



Mettawee Messenger

September 23, 2021 Principal: Brooke DeBonis 645-9009

Principal's Corner:

Update on Attendance

Thank you all for your cooperation and support as we dealt with our first COVID positive case at Mettawee for the 2021/2022 school year. It took a team of people to do the contact tracing, communicate to families and staff, and to get the involved students picked up by a family member before dismissal. We always learn so much as we go through the process.

One thing that I wanted to make clear - There is no remote learning choice this year. The only students that will be working from home will be the students that were directly in contact with the person who tested positive for COVID. You will be contacted if you have a student that is considered a close contact and will need to be working from home. Siblings of close contacts are expected to be at school. If you choose to keep your children home, and they have not been identified as a close contact, they will be considered an **unexcused absence**. The only exception would be if your child(ren) in fact is not feeling well. We absolutely do not want sick children to enter the building. We understand that this is confusing and may seem backwards as we know that siblings are close with each other, but our hope is that our mitigating efforts within the building are going to keep the close contact children safe, and that the virus will not spread to others in the classroom. Therefore, not putting siblings at any risk.

If your child has been quarantined, and is working from home, they will be considered **present**.

If your child is home sick they will be considered an **excused absence**.

If your child is not at school and you have not communicated with us as to where your child is and why they are out, it will be an **unexcused absence**.

Tardy

We are noticing that some children are coming to school late. This impacts your child and the whole class. Please try your best to drop off your child to school by 7:50 so they can have a free breakfast and will be able to settle in with their classmates. If your child comes in after 8:00, they will be marked tardy. They will also not get breakfast since the class has already eaten and they are ready to begin their learning. Please try your best to make sure your child has a smooth transition to school in the morning.

Please check your child's backpack for a Big Blue folder this week.

In it you will find your October Breakfast/Lunch MENU and a PTO sign up sheet amongst other important things! If your youngest child(ren) doesn't have a folder it will be because most of the information

this week is going home with only the oldest child.



But check anyway because the classroom teacher may want to send something home.





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This information will also be included in your Big Blue folder so you can put it on the fridge in the event you ever need access to it on a busy school morning.



“What do I do if my child has a runny nose or other mild cold symptoms?”

This year, any student who begins to have even mild symptoms of a cold or other illness should not come to school until they are cleared to do so. If these symptoms develop while in school, the child will be sent home. Here is what you should do:

- 1) If the symptoms last less than 24 hours and your child is fine the next day (for instance, if your child had a headache but it turns out they were just overtired), they may return to school the following day.
- 2) However, if the symptom(s) last for more than 24 hours, your child will need to do **one** of the following:

- a) Have a PCR Covid test at a testing center (we cannot accept results from a store-bought test);
- b) OR see a healthcare provider who most likely will do a Covid test. They may also give an “alternative diagnosis” (such as allergies). If we have this in writing from them, your child may return (as long as their symptoms are mild and/or improving);

- c) OR if your child does not have a Covid test or see a healthcare provider, they will need to stay home for **ten** full days from the onset of their symptoms, even if they are feeling much better.

We are meticulously following guidance provided to us by the Vermont Department of Health. [Here is the link](#) if you would like to see written information for families, which is very helpful. If you have any questions, please call Mrs. Mayer at school, or send her an email at: mmayer@brsu.org.

AFTER SCHOOL PROGRAM

Thank you for all of your enthusiasm and patients as we begin our After



School Program. If you have questions about the program, billing, or attendance, please reach out to us or send an email to Heidi Hawkins at hhawkins@brsu.org.



Please find in your Big Blue folder an interest sheet for the Mettawee PTO. We would like to gather information to see who is willing to help out with the PTO events, activities, and fundraising.



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SOCCER UPDATES



This is your place to go for soccer information!

You will find the 5/6 GAME SCHEDULE and a 3/4 GAME SCHEDULE following your Messenger. It will also be sent home on paper with your soccer players in 3rd through 6th grade.

