

March 2, 2023 Principal: Brooke DeBonis 645-9009

### Principal's Corner:

### Parent Involvement

As part of our Title 1 funding we need to have a current Parent/Guardian Student School Compact. In the past, we have had our Parent-Teacher Organization (PTO) create the compact. This



year we have updated and made some changes to the past parent compact. We would like your input on this Parent/Guardian Student School Compact. Please click the link below to read the draft compact.

### Parent/Guardian School Compact

Please click the link below to ask questions, make suggestions, or tell us additional ways you would like to be involved with our school. We appreciate your feedback.

Compact Feedback link

### **Parent Conferences**

Thank you for attending your child's parent conferences. It was great to see our students leading their conferences and sharing their learning with all of you. A huge thank you goes out to the teachers who supported their students with their personal learning plans (PLP's) and for preparing



all the students for their conferences. Thank you to all the staff members who worked in our child care room. This allowed our parents to be present for their child's conference. It is great to have all of you involved with your child's education.

### Enchanted Door Winner

I know you have all been eagerly awaiting to hear who won the enchanted door decorating contest!

Drum roll please......

Mrs. Lea's 4th grade classroom with their beautifully engineered dragon. What a show of collaboration and teamwork! They even created magical amulets for guests to wear to enter their fantasy world.

Congratulations 4th Grade!!!



### I Matter, You Matter - 28 Day Challenge!

A flier went home last week, and again this week, with more information about this program but we wanted to highlight the challenge. The



hope is that each member of our community will join in sharing a simple act of kindness and caring each day (and every day) until I Matter, You Matter Day on March 28th. We are hoping for 1,000,000 acts of kindness to be shared and paid forward.



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Please find in your Big Blue folder an order form for the 2022-2023 yearbook!

Note: Our PTO will purchase one yearbook for all 6th grade students.

If you are a 6th grade parent you will also have a baby picture request and a parent message request. Please return all yearbook forms by March 24th.

2022-2023 Yearbook

Please send any photos for the yearbook to:

mettaweeyearbook@gmail.com

### **JISP Updates**



Tomorrow, March 3rd, will be the last week of the Riley Rink JISP program.

The last day of Bromley JISP and

Field and Forest will be March 10th.

There is no school Friday, March 17th for professional development. We resume full day Friday's on March 24th.

### **Annual Developmental Screening**



### Preschool News

There will be no school for our preschool students on Thursday,
March 30th due to our annual developmental screening. If your child is already enrolled in our preschool

program you do
not need to
register for
this event.
Please share
with friends
and neighbors
with young
children.





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March 1st - All School Read

March 3rd - Last day of Riley Rink JISP

March 10th - Last week of Bromley and Merck JISP

March 17th - No School Prof. Development Day

March 30th - Early Education Screening (PK)

April 3rd - Spring School Picture Day

April 17th - 21st - Spring Break



Don't forget to change your clocks on March 12th!

### Stomach Bug

The stomach bug is still here!
Please wash your hands a lot.
It's the best way to prevent
the bug from spreading.
More information about
norovirus will follow your
Messenger.



### We are seeing lots of tired children lately.

Take a tip from Mr. Harmon's class and get a full 8-10 hours of sleep at night.







- \* Sleep helps our bodies grow.
- \* Sleep helps us concentrate on learning tasks.
  - \* Sleep helps our brains store information.
  - \* Sleep helps us fight germs and illness.
- \* Sleep helps our bodies be coordinated when we run around and play.
  - \* Sleep helps us stay in a happy mood.
- \* Sleeping at night keeps us more awake during the day.



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### All School Read!

Thank you so much to Battenkill Valley Creamery for donating milk for our All

School Read on Wednesday.



All School Read is a wonderful way for our school community to come together around a common book and foster a love of reading.

This year we read

<u>Berry Song</u> by Michaela Goade.

Our afternoon was spent snuggled up with a book of choice, blankets, berries, crackers, and milk!









