



Mettawee Messenger

November 18, 2021 Principal: Brooke DeBonis 645-9009

Principal's Corner:

Thank you to all my staff who have been supporting our students and families during this challenging time. I would also like to thank all of our parents for your partnership in educating your children. You all are going above and beyond to make sure we have a successful school year.

I hope that everyone has a wonderful Thanksgiving break!



*There will be NO SCHOOL
November 24th - November 26th
for some much needed rest, relaxation,
thankfulness, and turkey!*

HAPPY
thanksgiving



A dark and foggy early morning at Mettawee

Community Sharing Project

Please find in your Big Blue Folder this week, paperwork pertaining to the Community Sharing

**Season
of Giving**

Project. Our school is pleased to be a part of this project again this year. Through the Community Sharing Project, and with YOUR help, the Mettawee Community School will contribute 10 food baskets to help our friends and neighbors have a more bountiful holiday season. Now, more than ever, it is important for us to take care of each other. Please bring in your assigned food donations by Thursday, December 10th.

Mettawee Apparel

Orders for Mettawee Apparel are due by
TOMORROW
November 19th.



Make checks payable to MCS PTO



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Welcome
to
Flashlight
Friday in
Mrs.
Porrier's
3/4 Grade
class.

There will be **No Preschool** on
Tuesday, November 23rd.



Shop at Price Chopper and Market 32
with your enrolled AdvantEdge Card to
help our school earn new supplies and
equipment.

Enrollment is new this year and is **FREE**
and easy!

1. Visit [Price Chopper.com](https://www.pricechopper.com) link
2. Enroll your card by selecting your
email, Price Chopper card number, and
selecting Mettawee Community School.



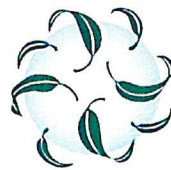
Please consider donating some **NEW** socks
and underwear to our Seats and Feet Drive.

We are looking for new socks and underwear of
all sizes to donate to families in need.

We will have a drop box outside the front door
and inside the lobby for dropping off donations.

Thank you so much for your generosity.

Tools
FOR
Schools



The Next 4-Winds Training
will be November 30th at
8:30



PLEASE...

Do tick checks every day!

We have the kids outside exploring the
woods and meadows every day. We
even see ticks on the playground and soccer field
this time of year. We are having the kids look for
ticks before coming inside and teachers are
checking the best they can but it is important to do
a full tick check at home every day.





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Share the Warmth Clothing Drive

Save the Date!!

November 20th & 21st from 9:00-2:00

at Mettawee Community School

Bring your own bags!!!

🧐 MASK MANDATORY

regardless of vaccination status 🧐

No Mask, No Entry

Please see the attached flyer for more information!

Volunteers needed! Please contact Brooke Burnham if you can help. You can reach her at 802-342-6377 or email her at bburnham@burrburton.org



If you need help getting holiday gifts for your children please be sure to return the Giving Tree form that went home last week. The due date is November 19th. Items will be written anonymously on an ornament, assigned a number, and placed on our lobby Giving Tree for faculty, staff, interested families, and community members to choose an ornament. Items will be returned to school along with the numbered ornament so we can match them up. You can pick up items here at MCS when they are ready.



We got to name a VTRANS plow - The Mettawee Mountain Mover!

Picture Retake Day



PICTURE RETAKE DAY!

School Picture Retakes will be done on November 29th.

If you would like a RETAKE on this day, please bring in your original packet to return to Barksdale and they will retake your pictures.

If your child was ABSENT on Picture Day, they will have their picture taken on November 29th. If you would like to order pictures you can go to

www.barksdalephoto.com.

The online password for Mettawee Community School is 0033090AR. We do have some blank picture forms here at school if you would rather order on paper and not online. Just reach out to Mrs. Hammell or Mrs. Chalmers and we can send one home.

School pictures are in the mail - If they arrive in time we will try to get them in the Big Blue Folders. If the pictures come later in the day, we will send them home on Friday.



