



# Mettawee Messenger

October 27, 2022 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Parent Conferences

Thank you for taking the time to schedule and meet with your child's teacher for parent conferences. For grades K-6, conferences will be student led and your child should be present. In preschool, Mrs. Waterhouse will share how your child is doing socially, emotionally, and academically and your preschool student can be brought to the library for childcare. Childcare will also be available for siblings. Our students and teachers have spent so much time getting things prepared for conferences and are eager to share their learning and their goals for the year ahead. Please feel free to share a goal that you would like your child to achieve this year; it could include something to do with an activity outside of school.

Thank you to all the parents that offered to help contribute food for our staff to have lunch during this busy day. I appreciate your partnership as we work together to educate your children.

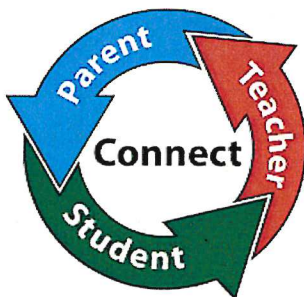
### Parent/Student/Teacher Conferences

Today, October 27th  
after school and  
Friday,  
October 28th.

There will be  
no school

on FRIDAY,

October 28th.



### Please Note:

**Kindergarten Student/Parent/Teacher Conferences have been postponed.**

We will reach out to you at a later date to reschedule.

*Thank you for your understanding.*

## METTAWEE HALLOWEEN PARADE



Our parade will be held on  
Monday, October 31st at 1:45.

Kindergarten through sixth grade, along with the Mettawee teachers and staff, will walk in our parade by coming out the primary wing doors, down the sidewalk in front of our school, and end up out back on the playground. We will sing a few songs outside before the classes come back into school.

Make sure your child's costume is school friendly and easy for your child to put on and take off independently. *Please leave the weapons, scary masks, and any extra accessories at home.*

Families will not be entering the building to bring in costumes, help put the costumes on, or to pick up their children afterwards. You are welcome to come watch the parade outside the school and you can come around the building to listen to the children sing the songs. The parade will be done around 2:15 so families can pick up their children for dismissal. We will ask that you send in a note telling us that your child will be leaving with you after the parade and we will send them to the front to be dismissed.







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The next PTO meeting  
will be November 7th at  
6:00pm virtually.



Honoring our local  
Veterans with a  
**Veterans  
Breakfast**

Veterans Breakfast will be on Thursday,  
November 10th at 8:30.

**There will be NO SCHOOL on Friday,  
November 11th.**

Please find in your Big Blue folder an invitation  
for you to ask a Veteran to join your child for  
breakfast.



## Share the Warmth Clothing Drive & Give Away

The Mettawee Community School is excited to  
be hosting the Share the Warmth Clothing Drive  
this year on Saturday, November 19th and  
Sunday, November 20th from 9:00a.m. to  
2:00p.m. **Please bring your own bags.**

All sizes of clothing, especially winter will be  
accepted along with outerwear, accessories,  
bedding, and shoes. ALL clothing must be clean  
and smoke free. Donations can be dropped off  
Friday, November 18th from 8:00a.m. to  
4:00p.m.

If you would like  
to volunteer,  
donate or  
have any  
questions, please  
reach out to

Brooke Burnham at

802-342-6377 or email

[lbbw1999ollieowen@yahoo.com](mailto:lbbw1999ollieowen@yahoo.com).



## Holiday Greenery Orders

Greenery order  
forms will be going  
home today in your  
Big Blue folder!







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## The Thanksgiving Feast is Back!

