



# Mettawee Messenger

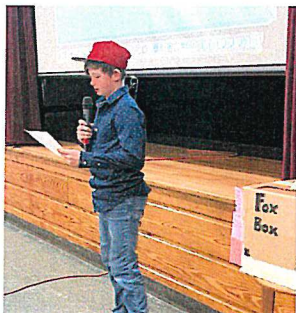
March 30, 2023 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Community Engagement Night

Thank you to all the Mettawee School Board Members for organizing the Community Engagement Night for our school. It was a great opportunity for our teachers, students, and parents to work together. I appreciate the parents who transported students to this event so they could present to our community. I was very impressed with our students' public speaking skills. They showed clear and effective communication skills as they were able to share their learning with the community. Thank you to the 4-6 teachers who prepared their students so they were confident and felt successful. Thank you to all the staff, parents, and community members for actively participating and sharing your ideas with our school board members. We will be taking your

ideas and discussing them at our next school board meeting.



## METTAWEE Community School

### \*OPEN HOUSE\*

Thursday, March 30th

6:00 - 7:30

Please note the time change.

We are excited to invite the community to explore our school and see all the exciting learning that is happening.

WE ASK THAT STUDENTS  
PLEASE BE ACCOMPANIED  
BY AN ADULT







# Mettawee Messenger

March 30, 2023 Principal: Brooke DeBonis 645-9009



If you have any reason to communicate with the school via email about absences or

dismissal plans please be sure to include at least three people:

Mrs. Chalmers - [cchalmers@brsu.org](mailto:cchalmers@brsu.org)

Mrs. Hammell - [hhammell@brsu.org](mailto:hhammell@brsu.org) and your child's classroom teacher. This way if anyone is absent we can be sure that the information gets to the appropriate people.

Please find your April Lunch and Breakfast menus in your Big Blue folder.



March 30th - Mettawee Open House 6:00p.m.

March 30th & 31st - Early Childhood Dev. Screening

April 3rd - Spring School Picture Day

April 17th - 21st - Spring Break

May 5th - Kindergarten Registration

**TODAY'S MOMENTS are TOMORROW'S MEMORIES!**

BACKGROUNDS MAY VARY  
MORE CHOICES ONLINE!

ORDERING ONLINE IS FAST & EASY  
SELECT YOUR EVENT, PICK A DATE -- or -- SELECT ONE OF OUR PACKAGES

GO PAPERLESS  
& ORDER ONLINE

**METTAWEE COMMUNITY SCHOOL**  
Picture Day is  
**April 3, 2023**

0033090SG  
order code for online purchases  
(password expires 24 hrs. after picture day)

**CLICK TO ORDER**

QUESTIONS? 1.800.220.7667

**THIS IS A PREPAY EVENT. PAYMENT IS DUE ON PICTURE DAY.** Este es un evento prepago. Pago se debe entregar el día de las fotos.

BARKSDALE SCHOOL PORTRAITS  
[www.barksdalephoto.com](http://www.barksdalephoto.com)

PICTURES WITH CLASS by Barksdale  
[www.pictureswithclass.com](http://www.pictureswithclass.com)










HOCKMEYER with Barksdale  
[www.hockstudio.com](http://www.hockstudio.com)

Spring School Picture Day is Monday, April 3rd.  
Paperwork will be in your Big Blue Folder.



April 2023

## Mettawee Community School

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Creamy Macaroni & Cheese Macaroni and Cheese Maple Roasted Carrots Garden Salad Cornbread Muffin Fruit Selection Milk	3	Chicken Fajita Chicken Fajitas Cilantro Lime Rice Refried Beans Salsa and Sour Cream * Bean and Cheese Fajita Fruit Selection Milk	4	Breakfast for Lunch French Toast Sticks Scrambled Eggs Sausage Links Vermont Maple Syrup Sweet Pepper & Carrot Sticks Fruit Selection Milk	5	Homestyle Sloppy Joes Homestyle Sloppy Joe on a WG Roll (Local Boyden Beef) Baked Potato Wedges Steamed Corn Fruit Selection Milk	6	Ham Sub Day Ham and Cheese Sub on WG Hoogie Roll with all the fixings Broccoli & Carrot Bites Sun Chips Fruit Selection Milk
10	Cheesy Ravioli WG Cheese Ravioli w/ Marinara Steamed Cauliflower & Broccoli WG Dinner Roll Fruit Selection Milk	10	Taco Pie Taco Pie (Local Boyden Beef) WG Brown Rice Seasoned Black Beans Salsa and Sour Cream Picos Fruit Selection Milk	11	Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Side Caesar Salad with Romaine Lettuce Maple Glazed Carrots Fruit Selection Milk	12	Spring Luncheon Chicken Pot Pie Roasted Chicken and Veggies smothered in gravy served on a WG Biscuit Creamy Mashed Potatoes Peach Crisp Fruit Selection Milk	13	Fish - N - Chips Fish and Chips WG Breaded Fish Fillets with Tofur Sauce Baked Crinkle Cut Fries Creamy Coleslaw WG Dinner Roll Fruit Selection Milk
17	No School	17	No School	18	No School	19	No School	20	No School
									
