Entering Grade 7 in Fall of 2020

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, 2020, 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.

Box Tops

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 money for their school. To donate box tops just follow a few simple steps:

1. Download the Box Tops (BTFE) app on your smartphone (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! We will, of course, continue to accept any of the “old” clipped box tops that families may have floating around their house. If you have any questions, please email Jennifer Acerra-Markey at jtm4jla@optonline.net.

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

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.

COMMUNITY NEWS

Trackside Teen Center

As one of Wilton's unique town gems, Trackside Teen Center is excited to be celebrating our **15th Anniversary as the “go-to” place for Wilton's Teens**. As many other Teen Centers in the surrounding towns have closed their facilities, we are raising donations to continue to support the needs and interests of our Teens and community.

Every donation dollar counts to sustain, grow and evolve Trackside, helping us remain one of the safest places where our Teens can socialize with each other, meeting new friends and expanding their interests. Each year, we count on your support and that of our generous Wilton community members and donors to provide for our Wilton Teens.

This year, our fundraising challenge is to raise at least \$65,000 by March 15th. The funds raised will directly support our mission of being a safe and substance free place where Wilton's Teens gather,

socialize and thrive.

Like you, we believe it is essential to engage and support as many of our Teens as possible, by providing safe, supervised, and substance free opportunities for our Teens to gather together. This past year, we have **increased our impact**, engaging over 2x more of Wilton's Middle and High Schoolers versus the same time last year.

Trackside is truly a space being imagined **"For Teens, by Teens"** as our Teens and Student Advisory Boards have designed a blueprint of programs and events that **empower and engage** their peers. Since the start of the 2019 school year alone we have enhanced four existing programs, including our Gaming and Improv Comedy Clubs and have added eight new programs including Trivia and Open Stage Nights, which offer opportunities for **both High School and Middle School students** to socialize on Friday nights. Teen interest is driving no less than **six new program after school and evening ideas that we hope to launch and grow with your support.**

A gift from you today will enable us to continue to provide *fun, safe and substance free* programs and events at Trackside for Wilton's Teens to *socialize together*.

To learn more about our programs, events and to show your support for Wilton's Teens, please

DONATE NOW at www.trackside.org/donate.

Thank you for your support!

The Trackside Teens

Cindy Moser, John Priest and the Trackside Board of Directors

Trackside 80's Dance Party

Click here

https://www.flipcause.com/secure/cause_pdetails/NzE5NTM=?fbclid=IwAR0itoZbkZ23G1skEmGX_yGREO-1QxsNq2mCwkO9WljWcL0DdrGZ78SAGyM for information.

Wilton Turnover Shop

The Turnover Shop needs volunteers! We are looking for several people to work at the front desk. The commitment is for a regular shift only once a month for 3 1/2 hours, September-June. Each year, The Turnover Shop gives generously to the Wilton PTAs, but we need your help to make this happen. Come join the fun and meet some new people in our community! Please send an email to turnoverfrontdesk@gmail.com to get started.

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.

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 for more information!

WYC Sponsored Events

Vaping: What You Need to Know

TWO OPPORTUNITIES (AM or PM)

Monday, January 13th (Rescheduled from Dec. 11th)

7:00 - 8:30 p.m.

Trackside TeenCenter

<https://vapingwhatyouneedtoknow.eventbrite.com>

Wednesday, January 15th

10:00 - 11:30 a.m.

Wilton Library Association

<https://www.wiltonlibrary.org/events>

Elizabeth Jorgensen, CADC, will discuss the short-term and long-term effects of vaping, nicotine, and marijuana use, and the connection between addiction and mental health issues like anxiety and depression. Sponsored by Wilton Youth Council, Newport Academy, Trackside Teen Center and Wilton Library.

Wilton Youth Council's Annual Appeal

Did you receive our Annual Appeal letter in the mail? We hope you'll accept our invitation to become one of the helpers! Together, we make our community a healthier, happier place for our children of all ages to grow. Respond to the letter, or donate through our website, www.wiltonyouth.org. Thank you!

Wilton Library Programs

Sunday, Jan. 12th *Mindfulness for Teens*, 2:00 – 3:00 p.m. Growing up today is not easy: social media, peer competition and society expectations can overwhelm and create stress, resulting in sleep problems, anxiety, depression and other issues. Mindfulness can help. With practice, it helps with clarity and focus in life, while allowing you to experience more peace, calm and acceptance towards yourself, others and life in general. This is a great way to get the new year off to a good start! For teens in grades 7-12. Sponsored by the John and Patricia Curran Teen Fund. Registration required.

Monday, Jan. 27th *Non-Verbal Learning Disabilities: What They Are, What They Aren't, and What We Can Do About Them*, 10:00 a.m. – 12:00 p.m. In this interactive presentation, school psychologist Dave Sylvestro will compare and contrast NVLD, Asperger's and LD and will discuss how to help kids with NVLD develop and practice key social skills and anticipate emotional pitfalls often associated with NVLD. He currently is the school psychologist at The Southport School, in Southport, CT. He has worked in the field for more than 40 years providing individual and group counseling to students, parents, service staff and professional development. Co-sponsored by SPED*NET and Wilton Library. Registration is strongly suggested.

Wilton Go Green

Families: mark your calendar for Wilton Go Green's biggest event on Sunday, March 29th, 2020 when the Third Annual Zero Waste Faire & Sustainable Living Expo happens at the Wilton High School Field House from 11am to 4pm. Having had over 1,000 attendees and 70 exhibitors in 2019, WGG will feature even more aspects of a zero waste and sustainable lifestyle in depth. In partnership with Sustainne, the Faire committee will orchestrate exhibits at their 2020 event that are educational and interactive, with elements that attendees of all ages will enjoy. Subjects covered will include waste and resource management, waste prevention, backyard farming, a kids area, municipal best practices, zero waste hacks, sustainable living, and a Zero Waste Feast in the High School cafeteria provided by Chartwells. Stay tuned for news about opportunities to recycle or repurpose fabrics, electronics and other household items. Interested in helping out? Email us at info@wiltongogreen.org

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, please email: middlebrookmessenger@gmail.com.