The Thanksgiving Feast will look a little different this year but we are thrilled to announce that we will once again be inviting Senior Citizens to join us at Mettawee to share

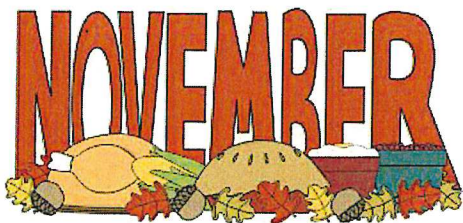


a special meal with our students and staff. Each of our students will have the opportunity to invite a grandparent or community senior to share a feast with us here at school, all together in the multipurpose room. If you do not have a senior to invite, the school has a list of seniors who will be joining us so that every student has a friend to join them. We will also be looking for a few volunteers to help us. Paperwork about the Feast will be going home in your Big Blue folder next week.

The Feast is scheduled for Tuesday, November 22nd at 12:00. There will be No School on Wednesday, November 23rd-Friday, November 25th.

## NOVEMBER LUNCH MENU

PLEASE LOOK IN YOUR BIG BLUE FOLDER FOR YOUR NOVEMBER MENUS!



Kindergarten is at it again with mindfulness and tea down by the river searching for burdock to make their tea from!







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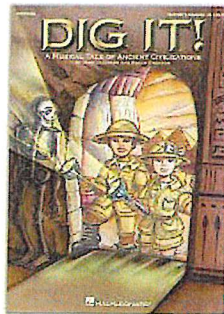
## All School Play Returns

Our students will once again grace the stage as we perform our All-School Play.

"Dig It! A Musical Tale of Ancient Civilizations"  
on December 15th, 2022.

All classes/grades will perform at least one group song and a grand finale. Depending on class size, we may combine some groups for strength in numbers.

Students in grade 4,5,6 may try out for a speaking part. Auditions will take place on Friday afternoon, November 4th. Try-out info is available for kids to take home Thursday, October 27th to begin preparing. If you have time in your schedule to help with the play, please reach out to Lisa Hoyt at [lhoyt@brsu.org](mailto:lhoyt@brsu.org).



## To Our Community of Readers,



Welcome to another year of Books and Beyond at Mettawee. First of all, I would like to thank all of the reading friends who sent me summer reading lists--it was a real treat to read and respond to so many readers throughout the summer! I hope

you enjoyed your treat; Stewart's Shops was generous enough to donate our ice cream certificates this year. In addition, we kicked off a new iteration of our school-wide Books and Beyond reading program at All School Meeting on Wednesday and look forward to sharing more of the details with you at our student-led conferences at the end of this week. Hope to see you there!

Fondly, Mrs. Donaldson

More from BIKE WEEK  
because... Fall in Vermont and Haystack  
Mountain and happy children!







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## JISP Info!

Bromley Mountain JISP: A \$50 late fee will be applied to any registration completed after October 31, 2022. Registration closes November 30, 2022.

Riley Rink ice skating JISP: Now open for registration.



If you have any questions about Bromley you can reach out to our JISP coordinator India Farmer at [i.burnett.farmer@gmail.com](mailto:i.burnett.farmer@gmail.com).



**October 27th** - Afternoon/Evening Student Led Parent Conferences

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

**October 31st** - Halloween Parade at 1:45

**November 10th** - Veterans Breakfast Social at 8:30

**November 11th** - No School - Veterans Day

**November 19th-20th** - Clothing Drive

**November 22nd** - Thanksgiving Feast at 12:00

**November 23rd-25th** - Thanksgiving Break

**November 28th** - Picture Retake Day

**December 21st** - Early Dismissal 11:40

**December 22nd-January 2nd** - Holiday Break

**January 3rd** - No School - Professional Dev. Day

**January 4th** - Return to school

**January 13th** - JISP begins - dismissal at 11:40



Last soccer game of the season for this crew!

And, that's a wrap for the 2022 Mettawee Soccer Season – Thank you to everyone who helped make it successful.



