



Mettawee Messenger

March 24, 2022 Principal: Brooke DeBonis 645-9009

Principal's Corner:

Report Cards

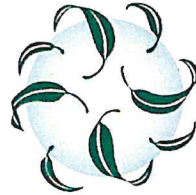
The K-6 students at Mettawee will be receiving their report cards through your email today. Please look through the report card and share it with your child. Please let your child's teacher know if you have any questions. This is another way for us to communicate with you about how your child is doing this year. Please sign the report card sheet and return it in the Big Blue folder. Thank you for all your hard work and support this year.



You Matter

I wanted to remind you about the Worldwide I Matter, You Matter Day which is on March 28th. As you know, in the past, we have celebrated this special day with our friend Salley Gibney who has provided our students with caring coins. It is important, now more than ever, to show kindness and respect to the people around us. Encourage your child to do something kind on March 28th. Brainstorm people that you would like to show your appreciation to and have your child say or do something kind. You Matter! Please check out the website: <https://thecaringcoins.com/> and The Caring Coins on Facebook. Just imagine how different the world could be if we all spoke to everyone with respect and kindness.

you matter 



4 WINDS MEETING
TUESDAY,
MARCH 29TH.

YEARBOOK ORDERS DUE TOMORROW!

The 2021-2022 YEARBOOKS are
on sale now!

Yearbooks will be \$13 and payment needs to be made at the time of order. An order form went home in last week's Big Blue Folder.

Orders must be
placed by
March 25th.

**NOTE: The PTO will
be purchasing a
yearbook for all
6th graders.**



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.

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

Yearbook



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Sixth Grade Parents...

We need your parent messages and baby pictures for the yearbook! The deadline for submitting pictures is

March 25th. TOMORROW!!!

You can send pictures and messages to mettaweeyearbook@gmail.com

or send in a hard copy with your student in an envelope with "yearbook" written on the front. All hard copy photographs will be returned.



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



PRESCHOOL SCREENING

The Mettawee School Early Education Program is excited to announce their Early Education Developmental Screening on Tuesday, April 5th. If you have a child between the ages of 0-5 and would like to have them screened, please contact Heidi Hammell at hhammell@brsu.org or call 802-645-9009.

Students currently enrolled in our preschool program do not need to be screened.

The purpose of a developmental screening is to provide parents with a picture of their child's developmental strengths and/or needs and to increase awareness of services available to children and families in our area.



THERE WILL BE NO PRESCHOOL CLASSES ON TUESDAY, APRIL 5TH DUE TO OUR DEVELOPMENTAL SCREENING DAY.

Illness Reminder

If your kids don't feel good, please don't send them to school unless they are feeling noticeably better.

As masks have come off we are seeing an uptick in viruses.



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Summer Camps

Summer Camp flyers are rolling in! To keep things organized and the Messenger packet a reasonable size, we will begin sending Summer Camp flyers in a separate email called "Summer Camps", that way you will have all summer options in one place to cross reference dates and times. New flyers will be in the front followed by flyers from previous weeks.



Spring School Pictures

If you would like to have Spring School pictures taken the photographer will be here on April 4th!

There is order information in your Big Blue Folder for an individual school picture and for an all school panoramic photo. Payment is due at the time of pictures. You can order online but please bring the confirmation. Any student who

was not present for our Fall School Picture day will have their photo taken for the yearbook regardless of whether you purchase pictures.



