



# Mettawee Messenger

December 16, 2021 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Thank you for all your support!

I know this school year has been challenging for you in so many ways. I wanted to express my gratitude towards all of you. I appreciate your understanding, support, and communication as we partner to educate your child/children. I am hopeful that as we move towards the spring things will get easier for all of us. I hope you are able to have quality time with your family over this coming break. I am wishing all of you a Happy and Healthy New Year!



## Reminder about parking lot safety

I wanted to remind everyone to please be patient when driving through the parking lot in the morning, in particular the drop off lane. Some children take longer than others to unload and walk to the building. Please do not pass cars that are parked in the drop off lane. We know that some of you are in a hurry to get to work, but a couple minutes of patience could avoid a terrible accident.

## Giving Tree



If you signed up to receive gifts from the Giving Tree Project you should be contacting the school to make

arrangements to pick up

the gifts the week of December 20th. Gifts will NOT be sent home with students. All gifts will be wrapped, labeled and ready to go under your tree.

We were so fortunate to have Bjorn from the BRSU visit us a couple of weeks ago with his new action cameras. He hiked up on the Merck Forest land next door with Mrs. Webb and some of our PE classes so the kids could experiment with making videos of themselves and each other sledding. Bjorn edited all the footage into this amazing video. ENJOY!



<https://www.youtube.com/watch?v=T7SG9YP-O3Y>

## Mark Your Calendars

### Save the Date!

*Announcing the return of the legendary Holiday Store.* On Tuesday, December 21st all students will have the opportunity to go "shopping" for holiday gifts for the entire family. All items will range in price from .10 cents to \$1.00. Free gift wrapping will be available courtesy of the 6th graders.

In addition, keeping with the spirit of spreading kindness, the 6th grade will also be creating a *holiday-themed carnival* for all students to attend FREE OF CHARGE.







# Mettawee Messenger

December 16, 2021 Principal: Brooke DeBonis 645-9009



Students in the Library have been learning coding with programmable Edison robots.

They have to follow the instructions to tell the robots to respond to clap control, to have them avoid obstacles, to follow a torch or flashlight, or to do line tracking. They've had so much fun exploring this technology.

## SUBSTITUTE TEACHERS NEEDED

The BRSU is looking for substitute teachers!!! If you are willing to sub in any of the BRSU schools please reach out to Cheryl Chalmers for a sub application.



## Community Sharing

Thank you to everyone who brought in items to help support our Community Sharing baskets that provide food for families in need. Each grade sponsored a family and we were able to provide food for 10 families.



## Big Blue folder

Please look in those backpacks for your January lunch menu, a Come Alive Outside Passport for outdoor enrichment, and information about basketball.



## Winter Gear

PLEASE, send your child to school with snow pants, a winter jacket, warm boots, a hat and snow mittens. If you need help getting these items for your child please reach out and let us know.







# Mettawee Messenger

December 16, 2021 Principal: Brooke DeBonis 645-9009

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



## Clarification about JISP Fridays



As we have said before, we dismiss at 11:40 every Friday from January 7th through March 11th. Please mark your calendars and be prepared for your children to come home

early on Fridays. There are multiple programs that run activities and enrichment during these early release days. Bromley Mountain offers skiing and snowboarding lessons. Riley Rink offers ice skating lessons. Merck Forest offers outdoor education right here at Mettawee. If your child is not enrolled in an afternoon activity they will be coming home or to your designated Friday afternoon child care. There is no Mettawee After School Program during this time. Please plan ahead and let us know what your plan will be by sending in a note with your child the week we return from our Holiday Break. Note: each program has their own schedule which includes not offering lessons on vacation weeks. Be sure to clearly mark your calendars.

## JISP INSTRUCTORS NEEDED!

### URGENT

JISP INSTRUCTORS NEEDED! Bromley is in need of volunteer instructors for JISP.



