



# Mettawee Messenger

December 15, 2022 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Warm Clothing

Please send your child in with snow pants, boots, a hat, gloves, and a winter coat. We would like to send your child outside for recess to get fresh air and exercise and the students enjoy playing in the snow with each other! If the weather is appropriate we will be sending all students outside. I do not want your child to be cold or have wet socks. For younger students, it may be helpful to have an extra set of clothes in their backpacks in case they get wet from playing on the ground.

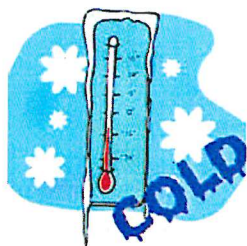
Please help remind your child that they need to be prepared for recess each day. If you need support in getting any of these winter items, please let me know.



### Bus Procedures for Cold Days

We have a procedure in place for very cold days when the students are arriving in the morning. As the buses are waiting to unload, the bus drivers will remain in the entrance of the parking lot so they can keep their buses running. The buses will pull up to the school one at a time and drop off the students. They will go directly into the school and

line up with their teachers inside the building. This procedure will help with making sure we keep the students safe and warm during these cold days. Please let me know if you have any questions.

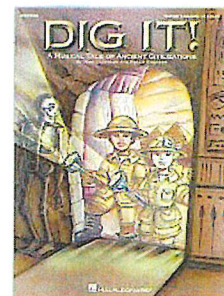


## Staffing

Based on the illness going around, staff members are out because they are sick or their family members are sick. We may need to be flexible as we find staff members and subs to cover these positions. I wanted you to be aware that we may not have our staff members working in their normal positions, but we are trying to make sure we are placing staff and subs in the best possible placements to provide consistency for our students.

## All-School Play

I would like to take a few minutes to thank all the Mettawee staff for their time, flexibility, dedication, creativity, and patience as we prepared for this year's All School play. It wouldn't be possible without Lisa Hoyt, Joey Blane, Amy Harris, and Mandy Mayer who spent countless hours attending to each detail of the play as this year's directors. Karen Graf, helped with costumes, props, and supporting students. Amanda Bickford and some of the 5th and 6th graders made signs and playbills for our play. Kelli Lewis, Cori Bargo and Heidi Hammell helped with the costumes. Kim Donaldson and some of our 4th graders created the beautiful program. Heidi Hammell and Kayla Moore supported the play with doing things behind the scenes by cleaning and organizing the stage. I would like to thank Bill Wood and Jim McGraw for setting up the chairs and for cleaning up after the event tonight. I am so proud of all of our students and staff!





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**WINTER BREAK BEGINS  
THURSDAY - DECEMBER 22ND.**

**No Preschool on**

**Wednesday, December 21st**

**K-6 will have an 11:40 dismissal on**

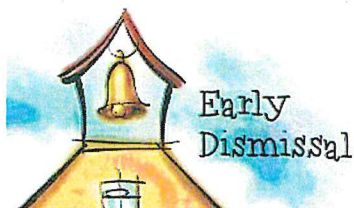
**Wednesday, December 21st.**

**Be sure to send in a note so that we know what  
to do with our students at the end of the day. It**

**is a quick morning!**

## EARLY RELEASE INFORMATION

When we return from break we will begin our JISP Friday dismissal at 11:40. Please be prepared to have a plan for the half day. There is no After School Program. You should send a dismissal note in with your child so that we know what to do with our students at the end of the day on Friday. Teachers will have professional development every Friday afternoon starting January 6th until March 10th.



## IMPORTANT - Bromley JISP

If you need a ride to or from the mountain please reach out to India Farmer so she can begin making phone calls and connections.

[i.burnett.farmer@gmail.com](mailto:i.burnett.farmer@gmail.com)

Ice skaters are responsible for their own rides. If you need help we can try to connect you with someone else that is skating when we get the list of participants from the rink.

## JISP DATES

**\*\*\*Please Note: Riley Rink begins a week before**

**Bromley and Field and Forest!\*\*\***

**Riley Rink: 1:00-3:00**

January 6th, January 13th, January 20th,  
January 27th

February 3rd, February 10th, February 17th  
March 3rd

**Bromley Mountain: 1:00-3:00**

January 13th, January 20th, January 27th  
February 3rd, February 10th, February 17th  
March 3rd, March 10th

**Field & Forest at Mettawee: 11:40-3:00**

January, 13th, 20th, 27th  
February 3rd, February 10th  
March 3rd, March 10th







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Please look in your Big Blue folder for your  
January menu!



## 6th Grade HOLIDAY STORE

It's that time of year again already: the annual 6th grade **Holiday Store** will be held on **Tuesday, December 20th from 8:15 - 11:30**. All students will visit the store (the 6th grade classroom) with their teacher to shop for items ranging in **price from .10 to \$1.00**. A 6th grader will help each student find just the right gift for everyone on their list. **Free gift wrapping will be provided.**

It's an exciting time of year. Our goal for this event is to have each student leave with a smile on their face.



