



# Mettawee Messenger

January 26, 2023 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Winter Walk to School Day

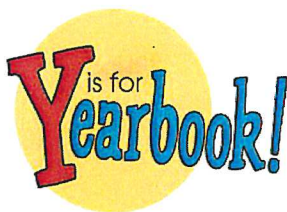
We will be having our first winter walk to school day at Mettawee on February 1st. Students and staff will be walking, as a school, after the flag salute at 7:40. Please try your best to have your child here on time. Students should be wearing boots so their feet do not get wet or cold first thing in the morning. Each class will walk in a circle by going in the front of our school and then coming into the parking lot and walking on the sidewalks back into school. This event is connected to the grant that provided our school the opportunity to have the bikes during PE class this fall. We are so fortunate to provide our students the opportunity to build their confidence with riding the bikes and to teach them the safety of wearing helmets while they ride. The students will receive hot chocolate, a special treat, and a sticker after our walk. This will be a fun event for our students. It takes teamwork to plan school wide events and we are lucky to have such an amazing team at Mettawee!



## 2022-2023 Yearbook

Please send any photos for the yearbook to:

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



Thank you so much for your help!

## Dismissal Notes have a new look!

Mettawee Community School

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

Class/Grade \_\_\_\_\_

Has My Permission to:

☐ Leave at \_\_\_\_\_ for \_\_\_\_\_

☐ Be picked up after school by: \_\_\_\_\_

☐ Ride Bus  
# \_\_\_\_\_ to \_\_\_\_\_

☐ Stay after school for \_\_\_\_\_

☐ Other \_\_\_\_\_

Absent: Date \_\_\_\_\_

Reason \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_ Phone # \_\_\_\_\_

Same great dismissal note, jazzy new look. Actually, the printing company no longer carries the salmon colored paper so we switched to light blue (which doesn't look light blue in this picture). If you ever need a new note pad just let us know.

## From the Art Department

We are looking for yarn for an upcoming art class project. If you have any extra that you would like to donate we would appreciate it!

Thank you! Amy Harris,  
Art Teacher



If your child isn't feeling well please keep them home and call the school at 645-9009 to let us know. If we do not hear from you your child will be marked as an unexcused absence.



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## Friday Field and Forest

Some of our students who are participating in Merck Field and Forest on Fridays are showing up without winter gear. The intention of Field and Forest is to be outside exploring, learning, and playing. PLEASE, be sure your child is coming to school prepared to be outside most of the afternoon. An extra set of clothing is also a good idea in case they get wet through their winter gear.



**Snow pants, snow pants, snow pants...  
we can't say it enough...**

We have lots of students showing up not prepared for winter weather!

Please be sure your child comes to school prepared to spend time outside. They should have snow pants, a jacket, a hat, mittens or gloves, and boots. If you need help with any of these items please be sure to reach out to the school. We go outside for recess, walks, fresh air, learning, PE, and Four Winds. Every day we are outside unless the weather does not permit it.



Thank you Ashley Pratt for coming in to share your love of art with our students.



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## dates to Remember

February 1st - Walk to School Day

February 16th - Evening Conferences

February 17th - Parent Conferences - No School

February 13th - 17th - Scholastic Book Fair

February 20th-24th - February Break

March 1st - All School Read

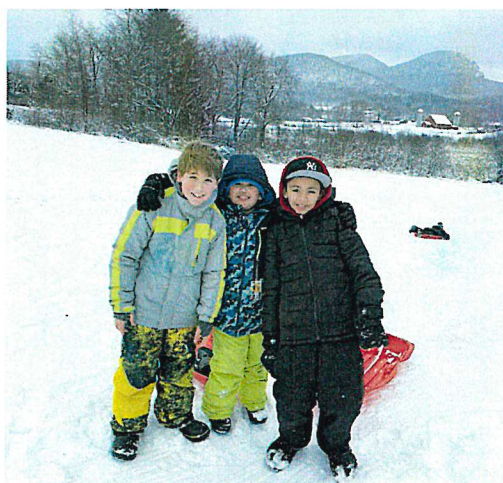
March 10th - Last week of JISP

March 17th - No School Prof. Development Day

March 30th - Early Education Screening (PK)



The BEST sledding, snowball (or snow dog) snow!!!