### **Norovirus Illness: Key Facts**

### Norovirus—the stomach bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain.

Norovirus illness is often called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



### Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

### Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

### Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.

### Norovirus can spread in many ways

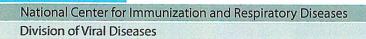
Norovirus can spread to others by—

- having direct contact with an infected person, for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
- touching objects that have norovirus on them and then putting your fingers in your mouth, for example, touching a countertop that has vomit droplets on it and then putting your fingers in your mouth and
- sharing utensils or cups with people who are infected with norovirus.

### There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.









### What is the Right Way to Wash Your Hands?

- 1. Wet your hands with clean, running water (warm or cold) and apply soap.
- 2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- 3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- 4. Rinse your hands well under running water.
- 5. Dry your hands using a clean towel or air dry them.

See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)

### **5 Tips to Prevent Norovirus From Spreading**

### 1. Practice proper hand hygiene

Always wash your hands carefully with soap and water—

- · after using the toilet and changing diapers, and
- · before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

### 2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out. Keep sick infants and children out of areas where food is being handled and prepared.

### 3. When you are sick, do not prepare food or care for others

You should not prepare food for others or provide healthcare while you are sick and for at least 2 to 3 days after you recover. This also applies to sick workers in schools, daycares, and other places where they may expose people to norovirus.

### 4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

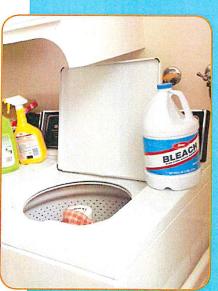
### 5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).

You should—

- · handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and wash the items with detergent at the maximum available cycle length then machine dry them.





Visit CDC's Norovirus Web site at <u>www.cdc.gov/norovirus</u> for more information.

## Time to order your Verbook! YEARBOOK!

NOTE: The PTO purchases yearbooks for all 6th grade students.

The 2022/2023 Yearbook will cost \$13.00

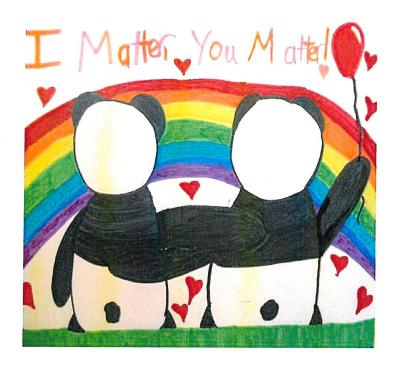
If you would like to order a yearbook, please return this form and payment (cash or checks made out to MCS PTO) by MARCH 24TH.

ame:	
Email:	
Phone number:	
Number of yearbooks:	
Payment form check / cash Total Cost:	

Thank you from the PTO!

### 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 28th!

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 28th, 2023

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

Caring is Contagious!

### CANDY BAR BINGO

### Saturday, March 25, 2023

11:00am (Doors open at 10am)

**MWA Hall** 

61 MWA Loop, Wells, VT

Bring the whole family out for a fun day of various bingo games and sweet treats! No Money is Exchanged during candy bar bingo.

### WIN a bag of Candy Bars!

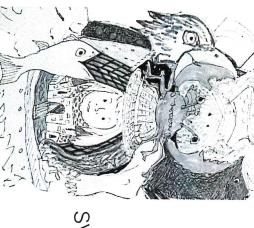
- -Each card (which includes three squares) will cost TWO REGULAR SIZED candy bars (No miniatures) or FIVE REGULAR SIZED candy bars for three cards (nine squares).
- Candy Bars will also be available for purchase, if needed.
- -You will keep the same card(s) for all the games.
- -There will be 10 games played.
- -Bingo chips will need to be used on the cards so if you have some then please bring them! (We do have some for borrowing.)
- -Ages 5 and up (Children ages 11 and under must be accompanied by an adult)

There will be a concession with hot dogs, chips, beverages and treats for purchase.

