



# Mettawee Messenger

September 8, 2022 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Parent Night

Thank you to all the families who attended Parent Night on Tuesday. It was great to see all of you. Thank you for listening to the information about Title 1 funding at Mettawee. A separate email will be sent, following the Messenger email, with a printed version of the slideshow so you can review the information on your own. I hope you were able to learn more about your child's classroom and what they will be learning throughout the year. Feel free to reach out to the classroom teacher if you have any questions. I am looking forward to working with you as we work together to educate your child.



### Parking Lot Safety



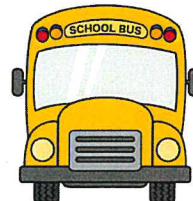
Please be careful as you are pulling in and out of the parking lot. I have included the parking lot safety tips on the separate page in Big Blue to be sure we are keeping our parking

lot safe for all of our students, staff, parents, and visitors. Let me know if you have any questions.

## Bus Expectations

At our first All-School Meeting this week we reviewed the bus expectations for our students. Please take the time to read these rules with your child.

1. Stay facing forward in your seat while the bus is in motion.
2. Use quiet voices
3. Be respectful to your friends and the bus driver
4. Keep hands and feet to yourself
5. Stay out of the aisle and sit with your back against the seat.
6. No food or drinks
7. Always listen to the bus driver's directions.



**Congratulations to Kim Donaldson, our  
UVM Teacher of the Year!**

Thank you for your dedication to our school  
community.



# Mettawee Messenger

September 8, 2022 Principal: Brooke DeBonis 645-9009

## Books and Beyond Program Review

### Books & Beyond

Greetings Community of Readers,  
We will be reviewing our Books and Beyond (school-wide reading incentive program) at our September 27, 2022, Faculty Meeting from 3:30-4:30pm in the Mettawee library and are looking for a parent/guardian or



two to inform the process. Please email

Mrs. Donaldson ([kdonaldson@brsu.org](mailto:kdonaldson@brsu.org))

if you would like to join this discussion.

## Soccer Update:

A soccer practice schedule went home with your child on Tuesday. You will also find it



following your electronic newsletter. If you have any questions about soccer, please reach out to Janna Webb,

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

- Please fill out and return the concussion paperwork in your Big Blue Folder!

## Extra Clothing

Please be sure you are packing extra clothing in your child's backpack. We will be going outside as often as possible – sometimes rain or shine – for learning, brain breaks, and exercise. It is important that your child has an extra set of clothing in case they get wet and need to change.



## UPDATE:

An updated Health chart is in your Big Blue folder this week. It should be your go to resource

for what to do if your child does not feel well. First and foremost, keep your child home if they don't feel well and call the school to let us know. Together we can reduce illnesses of all kinds in our building.



## WEEKEND FOOD

If you need assistance with food for the weekend please consider filling out the Weekend Backpack form that is in your Big Blue Folder.



For updated information and event photos please find us on facebook:  
Mettawee Community School