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## Basketball Business

### Kindergarten practice schedule:

**Wednesdays** from  
2:30-3:30

Last practice - February  
15th

### 1st and 2nd Grade practice schedule:

**Tuesdays** from 2:30-3:30  
Last practice - February 14th

### 3rd and 4th Grade practice schedule:

**Monday, January 30th** - 2:30-3:45  
**Monday, February 6th** - 2:30-3:45  
**Monday, February 13th** - 2:30-3:45  
**Tuesday, February 14th** - 3:30-4:45

### 5th and 6th Grade Girls practice schedule:

**Monday and Wednesday** - 4:00-5:30

### 5th and 6th Grade Boys practice schedule:

**Monday and Wednesday** - 5:30-7:00

## Game Schedules:

### 3/4 Boys and Girls

**February 7th** - Away vs. Poultney boys at 4:30

### 5/6 Girls

*\* change from original schedule*

**January 30th** - Home vs. Wells at 4:30

**February 1st** - Home vs. Fair Haven/Benson at 5:00

**February 6th** - Away vs. Middletown Springs at 4:30

**February 8th** - Away vs. Poultney at 5:30

**February 13th** - Home vs. Manchester Rec. at 5:00

**February 15th** - Away vs. Castleton/Orwell at  
Castleton Elementary (Rte 30) at 4:30

**March 11-March 17th** - Ed. Glodzik Tournament -  
W. Rutland - TBD

### 5/6 Boys

**January 25th** - Home vs. Middletown Springs at 4:30

**February 1st** - Home vs. Fair Haven/Benson at 6:00

**February 6th** - Away vs. Wells at 4:30

**February 8th** - Away vs. Poultney at 4:30

**February 13th** - Home vs. Manch. Rec. at 6:00

**February 15th** - Away vs. Castleton/Orwell at  
Castleton Elementary (Rte 30) at 5:30




**March 11-March 17th** - Ed. Glodzik Tournament -  
W. Rutland - TBD











## Mettawee Community School

Menus are subject to change












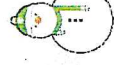


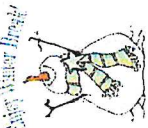





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>* Indicates vegetarian options available for main meal if kitchen is notified by 9 am.</p>	Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Fruit Selection Milk.	Make your own Burger Hamburger or Cheeseburger (local on Boyden Farms) on WG Bun with all the fixings Vegetable Pasta Salad Fruit Selection Milk	Popcorn Chicken Popcorn Chicken Baked Potato Wedges WG Dinner Roll Tangy BBQ Sauce Fruit Selection Milk
Creamy Macaroni & Cheese Macaroni and Cheese Maple Glazed Carrots with Dill Cornbread Muffin Fruit Selection Milk	Beef Taco Beef Taco (Local Boyden Beef) on WG Soft Taco Shell WG Brown Rice Salsa and Sour Cream Fruit Selection Milk	Breakfast for Lunch French Toast: Sticks Scrambled Eggs Sausage Links Vermont Maple Syrup Fruit Selection Milk	Chicken Parmesan Chicken Parmesan WG Spaghetti Fruit Selection Milk	Hot Dog & Beans Mckenzie All Beef Frank WG Roll Vegetarian Baked Beans Baked Crinkle Cut Fries Fruit Selection Milk
Cheesy Ravioli WG Cheese Ravioli w/ Marinara WG Dinner Roll Fruit Selection Milk	Chicken Fajita Chicken Fajitas Cilantro Lime Rice Refried Beans Salsa and Sour Cream * Bean and Cheese Fajita Fruit Selection Milk	Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Fruit Selection Milk.	Thanksgiving Casserole In February Lovers of Oven Roasted Turkey, Stuffing, Mashed Potato, Corn and Gravy Side of Cranberry Sauce WG Dinner Roll Fruit Selection Milk.	No School Day No School
No School Day No School	No School Day No School	No School Day No School	No School Day No School	No School Day No School
Fish - N - Chips Fish and Chips WG Breaded Fish Fillets with Tortor Sauce Roasted Potato Wedges WG Biscuit Fruit Selection Milk	Chicken Quesadilla Chicken Quesadillas Corn and Tomato Salad Brown Rice Pilaf Salsa and Sour Cream Fruit Selection Milk	Fresh Fruit & Vegetable Bar (Except JISP days)	 <p>Kitchen Assistant Opening @ Flood Brook School Apply at <a href="mailto:schools@princ.com">schools@princ.com</a> Questions reach out to: Stephanie Gates, Food Service Director <a href="mailto:sgates@princ.com">sgates@princ.com</a></p>	Lisa Olsen & Heidi Hawkins Thank you for eating with us!
Daily Meal Alternative - 2 Choices 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 Veggies 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.	ALL School Meals are Free to Students! White 1% or Skim Chocolate 150 (purchased separate from meals) Student Lunch \$0.00 Adult price \$5.00	ALL School Meals are Free to Students! White 1% or Skim Chocolate 150 (purchased separate from meals) Student Lunch \$0.00 Adult price \$5.00	ALL School Meals are Free to Students! White 1% or Skim Chocolate 150 (purchased separate from meals) Student Lunch \$0.00 Adult price \$5.00	ALL School Meals are Free to Students! White 1% or Skim Chocolate 150 (purchased separate from meals) Student Lunch \$0.00 Adult price \$5.00

