



# Middlebrook PTA Full Messenger

**January 3, 2021**

## Middlebrook Quick Calendar

|        |         |   |                           |
|--------|---------|---|---------------------------|
| Monday | January | 4 | Students Return To School |
|--------|---------|---|---------------------------|

## Middlebrook Six Day Cycle

|           |         |   |  |
|-----------|---------|---|--|
| Monday    | January | 4 | Day <b>3</b> (Cohort A In Person, Cohort B Remote) |
| Tuesday   | January | 5 | Day <b>4</b> (Cohort A In Person, Cohort B Remote) |
| Wednesday | January | 6 | Day <b>5</b> (All Students Remote- Shortened Day)  |
| Thursday  | January | 7 | Day <b>6</b> (Cohort B In Person, Cohort A Remote) |
| Friday    | January | 8 | Day <b>1</b> (Cohort B In Person, Cohort A Remote) |

## PTA PRESIDENT'S NOTE

Happy New Year! I hope you and your families enjoyed a wonderful and relaxing winter break. With the new year, the PTA has begun looking for volunteers for the 2021-22 Middlebrook PTA. There are many openings, with varied commitment levels. Our programs are successful because of our volunteers - we hope to find a role for you in the coming year!

Don't forget to mark your calendars for the first PTA meeting of 2021 via Zoom on Thursday, January 21 at 9am. Please reach if you're interested in getting involved or with any questions or concerns at [cring226@hotmail.com](mailto:cring226@hotmail.com)

-Chandra Ring

Middlebrook PTA President

## SCHOOL NEWS

### **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](mailto:kurtze@wiltonps.org).

## **Middlebrook PTA Annual Appeal**

Please consider donating to the Middlebrook PTA Annual Appeal at [PayPal link for Annual Appeal](#) or via check delivered to your child's teambase teacher and made out to the Middlebrook PTA. We ask for a \$40 donation for each child you have at Middlebrook. Click [Here](#) learn more about where your donation money goes.

## **Join the Middlebrook PTA Today**

Your membership helps support gifts and grants to fund new and recurring programs that enhance instruction and engage our students! At our October meeting, we approved over \$6,700 in grants. Grants funded in this cycle include providing ten temporary tents to help expand and extend outdoor time, piloting a new songwriting unit for general music and choral classes, funding interactive enrichment materials for Spanish classes and giving our 7th graders "Shakesperience".

Joining is easy. Click [here](#) to join and use the code "wilton". You can also download the MobileArq App from the App store. Need more help? Contact our membership chairperson, Donna Arnold.

## **COMMUNITY NEWS**

### **Wilton High School "Your Academics" Program**

#### **Virtual Presidential Trivia!**

Ready to have some fun? As we approach the Presidential Inauguration, want to play a game of Presidential Trivia? Don't miss out! On January 6th, Your Academics will be hosting a special presidential trivia event! There will be a short video followed by a fun game of Kahoot. To register, please use this link: <https://forms.gle/WQK68v9X6opWJB4n9>

#### **Math Seminars**

Your Academics will be offering seminars in Math beginning on January 13th. Seminars will always be on Wednesdays at 12:30 p.m. On January 13th, seminars in Math 7 and Pre-Algebra 7/8 will be offered. If you would like to register for any of these events, please register at this link: <https://forms.gle/WQK68v9X6opWJB4n9>

#### **Need Help in School?**

All Middlebrook students can receive tutoring at no cost. All tutors are Wilton High School students. Please fill out this form if you need help in any subject:

<https://docs.google.com/forms/d/e/1FAIpQLSfBFFyrppvQ7z7wMCub3j3oQGmwM7m0DVbgqRvBB0cVl0K6xQ/viewform>

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

## Wilton Youth Council

### Wilton Youth Council's January Online Programs

Visit [www.wiltonyouth.org](http://www.wiltonyouth.org) for more information and registration information.

#### 1. Your Covid Toolbox: Helping Adults Cope in Crazy Times

Tuesday, January 19th

10:00 a.m. - 11:00 a.m.

Has the past year got you feeling stressed, anxious, not sleeping well or over-indulging? Join **Matt DeBernardis**, Resilience Trainer from Silver Hill Hospital, for an interactive online workshop and gather some tools to help you cope during the winter months of the pandemic. This workshop focuses on evidence-based strategies proven to enhance one's ability to not only bounce back, but to grow and thrive in the face of hardship. Sponsored by Wilton Library, Wilton Youth Council, Silver Hill Hospital and Wilton Social Services.

#### 2. Your Covid Toolbox: Helping Teens Cope in Crazy Times

Tuesday, January 19th

4:00 p.m. - 5:00 p.m.

Has the past year got you feeling stressed, anxious, not sleeping well or having problems concentrating on school-work? Join **Matt DeBernardis**, Resilience Trainer from Silver Hill Hospital, for an interactive online workshop and gather some tools to help you cope during the winter months of the pandemic. This workshop focuses on evidence-based strategies proven to enhance one's ability to not only bounce back, but to grow and thrive in the face of hardship. Sponsored by Wilton Library, Wilton Youth Council, Silver Hill Hospital and Kids in Crisis.

#### 3. Healthy Connections: An Inside Scoop on Adolescents and Addiction

Wednesday, January 27th

10:00 a.m. - 11:00 a.m.

New experiences and relationships are essential for helping our tweens, teens and young adults develop appropriately and reach their full potential. In this presentation and conversation, **Anthony Nave, LCSW**, will explain: how our adolescents' social, emotional and brain development can increase their risk for substance abuse/use disorders; what signs of struggle to look out for; how to start a conversation about drugs and alcohol; and what resources are available, if further help is needed. Anthony will also discuss misconceptions surrounding addiction and the contemporary "medical model" of addiction. Sponsored by Mountainside Treatment Center, SPED\*NET Wilton, Weston Youth Services and Wilton Youth Council.

Visit us at [WiltonYouth.org](http://WiltonYouth.org) and on [Facebook](https://www.facebook.com/wiltonyouthcouncil).

### Job Openings Within Wilton Public Schools

The Wilton Public Schools "For a Better World" are seeking recent college graduates, college students, retirees, career-changers, and those interested in giving back to their community to join a dynamic, engaging, and inspirational team of staff and students. A number of flexible positions are available, including substitutes, lunch-recess monitors, certified teachers, long-term substitutes, and paraprofessionals. Help shape the lives of our future leaders! To learn more and/or apply, please visit our website at: <https://www.wiltonps.org/departments/human-resources> or contact Human Resources Coordinator Erika Cross at [crosse@wiltonps.org](mailto:crosse@wiltonps.org).

## **NAMI**

### **NAMI Parent Support**

The COVID pandemic has caused unprecedented stress in our society and many children's behaviours have been triggered as a result. What was manageable pre-covid is now unmanageable. Winter brings additional challenges. 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 contact Beth or Vanessa advance for the password. Next meetings are Monday, January 4th (and February 1st) at 10:00 -11:30 a.m.

Meeting ID <https://us02web.zoom.us/j/596783943>

For more information and the password: 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](mailto:middlebrookmessenger@gmail.com). Please have all requests in by Wednesdays at noon. Please note that the Lite & Full Messengers alternate every other week.