# Mettawee Messenger

September 8, 2022 Principal: Brooke DeBonis 645-9009

## dates to Remember

**September 14th** - All-School Meeting led by 5th grade

**September 15th** - Back to School Picnic 5:30

**September 21st** - All-School Mtg. led by our 4/5 class

**September 27th** - Books & Beyond review 3:30-4:30

**September 28th** - All-School Meeting led by 4th grade

**October 7th** - No School - Prof. Development

**October 10th** - No School - Indigenous People's Day

**October 18th** - School Picture Day

**October 27th** - Evening Student Led Parent

Conferences

**October 28th** - No School - Student Led Parent

Conferences

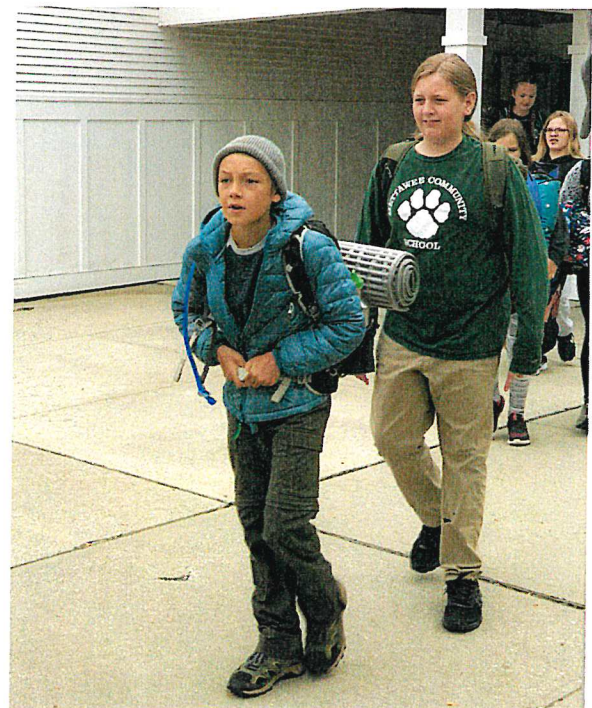
**October 31st** - Halloween Parade at 1:30



Loaded with backpacks, sleeping bags, and camping gear, our 6th Graders left for an overnight at Merck Forest today. The weather is perfect and they will have a fantastic time!



Austin  
found a big  
toad  
on the  
playground!





# Parent Drop Off Lane

## Student Drop-Off Expectations for the Morning

- **Adults must remain in vehicles.**
- Once in the Drop Off Zone, pull as far forward as you can before stopping to drop off your student.
- We want to make sure that the crosswalk is open & available for all the students & families. **Please do not block the crosswalk.**
- **Students should exit from the passenger side of the car.**
- If a student cannot exit on the passenger's side, they **MUST** walk around the front of the vehicle before walking toward the school.
- After the first car drives forward, the next car pulls up and drops off their child.
- This creates an easy and smooth flow of traffic.
- If you need to drop something off, you **MUST** park your car in a parking space at the front of the school.
- When you are driving forward, be sure to look at the custodian or staff member to make sure he/she is not directing students to cross in front of your car.

## Parking Lot Expectations

- Students and parents that park in the parking lot will walk on the sidewalks in front of the school and then they will use the crosswalk to get into the school.
- Drive slowly
- Students coming off the bus will be walking on the sidewalk to get to the front of the school.
- Students will need to make sure they are walking safely on the sidewalk next to the drop off lane.
- **The drop off lane cannot be used by anyone getting out of the car during school hours.**
- Please do not park your car in the no parking zones.
- When you drive out of the parking lot, be sure to look carefully because the buses will be pulling into the fire lane to drop off and pick up our students.





# BRSU

## Illness Procedures 2022-2023

Stay home at the ONSET of any of the following symptoms:	Covid-19 Testing:	If you test positive for Covid-19:	If you have been exposed to someone who has Covid-19:	Mask wearing and other mitigation strategies:
<p>New cold/flu symptoms that may include:</p> <ul style="list-style-type: none"> <li>• Runny or stuffy nose, sneezing</li> <li>• Persistent cough</li> <li>• Headache/sinus pressure</li> <li>• Fatigue</li> <li>• Sore throat</li> <li>• Muscle aches</li> </ul> <p>Fever 100.4 F or greater</p> <p>Vomiting or diarrhea</p> <p>Ear pain</p> <p>Rash or new blisters anywhere on the body</p> <p>Red, itchy eyes that are uncomfortable and make it hard to participate in school</p> <p>*Students may return once symptoms are resolving, OR if it has been 24 hours since vomiting, diarrhea or fever has resolved without medication.</p> <p>*Please notify your School Nurse if your child has documented seasonal allergies.</p>	<p><u>A Covid test is recommended for those with symptoms or known exposures to someone with Covid</u></p> <p>Available at school:</p> <ul style="list-style-type: none"> <li>• Antigen test</li> <li>• LAMP test</li> </ul> <p>* School nurse may administer a Covid test at school after receiving permission from parent/guardian OR test can be sent home with student or staff member.</p> <p>* A person with mild symptoms who tests negative may, at the nurse discretion, return to class, or may be sent home if unwell.</p>	<p>Anyone testing positive for Covid-19 will be asked to follow guidelines from the Vermont Department of Health, which are to:</p> <ul style="list-style-type: none"> <li>• Isolate at home for five full days after symptom onset or positive test (if not symptomatic).</li> <li>• May return to school on day 6 if symptoms have significantly resolved (no need to re-test). <b>If still unwell, a person may be sent home, so please be sure that symptoms are better.</b></li> <li>• While it is not required that a person returning to school wear a face mask, it could help prevent further illness.</li> </ul>	<p>People who have been close contacts to someone with Covid-19 do not need to quarantine at home or wear a mask at school (however, mask-wearing may help prevent further spread, especially in a community setting).</p> <p>Siblings of students with Covid may come to school, unless they develop symptoms (see above).</p>	<p>Wearing face masks in school will be optional for all members of our school community.</p> <p>Our School Nurse may require a student with symptoms to wear a mask while awaiting pick up.</p> <p><b>Our MAIN mitigation strategy will be to strongly encourage those with NEW and ACTIVE symptoms of illness to stay home until feeling better to return.</b></p> <p>As always, we will be giving frequent reminders for thorough handwashing, and encouraging each other to cover our coughs.</p> <p>Commonly touched surfaces around the building are cleaned daily.</p> <p>Hand sanitizer will be readily available.</p>