24	Loaded Potato Wedges Loaded Potato Wedges Vegetarian Chili Shredded Cheddar Steamed Broccoli Corn Muffin Salsa and Sour Cream Fruit Selection Milk	24	General Tso Chicken General Tso Chicken Confetti Fried Rice Steamed Green Beans Fortune Cookie Fruit Selection Milk	25	BBQ Pulled Pork Sandwich BBQ Pulled Pork Sandwich on WG Roll Crispy Baked Tater Tot Creamy Coleslaw Fruit Selection Milk	26	Goulash Beef Goulash (Local Boyden Beef) Garden Salad Seasoned Carrots WG Garlic Knot Fruit Selection Milk	27	Chicken Cordon Bleu Sandwich Breaded Chicken Cutlet with Sliced Ham and Cheddar Cheese on a WG Bun Sweet Potato Wedges Cowboy Caviar (Three Bean Salad) Fruit Selection Milk
									
<b>Daily Meal Alternative - 2 Choices</b> <b>Yogurt Meal</b> - stonyfield yogurt, Mozarella string cheese, Annie's organic graham crackers, WG Dinner Roll, fresh carrot & solid baby carrots & Apple Slices & Apple Slices <b>Solid Meal</b> - WG Tomato & other Seasonal Veggies Assortment, Daily Protein Options, Whole grain Roll & Fresh Fruit <b>Sun Butter &amp; Jelly</b> - Sun Butter & Jelly on whole grain bread and string cheese. <b>Boys!</b> Share with the Vegetable and Fruit of the Day!		<b>ALL School Meals are Free to Students!</b> <b>White 1% or SKIM Chocolate 500 (purchased separate from meals)</b> <b>Student Lunch \$4.00</b> <b>Adult Price \$5.00</b>  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> Lisa Williams Lisa Olsen & Heidi Hawkins Thank you for eating with us!									















# BREAKFAST

April 2023



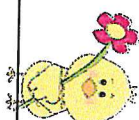
## Good Morning MettaWee!

Offering something different daily! Breakfast Served in the Cafeteria!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Waffles with Vermont Maple Syrup Fresh Fruit Milk		Whole Grain Breakfast Bar Fresh Fruit Milk		Ham, 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	
10		11		12		13		14	
Whole Grain Bagel with Cream Cheese Fresh Fruit Milk		Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk		French Toast Sticks with Vermont Maple Syrup Fresh Fruit Milk		Fruit Smoothie with Annie's Graham Crackers Fresh Fruit Milk		Zee Zee Smore Bars Fresh Fruit Milk	
17		18		19		20		21	
									
24		25		26		27		28	
Whole Grain Bagel with Cream Cheese Fresh Fruit Milk		Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk		French Toast Sticks with Vermont Maple Syrup Fresh Fruit Milk		Yogurt Parfait with Homemade Granola Fresh Fruit Milk		Zee Zee Smore Bars Fresh Fruit Milk	
<div>Daily Breakfast Alternative: Cheerios, Kix, or Rice Chex with a Whole Grain Graham Cracker, Fresh Fruit and Milk</div> <div></div>				BREAKFAST WILL BE SERVED DAILY IN THE CAFETERIA		<div>Fresh Fruit Rotates Between: Local Apples, Orange Wedges, Bananas, or Pears</div> <div></div>			
<div>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.</div>									
Food Services Director: 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."						Paid Student Breakfast: \$0.00 Adult Price: \$3.00 Milk Only .50	



## Fresh Fruit and Vegetable Program Monthly Menu




School: Currier Memorial School		Month: April 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
3 Macintosh Apples  Serving Size - 1 each	4 Kiwi  Serving Size - 1 each	5 Zucchini Sticks & Ranch  Serving Size - 1/2 cup & 1 FF Ranch cup	6 Banana  Serving Size - 1 each	7 Grapefruit  Serving Size - ½ each
10 Golden Delicious Apples  Serving Size - 1 each	11 Cantaloupe  Serving Size - 1/2 cup	12 Baby Carrots  Serving Size - 1/2 cup	13 Red Grapes  Serving Size - 1/2 cup	14 Tangelo  Serving Size - 1 each
17 	18 	19 	20 	21 
24 Granny Smith Apples  Serving Size - 1 each	25 Strawberries  Serving Size - 1/2 cup	26 Rainbow Sweet Pepper Sticks  Serving Size - 1/2 cup	27 Asian Pears  Serving Size - 1 each	28 Clementines  Serving Size - 1 each

Menus are subject to change!

