



Mettawee Messenger

February 2, 2023 Principal: Brooke DeBonis 645-9009

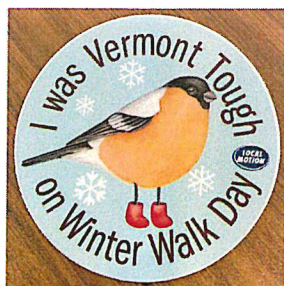
Principal's Corner:

Parent Conference Sign Up

Our next parent conference will be held on February 16th for (Pre-K-6) from 3:00-6:30 and on February 17th from 7:00 - 3:00. Please sign up online using your child's teachers link that will be sent to you in the email today. If you have more than one child you should do it soon so you can secure the parent conference sessions back to back with your children's teachers. My hope is to have 100% participation. As you know you are an important partner in educating your child. Please try your best to attend this critical meeting so you can hear how your child is doing so far this school year. If you cannot make it to the assigned time, please let the teacher know what day and time works best for you. If you need help with signing up, please contact Heidi Hammell and she will help you.

Winter Walk to School

It was a pleasure to walk with our whole school on Wednesday morning and a great way to start our day off with some fresh air with friends. We did modify our walk a little bit



because of the very cold morning but as the sticker says, we were Vermont tough on winter walk day! A huge thank you goes to all the staff who helped plan and facilitate this event. I would like to thank our kitchen staff for making and delivering the hot chocolate. I would also like to thank all the teachers and staff who supported all of our students. We do an amazing job showing collaboration and teamwork!



*** IMPORTANT ***

Bromley JISP and Field & Forest have cancelled for Friday, February 3rd due to 'extreme cold temperatures.

If your child participates in either of these programs please have an alternative dismissal plan and contact the school or send in a note. We dismiss at 11:40 tomorrow.

Riley Rink WILL have their lessons.





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PARENT / STUDENT / TEACHER CONFERENCES



METTAWEE WILL BE
HAVING STUDENT
LED CONFERENCES
ON THURSDAY,
FEBRUARY 16TH
AFTER SCHOOL AND
FRIDAY, FEBRUARY
17TH BETWEEN
7:00-3:00.

**THERE WILL BE NO SCHOOL FEBRUARY 17TH,
JUST AN EXPECTATION THAT YOU BE PRESENT
FOR YOUR CONFERENCE.**

THE LINKS BELOW WILL LEAD YOU RIGHT TO A
SCHEDULE FOR YOUR CHILD'S TEACHER
CONFERENCES. (LIVE LINKS WILL BE IN THE
EMAIL) ONLY ONE STUDENT CAN SIGN UP PER
TIME SLOT. **IF YOU HAVE MORE THAN ONE
CHILD YOU WILL WANT TO GET ON AS SOON AS
POSSIBLE SO YOU CAN TRY TO GET BACK TO
BACK CONFERENCES.** YOU WILL NEED TO CLICK
THE LINK FOR EACH OF YOUR CHILD'S
TEACHERS TO RESERVE A SLOT THAT WORKS
BEST FOR YOUR FAMILY. PLEASE PUT YOUR
CHILD'S NAME IN THE FIELD WHERE IT SAYS
"YOUR NAME", CLICK THE TIME YOU WOULD LIKE
YOUR CONFERENCE, THEN CLICK SAVE. IT'S AS
EASY AS THAT! THE DEADLINE FOR SIGNING UP
FOR A CONFERENCE IS
TUESDAY, FEBRUARY 14TH.

[Mrs. Waterhouse Preschool Parent Conference link](#)

[Ms. Kelly Kindergarten Parent Conference link](#)

[Ms. Pierce 1st Grade Parent Conference link](#)

[Mr. Harmon 2nd Grade Parent Conference link](#)

[Mrs. Baker 3rd Grade Parent Conference link](#)

[Mrs. Lea 4th Grade Parent Conference link](#)

[Mrs. Porrier 4/5th Grade Conference link](#)

[Mrs. Thomas 5th Grade Conference link](#)

[Mrs. McGann 6th Grade Parent Conference link](#)

THANK YOU FOR YOUR CONTINUED SUPPORT!

JISP and Parent Conference Day

There is no school on Friday, February 17th for
Conferences but there IS Bromley and Riley Rink JISP!
Consider scheduling your conference to accommodate
your JISP schedule. Refer to the JISP schedule
following your Messenger. There is
NO Field and Forest February 17th.



If your child rides to the
mountain with
someone other than
you please reach out to
make a transportation
plan.

2022-2023 Yearbook

Please send any photos for the
yearbook to:

mettaweeyearbook@gmail.com

Save the Date!

Girls on the Run Valentine's
Dance

February 18, 2023 / 7:00-9:00





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The Scholastic Book Fair is Coming!

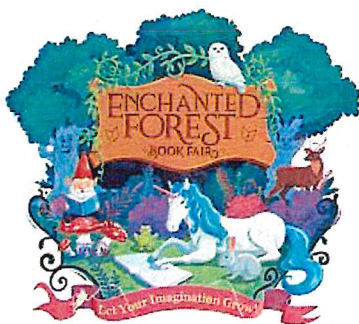
An Enchanted Forest is growing in the Library, and the week before February break, it will be bursting with books!

