



# Mettawee Messenger

February 17, 2022 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Parent Conferences

I am looking forward to seeing all of you on Thursday or Friday for parent conferences. It is important that you be here to show your child that we are partners in their education. In grades K-6, your child will attend the conference and help lead the conversation about their learning. We are offering child care to allow your other children to have a place to go while your child is presenting at their conference. If you have a preschooler, feel free to bring them to school and bring your child to the library for childcare while you attend your conference. If you have not reached out to make an appointment, please call the school to see if there is an opening on Thursday or Friday. Your children are so excited to share with you all that they have been learning.



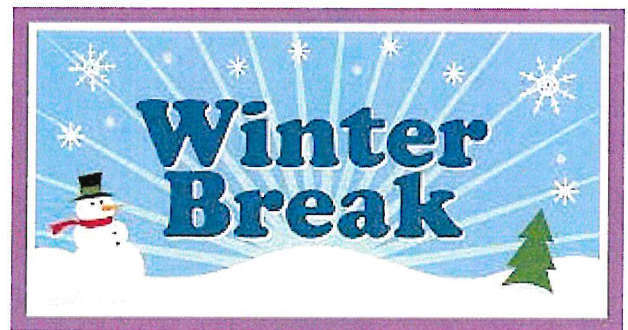
### Winter Fun Day

I really enjoyed having our winter fun day at Mettawee. Thank you to all the wonderful staff members who were willing to go outside to lead the activities and to support all of our students. It was wonderful to see our students smiling, hear them laughing, and watch them bonding with each other as they created fun memories. I am so grateful to be the leader of such a positive and successful school!



### Winter Break

I hope all of you have a safe and restful break. We are encouraging all students and staff members to test before returning to school. Thank you for your continued support. We have faced and worked through many challenges this year and we couldn't have done it without your partnership. I am hopeful that things will get better as we move forward into the second half of our school year.



**There will be NO SCHOOL**  
**February 21st - February 25th**  
**as we rest, recharge, and take a winter**  
**slumber. Enjoy your break!**



**NO SCHOOL**  
**ON**  
**FRIDAY,**  
**FEBRUARY**  
**18TH**

**DUE TO PARENT - STUDENT - TEACHER**  
**CONFERENCES.**



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## JISP NEWS

**\* NO BROMLEY JISP FEB. 18th**

**\* NO MERCK FIELD AND FOREST FEB. 18th**

Riley Rink **DOES** have lessons this week  
**FEB 18th.**

There is also **NO** Bromley, Riley Rink or  
Merck Field and Forest during February  
vacation week, February 25th.



- Ice Skaters will  
have their final skate  
lessons on March 5th.

- Bromley and  
Merck will have their  
last day on March 11th.

- Our last half day Friday will be  
March 11th

The Garden Club is excited to start a school  
garden this spring. We are looking for extra  
plastic 4 inch pots to start seeds indoors. If you  
have extra pots, please send them to school.

Thank you – The MCS Garden Club

**Garden  
Club**



## The Scholastic BOOK FAIR

*Is Coming Soon!*

February 28th – March 4th

7:30–3:30

At the Mettawee Community School Library

*Elephants, tigers, and books, oh my!*

This event is an opportunity for all students of all  
ages to build home libraries and further their love  
of reading. All purchases benefit our school.

Students will shop on their library class day. The  
schedule is below. Don't forget to send your child  
in with cash. (and don't forget about tax)  
Shopping is open for parents at any time during  
shopping hours.

Monday, February 28th - 3B, 5M, & KK

Tuesday, March 1st - 3/4P

Wednesday, March 2nd - 2H & 4M

Thursday, March 3rd - 6L & 5T

Friday, March 4th - 1P

Preschool students will not be shopping as a class  
but parents can come in and shop with their kids  
anytime they want during shopping hours.

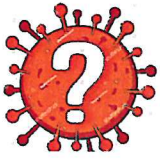






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## COVID-19 Question of the day!

Answers to some Commonly asked  
COVID19 Questions

### Home Rapid Antigen Tests

Each student will be going home on Thursday with a rapid test kit in their Big Blue Folder. Each kit contains two tests. Our hope is that you will test your children on Saturday morning and Sunday morning before returning to school on Monday. If your child's results are positive, please keep your child home and contact the school.

### Yearbook Photos

If you have soccer, basketball, or JISP photos that you would like to see in the yearbook send them along to [mettaweeyearbook@gmail.com](mailto:mettaweeyearbook@gmail.com).

We would like to celebrate our student athletes in the 2021-2022 yearbook!

*Yearbook*



Please look  
in those  
backpacks  
for your  
Big Blue

**Folder.** If you're a sixth grade family you will find a letter from Mrs. Jennings about middle school options and everyone will have a March Lunch Menu and a covid test kit.



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 9th - All School Read!