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The next PTO Meeting will
be December 6th at 2:45

Please look in those Big Blue Folders for
the Community Sharing paper, and your
December menu.



Our students
worked
together to
make hundreds
of Thanksgiving
cards to mail
to senior
citizens.



JISP SKATING

[Register](#)

[Jonathan Levin Scholarships](#)

JISP SKIING

[link to JISP/KAPS information](#)



I hope you have a great
Thanksgiving and have a good
day. Be safe.

Fondly,
Ava

SAVE THE DATE

November 19th - Basketball sign up deadline

November 24th - 26th - Thanksgiving Break

November 29th - Picture Retake Day

December 9th - Report Cards going home

December 23rd - January 3rd - Holiday Break

January 17 - No School MLK Jr. Day





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COVID-19 Question of the week!

Answers to some Commonly asked
COVID19 Questions

* Is it safe to see my family for
Thanksgiving?



This is the guidance from the
Vermont Department of Health
pertaining to Thanksgiving gatherings.

TIPS FOR CELEBRATING THANKSGIVING SAFELY

COVID-HOLIDAY-HARM-REDUCTION.PNG

Have "the talk," before you go. Find out whether people will be fully vaccinated, or if extra precautions need to be taken for anyone at higher risk, such as wearing a mask when you're not eating. The more people who are vaccinated around your table, the safer everyone will be.

Keep it small. The more people and households, the higher the chance that someone could have the virus and expose other people. Even people you trust the most can have the virus and not know it.

Get tested. Testing before you gather is a great way to protect everyone. **Schedule your free PCR test** no later than Monday, Nov. 22, to make sure results arrive in time. You can get extra reassurance with a rapid test, closer to the gathering. At-home tests you can buy at a pharmacy are a good tool for this, if you have access to them. They typically come in boxes of two, so if you use them, we recommend using one Tuesday or Wednesday and the other on Thanksgiving Day — to make sure your negative result is accurate.

If you have symptoms, even mild ones, please make the hard, but right, choice to skip the dinner and stay home.

Get tested 5-7 days after the holiday gathering, even if you're fully vaccinated and even if you don't have any symptoms.

Visit us again next week for another
COVID-19 Question of the week!



IF YOUR CHILD IS SICK...

- #1** - STAY HOME - if you send your child to school not feeling well (headache, stuffy nose, cough...) we WILL send them home.
- #2** - If the symptom lasts for less than 24 hours you may send them back to school the next day. We will be happy to have them back!
- #3** - If the symptoms last for more than 24 hours - EVEN IF THEY SEEM VERY MILD AND YOU WOULD NORMALLY NOT BRING THEM TO A DOCTOR - Please schedule a covid test or a visit to your child's doctor. We do NOT want to see them back at school unless they have had a covid test or have an alternative diagnosis in writing from a doctor.
- #4** - If you choose to not test - your child can return to school only after **10 full days** from the onset of their symptoms.
- Even if your child is feeling totally better**, unless they have had a covid test, have an alternative diagnosis from a doctor, or it has been 10 days since the first day they were feeling sick, we do not want them back at school.

We are doing our very best to keep sickness out of our classrooms and to keep our school open. We thank you for your patience and cooperation.



