



# Mettawee Messenger

January 28, 2021 Principal: Brooke DeBonis 645-9009

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## Principal's Corner:

### Valentine's Day at Mettawee

We would like our students to have the opportunity to show their appreciation and gratitude for their teachers and friends. Now more than ever, our students need to feel how much they are cared for by others.

### Valentine Cards

We will be allowing students to make cards for each other. We checked with the Vermont Department of Health, and based on the current information and science it is safe for kids to exchange cards. We will not be exchanging pencils, candy, erasers, etc, so please send in just the cards this year. This year we will keep things simpler. The classroom teachers will communicate the details of what they will be doing in their classrooms. We will only be sharing the cards with the one class that your child is in. We will not be exchanging cards in multiple classrooms even if it is the same grade level. It is extremely important to limit the contact time between classes inside our building at this time. The classroom teacher will be letting you know the details of the card exchange and they will give you the class list.

### Treats/Food

We will not be having students bring in food for their class this year. The whole school will be getting a special treat from the kitchen that will be served at lunch time. All students will get the cookie even if he/she doesn't get lunch at school. We need to be safe by limiting the food coming in from different households. We will be serving cheese pizza, salad, fruit and the cookie for lunch.

We want to make this day special and fun, but safety comes first. Thanks for your understanding.



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## UPDATED LAVENDER COVID Screening sheet.

You will find in your child's pack pack a new lavender screening pad. This screening pad will REPLACE all others. There have been a lot of changes to the screening sheet as this pandemic has progressed and this lavender screening pad is clear and comprehensive. Starting Monday, we will only accept the lavender pad moving forward. If your child shows up at school with anything other than the lavender pad we will call home before we can send your child to class.

**As you know, COVID-19 is present in our communities and we want to be sure we are being as conscientious as possible in reading the questions on the screening sheet and answering honestly. We have remote learning put in place so that there will be no interruption in learning if your child needs to stay home because they have had to answer yes to any of the questions. That being said, if you have an in person learner, we do expect for your child to be at school when they are feeling well.**

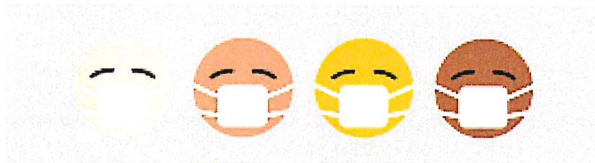
If you have any questions please feel free to call the school at 645-9009. For health related questions you can email Mandy Mayer at [mmayer@brsu.org](mailto:mmayer@brsu.org).



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**"Masks on faces, 6 foot spaces,  
uncrowded places." Let's continue to  
work together to keep us all safe and  
healthy and keep our school open.**



## **Here is the link to the February Lunch Menu**

**You will find a printed copy in your  
child's backpack as well as a scanned  
version following the Messenger.**

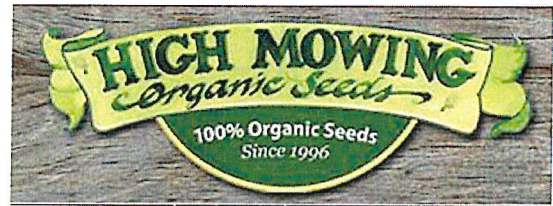
[February Lunch Menu](#)



## **ATTENDANCE REMINDERS**

- Wednesday is a remote school day for most of our students. Your child **MUST** do Attendance and school work on Wednesday. It is **NOT** an optional day of school.
- If your child will be **ABSENT** - please call the school at 645-9009 to let us know why they won't be participating and if able, they should mark themselves absent on their Clever Attendance.

High Mowing Seed Order Forms are due on Friday, February 12th.  
No late orders will be accepted. The seeds will be delivered in March!



## **Inclement Weather**

### **Remote Day / Delay Day Reminder**

When a Remote Day is called due to snow, there will be  
**NO COMMUNITY CONNECTIONS MEETINGS.**  
Attendance and school work **MUST** be completed.

On a Delay Day, there will be **NO** breakfast, **NO** Community Connections Meetings, and **NO** morning preschool.

**INCLEMENT  
WEATHER  
INFORMATION**



**February 15th - 19th - Winter Recess**

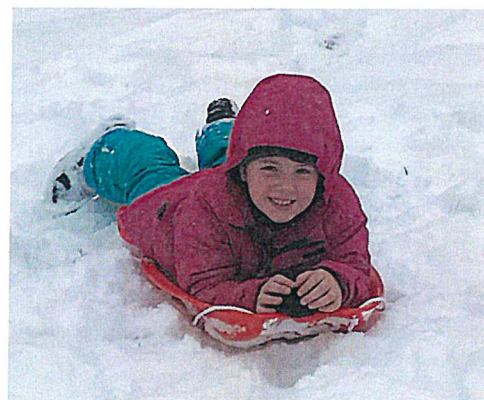
**April 12th - 16th - Spring Recess**





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**Fresh air and fun in P.E.!**



Our 6th Grade classes used last Friday afternoon to hike a mile out into the woods on the adjacent Merck Forest land.



