



Middlebrook PTA Full Messenger

September 20, 2020

Middlebrook Quick Calendar

Monday	September	28	NO SCHOOL
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Middlebrook Six Day Cycle

Monday	September	21	Day 3 (Cohort A In Person, Cohort B Remote)
Tuesday	September	22	Day 4 (Cohort A In Person, Cohort B Remote)
Wednesday	September	23	Day 5 (All Students Remote- Shortened Day)
Thursday	September	24	Day 6 (Cohort B In Person, Cohort A Remote)
Friday	September	25	Day 1 (Cohort B In Person, Cohort A Remote)

SCHOOL NEWS

PTA News

Join the PTAs and access your online directory all at once. PTA Membership is a direct means of helping your child! Funds raised by the PTAs go directly back into the schools, supporting field trips, speakers, assemblies, professional development and individual teacher needs. We also offer programming and social opportunities for students. The PTAs are a voice for parents, teachers and students-- join and be heard! Joining the MB PTA is easy, online, and enables you to join all schools where you have students plus join SEPTA and make an additional donation at once, saving you time!

Three Quick Steps to Register!

Step 1: Go to <http://wilton.mobilearq.com> and click Parent Sign Up (or Teacher Sign Up if you are a teacher/staff member)

Step 2: Enter Email, Name, the code "wilton"

Step 3: Click the "REGISTER" button, pay membership dues with the option to make a supporting donation.

Your email and name must match the information in the Powerschool database

After you register, you will receive an email to confirm your email, payment of dues and be provided with an auto-login to access the directory. **Please create a new password as the temporary one expires within 24 hours of issue.**

Please contact Donna Arnold, Middlebrook PTA VP, at mallorysleeping@gmail.com with questions.

MB Health Office

This message is only for students who have not yet submitted a 7th grade Physical:

In accordance with Connecticut State Law and Public Act No. 07-58, the Wilton Board of Education

requires that all school children, except those with valid religious objections, have a physical examination entering 7th grade. Due to the circumstances this year, the mandated physical dates will be May 31, 2019 to November 1, 2020. The State of Connecticut mandates that the Connecticut State Health Assessment Record form be completed and on file in the school Health Office by November 1, 2020. Provider appointments need to be scheduled prior to this date, and the Health Office is to be notified of this date as soon as possible. All physicals are to be emailed Katie Marchese (marchesek@wiltonps.org) or mailed to the Health Office (131 School Road Wilton, CT, 06897) as soon as possible. Prior to entering grade 7, we will need a current immunization record for the start of the school year 2020-2021. Students will not be allowed to enter school on November 1, 2020, until proof of compliance with this State requirement has been received in the school Health Office. Questions pertaining to completion of this requirement should be directed to the Health Office by phone (203)762.8388 ext. 5254 or by email to our nurse boehmek@wiltonps.org.

Chartwells

It is imperative to create a Nutrislice account to order any food through the Wilton School Lunch Program this year. The details can be found on the Wilton School District Website or you can access the website by using the following link. <https://wilton.nutrislice.com> There is also a phone app available. [Creating a Nutrislice Account](#)

Zero Waste Committee

Now more than ever, our Zero Waste Schools Committee would like to remind our families of a few tips to help reduce the amount of waste in our schools:

- YES to using reusable containers, bags, silverware, and ice packs; purchasing bulk snacks to sort into reusable containers, packing realistic portions and taking home uneaten food (or compost!)
- AVOID disposable paper or plastic bags; Individually-packaged snacks; non-reusable food wrap; disposable ice packs, utensils, or drink containers (juice boxes or pouches) and plastic straws.

Wilton Youth Council

Join Wilton Youth Council and SPED*NET Wilton for a follow up to "Coping with Uncertainty as School Begins: What We Can Do to Help Our Kids and Ourselves" with Mary Murphy, Ph.D on Friday, September 25th, from 10:00 - 11:00 a.m.. Now that school is in session, you might have new concerns on your mind. Join us for advice from Dr. Murphy. You may submit questions in advance by email to info@spednetwilton.org. Register at: https://us02web.zoom.us/webinar/register/WN_jvJOTCAIQkC2qdKAVjO5iA Learn more at www.wiltonyouth.org or www.spednetwilton.org.

NAMI

The COVID pandemic has caused unprecedented stress in our society and many children's behaviors have been triggered as a result. What was manageable pre-covid is now out of control. 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 for the password. 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. Please have all requests in by Wednesdays at noon. Please note that the Lite & Full Messengers alternate every other week.