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# Relationships & Communication



RELATIONSHIPS & COMMUNICATION

*We know the power  
of words & actions.*

Digital citizenship: Thinking critically and using technology responsibly to learn, create, and participate

## Instructions

It's important to know the difference between online and in-person communication. Find three pieces of in-person communication that aren't always a part of text-only, online communication. Then, talk about why those pieces matter. Get one or more family members together to help. Don't forget to read the setup before doing the activity together!

## Setup

**Read aloud:** Talking in person is often pretty different from communicating online. Often, online communication is text-only. That can change how people communicate and how easy it is to understand.

## Activity

**Read aloud:** Let's find the three things that are a part of in-person communication but not online, text-only communication. Circle them. Then, we'll talk about why those pieces matter. After we discuss, let's check the Answers section to see how we did!

*Body language*

*Instructions*

*Eye contact*

*Compliments*

*Jokes*

*Help*

*Encouragement*

*Tone of voice*

**Answer these questions together:** Why do those three things matter? How can they make online and face-to-face communication different?

**Answers:** The three missing pieces are body language, eye contact, and tone of voice. They matter because those things help us connect with another person. Sometimes, when someone is behind a keyboard and can't see the other person, they type things they wouldn't say to someone's face. Also, hearing someone's voice and seeing their body language can help us understand how they feel in a way letters on a screen can't. That means we have to be extra clear (and kind) when we chat online.

Learn more about how to communicate online at [commonsense.org/family-tips-about-online-relationships](https://commonsense.org/family-tips-about-online-relationships)!



