



Mettawee Messenger

April 29, 2021 Principal: Brooke DeBonis 645-9009

Principal's Corner:

Teacher and Staff Appreciation Week

Teacher and Staff Appreciation Week is May 3rd-7th. We will be celebrating our teachers and staff throughout the week. This is a good time to let them know how important their work is to our children, our families and our future. I would like to encourage you, as well as your child, to take a moment to thank a teacher, para, or staff member for their support. A simple card, e-mail, or kind message would be a great idea. Teachers and staff members provide so much to our students - inspiration, motivation, kindness and encouragement. We are so fortunate to have such amazing people working in our school.

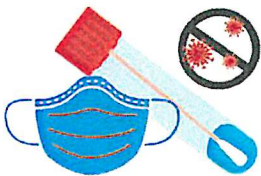


TESTING UPON RETURN

Unvaccinated Vermonters (including children) who have traveled outside the state must be tested within 3 days of returning to Vermont.

- The test you get must be for a current infection (like a PCR test), except it cannot be an antigen test (also known as a rapid test).
- Find **free and fast testing** near you.
- You do not need to quarantine while you wait for a result. But if you have any symptoms, stay home and away from other people.
- Quarantining does not exempt you from the testing requirement. You may choose to quarantine, but are still required to get a test when you return to Vermont.

A Reminder about Travel



Based on the State's guidance, the Mettawee Community school requires that any unvaccinated student or unvaccinated adult who travels outside of the state of Vermont for anything other than essential business, get tested within three days of their return.

We are ALL tired and feeling like we need to see people and go places. Please be considerate of the whole community when you are making plans and help keep us all safe. Guidance is loosening up but the virus is still present.

The following was copied directly from the Vermont Department of Health website.

TICK CHECKING

PLEASE...be checking your children every day for ticks. We are spending a lot of time in the woods and in the meadows but are also noticing that we have had some ticks on the playground. They are hungry this time of year and are searching for a meal.





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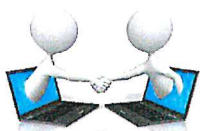
All School Meeting Tomorrow

April is National Poetry Month. We will be celebrating this event with some special Mettawee performance poetry readers during All School Meeting on Friday, April 30. We hope you enjoy the gifts of these spoken word artists.

The link will be sent out to distance learning students and staff at 1:55. If you are distance learning be sure to do your attendance on time so that Mrs. Ahlfeld will know you need the link to participate.



VIRTUAL ALL SCHOOL MEETING



All School Meetings will be from 2:00-2:20 April 30th and May 21st.

For the safety of our virtual ASM, only student and staff gmail accounts will be able to enter the meeting.

THE BIKES ARE COMING!

We are excited to have the opportunity to have Bike Smart come to our school with a trailer full of bikes for our students to learn beginning bike skills, bike safety, and bike tricks.

The bikes will be here the week of May 3rd.

The trailer has bikes and helmets available but your child may bring their own helmet if you'd prefer. Please label the helmet with your child's name. There is a flyer with more information following the Messenger.



Attendance Expectations

Just a reminder...

Moving forward, in person students may not choose to stay home and Distance Learn unless they are sick, are quarantining, or have an appointment that makes it a challenge to be at school.

In order to be considered PRESENT, Distance Learners must do their attendance, show up for their Classroom Connections meetings, and complete assigned work.

If you have any questions about attendance expectations please reach out to your classroom teacher or Mrs. DeBonis.





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For the past few weeks we have been passing along Summer Camp opportunities following your Messenger. These are NOT school related Summer Camps but camps in our local communities.

There are so many flyers now that we have decided to send the Summer Camp information in a separate email that will go out on Thursdays labeled Summer Camps. We will send them as a packet with the most current flyers at the top and older flyers that you may have already seen in the back. That way all Summer opportunities are in one place making it easier for you to decide.

For your convenience, if we are provided a registration link, we will include it in the email. Many of these camps have scholarships available so please reach out to us if you need help with that.



April 26th, 27th, 29th, 30th - SBAC ELA

April 30th - Virtual All School Meeting

May 3rd - 7th - Bike Smart trailer

May 21st - Virtual All School Meeting

June 7th - Field Day

June 10th - Graduation

June 11th - Last day of school



**WE ARE GETTING SO EXCITED FOR
BIKE WEEK!**




Mettawee Percussion Pickle Band hittin' some rhythms in the outdoor classroom with some beautiful views.



