



# Mettawee Messenger

April 28, 2022 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Recess Reminders

Parents please remind your children about being safe during recess. We expect that all students at Mettawee will respect themselves, respect others, and respect our environment. We need to reinforce the message that there is no tolerance for having any physical contact with one another. If students are hitting, kicking, or doing anything to harm another student they will be put on probation and it could lead to in-school or out-of-school suspension according to our discipline procedures. I want to ensure a safe, caring, and positive learning environment for all students. Thank you for your continued support!



### Bus Reminders

We will be reviewing our bus expectations with all students this week. In order to have your child ride the bus they need to be sitting safely, be respectful, and listen to the bus driver's directions. It is helpful if you could also reinforce these expectations at home as well. Moving forward we may ask your child to have a seat belt if they are unsuccessful with sitting safely in their seats. We are now planning field trips and if your child has been removed from the bus, they may not be allowed to attend the field trip with their class.



## Fifth Grade VT Science Assessment (VTSA)

I wanted to let you know that our fifth graders will be having their VT science assessment tests on May 3rd and May 4th. Please be sure your 5th grader comes to school on these two days unless they are not feeling well. It is important for your child to get proper sleep so they can do their best work. Thank you for supporting your child and our school during the testing period.



**RESCHEDULED FOR MAY 27TH.**

Thank you Mrs. Lewis and Tucker!  
All of our students enjoyed a Maple Cotton Candy treat the Friday before break!







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## TEACHER AND STAFF APPRECIATION WEEK MAY 2ND - 6TH

Please find in your Big Blue Folder a flier of ideas for Staff Appreciation week.

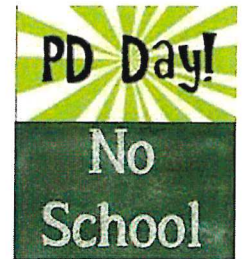
Put it on your fridge as a reminder to sprinkle our bus drivers and staff with special notes and gestures of kindness and appreciation for all their hard work and dedication. A little goes a long way with filling someone's bucket.

A sign up genius link is attached asking for volunteers to help with a special staff appreciation breakfast on Tuesday, May 3rd.

[Staff Appreciation Breakfast](#)



**NO School May 11th  
for Professional  
Development for  
our Teachers.**



## Lions and Tigers and Covid, Oh my!

### A note from the nurse:

This time of year, it is confusing to tell if your child has a cold, Covid, or allergies.



Please know that if your child has Spring allergies and is having symptoms, they may be asked to have their allergies confirmed by their provider if we do not already have a medical note on file. Covid cases are HIGH in our community and symptoms can be nearly identical to allergies. Because of this, we are being extra cautious and remain vigilant in keeping our school building as healthy as possible during our learning time together. We greatly appreciate everyone's understanding as we look out for the health of all of our students, staff, and families. If your child develops cold-like symptoms, please contact me to problem solve before sending them to school. Thank you so much!

~ Mandy Mayer, School Nurse  
mmayer@brsu.org





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Please find in your child's backpack your Big Blue Folder with a May Lunch Menu, Spring School pictures if you ordered them, a Staff Appreciation idea card, and a Summer Lunch registration form.



**Books & Beyond**  
The last day to turn in  
B&B sheets: Friday, May  
13th

## LUNCH MENU CORRECTION

THE MAY LUNCH MENU WAS ALREADY PRINTED WHEN WE REALIZED THAT THERE WAS PIZZA SCHEDULED FOR MAY 11TH - THERE IS NO SCHOOL ON MAY 11TH FOR A PROFESSIONAL DEVELOPMENT DAY.

## NO KINDERGARTEN

**Friday, May 20th**

To allow for Kindergarten Registration for the 2022-2023 school year.

# Kindergarten

## Kindergarten Registration

### CALLING ALL KINDERGARTENERS!

Kindergarten Registration for the 2022-2023 school year will be May 20th. If you know anyone in District with a child who will be 5 by September 1st, please have them call the school at 645-9009 to register for kindergarten.

More information will be coming home soon.

## KINDERGARTEN



**REGISTRATION IS COMING!**



Thank you to Kristen Gamboa, Sorrel and Wylie's mom, for helping us keep our front garden cleaned out and colorful.



Next meeting May  
12th at 2:45





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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.

