



# Mettawee Messenger

February 16, 2023 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Parent Conferences



I hope to see all of you on Thursday or Friday for parent conferences. It is important that you are coming to hear how your child is doing at school. In grades K-6, your

child will attend the conference and help lead the conversation about their learning. We are offering child care to allow your other children to have a place to go while your child is presenting at their conference. If you have a preschooler, feel free to bring them to school and bring your child to the art room (Thursday) and After School Program room (Friday) for childcare while you attend your conference. If you have not reached out to make an appointment, please call the school to see if there is an opening on Thursday or Friday. It will be wonderful to have this partnership with your child's learning.

### Book Fair Door Decorating

Thank you to all the teachers, staff, and students who have worked hard at decorating our classroom and office doors. The students shared that they enjoyed working together as they designed their classroom doors. The teamwork has



brought our community together. I can't wait for you to see all of the doors when you come into parent conferences this week.

### Winter Break

I hope all of you have a restful break. Thank you for your continued support. We have worked well together to educate your child. I am looking forward to collaborating with you for the rest of the year.

## Have a great winter break!



### WINTER BREAK

**FEBRUARY 20th - FEBRUARY 24th**

### JISP and Parent Conference Day

There is no school on Friday, February 17th for Conferences but there IS Bromley and Riley Rink JISP!

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.







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## Girls on the Run Valentine's Dance

**February 18, 2023 / 6:00-8:00 (time changed)**

### **\*IMPORTANT\***

As you may have noticed, it is part of our safety plan to always have the outside doors locked so no one can enter our building without permission. No one will be manning the front desk for the dance so we will have a walkie talkie radio at the front door. This is the same system we use for After School Program pick up. If no one is outside to let you in, please use the radio to reach out to someone to come open the door for you.

Thank you for understanding that safety is a priority.

DJ Jed will be spinning some tunes.

There will be a Photo Booth.

Snacks will be available for purchase.

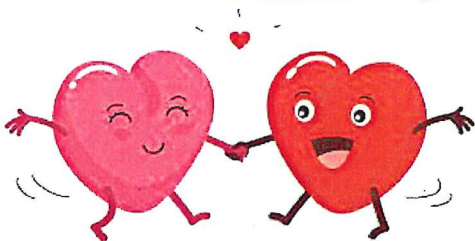
Cost: \$2 per person \$5 for a family.

Donations for Girls on the Run Scholarship will be gladly accepted.

All grades are invited but parents must accompany children unless they are in 4th, 5th or 6th grade.

If anyone is available to help out at the dance or if you have any questions, please contact

Kelli Lewis at [kewis@brsu.org](mailto:kewis@brsu.org).



## Fairy Tale Door Decorating Contest

You will be blown away at the creativity of our students and staff when you walk through the doors of Mettawee for your conference! Please be sure to get your magic beans so you can vote for your favorite. Voting jars are at the front desk.





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Have any old flat bed sheets?

The library is looking for flat bed sheets for BLANKET FORT FRIDAYS! If you have any sheets you can donate it would be very appreciated.



## 2022-2023 Yearbook

Please send any photos for the yearbook to:

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

# YEARBOOK

## JISP Updates



This is just a friendly reminder that there will be no JISP during the week of Winter Break (February 24th). The following week (March 3rd) will be

the last week of the Riley Rink JISP program. The last day for Bromley and Field and Forest will be March 10th.



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

### Game Schedules:

#### 5/6 Girls

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 27th - Away vs. Fair Haven/Benson  
at Castleton Elementary at 5:30