If you have a 3rd, 4th, 5th, or 6th grade basketball player you will find a game schedule in their Big Blue folder!



Help our school earn classroom equipment by shopping at Price Chopper for all your holiday essentials!

Simply enroll your AdvantEdge Card, shop

and our school will earn credit towards classroom equipment, all donated by Price Chopper!

Enroll at [rewards.pricechopper.com](https://rewards.pricechopper.com). Our school code is: 15392.

Share this post to get family, friends and neighbors to sign up, too. The more supporters we have, the more opportunities our school has to earn points when they shop! Thank you.

## MENU CHANGES

**Friday, December 16th:**

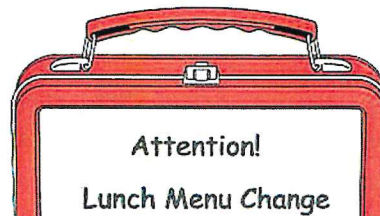
Mac and Cheese, cornbread muffin

**Monday, December 19th:**

Baked Ham, mashed potatoes, peas

**December 21st:**

Popcorn Chicken,  
roasted potato wedges, steamed corn



Mettawee Community School / BRSU  
Parent Handbook

[Mettawee Community School and BRSU Family Handbook](#)





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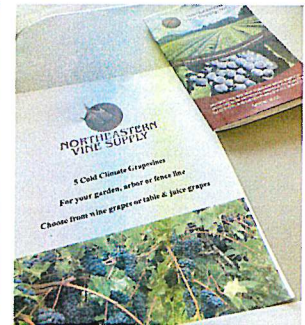
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## Submitting the school meal application might stretch your budget this holiday season!

With the rising cost of food, many of us are struggling to feed kids at home. By completing the School Meal Application, your family might become eligible for funds that will stretch your budget! You could get a monthly discount on your Internet bill, your learners can have their college application fees and testing fees waived for their SAT and ACT exams and reduced for their AP exams, and you can receive fuel assistance and pandemic emergency benefits. To access these additional benefits, you will need the approval letter you receive after submitting your school meal application. Even if you have not been eligible in the past, due to program expansions you may be eligible now! Reach out to Cheryl Chalmers at [cchalmers@brsu.org](mailto:cchalmers@brsu.org) if you would like to fill out an application.

## Silent Auction tonight at the All School Play!

Be prepared to shop the Silent Auction to help support the 6th grade trip in the Spring. Here is a sampling of what you will find.



December 15th - All School Play at 6:30

December 20th - 6th Grade Holiday Store

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 6th - Riley Rink Skating begins

January 6th - 11:40 dismissal begins

January 13th - Bromley JISP begins

January 13th - Field & Forest begins

January 16th - No School - Martin Luther King Jr Day

February 16th - Evening Conferences

February 17th - Parent Conferences - No School

February 20th-24th - February Break

# BREAKFAST

January 2023



## Good Morning Mettawee!

Offering something different daily! Breakfast served in the Cafeteria!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4	5	6
		Whole Grain Bagel with Cream Cheese Fresh Fruit Milk	Yogurt Parfait with Homemade Granola Fresh Fruit Milk	Sausage, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk
9	10	11	12	13
Pancakes with Vermont Maple Syrup Fresh Fruit Milk	Fruity Overnight Oats (Cold) Fresh Fruit Milk	Whole Grain Muffin Fresh Fruit Milk	Fruit Smoothie with Annie's Graham Crackers Fresh Fruit Milk	Ham, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk
16	17	18	19	20
<b>No School Monday</b>	Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk	Whole Grain Bread Chef's Choice of Banana, Pumpkin, Blueberry or Apple Cinnamon Fresh Fruit Milk	Yogurt Parfait with Homemade Granola Fresh Fruit Milk	Sausage, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk
23	24	25	26	27
Pancakes with Vermont Maple Syrup Fresh Fruit Milk	Fruity Overnight Oats (Cold) Fresh Fruit Milk	Whole Grain Muffin Fresh Fruit Milk	Fruit Smoothie with Annie's Graham Crackers Fresh Fruit Milk	Ham, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk
30	31			
Whole Grain Bagel with Cream Cheese Fresh Fruit Milk	Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk			
<b>Daily Breakfast Alternative:</b> Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk 				
<b>BREAKFAST WILL BE SERVED DAILY IN THE CAFETERIA</b> <b>Fresh Fruit Rotates Between:</b> Local Apples, Orange Wedges, Bananas, or Pears 				
<b>Online payment is available!</b> 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.				
<b>Food Services Director:</b> Stephanie Gates, SNS sgates@brsu.org	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>