Our School Nurses will use their professional clinical judgment to make decisions on a case-by-case basis. Please visit [www.healthvermont.gov/covid-19](http://www.healthvermont.gov/covid-19) for more information.



## **Soccer Practice Schedule**

A game schedule for grades 3-6 will be sent home in a separate document.

We encourage you to reach out to your child's coach and help out in any way possible (crowd control is often a huge help!).

**Kindergarten - Mondays 2:30 - 3:30**

Coaches: Lyndsi Barnes and Kristen Street

First practice: Monday, September 12th

Last practice: Monday, October 17th

**First Grade - ??? 2:30-3:30**

Coach: Please reach out to me ASAP if you're willing to coach - it would be either Tuesdays, Wednesdays or Fridays from 2:30-3:30 - whatever works best for you.

First practice: TBD when we get a coach

Last practice: TBD when we get a coach

**Second Grade - Thursdays 2:30-3:30**

Coaches: Cori Brago and Lisa Hoyt

First practice: Thursday, September 15th

Last practice: Thursday, October 20th

**Third and Fourth Grade - Tuesdays and Thursdays 4:00-5:30**

Coaches: Spruce Shoenemann and Jill Pelton

First practice: Thursday, September 8th

**Fifth and Sixth Grade**

Mondays, Wednesdays, Fridays 4:00-5:30

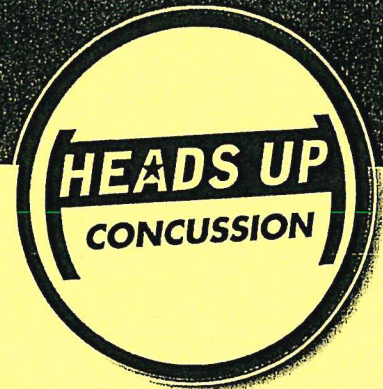
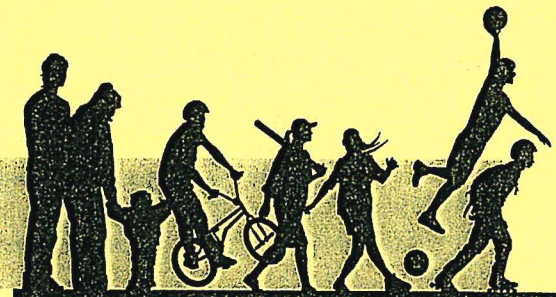
Coach: Kristie LeVitre, Cori Brago and Caitlin Berry

First Practice: Monday, September 12th

(Information on this page may change based on weather and coach needs. Every effort will be made to notify you of any changes..)