May School Lunch Menu: Room Service & Meals for Pick Up @ Mettaewe

School Meals Are FREE to all Students


School Meals are FREE to all students				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Sub Oven Roasted Turkey & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Veggie Sticks & Homemade Hummus	4 Chicken Ranch Pasta Salad Sliced Grilled Chicken, Tri Colored Rotini and Seasonal Veggies tossed in Ranch Dressing, WG Breadstick & Fresh Fruit	5 Chicken Tenders Whole Grain Chicken Tenders served with BBQ sauce, Dinner Roll, Vegetable & Fresh Fruit	6 Brunch for Lunch Whole Grain Pancakes, Pork Sausage Links, VT Maple Syrup, Warm Applesauce & Chef's Choice Warm Veggies	7 Chicken Salad Sandwich Homemade Chicken Salad on a WG Roll, Veggie Sticks & Fresh Fruit
10 Ham Sub Honey Deli Ham & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Veggie sticks & Homemade Hummus	11 Chicken Caesar Salad Sliced Chicken Served Over Romaine w/ Caesar Dressing & WG Croutons, WG Breadstick & Fresh Fruit	12 Tuna Boat Homemade Tuna Salad on a WG Roll, Veggie Sticks & Fresh Fruit	13 Picnic Day Mckenzie Beef Hotdog, WG Hot Dog Roll, Side of Homemade Chili, WG Sun Chips, Veggie Sticks & Fresh Watermelon	14 Roast Beef Sub Oven Roasted Roast Beef & American Cheese on a Whole Grain Sub Roll, Veggie Sticks & Fresh Fruit
17 Turkey Sub Oven Roasted Turkey & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Veggie Sticks & Homemade Hummus	18 Cheesy Breadsticks Whole Grain Cheesy Breadsticks, Marinara Dipping Sauce, Fruit Cup & Local VT Maple Carrots	19 Chicken Tenders Whole Grain Chicken Tenders served with BBQ sauce, Dinner Roll, Fresh Fruit & Vegetable	20 Mettowe's Favorite Fish Sticks Breaded Alaskan Pollock, , WG Dinner Roll, Steamed Broccoli & Warm Applesauce	21 MYO Pizza Whole Grain Flatbread, Mozzarella Cheese, Pepperoni, Marinara Sauce, Fresh Fruit & Vegetable
24 Ham Sub Honey Deli Ham & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Veggie sticks & Homemade Hummus	25 Cheeseburger Beef Patty with American Cheese on WG Roll, Vegetable Sticks & Fresh Fruit	26 Egg Salad Sandwich & Tomato Soup Homemade Egg Salad on a WG Roll, Homemade Tomato Soup, Veggie Sticks & , Fresh Fruit	27 Chicken Fajita Sliced Chicken, Peppers, Onions, Salsa & Sour Cream on a Whole Grain Tortilla, Whole Grain Rice & Seasoned Corn	28 Chicken Ranch Wrap Breaded Chicken Tenders, chopped Romaine, Side Ranch Dressing, Fresh Fruit & Vegetable 31
31 			All Meals Served with Hood 1% White Milk or Fat Free Chocolate Milk	
Meal Alternates - Yogurt Meal- which includes Stonyfield Organic Yogurt, String Cheese, Fruit				
Menus are Subject to Change				

Meal Alternates - **Yogurt Meal**- which includes Stonyfield Organic Yogurt, String Cheese , Graham Cracker, Fruit & Veggie Sticks
 SB & J Meal - SunButter & Jelly on WG Bread, String Cheese, Fresh Fruit & Veggie Sticks
 School Meals are also available for Pick-Up for Remote Learners (please email Stephanie Gates, sgates@brsu.org)
 This Institution is an Equal Opportunity Provider