Shopping will begin on Monday, February 13th, and continue all week to Parent Teacher Conferences on Friday, the 17th.

Every class will shop during their library class time and parents are welcome to come and shop with them after school or on Friday.

Can't find what you want at the fair, check out the online book fair at this link, [Scholastic Book Fair](#). There's no shipping fee and it ships to the school.

Contest: Each class is encouraged to decorate their classroom door with their favorite fairytale/folktale. The winner will receive a classroom ice cream party.



BRSU Letter in your Big Blue folder regarding P-EBT benefits

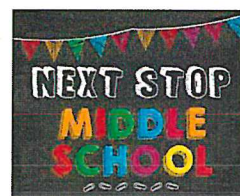
Please read the letter and review the information we have on file for your child(ren). If the information is correct, no further action is needed. If the information is not correct, please contact Heidi Hammell at hhammell@brsu.org no later than February 10, 2023. Be sure to always contact the school if your address or phone number have changed so we can keep our system updated.

6th Grade Families

Please find in your Big Blue folder a letter from Mrs.

Jennings, Guidance Counselor, regarding middle school options. If you have any questions feel free to

reach out to her at cjennings@brsu.org. Please return the form as soon as possible so we can arrange school visits.



American Heart Association

Kids Heart Challenge



Our PE classes will be participating in a jump rope challenge through the American Heart Association.

A donation form is in your Big Blue folder or you can register online.





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February 1st - Walk to School Day
February 6th - PTO Meeting at 2:45
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)



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, 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*

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

*** February 27th** - Away vs. Fair Haven/Benson at
Castleton Elementary at 4:30

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

5/6 Boys

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

*** February 27th** - Away vs. Fair Haven/Benson at
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Cookies and hot cocoa after our walk to school!



JLSP CALENDAR

- **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

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

January, 13th, 20th, 27th

February 3rd, February 10th

March 3rd, March 10th





Dear Parents and Families:

Get ready! The Scholastic Book Fair is coming our way (YAY!). Choosing their own books empowers kids and inspires them to become Bolder, Prouder, and Stronger Readers. AND—as always—every book they buy earns rewards for our school.

Here's what you need to know about the Fair, which will take place from February 13th-17th in our school library.

This year, children can shop with cash or **eWallet**—your child's digital payment account. Before the Fair, set up eWallet for worry-free , cash-free purchases.

Bookfair Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
1st Grade Kindergarten	6th Grade 3rd Grade	5th Grade 2nd Grade	4th L 4th/5th P	All School Shop w your parents before or after your conference.

If you can't make it to the Fair, then **shop at our school's Online Book Fair**. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:
<https://www.scholastic.com/bf/mettaweecommunityschool>

The countdown to more Bookjoy is on! Catch you at the Fair!

Happy reading,

Brooke DeBonis
Principal
Mettawee Community School

Hi Families,

Our **American Heart Association - Kids Heart Challenge** is around the corner – We are getting ready to kick off our event on Wednesday, (2/1), with a Heart Healthy Assembly! Get a head start and go online to register to take a Challenge to Move More or Be Kind.

Click here to find our school ([Click Here for Link](#)).

Once you Register you get a FREE torch wristband.

When students join the **Kids Heart Challenge**, not only will they raise funds to help kids — and all people — with special hearts, but they'll also learn about their heart health. Activities and interactive technologies make it fun to learn how to keep your heart and brain strong and emphasize both physical and emotional wellness.

Plus, our school can earn PE equipment!



If you have any questions, please feel free to let me know.

Sincerely,

Janna Webb
PE Teacher

FEBRUARY

AT THE

MANCHESTER COMMUNITY LIBRARY

138 Cemetery Avenue/Route 7A | Manchester Center, VT | (802) 362-2607

Wednesday, Feb 1st, 9-10am

New Moms' Group

"New" moms can swing by the Library right after school drop off and get a chance to discuss anything that's on their minds. This weekly group will be facilitated by Kimberleigh Weiss-Lewit, a local mother, lactation consultant and doula with specialized training in perinatal mental health and wellness.

Wednesday, Feb 1st, 3:30-5pm

The MCL After School Film Club

Explore storytelling and the process of film making each week by bringing your stories to life through the lens of the camera. Susan Plumb Salas whose background is in teaching, writing, producing, directing and acting will lead this group.

Wednesday, Feb 1st, 7-8:30pm

1st Wednesdays: Haymaking, Barns, and Farm Memories

In his book *The Haymakers: A Chronicle of Five Farm Families*, Dr. Steven Hoffbeck shows that haymaking was more than just harvesting grass, alfalfa, and clover. It was about toil, fears, and the fragile nature of human life. Anyone who grew up on a farm—or wishes they had grown up on a farm—will enjoy the insights and humor of this multimedia presentation.

Thursday, Feb 2nd, 5:30-6:30pm
Augusta

Celia Ryker is a Vermont author who found inspiration in the life of her grandmother for her first novel *Augusta*. In a visually rich presentation, Ryker will share what she discovered about life on an Arkansas farm at the turn of the century as well as what life was like in Detroit in the Roaring 20s.