March 11th - Last early dismissal



**Stunning 5th Grade Birch Tree Landscapes**



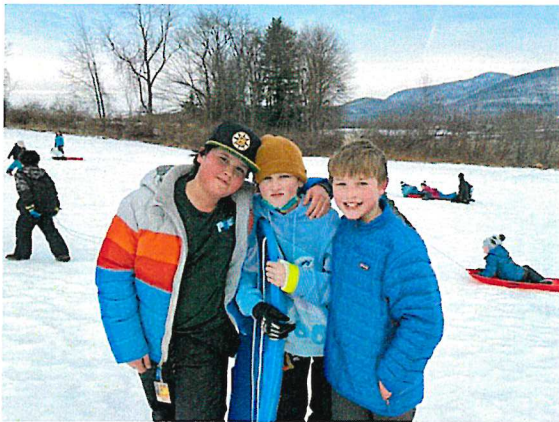


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## Winter Fun Day!

Our students were so excited about our surprise winter fun day on Wednesday afternoon. We hope they told you all about it when they got home!  
Here are some pictures of some of the fun we had!

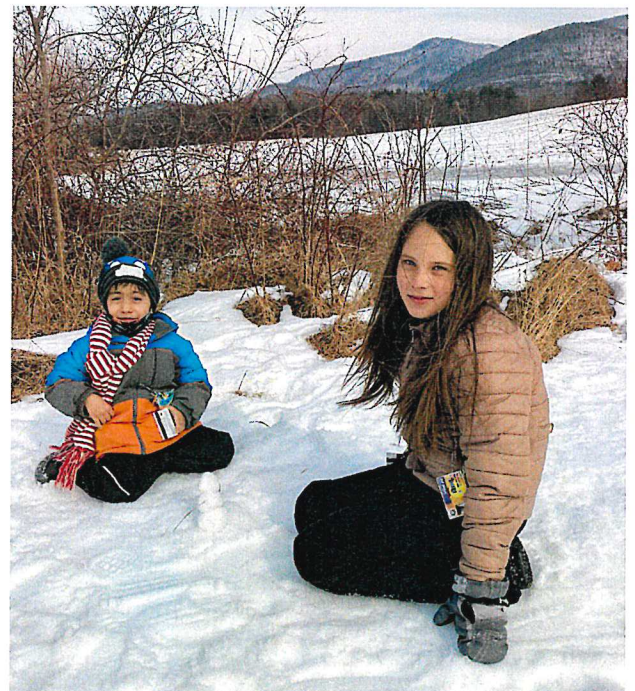






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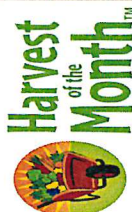