## PARENT & ATHLETE CONCUSSION INFORMATION SHEET



### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

[ INSERT YOUR LOGO ]



**"IT'S BETTER TO MISS ONE GAME  
THAN THE WHOLE SEASON"**



## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

---

STUDENT-ATHLETE NAME PRINTED

---

STUDENT-ATHLETE NAME SIGNED

---

DATE

---


PARENT OR GUARDIAN NAME PRINTED

---

PARENT OR GUARDIAN NAME SIGNED

---

DATE

JOIN THE CONVERSATION  [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)

>> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)



# WEEKEND BACKPACK

September 7, 2022

Greetings Mettawee Families,

Welcome back to school! It has been so great to see your children and settle into a new school year together!

Starting September 16th, we will be offering a **Weekend Backpack** program to help families who need additional food support on the weekends for their children. The "backpacks" will be filled with fresh fruit, cheese sticks, yogurt, snacks, cereal, soup and lunch items. We will rotate different menus each week which include peanut butter and jelly, grilled cheese, tuna, pasta, hot dogs and macaroni and cheese. We have a limited number of backpacks to offer. If you would like to sign up for a weekend backpack, please complete, sign and return the information below.

The backpacks will go home with students on Fridays for the entire school year.

This program is privately funded through the Kids Summer Lunch program / Interfaith Council. If you have any questions, feel free to reach out to me.

Sincerely,

Beth Eyre  
BRSU Family Support Liaison  
[beyre@brsu.org](mailto:beyre@brsu.org) (802) 645-9009

-----

I, \_\_\_\_\_, give permission for Mettawee Community School to send home a "weekend backpack" with my son/daughter(s) as part of the Weekend Backpack program.

Student's name: \_\_\_\_\_ Student's name: \_\_\_\_\_

Student's name: \_\_\_\_\_ Student's name: \_\_\_\_\_

Student's name: \_\_\_\_\_ Student's name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

September 7, 2022

Hello BRSU Families,



We are very excited to announce that **school meals will be free** again to all BRSU students. This is very exciting for families and will hopefully help out the local economy. This means that a student is entitled to one free breakfast and lunch daily. If a student chooses just milk alone, they will be charged \$.50, therefore we will always encourage the student to take the components they need to make the meal complete.



**Another exciting announcement is that we will be participating in the “Fill the Form” campaign and will be raffling off a Nintendo Switch and a pair of Fly ANC wireless headphones!**

To get entered into the raffle you will need to **fill out and return the 2022/2023 free and reduced application or apply online.** By completing the application the students in the household will be added to the drawing automatically. Even if you don't feel you qualify for free meals, apply to be entered into the drawing.

All online applications need to be completed, or forms returned to the food service director, by **September 30, 2022** to be entered in the drawing. The drawing will be held on Thursday, October 13, 2022.

How do you apply or submit completed forms? Pick one of the four options below.

1. Apply online at <https://www.mymealtime.com>
2. Drop off the completed form to the school's registrar
3. Email the completed form (available at [www.brsu.org](http://www.brsu.org)) to the food services director at [sgates@brsu.org](mailto:sgates@brsu.org)
4. Mail the completed form to:  
BRSU  
6378 Vermont Route 7A  
Sunderland, Vermont 05250  
Attn: Stephanie Gates

**All information is kept strictly confidential!**

**If you have already filled out a 22/23 Free and Reduced Application or Household Income Form, your students have been entered!**

**Why is this needed?** This information is required to receive funding from many other state and federal programs that contribute to your child's education.