Everything is more fun  
with fresh snow!





# February

## School Lunch Menu: Room Service & Meals for Pickup @ Mettawee

*School Meals Are FREE to all Students*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Fish Sticks</b> Breaded & flakey Alaskan Pollock Fish Sticks. Dinner Roll, Green beans, sliced Strawberries & Peaches.	<b>2 Baked Ziti</b> Wholegrain Pasta mixed with Marinara Sauce & topped w/ melted Mozzarella Cheese. Dinner Roll, Corn, and Apple.	<b>3 Turkey Sandwich</b> Deli Turkey & Cheddar Cheese on wholegrain Bread. Tortilla Chips w/ homemade Black Bean Salsa, Fruit.	<b>4 Beef Soft Tacos</b> Seasoned ground Beef and Cheese with Lettuce, Tomato, and Sour Cream on a soft wholegrain Tortilla.	<b>5 Pizza Lunchable</b> Wholegrain Flatbread with a side of Pizza Sauce, Mozzarella and Pepperoni that you build yourself! Side Salad and Fruit.
<b>8 BBQ Chicken Sandwich</b> Chicken Breast brushed with BBQ sauce served on a wholegrain Bun. Side of Roasted Potatoes, Fruit.	<b>9 Ham &amp; Cheese Melt</b> Deli Ham, melted American Cheese & Green Apples w/ Honey Mustard dressing on a Sub Roll. Pretzels, Fruit and Veggies.	<b>10 Egg Salad Sliders</b> Homemade Egg Salad served with two soft Dinner Rolls. Sun Chips. Fresh Fruit & Vegetable.	<b>11 Hotdog with Chili</b> Kayem Beef Hotdog on a Bun. Served with a side of homemade Chili. Goldfish, Fresh Fruit and Vegetable.	<b>12 Cheese Pizza</b> Wholegrain Pizza Crust topped with Marinara Sauce and Mozzarella Cheese. Side Salad, Fruit and a <i>Valentine's Surprise!</i>
<b>15 No School</b> <i>Winter Recess</i>	<b>16 No School</b> <i>Winter Recess</i>	<b>17 No School</b> <i>Winter Recess</i>	<b>18 No School</b> <i>Winter Recess</i>	<b>19 No School</b> <i>Winter Recess</i>
<b>22 Tuna Boats</b> Chunk-like Tuna and Mayo on a wholegrain Hotdog Roll. Pretzels, Fresh Fruit and Vegetable.	<b>23 Cheeseburger</b> Beef Patty on a wholegrain Bun with melted American Cheese. Side of baked French Fries, Fresh Fruit.	<b>24 Chicken Tenders</b> Tyson Chicken Tenders with steamed Corn, Brown Rice, and warm Cinnamon Applesauce. Side of BBQ sauce.	<b>25 Shepards Pie</b> Seasoned ground Beef and House-made Gravy, topped w/ Corn & Mashed Potatoes. Fresh fruit and a Dinner Roll.	<b>26 Chicken Salad</b> Diced cooked Chicken, Mayo, Celery, Apples and Grapes served on a wholegrain Roll. Sun Chips, Fresh Fruit & Veggies.

*Cold Lunch Meals are served with a rotating Fresh Fruit—Local Apples, Orange Wedges or Bananas AND rotating Fresh Vegetables: Carrots, Cucumbers, Celery, Broccoli, Grape Tomatoes or Bell Peppers.*





Daily “Meal Alternative” is a Bagel, Cream Cheese, Cabot Cheese Bar & Organic Yogurt or Sunbutter Sandwich.  
School Meals are available for Pick-Up for Remote students (please email Tera Williams, Kitchen Manager, [twilliams@brsu.org](mailto:twilliams@brsu.org) )

# February

BREAKFAST Menu: “Room Service” & Meals for Pickup @ Mettawee

School Meals Are FREE to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cereal &amp; String Cheese</b> Cereal (Multi-Grain Cheerios, Frosted Mini Wheats, or Rice Chex) and a String Cheese. Milk, Juice, and Fresh Fruit.	<b>Bagel &amp; Cream Cheese</b> A wholegrain Bagel with Cream Cheese. Milk, Juice, and Fresh Fruit.	<b>Cereal &amp; String Cheese</b> Cereal (Multi-Grain Cheerios, Frosted Mini Wheats, or Rice Chex) and a String Cheese. Milk, Juice, and Fresh Fruit.	<b>Yogurt &amp; Granola Parfait</b> Cabot Vanilla Greek Yogurt topped with homemade Granola and fresh or frozen Berries. Milk & Juice.	<b>Homemade Muffin OR Breakfast Item of Chef's choice!</b> Fruit Muffin. Milk, Juice, and Fresh Fruit.

If you have questions about the School Meals Menu, please contact Food Service Director, Stephanie Gates, [sgates@brsu.org](mailto:sgates@brsu.org)

or contact Tera Williams, Kitchen Manager at Mettawee, [twilliams@brsu.org](mailto:twilliams@brsu.org)

*Thank you for eating with us!*

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