Their most significant need by day is falling on Tuesday and Friday, but they will take help on any of the four days they offer JISP (Tuesday thru Friday). They need both snowboarders and skiers. Teaching experience is not necessary - anyone who is interested should reach out directly to Mike at [mike@bromleyoutingclub.com](mailto:mike@bromleyoutingclub.com) - or by phone at (802) 824-6498. They will coordinate with any new volunteers for a training session with other coaches. Volunteer instructors earn credits that are good for lift tickets - one credit for each day that they teach, and 1 credit is good for a Sunday or Mid Week, non-holiday lift ticket and 2 credits are good for a Saturday or holiday period lift ticket. Lessons run from 1:00-3:00 on JISP days, and instructors should plan to be available from 12:45 until 3:30 if possible.

### Don't forget to pick up your pass!

If you have any questions about pass pickup, please contact the ticket office by calling (802) 824-5522.

**SAVE THE DATE**

**December 21st** - 6th Grade Holiday Store

**December 23rd - January 3rd** - Holiday Break

**January 7th - March 11th** - Early Release Fridays

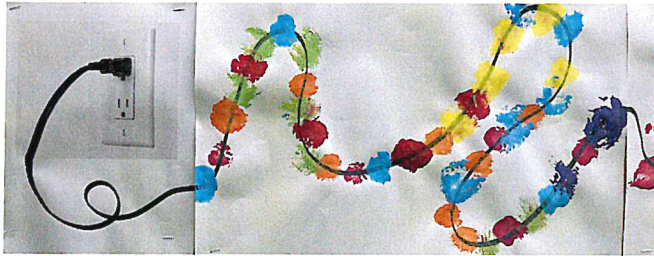
**January 17** - No School MLK Jr. Day





# Mettawee Messenger

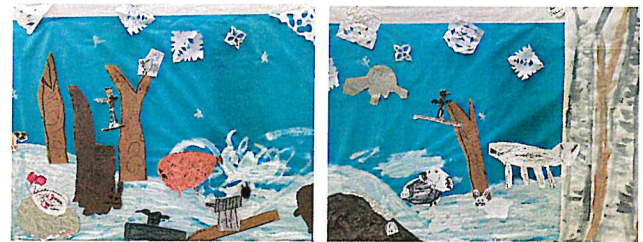
December 16, 2021 Principal: Brooke DeBonis 645-9009