**GHOST STORIES BY "CAMPFIRE" IN THE LIBRARY!**

October 27, 2022

Dear Families,

Based on the increased need for students to gain more support socially and emotionally, I have decided to change the role of Mrs. Jennings, our school counselor at Mettawee Community School. Mrs. Jennings will be working at Sunderland a day and a half starting next week, as a result we will have her for three and a half days each week. Based on this shift, I realized that Mrs. Jennings would not have enough time to meet with our students in small groups or individually if she continued to teach guidance classes for grades K-6.

Rather than teaching guidance classes to all students in grades K-6 once a week, she will be available to support individual, small group, and whole classes throughout the day. This flexibility will assist our school in supporting the students who need a person to listen and guide them when they are struggling. My hope is that Mrs. Jennings will be able to connect with more students and be able to meet with the classroom teachers more often to support the classes as the need arises. Based on this change, you may get an email or phone call from Mrs. Jennings to discuss social situations that she will be processing with our students. Developing this tiered systems of support for our students, will allow me to work on the instructional leadership practices vs handling all the student behavior concerns on a daily basis.

We will teach the social and emotional skills in the classrooms as well as in the unified arts classes each day. We plan on having monthly themes of values that we plan to announce in All-School Meetings and they will be taught by all the staff in the building. I wanted to share the themes with you so you can support teaching these values at home.

September	Respect
October	Kindness & Empathy
November	Gratitude
December	Cooperation
January	Self Direction
February	Perseverance
March	Communication
April	Problem Solving
May	Responsibility
June	Self Care & Mindfulness

Please reach out if you have any questions or concerns about switching Mrs. Jennings to provide more small group and individual sessions vs teaching guidance to the whole class. I am hoping with this partnership we will be able to support students who need extra social and emotional support as they need it.

Sincerely,

Brooke DeBonis



**2022 MCS PTO GREENERY**  
**SO MANY CHOICES. SO MUCH FUN. GREAT COMPANY!**



Beautiful 12" balsam/white pine &/or cedar, decorated wreaths with clusters of pine cones and berries with a red or burgundy bow, your choice! \$24.00 ea.



The ever popular balsam kissing balls, large and decorated. choice of red or burgundy bow. \$31.00 ea.



Cemetery cones with holiday love \$20.00 ea.



Pretty holiday centerpieces for your special table that lasts for weeks! \$21.00 ea.

**ORDER FORM ON BACK**



2022 MCS PTO GREENERY ORDER FORM

NAME: \_\_\_\_\_ PHONE# \_\_\_\_\_

EMAIL: \_\_\_\_\_

12" DECORATED WREATH \$24.00 EA.

# OF WREATHS \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

BOW COLOR: RED \_\_\_\_\_ BURGUNDY \_\_\_\_\_

LARGE KISSING BALLS \$31.00 EA.

# OF KISSING BALLS \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

BOW COLOR: RED \_\_\_\_\_ BURGUNDY \_\_\_\_\_

CEMETERY CONES \$20.00 EA.

# OF CEMETERY CONES \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

HOLIDAY CENTERPIECES \$21.00 EA.

# OF CENTERPIECES \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

TOTAL AMOUNT DUE \$ \_\_\_\_\_

ORDERS ARE DUE BY: WEDNESDAY, NOVEMBER 9TH!  
ALL ORDERS WILL BE READY FOR PICKUP BY WEDNESDAY, NOVEMBER 30TH, 2:30 - 4:00

**PAYMENTS ARE DUE AT THE TIME OF ORDER  
PLEASE MAKE CHECKS PAYABLE TO MCS-PTO**





**VETERANS DAY BREAKFAST SOCIAL**  
**AT**  
**METTAWEE COMMUNITY SCHOOL**  
**Thursday, November 10, 2022**  
**8:30 a.m.**

**We are asking each student in grades K - 6 to invite a Veteran to our Veterans Day Breakfast Social, sponsored by our Sixth Graders. We will be serving bagels and muffins. This special event will be held on Thursday, November 10th, at 8:30 a.m.**

**Please complete the slip below and return it to your child's teacher as soon as possible. We hope to honor many of our local Veterans that day.**

.....