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



# LUNCH MENU

March 2023



## Mettawee Community School

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
 <b>Harvest of the Month</b>  <b>Metta Community Market</b>			<p>* Indicates Vegetarian options available for Main Meal if kitchen is notified by 9 am. FFV, Bar &amp; Yogurt Meals are also available daily.</p>											
<b>Cheesy Bowtie *</b> WG Cheese Bowtie w/ Marinara WG Dinner Roll Fruit Selection Milk			<b>Shepherd's Pie</b> Shepherd's Pie (Boxed Local Boyden Beef, Corn and Mashed Potatoes) WG Cheesy Breadstick Fruit Selection Milk			<b>General Tso Chicken</b> General Tso Chicken Corned Fried Rice Steamed Broccoli Fortune Cookie Fruit Selection Milk			<b>Grilled Cheese * and Homemade</b> Chicken Noodle Soup Grilled Cheese on WG Bread Homemade Chicken Noodle Soup Fruit Selection Milk			<b>Turkey Sub Day *</b> Oven Roasted Turkey and Cheese Sub with Romano Lettuce on a WG Roll Broccoli & Carrot Bites Hummus Cinnamon Sugar Apple Wedges Milk		
<b>Cheesy Breadsticks *</b> Cheesy WG Breadsticks Marinara Dipping Sauce Cream of Broccoli Soup Fruit Selection Milk			<b>Beef Nachos with Cheese Sauce *</b> Nachos with Beef (Local Boyden Beef) Homemade Cheese Sauce WG Brown Rice Salsa and Sour Cream * Nachos with Beans Fruit Selection Milk			<b>Pizza *</b> Cheese Pizza Pepperoni Pizza Chef Special Pizza Maple Glazed Carrots Fruit Selection Milk			<b>Spaghetti &amp; Meat Sauce or Marinara *</b> Spaghetti & Meat Sauce or Marinara WG Garlic Knot Fruit Selection Milk			<b>No School Day</b> 		
<b>Grilled Cheese and Homemade Tomato Soup *</b> Grilled Cheese on WG Bread Homemade Tomato Soup Fruit Selection Milk			<b>Chicken Quesadilla *</b> Chicken Quesadillas Brown Rice Pilaf Salsa and Sour Cream Fruit Selection Milk			<b>Ham &amp; Cheese Stromboli</b> Ham & Cheese Stromboli Tomato Gravy (Marinara) Fruit Selection Milk			<b>Buffalo Chicken Tots</b> Buffalo Chicken Tater Tots Corros & Celery Sticks WG Dinner Roll Fruit Selection Milk			<b>Meatball Sub</b> Meatball Sub Sandwich on a WG Bun with Mozzarella Cheese Sweet Potato Fries Fruit Selection Milk		
<b>Penne with Marinara *</b> WG Penne with Marinara WG Garlic Knot Fruit Selection Milk			<b>Beef Taco</b> Beef Taco (Local Boyden Beef) on WG Soft Taco Shell WG Brown Rice Salsa and Sour Cream Fruit Selection Milk			<b>Pizza *</b> Cheese Pizza Pepperoni Pizza Chef Special Pizza Maple Glazed Carrots Fruit Selection Milk			<b>Chicken &amp; Waffles *</b> Chicken & Waffles with Vermont Maple Syrup Garlic Mashed Potatoes Fruit Selection Milk			<b>Hot Dog &amp; Beans</b> McKenzie All Beef Frank WG Roll Vegetation baked Beans Boxed Crinkle Cut Fries Fruit Selection Milk		
<b>Daily Meal Alternative - 3 choices</b> yogurt meal - strongleaf yogurt, mozzarella string cheese, fruit & organic granola salad bar - lettuce, tomato, 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>ALL School Meals are Free to Students!</b> White & or Skm Chocolate 150 (purchased separate from meals) Student Lunch \$2.00 Adult Price \$5.00			<b>School Meals by Mettawee chefs:</b> Tera Williams Lisa Olsen & Heidi Hawkins Thank you for eating with us!								

# **Breakfast**

March 2023



## **Good Morning Mettawee!**

Offering Something Different Daily! Breakfast Served in the Cafeteria!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		French Toast Sticks with Vermont Maple Syrup	Yogurt Parfait with Homemade Granola	Whole Grain Bread Chef's Choice of Banana, Pumpkin, Blueberry or Apple Cinnamon
		Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk
6	7	8	9	10
Whole Grain Bogel with Cream Cheese	Fruity Overnight Oats (Cold)	Hom. Egg & Cheese Breakfast Sandwich	Fruit Smoothie with Annie's Graham Crackers	Zee Zee Smore Bar
Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk
13	14	15	16	17
Waffles with Vermont Maple Syrup	Homemade Brown Sugar Oatmeal (Warm)	French Toast Sticks with Vermont Maple Syrup	Yogurt Parfait with Homemade Granola	No School
Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	
20	21	22	23	24
Whole Grain Bogel with Cream Cheese	Fruity Overnight Oats (Cold)	Hom. Egg & Cheese Breakfast Sandwich	Yogurt Parfait with Homemade Granola	Zee Zee Smore Bar
Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk
27	28	29	30	31
Waffles with Vermont Maple Syrup	Homemade Brown Sugar Oatmeal (Warm)	French Toast Sticks with Vermont Maple Syrup	Fruit Smoothie with Annie's Graham Crackers	Whole Grain Bread Chef's Choice of Banana, Pumpkin, Blueberry or Apple Cinnamon
Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk

### **Daily Breakfast Alternative:**

Whole Grain Cereal Choice 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 [www.mymealtime.com](http://www.mymealtime.com)

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, SMS  
[sgates@bvsu.org](mailto:sgates@bvsu.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