Saturday, Feb 4th, 10am-4pm

Super Saturday

SUPER SATURDAY - FAMILY FUN DAY will have something for everyone! Think student musicians, take home crafts, jewelry making, scavenger hunts, lego competitions, food, TikToks, and more!

Saturday, Feb 4th, 11am-12pm

Beginners' Chainmail Workshop

Get a grip on your plier skills practicing introductory chain maille techniques! Learn the basics, like how to properly open and close jump rings. Weave a pair of simple earrings, try your hand at weaving a bracelet.

Monday, Feb 6th, 10am-12pm

Homeschooler 10+ Meet Up

This is a time to connect with other homeschool families, share ideas, and learn special skills while engaging with local community members who desire to share knowledge in their areas of expertise. The group meets every other week.

Tuesday, Feb 7th, 11am-12:30pm

The Historian's Craft

This presentation will introduce participants to how scholarly conversations develop over time, and provide an overview of the history and historiography of the Spanish American War. Inquire at the front desk for two short readings about the conflict to prepare for the event.

Thursday, Feb 9th, 9am-12pm

Community Conversation

Join us at Community Conversation, an event designed for Southwestern Vermont nonprofit organizations to pool resources and work together to improve our Vermont communities. Nonprofits, please RSVP by February 2nd!

Friday, Feb 10th 5-6pm

The Gallery: BBA Artists

The walls of the MCL will be beautified by the works of BBA art students for the next two months. Come experience the talent of local youth creators and visionaries.

Thursday, Feb 16th, 5-6pm

A Place of Inclusion

Parents of children living with special needs or disabilities, future, present, and past are all in attendance to share, learn, and listen! Everyone is welcome and everyone has something to gain.

Wednesday, Feb 15th 3:30-4:30pm

Inaugural Town Hall

Learn both what's been happening at Library and what is on the horizon as well as ask questions you have of Executive Director, Ed Surjan and Board members at this quarterly event!

Thursday, Feb 16th, 5:30-7pm

GMALL Presents: Factory Point to Manchester Center: The Evolution of a Township

Look back at the changes in Manchester Center over the past 260-plus years, from a small mill-town; to industrial hub; to a recreational and retail destination. This free program is presented in partnership with the Manchester Historical Society.

Wednesday, Feb 22nd, 2-4pm

All About Food!

If you enjoy food – cooking, eating, sharing or just talking about cooking, join us for *All About Food!* Each month the group will choose a topic to discuss the following month.

Thursday, Feb 23rd, 5:30-7pm

GMALL Presents: A Divided America?

Journalists, politicians, and cable-news pundits tell us that America is a deeply divided nation. But is it? Professor Matthew Dickinson examines the evidence regarding the widely shared assumption that we live in a polarized country.

Tuesday, Feb 28th, 2-4pm

Movie Matinee

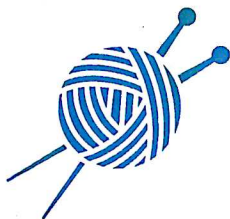
Join us in front of the big screen as we watch three women tackle prejudice and sexism with math and science in an out of this world biographical drama.



MANCHESTER COMMUNITY LIBRARY

RECURRING PROGRAMS

Events added daily!
Information and registration at mclvt.org



Mondays

Homeschoolers 10+
10:00 AM to 12:00 PM

Canasta

12:00 PM to 3:00 PM

Knit Wits

3:00 PM to 4:30 PM

The Tickers

4:30 PM to 6:00 PM

Fiery Froggies First Lego
League

4:00 PM to 6:00 PM

Intermediate Yoga

5:00 PM to 6:00 PM



Tuesdays

Tai Chi

9:00 AM to 10:15 AM

Story Time

10:30 AM to 11:00 AM

Kids Care Club

3:00 PM to 4:30 PM

English Language Learners

5:30 PM to 7:00 PM



Wednesdays

New Moms' Group

9:00 AM to 10:00 AM

Seated & Standing Yoga

9:00 AM to 10:00 AM

Mah Jongg Open Play

12:30 PM to 3:30 PM

After School Film Club

3:30 PM to 5:00 PM



Thursdays

The Check Mates
3:30 PM to 5:30 PM

Tai Chi

5:30 PM to 7 PM

Fridays

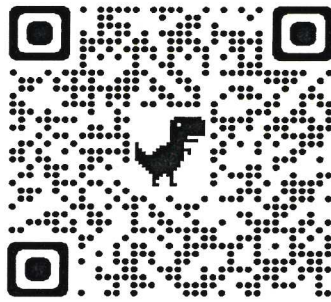
Teen Dungeons & Dragons
2:00 PM to 4:00 PM

Saturdays

STEAM Saturday
11 AM to 12:00 PM

Notorious RPG
1:00 PM to 2:00 PM

Equinox Youth Lacrosse
Spring 2023 Registration Open
Grades K-8
Manchester, Vermont



www.equinoxlacrosse.org

Indoor Pre-season starts in March, Outdoor Mid-April



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.

-30-

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.