



Middlebrook PTA Full Messenger

April 7, 2019

Middlebrook Quick Calendar

Friday	April	12	MB Talent Show-- MB Auditorium
Monday	April	15	Last day to collect school bus Lost & Found items. Scroll down for further information.
Monday-Friday	April	15-19	Spring Break- No School
Thursday	April	25	PTA Meeting: 9:00-10:00 a.m.

Middlebrook Six Day Cycle

Monday	April	8	Day 5
Tuesday	April	9	Day 6
Wednesday	April	10	Day 1
Thursday	April	11	Day 2
Friday	April	12	Day 3

SCHOOL NEWS

A Note from the President

Nothing says spring like the frantic search for fresh volunteers for the PTA! We have many open positions for the upcoming school year including my own! If you're interested in volunteering your time for things like Hospitality or Science Fair please email me. And if you'd be interested in giving more time as President (easy, I promise), Treasurer, Secretary or Fundraising VP-- those positions are all being vacated. Contact me for more information at Hillary Morrissy basmom2005@gmail.com

Bus Depot Lost & Found - **APRIL 15TH DEADLINE FOR PICK-UP**

The bus depot lost and found bin was overflowing so volunteers cleaned it out and have taken photos of the items in the hope we can reunite items with their owners! Please see the pictures at the link below, and if you recognize something, please contact rowleylg@gmail.com to arrange pick-up. All

remaining items being donated to the Turnover Shop on April 15th. Thanks!

https://drive.google.com/drive/folders/1k_7kWtzNxHuyHux2rJPm9cVERvQ6JYYK?usp=sharing

Middlebrook Yearbooks

Please visit [yearbook sales site](#) to order a 2018-2019 Middlebrook Yearbook.

From The MB Health Office

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. Please call the school nurse with any questions: 203-834-4961

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)

Spring Social! Come celebrate with us! Thursday, 4/11. See flyer evite link attached below. This event is **free** and open to all members, staff and community members. Appetizers and drinks will be served. Adults Only. Please RSVP to ensure a spot. We are honored to have Dr Margie Gillis, president of **Literacy How**, join us to present. We are so fortunate that she is able to join us here in Wilton! She is a wonderful presenter and she is truly helping to change the landscape for literacy outcomes for all students across the country. Food and drinks will be available before, during and after her presentation. Doors open at 5:00 p.m. Dr. Gillis will present at 5:30 p.m. Bracelets will also be sold with proceeds benefitting SEPTA.

Evite Link: <http://evite.me/ybA8tj7eXg>

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.

April is Diversity/ Inclusion Awareness Month for Wilton Public Schools!

Wilton SEPTA, along with Wilton Public Schools, will be sponsoring the following programs to educate, raise awareness about diversity, inclusion, compassion and empathy throughout our schools: One of the most special components of the programming includes the school based performances presented by the High School peer mentors: Top Inclusion Models(TIMS). This tradition was originally started years ago by Fran Monroe, a Wilton parent and former Parent's Advisory Board member. We are proud that we have been able to help grow, expand and support this program over the past few years, and it has become the highlight for our programming for our youngest learners in Miller Driscoll and at Cider Mill. The high school students practice and perform in both schools utilizing the themes of inclusion, understanding/appreciating individual differences and friendship. This year we have once again hired our amazing theater director, Nan Merolla, to work with the TIMS. The hope is that this unique program will be a source of inspiration for our younger students and plant the seed for them to grow into future Top Inclusion Models and mentors. The performance this year will be a play based upon the book, **Spaghetti in a Hot Dog Bun**, by Maria Dismody. Copies of the book will be donated to the school libraries by Wilton SEPTA.

Middlebrook: Date TBD: Students will celebrate diversity, inclusion and overcoming challenges with a viewing of the documentary by Road Trip Nation in partnership with PBS.org titled: "Being You". Their mission is to show young people how to harness their unique strengths opportunities through the exploration of personal stories. This inspirational documentary comes with a curriculum guide to facilitate exploration and discussion among students, teachers and parents. For more information check out the links below. The bulletin board in the cafeteria at Middlebrook will showcase inspirational stories of individuals that have overcome challenges and found their strengths to contribute to our society in amazing ways! Many of these individuals were included in the spring chorus slideshow that we sponsored last year at Middlebrook when the Students performed the song "This Is Me" from the movie the "Greatest 'Showman". The slideshow can also be found on our web site: www.wiltonsepta.org

"Being You" Documentary: <https://youtu.be/RGBPSayVg54>

Wilton High School: Possible extension of the "Being You" documentary. The Top Inclusion Models will explore short films about diversity and inclusion.

