



# Middlebrook PTA Full Messenger

February 24, 2019

## Middlebrook Quick Calendar

Monday	February	25	Community Conversation with Wilton Youth Council and Wilton Public Schools: 7:00 p.m.--WHS Clune Center
Wednesday	February	27	WHS PTSA Principal's Coffee for Parents (pertaining to parents of current 8th graders): 9:00-10:30 a.m. & 7:00-8:30 p.m. (same information at both sessions)--WHS Zellner Gallery
Thursday	March	7	Brown Bag Lunch with Principal Feltz: 1:00-2:00 p.m.--Principal's Office

## Middlebrook Six Day Cycle

Monday	February	25	Day 5
Tuesday	February	26	Day 6
Wednesday	February	27	Day 1
Thursday	February	28	Day 2
Friday	March	1	Day 3

## SCHOOL NEWS

### Community Math Information Sessions

Parents are invited to learn about the changes taking place to the district's math program. Trudy Denton will highlight the proposed changes to the district's math program that were discussed at the January 10th B.O.E. meeting. The sessions will take place in the WHS Zellner Gallery during the following dates and times:

February 26th, 10:00 am - 11:30 am

February 28th, 7:00 pm - 8:30 pm

March 18th, 7:00 pm - 8:30 pm

SNOWDATE= March 26th , 7:00 pm - 8:30 pm

\*Please note: each date will cover the same presentation\*

Parents are encouraged to visit the math program update page [here](#) and if they have thoughts they wish to share with the math department a google form is available to fill out [here](#)

### **Soup-n-Salad Lunch Buffet for Teachers and Staff Wednesday, March 13th**

To wrap up the winter months, we'd like to do something special for the teachers and staff at Middlebrook! The PTA's Hospitality Committee will be hosting a soup-n-salad buffet and we would so appreciate your help. We are looking for donations of your favorite soups, salads, drinks and desserts. We would also like to borrow a few crock-pots to keep the soups warm throughout the lunch waves. You can drop off items at school between 8:00-10:00 a.m. on Wednesday, March 13th, or contact us to make arrangements for drop off the day before. Follow the link below for details and to sign up. Thank you in advance for your contribution! This was a new event last year and it was a big hit with the staff. <https://www.signupgenius.com/go/4090E49ABA62DA6FC1-middlebrook>

### **Middlebrook Yearbooks**

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

### **From The MB Health Office**

#### **1. 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 7<sup>th</sup> 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 7<sup>th</sup> grade entry.

#### **2. Scoliosis Screening for 7th Grade Girls**

Screenings will be done during gym periods starting in February. To be excused from this, a parent's note is requested.

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

### **Box Tops for Education**

Stay tuned as we will be revealing the prize for the winning color shortly. Questions please contact: Jennifer Acerra-Markey at [jtm4jla@optonline.net](mailto:jtm4jla@optonline.net)

### **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://mobilearg.com/schooldirectory/school\\_directory\\_parent\\_register.html](https://mobilearg.com/schooldirectory/school_directory_parent_register.html)

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

Wilton Special Education Parent Teacher Association (SEPTA) is open to all who want to support Special Services in Wilton Public Schools. For general questions, inquiries about membership and Executive Board positions please contact: [wiltonsepta@gmail.com](mailto:wiltonsepta@gmail.com) or visit our website at [www.wiltonsepta.org](http://www.wiltonsepta.org) for general information and to register for membership. Please like our Facebook page: Wilton SEPTA to be informed of upcoming events and helpful information.

### **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](mailto: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.

### **Stop & Shop Rewards Program-- we've raised over \$1700 so far this school year!**

Those families who frequent Stop & Shop can support Middlebrook through the Stop & Shop's A+ Rewards program. The program gives money to our school based on all of your purchases made September 7, 2018- March 16, 2019. It does not cost you anything and does not impact your gas points. You can sign up directly online at [www.stopandshop.com/school-rewards/](http://www.stopandshop.com/school-rewards/) --spread the word to friends and neighbors that we would love to have them support Middlebrook through this program. Even extended family that do not live in Connecticut can sign up if they shop at Stop & Shop. The funds raised will be used for projects that help Middlebrook feel like a fun and friendly place through groups including Team Change and Kindness Club. Of course, we are not asking anyone to change their shopping habits or switch stores! This is just an easy way to take advantage of no-cost fundraising with folks who already use Stop & Shop.

### **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](mailto:carbos@optonline.net)

### **Wilton Youth Council Sponsored Events in Collaboration with Wilton Public Schools**

**PeerConnection:** *a Wilton Youth Council program co-sponsored by Wilton Youth Services and Middlebrook School and funded in part by Elizabeth Raymond Ambler Trust.*

PeerConnection was developed on the simple premise that students seek out help with their problems from their friends before they go to adults or mental health professionals. The school's "natural helpers" are selected, their natural helping skills are enhanced through skill development in effective listening and communication, and they are given the necessary resources and skills needed to involve adults in helping when appropriate. This year we are excited to have a new leader: Middlebrook teacher Jennifer Kaminski and a new format: after school on Tuesdays for 8 consecutive weeks.

**PeerConnection Program Leader:** Ms. Jennifer Kaminski

**Meeting Place:** Middlebrook School, 7 Red 206

**Meeting Time:** Tuesdays from 3:00-4:30 PM for 8 consecutive weeks following the school calendar. The first meeting date is Tuesday, March 19.

**Cost:** \$125

We are able to take 15 students each semester into the PeerConnection program. Students should possess these qualities: natural helping skills, strong peer and adult connections, sought by other students for help, empathetic, good listener, open-minded, may have brought peers to adults for help in the past, consistent academic performance (average to better than average), responsible and able to follow through on commitments, respectful.

