



Middlebrook PTA Full Messenger

March 21, 2021

Middlebrook Quick Calendar

Wednesday	March	31	PTA/Student Government Kahoot
Monday-Thursday	March/April	29-1	Spirit Week
Friday-Friday	April	2-9	NO SCHOOL- APRIL BREAK

Middlebrook Six Day Cycle

Monday	March	22	Day 4
Tuesday	March	23	Day 5
Wednesday	March	24	Day 6 (All Students Remote- Shortened Day)
Thursday	March	25	Day 1
Friday	March	26	Day 2

PRESIDENT'S MESSAGE

Let's get ready for some fun at Middlebrook! With April break on the horizon, Middlebrook PTA and Student Government partnered up to put together **Spirit Week March 29th -April 1st**.

We'll also be selling kits to make your own 10" **Pizza Kit** at home and sponsoring grade level **Kahoot** competitions on **Wednesday, March 31st**. Pizza kits can be ordered now at <https://www.middlebrookpta.org/shop> and must be placed by the deadline of Friday, March 26th by 12 noon. Kits will be available for pickup in the Middlebrook Bus Loop on Monday, March 29th from 5:00 -7:00 p.m.

Be on the lookout for details on all of these fun upcoming activities and as always don't hesitate to email me at cring226@hotmail.com with any questions.

Best,

Chandra Ring

Middlebrook PTA President

SCHOOL NEWS

"NEW NEWS"

CLASS OF 2025 INFORMATION

1. * ATTENTION... 8TH GRADE PARENTS *

If your child ***DID NOT*** attend Kindergarten in Wilton, we need your assistance. We are working on a special photo wall for an 8th Grade end-of-year celebration and we will need a 4x6 photo of your child from Kindergarten. Ideally, it would be a school photo, but if not, any picture of your child from Kindergarten could work too. Please send a digital file (needs to be high quality resolution and JPEG format). Photos can be emailed to Wiltonphotos2025@gmail.com
Thank you for helping to create something special for our 8th graders!

2. Class of 2025 Spirit Wear shop is open until 3/26/21. This will be the only spirit wear shop this school year. Get your Class of 2025 gear at the below link, and have it in time for our upcoming events!
<https://shop.tsandmore.com/whsclassof25/shop/home>

Class of 2025 upcoming events:

1. 4/23/21 - Outdoor scary movie night featuring “The Ring” at Trackside
2. 5/14/21 and 5/15/21 - Class of 2025 Spirit Nights at Trackside (students will register for 1 of the 2 nights)
3. 6/4/21 - Outdoor comedy movie night featuring “Billy Madison” at Trackside

Additional details and registration will be provided in the upcoming days. Be sure to keep an eye out for your email from the Class of 2025 Steering Committee!

School Sponsored Talk Along With Wilton Youth Council

Breaking Free of Child Anxiety and OCD

Webinar, Tuesday, March 30th, 10:00 - 11:00 AM

Book Club: Focus on K - 5th grade, Monday, April 19th, 10:00 - 11:30 AM

Book Club: Focus on 6th - 12th grade, Thursday, April 22nd, 10:00 - 11:30 AM

More information and registration at www.wiltonyouth.org/events and <https://www.facebook.com/WiltonYouthCouncil/>

Anxiety disorders are the most common mental health problems in children and adolescents. Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents by Eli R. Lebowitz, PhD, is the first and only book to provide a completely parent-based treatment program for child and adolescent anxiety. Parents learn how to alleviate their children’s anxiety by changing the way they respond to their children’s behavior. Instead, parents are shown how to replace their own accommodating behaviors (which allow anxiety to flourish) with supportive responses that demonstrate both acceptance of children’s difficulties and confidence in their ability to cope. From understanding child anxiety and OCD, to learning how to talk with an anxious child, to avoiding common traps and pitfalls (such as being overly protective or demanding), to identifying the ways in which parents have been enabling a child’s anxious behaviors, this book is full of detailed guidance and practical suggestions.

Join a Zoom webinar with Dr. Lebowitz to discuss his groundbreaking book. Wilton residents are invited to join a follow up book discussion in April. It is not required to read the book beforehand to participate.

These events are being offered by Wilton Public Schools, Wilton Youth Council, SPED*NET Wilton and Wilton SEPTA.

The Webinar is open to the public. Book Club participation is limited to Wilton residents.

NEWS FROM PREVIOUS MESSENGERS

Middlebrook Yearbook

Great news! The Middlebrook 2020-2021 yearbook is progressing nicely. The yearbook staff this year is incredibly dedicated and has been working tirelessly from afar since October. They are true champions of our community, and I am thrilled to give these student leaders a shout out!

This year, like last year, yearbooks will ONLY be sold through the Lifetouch Yearbook Portal. Here is a direct link to [YBPay_Middlebrook2021](#) account so that you can order your yearbook by April 1, 2021. Please be aware that **we will not have any extra books available to purchase at the school at the end of the year.** We will only have the exact amount of books that are ordered by families. I encourage you to keep the **April 1, 2021** deadline in mind, and perhaps even add the date to the calendar on your phone!