For more information, contact Tammy Holcomb @ 802-366-0522.



# After-School Classes @ SVAC



## From Doodles to Drawings: Pen and Ink Techniques for Young Artists

Instructor: Julie Merwin

Thursdays, March 9-April 13, 2023

3:30-5 p.m.

SVAC Member: \$175; Non-member: \$210 (includes materials)

Ages 11+

# After-School Acting Classes for Middle Schoolers

Instructor: Michelle Cox

Mondays, March 20-June 5, 2023 (skips April 17 and May 29) 3:30-5 p.m.

SVAC Member: \$260; Non-member: \$325 Ages 10-14



## Register at www.svac.org

Scholarships are available.

Contact Erin Kaufman at ekaufman@svac.org or 802.367.1306.



WUNDERLE'S BIG TOP CIRCUS FOR GRADES K-12

MONDAY, APRIL 17—FRIDAY, APRIL 21 9 A.M.—3 P.M.



930 SVAC Drive Manchester, VT SCHOLARSHIPS AVAILABLE · CONTACT ERIN (©) 802-367-1306

www.svac.org 802-362-1405



### ART FROM THE SCHOOLS

HIGH SCHOOL SPOTLIGHT: A SHOWCASE OF SELECTED ARTWORK EXHIBITION ON VIEW: SATURDAY, MARCH 4-SATURDAY, MARCH 11 OPENING RECEPTION: SATURDAY, MARCH 4 • 2-4 P.M.

ALL GRADES AND HOMESCHOOLERS
EXHIBITION ON VIEW: SATURDAY, MARCH 18-SUNDAY, APRIL 23
OPENING RECEPTION (INCLUDING ICE CREAM BAR): SATURDAY, MARCH 18 • 2-4 P.M.



### Featuring works by local students

ELIZABETH DE C. WILSON MUSEUM OPEN TUESDAY-SUNDAY 10 A.M.-5 P.M. Special thanks to: Wilcox Ice Cream Mulligan's of Manchester Willoughby's Depot Eatery

### MARCH

### AT THE

### MANCHESTER COMMUNITY LIBRARY

138 Cemetery Avenue/Route 7A

Manchester Center, VT

(802) 362-2607

### Wednesday, March 1st, 7-9pm **Vermont Humanities 1st** Wednesdays

Vermont Humanities is offering selection of virtual events again for the month of March. Choose between:

- · Biodiversity, Conservation, and Civic Participation in Paraguay
- Youth in Agriculture: Why Matters
- and the English Language

website.

### Thursday, March 2nd, 5:30-7pm **GMALL Presents: "Travel and** Sleep in Safety and Comfort": The Story of the Pullman Company

Join railroad historian Bill Badger for a fascinating look at the history of this great American company and learn some surprising connections. This program is presented in collaboration with the Manchester Historical Society.

### Friday, March 3rd, 1-4pm The Success Cafe

Welcome to the Success Cafe, collaborative endeavor where Success Program students bring you the sweet goodness of Willoughby's donuts at the MCL's cafe every Friday. Cash sales preferred. All profits support the BBA Success Program students.

### Wednesday, March 8th, 6-7pm Rare Book Specialist Ken Gloss

Kenneth Gloss, of books participants have on hand or for all ages and abilities. will do so at his shop in Boston at a later scheduled date.

### Saturday, March 11th, 2-3pm **Strings for Kids**

Violin, viola, and cello students ages 5-18 and their teachers perform a familyfriendly program. Free admission.

### Saturday, March 11th, 4-5pm Music in Action!

Joana Genova, Heather Braun, Ariel It Rudiakov, and Nathaniel Parke are offering a free concert for the community, • The People's Tongue: Americans featuring student composers from Long Trail School and Burr and Burton Links to all three talks are on the MCL Academy, and music by Beethoven, Prokofiev, Grażyna Bacewicz, Florence Price and Gabriela Lena Frank.