**2nd Grade - completing the circuit!**



**Kindergarten filled the halls with SNOW!**



**Preschool has been exploring all the different  
Gingerbread Man stories!**






# LUNCH MENU

JANUARY 2022



## Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids

MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
No School	3	Breaded Fish Sticks	4	Grilled Cheese and Tomato Soup	5	Beef Goulash	6	Ham Sub - JISP Day	7	
Winter Break		Flakey Alaskan Pollock Fish Fillet in a Light Breading. Sides of Crinkle Cut Fries, Seasoned Corn & Whole Grain Dinner Roll. Fresh Fruit.		Whole Wheat Bread & American Cheese. Tomato Soup is a Smooth Puree of Diced Tomatoes, Fresh Vegetables, Veggie Broth, and Half & Half. Roasted Green Beans. Fresh Fruit.		Whole Grain Elbows Mixed with Seasoned Ground Beef, Cheddar, and Tomato Marinara, Side Garden Salad. Whole Grain Dinner Roll. Fresh Fruit.		Ham & American Cheese on a Whole Grain Sub Roll. Add your own Veggies! Served with Whole Grain Sun Chips, Carrot & Broccoli Bites & Hummus. Fresh Fruit.		
Breakfast for Lunch	10	Taco Pie	11	Pizza	12	Macaroni & Cheese	13	Popcorn Chicken Bowl - JISP Day	14	
French Toast Sticks with a side of Local Vermont Maple Syrup. Scrambled Eggs & Sausage Links. Carrot Sticks. Fresh Fruit		Layers of Seasoned Beef & Black Beans, Cheddar Cheese, Flour Tortillas and Tomato Salsa. Served with Brown Rice Pilaf, Seasoned Black Beans. Sour Cream Cup. Fresh Fruit.		Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad. Red Beets Sticks. Fresh Fruit.		Homemade Mild Cheddar Cheese Sauce over Pasta Shells. Tender Peas. Side Garden Salad. Homemade Cornbread. Fresh Fruit.		Lightly Breaded Whole Grain Popcorn Chicken. Creamy Garlic Mashed Potatoes. Seasoned Corn. Creamy Gravy and Melted Mozzarella Cheese. Whole Grain Dinner Roll. Fresh Fruit		
No School Day	17	Cheese Quesadilla	18	Winter Beach Party	19	Chicken Parmesan	20	Turkey Sub - JISP Day	21	
Martin Luther King Jr Day		Whole Grain Tortilla w/ Cheddar Cheese. Served with Salsa & Sour Cream. Sides of Brown Rice Pilaf & Corn & Black Bean Salad. Fresh Fruit		All-Beef patty on a Whole Grain Bun w/ optional American Cheese, Romaine Lettuce, Tomato & Onion. Homemade Pasta Salad. Broccoli Sprigs. Watermelon. Sidekick Slushies. Fresh Fruit.		Baked Breaded Chicken Cutlet Topped with Marinara and Shredded Mozzarella Cheese. Served over Whole Grain Spaghetti. Side Garden Salad. Roasted Beets. Fresh Fruit.		Oven Roasted Turkey & American Cheese on a Whole Grain Sub Roll. Add your own Veggies! Served with Whole Grain Sun Chips, Carrot & Celery Sticks & Hummus. Fresh Fruit.		
Baked Cheesy Ravioli	24	Beef Nachos	25	Honey Lemon Chicken	26	Ham & Cheese Baked Potato	27	McKenzie Hot Dog - JISP Day	28	
Whole Grain Cheese Ravioli Smoothed in Hearty Marinara Sauce Topped with Mozzarella Cheese. Caesar Salad. Roasted Cauliflower. Whole Grain Dinner Roll. Fresh Fruit.		Whole Grain Tortilla Chips, Seasoned Beef & Black Beans, Shredded Mozzarella Cheese. Served with Marinated Black Beans, Seasoned Corn, Salsa & Sour Cream. Fresh Fruit.		Baked Honey Lemon Chicken. Seasoned Brown Rice. Honey Carrot Coins. Whole Grain Dinner Roll. Fresh Fruit.		Baked Potato with choices of: Ham, Shredded Cheddar Cheese, and Sour Cream. Steamed Broccoli & Whole Grain Dinner Roll.		McKenzie All Beef Frank, Whole Grain Hot Dog Bun, Vegetarian Baked Beans, Baked Sweet Potato Fries. Steamed Peas. Fresh Fruit.		
Meatball Sub	31	Italian Meatballs and Shredded Mozzarella Cheese in Hearty Marinara Sauce served on a Whole Grain Roll. Cinnamon Baked Sweet Potato Wedges and Seasoned Carrots. Fresh Fruit.								

### 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.

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

### School Meals by Mettawee Chefs:

Tara Williams  
 & Lisa Olsen

Thank you for eating with us!

Lunches Served with a Choice of Hood 1% White Milk or Hood Fat Free Chocolate Milk  
 All Meals Served with a Daily Fruit Variety.  
 Meal Modifications & Accommodations Upon Request ~ Menus are Subject to Change  
 This Institution is an Equal Opportunity Provider.



# BREAKFAST

JANUARY 2022

## 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.	Ham, Egg & American Cheese on a Whole Grain Croissant. Fresh Fruit and Milk.	Cabot Greek-Vanilla Yogurt Parfait with Homemade Granola and Frozen Berries. Fresh Fruit, Milk and 100% Juice.	Maple Burstini Mini Pancakes, Fresh Fruit and Milk.



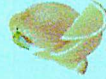
### Daily Breakfast Alternative:

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



### Fresh Fruit Rotates Between:

Local Apples, Orange Wedges, Bananas, or Pears



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

Online payment is available!

Visit [www.mymealtime.com](http://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

[sgates@brsu.org](mailto:sgates@brsu.org)











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  
Milk Only .50





## Fresh Fruit and Vegetable Program Monthly Menu

School: Mettawee		Month: December 2021		
Monday	Tuesday	Wednesday	Thursday	Friday
	4 MacIntosh Apples 	5 European Cucumbers 	6 Cauliflower Florets 	7 NO FFV JISP Day
10 Red Delicious Apples 	11 Honey Dew 	12 Red Plum 	13 Red Beet Sticks 	14 NO FFV JISP Day
17 No School 	18 Bartlett Pear 	19 Valencia Oranges 	20 Broccoli Florets 	21 NO FFV JISP Day
24 Granny Smith Apples 	25 Snow Peas 	26 Red Grapes 	27 Carrot Sticks 	28 NO FFV JISP Day
31 Yellow Delicious Apples 				

Menus are subject to change!