LUNCH MENU

DECEMBER 2021



Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Brunch for Lunch Whole Grain Pancakes served with Local VT Maple Syrup. Scrambled Eggs. Sides of Sausage Links, Carrot & Celery Sticks and Fresh Fruit	7 Breaded Chicken Cutlet Sandwich Tender Breaded Chicken Cutlet. Served on a Whole Grain Roll with Romaine Lettuce and Tomato Slices. Side of BBQ Sauce or Ketchup. Sweet Potato Fries and Seasoned Green Beans. Fresh Fruit.	1 Pizza Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad & Cucumber Coins. Fresh Fruit.	2 Macaroni & Cheese Homemade Mild Cheddar Cheese Sauce over Pasta Shells. Garden Salad. Homemade Cornbread. Fresh Fruit.	3 Ham Sub Ham & 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.
13 Meatball Sub Italian Meatballs and Shredded Mozzarella Cheese in Hearty Marinara Sauce served on a Whole Grain Roll. Cinnamon Baked Sweet Potato Wedges and Seasoned Carrots.	14 Chicken Quesadilla Whole Wheat Tortilla Grilled w/ Mozzarella, Cheddar Cheese & Seasoned Taco Chicken. Served with Salsa & Sour Cream. Sides of Brown Rice Pilaf & Seasoned Corn.	15 Pizza Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad & Cucumber Coins. Fresh Fruit.	16 Baked Penne Pasta Whole Grain Penne Pasta Baked with Ricotta Cheese, Mozzarella Cheese, and Marinara Sauce. Side of Whole Grain Garlic Breadstick and Steamed Broccoli Florets.	17 Roast Beef Sub Hearty Roast Beef & American Cheese served on a Whole Grain Roll. Add your own Veggie! Served with Whole Grain Sun Chips. Carrot & Celery Sticks & Homemade Hummus. Fresh Fruit.
20 Breaded Fish Sticks Flakey Alaskan Pollock Fish Fillet in a Light Breading. Sides of Crinkle Cut Sweet Potato Fries, Creamy Coleslaw & Whole Grain Dinner Roll. Fresh Fruit.	21 McKenzie Hot Dog McKenzie All Beef Frank on a Whole Grain Hot Dog Bun. Ketchup and/or Mustard. Baked French Fries. Seasoned Green Beans.	22 Holiday Luncheon Baked Ham with Homemade Mashed Potatoes and Gravy, Stuffing, Honey Carrots Coins, Cranberry Sauce, Whole Grain Dinner Roll.	23 No School Winter Break	24 No School Winter Break
27 No School Winter Break	28 No School Winter Break	29 No School Winter Break	30 No School Winter Break	31 No School Winter Break
<p>Daily Meal Alternative - 2 Choices Yogurt Meal - Stonyfield Yogurt, Mozzarella String Cheese, Annie's Organic Graham crackers, Fresh Carrot & Celery Sticks & Apple Premade Chef Salad - Lettuce, Tomato & other Seasonal Veggies, Ham, Turkey & Mozzarella Cheese. Served with a Whole Grain Roll & Fresh Fruit.</p> <p>ALL School Meals are Free to Students! White 1% or Skim Chocolate .50 (purchased separate from meals) Student Lunch \$0.00 Adult price \$4.75</p> <p>School Meals by Mettawee chefs: Tara Williams & Lisa Olsen</p>				


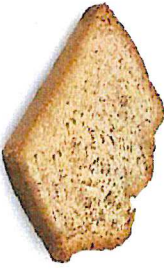










BREAKFAST

NOVEMBER 2021



Good Morning Mettawee!

Offering something Different Daily! Grab-&-Go Style

MONDAY	TUESDAY	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.	Maple Burstin Mini Pancakes, Fresh Fruit and Milk.
				
Daily Breakfast Alternative: Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk. <div>    </div>		AVAILABLE IN THE CAFETERIA FROM 7:45AM-8:15AM		
		Fresh Fruit Rotates Between: Local Apples, Orange Wedges, Bananas, or Pears <div>     </div>		

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.

BRSU 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 Price: \$3.00



Fresh Fruit and Vegetable Program Monthly Menu



School: Mettawee		Month: December 2021		
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Red Plums 	2 Banana 	3 Clementines 
6 Red Delicious Apples 	7 Broccoli Florets 	8 Red Grapes 	9 Honey Dew 	10 Strawberries 
13 Yellow Delicious Apples 	14 Candy Stripe Beets 	15 Bartlett Pear 	16 Cantaloupe 	17 Blueberries 
20 Granny Smith Apples 	21 Carrot Sticks 	22 McIntosh Apples 		

Menus are subject to change!

This institution is an equal opportunity provider.