BREAKFAST		Good Morning Mettawee!			
February 2023		Offering Something Different Daily! Breakfast Served in the Cafeteria!			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1	2	3	
		Sausage, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk	Yogurt Parfait with Homemade Granola Fresh Fruit Milk	Whole Grain Bread Chef's Choice of Banana, Pumpkin, Blueberry or Apple Cinnamon Fresh Fruit Milk	
6	7	8	9	10	
Pancakes with Vermont Maple Syrup Fresh Fruit Milk	Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk	Ham, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk	Fruit Smoothie with Annie's Graham Crackers Fresh Fruit Milk	Whole Grain Muffin Fresh Fruit Milk	
13	14	15	16	17	
Whole Grain Bagel with Cream Cheese Fresh Fruit Milk	Fruity Overnight Oats (Cold) 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		
20	21	22	23	24	
					
27	28				
Whole Grain Bagel with Cream Cheese Fresh Fruit Milk	Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk				
Daily Breakfast Alternative: Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk 		BREAKFAST WILL BE SERVED DAILY IN THE CAFETERIA			
		Fresh Fruit Rotates Between: Local Apples, Orange Wedges, Bananas, or Pears 			
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.					
Food Services Director: Stephanie Gates, SNS sgates@birsu.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."			Paid Student Breakfast: \$0.00 Adult Price: \$3.00 Milk Only .50	



## Fresh Fruit and Vegetable Program Monthly Menu

School: Mettawee Community School		Month: February 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cauliflower  Serving Size - 1/2 cup	2 Clementines  Serving Size - 1 each	3 JISP NO FFV
6 Macintosh Apples  Serving Size - 1 each	7 Banana  Serving Size - 1 each	8 Cucumber  Serving Size - 1/2 cup	9 Cara Cara Oranges  Serving Size - 1 each	10 JISP NO FFV
13 Granny Smith Apples  Serving Size - 1 each	14 Strawberries  Serving Size - 1/2 cup	15 Celery Sticks  Serving Size - 1/2 cup	16 Kiwi  Serving Size - 1 each	17 
20 WINTER BREAK NO SCHOOL! 	21 	22 WINTER BREAK NO SCHOOL! 	23 	24 WINTER BREAK NO SCHOOL! 
27 Red Delicious Apples  Serving Size - 1 each	28 Oranges  Serving Size - 1 each			

Menus are subject to change!

This institution is an equal opportunity provider.

## **Annual Parent Notice**

### **Right to Request Teacher Qualifications**

Mettawee Community School

January 26, 2023

Our school receives federal funds for programs that are part of the Elementary and Secondary Education Act (ESEA), as amended (2015). Throughout the school year, we will continue to provide you with important information about this law and your child's education. Based on current education law, teachers must have earned State certification and licensure. State certification and licensure is the training required to be a teacher.

We are very proud of our teachers and believe they are prepared to provide your child with a high-quality education. You have the right to request information about the professional qualifications of your child's teacher(s) or paraprofessional(s). A paraprofessional provides academic or other support for students under the direct supervision of a teacher. If you request this information, the district or school will provide you with the following as soon as possible:

- a. if the teacher has met State certification and licensing requirements for the grade levels and subjects for which the teacher provides instruction;
- b. if state certification and licensing requirements have been waived (is not being required at this time) for the teacher under emergency or other temporary status;
- c. if the teacher is teaching in the field of discipline for which they are certified or licensed;
- d. if the teacher has met State-approved or State-recognized certification, licensing, registration, or other comparable requirements. These requirements apply to the professional discipline in which the teacher is working and may include providing English language instruction to English learners, special education or related services to students with disabilities, or both; and
- e. if your child is receiving Title I or Special Education services from paraprofessionals, his or her qualifications.

Our staff is committed to helping your child develop the social, academic, and critical thinking he or she needs to succeed in school and beyond. That commitment includes making sure that all of our teachers and paraprofessionals are highly skilled.

If you would like to request information about your child's teacher(s) or paraprofessional(s), or if you have any questions about your child's assignment to a teacher or paraprofessional, please reach out to your principal.