For more information, contact Genevieve Eason at [geason@wiltonyouth.org](mailto:geason@wiltonyouth.org)

## **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. [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](mailto:eliasvanessa5@gmail.com). Interested in volunteering? Email Courtney Boucher at [courtney.v.boucher@gmail.com](mailto:courtney.v.boucher@gmail.com)

### **Wilton Youth Council Sponsored Talk**

#### **1. The Physiology of Addiction: Effects of Drug-Taking Behavior on the Brain**

**Thursday, March 7th**

**7:00 PM to 8:30 PM at the Wilton Library**

Ruth Potee, MD, provides an overview of how substances and addictive behaviors impact the brain and how the brain is injured by prolonged exposure to these substances and behaviors. This presentation explores normal risk taking behaviors of the developing brain, as well as the impact of marijuana on the adolescent brain acutely and long term. Dr. Potee will also address the risk and impact of addiction on adolescents with ADHD.

This program is appropriate for parents of middle and high school parents. You are encouraged to bring your children.

Free; registration is recommended at [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-6334.

Sponsored by: Wilton Library, SPED\*NET Wilton, Wilton Youth Council, Wilton Youth Services, Weston Youth Services

#### **2. The Pressure to be Perfect and Its Unintended Consequences with Alicia Farrell, Ph.D**

**Wednesday, March 20, 2019**

**10:00 AM -11:30 AM @ Wilton Library, 137 Old Ridgefield Road, Wilton**

Free; registration recommended - [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-6334

**7:00 PM - 8:30 PM @ Weston Library, 56 Norfield Road, Weston**

Free; registration recommended - [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org), click on Calendar

We are raising our children in complicated times where performance is valued over character. In such a competitive world, parents, educators and leaders are unwittingly passing on to their children pressure to be perfect. In turn, our children are feeling inadequate, anxious, overwhelmed, stressed, scared and tired. This talk is designed to address how we arrived at this place and what we can do about it. Here are some questions that will be answered:

- What does it mean to be perfect and what are the consequences of trying?
- How do we balance embracing our children's imperfections with the importance of working hard and doing your best?
- What are the benefits of failure and why is it critically important to our children's

development?

- What are healthy, age-appropriate expectations and how do we communicate them without shame and fear?
- How do boys and girls experience and respond to the pressure to achieve differently?
- What is the relationship between the pressure to be perfect and the nationwide increase of anxiety disorders, addiction, and suicide in children and adolescence?

It is time for change. Knowledge is key. Don't miss this opportunity to learn!

This program is appropriate for parents with children of all ages.

Sponsored by: Wilton Library, Wilton Youth Council, Wilton Youth Services, Weston Youth Services, Weston Library

### **WYC Class Project 2022**

S'well bottle with Warrior logo is a great gift for kids, teachers, coaches, bus drivers, etc! Visit Blue Star Bazaar, Signature Style, or The Painted Cookie or email [wilton2022@gmail.com](mailto:wilton2022@gmail.com) to purchase. Your purchase supports the Class of 2022!

### **WYC Class Project 2023**

Visit our Wilton 2023 website and join our Facebook WYC Class Project 2023 for more Class Project 2023 information. To become involved with the Project 2023 planning group, email [warriorclass2023@gmail.com](mailto:warriorclass2023@gmail.com).

### **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...

### **WYC Class Project 2024**

Attention 7th Grade Parents: Orientation meetings for Class Project 2024 will be held on **Wednesday, Feb 27th, 2019**. Plan on attending a meeting at Comstock Community Center at 12:00 p.m. or 7:30 p.m. Both meetings will present the same information and give parents the opportunity to learn about all there is to know about what a Class Project is and how you can be a part of it.

For the past 30 years the Wilton Class Projects have been bringing parents together to improve networking and communication as well as providing substance-free social activities for students in Grades 7-12.

Questions? Contact Eva Beshlian- Class Projects Coordinator at [eva@beshlian.com](mailto:eva@beshlian.com)

### **Wilton's Zero Waste Faire**

We hope you can join us at our [2nd Annual Zero Waste Faire](#) on Saturday, March 23, from 11:00--4:00 p.m. at the Wilton High School Field House. The Zero Waste Faire will again feature a broad range of interactive exhibits to help Wilton and Fairfield County become more conscious about and involved in practicing Zero Waste living. There will be exhibits from museums, aquariums, and environmental organizations with many fun, educational activities for kids and adults. This year's event will have more exhibitors demonstrating and selling products, such as reusable drinking straws, compost bins and reusable beeswax food wrap. Interested in volunteering? Email us at [info@wiltongogreen.org](mailto:info@wiltongogreen.org)

### **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

### **Back The Track Wilton**

Show your support for BACK THE TRACK! Dine at Craft 14 on **Wednesday, February 27th**, for lunch or dinner and **10% of Your Order Will be Donated** to Back the Track. [Click Here for More Details](#)

### **National Alliance on Mental Illness (NAMI)**

**Feel like you have no one to talk with about your child's challenging behavior?**

**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. The meeting is free, confidential, safe and led by trained and certified 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. Parents come from Redding, Weston, Westport, Wilton and towns in the surrounding area.

Our next meetings are Mondays, February 25th and March 25th, from 10:00-11:30 a.m. at G&B Cultural Center, 49 New Street, Wilton. For more info, contact Beth at 203-984-0123 or [Beth44es@gmail.com](mailto:Beth44es@gmail.com); or Vanessa at [EliasVanessa5@gmail.com](mailto:EliasVanessa5@gmail.com), or text 203-970-4130. You can also visit

<http://www.namisouthwestct.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)