# LUNCH MENU

January 2023



## Mettawee Community School

















Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  * Indicates vegetarian options available for main meal if kitchen is notified by 9 am.	Fish - N - Chips Fish and Chips WG Breaded Fish Fillets with Tarrar Sauce Roasted Potato Wedges WG Biscuit Fruit Selection Milk	Cheesy Ravioli WG Cheese Ravioli w/ Marinara WG Dinner Roll Fruit Selection Milk	Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Pickled Beets Fruit Selection Milk	Meatball Sub Meatball Sub Sandwich On WG Bun with Mozzarella Cheese Sweet Potato Fries Fruit Selection Milk
Quesadilla Cheese Quesadillas Corn and Tomato Salad Brown Rice Pilaf Salsa and Sour Cream Fruit Selection Milk	Ham & Cheese Bogel Hot Ham & Cheese Bogel with Honey Mustard Dipping Sauce Garlic Mashed Potatoes Steamed Corn Fruit Selection Milk	General Tso Chicken General Tso Chicken Confetti Fried Rice Steamed Broccoli Fortune Cookie Fruit Selection Milk	Grilled Cheese and Homemade Chicken Noodle Soup Grilled Cheese on WG Bread Homemade Chicken Noodle Soup Fruit Selection Milk	Meatball Sub Meatball Sub Sandwich On WG Bun with Mozzarella Cheese Sweet Potato Fries Fruit Selection Milk
No School Day	Beef Nachos with Cheese Sauce Nachos with Beef (Local Boyden Beef) Homemade Cheese Sauce WG Brown Rice Salsa and Sour Cream * Nachos with Beans Fruit Selection Milk	Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Roasted Beets Fruit Selection Milk	Spaghetti & Meat Sauce or Marinara Spaghetti & Meat Sauce or Marinara WG Garlic Knot Fruit Selection Milk	Popcorn Chicken Popcorn Chicken Baked Potato Wedges WG Dinner Roll Tongy BBQ Sauce Fruit Selection Milk
Grilled Cheese and Homemade Tomato Soup Grilled Cheese on WG Bread Homemade Tomato Soup Fruit Selection Milk	Fish Taco Crunchy Fish Taco on a bed of Homemade Coleslaw served on a Soft Taco Shell Cilantro Lime Rice Fruit Selection Milk	Winter Beach Party- Burgers (local from Boyden Farms) on WG Bun with all the fixings Vegetable Pasta Salad Blue Raspberry/Lemon Slushies Fruit Selection Milk	Chicken & Waffles Chicken & Waffles with Vermont Maple Syrup Garlic Mashed Potatoes Roasted Butternut Squash Smiles Fruit Selection Milk	Ham Sub Day Ham and Cheese Sub on WG Hoogie Roll with all the fixings Sun Chips Fruit Selection Milk
Penne with Marinara WG Penne with Marinara WG Garlic Knot Fruit Selection Milk	Shepherd's Pie (Baked Local Boyden Beef, Corn and Mashed Potatoes) WG Cheesy Breadstick Fruit Selection Milk	Fresh Fruit & Vegetable Bar offered Daily		
<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 Seasonal Veggie Assortment, Daily Protein Spinach & Bacon Roll & Fresh Fruit Spinach & Bacon Roll & Fresh Fruit Whole Grain Bread and String Cheese Served with the Vegetable and Fruit of the Day!	ALL School Meals are Free to Students! White IZ or Skim Chocolate 50 (purchased separate from meals) Student Lunch \$40.00 Adult Price \$45.00 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."	<b>School Meals by Mettawee chefs:</b> T.C.R. Williams Lisa Olsen & Heidi Hawkins Thank you for eating with us!		



## Fresh Fruit and Vegetable Program Monthly Menu



School: Mettawee Community School		Month: January 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
		4 Golden Delicious Apple  Serving Size - 1 each	5 Clementines  Serving Size - 1 each	6 Raspberries  Serving Size - 1/2 cup=7
9 Macintosh Apples  Serving Size - 1 each	10 Red Plums  Serving Size - 1 each	11 Broccoli Florets  Serving Size - 1/2 cup	12 Black Grapes  Serving Size - 1/2 cup	13 JISP NO FFV
16 No School	17 Valencia Oranges  Serving Size - 1 each	18 Cantaloupe  Serving Size - 1/2 cup	19 Banana  Serving Size - 1 each	20 JISP NO FFV
23 Red Delicious Apples  Serving Size - 1 each	24 Honey Dew  Serving Size - 1/2 cup	25 Zucchini Sticks & Ranch  Serving Size - 1/2 cup & 1 FF Ranch cup	26 Blueberries  Serving Size - 1/2 cup	27 JISP NO FFV
30 Granny Smith Apples  Serving Size - 1 each	31 Kiwi  Serving Size - 1 each			

Menus are subject to change!