**SAVE THE DATE**

**May 2nd - 6th** - Teacher/Staff/Kitchen/Bus Driver Appreciation Week!

**May 3rd** - Staff Appreciation Breakfast

**May 3rd - May 4th** - Science SBAC for 5th Grade.

**May 11th** - NO SCHOOL - Teacher Professional Dev.

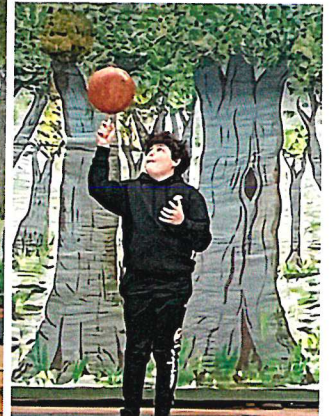
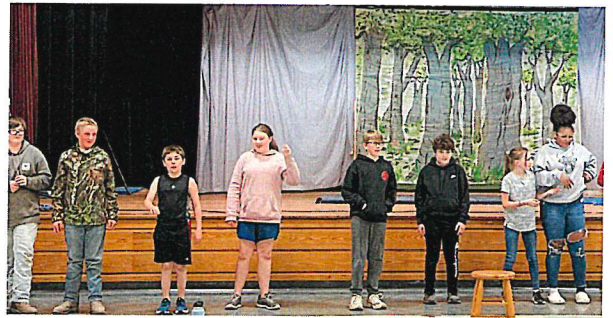
**May 12th** - PTO Meeting 2:45

**May 13th** - Books & Beyond Sheets Due

**May 20th** - Kindergarten Registration

**May 20th** - No Regular Kindergarten classes

Sixth Grade led All School Meeting this week and did a talent show for everyone. Way to go 6th Graders!





# **MCS PTO Staff Appreciation Week**

## **May 2 - May 6, 2022**

Dear Students & Parents,

We will be celebrating our annual Teacher & Staff Appreciation week the first week in May. Below is an itinerary of the week's events along with a suggestion of ways you can contribute to the fun of showering our teachers and staff with the appreciation they deserve!

**Monday: Make the staff/teacher smile**  
Share that you appreciate your  
teacher/staff member or tell them a joke



**Tuesday: Bring a dish**

Remind your parents to bring an item to  
share for the PTO Staff Appreciation Breakfast



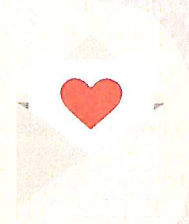
**Wednesday: Bring a flower**

Get creative...draw, bring or buy a flower for  
your teacher or staff member



**Thursday: Put it on paper**

Draw a picture or write a letter to your  
teacher or staff member



**Friday: Staff/Teacher's Sidekick**

Wear clothing or accessory in your  
teacher or staff member's favorite color



\* The ideas above are all OPTIONAL suggestions to participate in the daily themes/activities.

If you have other ideas or would like to show your appreciation to  
teachers, staff, or bus drivers in different ways - please feel free!

Please contact Renee Kitts, the MCS PTO Co-President at [reneekitts@gmail.com](mailto:reneekitts@gmail.com) with any questions.