This institution is an equal opportunity provider.



## Basketball 2022

All players and coaches must wear masks properly (covering nose AND mouth) at ALL times during practices and games. When taking a drink of water, the mask can come below the chin briefly --- only for the drink, and then it must quickly cover the nose and mouth again.

Only players and coaches are allowed at practices.

Each player will be allowed THREE spectators at HOME events - we will inform you of any restrictions at opposing schools prior to the game at their location. All spectators are REQUIRED to wear masks at all times in the building. All spectators are required to remain in their seats during the game. Children are not allowed to be unattended - please have an adult accompany them to the bathroom. If spectators are unable to follow these expectations or if COVID cases are high in the area, we might have to close the games to spectators and just have teams, coaches and refs in order to keep everyone safe.

When there are back to back games, players ONLY may enter the building 20 minutes before the game and spectators may not enter the building until 10 minutes before game time. We are hoping this will allow for people from the previous game to exit the building. When the game is finished, please promptly exit the building so people can enter for the next game.

NO food OR Drinks in the gymnasium - with the exception of a player's water bottle.

In order to minimize contact with others, please try to sit near/with close family members/friends.



# 2022 JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 NO School In-Service	4 3/4 B 2:30-4 5/6 G 4-5:30 3/4 G 5:30-7	5 5/6 G 4-5:30 5/6 B 5:30-7	6 3/4 B 2:30-4 3/4 G 4-5:30 5/6 B 5:30-7	7	8
9	10 5/6 G 4-5:30 5/6 B 5:30-7	11 3/4 B 2:30-4 5/6 G 4-5:30 3/4 G 5:30-7	12 5/6 G 4-5:30 5/6 B 5:30-7	13 3/4 B 2:30-4 3/4 G 4-5:30 5/6 B 5:30-7	14	15
16	17 MLK Jr. Day	18 3/4 B 2:30-4 5/6 G 4-5:30 3/4 G 5:30-7	19 HOME GAMES VS. FH/BVS 5/6 G 4:30 5/6 B 5:30	20 AWAY GAMES AT Poughkeepsie 3/4 B 4:30 3/4 G 5:30 5/6 G AT Wells 4:30 5/6 B AT MSES 4:30	21	22
23	24 5/6 G 4-5:30 5/6 B 5:30-7	25 3/4 B 2:30-4 5/6 G 4-5:30 3/4 G 5:30-7	26 HOME GAMES VS. CVS/DVS 5/6 G 4:30 5/6 B 5:30	27 5/6 B 5:30-7 AWAY GAMES 3/4 G AT Wells 4:30 3/4 B AT MSES 4:30	28 AWAY GAMES AT Poughkeepsie 5/6 B 4:30 5/6 G 5:30	29
30	31 5/6 G 4-5:30 5/6 B 5:30-7					



# 2022 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 3/4 B 2:30-4 3/4 G 4-5:30 ..... AWAY GAMES AT Fair Haven 5/6 G 4:30 5/6 B 5:30	2 HOME GAMES 5/6 G vs. MSES 4:30 5/6 B vs. Wells 5:30	3 5/6 B 5:30-7 ..... HOME GAMES vs. Paultney 3/4 G 4:30 3/4 B 5:30	4	5
6	7 5/6 G 4-5:30 5/6 B 5:30-7	8 3/4 B 2:30-4 3/4 G 4-5:30 ..... AWAY GAMES AT Castleton Elem. 5/6 G 4:30 5/6 B 5:30	9 HOME GAMES vs. Paultney 5/6 G 4:30 5/6 B 5:30	10 5/6 B 2:30-4 ..... HOME GAMES 3/4 G vs. MSES 4:30 3/4 B vs. Wells 5:30	11	12
13 5/6 Girls + Boys in Fair Haven Tourney Dates TBD	14 5/6 G 4-5:30 5/6 B 5:30-7	15 LAST Practice 3/4 B 2:30-4 3/4 G 5:30-7 ..... 5/6 G 4-5:30	16 5/6 G 4-5:30 5/6 B 5:30-7	17 5/6 B 5:30-7	18	19
20	21	22	23	24	25	26
27	28					