**Student Name** \_\_\_\_\_

**Grade** \_\_\_\_\_ **Teacher** \_\_\_\_\_

**Veteran's Name** \_\_\_\_\_  
**(Please Print Name)**

**Date** \_\_\_\_\_ **Parent Signature** \_\_\_\_\_



# LUNCH MENU

NOVEMBER 2022



## Metawee Community School

Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>Beef Burrito</b> Beef Burrito (Local Boyden Beef) Brown Rice Seasoned Corn Salsa and Sour Cream • Bean Burrito Fruit Selection Milk	<b>Ham &amp; Cheese Stromboli</b> Ham & Cheese Stromboli Tomato Groy (Morrino) Roasted Broccoli Fruit Selection Milk	<b>Chicken Parmesan</b> Chicken Parmesan WG Spaghetti Roasted Zucchini & Squash Fruit Selection Milk	<b>Chicken Caesar Salad</b> Chicken Caesar Salad Baby Carrot Sticks Cinnamon Sugar Roasted Chickpeas WG Dinner Roll No Chicken Caesar Salad Fruit Selection Milk	
<b>Penne with Marinara</b> WG Penne with Marinara Roasted Zucchini WG Garlic Knot Fruit Selection Milk	<b>Chicken Fajita</b> Chicken Fajitas Cilantro Lime Rice Refried Beans Salsa and Sour Cream • Bean and Cheese Fajita Fruit Selection Milk	<b>Pizza</b> Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Garlicy Green Beans Fruit Selection Milk	<b>Make your own Burger</b> Hamburger or Cheeseburger (local from Boyden Farms) on WG Bun with all the fixings Baked Sweet Potato Fries Marinated Garbanzo Bean Salad Fruit Selection Milk	<b>No School Day</b>
<b>Cheesy Ravioli</b> WG Cheesy Ravioli w/ Marinara Roasted Cauliflower & Carrots WG Dinner Roll Fruit Selection Milk	<b>Turkey Sub Day</b> Turkey and Cheese Sub on WG Hoogie Roll with all the fixings Sun Chips Broccoli Bites Fruit Selection Milk	<b>Breakfast for Lunch</b> French Toast Sticks Scrambled Eggs Sausage Links Local Sweet Potato Homefries Vermont Maple Syrup Sweet Pepper Sticks Fruit Selection Milk	<b>Honey Lemon Chicken</b> Honey Lemon Chicken Brown Rice Pilaf Roasted Broccoli & Carrots WG Biscuit Fruit Selection Milk	<b>Popcorn Chicken</b> Popcorn Chicken Roasted Brussel Sprouts Baked Sweet Potato Fries WG Dinner Roll Tongy BBQ Sauce Fruit Selection Milk
<b>Loaded Potato Wedges **</b> Load yours with choices of: Vegetarian Chili, Shredded Cheddar Cheese, Salsa and Sour Cream Steamed Broccoli Whole Grain Biscuit Fruit Selection Milk		<b>No School Day</b>	<b>No School Day</b>	<b>No School Day</b>
<b>Fish - N - Chips</b> Fish and Chips WG Breaded Fish Fillets with Tortor Sauce Roasted Potato Wedges Seasoned Corn WG Biscuit Fruit Selection Milk	<b>Beef Nachos with Cheese Sauce</b> Nachos with Beef (Local Boyden Beef) Homemade Cheese Sauce WG Brown Rice Mexican Black Beans with Corn Salsa and Sour Cream • Nachos with Beans Fruit Selection Milk	<b>Pizza</b> Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Garlicy Green Beans Fruit Selection Milk	 	 ** indicates vegetarian options available for main meal if kitchen is notified by 9 am.
<b>Daily Meal Alternative - 2 Choices</b> Yogurt Meal - Stonyfield Yogurt, Mozzarella String Cheese, Annie's Organic Graham Crackers, WG Dinner Roll, Fresh Carrot & Celery Sticks & Apple Salad Bar - Lettuce, Tomato & Other Seasonal Veggie Assortment, Daily Protein Options. 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!	<b>White 1% or Skim Chocolate 50 (purchased separate from meals)</b> <b>Student Lunch \$4.00</b> <b>Adult Price \$5.00</b>	<b>ALL School Meals are Free to Students!</b>	<b>School Meals by Metawee Chefs:</b> Lisa Olsen & Heidi Hawkins Thank you for eating with us!	