May Breakfast Menu - Breakfast in the Classroom & Meals for Pick Up @ Mettawee

School Meals Are FREE to all Students

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Cereal Whole Grain Cereal, Whole Grain Organic Graham Cracker, Fruit & Milk	4 Bogel Day Whole Grain Bogel, Cream Cheese, Juice & Milk	5 Cereal Bar Meal Whole Grain Nutri Grain Bar, Organic Whole Grain Graham Cracker, Fruit Cup & Milk	6 Yogurt & Granola Parfait Cabot Vanilla Greek Yogurt topped with homemade Granola Made with Local Honey) and fresh or frozen Berries, Juice & Milk	7 Muffin Meal Whole Grain Blueberry Muffin, Fresh Fruit & Milk
10 Zee Zee Fun Bar WG Breakfast Bar, Fruit Cup & Milk	11 Strawberry Cream Cheese Bogel Whole Grain Bogel stuffed w/ Strawberry Cream Cheese, Juice & Milk	12 Cereal Meal Whole Grain Cereal, Whole Grain Organic Graham Cracker, Fresh Fruit & Milk	13 Mini Waffles WG Mini Eggo Waffles with Local VT Maple Syrup, Fresh Fruit & Milk	14 Banana Bread Whole Grain Banana Bread, Fresh Fruit & Milk
17 Cereal Whole Grain Cereal, Whole Grain Organic Graham Cracker, Fruit & Milk	18 Bogel Day Whole Grain Bogel, Cream Cheese, Juice & Milk	19 Cereal Bar Meal Whole Grain Nutri Grain Bar, Organic Whole Grain Graham Cracker, Fruit Cup & Milk	20 Yogurt & Granola Parfait Cabot Vanilla Greek Yogurt topped with homemade Granola Made with Local Honey) and fresh or frozen Berries, Juice & Milk	21 Muffin Meal Whole Grain Blueberry Muffin, Fresh Fruit & Milk
24 Zee Zee Fun Bar WG Breakfast Bar, Fruit Cup & Milk	25 Strawberry Cream Cheese Bogel Whole Grain Bogel stuffed w/ Strawberry Cream Cheese, Juice & Milk	26 Cereal Meal Whole Grain Cereal, Whole Grain Organic Graham Cracker, Fresh Fruit & Milk	27 Mini Waffles WG Mini Eggo Waffles with Local VT Maple Syrup, Fresh Fruit & Milk	28 Banana Bread Whole Grain Banana Bread, Fresh Fruit & Milk
31 	<i>Thank you for eating with us!</i>			Menus are Subject to Change





















If you have questions about the School Meals Menu, please contact Food Service Director, Stephanie Gates, sgates@brsu.org or contact Tera Williams, Kitchen Manager at Mettawee, twilliams@brsu.org

This Institution is an Equal Opportunity Provider



Fresh Fruit and Vegetable Program Monthly Menu



School: Mettawee		Month: May 2021		
Monday	Tuesday	Wednesday	Thursday	Friday
3  Pink Lady Apples	4  Boston Hydro Lettuce with Ranch Dip	5  Banana	6  Red Grapes	7  Peach
10  Red Plums	11  Canary Melon	12  Broccoli Florets	13  Red Beet Sticks	14  Cara Cara Orange
17  MacIntosh Apples	18  Dragon Fruit	19  Celery Sticks	20  Rainbow Carrots	21  Bartlett Pears
24  Clementine	25  Watermelon	26  Grape Tomato	27  Raspberries * Limes	28  Granny Smith Apples

Menus are subject to change!

This institution is an equal opportunity provider.

2021 Kids Summer Lunch Program

Beginning on **June 17th**, a **10 week** special summer lunch supplement will be available to elementary and high school students in the towns of Danby, Pawlet, Rupert, Manchester, and Dorset. **Children ages 5-up are eligible.**

Bags of "lunch box" type ingredients will be distributed at the Manchester Fire House on Thursday 11- 4 pm for Manchester and Dorset residents. Danby residents will pick up at the Masonic Building 12-2 pm. Pawlet/Rupert residents pick up at the Mettawee School 12-1 pm. Every **Thursday** a bag of lunch food and snack items will be available to applicants. Bags will contain fresh fruits, a milk and dozen egg coupon for Stewart's, sandwich materials, soup and other snacks to assist with healthy summer lunches. **Please let us know if you need a substitution for peanut butter.** Also, if you will be away, and not planning on picking up, please indicate on this form.