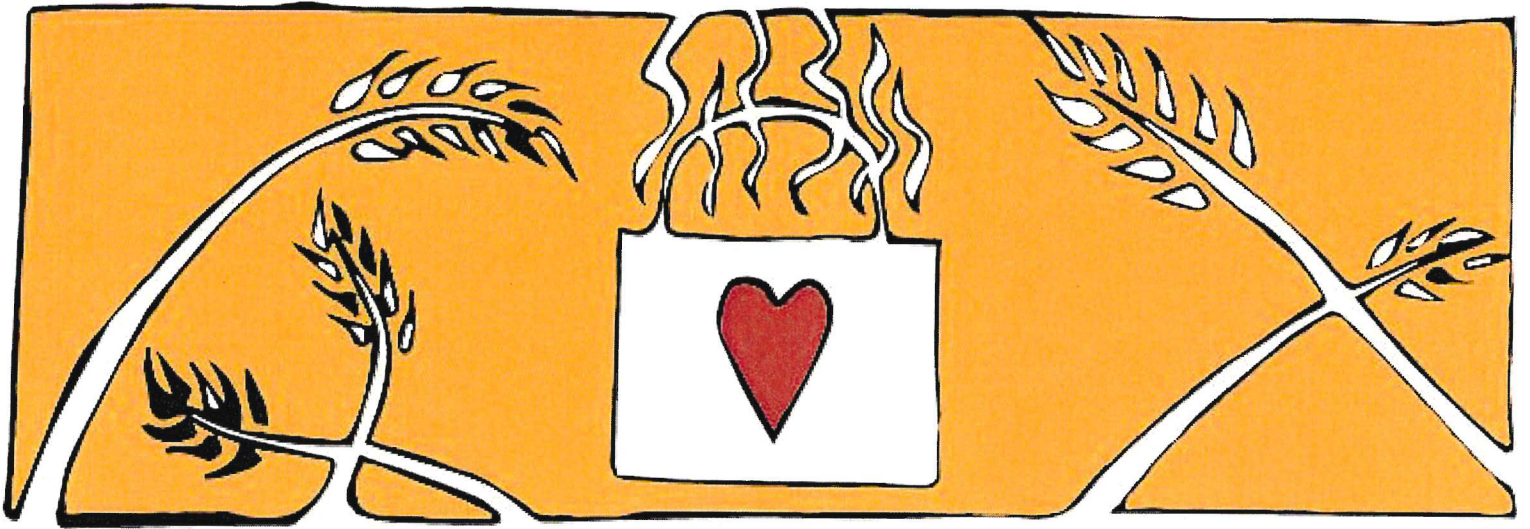
Thank you for taking the time to apply.

If you have any questions, please contact:

Stephanie Gates Food Service Director, BRSU  
802-362-2452 x1518  
[sgates@brsu.org](mailto:sgates@brsu.org)

This institution is an equal opportunity provider.





# EVERYONE EATS !

FREE MEALS FOR ANYONE WHO HAS BEEN NEGATIVELY IMPACTED BY COVID-19

## Wednesday 9/14

### COMMUNITY FOOD CUPBOARD

**Pick up meals 2 - 4 PM**

40 Jeff Williams Way, Manchester Center

Meals provided by The Works Café  
& Moonwink

## Thursday 9/15

### COMMUNITY FOOD CUPBOARD

**Pick up meals 10 AM - 12 PM & 2 - 4 PM**

40 Jeff Williams Way, Manchester Center

Meals provided by Sam's Wood Fired Pizza  
& New Morning Natural Foods

### ADDITIONAL FOOD RESOURCES:

For Bennington  
Everyone Eats meal  
delivery, contact:  
Becky Arbella,  
Shires Housing  
(802) 442-8139 x3



Visit:  
[bit.ly/benn-food](https://bit.ly/benn-food)



For updates, visit: [www.facebook.com/everyoneeatstheshires](https://www.facebook.com/everyoneeatstheshires)



PAWLET PUBLIC LIBRARY PRESENTS



6 WEEK ART SERIES, AGES 8-12  
Thursdays, 3pm - 5pm  
Starts October 6, 2022

Catherine Hunter, the Pawlet Library Literacy specialist, will be offering a six-week art series for children 8-12 years old. In each session, student artists will choose a specific genre to immerse themselves in such as graphic arts, multi-media, collage work, drawing/painting, sculpture or cartooning. This program best fits student artists that are highly motivated and self-directed. Working collaboratively with partners or in small groups will be strongly encouraged. Completed projects will be displayed in an art exhibit at the library concluding the series.

