



Middlebrook PTA Full Messenger

March 10, 2019

Middlebrook Quick Calendar

Tuesday & Thursday	March	12 & 14	Judith Altmann Presentation for Students: 1:00-2:30 p.m.--MB Auditorium
Tuesday	March	19	Judith Altmann Presentation for Parents: 7:00-8:30 p.m.--MB Auditorium
Wednesday	March	20	Orientation for Parents of Incoming 6th Grade Students (pertaining to parents of current 5th graders) Snow Date= 3/27
Thursday	March	21	PTA Meeting: 9:00-10:00 a.m.

Middlebrook Six Day Cycle

Monday	March	11	Day 3
Tuesday	March	12	Day 4
Wednesday	March	13	Day 5
Thursday	March	14	Day 6
Friday	March	15	Day 1

SCHOOL NEWS

Soup-n-Salad Lunch Buffet for Teachers and Staff: Wednesday, March 13th

To wrap up the winter months, we'd like to do something special for the teachers and staff at Middlebrook! The PTA's Hospitality Committee will be hosting a soup-n-salad buffet and we would so appreciate your help. **** As of now we are especially in need of soups and salads*.*** We would also like to borrow a few crock-pots to keep the soups warm throughout the lunch waves. You can drop off items at school between 8:00-10:00 a.m. on Wednesday, March 13th, or contact us to make arrangements for drop off the day before. Follow the link below for details and to sign up. Thank you in advance for your contribution! This was a new event last year and it was a big hit with the staff.

<https://www.signupgenius.com/go/4090E49ABA62DA6FC1-middlebrook>

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 date and time:

March 18th, 7:00 p.m. - 8:30 p.m.

SNOW DATE= March 26th , 7:00 p.m. - 8:30 p.m.

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 International Food Competition

Once again, the World Language Department is hosting it's popular International Food Competition on Thursday, March 28th, after school. All Middlebrook students are welcome to participate either as individuals or with a partner. They can choose to create a dish in one of 3 categories- Appetizers, Main Dish or Dessert. Prizes will be awarded to the Top 3 dishes in each category! Registration forms and guidelines can be found at: <https://www.wiltonps.org/middlebrook/departments/world-languages> We are also in need of some parent volunteers to help the event run smoothly! Please click on the Sign-Up link if interested. <http://signup.com/go/ddziEgU>

Thank you,

The World Language Department and MB PTA Committee

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

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)

Next Wilton SEPTA meeting will be on Wednesday , March 13th, @ 9:15 am in the Zellner Gallery at Clune Center at Wilton High School.

Save The Date:

Wilton SEPTA Spring Social

Thursday, April 11th, from 5:00 p.m.- 9:00 p.m. @ Ambler Farm.

Special Guest Speaker: Dr. Margie Gillis from Literacy How will present on “The Science of Reading” from 5:00-6:00 p.m. followed by reception with refreshments, appetizers and music.

Open to WPS families and staff members.

For additional info and to inquire about open executive board and committee positions contact us at wiltonsepta@gmail.com For membership visit our website at www.wiltonsepta.org

Wilton Special Education Parent Teacher Association (SEPTA) is open to all who want to support Special Services in Wilton Public Schools. Please like our Facebook page: Wilton SEPTA to be informed of upcoming events and helpful information.

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.

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

Youth to Youth is happy to announce an exciting event created by our students!

NEON Communication: LOCK-IN with Youth to Youth

March 29, 2019

"Building Blocks for BRIGHTER COMMUNICATION"

All Youth to Youth members are invited to a FULL night of leadership training focused on team building and communication. Y2Y members and staff will "lock" themselves into Middlebrook School.

As part of the evening, we are happy to announce training with...

COMEDIAN and IMPROV WORKSHOP SPEAKER: RACHEL ROSENTHAL

Wilton Youth Council is funding Rachel to speak to our students for an empowering and fun experience. Applying the tenets of improv is a staple in cultivating more positive and effective team environments. Applied improv strengthens one's ability to communicate effectively, react in the moment, collaborate with peers, and actively listen, while boosting confidence, and creating more successful leaders.

REGISTRATION LIMITED TO 45 STUDENTS

Until March 15th, registration is open to Youth to Youth MEMBERS ONLY.

After March 15th, registration opens to all Middlebrook students.