# LUNCH MENU

MAY 2022



## Mettawee Community School

Serving Scratch-Made School Meals to Nourish Our Kids

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Macaroni &amp; Cheese **</b></p> <p>Homemade Mild Cheddar Cheese Sauce over Pasta Shells. Steamed Broccoli. Side Garden Salad. WG Cornbread Muffin. Fresh Fruit.</p>	<p><b>Soft Beef Tacos</b></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><b>Pizza **</b></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>McKenzie Hot Dog</b></p> <p>McKenzie All Beef Frank, Whole Grain Hot Dog Bun, Vegetarian Baked Beans, Baked Sweet Potato Wedges, Steamed Green Peas. Fruit Assortment.</p>	<p><b>Ham Sub</b></p> <p>Ham &amp; American Cheese on a Whole Grain Sub Roll. Add your own Veggies! Served with Whole Grain Sun Chips, Carrot &amp; Celery Sticks &amp; Hummus. Fresh Fruit.</p>
<p><b>Cheesy Breadsticks **</b></p> <p>WG Cheesy Breadsticks w/ Tomato Gravy (Marinara). Mixed Green Garden Salad, Roasted Green Beans, Fruit Assortment.</p>	<p><b>Chicken Quesadilla **</b></p> <p>Whole Wheat Tortilla w/ Seasoned Taco Chicken, Mozzarella &amp; Cheddar Cheese. Served with Salsa &amp; Sour Cream. Sides of Brown Rice Pilaf, Corn &amp; Black Bean Salad. Fruit Assortment.</p>	<p><b>No School</b></p> <p>Professional Development Day</p>	<p><b>Fish - N - Chips</b></p> <p>Fickey Alaskan Pollock Fish Sticks in a Light Breading. Sides of Crinkle Cut Fries, Seasoned Coleslaw &amp; Whole Grain Corn Bread. Fresh Fruit.</p>	<p><b>Chicken Caesar Salad **</b></p> <p>Diced Breded Chicken and Shredded Cheese on a Bed of Chopped Romaine Lettuce, WG Croutons and Caesar Dressing. Side of Marinated Garbanzo Bean Salad. WG Dinner Roll.</p>
<p><b>Baked Cheesy Ravioli **</b></p> <p>Whole Grain Cheese Ravioli Smothered in Hearty Marinara Sauce Topped with Mozzarella Cheese. Garden Salad with Mixed Greens. Whole Grain Dinner Roll. Fresh Fruit.</p>	<p><b>Beef Nachos</b></p> <p>Whole Grain Tortilla Chips, Seasoned Beef &amp; Black Beans, Shredded Mozzarella Cheese. Served with Marinara Black Beans, Seasoned Corn, Salsa &amp; Sour Cream. Fresh Fruit.</p>	<p><b>Pizza*</b></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>Chicken Parmesan **</b></p> <p>Baked Breaded Chicken Cutlet Topped with Marinara and Shredded Mozzarella Cheese and Served over Whole Grain Spaghetti. Honey Carrot Coins &amp; Steamed Zucchini. Fruit Assortment.</p>	<p><b>Turkey Sub</b></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; Celery Sticks. Fresh Fruit.</p>
<p><b>Loaded Potato Wedges **</b></p> <p>New Item Load yours with choices of: House-made Vegetarian Chili, Shredded Cheddar Cheese, Salsa, and Cabot Sour Cream. Steamed Broccoli &amp; Whole Grain Biscuit. Homemade Strawberry Shortcake.</p>	<p><b>Brunch for Lunch **</b></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><b>Ham &amp; Cheese Stromboli</b></p> <p>Baked Ham &amp; Mozzarella Cheese nested in Whole Grain Dough. Side of Tomato Gravy(Marinara), Steamed Peas &amp; Carrots &amp; Roasted Chickpeas. Fruit Assortment</p>	<p><b>Burger Day</b></p> <p>Local Boyden Farm All-Beef Patty on a Whole Grain Bun w/ optional American Cheese, Romaine Lettuce, Tomato &amp; Onion. Local Laughing Child Roasted Sweet Potato Wedges. Cucumber Coins. Fresh Fruit.</p>	<p><b>Popcorn Chicken Bites</b></p> <p>WG Popcorn Chicken Bites served with BBQ Sauce. Served with Garlic Mashed Potatoes and Seasoned Corn. Spicy Roasted Chick Peas. WG Dinner Roll. Fruit Assortment.</p>
<p><b>MEMORIAL DAY</b> REMEMBER AND HONOR</p>	<p><b>Taco Pie</b></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. Fruit Assortment.</p>	<p><b>Vegetarian Options Available</b></p> <p>** Indicates vegetarian options available for main meal if kitchen is notified by 9 am.</p>		<p><b>Harvest of the Month</b></p> <p>Mixed Greens</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.**

**Sun Butter & Jelly - Sun Butter & Jelly on whole grain Bread and string Cheese. Served with the Vegetable and Fruit of the Day!**

White 1% or Skim Chocolate .50 (purchased separate from meals)

Student Lunch \$0.00

Adult price \$4.75

**ALL School Meals are Free to Students!**

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

May 2022



## Good Morning Mettawee!

Offering Something Different Daily! Grab-&-Go style























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Breakfast Bar. 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.	Whole Grain Cinnamon Rolls with Light Sugar Drizzle. Fresh Fruit and Milk
				