TO PREREGISTER CALL PAWLET LIBRARY AT 802-325-3123 OR VISIT US AT  
[WWW.PAWLETPUBLICLIBRARY.COM](http://WWW.PAWLETPUBLICLIBRARY.COM) FOR MORE INFORMATION



# **GUITAR LESSONS**

## **AFTER SCHOOL AT PAWLET LIBRARY**

**8 WEEK SERIES: TUESDAYS, 3PM-4PM, AGES 8-12  
STARTS SEPTEMBER 27, 2022**

**DON'T HAVE A GUITAR? NO PROBLEM.  
WE PURCHASED 5 NEW GUITARS  
FOR STUDENTS TO TAKE HOME WHILE  
REGISTERED FOR THIS FREE PROGRAM.**

**CARL DIETHELM, FROM ONTONE MUSIC,  
WILL BE TEACHING BEGINNER GUITAR  
IN A SMALL GROUP SETTING.**

### **LET'S ROCK!**

**PREREGISTRATION REQUIRED**

**FOR MORE INFORMATION VISIT  
[WWW.PAWLETPUBLICLIBRARY.COM](http://WWW.PAWLETPUBLICLIBRARY.COM)  
OR CALL 802-325-3123**



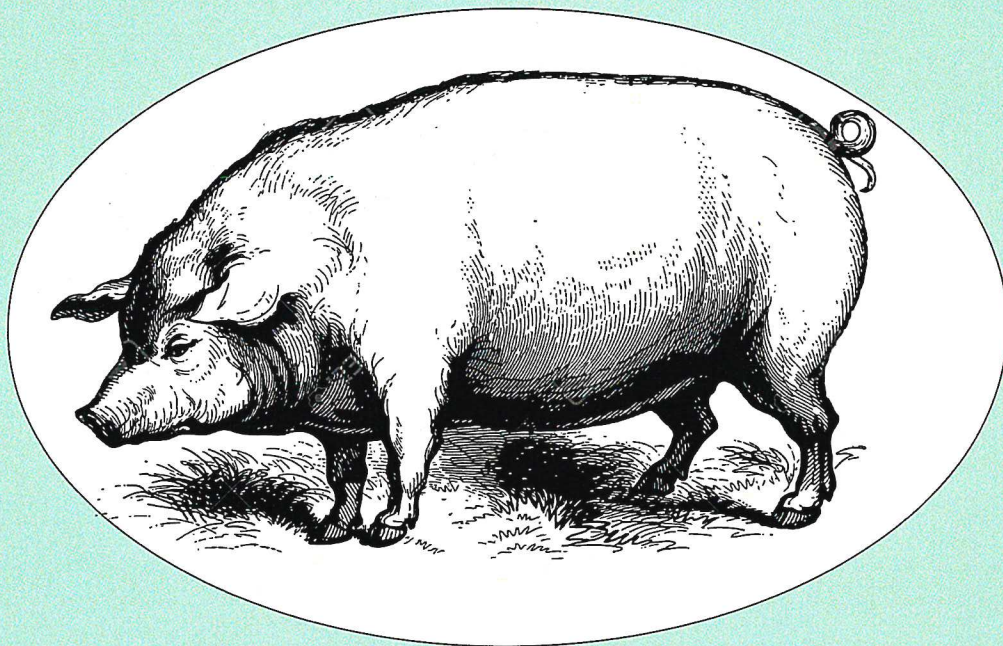




# BASKETS AND BARBECUE



at the **SHELDON STORE**  
2824 ROUTE 153, RUPERT, VERMONT



## BASKET RAFFLE 12:00 – 2:00

Put your raffle tickes on baskets  
with themes including:

- Cooking
- Gardening
- School Supplies
- Halloween gear

## BARBECUE 11:00 – 3:00

Pit-smoked, low and slow

- Pulled Pork
- Chopped Beef
- Jerk Chicken
- Beans, Coleslaw, Potato Salad
- Vegetarian sides platter



## SATURDAY, SEPTEMBER 24



### RUPERT VILLAGE TRUST

PO Box 45 Rupert, VT 05768

[rupertvillagetrust@gmail.com](mailto:rupertvillagetrust@gmail.com)

[rupertvillagetrust.aplos.org](http://rupertvillagetrust.aplos.org)



# GRANVILLE COMMUNITY DAYS

SEPT 10, 2022

Located @ Telescope Casual 82 Church St. Granville, NY!