**PTO
MEETING**

MONDAY, APRIL 4TH - 2:45

SAVE THE DATE

March 25th - Deadline for yearbook orders

March 25th - Deadline for 6th grade yearbook baby pictures and parent messages

March 29th - Four Winds Meeting

April 4th - Spring School Picture Day

April 4th - PTO Meeting at 2:45

April 5th - Preschool Screening

April 5th - NO Preschool Classes

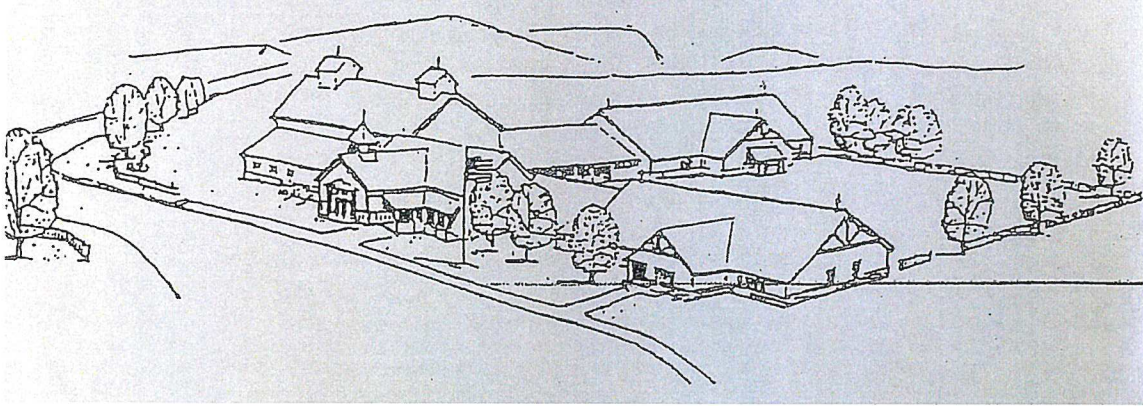
April 12th - Four Winds Meeting

April 18th - April 22nd - Spring Break



K-2 Sing outside in the sunshine!

Mettawee Community School



“Where teachers, parents, students, and community members work together to ensure that every child is a successful learner.”

Statement: I have read and understand the information provided to me in my child’s Report Card and know that I can reach out to my child’s teacher or the principal if I have questions or concerns.

1. Sign on the signature line
2. Return to school the following day

Signature: _____

Third marking period Report Cards will be mailed home at the conclusion of the school year.

The Mettawee School Early Education Program, Rutland Head Start, and
Children's Integrated Services Announce the

ANNUAL DEVELOPMENTAL SCREENING

FOR 0-5 YEAR OLDS

Tuesday, April 5, 2022

The purpose of an early childhood screening is to provide parents with a picture of their child's developmental strengths and / or needs and to increase awareness of services available to children and families in our area.

Contact Heidi Hammell at
hhammell@brsu.org to register for
this event or call

 802-645-9009

Call now
to reserve
your spot!



Early Childhood Developmental Screening

(Ages 0-5)

April 4th & April 5th

Who can be screened?

Any child aged 0-5 years that resides in Danby, Dorset, Landgrove, Londonderry, Manchester, Mt. Tabor, Pawlet, Peru, Rupert, Sunderland, Weston and Winhall who has not previously been screened should be screened.

Please choose the date and school that works best with your schedule and call the phone number for an appointment.

**All appointments should be made by
Tuesday, March 29th**

Screening Locations

What is screening?

The goal of an early childhood screening is to assess children's speech & language development, problem solving skills, fine and gross motor skills and social emotional development. Early Childhood Educators will use a play based format to observe children and provide families with feedback about their child.

Manchester Elementary Middle School

Monday, April 4th, Tuesday April 5th
(Ages 2-5)
802-367-1710

Mettawee Community School

Tuesday, April 5 (Ages 2-5)
(802) 645-9009

Currier Memorial School

Tuesday, April 5 (Ages 2-5)
(802) 293-5191

Flood Brook School

Tuesday, April 5 (Ages 2-5)
(802) 824-6811

Where can my child be screened?

BRSU is offering screenings for children ages 2-5 at Manchester Elementary Middle School on April 4th & 5th or

Currier Memorial Elementary School, Mettawee Community School and Flood Brook School on April 5th.

If your child is under the age of 2 please call the one of the schools and we can provide you with information on screening services.

BENNINGTON-RUTLAND SUPERVISORY UNION
Bennington-Rutland Supervisory Union
6378 Vermont Route 7A
Sunderland, Vermont 05250
(802) 362-2452



Make a note...

There will be NO PRESCHOOL
classes on

Tuesday, April 5th, 2022
due to Early Childhood
Developmental Screenings.