If you would like your child/children to receive this supplement please fill out this form. **Your must return this form by May 15th. Complete area below, take a photo of completed form and text to me at 802-318-8962 or email to famallen4@comcast.net. If you have any questions, please contact me at famallen4@comcast.net.**

NAME	AGE	GRADE COMPLETED	SCHOOL ATTENDED
1			
2			
3			
4			
5			

I will pick up my child's/children's lunch **each Thursday** (or have someone else pick up) during the summer at the **Circle ONE:** Manchester Fire House; Danby, Masonic Building Mettawee School
If transportation an issue for you please let us know.

PARENT NAME: _____

MAILING ADDRESS _____

PHYSICAL ADDRESS _____

Email Address _____

Cell Phone Number _____ Telephone Number _____

JEDI TRAINING TRAILS

*Please check trail conditions/closures and stay off trails if they are closed.

Pinecone Adventure Forest Trail

Easy Level - 1/2 Mile Loop
Pine Hill Park- Lower Giorgetti

Bumper Cars Trail

Fairgrounds Trailhead
Moderate Level - 2 miles
131 Town Farm Rd, Poultney

South Poultney River and Rail Trail

Rail Section (Wheelchair Accessible)
Easy Level - 2 miles (out and back)

Bearded Hen Trail

Delaney Woods
(Easy - Just under 1 mile)
East Delaney Cross Rd, Wells

As you embark on your mission remember, be kind to nature, the Force is strong here, follow these principles to leave no trace.

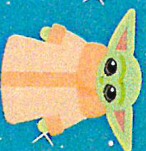
- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

Follow the trail and complete the required training activities along the way! When you have completed all the activities, go to www.comealiveoutside.com or use the QR Code to complete the survey.



*All participants will receive a Jedi necklace if they fill out the survey!

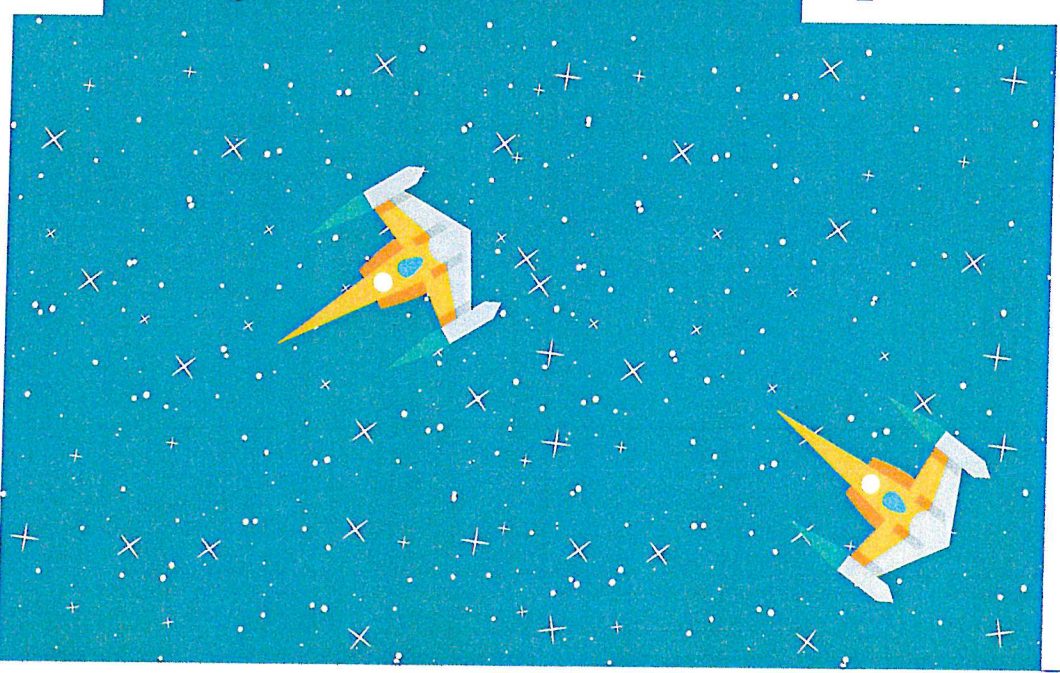
Keep your senses open, young Padawan! Each designated Jedi Training Trail will have a total of 3 hidden Grogu figurines (Baby Yoda) throughout the 2 weeks. One at a time will be hidden so if you don't find him this time, return again for another try! If you find Grogu, you may keep him! We also encourage you to take a photo of Grogu on the trail and post on Facebook or Instagram tagging @comealiveoutside



GRAND PRIZE: Email your photo of Grogu to Arwen@comealiveoutside.com and you will receive your very own Hydroflask and Come Alive Outside stickers!