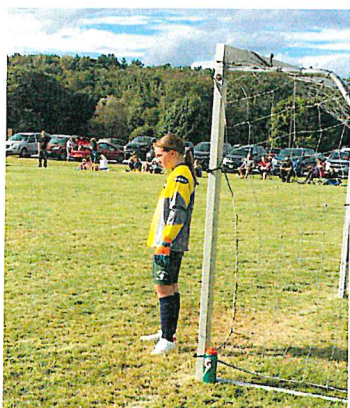
Please Note:

**THE 3/4 GAME ON Monday, Sept. 27th - Home vs. Poultney
HAS BEEN CANCELED**

This means the 5/6 practice can happen at its regular time!

**** Extra Cleats or Shin Guards ****

We are in need of cleats and shin guards that would be appropriate for players in 3rd-6th grade. If you have any at home that you are no longer in need of you could drop them in the box by the front door of the school.



Our 5/6 Team took a win over Poultney 3-2 in their very first soccer game of the season!

**GO
METTAWEE!**



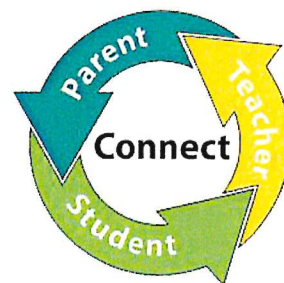
Conferences

Parent/Student/Teacher Conferences will be on Thursday, October 28th.

This is a student led conference so you should plan to bring your child with you.

There will be childcare in the library for school aged siblings. There

will not be regular school on this day. Please mark your calendars and try to be present for this very important meeting. Preschool will have conferences on Thursday, October 28th and Friday, October 29th. A letter will be sent home from your classroom teachers with more details and a scheduled meeting time.



Mask Guidance

REMINDER: All staff and students need to be wearing double layer masks, either disposable or cloth. Single layer neck gators will not be an acceptable face covering. If you need support with acquiring masks for your children please reach out to Mandy Mayer or Brooke DeBonis. We appreciate your cooperation.





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October 15th - No school - in service day

October 18th - School Picture Day

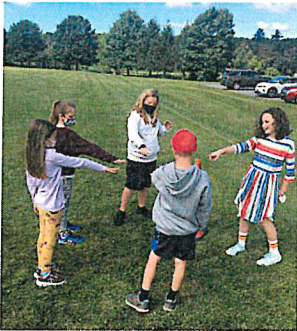
October 12th - 5th Grade to Starbase

October 19th - 5th Grade to Starbase

October 26th - 5th Grade to Starbase

October 28th - Parent Teacher Conferences

October 28th & 29th - Preschool Conferences



Welcome Mr. O, our PE student teacher! Did I mention that bluebird sky ~



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We are meticulously following guidance provided to us by the Vermont Department of Health. [Here is the link](#) if you would like to see written information for families, which is very helpful. If you have any questions, please call Mrs. Mayer at school, or send her an email at: mmayer@brsu.org.

3-4 Soccer

Game Schedule 2021

***Please note that our games are different days than our practice days. These are the only days Poultney was available to play.

FRIDAY, October 8th
Away vs. Poultney 4 p.m.

FRIDAY, October 15th
Home vs. Poultney 4 p.m.

WEDNESDAY, October 20th
Away vs. Poultney 4 p.m.

MONDAY, October 25th
Home vs. Poultney 4 p.m.

5-6 Soccer Game Schedule 2021 Season

Wednesday, September 22nd
Home vs. Poultney - 4 p.m.

Friday, September 24th
Away vs. Castleton/Orwell (at Castleton Elementary - Rte. 30) - 4 p.m.

Monday, September 27th
PRACTICE CHANGE -- Regular Practice time 4:00-5:30
3-4 game has been cancelled.

Wednesday, September 29th
Home vs. Fair Haven/Benson - 4 p.m.

Monday, October 4th
Away vs. Poultney 4 p.m.

TUESDAY, October 5th
Away-vs. Fair Haven/Benson (at FHGS) - 4 p.m.

Monday, October 11th
Home vs. Wells - 4 p.m.