<div>Daily Breakfast Alternative: Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk</div> <div></div>		<div>AVAILABLE IN THE CAFETERIA FROM 7:45AM-8:15AM</div> <div>Fresh Fruit Rotates Between: Local Apples, Orange Wedges, Bananas, or Pears</div> <div></div>		
<div>Online payment is available! Visit <a href="http://www.mymealtime.com">www.mymealtime.com</a> 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.</div>				
<div>BRSU Food Service Director: Stephanie Gates <a href="mailto:sgates@brsu.org">sgates@brsu.org</a></div>		<div>Paid Student Breakfast: \$0.00 Adult Price: \$3.00 Milk Only .50</div>		





## Fresh Fruit and Vegetable Program Monthly Menu



School: Mettawee Community School		Month: May 2022			
Monday	Tuesday	Wednesday	Thursday	Friday	
2  Granny Smith Apples	3  Black Grapes	4  Red Plums	5  Banana	6  Clementines	
9  Red Delicious Apples	10  Broccoli Florets	11  Red Grapes	12  Kiwi	13  Strawberries	
16  Yellow Delicious Apples	17  Zucchini Sticks & Ranch	18  Bartlett Pear	19  Cantaloupe	20  Blueberries	
23  MacIntosh Apples	24  Valencia Oranges	25  Honey Dew	26  Cucumbers	27  Raspberries	
30  No School	31  Carrot Sticks				

Menus are subject to change!

This institution is an equal opportunity provider



## 2022 Kids Summer Lunch Program

Beginning on **June 23rd**, a **10 week** special summer lunch supplement will be available to elementary and high school students in the towns of Danby, Pawlet, Rupert, Manchester, and Dorset. **Children ages 5-up are eligible.**

Bags of "lunch box" type ingredients will be distributed at the Manchester Fire House on Thursday 11- 4 pm for Manchester and Dorset residents. Danby residents will pick up at the Masonic Building 12-2 pm. Pawlet/Rupert residents pick up at the Mettawee School 12-1 pm. Every **Thursday** a bag of lunch food and snack items will be available to applicants. Bags will contain fresh fruits, a milk and dozen egg coupon for Stewart's, sandwich materials, soup and other snacks to assist with healthy summer lunches. **Please let us know if you need a substitution for peanut butter. Also, if you will be away, and not planning on picking up, please indicate on this form or let is know a week before your scheduled time away.**

If you would like your child/children to receive this supplement please fill out this form. **Your must return this form by May 15th. Complete area below, take a photo of completed form and text to me at 802-318-8962 or email to [famallen4@comcast.net](mailto:famallen4@comcast.net). Application can be mailed to me at 292 Eagle Ridge, Dorset VT 05251 If you have any questions, please contact me at [famallen4@comcast.net](mailto:famallen4@comcast.net).**

NAME	AGE	GRADE COMPLETED	SCHOOL ATTENDED
1			
2			
3			
4			
5			

I will pick up my child's/children's lunch **each Thursday** (or have someone else pick up) during the summer at the **Circle ONE:** Manchester Fire House; Danby, Masonic Building Mettawee School  
If transportation an issue for you please let us know.