MAY THE FOURTH BE WITH YOU

JEDI TRAINING TRAIL



Do you have what it takes to be a Jedi Master?



A Jedi in training must master:

CONTROL SENSE ALTER

CONTROL

"Control is internal. It is the Jedi's ability to recognize the Force within themselves and to use it to their benefit."

-Jedi Master Bodo Baas

Force Balance: Assume yoga warrior II pose both to the right and then left and hold for as long as you feel comfortable.

Force Strength: Push a part of your body as hard as you can against the biggest tree you can find as if you were trying to move the tree. Hold this pose as long as comfortable. Repeat 5-10 times.

Force Breath: Practice "square breathing technique" as you continue along the trail. (Breath in slowly counting to 4, hold for 4 count, breath out for 4 count, hold for 4 count). Repeat 3-5 times.

Force Speed: Pick a tree ahead on the trail and move to it as fast as you can! Next, pick another tree ahead and move to it slowly. Alternate between fast and slow 3-5 times.

SENSE

"Sense involves the next step, in which the Jedi recognizes the Force in the universe outside oneself."

-Jedi Master Bodo Baas

Force Feel: Find a log, stump or large rock next to the trail to sit on/next-to (remember not to stray far from the trail). Be silent and keep your eyes closed for 1 minute. Feel - What sensations do you feel on your skin? What does the earth feel like to touch?

Force Sense: As you move along the trail, what is the farthest thing you can sense? What is the nearest? What can you sense up above you and down on the ground?

Force Smell: Stop and sniff the flowers, trees, grass and leaves. What was your favorite smell? Was there a smell you didn't like?

ALTER

"Alter is the third and most difficult area to master, for it involves the student's ability to modify the Force and redistribute its energies."

-Jedi Master Bodo Baas

Mind-Force: You have the power to alter the thoughts of those around you. A true Jedi Master understands this power and is able to use it for the greater good of others.

Try thanking the people/person who made it possible for you to be here today and see what happens- Did you make them smile or say "you're welcome?" You just altered the way they feel!

Force Future: Use the Force to see the future!

Try to think of something you have to do everyday (brush your teeth, get dressed, do the dishes, walk the dog, do your homework...) and do it BEFORE you are asked! Did anyone notice? How did they react? What did they say to you?

Perform one random act of kindness and get the Force flowing through you to others. Remember you have the Force within you to make someone smile today, tomorrow, and everyday!

"Always pass on what you have learned."