Wednesday, October 13th
Home vs. Castleton/Orwell 4 p.m.

Wednesday, October 20th
Away vs. Wells 4 p.m.

LUNCH MENU

OCTOBER 2021



Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breaded Fish Sticks

Flakey Alaskan Pollock Fish Fillet in a light Breading. Sides of Kinkie Cut French Fries, Crunchy Kale Slow & Whole Grain Dinner Roll. Fresh Fruit.

Beef Nachos

Whole Grain Tortilla Chips, Seasoned Beef & Black Beans, Shredded Mozzarella Cheese, Served with Brown Rice Pilaf, Seasoned Corn, Salsa & Sour Cream. Fresh Fruit.

Ranch Seasoned Chicken

Homemade Ranch Seasoned Panko Crusted Chicken Cutlet, Served with Creamy Mashed Potatoes, Steamed Green Beans and a Whole Grain Dinner Roll.

Taco Pie

Layers of Seasoned Beef, Cheddar Cheese, Flour Tortillas and Tomato Salsa. Served with Brown Rice Pilaf, Seasoned Corn and Sour Cream. Fresh Fruit.

Meatball Sub

Italian Meatballs and Shredded Mozzarella Cheese in Hearty Marinara Sauce served on a Whole Grain Roll. Roasted Red Potatoes and Maple Glazed Carrots.

Chicken Fajitas

Seasoned Chicken, Sweet & Green Pepper & Onions served on a Whole Grain Tortilla. Sides of Sour Cream & Salsa. Served with Seasoned Black Beans & Confetti Corn Salad.

BBQ Chicken Sandwich

Tender Chicken Cutlet smothered in Tangy BBQ sauce. Served on a Whole Grain Roll with Romaine Lettuce and Tomato Slices. Homemade Kale Pesto Pasta. Fresh Fruit.

Soft Beef Tacos

Whole Grain Tortilla filled with Seasoned Ground Beef. Served with Brown Rice, Warm Seasoned Black Beans, Romaine Lettuce, Salsa, Cheddar & Sour Cream. Fresh Fruit.

Brunch for Lunch

Whole Grain Waffles served with Local VT Maple Syrup. Sides of Sausage Links, Carrot & Celery Sticks and Homemade Cinnamon Apple Crisp. Fresh Fruit

Macaroni & Cheese

Homemade Mild Cheddar Cheese Sauce over Pesto Shells, Kale & Apple Salad, Cucumber Sticks. Homemade Cornbread. Fresh Fruit.

Spaghetti

Spaghetti with Choice of Meat Sauce or Plain Marinara Sauce. Side of Whole Grain Garlic Knot and Parmesan Cheese. Served with Garden Salad. Fresh Fruit.

Baked Cheesy Ravioli

Whole Grain Cheese Ravioli Covered in Hearty Marinara Sauce Topped with Mozzarella Cheese. Roasted Apples & Squash, Caesar Salad and a Whole Grain Dinner Roll. Fresh Fruit.

Turkey Sub

Oven Roasted Turkey & American Cheese on a Whole Grain Sub Roll. Add your own Veggie! Served with Whole Grain Sun Chips, Carrot & Celery Sticks & Homemade Hummus. Fresh Fruit.

Haunted Halloween Lunch

Freaky Franks (Mckenzie antibiotic-free/ nitrate-free Hotdogs), Cauldron of Corn, Jack-O-Lantern Fries, Ghostly Grapes & Blood Orange Wedges.

Daily Meal Alternative - 2 choices

Yogurt Meal - Stonyfield Yogurt, Mozzarella String Cheese, Annie's Organic Graham Crackers, Fresh Carrot & Celery Sticks & Apple
Pretzade Chef Salad - Lettuce, Tomato & Other Seasonal Veggies, Ham, Turkey & Mozzarella Cheese. Served with a Whole Grain Roll & Fresh Fruit

ALL School Meals are Free to Students!

White 1% or Skim Chocolate 50 (purchased separate from meals)

Student Lunch \$0.00

Adult price \$4.50

Lunches Served with a Choice of Hood 1% White Milk or Hood Fat Free Chocolate Milk

All Meals Served with...