SHARE THE WARMTH 14th year

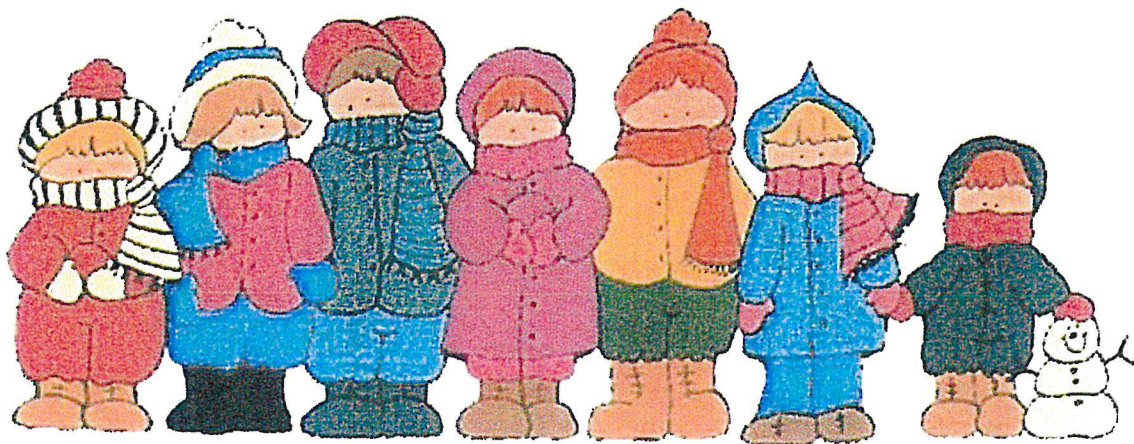
At Mettawee Community School

5788 VT -153, West Pawlet

Saturday, November 20th and Sunday, November 21st

From 9:00AM -2:00PM

MASKS ARE MANDATORY (regardless of vaccination status)



All size winter clothing will be accepted along with outerwear, accessories, bedding and shoes.

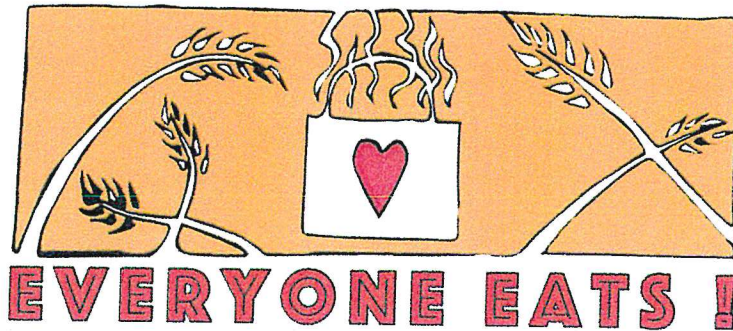
All clothing **MUST** be clean, smoke free and reusable!

Donations can be dropped off Friday, November 19th from
8:00AM-4:00PM

If you have any questions, please call Brooke Burnham at

FREE THANKSGIVING MEALS

For those negatively impacted by COVID-19 or
experiencing food insecurity



**Pick up on Wednesday November, 24
between
3:00PM - 5:00PM**

**at the Smokey House Center
426 Danby Mountain Rd, Danby**

**Must Pre-order meals by emailing jamie@smokeyhouse.org
or calling 802-772-5919 by November 10, 2021**

Provided by



in partnership
with



Rutland County hub of the Vermont Everyone Eats
program

visit vermontfarmersfoodcenter.org/everyoneeats

AFTER-SCHOOL CREATIVE COMMUNITY AT SVAC **CONTINUES!**

Five Mondays - Starts Next Week

11/22-12/20

Ages 5+

Scholarships available.

Session I was so much fun that we have added five weeks! Join Marisa for messy play - shaving cream, paint, playdoh! Art projects, yoga, obstacle courses! More!



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

Southern Vermont
ARTS CENTER