Dear Parent/Guardian,

Happy Winter from Come Alive Outside! Your child has brought home the CAO Winter Passport. Please take time to look through this activity booklet. Here is a link to the fun introduction video - <https://vimeo.com/652119556>. If your child happens to lose their copy you will find digital and print and fold versions at - <https://comealiveoutside.com/passports/>. Register your passport and we will send your child a CAO sticker and you will receive our newsletter with additional experiences to try. If your child earns 30 points you can visit any of the four prize centers around the county to claim a prize. Complete the online end survey the week of April 1st and your child will be entered in the grand prize drawings. Have fun exploring the local parks and your community this winter!

Myra, CAO Program Director



Dear Parent/Guardian,

Happy Winter from Come Alive Outside! Your child has brought home the CAO Winter Passport. Please take time to look through this activity booklet. Here is a link to the fun introduction video - <https://vimeo.com/652119556>. If your child happens to lose their copy you will find digital and print and fold versions at - <https://comealiveoutside.com/passports/>. Register your passport and we will send your child a CAO sticker and you will receive our newsletter with additional experiences to try. If your child earns 30 points you can visit any of the four prize centers around the county to claim a prize. Complete the online end survey the week of April 1st and your child will be entered in the grand prize drawings. Have fun exploring the local parks and your community this winter!