This institution is an equal opportunity provider.



## **Mettawee Basketball Game Schedule 2023**

### **3/4 - Girls and Boys**

1/17 - Home vs. Manchester Rec (boys) 4:30

1/24 - Home vs. Poultney (girls) - 4:30

2/7 - Away vs. Poultney (boys) - 4:30

### **5/6 - Girls**

1/9 - Home vs. Castleton/Orwell Village School - 5:00

1/11 - Home vs. Poultney - 5:00

1/18 - Away vs. Manchester Rec. (Manchester Elementary School) - 6:00

1/23 - Away vs. Fair Haven/Benson (AT Castleton Elementary - Rt. 30) - 4:30

1/30 - Home vs. Wells - 4:30

2/1 - Home vs. Fair Haven/Benson - 5:00

2/6 - Away vs. Middletown Springs - 4:30

2/8 - Away vs. Poultney - 5:30

2/13 - Home vs. Manchester Rec. - 5:00

2/15 - Away vs. Castleton/Orwell Village School (AT Castleton Elem. - Rt. 30) - 4:30

3/11-3/17 - Ed. Glodzik Tournament - West Rutland - TBA

### **5/6 - Boys**

1/9 - Home vs. Castleton/Orwell Village School - 6:00

1/11 - Home vs. Poultney - 5:00

1/18 - Away vs. Manchester Rec. (Manchester Elementary School) - 7:15

1/23 - Away vs. Fair Haven/Benson (AT Castleton Elementary - Rt. 30) - 5:30

1/25 - Home vs. Middletown Springs - 4:30

2/1 - Home vs. Fair Haven/Benson - 6:00

2/6 - Away vs. Wells 4:30

2/8 - Away vs. Poultney - 4:30

2/13 - Home vs. Manchester Rec. - 6:00

2/15 - Away vs. Castleton/Orwell Village School (AT Castleton Elem. - Rt. 30) - 5:30

3/11-3/17 - Ed. Glodzik Tournament - West Rutland - TBA





# Mettawee Messenger

Principal: Brooke DeBonis 645-9009

## IMPORTANT BROMLEY JISP INFO

### Transportation options for Bromley JISP participants

There is not a bus to Bromley this year. If your child needs a ride to and/or from Bromley for JISP, please reach out to India Farmer directly! She will help match you with a volunteer parent driver. If you have contacted her already, she will reach out to you directly by next week. [iburnett.farmer@gmail.com](mailto:iburnett.farmer@gmail.com)



### Rental Information for Participants

All JISP/KAP rentals are now pickup only, you may not take them home. JISP/KAP rentals are \$120 with no deposit required. If you desire to take them home, you will need to purchase a regular seasonal rental for \$220 plus a \$100 deposit.

All participants must come to a fitting.

Rental Fitting & Sizing Days @ Bromley Rentals

Nov. 25 – Dec. 23 from 8:30 – 4:30

No sizing available between Dec. 24 – Jan. 1

**You must get fitted before your first day of rentals or you will be charged a late fee of \$20.** This includes scholarship students.

Questions – Contact rentals at 824-5522 or [rentals@bromley.com](mailto:rentals@bromley.com)

### JISP and KAP Pass Pickup Information

Passes must be picked up in-person from the ticket office at Bromley prior to January 10, 2023.

The ticket office will be available for JISP and KAP pass pickup only on the dates and times indicated below.

### Pass Pick Up Dates @ Ticket Office

November 7 – 11 from 1pm – 5pm.

November 14 – 23 Mon – Fri from 1 – 5, Saturday from 10 – 4

November 28 – December 2 from 12:30 – 4:00

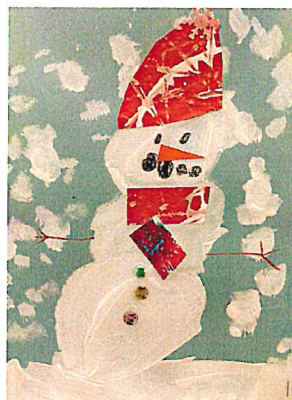
December 2 through opening, Mon. – Fri. 9:00 until 3:30, Sunday's 1 – 4

**NO Saturday pickup in December**

### LATE FEE

You must come pick up your pass before December 12th or you will be charged a late fee of \$20

There is a \$10 replacement fee for lost Pass Cards at Bromley customer service.





RUPERT VILLAGE TRUST PRESENTS

**SUNDAY, DECEMBER 18**

**3 - 5 PM, weather permitting**

**RUPERT TOWN GREEN**

**FREE AND OPEN TO EVERYONE**

# **S'MORES on the GREEN**

Gather around a fire pit for warm cocoa, hot cider, and s'mores. Make luminaries to celebrate the beginning of winter and the longer days of light ahead.