# Warm Clothing Reminder!

It is VERY important that your children bring warm winter clothing and layers to school every day.

We are outside with the children EVERY DAY playing, exploring, and learning!

It is getting very cold out and the snow has finally arrived. We need to be sure that everyone is safe and warm.

If you need help with getting warm clothing for your children please reach out to us. We have resources to help with winter clothes.

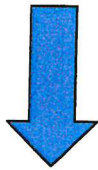
You can contact Brooke DeBonis at [bdebonis@brsu.org](mailto:bdebonis@brsu.org).

Boots, jackets, snow pants, hats, mittens!



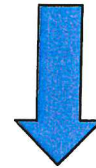
# Mettawee GIRLS ON THE RUN

## Upcoming Season Information



**Grades 3, 4 & 5**

Tuesdays & Thursdays



**Grades 5, 6, 7 & 8**

Mondays & Wednesdays

Girls in Fifth Grade will have the opportunity to choose either Girls on the Run or Heart & Sole. If you have questions regarding this choice please contact Kelli Lewis at [klewis@brsu.org](mailto:klewis@brsu.org) or phone at 802-353-9575

This 8-week program provides after-school lessons (beginning the week of March 27th) where girls will learn about healthy living, self-respect, positive communication and relationships with friends. Each lesson includes walking/running with a common goal of completing a 5K (3.1 mile) run on June 10th at the Manchester Recreation Park

**\*\*ONLINE REGISTRATION OPENS FEBRUARY 22nd!!\*\***

Please contact Mrs. Lewis [klewis@brsu.org](mailto:klewis@brsu.org) if you have any questions

**We are looking forward to welcoming your GOTR-GIRL!!!**

## **Community Care Network launches text line for crisis support**

Rutland, Vt. – Community Care Network (CCN) and its Rutland Mental Health Emergency Services Team today announced the implementation of a 24-hour a day, 7 day a week crisis text line available to anyone needing support during a mental health emergency.

"It's become increasingly clear that many people, especially young individuals, are reticent to pick up the phone and make phone calls when they need help," said Loree Zeif, LICSW, Director of Emergency Services with Community Care Network. "We've implemented the text line as a way to offer an alternative initial engagement with our crisis team for people to reach out in a way that might be more comfortable to them."

CCN's crisis text line, made possible by a \$10,000 grant from the Vermont Community Foundation which covered a portion of the training and start-up costs, is monitored around-the-clock and features a simple, user-friendly process for individuals seeking support.

Individuals who contact the crisis text line will typically be connected with a CCN crisis clinician in less than five minutes, though this may vary during high-traffic times. From there, crisis clinicians invite the individual to share their concerns at their own pace, help them sort through their feelings by asking questions, empathizing and actively listening, provide them with the option to move to phone, video or in-person communication at any point, and offer referrals for additional help if desired.

"The text line is another support access point for anyone struggling with a mental health crisis – whether it be thoughts of suicide, abuse, sexual assault, depression, bullying or a range of other potential scenarios," said Zeif. "We anticipate the line may be utilized more by at-risk communities such as youth and young adults, marginalized and underserved populations, and individuals who are deaf, hard of hearing or have speech disabilities, but it is available to anyone needing help.

"Ultimately, the goal of the system and resulting conversations is to get individuals seeking help to a calm, safe place – sometimes that means providing them with a referral for further help, and sometimes it means just being there and listening," Zeif added.

Individuals can reach the Community Care Network – Rutland Mental Health Crisis Text Line at 802-214-2553.

About Community Care Network: CCN is comprised of Rutland Mental Health Services and Rutland Community Programs. The programs of Community Care Network serve more than 3,000 people each year throughout Rutland County and are focused on improving the health and well-being of residents and their families living with mental illness, developmental disabilities and substance use disorders. [www.rmhsccn.org](http://www.rmhsccn.org).

# YOUTH GUITAR WORKSHOP

**AFTER SCHOOL AT PAWLET LIBRARY**

8-week series:

**Wednesdays, 3:30-4:30 PM**

**Ages 8-12**

*Starts February 1, 2023*

Don't have a guitar? No problem!  
There are 5 guitars available for  
students to take home while  
registered for this free program.



*Carl Diethelm from On Tone Music will be helping students get started and advance in guitar practice in a small group setting.*

**PRE-REGISTRATION REQUIRED**

For more information, visit  
[www.pawletpubliclibrary.com](http://www.pawletpubliclibrary.com) or call  
802-325-3123

