



Middlebrook PTA Full Messenger

September 15, 2019

Middlebrook Quick Calendar

Tuesday	September	17	Grade 8 Parents Open House: 7:00 PM -8:00 PM 7:00 - 7:15 Cafeteria 7:15 - 8:00 Team Classrooms
Thursday	September	19	PTA Meeting: 9:00 AM
Monday	September	30	NO SCHOOL: Rosh Hashanah

Middlebrook Six Day Cycle

Monday	September	16	Day 2
Tuesday	September	17	Day 3
Wednesday	September	18	Day 4
Thursday	September	19	Day 5
Friday	September	20	Day 6

News From The PTA President

Please join us for our first meeting of this school year on **Thursday, September 19 at 9am**. If you can't attend but have questions, concerns or ideas please reach out to me at cring226@hotmail.com. We are still looking for volunteers to help with the Annual Appeal, PTA Secretary and other positions. If you want to get involved, please email Meire Mouracade at mouracadefamily4@gmail.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

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

Wilton Special Education Parent Teacher Association (SEPTA)

Join us! The Wilton Special Education PTA (SEPTA) works to support students, teachers and families of students receiving services in Wilton Public Schools. We work collaboratively with our 4 school PTAs to create an inclusive school community!

Our parent kickoff meeting is Wednesday, September 18th at 7:00 p.m. at Comstock Community Center, Room 12. Light appetizers and refreshments will be served.

Visit wiltonsepta.org to renew your membership or join SEPTA.
For more info contact us at wiltonsepta@gmail.com

Save the date!! 6th Grade Activity Night!!

Friday, October 18, 2019

7:00-9:00pm

DJ-Pizza-Games-Raffles-Basketball-Open Gym
Pre-registration details coming soon!
Contact Kris Getty for volunteer opportunities!
Kagtty@optonline.net

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 for more information and to sign up for our monthly newsletter. Questions? Email Genevieve Eason at 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 or 203-762-6334. Please contact Genevieve Eason at 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 the 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

True Warrior Baseball

Do you know a child with physical or intellectual disabilities who would enjoy playing Fall baseball? Come join us!! All abilities are welcome! Our focus is to play baseball and have fun. No experience necessary. Register at www.wiltonlittleleague.org

WHS Football and Varsity Cheerleaders Annual Food Drive to Benefit The Wilton Food Pantry

Friday, September 20th 7:00 PM at WHS Memorial stadium

Wilton HS Warriors vs. Brien McMahon HS

The Wilton Food Pantry is only requesting donations of paper goods, detergents, personal care, and dry goods such as toothpaste, toothbrushes, shampoo & conditioner, deodorant, body soap, hand soap, feminine hygiene products, dishwashing liquid, paper towels, toilet paper, etc.

NO FOOD ITEMS ARE BEING COLLECTED.

A school bus will be in the lower parking lot at Cider Mill School starting at 5:00 PM near the playground and access road leading to the high school stadium. Please drop off your donated items at the bus between 5pm and the end of the Varsity football game

Show that Wilton Warrior Spirit and please donate to this worthy cause.
GO WARRIORS AND STUFF THE BUS!

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 next meeting is Monday, September 16th, from 10:00-11:30 a.m. at the G & B Cultural Center, 49 New Street, Wilton. For more information, 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