This certainly has been an extraordinary time period in all of our lives, and this yearbook promises to document the friendships, classes, moments, and experiences that we all have shared throughout this amazing school year. Please email Pat Mulhall, Yearbook Advisor, at mulhallp@wiltonps.org with any questions.

MB Health Office

A NOTE FROM THE MB NURSE TO PARENTS/GUARDIANS OF STUDENTS ENTERING GRADE 7 IN AUGUST 2021:

In accordance with Connecticut State Law, the Wilton Board of Education requires that all children have a physical examination to enter 7th grade.

The State of Connecticut mandates that the blue Connecticut State physical examination form HAR-3 and the full immunization record be completed within fifteen months before the first day of school. (The 21-22 school year is scheduled to begin on August 30, 2021.)

Before August 30, 2021, please fill out page one, sign, and date the HAR-3 form before sending the form to the MB health office. Your physician should have the form; it can be found on the Middlebrook website as well. (MB Information, MB Health Office, scroll down to MB Health Office Forms, drop down and select State of Ct-Physical Exam.)

Students will not be allowed to enter class on August 30, 2021 until proof of compliance with this State requirement is received and approved by the nurse. For your information, a second dose of varicella, one dose of Tdap, and one dose of meningococcal vaccine are required to enter 7th grade.

Please call the nurse or health assistant if you have any questions. 203.762.8388

Nancy Flaherty, RN ext 5254

Katie Marchese, Health Assistant ext 5268

Jory Higgins, Principal

MB School Store

The Middlebrook School Store is open for business! Need a pencil, pen or a mask? The Middlebrook School Store has you covered. Please check out our website for all of the above and so much more. "Middlebrook Cares" is a group of students working to raise money for the Department of Children and Families. This year we created masks with our "MB Cares" logo to start fundraising for the winter season. Money raised is given directly to the local DCF office in the form of gift cards to give to local children and families for needed gifts or essentials. Please help us bring a little joy by purchasing our "MB Cares" mask for only \$10 at the Middlebrook School Store!

Please come visit us at the [MB School Store:](#)

<https://sites.google.com/wiltonps.org/middlebrookschoollstore/home>

MB Library

Library Learning Commons Overdue Books:

The Middlebrook Library Learning Commons is looking for a few really overdue books. Because of our emergency closure last spring, our usual round up of overdue and missing books was unable to take place at the end of the 2019-2020 school year. Many families thought to bring back borrowed books during the locker materials pick up in June, and students have continued to bring back their borrowed titles since this school year began. We have been very thankful for each book returned. If you are a family who still has a

Middlebrook library book (or two or three) sitting around your house, we would still love to have it back. There are labeled boxes on each Team for students to place returning books, and there is also a Return Bin in the Main Lobby. If students should happen to come through the back entrance in the mornings, there is a cart right outside the LLC doors in the Art Hallway where they can return books. If your student is attending remotely, books will happily be accepted at the Front Entrance Booth. Thank you, in advance, for your help with this. Any questions, please contact Erica Kurtz at kurtze@wiltonps.org.

Wilton SEPTA

Join us! Support our families, students and staff! Open positions for next year include President, Secretary and Committee Chairs!

We are excited to present new programs coming early this Spring 2021:

For Students:

Sensory Integration Art Experience Classes.

Free for SEPTA member families

Social Hangouts, Cooperative Play Groups:

Facilitated by trained BCBA's from the **Hangout Spot**

Free for SEPTA member families

Details to follow

April's Diversity and Inclusion Awareness Month Committee needs Volunteers!

Join us to find out more: Two ways to Join here! Mobile Arq to join all PTA's and Paypal link to join SEPTA only:

<https://www.wiltonsepta.org/projecto-5>

Join the Middlebrook PTA Today

You belong in PTA! ...and so do your relatives, neighbors and friends... Spread the word and look out for new events in the spring!

Everyone—parents, educators, students and other citizens active in their schools and communities—is invited to join our not-for-profit parent association. The number one reason to join the Parent Teacher Association is to **benefit your child**. In doing so, you also help your school. Joining the Middlebrook PTA is easy, online and enables you to join all schools at once where you have students at. By joining, you not only show your support for our programs and activities, you also gain access to our MobileArq online student directory.