### Tuesday, March 13th All Day Pi Day

March 14th, 3.14, is the day of Pi. Come celebrate Pi Day at the MCL with a pie sale to raise money for Project Against Violent Encounters. The day will also include the Pi recitation challenge. The Premier Pi Proclaimer will take home a special prize for the day

### Thursday, March 16th, 10-11am Lucy Larcom: New England Mill Girl

Phyllis Chapman of the Vintage Visitors is Larcom in this educational reenactment about how the Industrial Revolution transformed American society and paved the way for new possibilities for Sawyer, a senior at Long Trail School, women.

### Thursday, March 16th, 5-6:30pm A Place of Inclusions's Theatre Adventure

proprietor of the The Theatre Adventure Traveling Troupe is internationally known Brattle Book Shop composed of seasoned actors and and rare book specialist and appraiser mentors who share a passion for Daughters tell their stories while mothers who is frequently seen on national TV, is performing. They will offer an interactive tell their own. Only one is in the "Mother coming to the MCL. Ken will talk about theatrical presentation sharing techniques Tongue". the history of his historic bookshop and activities in theater warm-ups, discuss the value of old and rare books. improvisation, and storytelling, leading an Ken will also give free verbal appraisals interactive theater experience appropriate If you enjoy food - cooking, eating,

### Saturday, March 18th 2-3pm From the Parlor to the Polling Place: Stories and Songs from the Suffragists

Singer and historian Linda Radtke, in period garb and "Votes for Women" sash, celebrates the passage of the 19th Amendment, specifically highlighting the decades-long persistence Vermonters, both women and men.

Tuesday, March 21st, 5:30-7pm **GMALL Presents: A Powerful** Legacy: Artwork by Women Artists in the Collection of

### Southern Vermont Arts Center

Join SVAC's Executive Director, Anne Corso, for an artistic journey through the eyes of Vermont's women artists, whose work is included in the collection of SVAC.

### Saturday, March 25th, 2-3pm Pagan, Jewish and Christian Women in the Roman Empire

Explore women in antiquity using literary and archaeological evidence and see how ancient texts can expand our knowledge of the ancient world and help promote justice and equality in our own society.

### Saturday, March 25th, 3:30-4:30pm Sawyer Powers

Sawyer Powers presents a country themed concert of both solo and ensemble music in which different genres make an appearance.

### Tuesday, March 28th, 2-4pm **Mystery Movie Matinee**

### Wednesday, March 29th, 2-4pm All About Food!

sharing or just talking about cooking, join us for All About Food!

### 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
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**

Simplified Tai Chi
3:30 PM to 4:15 PM
The Check Mates
3:30 PM to 5:30 PM
Tai Chi
5:30 PM to 7 PM

### **Fridays**

Scrapbooking 10:00 AM to 12:00 PM 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



### A Night at the Movies

Wednesday, March 29, 2023
Casella Theater, Castleton University
A Night at the Movies features a live,
22-piece VSO chamber orchestra
accompanying seven documentary and
animation films with Vermont ties.

The program weaves through a breadth of musical styles and film stories, from two animated shopping carts searching for love, to the story of Hansel and Gretel. A little girl grows up in an undocumented farmworker family, adventurous lemurs learn to fly, and more!

Join us at 6pm before the concert for a meet-and-greet with the conductor.



FOR MORE INFO, OR TO SIGN UP: vso.org/studentinsiders

QUESTIONS?