-Yoda



Thursday Meals

COMMUNITY FOOD CUPBOARD

Pick up 10 AM - 12 PM & 2 - 4 PM

Manchester Town Hall, 40 Jeff Williams Way

Meals provided by New Morning Natural Foods

SHIRES HOUSING

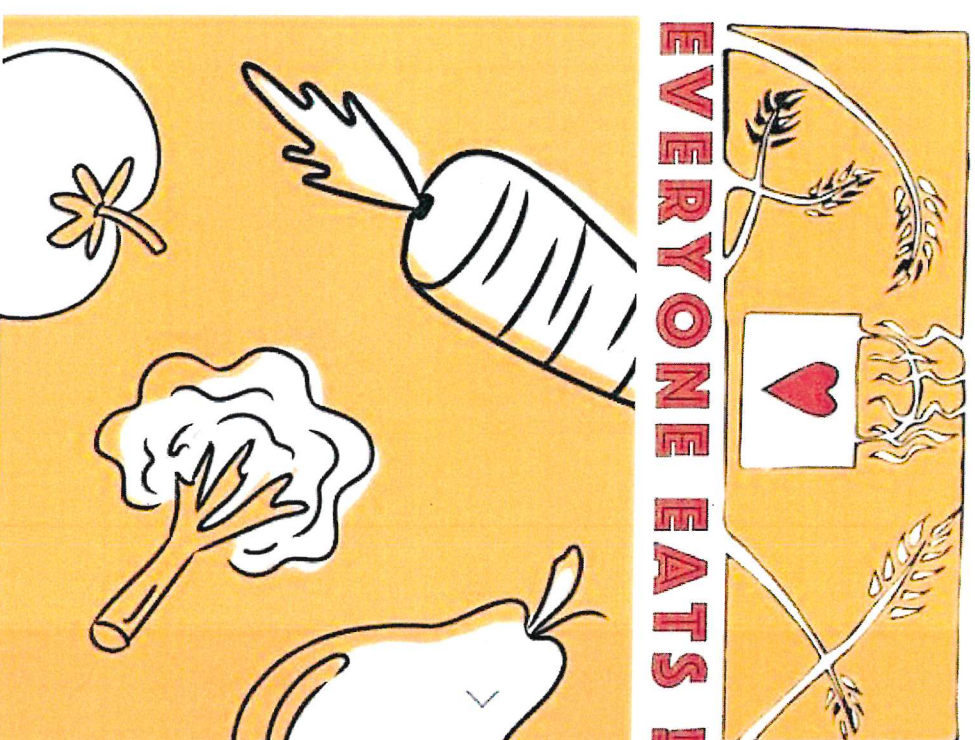
Pick up 11 AM - 1 PM

For info, call: (802) 442-8139 ext. 3

Orchard Village, 89 Applegate Drive, Bennington

Meals provided by Bringing You VT, The Dutchman's Tavern
& The Avocado Pit

Free meals are available to anyone that has been negatively
impacted by COVID-19.



Dear Parents,

We are excited to have Bike Week with Bike Smart at our school! The Bike Smart trailer will be visiting our school the week of May 3rd through May 7th. This program brings around 30- 40 bikes (of all sizes), helmets, and bike skills training materials to our school at no charge. Your child will improve their bike skills through games and on-bike activities designed to help them become a safe and confident bike rider.

- **Your child is free to bring their own helmet to use in class!** Don't forget to label the helmet (masking tape and a sharpie work well) so that it does not get misplaced. If you choose not to bring a helmet that's fine too. The trailer comes equipped with enough bikes and helmets for the students. **The helmets and bikes and any other equipment that we use will be disinfected after each use.**
- **The bikes in the Bike Smart trailer may be different from the bike that your child currently rides.** Some may have hand brakes and gears. We'll be using this training as an opportunity to help students transition to "grown-up" bikes, (depending on age) if they haven't already.
- **During the time that the trailer will be at our school, we'll be dedicating PE classes to bike skills and safety.** We will be learning how to check that a bicycle is safe to ride, as well as how to brake safely and effectively, turn smoothly, avoid road hazards, be alert for vehicles on the road, and more.
- **This is an excellent opportunity to go on bike rides with your child to practice the skills we will be learning in class.** You can reinforce the bike skills that your child will be learning this week by going on bike rides together. Your child will have many new skills and games that they can share with you, and a family bike ride is always a lot of fun!

We were able to bring this trailer to our school through the generosity of the Bike Smart program.

Bike Smart is funded by annual grants from The State of Vermont's Behavioral Safety Unit, VTrans, and other supporters. The program is powered by Local Motion, Vermont's nonprofit advocate for safe walking and biking. For more information, visit https://www.localmotion.org/bike_smart

We are thrilled that your child will be spending time on a bike the week of May 3rd! By the time the trailer rolls out of the school parking lot, your child will have made some great strides in bicycling. Let's hope for good bicycling weather!

Sincerely,



Johnson and Son Bikeworks

Bicycle sales, service, repair and rentals

We provide bicycles to community members free of charge if they cannot afford one.

We also buy bikes and accept bike donations.

Wednesday - Saturday 10-6

Sunday – Tuesday By chance or appointment

518 282 9089

JohnsonandSonBikeworks.com

Granville Youth Football 2021 Registration

Saturday May 1st

9am-11am

At- Granville Carnival lot

East Potter Ave

Tackle Football

(Current Grades 2-5)

(\$110 Registration \$50 + \$60 Jersey)

Flag Football

(Current Grades Pre-k -1st)

\$40 (includes Jersey)

Cheerleading

(Current Grades 2-5)

(\$100- Registration Fee \$50 + \$50 Uniform)

Please Bring a copy of their Birth Certificate and Insurance information.

Returning Players Still need to register

For more information you can contact us on Facebook or Contact Matt James by
Email at Mjames9112@yahoo.com or call at (518)955-8289