School Meals by Mettawee chefs:

Tara Williams

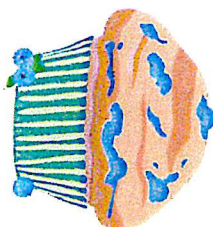
BREAKFAST

OCTOBER 2021

Good Morning Mettawee!

Offering Something Different Daily! Grab-&-Go style

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
"Original Bagel" with Green Mountain Farms Cream Cheese, Fresh Fruit, Milk and 100% Juice.	Whole Grain Banana Bread, Fresh Fruit and Milk.	Egg and Cheese Muffin and American Cheese, Fresh Fruit and Milk.	Cabot Greek-Vanilla Yogurt Parfait with Homemade Granola and Frozen Berries, Fresh Fruit, Milk and 100% Juice.
			Whole Grain Blueberry Muffin with a Hard-Cooked Egg, Fresh Fruit and Milk



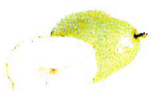
Daily Breakfast Alternative:

Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk

AVAILABLE IN
THE CAFETERIA
FROM 7:45AM-
8:15AM

Fresh Fruit Rotates Between:

Local Apples, Orange Wedges, Bananas, or Pears



Online payment is available!

Visit www.mymealtime.com

Create an account so you can view your child(ren)'s meal activity and/or make a payment or apply online for Free and Reduced Meals.

Checks Payable to Mettawee School District, please.

BRSD Food Service Director:

Stephanie Gates

Breakfast Served with a Choice of Hood 1% White Milk or Hood Skim Milk
Meal Modifications & Accommodations Upon Request ~ Menus are Subject to Change
This Institution is an Equal Opportunity Provider.

Paid Student Breakfast: \$0.00





















Adult Prices: \$2.75

Milk Only \$0



Fresh Fruit and Vegetable Program Monthly Menu



School: Mettawee		Month: October 2021		
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Red Delicious Apples 	5 Broccoli Florets & Ranch 	6 Strawberries 	7 Valencia Oranges 	8 Peaches 
11 Yellow Delicious Apples 	12 Blueberries 	13 Celery Sticks 	14 Kiwi 	15 
18 Granny Smith Apples 	19 Raspberries 	20 Clementines 	21 Banana 	22 Carrot Sticks 
25 Pink Lady Apple 	26 Blood Oranges 	27 Sugar Snap Peas 	28 	29 Bartlett Pear 

Menus are subject to change!

This institution is an equal opportunity provider.



Want to get involved?

The PTO needs your help!

We'd like to increase parent involvement for the 2021-22 school year.

The PTO sponsors events and fundraisers that support MCS students and families. We need help with events like...school dance, spirit week ideas, dollar skate, wreath fundraiser, yearbook, movie night, school garden, school merchandise sale, and more!

Please sign up to receive email updates about meetings and events!

Please return the bottom half with name and email to let us know you're interested.

Even if you cannot attend every meeting, please sign up to be on our email list to receive updates and information on how to help at events.

Please Print

Name: _____ Email: _____

Areas of interest/events you'd like to help with:

Please see below for Spanish Translation = Por favor vea la versión en Español abajo:

Do you or someone you know need
a little extra help with your food budget?

We're here to help.

No questions asked, you're welcome to
use our services anytime.

Wednesday 2:00-4:00

Thursday 10:00-12:00, 2:00-4:00

Advance ordering and pick up service
available communityfoodcupboard.org

Self-service pantry open 24/7

Call us 802.362.0057

The Community Food Cupboard

40 Jeff Williams Way, Manchester Ctr, VT 05255

We are at the Town Hall facing the parking lot.



¿Tú o alguien que conoces necesita un poco de ayuda adicional
con su presupuesto de alimentos?

Estamos aquí para ayudar.

No vamos a preguntar nada, eres bienvenido a utilizar nuestros
servicios en cualquier momento.