Many thanks to Silver Hill Hospital and Wilton Pizza for supporting this evening. For more information, contact program leader, Tanya Leonard at leonardt@wiltonps.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 Pressure to be Perfect and Its Unintended Consequences with Alicia Farrell, Ph.D

Wednesday, March 20, 2019

10:00 a.m. -11:30 a.m. @ Wilton Library, 137 Old Ridgefield Road, Wilton

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

7:00 p.m. - 8:30 p.m. @ Weston Library, 56 Norfield Road, Weston

Free; registration recommended - www.westonpubliclibrary.org, click on Calendar

We are raising our children in complicated times where performance is valued over character. In such a competitive world, parents, educators and leaders are unwittingly passing on to their children pressure to be perfect. In turn, our children are feeling inadequate, anxious, overwhelmed, stressed, scared and tired. This talk is designed to address how we arrived at this place and what we can do about it. Here are some questions that will be answered:

- What does it mean to be perfect and what are the consequences of trying?
- How do we balance embracing our children's imperfections with the importance of working hard and doing your best?
- What are the benefits of failure and why is it critically important to our children's development?
- What are healthy, age-appropriate expectations and how do we communicate them without shame and fear?
- How do boys and girls experience and respond to the pressure to achieve differently?
- What is the relationship between the pressure to be perfect and the nationwide increase of anxiety disorders, addiction, and suicide in children and adolescence?

It is time for change. Knowledge is key. Don't miss this opportunity to learn!

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

Sponsored by: Wilton Library, Wilton Youth Council, Wilton Youth Services, Weston Youth Services, Weston Library

Class Project 2023 Parent Social

SAVE THE DATE - 8th grade parents
Saturday, April 27th, 6:30-10:30 p.m. at Trackside Teen Center
Casual fun for the parents!
More details coming soon...

Wilton Education Foundation Events

Wilton Education Foundation has two exciting events that WEF sponsors coming up in a couple weeks. Please see the attached flyers and links. Please join us at "Are you Smarter Than a 5th Grader?" on March 22nd and Acoustic Wilton on March 23rd. Both events support WEF and in return WEF supports all four schools in Wilton with requests and needs throughout the school year.

<https://wiltoneducationfoundation.org/events-programs/smarter-than-a-fifth-grader>

https://drive.google.com/file/d/1ZGbpXeEbNrBg3-PMARsgJ_LHI62CNRjk/view

Wilton's Zero Waste Faire

We hope you can join us at our [2nd Annual Zero Waste Faire](#) on Saturday, March 23, from 11:00-4:00 p.m. at the Wilton High School Field House. The Zero Waste Faire will again feature a broad range of interactive exhibits to help Wilton and Fairfield County become more conscious about and involved in practicing Zero Waste living. There will be exhibits from museums, aquariums, and environmental organizations with many fun, educational activities for kids and adults. This year's event will have more exhibitors demonstrating and selling products, such as reusable drinking straws, compost bins and reusable beeswax food wrap. Interested in volunteering? Email us at info@wiltongogreen.org

Join Wilton Children's Theater On An Adventure Under The Sea!

Tickets to our upcoming performances of **Disney's The Little Mermaid** are on sale now at <http://www.wiltonchildrenstheater.org/>. Performances are Friday, March 15th, at 7:00 p.m., Saturday, March 16th, at 4:00 p.m. and Sunday, March 17th, at 2:00 p.m. All performances are at Middlebrook School Auditorium. Save time and money and pick your own seats online! Tickets are \$13.50 when purchased in advance on our website or \$14 at the door (cash/check only).

Wilton Children's Theater Summer Registration now open!

Registration is now open for Wilton Children's Theater summer programs: Summerstage Jr! (entering grades 3-6) and Summerstage (entering grades 7-10). Program dates are June 24th-July 12th. Summerstage Jr! will perform *Disney's 101 Dalmatians KIDS*. The show for Summerstage will be announced soon. For Summerstage Jr!, all payments must be received by WCT before April 4, 2019 in order for your child to be considered registered. If oversubscribed, there will be a lottery after April 4th for spaces. Register and get more details at <http://www.wiltonchildrenstheater.org>. We look forward to seeing you this summer!

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 Date to be Announced- Time: 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

CHALLENGER BASEBALL REGISTRATION IS OPEN!!

Do you know a child with disabilities who would enjoy playing baseball?

Come join us!!

The Wilton Little League True Warriors participate in the Challenger Division of Little League.

Our focus is to play baseball and have fun. No experience necessary.

[Click here to register](#) Want to know more about True Warriors? We can be reached at wiltonlittleleague@gmail.com.

National Alliance on Mental Illness (NAMI)

Feel like you have no one to talk with about your child's challenging behavior?

You are not alone.

National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) Support Group is for parents of children with behavioral, emotional and mental health issues. The meeting is free, confidential, safe and led by trained and certified 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, March 25th, from 10:00-11:30 a.m. at G&B Cultural Center, 49 New Street, Wilton. For more info, contact Beth at 203-984-0123 or Beth44es@gmail.com; or Vanessa at EliasVanessa5@gmail.com, or text 203-970-4130. You can also visit <http://www.namisouthwestct.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