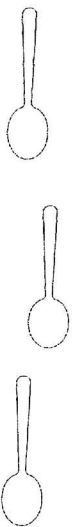

# BREAKFAST

NOVEMBER 2022



Good Morning Mettawee!

Offering Something Different Daily! Breakfast served in the Cafeteria!



















MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
			Fluffy Pancakes with Warm Vermont Maple Syrup		Breakfast Burrito with Salsa		Wild Blueberry Overnight Oats		Strawberry Citrus Smoothie with Annie's Grahams
	7		8		9		10		11
									No School
	Blueberry Mini Waffles		Warm Cinnamon Rolls		Ham, Egg & Cheese Croissant		Breakfast with the Veterans Bogels & Muffins		
	14		15		16		17		18
	Fruit on a Raft (Waffles with Homemade Apple Compote)		Whole Grain Pumpkin Bread		Sausage, Egg & Cheese on a Biscuit		Fruit & Yogurt Parfait with Homemade Granola		Whole Grain Blueberry Muffin
	21		22		23		24		25
	Warm Original Whole Grain Bogel and Cream Cheese		Fluffy Pancakes with Warm Vermont Maple Syrup			No School			
	28		29		30				
	Maple Burstini Pancakes (the syrup is in them)		Warm Cinnamon Rolls		Ham, Egg & Cheese Croissant				
<b>Daily Breakfast Alternative:</b> <b>Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk</b>				<b>BREAKFAST WILL BE SERVED DAILY IN THE CAFETERIA</b>		<b>Fresh Fruit Rotates Between:</b> <b>Local Apples, Orange Wedges, Bananas, or Pears</b>			
									
<b>Online payment is available!</b> <b>Visit <a href="http://www.mymealtime.com">www.mymealtime.com</a></b> <b>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.</b> <b>Checks Payable to Mettawee School District, please.</b>									
<b>Food Services Director:</b> <b>Stephanie Gates, SNS</b> <b><a href="mailto:sgates@brsu.org">sgates@brsu.org</a></b>		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."						<b>Paid Student Breakfast: \$0.00</b> <b>Adult Price: \$3.00</b> <b>Milk Only .50</b>	





## Fresh Fruit and Vegetable Program Monthly Menu



School: Mettawee Community School		Month: November 2022		
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oranges  Serving Size - 1 each	2 Cucumber  Serving Size - 1/2 cup	3 Banana  Serving Size - 1 each	4 Peaches  Serving Size - 1 each
7 Macintosh Apples  Serving Size - 1 each	8 Cantaloupe  Serving Size - 1/2 cup	9 Celery Sticks  Serving Size - 1/2 cup	10 Strawberries  Serving Size - 1/2 cup	11 No School
14 Granny Smith Apples  Serving Size - 1 each	15 Blueberries  Serving Size - 1/2 cup	16 Cauliflower  Serving Size - 1/2 cup	17 Red Grapes  Serving Size - 1/2 cup	18 Bartlett Pear  Serving Size - 1 each
21 Red Delicious Apples  Serving Size - 1 each	22 Honey Dew  Serving Size - 1/2 cup	23 No School	24 No School	25 No School
28 Golden Delicious Apples  Serving Size - 1 each	29 Clementine  Serving Size - 1 each	30 Baby Carrots  Serving Size - 1/2 cup		

Menus are subject to change!