Miércoles 2:00-4:00

Jueves 10:00-12:00, 2:00-4:00

Servicio de pedido anticipado y recogida disponible en la pagina web de
communityfoodcupboard.org

Despensa de autoservicio abierta las 24 horas, los 7 días de la semana
Llámanos 802-362-0057

La Alacena de comida de la comunidad

40 Jeff Williams Way, Manchester Center, VT 05255

Estamos en el Ayuntamiento frente al estacionamiento.

AFTER-SCHOOL CREATIVE COMMUNITY AT SVAC!

Wednesdays

3:00 - 5:00 p.m. for ages 6 - 10 starts Oct. 6th

4:00 - 5:30 p.m. for ages 10+ starts Oct. 13th

Scholarships available.



Ages 6 - 10

"Children's Village"

Messy play--shaving cream, paint, playdoh! Art projects, yoga, obstacle courses, and more!

Ages 10+

"Spine-Chilling Pen & Ink"

Drawing technique with a seasonal emphasis on spooky stories and illustration.



For more info and registration, please
contact [Erin ekaufman@svac.org](mailto:erikaufman@svac.org)
802.367.1306

 Southern Vermont
ARTS CENTER

Bromley

Vermont's Sun Mountain

Save up to \$55 when you purchase
your Student Group Season Pass by
October 15, 2021.



This is NOT
JISP - it is
just an
application for
a student pass.



With a Bromley Student Group Season Pass you can
enjoy Vermont's Sun Mountain at a fraction of the
price. Bromley's 47 classic trails, sunny southern
exposure, and a family atmosphere make it the
perfect destination for local families, and we hope
that you will join us this season!

Visit the administration office for details.



2021/22 Student Group Season Pass Application

Full Season Pass

	Type of Pass	Purchased on or before 10/15/21	Purchased after 10/15/21
Teen Student (<i>grades 9-12</i>)	(FTS)	\$315	\$360
Junior Student (<i>grades K-8</i>)	(FTJ)	\$255	\$310

Afternoon Season Pass

(Beginning at 12:30pm)	Type of Pass	Purchased on or before 10/15/21	Purchased after 10/15/21
Teen Student (<i>grades 9-12</i>)	(PMTS)	\$195	\$240
Junior Student (<i>grades K-8</i>)	(PMJS)	\$165	\$215

Note - Both full season and afternoon passes are valid weekends and holidays. All pass sales are subject to Vermont Sales Tax.

ALL INFORMATION IS REQUIRED FOR PROCESSING. PLEASE PRINT.
PARENT/GUARDIAN MUST SIGN RELEASE ONLINE BEFORE PASS CAN BE PROCESSED!
<https://bit.ly/3ECa4YD>

Parent's Last Name Parent's First Name Phone

Street Address City State Zip

Email address

Type of Pass	First Name	Last Name	Date of Birth	Grade	Rate	School

6% Tax

Total

Name _____ Visa MasterCard Amex

Card Number _____ Exp. Date _____ CSV Code _____

Signature _____

Eligibility

1. You must be a full-time student.
2. 4% of your school's enrollment must be Bromley Season passholders to qualify your school for the group season pass rate. (So spread the word to your fellow students.)
3. Applications by mail with payment enclosed must be postmarked no later than October 15, 2021 to qualify for the early rate.

Additional forms available at your school or by contacting Bromley Mountain.

PO Box 1130, Manchester Ctr., Vermont 05255

Phone: (802)824-5522 | Email: ticketoffice@bromley.com



**Pack 6044
Granville &
Surrounding**

**"Cub Scouting is
Year-Round
Adventure for Life"**

Scout Recruitment Night!

September 24, 2021

5:30-7:00 pm

VFW Pavilion - North St

**Dinner provided, Games for the kids, and
Information about the Pack**

**~ Leadership
~ Sports
~ Outdoor Skills
~ Team Work**

**~ Family Scouting
~ Scout Traditions
~ STEM
~ Hiking**



**Kindergarten - 5th Grade
Serving all schools in the Granville Area
Granvilly, Mettawee, Wells, Poultney, etc**