**SATURDAY**

**Sept 10, 2022**

**11am - 4pm**

**Celebrate Telescope's  
100th year in Granville**

*Free Family-style event*

*Open to the public!*

**T-SHIRTS FOR ALL ATTENDEES**

**LOCAL FOOD TRUCKS**

**MUSIC**

**BOUNCE HOUSES**

**CARNIVAL GAMES**

**AXE THROWING**

**PETTING ZOO**

**FACTORY TOURS**

**& MORE!**



SCAN HERE  
FOR AN INTERACTIVE  
MAP OF THE DAY'S  
EVENTS!



SCAN HERE  
TO SEE  
OUR EVENT'S  
OFFICIAL  
FACEBOOK PAGE





# ACT, PLAY, DANCE, DRAW, EXPLORE

**Afternoon Adventures**, ages 3-5, Mon - Thurs 2:30-4:30pm, starts Sept 12

**After-School Acting**, ages 10-14, Tues 3:30-5pm, starts Sept 13

**Kids, Crafts & Coffee**, ages 0-3, Thurs 9-10am, starts Sept 15

**Hullabaloo**, ages 2-6, Fri 11-11:45am, starts Sept 16

**Ballet/Creative Movement**, ages 6+, Mon 11-11:45am, starts Sept 19

**Fun & Fitness**, ages 6+, Mon 1-1:45pm, starts Sept 19

**Preschool Ballet**, ages 3-5, Weds 11-11:45am, starts Sept 21

**Preschool Fun & Fitness**, ages 3-5, Weds 11-11:45am, starts Sept 21

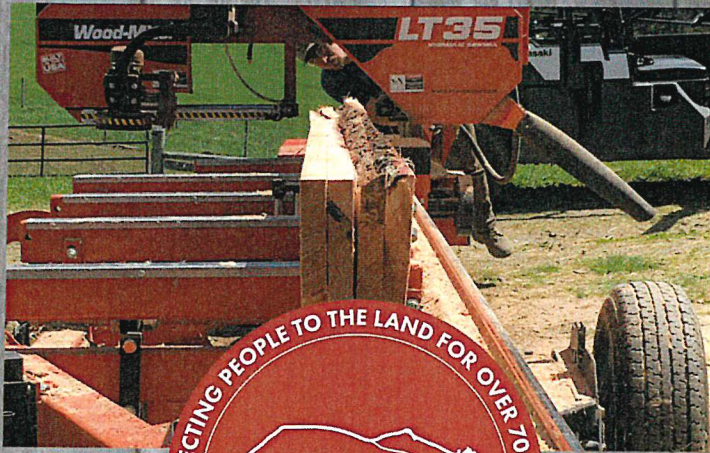
**Doodles to Drawings - Ink Techniques**, ages 11+, Weds 3:30-5pm, starts Oct 12

**Family Halloween Mask-Making**, ages 6+ with adult, Oct 15 & 22

**Scholarships Available**

**More info & registration:** [www.svac.org](http://www.svac.org), [ekaufman@svac.org](mailto:ekaufman@svac.org), 802-367-1306





**Meet a Tractor**  
**Farm Animals**  
**Cider Pressing**  
**Tree to Timber Demos &**  
**Hands-On Activities**  
**Food Available**



**merckforest.org**

# HARVEST FESTIVAL



**Merck Forest &  
Farmland Center**

*Frank Hatch Sap House*

**Saturday  
September 17  
2022**

**10am – 2pm**

**\$3/person**  
*suggested donation*

## Directions



Located in Southern VT  
off Route 315

- 1 1/2 hours from Vergennes, VT
- 60 minutes from Saratoga Springs, NY
- 20 minutes from Manchester, VT

Just 10  
minutes from  
the Dorset  
Green!