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LUNCH MENU

APRIL 2022



Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
						
4	Burger Day	All-Beef patty on a Whole Grain Bun w/optional American Cheese, Romaine Lettuce, Tomato & Onion. Sweet Potato Fries and Seasoned Corn. Fresh Fruit.	Chicken Quesadilla Whole Wheat Tortilla Grilled w/ Mozzarella, Cheddar Cheese & Taco Seasoned Chicken. Served with Salsa & Sour Cream. Sides of Brown Rice Pilaf & Corn & Black Bean Salad.	Waffle Grilled Cheese & Chicken Noodle Soup Melted American Cheese on Whole Grain Waffles. Homemade Chicken Noodle Soup. Served with Celery & Carrot Sticks and Roasted Chick Peas. Fresh Fruit.	Beef Goulash Whole Grain Elbows Mixed with Seasoned Ground Beef, Cheddar, and Tomato Marinara. Side Garden Salad. Whole Grain Dinner Roll. Fresh Fruit.	BBQ Chicken Sandwich Tender Grilled Chicken Cutlet smothered in Tangy BBQ Sauce. Garden Pasta Salad and Seasoned Green Beans. Fresh Fruit.
	Buffalo Chicken Tater Tot Bake *Something New* Buffalo Seasoned Chicken smothered in Cheddar and Mozzarella Cheese topped with Tater Tots and drizzled with Buffalo Ranch Dressing. Carrot & Celery Sticks. WG Dinner Roll. Fresh Fruit	Beef Nachos Whole Grain Tortilla Chips, Seasoned Beef & Black Beans, Shredded Mozzarella Cheese. Served with Marinaded Black Beans, Seasoned Corn, Salsa & Sour Cream. Fresh Fruit.	Pizza Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad. Broccoli Bites. Fresh Fruit.	Spring Luncheon Chicken Pot Pie - Seasoned Chicken and Veggies smothered in Gravy and topped with buttermilk biscuits. Side Caesar Salad. Fresh Fruit.	Baked Cheesy Ravioli Whole Grain Cheese Ravioli smothered in Hearty Marinara Sauce Topped with Mozzarella Cheese. Roasted Broccoli & Cauliflower. Whole Grain Dinner Roll. Fresh Fruit.	Tuna Salad Boat Creamy Tuna Salad served on a Whole Grain Roll with Lettuce. Served with Whole Grain Sun Chips & Carrot & Broccoli Sticks with Hummus. Fresh Fruit.
11	Buffalo Chicken Tater Tot Bake *Something New* Buffalo Seasoned Chicken smothered in Cheddar and Mozzarella Cheese topped with Tater Tots and drizzled with Buffalo Ranch Dressing. Carrot & Celery Sticks. WG Dinner Roll. Fresh Fruit	Beef Nachos Whole Grain Tortilla Chips, Seasoned Beef & Black Beans, Shredded Mozzarella Cheese. Served with Marinaded Black Beans, Seasoned Corn, Salsa & Sour Cream. Fresh Fruit.	Pizza Whole Grain Crust with Shredded Mozzarella Cheese and Marinara Sauce. Plain, Pepperoni, or Veggie. Side Caesar Salad. Broccoli Bites. Fresh Fruit.	Spring Luncheon Chicken Pot Pie - Seasoned Chicken and Veggies smothered in Gravy and topped with buttermilk biscuits. Side Caesar Salad. Fresh Fruit.	Baked Cheesy Ravioli Whole Grain Cheese Ravioli smothered in Hearty Marinara Sauce Topped with Mozzarella Cheese. Roasted Broccoli & Cauliflower. Whole Grain Dinner Roll. Fresh Fruit.	Tuna Salad Boat Creamy Tuna Salad served on a Whole Grain Roll with Lettuce. Served with Whole Grain Sun Chips & Carrot & Broccoli Sticks with Hummus. Fresh Fruit.
18	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break
25	Breaded Chicken Tenders WG Chicken Tenderloins served with a side of BBQ Sauce. Crinkle Cut Sweet Potato Fries. Seasoned Peas. WG Dinner Roll. Fresh Fruit	Breakfast for Lunch French Toast Sticks with a side of Local Vermont Maple Syrup. Scrambled Eggs & Sausage Links. Carrot & Celery Sticks. Cinnamon Sugar Roasted Chick Peas. Fresh Fruit	Ham & Cheese Stromboli Baked Ham & Mozzarella Cheese nestled in Whole Grain Dough. Side of Tomato Gravy(Marinara). Roasted Broccoli and Roasted Chickpeas.	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.	Make Your Own Pizza Shredded Mozzarella Cheese, Pepperoni, Marinara Cup and WG Flatbread. Carrot & Celery Sticks. Roasted Red Pepper Hummus. Peaches & Pears.	Make Your Own Pizza Shredded Mozzarella Cheese, Pepperoni, Marinara Cup and WG Flatbread. Carrot & Celery Sticks. Roasted Red Pepper Hummus. Peaches & Pears.
		ALL School Meals are Free to Students! White 1% or Skim Chocolate 150 (purchased separate from meals) Student Lunch \$0.00 Adult price \$4.75				
Daily Meal Alternative - 2 Choices Yogurt Meal - Stonyfield Yogurt, Mozzarella String Cheese, Annie's Organic Graham Crackers, Fresh Carrot & Celery Sticks & Apple Parmesan Chutney Salad - Lettuce, Tomato & Other Seasonal Veggies, Ham, Turkey & Mozzarella Cheese. Served with a Whole Grain Roll & Fresh Fruit.		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.				
		School Meals by Mettawee Chefs: Tara Williams, Lisa Olsen & Heidi Hawkins Thank you for eating with us!				