## Afterschool Program Monthly Menu



School: Mettawee Community School		Month: March 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menus are subject to change</b>  This institution is an equal opportunity provider.		1 <b>Whole Grain Sun Chips</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	2 <b>Mozzarella String Cheese</b> (1 oz M/M/A) Orange Wedges & <b>100% Apple Juice</b> (¾ cup F/V)	3  <b>JISP DAY</b>
6 <b>Whole Grain Pretzels</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	7 <b>Chocolate Chip Crisps</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	8 <b>Tostito Chips</b> (1 oz G), Tomato Salsa & 1% White Milk ( 8 oz Milk)	9 <b>Gogurt Stick</b> (1 oz M/M/A), Fresh Fruit & 1% White Milk ( 8 oz Milk)	10  <b>JISP DAY</b>
13 <b>Oatmeal Chocolate Chip Bar</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	14 <b>Zee Zee Sunflower Seeds</b> (1 oz M/M/A), Fresh Fruit & <b>100% Apple Juice</b> (¾ cup F/V)	15 <b>Whole Grain Sun Chips</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	16 <b>Mozzarella String Cheese</b> (1 oz M/M/A) Orange Wedges & <b>100% Apple Juice</b> (¾ cup F/V)	17 
20 <b>Whole Grain Pretzels</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	21 <b>Chocolate Chip Crisps</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	22 <b>Tostito Chips</b> (1 oz G), Tomato Salsa & 1% White Milk ( 8 oz Milk)	23 <b>Gogurt Stick</b> (1 oz M/M/A), Fresh Fruit & 1% White Milk ( 8 oz Milk)	24 <b>Butterscotch Oatmeal Bar</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)
27 <b>Oatmeal Chocolate Chip Bar</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	28 <b>Zee Zee Sunflower Seeds</b> (1 oz M/M/A), Fresh Fruit & <b>100% Apple Juice</b> (¾ cup F/V)	29 <b>Whole Grain Sun Chips</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	15 <b>Whole Grain Sun Chips</b> (1 oz G), Fresh Fruit & 1% White Milk ( 8 oz Milk)	16 <b>Graham or Cheddar Crackers</b> ( 1 oz G), Applesauce Cup & 1% White Milk ( 8 oz Milk)



### **Wednesday Winter Break—Out**

Feb. 22, 10a-2p

Join us for s'mores and fun in the sun and snow!  
\$5 suggested donation, registration not required.

### **Tracking at our Mettawee Campus**

in partnership with

**Vermont Land Trust**

Feb. 23, 10:30a-noon

\$5 suggested donation, registration not required.

### **Kits and Cubs**

For toddlers and preschoolers: explore outside with  
stories, songs, and crafts

Mon. & Weds., 10a-11:30a

\$10 per parent/child

### **Maple Vacation Workshops**

Feb. 23 & 24, 1:30p-3p

Kid-friendly exploration of maple sugaring!

\$10pp, registration required.

### **Maple Meet—Ups**

Sundays, 2/26 through 4/2, 1p-3p

Join us as we go about our sugaring chores

\$5pp, registration is required.

For programs requiring registration:

go to [merckforest.org](http://merckforest.org).

For more information, visit our website or FB page,  
or email us at [learn@merckforest.org](mailto:learn@merckforest.org)



[merckforest.org](http://merckforest.org)

Photo Credits: Anna Terry

# **February Break Programs & Workshops**



**Merck Forest &  
Farmland Center**



**For directions, go to:**





# STORY TIME

WITH NINA

## AT THE PAWLET LIBRARY

SATURDAYS AT  
10:30-11AM

STARTING  
FEBRUARY 25TH



JOIN IN THE FUN WITH STORIES AND  
MOVEMENT THAT ENCOURAGES DEVELOPMENT OF EARLY  
LITERACY AND SOCIAL SKILLS IN YOUNG CHILDREN.





# REGISTRATION IS OPEN!

**\*Must register on or  
before March 1, 2023! \***

## ONLINE REGISTRATION:

There is no in person registration this year. Please contact Little League through facebook or the email address below.



## FOLLOW US ON FACEBOOK:

Use your smart phone camera  
to scan this QR Code  
or visit:



<https://granvillelittleleague.sportngin.com>

**\*Must register on or before March 1, 2023! \***

Stay in the know with the latest Little League updates!