# LUNCH MENU

MARCH 2022

# Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Macaroni &amp; Cheese</p> <p>Homemade Mild Cheddar Cheese Sauce over Pasta Shells. Steamed Broccoli. Side Garden Salad. Homemade Cornbread. Fresh Fruit.</p>	<p>2</p> <p>Pizza</p> <p>Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad. Broccoli Bites. Fresh Fruit.</p>	<p>3</p> <p>Cheese Quesadilla</p> <p>Whole Grain Tortilla w/ Cheddar Cheese. Served with Salsa &amp; Sour Cream. Side of Brown Rice Pilaf. Corn &amp; Black Bean Salad. Fresh Fruit.</p>	<p>4</p> <p>JISP Day - Tuna Salad Boat</p> <p>Creamy Tuna Salad served on a Whole Grain Roll with Lettuce. Served with Whole Grain Sun Chips &amp; Carrot &amp; Celery Sticks. Hummus. Fresh Fruit.</p>	
<p>7</p> <p>Popcorn Chicken Bowl</p> <p>Lightly Breaded Whole Grain Popcorn Chicken. Creamy Garlic Mashed Potatoes. Seasoned Corn. Creamy Gravy and Melted Mozzarella. Whole Grain Dinner Roll. Fresh Fruit.</p>	<p>8</p> <p>Maple BBQ Pulled Pork Sandwich</p> <p>House-made shredded Pork Shoulder simmered in VT Apple Cider &amp; Maple BBQ sauce. Served on a Whole Grain Bun. Sweet Potato Wedges. Creamy Coleslaw. Fresh Fruit.</p>	<p>9</p> <p>Grilled Cheese and Tomato Soup</p> <p>Whole Wheat Bread &amp; American Cheese. Tomato Soup is a Smooth Puree of Diced Tomatoes, Fresh Vegetables, Veggie Broth, and Half &amp; Half. Roasted Green Beans. Fresh Fruit.</p>	<p>10</p> <p>Taco Pie</p> <p>Layers of Seasoned Beef &amp; Black Beans, Cheddar Cheese, Flour Tortillas and Tomato Salsa. Served with Brown Rice Pilaf, Seasoned Black Beans. Sour Cream Cup. Fresh Fruit.</p>	<p>11</p> <p>Last JISP Day - Turkey Sub</p> <p>Oven Roasted Turkey &amp; American Cheese on a Whole Grain Sub Roll. Add your own Veggies! Served with Whole Grain Sun Chips, Carrot &amp; Broccoli Bites. Fresh Fruit.</p>
<p>14</p> <p>Baked Cheesy Ravioli</p> <p>Whole Grain Cheese Ravioli Smothered in Hearty Marinara Sauce Topped with Mozzarella Cheese. Roasted Broccoli &amp; Cauliflower. Whole Grain Dinner Roll. Fresh Fruit.</p>	<p>15</p> <p>No School Day</p> <p>Inservise Day</p>	<p>16</p> <p>Pizza</p> <p>Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad. Broccoli Bites. Fresh Fruit.</p>	<p>17</p> <p>Baked Potato Bar</p> <p>Load yours with choices of: House-made Vegetarian Chili, Shredded Cheddar Cheese, Salsa, and Cabot Sour Cream. Steamed Broccoli &amp; Whole Grain Dinner Roll.</p>	<p>18</p> <p>McKenzie Hot Dog</p> <p>McKenzie All Beef Frank, Whole Grain Hot Dog Bun, Vegetarian Baked Beans, Baked Sweet Potato Fries. Steamed Peas. Fresh Fruit.</p>
<p>21</p> <p>Meatball Sub</p> <p>Italian Meatballs and Shredded Mozzarella Cheese in Hearty Marinara Sauce served on a Whole Grain Roll. Crinkle Cut French Fries. Maple Glazed Carrots. Fresh Fruit.</p>	<p>22</p> <p>Beef Nachos</p> <p>Whole Grain Tortilla Chips, Seasoned Beef &amp; Black Beans, Shredded Mozzarella Cheese. Served with Marinated Black Beans, Seasoned Corn, Salsa &amp; Sour Cream. Fresh Fruit.</p>	<p>23</p> <p>Pepperoni Pizza Bread</p> <p>Mozzarella Cheese and Pepperoni Pizza nested in Whole Grain Dough. Side of Marinara Dipping Sauce, Roasted Broccoli &amp; Roasted Chickpeas. Fresh Fruit.</p>	<p>24</p> <p>Baked Penne Pasta</p> <p>Whole Grain Penne Pasta Baked with Ricotta Cheese, Mozzarella Cheese, and Marinara Sauce. Side of Caesar Salad. Steamed Cauliflower Florets. Whole Grain Garlic Breadstick. Fresh Fruit.</p>	<p>25</p> <p>Ham Sub</p> <p>Ham &amp; American Cheese on a Whole Grain Sub Roll. Add your own Veggies! Served with Whole Grain Sun Chips, Carrot &amp; Broccoli Bites &amp; Hummus. Fresh Fruit.</p>
<p>28</p> <p>Brunch for Lunch</p> <p>Whole Grain Waffles served with Local VT Maple Syrup. Scrambled Eggs. Sides of Sausage Links, Carrot &amp; Celery Sticks and Fresh Fruit</p>	<p>29</p> <p>Soft Beef Tacos</p> <p>Whole Grain Tortilla filled with Seasoned Ground Beef, Romaine Lettuce, Salsa, Cheddar &amp; Sour Cream. Served with Brown Rice. Warm Seasoned Black Bean. Seasoned Corn. Fresh Fruit.</p>	<p>30</p> <p>Honey Lemon Chicken</p> <p>Baked Honey Lemon Chicken. Seasoned Brown Rice. Maple Carrot Coins. Whole Grain Dinner Roll. Fresh Fruit.</p>	<p>31</p> <p>Pizza</p> <p>Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad. Broccoli Bites. Fresh Fruit.</p>	 
<p><b>Daily Meal Alternative - 2 Choices</b></p> <p><b>Yogurt Meal</b> - Stonyfield Yogurt, Mozzarella String Cheese, Annie's Organic Graham Crackers, Fresh Carrot &amp; Celery Sticks &amp; Apple</p> <p><b>PrimaChef Salad</b> - Lettuce, Tomato &amp; Other Seasonal Veggies, Ham, Turkey &amp; Mozzarella Cheese. Served with a Whole Grain Roll &amp; Fresh Fruit.</p>				
<p><b>ALL School Meals are Free to Students!</b></p> <p>White 1% or Skim Chocolate .50 (purchased separate from meals)</p> <p>Student Lunch \$0.00</p> <p>Adult price \$4.75</p> <p>Lunches Served with a Choice of Hood 1% White Milk or Hood Fat Free Chocolate Milk</p> <p>All Meals Served with a Daily Fruit Variety.</p> <p>Meal Modifications &amp; Accommodations Upon Request ~ Menus are Subject to Change</p> <p>This Institution is an Equal Opportunity Provider.</p>				
<p><b>School Meals by Mettawee Chefs:</b></p> <p>Terra Williams &amp; Lisa Olsen</p> <p>Thank you for eating with us!</p>				


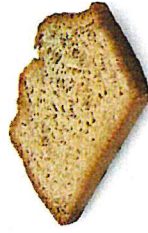
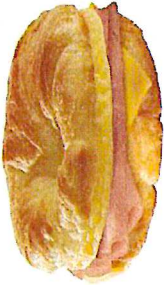








# BREAKFAST

MARCH 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.
				
