



Mettawee Messenger

January 27, 2022 Principal: Brooke DeBonis 645-9009

Principal's Corner:

Parent/Student/Teacher Conferences



Our parent conferences this winter will be held on February 17th and February 18th. We will be holding conferences after school on February 17th to offer some

evening opportunities. Then we will be having parent conferences all day on Friday. Your child will be leading the conference with the support of their teacher so it is essential that your child comes to school for this session. We will be offering child care for siblings so you can focus on your child's conference. We will be using an online parent sign up, which worked well this fall. Please click on the links for each classroom teacher to find a time that works best for you. If you have more than one child, I would encourage you to sign up early so you can have back to back conference times. Please schedule your conference by Monday, February 14th. This will allow our teachers the time they need to organize for conference day. Please let me know if you have any questions. We are looking forward to connecting with you at your parent conference in February.

[Mrs. Waterhouse - Preschool Parent link](#)

[Ms. Kelly - Kindergarten Parent link](#)

[Ms. Pierce - First Grade Parent link](#)

[Mr. Harmon - Second Grade Parent link](#)

[Mrs. Baker - Third Grade Parent link](#)

[Mrs. Porrier - Third/Fourth Grade Parent link](#)

[Mrs. Myott - Fourth Grade Parent link](#)

[Mrs. McGann - Fifth Grade Parent link](#)

[Mrs. Thomas - Fifth Grade Parent link](#)

[Mrs. Lea - Sixth Grade Parent link](#)

PTO SURVEY



On Tuesday a PTO survey was emailed to all parents asking for input on how they should spend funds. If

you have not filled out the survey yet, here is the link. Thank you for your time.

[PTO Survey](#) - link

From the PTO: Your input is very important to us! The PTO has spent some time discussing new activities, brainstorming ideas and looking at possibilities for this spring. We have been limited with what we can safely do at the school. However, the PTO currently has about \$6,000 that normally would have been used for the all-school play, movie nights, dances, field trips, and bringing in authors, etc. Perhaps you have ideas that we have not considered or will support some of the ideas we have been discussing. Please provide input on how we can use some of our hard earned, fundraised dollars to benefit current MCS students. Your candid responses would be greatly appreciated.

Please submit this form before January 31st.

Thank you in advance for submitting this important form.

(All individual surveys will be kept anonymous)

**PTO
MEETING**

**PTO Meeting on
Monday, February
14th at 2:45**



Mettawee Messenger

January 27, 2022 Principal: Brooke DeBonis 645-9009



NO SCHOOL ON FRIDAY,

FEBRUARY 18TH DUE TO
PARENT - STUDENT -
TEACHER CONFERENCES.

PLEASE MARK YOUR
CALENDARS SO YOU ARE SURE
THAT YOU SAVE THE DATE.

Mettawee Community School / BRSU Family Handbook

You can also find the handbook by
following this link:

MCS/BRSU Family Handboo...



CLOSE CONTACT & PARTICIPATION in extracurricular activities

If your child is UNVACCINATED and has been identified as a close contact they MAY NOT participate in activities outside of school that involve members outside of our school pod, including JISP activities and basketball games against other schools. Testing before school allows our students to stay in school and participate in activities that involve only our own pod of students.

If your child is FULLY VACCINATED and has been identified as a close contact they MAY participate in activities as usual including games and JISP. If you have any questions about this please reach out to Brooke DeBonis or Mandy Mayer.



Contact Information

Please be sure to reach out to the school if your contact information has changed. We need to be sure that current mailing and physical addresses are in our operating system as well as email addresses and phone numbers. In the event of an emergency, a weather related closure, or a COVID related announcement we want to be sure we are communicating effectively.

You can email Heidi Hammell at hhammell@brsu.org or Cheryl Chalmers at cchalmers@brsu.org if you need your information updated. Thank you for your cooperation.



Order forms are Due back at school
TOMORROW - FRIDAY, JANUARY 28

(NO late orders accepted.)

Checks payable to MCS PTO.

Seeds should be delivered before Feb break.

Thank you for your support

SAVE THE DATE

January 7th - March 11th - Early Release Fridays

February 18th - No School / Parent Conferences

February 21st - February 25th - Winter Break

February 28th - March 4th - Book Fair

March 11th - Last early dismissal



Mettawee Messenger

January 27, 2022 Principal: Brooke DeBonis 645-9009

Basketball News and Updates:



Important: If your child is unvaccinated and considered a close contact to someone who has tested positive for covid-19, they CAN

participate in basketball practice but MAY NOT participate in games against other schools.

