



# Middlebrook PTA Full Messenger

September 1, 2019

## Middlebrook Quick Calendar

Monday	September	2	No School- Labor Day
Wednesday	September	4	6th Grade Open House: 7:00-8:30 p.m.--Team Classrooms
Thursday	September	5	New to District Parent Coffee: 9:00 a.m. - 10:00 a.m-- Library Learning Center
Thursday	September	5	Photo Day
Tuesday	September	10	7th Grade Open House: 7:00-8:00 p.m.--Team Classrooms

## Middlebrook Six Day Cycle

Monday	September	2	No School
Tuesday	September	3	Day 5
Wednesday	September	4	Day 6
Thursday	September	5	Day 1
Friday	September	6	Day 2

## News From The PTA President

I hope the start of the school has gone smoothly for all of you and your children! The start of the year comes with a flourish of new activities, schedules to smooth out and adjustments for many of us so I'm sending a few reminders based on common questions the PTA has received:

- Don't forget to join the PTA! To join, go to [https://mobilearq.com/schooldirectory/school\\_directory\\_parent\\_register.html](https://mobilearq.com/schooldirectory/school_directory_parent_register.html)  
Use the code "wilton" (all lowercase). Questions or issues joining? Contact our Membership VP Donna Arnold at mallorysleeping@gmail.com
- Picture Day is September 5th! If you are interested in helping out between 8:25 a.m. -2:30 p.m. please email Dana Quick at danaisquick@yahoo.com
- Please join us for the first PTA Meeting of academic year, September 19, 2019 at 9am
- Want to volunteer? We have many open positions of various time commitments. If interested,

please email Meire Mouracade at [mouracadefamily4@gmail.com](mailto:mouracadefamily4@gmail.com)  
Wishing you all the best in the coming year. Please contact me with any questions or ideas at [cring226@hotmail.com](mailto:cring226@hotmail.com)

-Chandra Ring

## **SCHOOL NEWS**

### **Online PTA Membership and Directories**

Get instant access when you join – no waiting, easy updates to address or phone number changes throughout the year! Join at: [www.middlebrookpta.org](http://www.middlebrookpta.org)

It's green, searchable and portable! Available on phones, tablets and computers!

Parents can update their profiles at any time.

One easy spot to register for all your kids' PTAs and make a donation at the same time!

Questions? Email our Membership VP Donna Arnold at [mallorysleeping@gmail.com](mailto:mallorysleeping@gmail.com)

### **Picture Day**

Picture Day is September 5! To order pictures, go to <https://lifetouch.com/> and use the Middlebrook ID # RI209209Q0

### **Wilton Special Education Parent Teacher Association (SEPTA)**

Wilton SEPTA has open positions for this school year!

Committee Reps needed for:

Parent + Family Outreach/ Social Events, Fundraising/ Gifts and Grants, Inclusion and Diversity, Programming, School PTA Reps, Communications/ Public Relations

Partner up, share positions, any time and ideas all welcome. Help to directly support our students, families and staff.

For more info contact us at [wiltonsepta@gmail.com](mailto:wiltonsepta@gmail.com)

Like us on FB

Visit our web site at [www.wiltonsepta.org](http://www.wiltonsepta.org)

Wilton Special Education Parent Teacher Association (SEPTA) is open to all who want to support Special Services in Wilton Public Schools.

Wilton SEPTA Meeting Dates For 2019-2020: Comstock Community Center – Room 12

September 18, 2019: 9:00 – 10:30 a.m.

October 16, 2019: 7:00 – 8:30 p.m.

November 20, 2019: 4:00 – 5:30 p.m.

January 15, 2020: 9:00 – 10:30 a.m.

February 19, 2020: 7:00 – 8:30 p.m.

March 18, 2020: 4:00 – 5:30 p.m.

April 8, 2020 Spring Social

May 20, 2020 9:00 – 10:30 am

### **Zero Waste**

Our Green Team and Zero Waste Schools Committees are excited to be back and running our Zero Waste Schools Program at each school. If you are new to Wilton

schools, students are helping make a difference by sorting their waste in the cafeteria into liquid, recycling, garbage and compost with the goal of sending as little to the incinerator as possible. You can learn more here (insert link <https://vimeo.com/334717577>)

So why not join in on the routine at home with Curbside Compost! Curbside Compost allows you to compost ALL food scraps including dairy, fish and meats.

For every household that signs up for Curbside Compost's residential household collection program Curbside Compost is going to give a \$20 credit towards the Wilton Zero Waste Schools food scrap recovery program. Businesses can get involved too!

Why compost food scraps?

1. Be a role model for your family, children and community.
2. Help to repurpose a material into something good for our homes and gardens.
3. Reduce the energy being used to incinerate trash.
4. Reduce emissions that come from the traditional processing plant.
5. Reduce ash that must be buried in a landfill.
6. Participation is by choice.

Head to Curbside Compost now to sign-up! In the "Pick Up Notes" section be sure to use the code "Wilton Zero Waste Schools" in order for our program to receive credit.

## **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](http://wiltonyouth.org) for more information and to sign up for our monthly newsletter. Questions? Email Genevieve Eason at [geason@wiltonyouth.org](mailto:geason@wiltonyouth.org).

### **College Frenzy 2.0: How to Manage and Minimize the Stress**

Thursday, Sept. 26, 2019, 10:00 - 11:30 a.m.: Wilton Library

The College Process has come to be viewed as THE BIG EVENT in the lives of students and their families. The pressure associated with THE BIG EVENT often creates a lot of negative fallout such as ruptured relationships and high levels of stress and anxiety. In this updated presentation, parent coach and clinical psychologist Susan Bauerfeld, PhD, and college consultant Victoria Hirsch will offer tips, strategies and suggestions for viewing the college process as a natural next step rather than THE BIG EVENT and for managing the process in ways that foster resilience and relationships rather than discord and despair. This presentation is aimed at parents of 8th-12th graders. All parents and interested parties are welcome to attend. Admission is free; registration is strongly recommended at [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events) or 203-762-6334. Please contact Genevieve Eason at [geason@wiltonyouth.org](mailto:geason@wiltonyouth.org) with questions.

Dr. Bauerfeld and Ms. Hirsch will lead an optional follow-up discussion on **Monday, Oct. 7, 2019, 10:30 a.m. -12:00 p.m.** at Wilton Library. Bring your questions for an informal conversation based on the College Frenzy presentation. Minimum of 25 registrants for program to run. Registration is required.

Sponsored by Wilton Youth Council, Wilton Presbyterian Church, SPED\*NET Wilton, Wilton Library, and Wilton Youth Services

### **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. For more information, contact Beth at 203-984-0123 or [beth44es@gmail.com](mailto:beth44es@gmail.com) or Vanessa at 203 970-4130 or [eliasvanessa5@gmail.com](mailto: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](mailto:middlebrookmessenger@gmail.com)