(802) 864 - 5741 hannah@vso.org



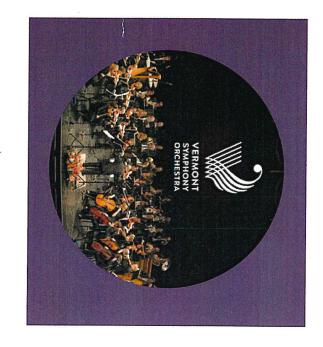
COME PLAY WITH US



## STUDENTINSIDERS

Wednesday, March 29, 2023 Casella Theater, Castleton University





## What is Student Insiders?

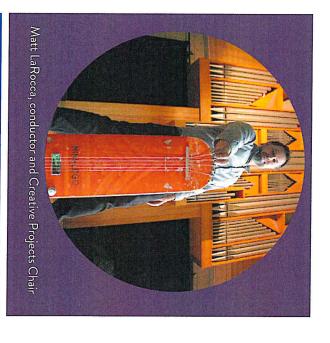
Student Insiders is a ticket program giving middle and high school students free tickets to a Vermont Symphony Orchestra concert.

Students are provided with materials before the concert, a special program on performance day, and an invitation to meet the conductor and performers. Come with questions!

Meet the performers: 6:00pm Concert: 7:00 pm

### What to know?

- Sign-up by March 17, 2023 to reserve your spot!
- Registration, info, sneak previews and more at www.vso.org/studentinsiders
- Your ticket includes a chaperone ticket, so bring a parent, friend or teacher!



Vso.org/StudentInsiders



## Do more with the VSO!

In addition to Student Insiders, the Vermont Symphony Orchestra runs programs all year for youth and families across the state, including:

- Musicians-in-Schools concerts bring VSO musicians to YOUR school or community center
- Workshops and Masterclasses with our concert soloists throughout the season
- Musical Petting Zoo at our Summer Festival Tour concerts
- \$10 student tickets at ALL our concerts, and kids 12 and under are free with an adult ticket.
- Ticket discount for music teachers



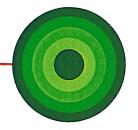
### 4H EVENT

### 2023 Youth Turkey Calling Contest

Saturday, April 15, 2023

Kehoe Conservation Camp, 636 Point of Pines Road, Castleton, VT

All youth are invited to enter the 17th Annual Bart Jacob Memorial Youth Turkey Calling Contest, sponsored by Oxbow Mountain 4-H Club and underwritten by the Vermont Fish and Wildlife Department.



### **Event Details:**

- Doors open at 10:00 a.m., contest begins at 11 a.m. There is no fee to participate.
- Participants are encouraged to register by Friday, April 7 and walk-in participants are welcome.
- Prizes will be awarded for First, Second, and Third Place in each age (as of 1/1/23) division.
- Lunch will be available for purchase and the Tea Cup Auction is back.
- This year's Gun Raffle winner will be announced.
- Contact Tom Wilson, 802-394-2445 or powertomove@hotmail.com with questions.

egistration:	Please submit one form permail powertomove@ho	per participant, and retu tmail.com.	urn forms to: Tom Wilso	on, P.O. Box 87, West Rup	pert, VT 05776 (	
Name			Birthday			
Address			, i .			
Phone			Email			
4-H member?	(Yes/No)		4-H club		, XX.	
<u></u>	Division 1/Ages 1-7	Cluck, Yelp, and Lo	cator call of choice			
	Division 2/ Ages 8-10	Cluck, Yelp, and Locator call of choice				
Carlo	Division 3/Ages 11-13	Cluck, Yelp, Purr, and Locator call of choice				
<u> </u>	Division 4/Ages 14-18	Cluck, Yelp, Purr, Kee Kee Run, and Locator call of choice				

To request a disability-related accommodation to participate in this program, please contact Holly Ferris, 4-H Educator for Lamoille/Caledonia Counties, at holly.ferris@uvm.edu or (802) 888-4972 by March 25 so we may assist you.

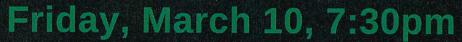
### www.uvm.edu/extension/youth

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A SPECIAL ST. PATRICK'S DAY CONCERT

### MAXINE LINEHAN ONE: THE SONGS OF U2









A BENEFIT CONCERT FOR RED FOX COMMUNITY SCHOOL WWW.REDFOXSCHOOL.ORG



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