Click here to join or download the app from the app store on your mobile device. Click on PARENT SIGNUP and use the code "wilton" (all lowercase). Once you join, you can even edit your family's profile, add or change your directory contact information and choose how much information you want to show-- it's up to you. Questions or issues joining? Contact Middlebrook PTA Vice President Donna Arnold at arnolddonnaa@gmail.com

COMMUNITY NEWS

“NEW NEWS”

Wilton High School “Your Academics” Program

Please click on the following link for updated information regarding this program:

<https://docs.google.com/document/d/1QD69HesiJIAR6xnkZHbu7GLO5JO123GOWMoez5yxuzE/edit>

For more information, please visit <https://youracademics.org/>

NEWS FROM PREVIOUS MESSENGERS

Trackside Teen Center

Among Us LIVE at Trakside Teen Center

The craze that's taking the town by storm!!! The brainchild of our creative Trakside Team; Among Us LIVE is our most popular event to date! With a little help from kids and those "teens at heart"; Trakside has created a living "Skeld" (the spaceship seen on the popular online game Among Us). "Crewmembers" are given tasks to perform, all the while trying to avoid elimination by the IMPOSTER! Each room at Trakside is transformed into a different part of the ship... come "restart the reactor", "shoot down asteroids" and "rewire the electrical". If the crewmates complete tasks BEFORE being eliminated by the secret imposter, they win! But don't think it's easy, each session has a different imposter and you never know who it's going to be! And to add to the fun? Kids dress up in the color of the crewmate they have chosen. Due to its popularity; events sell out within hours! Kids are restricted to only one event per weekend so keep an eye out! BECOME A MEMBER TODAY SO YOU CAN PARTAKE!!!! Register for membership here: <https://www.trakside.org/membership.html>

Upcoming Spring Programming

Become a member, if you aren't already, and enjoy our most popular Spring Programming options! Due to its popularity, Open Art Studio will be offered twice per week. Come join other budding artists and learn different artistic mediums while having fun at the same time! The other popular programming with tweens is our in-person Among Us online experience. Kids come together for some much-needed socializing and play the online game while at a safe social distance from each other. Our newest program, Drone Club, will be offered again. Kids fly their drones through a maze of hoops and land on landing pads in the barn. Popular standards being offered; Dungeons and Dragons, Open Gamers Friday and Preplay! And so happy to say... LIVE GIRL is back! a great opportunity for tween girls to get together, build confidence and support each other! If you're a member, look out for the link later on this week, if you're not a member join here <https://www.trakside.org/membership.html>

Wilton Warrior Welcome

Wilton Warrior Welcome is a mentor program that matches new-to-Wilton families with those who have been here awhile to help connect new families to the community. Please take a look at how to join this program as either a family new to town or one that has been here and is looking for a virtual volunteer opportunity. For more information:

https://docs.google.com/forms/d/1c4TsqX7xfScGdpOW0Fct_7fE1LF2ZH2cmUxbx-Jw8Vs/edit

Wilton Go Green

In honor of our bi-annual Zero Waste Week in March, our Zero Waste Schools Committee is calling all students to repurpose something that would have been thrown away or recycled. Maybe it's a glass jar turned into a pencil holder or a drinking glass? Or an egg carton to sort your jewelry? How about a few items turned into a bird feeder? Show us your up-cycled ideas!

Complete our [Google Form](#) with your name, grade, short description and image by Tuesday, March 23rd. Please make sure your image has your name in it before uploading.

One lucky winner from each grade who demonstrates creativity and fun repurposing something will win a gift card to Tusk and Cup and a metal water bottle.

Winners will be announced on Friday, March 26th . Friday, March 26th, is also "Show Your Love for the Earth and Wear Green Day!" We hope you'll join us in wearing green that day.

Wilton Turnover Shop

Did you know that the most generous donor to the PTA is a local nonprofit? The Turnover Shop has provided long-standing support for the PTAs and other local organizations. Operating costs have increased during COVID. The shop was shut down for several months. The shop needs help more than ever. Please help those who have helped the PTAs! VOLUNTEER OPPORTUNITIES: Regular commitment of one or two WEEKDAY morning (10:00 am-1:00 pm) or afternoon (1:00-4:00 pm) shifts a month (Ex. third Friday morning of every month). Please come to donate items/clothing or shop for hidden treasures.

Wilton Soccer Association

Wilton Soccer Association (WSA)

Spring Opportunities 2021 - Registration is Open

Intramural, Travel/DevelopmentTravel, TOPSoccer, Junior Ref, Volunteers

We believe strongly in a healthy and welcoming community and competitive soccer program that provides opportunities for everyone, from kids just starting out no matter their age, to more experienced players. WSA's mission is to positively contribute to the growth of children and our community by reinforcing values such as sportsmanship, teamwork, integrity and respect for others through a range of fun and high quality soccer experiences. WSA is a non-profit 501(c)(3) organization and part of the Wilton community for 40+ years. #onetownoneteam

Information: [LINK](#)

Registration: <https://www.wiltonsoccer.com/Default.aspx?tabid=744259>

Questions: info@wiltonsoccer.info

NAMI

As we approach the year mark of when our lives were upended, many are exhausted and worried. The COVID pandemic has caused unprecedented, unrelenting stress in our society and many children's behaviours have become unrecognizable. Find support for you, as you support your child who is struggling. 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. Our meetings are held virtually over Zoom and for security, you must enter the password. Questions? Contact 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? Submit a request for a non-profit, school related announcement to: middlebrookmessenger@gmail.com. Please have all requests in by Wednesdays at noon. Please note that the Lite & Full Messengers alternate every other week.