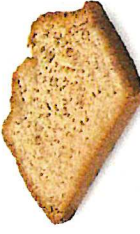
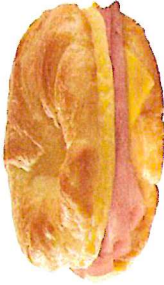









BREAKFAST

APRIL 2022






















Good Morning Mettawee!

Offering Something Different Daily! Grab-&-Go style

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"Original Bagel" with Green Mountain Farms Cream Cheese. Fresh Fruit, Milk and 100% Juice.</p> 	<p>Whole Grain Banana Bread, Fresh Fruit and Milk.</p> 	<p>Ham, Egg & American Cheese on a Whole Grain Croissant. Fresh Fruit and Milk.</p> 	<p>Cabot Greek-Vanilla Yogurt Parfait with Homemade Granola and Frozen Berries. Fresh Fruit, Milk and 100% Juice.</p> 	<p>Maple Burstini Mini Pancakes. Fresh Fruit and Milk.</p> 
<p>Daily Breakfast Alternative: 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>Fresh Fruit Rotates Between: Local Apples, Orange Wedges, Bananas, or Pears</p>    		
<p>Online payment is available! Visit www.mymealtime.com</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>BRSU Food Service Director: Stephanie Gates sgates@brsu.org</p>	<p>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.</p>			<p>Paid Student Breakfast: \$0.00 Adult Price: \$3.00 Milk Only .50</p>

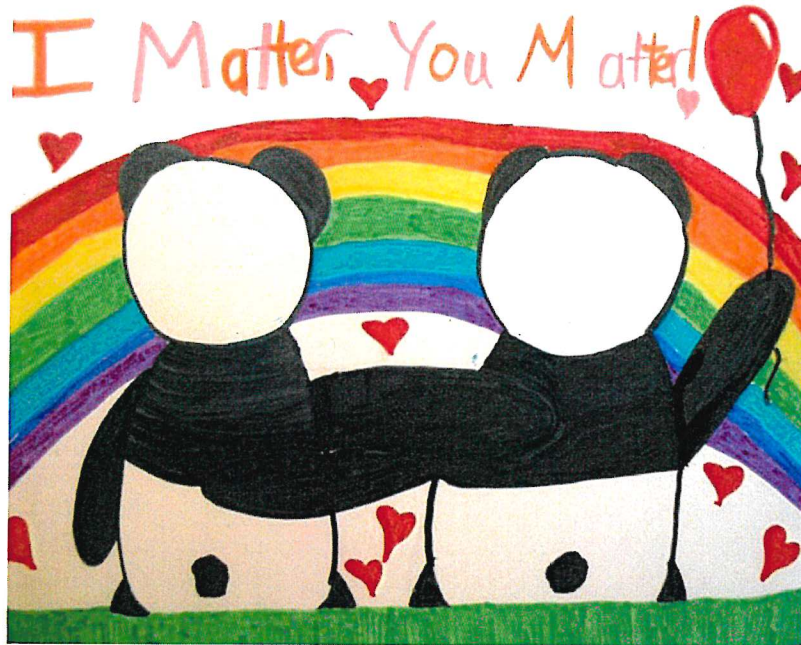


Fresh Fruit and Vegetable Program Monthly Menu

School: Mettawee		Month: April 2022		
Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change!				1 Red Grapes 
4 Golden Delicious Apples 	5 Peaches 	6 Cucumber 	7 Blood Orange 	8 Blackberries & Lemons 
11 Cortland Apples 	12 Kiwi 	13 Baby Carrots 	14 Tangelo 	15 Strawberries 
18 No School 	19 No School	20 No School 	21 No School	22 No School 
25 Red Delicious Apples 	26 Clementine 	27 Banana 	28 Asian Pears 	29 Blueberries 

This institution is an equal opportunity provider.