<p><b>Daily Breakfast Alternative:</b></p> <p>Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk</p>  		<p>AVAILABLE IN THE CAFETERIA FROM 7:45AM-8:15AM</p>	<p><b>Fresh Fruit Rotates Between:</b></p> <p>Local Apples, Orange Wedges, Bananas, or Pears</p>    	
<p><b>Online payment is available!</b></p> <p>Visit <a href="http://www.mymealtime.com">www.mymealtime.com</a></p> <p>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.</p> <p>Checks Payable to Mettawee School District, please.</p>				
<p><b>BRSU Food Service Director:</b></p> <p>Stephanie Gates</p> <p><a href="mailto:sgates@brsu.org">sgates@brsu.org</a></p>	<p>Breakfast Served with a Choice of Hood 1% White Milk or Hood Skim Milk</p> <p>Meal Modifications &amp; Accommodations Upon Request ~ Menus are Subject to Change</p> <p>This Institution is an Equal Opportunity Provider.</p>			<p><b>Paid Student Breakfast: \$0.00</b></p> <p><b>Adult Price: \$3.00</b></p> <p><b>Milk Only .50</b></p>





## Fresh Fruit and Vegetable Program Monthly Menu

School: Mettawee		Month: March 2022		
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Black Grapes 	4 No FFV JISP Day
7 Granny Smith Apples 	8 Kiwi 	9 Mini Sweet Peppers 	10 Raspberries 	11 No FFV JISP Day
14 MacIntosh Apples 	15 No School Inservice Day	16 Rainbow Carrots 	17 Navel Oranges 	18 Starfruit 
21 Fuji Apples 	22 Honey Dew 	23 Grape Tomatoes 	24 Banana 	25 Cara Cara Oranges 
28 Red Delicious Apples 	29 Bartlett Pears 	30 Celery Sticks & Ranch Dressing 	31 Cantaloupe 	Menus are subject To change!

This institution is an equal opportunity provider.





Dear Parents and Families:

We're excited to invite you to our upcoming Scholastic Book Fair. This event is an opportunity for students of all ages to build their home libraries and further their love of reading. As always, all purchases benefit our school.

Here's what you need to know about the Fair, which will take place from **Monday, February 28th - Friday, March 4th from 7:30-3:30 in our MCS Library.**

- Our Book Fair offers a cash-free payment option called eWallet. It's a convenient digital account that your child can use for shopping at our Fair. Grandparents, friends, and others can contribute, too!
- If you can't make it to the Fair, then shop online at our school's Virtual Book Fair. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.
- Students will shop on their designated day below, or anytime before/after school. Families can set up an e-wallet or send cash in. Families are welcome to stop in before or after school.

Monday	Tuesday	Wednesday	Thursday	Friday
3B, 5M, K	3/4P	2H & 4M	6 & 5t	1st

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:  
**[www.scholastic.com/bf/mcsvt](http://www.scholastic.com/bf/mcsvt)**

We're excited to celebrate our love of books together at the Book Fair.  
We look forward to seeing your child there!



Pawlet Public Library  
Student Design Contest

**VOTE**

March 1 - 5, 2022

Long Trail School Students  
are designing our new Seed  
Library logo! Stop by and  
vote for your favorite.





PAINT WITH US AND SUPPORT  
**THE METTAWEE VALLEY 4H**  
SATURDAY, MARCH 5TH  
WEST PAWLET FIREHOUSE

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KIDS PAINTING  
3PM–5PM  
8X10 CANVAS  
\$30 PER PERSON

Questions or to  
reserve a spot  
Shannon Landon  
803-345-2867



Games  
Door Prizes

ADULT PAINTING  
6PM–8PM  
16X20 CANVAS  
\$35 PER PERSON







*Dear parents,*

*We know how stressful times are right now. We at Come Alive Outside have seen with all of our programs how connecting with nature can help reduce stress in our lives. Taking a walk, snowshoeing or just standing outside and breathing can help. I hope you can take the time to try some of the activities in the kids' passports. If your child has lost theirs you can find digital copies at <https://comealiveoutside.com/passports/> or Wild Kind Toys, Phoenix Books as well as Rutland Pediatrics all have copies. Take time to get outside and connect with nature!*

*Best,*

*Myra*