A Quick look at the week

Jan. 27th - Practice - 5/6 Boys 5:30-7:00

AWAY GAMES

- 3/4 Girls at 4:30 in Wells
- 3/4 Boys at 4:30 in Middletown Springs

Jan. 28th - AWAY GAMES

- 5/6 Boys at 4:30 in Poultney
- 5/6 Girls at 5:30 in Poultney

Jan. 31st - Practice - 3/4 Girls 2:30-4:00

- Practice - 5/6 Girls 4:00-5:30
- Practice - 5/6 Boys 5:30-7:00

Feb 1st - Practice - 3/4 Boys 2:30-4:00

AWAY GAMES

- 5/6 Girls at 4:30 in Fair Haven
- 5/6 Boys at 5:30 in Fair Haven

Feb 2nd - Practice - 3/4 Girls 2:30-4:00

HOME GAMES

- 5/6 Girls at 4:30 vs. Middletown Springs
- 5/6 Boys at 5:30 vs. Wells

Feb 3rd - Practice - 5/6 Boys 5:30-7:00

HOME GAMES

- 3/4 Girls at 4:30 vs. Poultney
- 3/4 Boys at 5:30 vs. Poultney



COVID-19 Question of the day!

Answers to some Commonly asked COVID19 Questions

PCR Test vs. Antigen - what's the difference?



PCR test Pros:

- Very accurate at detecting COVID-19 even in the early days of infection

PCR test Cons:

- Can take a few days to a week to receive test results
- If you have recently had covid you will likely continue to test positive on a PCR test even after your infectious period

A PCR test is considered the gold standard for detecting COVID-19. The PCR can detect COVID-19 in the first days of infection. The trouble with the PCR test is that it can take a few days to a week to receive your results. The risk with this is that by then you have potentially isolated unnecessarily or have unknowingly spread the virus to others. The other trouble with a PCR test is that if you have tested positive for COVID-19 recently, the PCR is so sensitive that it will show that you are still positive even after your infectious period.



Antigen test Pros:

- Test results can be revealed in as little as 15 minutes



Mettawee Messenger

January 27, 2022 Principal: Brooke DeBonis 645-9009

- You can buy them at a pharmacy to have on hand in your home for convenience
- They are available to schools to help keep kids in school due to close contacts
- They can be used to determine the end of an infectious period if you have already tested positive for COVID-19

Antigen test Cons:

- They are not sensitive enough to be very accurate in the early stages of the virus

The Antigen test is what schools use for "Test at Home" or what you buy over the counter at the pharmacy. Antigen tests detect specific proteins on the surface of the coronavirus. They are sometimes referred to as rapid diagnostic tests because you have your results in as little as 15 minutes. This test is fairly accurate but is best used when someone is showing symptoms of COVID-19. The rapid antigen test is what you should be taking after you have had Covid-19 for several days and want to confirm you're no longer infectious.

IMPORTANT: In asymptomatic people with recent known or suspected exposure that suggest no current evidence of infection, the ANTIGEN results represent a snapshot of the time around specimen collection and could change if tested again in one or more days.

TEST TO STAY

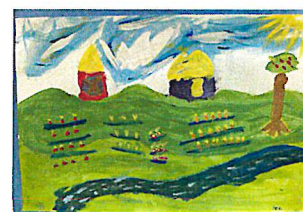
Please complete these two links: the [consent form](#) as well as [registering](#) in the SimpleReport system.

This is how we are using Test to Stay these days...

If your child comes to the Nurse's Office during the school day and experiences symptoms that could be covid related, Mrs. Mayer will assess the situation. If she feels it could be helpful, and you have signed the Test to

Stay consent and registration, SHE WILL CALL HOME and ask if you would like her to administer an antigen test. In MOST cases, the student will still be sent home (because they are not feeling well) and an additional antigen test will be sent home in their backpack for you to administer at home 24 hours later. It is an optional tool we can use to help kids stay in school or get back to school quicker when they are not feeling well.

Thank you 2nd
Grade for bringing
so much COLOR to
our winter world.



LUNCH MENU

FEBRUARY 2022



Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

BREAKFAST

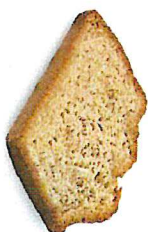
FEBRUARY 2022



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



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.

BRSU Food Service Director:

Stephanie Gates

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: February 2022		
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Macintosh Apples 	2 Strawberries 	3 Red Grapes 	4 No FFV JISP Day
7 Yellow Delicious Apples 	8 Cantaloupe 	9 Broccoli Floret 	10 Blueberries 	11 No FFV JISP Day
14 Navel Oranges 	15 Bartlett Pear 	16 Carrots 	17 Clementine 	18 No School Inservice Day
21 No School	22 No School	23 No School	24 No School	25 No School
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
28 Red Delicious Apples 		Menus are subject To change!		

This institution is an equal opportunity provider.

Winter Sports Drive!

Come pick up your
FREE
winter sports gear.

Where?

Manchester Rec Park Pool House

When?

Friday, January 28th 3:30-5:30 pm

Saturday, January 29th 12:00-3pm

The Pound