# SHASHIBO GROUP PLAY

at the  
Dorset Village Library

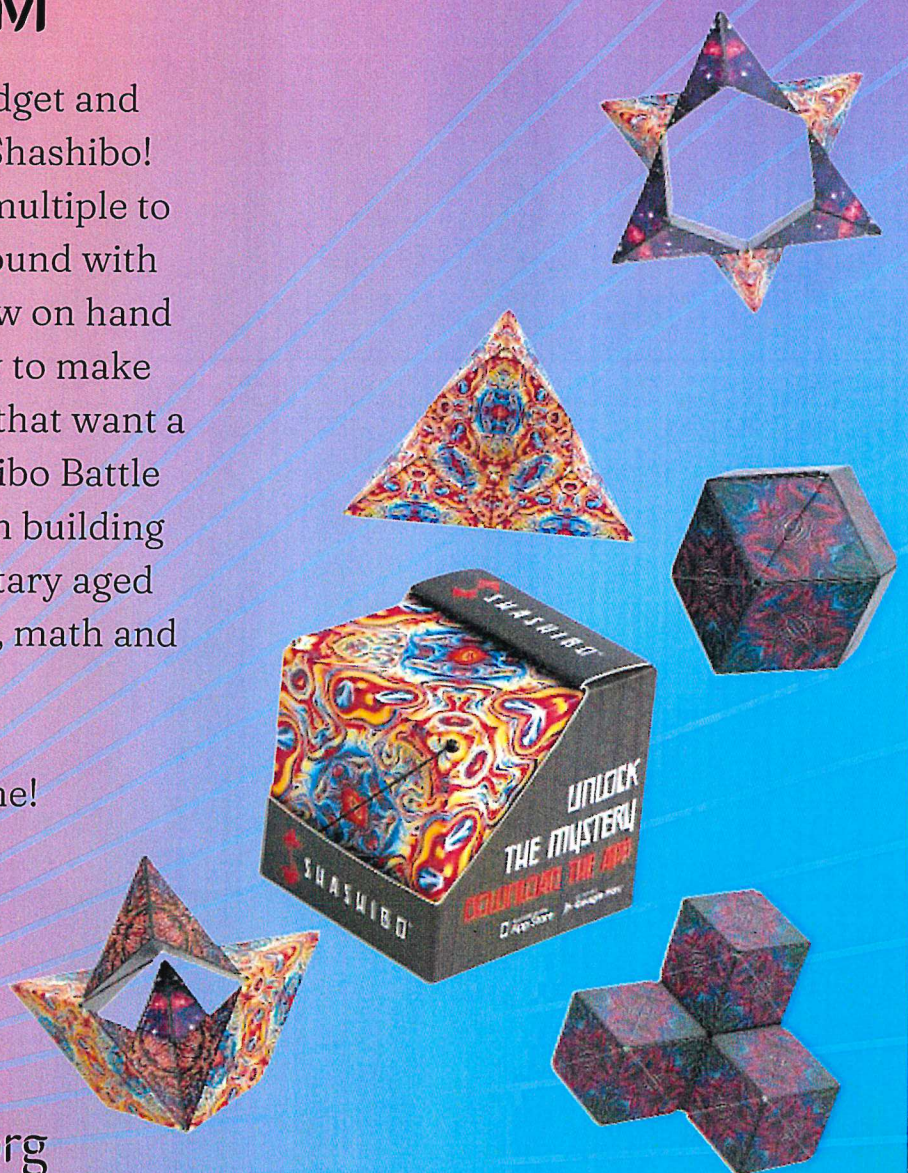
April 6

3:30 - 4:30PM

Come play with the funnest fidget and puzzle toy- the shape shifting Shashibo! Bring yours so we can connect multiple to make a larger shape or play around with one of ours - the library has a few on hand to play with. We will share how to make some basic shapes and for those that want a challenge we will have the Shashibo Battle Shapes game. Shashibo is a team building activity that is great for elementary aged kids through adults. Engineering, math and art all in one!

Free event, all are welcome!

[www.dorsetvillagelibrary.org](http://www.dorsetvillagelibrary.org)







# MAKING the ordinary EXTRAordinary

Instructor: Lee Williams

Six Thursdays, April 27-June 1 • 3:30-5 p.m.

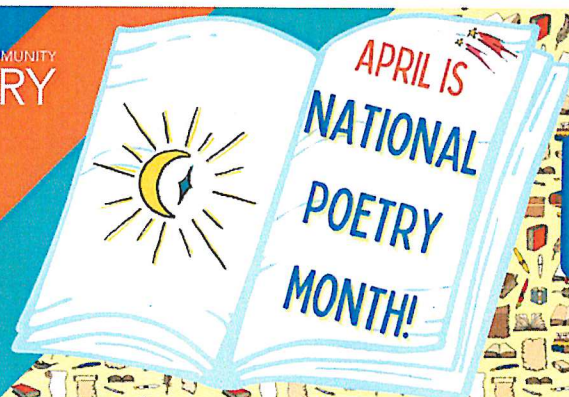
SVAC Member: \$160; Non-Member: \$195

Ages 6-14

Register at [www.svac.org](http://www.svac.org)

Build, model, and create sculptures inspired by our everyday world! Channel your creative force and get ready to experiment and transform your view of the world. Create new and unexpected ways of making artwork inspired by the ordinary EXTRAordinary world around us!!! We will work with recycled materials, object painting, temporary structures, paper sculpture, cardboard reliefs, casting, and natural materials. Scholarships are available.





CELEBRATE POETRY ALL MONTH AT THE MCL!

## NATIONAL POETRY MONTH EVENTS

SATURDAY, APRIL 1ST, 1 PM | POETRY WORKSHOP WITH THE RUTH STONE HOUSE

TUESDAY, APRIL 4TH, 12 PM | AN AFTERNOON WITH WALT WHITMAN

SATURDAY, APRIL 8TH, 2 PM | MARY RUEFLE PRESENTS  
"THE VERMONT PROJECT"

TUESDAY, APRIL 11TH, 1 PM | THE UNEXPECTED POET (TARASA LOVICK)

THURSDAY, APRIL 13TH, 12 PM | POEMS IN PERFORMANCE:  
POEMS THAT CURE POEMPHOBIA

MONDAY, APRIL 24TH | 3 PM – BARD'S BIRTHDAY BASH  
5:30 PM – SHAKESPEARE'S SONNETS  
WITH PROFESSOR CAMILLE GUTHRIE

TUESDAY, APRIL 25TH, 2 PM | MOVIE MATINEE: *DEAD POETS' SOCIETY*

FRIDAY, APRIL 28TH, 5 PM | POETRY SALON:  
COMMUNITY POEM & FAVORITE POEM PROJECT

MEET YOU AT THE LIBRARY!