Use your smart phone camera  
to scan this QR Code  
or visit:



<https://www.facebook.com/TheGranvilleLittleLeague>

Questions? Send us an email at: [Support@granvillelittleleague.org](mailto:Support@granvillelittleleague.org) or find us on Facebook @TheGranvilleLittleLeague



## Mill Brook Horse Farm LLC Kaylee Coburn's posts



Mill Brook Horse Farm LLC Kaylee Coburn



1h · 🌐

February Horse camp is one week away it's looking like great weather ☀️

Camp runs Monday -Friday 8-4

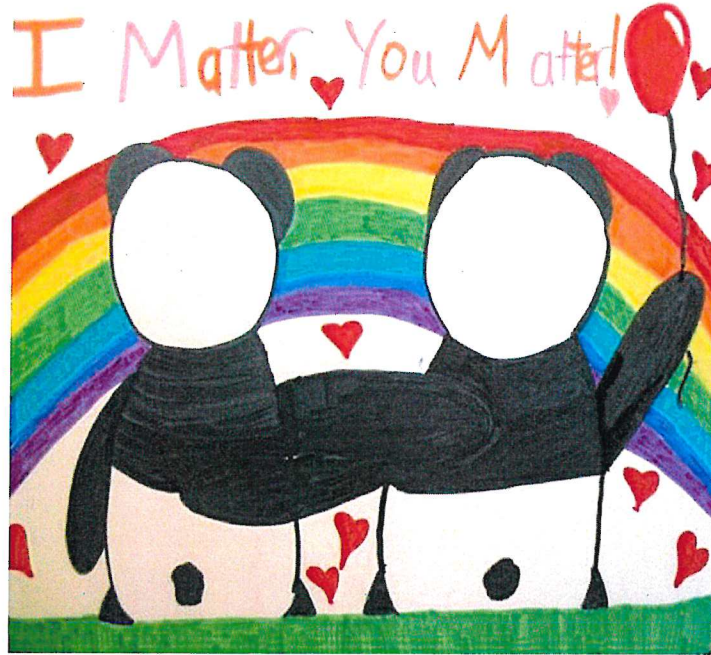
Come have fun and fresh air with the very best horses  
Call text or message 802-747-8317





## Celebrate

Worldwide **I Matter, You Matter** Day on March 28th  
*A Day to remind ourselves and each other we matter.*



**Join the 28Day Countdown from March 1st to March 28<sup>th</sup>!**

*Whoever* you are...    *Wherever* you are ...

**Share** a smile, a wave, a hello, an email, a text, hold a door, pick-up a piece of litter, let a car go ahead of you, whatever... each day from **March 1st** until **March 28<sup>th</sup>**.

**Our Goal: 1,000,000 Acts of Caring Worldwide** by March 28<sup>th</sup>, 2023

**Notice it, Post it, Email it, Share it with everyone you know!**

***Caring is Contagious!***



Hello,

I am happy to share this with you:

**The 11th Annual “Worldwide I Matter, You Matter Day” on March 28<sup>th</sup>.**

Worldwide I Matter, You Matter Day is a day to remind ourselves and each other that each one of us does matter by sharing the I Matter, You Matter message and a simple act of caring.



The first Celebration in 2012 was at Friendly’s Restaurant in Manchester, VT. Local families and schools shared simple acts of caring with family and friends. Since then, thousands of people of all ages have participated in person and on Facebook and Instagram all over the world.

Many schools in VT, RI and MA have participated in “I Matter, You Matter Day” with morning meetings, assemblies, announcements, “Acts of Caring” bulletin boards, “Acts of Caring” boxes throughout the schools. The students are amazingly creative with their suggestions.

**Countdown to I Matter, You Matter Day:**

This year, we are planning a 28-day countdown from March 1<sup>st</sup> leading up to March 28<sup>th</sup> inviting each of us to each day remind ourselves we matter and then to share an act of caring like a smile, a wave, a text, a message, a call, with our family, friends, even someone we may not know. Each simple act of caring can make a difference to someone! And we feel good too!

Our goal: 1,000,000 Acts of Caring from March 1<sup>st</sup> to March 28<sup>th</sup>. It’s Definitely Doable!!!

To learn more, go to: [www.thecaringcoins.com](http://www.thecaringcoins.com) Look at the “I Matter, You Matter Day” Page

Please let me know if you prefer Zoom Meetings, a call, text or email to share past and new ways to celebrate “I Matter, You Matter Day” this year.

I look forward to hearing your thoughts and sharing more with you.

Warm Regards,

Salley Gibney 802-558-4776 [salleypadg@gmail.com](mailto:salleypadg@gmail.com)

**Have Fun! Be Creative! Celebrate I Matter...You Matter Day, March 28<sup>th</sup> your way!!!  
And Then Let’s Keep Sharing the Acts of Caring each day beyond March 28<sup>th</sup>!**