4/8/19-4/12/19: Spread The Word To End The Word campaign at the HS

5/8/19: SWAG Website Launch Party

Box Tops For Education

Even though our contest winners have been announced please continue to submit Box Tops until the end of the school year. Any questions please contact Jen Markey at jtm4jla@optonline.net.

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

Moving Up to High School: Parents Preparing to Support Your 8th Grader

Wednesday, April 25th, 7:00-9:00 p.m. at Wilton High School Little Theater

Starting high school is a major milestone. Wilton Youth Council's Project 2023, the Wilton PTSA, and Wilton Public Schools invite you to learn how to provide social and emotional support to your child through this transition. After a presentation by Liz Jorgensen on adolescent brain development, and a brief introduction of the FLIGHT Program for incoming freshmen, there will be a panel discussion to address parents' questions.

For parents of 8th grade students only.

Sponsored by Wilton Youth Council's Project 2023, the Wilton High School PTSA, and Wilton Public Schools.

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

How To Respond to an Overdose: Narcan Training & Information

Monday, April 8th, 10:00 a.m.-11:30 a.m. at the Wilton Library

This is an informational presentation, a demonstration, and a training session on how to acquire and administer Narcan, a lifesaving medication used to block the effects of opioids, especially in overdose situations. Free Narcan kits will be distributed. The program is sponsored by Wilton Library, Wilton Youth Council, Wilton Youth Services, Prevention Corps, and RYASAP. No charge but registration is recommended. Register online at Wilton Library or call 203-762-6334.

Strengthening Parent/Teen Connections: Warrior Council Community Forum

Tuesday, April 9th, 7:00-8:30 p.m. at Wilton High School's Little Theater, 395 Danbury Road, Wilton.

Please join the members of Warrior Council, John Hamilton, LMFT, LADC and attorney Matthew Maddox for a powerful discussion on how parents and teens can work together to strengthen communication. We will also learn about current Connecticut laws that are relevant to youth, so that parents can better support teens during their high school experience. This program is appropriate for students in middle and high school, parents with children of all ages, and concerned community members.

Free; refreshments provided; registration is recommended at

www.warriorcouncilforum2019.eventbrite.com

Please contact Joyce Sixsmith, Warrior Council Consultant, at joyce.sixsmith@gmail.com or 917-678-0543 with questions.

Sponsored by Wilton Youth Council's Warrior Council

"How to Talk So Kids Will Listen, And 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. By request, the program is being offered to parents with children of all ages on Tuesday evenings this spring!

April 30th, May 7th, 14th, 21th, 28th, and June 4th
6:00-7:30 p.m.

Comstock Community Center, Room 18, 180 School Road, Wilton

Facilitated by: Kathy Weiss LCSW & Kim Zemo LCSW

Space is limited and registration will be accepted as received. Deadline to register is Wednesday, April 24th. To register please call Wilton Youth Services at 203 834-6241 or email colleen.fawcett@wiltonct.org.

Funding for staff training for this program was provided through a joint initiative of the Wilton Youth Council and Wilton Woman's Club.

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 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)

Frustrated by your child's challenging behavior? Do you ever feel like your child is harder to parent than other children? Do you worry about how your child's behavior affects the family? Do you think your child or family needs a therapist, but you don't know where to start? Ever wonder how others manage in similar situations? Are you married, but feel alone in parenting your challenging child? If you say yes to any of these -- 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. These groups are free, confidential, safe and led by trained and certified volunteer facilitators who themselves have had personal experiences raising children with these concerns. The Wilton based support group meets on the 4th Monday of every month. The next meeting is Monday, April 22nd, from 10:00 a.m.-11:30 a.m. in the G & B Cultural Center, 49 New Street in Wilton. For more info, 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? 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