



## *Middlebrook PTA Weekly Messenger* Jan. 28, 2018

### Middlebrook Quick calendar

Tuesday	January	30	Science & Engineering Fair 3-6 pm
Tuesday	January	30	8th Grade Curriculum Night 7:00 pm WHS
Thursday	February	1	Science Fair Snow Day
Thursday	February	15	MB PTA Meeting 9:00 a.m.
Friday	February	16	February Recess - NO SCHOOL Students and Faculty
Monday	February	19	President's Day - NO SCHOOL District Offices Closed

### Middlebrook Six Day Cycle

Monday	January	29	Day 5
Tuesday	January	30	Day 1
Wednesday	February	31	Day 2
Thursday	February	1	Day 3
Friday	February	2	Day 4

#### **Note from the PTA President:**

I'm very excited to attend my first Science & Engineering Fair at Middlebrook on Tuesday. Nearly 130 students will participate and I can't wait to help celebrate their hard work. Our Box Tops Competition has started, Ambler is still taking sign ups for their Maple Syrup Program, and (pause while I get a little misty eyed) Project 2023 has its very first meeting at the end of February. Read on to find out more about what is happening at Middlebrook in the upcoming weeks.

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

We have over 360 PTA members, but would love a few more! Your membership and donation dollars support a variety of programs at Middlebrook that enrich the student experience.

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**Student Assemblies, Outdoor Classroom, Media Center Supplies, Activity Nights, Science & Engineering Fair, Social Opportunities, Weekly Messenger, Organizing Photo Day, Teacher & Staff Appreciation Events and Soaring Ahead** are just a few of the programs our PTA supports with funding and volunteer hours. When you join the PTA, you gain instant access to our new online directory.

Visit <https://wilton.mobilearq.com>, choose parent or teacher registration, enter your email used with the district and the code “wilton” to join, pay your membership dues and even make a supporting donation, if you’re feeling generous! Please add [support@mobilearq.com](mailto:support@mobilearq.com) to your address book to ensure delivery of the confirmation email with temporary auto-login link.

### **Volunteer:**

Volunteering is a great way to know your child’s school and be a part of the Middlebrook Community. There are many opportunities to help. You can check out our website at [www.middlebrookpta.org](http://www.middlebrookpta.org) -- there is bound to be an event or committee that piques your interest! You can also email Meire Mouracade at [immouracade@gmail.com](mailto:immouracade@gmail.com)

### **SCHOOL NEWS**

#### **Science & Engineering Fair Tuesday January 30, 2018**

Registered participants, please email Ritu Malik at [middlebrooksciencefair@gmail.com](mailto:middlebrooksciencefair@gmail.com) with any questions.

### **Health Office Notice**

Scoliosis screenings for the 7th grade girls will be done during gym periods starting in February. To be excused from this, a parent’s note is requested.

### **Box Tops for Education – Please Support This Effort!**

Our Box Tops Contest Collection area is **NOW** in the lobby through **Friday Feb. 23rd**. There will be a collection bin for each color. Please note your team color when submitting your Box Tops in case they are placed in the wrong bin. Also, be sure your Box Tops are not expired as expired ones will not count.

**Last year, Middlebrook earned over \$1,000** through our contest and we hope to break that record this year. If each child brought in just 10 box tops during our contest, we would easily reach \$1000. Box Tops can be found on so many different brands and different products. From cereals, snacks and meals to school/office supplies, food storage and waste bags. Here is the link of participating products ( <https://www.boxtops4education.com/earn/participating-products>), or visit [www.btfe.com](http://www.btfe.com) for details.

### **Youth To Youth at Middlebrook - Ski Trips: Update**

It’s that time of year again! Youth to Youth Ski Trips to Mohawk Mountain. Anyone in grades 6-8 is welcome to attend, although active Youth to Youth members have priority sign up. Sign up quickly

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as they fill up! **Students depart MB at 3:30 pm and return 10:45 pm. Next trip is Feb. 2nd** (Rescheduled from January 5th). **Cost is \$87 and includes lift ticket, coach bus transportation and chaperones.** Students may find the paperwork on the Youth to Youth board near the media center or parents may email Mrs. Tanya Leonard at [leonardt@wiltonps.org](mailto:leonardt@wiltonps.org).

### **2017-2018 Middlebrook Yearbooks are on Sale!**

**Middlebrook Middle School Yearbooks are now available for purchase for sixth, seventh and eighth grade students through March 30th.**

Be a part of all the fun memories for years to come! The cost this year is \$35.00 and gets you 200 full color pages of portraits and photos of activities, full color hardcover and a bonus "Year In Review" section. Yearbooks must pre-ordered before the deadline if you want a yearbook in June.