**Celebrate the 10th Annual
Worldwide I MATTER, YOU MATTER Day on March 28th
*A day to remind ourselves and each other we matter.***



Whoever you are...

Wherever you are...

How: Share the *You Matter* Message with a smile, a wave, a hello, a hug, an email, a text, a phone call, whatever...

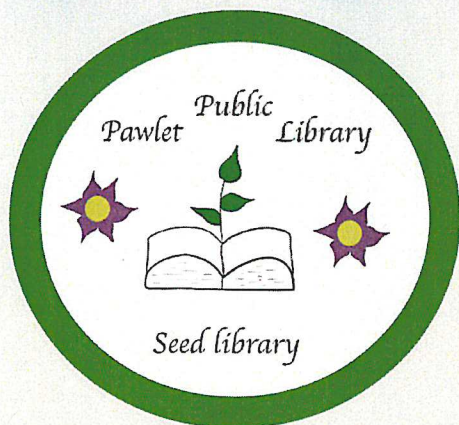
Post it on Facebook, Twitter, Instagram!

Call, Text, Email *everyone you know!*

Each one of us *Does Matter!!!*

Caring is Contagious!!!

For more information go to www.thecaringcoins.com



Seed Library Launch Party!

Pawlet Public Library, 141 School Street

Saturday, April 9

11am - 1pm

What is a seed library?
Join us to learn more!

- ✿ Seed Starting Workshop by Cori Rail, from the University of Vermont Extension Program
- ✿ Children's Activities
- ✿ Art Opening of Mettawee Community School 2nd graders
- ✿ Reception and refreshments with friends and neighbors as we welcome in Spring!

More Info

pawletpubliclibrary.wordpress.com | 802-325-3123

We are pleased to announce that Alyssa Sargent, Long Trail School, 8th grader is the winner of the Seed Library Logo Contest! Thank you to all the students who submitted designs and to the community for voting.

2022 Youth Turkey Calling Contest

16th Annual Bart Jacob Memorial Youth Turkey Calling Contest

Sponsored by Oxbow Mountain 4-H Club & Vermont Fish & Wildlife

Kehoe Conservation Camp

636 Point of Pines Rd

Castleton, VT 05735

Saturday, April 16, 2022 at 10:00am



Free Registration - Open to the Public



Age Divisions: 0-7, 8-10, 11-13, 14-18

Prizes awarded for 1st, 2nd & 3rd in each division

Teacup Auction & Gun Raffle Winner Announced

Lunch available to purchase

Questions and Registrations: Tom (802) 394-2445

Name: _____ Birth date: _____

Address: _____

Daytime Phone: _____ Evenings: _____

E-mail address: _____

DIVISION 1 (Ages 0-7) _____ Cluck, Yelp and Locator call of choice

DIVISION 2 (Ages 8-10) _____ Cluck, Yelp and Locator call of choice

DIVISION 3 (Ages 11-13) _____ Cluck, Yelp, Purr and Locator call of choice

DIVISION 4 (AGES 14-18) _____ Cluck, Yelp, Purr, Kee Kee Run and Caller's Favorite

Please return completed registration to:

TOM WILSON, P O BOX 87, WEST RUPERT, VT 05776

or register at the door.



There is no fee to participate. This contest is underwritten by the Vermont Fish & Wildlife Department



Dear parents/guardians,

Spring is coming and the Come Alive Outside kids' passport is coming to an end on April 1st. If you fill out this survey - <https://bit.ly/pass22S> your child (fill it out for each of your children) will be entered in the drawings for the grand prizes! Please complete it before April 8th. We will hold the drawing on the 9th. The school with the highest percentage of completed parent surveys will win a special trophy this year. Help your school win a trophy and fill out the survey! Myra