Myra, CAO Program Director

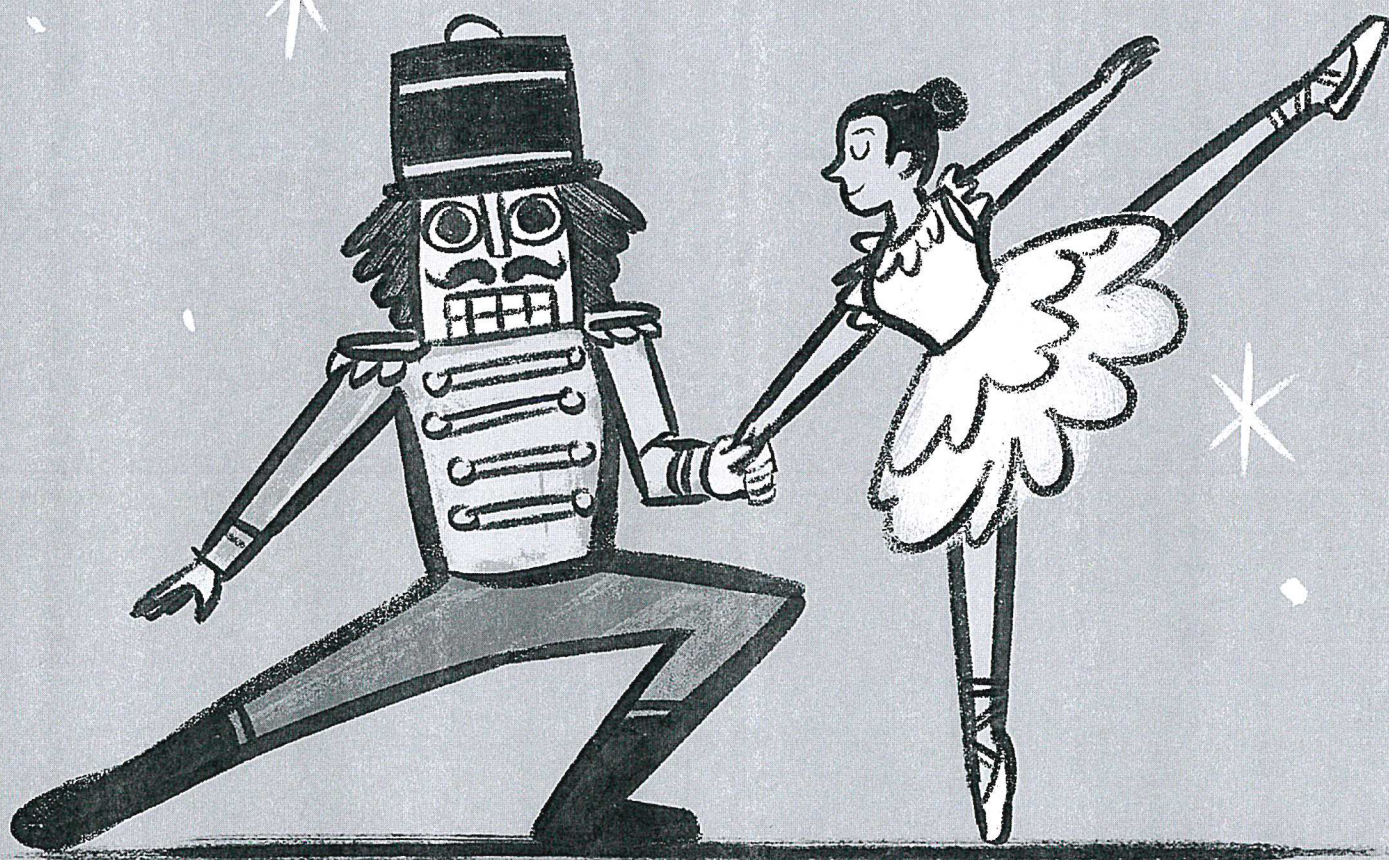




THE BALLET CENTER AT MANCHESTER PRESENTS

Artistic Director: Marilyn Cavallari • Assistant Director: Brittany Tatko

# The Nutcracker



Wednesday, December 22, 2021 at 7 PM

Burr and Burton Academy

Manchester, Vermont

Adult Tickets \$25 / Students and Senior \$15 / Children (12 and under) \$10

Tickets available at The Mountain Goat in Manchester and The Bennington Bookshop or by calling (802) 379-0759



## The Nutcracker Date Set for 2021

The Ballet Center at Manchester announces The Nutcracker performance to be on **Wednesday, December 22 at 7:00 p.m.** at Burr and Burton Academy. Artistic Director Marilyn Cavallari and Assistan Director Brittqany Tatko said the cast consists of children and adults from Southern Vermont. The Stahlbaums, Betsy and Tyler Carmack give a grand Holiday Party. Guests arrive followed by a very mysterious person only to find out that it is the childrens' favorite uncle, Herr Drosselmeyer . He arrives with a bag of gifts for all the children. His gift to Clara is the Nutcracker. The lead of Clara will be danced by Lily Carmack, her brother Fritz will be danced by Crew Carmack. At the Christmas Party Clara receives a Nutcracker doll from her uncle Herr Drosselmeyer, Headmaster Mark Tashjian. Clara returned to the living room after the party and falls asleep only to find herself in The Land of Sweets. The lead dancers include the following; Arabian is danced by Nikoline Norman and the Sugar Plum Fairy is Lily Hickey, Tea is Olivia Clarke and Lyla Redding, Spanish is Kaitlynn Cherry, Flute is Nikoline Norman, Mother Ginger is Jeremy Walker, and at the end of the performance will be the Waltz of the Flowers. There are angels, dancing dolls, tiny mice, a very fierce battle scene with a canon that shoots out cheese.

This is a favorite holiday event for children and adults alike. The music is by Peter Ilyitch Tchaikovsky. All seats are reserved for Burr and Burton Academy. Ticket prices are \$25 for Adults, Students \$15 and \$10 for Children, 12 and under. A portion of the proceeds from this performance goes to the Irene Hunter Scholarship Endowment Fund.

Tickets are available at the Mountain Goat in Manchester or the Bennington Bookshop in Bennington by calling 802 379-0759 also at the box office prior to the performance.





# FREE BUDGETING WORKSHOP

**Monthly Offering, 3<sup>rd</sup> Thursday of the Month  
Beginning December 16<sup>th</sup>, 2021  
1 – 2 p.m.  
244 Union Street**

Join Sunrise's Fiscal Manager and explore how to budget resources for yourself or your family. Learn simple tips to make the most of your finances.

COVID safety protocols will be followed, and masks are required.

You do not need to be a member of Sunrise's other programs to participate,

ALL Bennington County residents are welcome to attend.

Please call Cyndi to register,  
but drop-ins are welcome!

(802) 442-0004  
cthomayer@sunrisepcc.com

244 Union Street  
Bennington, VT 05201

[sunrisepcc.com](http://sunrisepcc.com)