Please order online through our secure School Annual yearbook site: [BuyYearBook](#)

*Due to declining sales we will not be pre-ordering any extra yearbooks. There will be no yearbooks for sale during the last days of school in June.*

### **Health Requirements for Students Entering Grade 7 in Fall of 2018**

In accordance with Connecticut State Law, the Wilton Board of Education requires that prior to the opening day of school, an appropriate health examination, including an immunization record, be filed in the health office.

**Prior to August 1, 2018, please submit a State of Connecticut (blue form, HAR-3).**

Please check to see that all asterisks on the State of Connecticut form are completed by the physician. *The Physical must be within 15 months of the first day of entering the 7th grade.*

### **Parent Advisory Board**

The Parent Advisory Board for Special Services & 504 (PAB) is seeking new members. If you are interested in working with parents and administrators on issues and programs related to special services in our school district, please contact us at [PABwilton@gmail.com](mailto:PABwilton@gmail.com). We hold meetings on the second Wednesday of every month **(Sept. to May) from 9:15-10:30 at the Zellner Gallery in the Clune Center, WHS.** For more information on the PAB, please visit [www.pabwilton.com](http://www.pabwilton.com)

### **PAB Meeting Dates:**

Wednesday, February 14  
Wednesday March 14  
Wednesday, April 4  
Wednesday, May 9

### **How to Talk So Kids Will Listen, And Listen So Kids Will Talk**

Wilton Public Schools are introducing a six-week workshop developed by the authors of the book by the same name, using lessons, roleplay 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

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- 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

Funding and training for this new program was provided through a joint initiative of the Wilton Youth Council and Wilton Woman's Club that is taking aim at the opioid crisis by focusing on early prevention of the risk factors that lead to addiction later in life. Early prevention starts with fostering communication, connection and resilience in families and in the community.

This workshop is will run three times this year. It is free and limited to Wilton parents. Dates for the 2017-2018 school year are listed:

**Session 2 – Wednesdays**

Facilitated by: Nicole Mok, Bonnie Schnitzler

Jan 31

Feb 7, 14, 21 (one snow date scheduled)

**Session 3 – Thursdays**

Facilitated by: Jim Martin, Alexa Lee

March 8, 15, 22, 29

April 5, 19 (one snow date scheduled)

Registration for Session 2 is now open. Please call Wilton Youth Services at (203) 834-6241.

**Stop and Shop A+ Rewards Program:**

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 October 6, 2017- March 15th, 2018.** It does not cost you anything and does not impact your gas points. 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 does 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)

**Lose Something on the Bus?**

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If your child left something on the bus use this link for a peek at items currently in the lost and found at the Bus Depot-- across from MB where the buses park. All unclaimed items will be donated to the Turnover Store: <https://wiltonslostproperty.blogspot.com/>

### Missing Items at Middlebrook?

Use this handy link to see pictures of the items currently in the Middlebrook Lost & Found  
[https://docs.google.com/presentation/d/1A1aBWLEIM7lvqFtziXNuuXssDQyZ6X5LrD3Ot3\\_2l3w/edit?usp=sharing](https://docs.google.com/presentation/d/1A1aBWLEIM7lvqFtziXNuuXssDQyZ6X5LrD3Ot3_2l3w/edit?usp=sharing)

## COMMUNITY NEWS

### Class Project 2022

Show your support with 2022 T-shirts, hoodie sweatshirts, plaid lounge pants, magnets and water bottles!

- Order your Wilton S'well bottle by contacting Maura Chapey [chapeys@aol.com](mailto:chapeys@aol.com)
- All other orders can be made by contacting Gail Hanny [gmhanny@optonline.net](mailto:gmhanny@optonline.net)

Email [wilton2022@gmail.com](mailto:wilton2022@gmail.com) for information on how to get involved or visit our [2022 Website](#) or [2022 Facebook Group](#)

### Wilton Youth Council:

WYC promotes and protects the social, emotional and mental well being of Wilton's students by educating and empowering youth, parents and community. Find us on FB or visit [wiltonyouth.org](http://wiltonyouth.org) for more information and to sign up for our monthly newsletter.

### Class Project 2023

**Attention 7th grade parents:** orientation meetings for class project 2023 will be held on **Tuesday Feb 27th, 2018**. Plan on attending a meeting at **Comstock Community Center at 10:00 a.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 [EVA@BESHLIAN.COM](mailto:EVA@BESHLIAN.COM)

## UPCOMING PROGRAMS:

### BOOK DISCUSSION: Wednesday, February 28, 2018

#### How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success

10:00 - 11:30 a.m. OR 7:00 - 8:30 p.m. at the Wilton Library, Rimer Room

Registration required- <http://www.wiltonlibrary.org/> or 203-762-6334

*Appropriate for Parents of Children of all ages.*

Ellen Brezovsky, LCSW, of Silver Hill Hospital will facilitate a *book discussion*. In **How to Raise an Adult**, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in

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which overparenting harms children, their stressed-out parents, and society at large. Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

### **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 Suma Iyer at [sumapiyer@gmail.com](mailto:sumapiyer@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)