PARENT NAME: \_\_\_\_\_

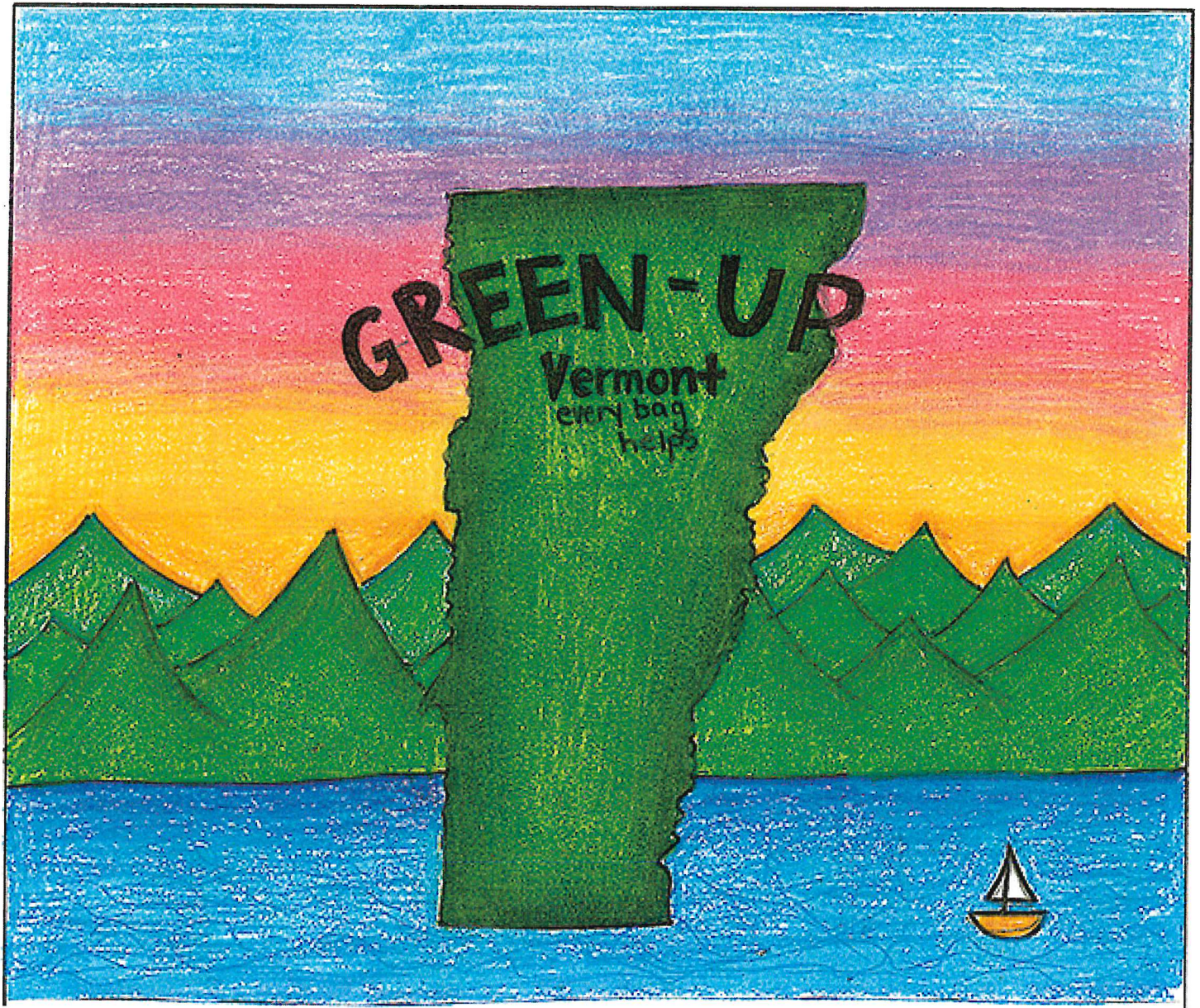
MAILING ADDRESS \_\_\_\_\_

PHYSICAL ADDRESS \_\_\_\_\_

Email Address \_\_\_\_\_

Cell Phone Number \_\_\_\_\_ Telephone Number \_\_\_\_\_



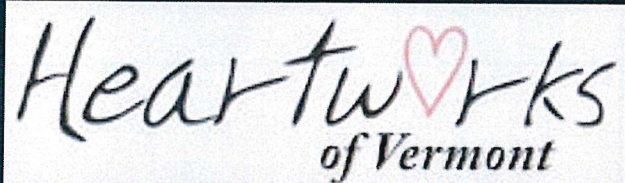


# Green Up Day

## May 7th

We're hoping to have bags to send home with students next Thursday but you can also get bags at the Pawlet Public Library, Pawlet Town Office, and Sheldon's Store in Rupert.





PRESENTS



Featuring gently used, second-hand spring and summer apparel for men, women and children. All clothing is free to all completely without discrimination. Heartworks of VT is a registered 501 c3 organization aimed at spreading random acts of kindness in the Southern VT community.

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April 30

8 - 10 am

321 Depot St, Manchester VT

# ANNUAL SPRING CLOTHING DRIVE



**FUN ACTIVITIES FOR THE ENTIRE FAMILY!**

**UNITED WAY**  
**May Day 5K**



**MAY 1, 2022**

Castleton University Pavilion  
Registration at 9AM  
Race begins at 10AM

PROCEEDS BENEFIT UNITED WAY GRANTS AND IMPACT PROGRAMS

Scan to  
register!



United Way  
of Rutland County

**ADULTS: \$20**  
**KIDS 12 AND UNDER: FREE**  
**[BIT.LY/UWAYMAYDAY5K](https://bit.ly/uwaymayday5k)**

