



# Mettawee Messenger

April 27, 2023 Principal: Brooke DeBonis 645-9009

## Principal's Corner:

### Dental Hygienist at Mettawee

I wanted to let you know that Amy Maier, a registered dental hygienist, will be at Mettawee this week to introduce herself and perform screenings for the families that signed up. The Stratton Community Foundation sponsored these dental screenings, fluoride application, and the opportunity for Amy to teach our students the importance of brushing and flossing. We are so fortunate to have this service come to our school.



### VT State Assessments in May

This year the State of Vermont has shifted the vendor for the statewide assessment system from the Smarter Balanced Assessment Consortium (SBAC) to Cognia and has begun referring to the assessments (ELA, Math, Science, and Alternative Assessment) as the Vermont Comprehensive Assessment Program (VTCAP). This spring 3rd-6th graders throughout Vermont will participate in the Vermont (VTCAP). At Mettawee we have reserved May 2nd- 4th for English Language Art (ELA) and May 9th-10th for the Math assessment. We are hoping that you can have your child go to bed early so they are well rested and prepared for these assessments. It is also important to make sure your child is at school on these testing days. If you have any questions, please feel free to reach out to Brooke DeBonis.



## Kindergarten Registration

On May 5th, we will have our kindergarten registration for the students who will be attending kindergarten this fall. If you have a child who will be attending kindergarten this fall, please call the school to schedule a session so you can have your child meet their teacher and get familiar with the kindergarten classroom. The parents will be in the library during their session to learn more about the school and to fill out enrollment paperwork. Our current kindergarten students will not be going to school on May 5th. I am looking forward to seeing you and your child at kindergarten registration.

Call the school at 645-9009 or email Cheryl Chalmers at [cchalmers@brsu.org](mailto:cchalmers@brsu.org) for more information or to schedule an appointment.

Register  
for  
Kindergarten



**NO KINDERGARTEN CLASSES  
on May 5th!**

Due to Kindergarten Registration there will be no kindergarten classes on Friday, May 5th.

Kindergarten



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Please use the link below to provide feedback on our Title I procedures. The deadline for responses is today, April 27th.

<https://forms.gle/VNEPnqXg1E1Sy2Lx9>

## Let's Light Up The Night Spring Dance

April 28th 6:00-8:00

**\$1 per person or \$5 per family max**  
**We are asking for non perishable food**  
**donations for the food cupboard.**

**There is more information following**  
**your Messenger.**

**Please sign up to help if you can.**

<https://www.signupgenius.com/go/8050544ACA82FA1FC1-spring>



## Basketball and Soccer Uniforms

If you have a soccer or basketball uniform at home, please return it to Mrs. Webb as soon as possible. Thank you!



Just a couple of messages from the health office as we head into the Spring..

1) TICKS are everywhere. We are talking to our students about doing tick checks when they return from outdoor adventures here at school and we wanted to remind you how important it is to check for ticks at home as well.

2) Spring clothing: This is the season to dress in layers. Cold in the morning, hot in the afternoon. We do keep extra clothes/socks in most sizes in the health office for spills and accidents but we don't have shorts or tank tops so please remind your children to dress in layers so as the temperatures rise they can remain comfortable.



Thank you everyone! -Nurse Mandy

## Spaghetti Dinner

The Girls on the Run and Heart and Sole teams are holding a spaghetti dinner on Friday, May 12th at the Rupert Fire House from

5:00 pm till 7:00 pm.

Dinner will include toss salad, spaghetti sauce, meatballs, bread, beverage & dessert. There will also be a gluten free spaghetti option.

Proceeds will benefit the Pawlet Food Pantry, Rupert Food Pantry, Little Food Pantry and Mettawee Girls on the Run. Tickets can be bought from any Girl on the Run or at the door.

\$10 per person - \$5 for children 10 and under.







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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.

## - It's that time of year - Summer Camp Flier Season!

There will be a separate email following your Big Blue Messenger email on Thursdays that is specifically for Summer Camps that happen in our general area. Each week the latest fliers for summer camps and activities will be added to the front of the pile.

Be aware, these are only the fliers that organizations send to us. There are likely many more opportunities out there if you look around.



Thank you to the PSU TIGER group for performing at our school on Wednesday.



Team Up Together/Inspire Greatness/Give  
to Others/Empathy and Compassion  
Matter/Respect Yourself & Others



April 28th - Spring Dance 6:00-8:00

May 5th - Kindergarten Registration

May 5th - NO Kindergarten Classes

May 25th - Memorial Day Ceremony

May 25th - Spring Concert 6:30

May 29th - Memorial Day - No School

June 9th - Last day of After School Program

June 13th - Books & Beyond Ceremony 1:00

June 14th - Field Day 12:00

June 14th - Last day of Preschool

June 15th - End of Year BBQ 11:30

June 15th - 6th Grade Graduation 6:30

June 16th - Last day of school (hopefully)

June 16th - 12:30 Dismissal

June 16th - GOTR / Heart and Sole Ceremony 6:00

Please see the **END OF YEAR DATES** flier following your Messenger for an inclusive list of events and field trips. This will be updated weekly.

## Important Dates for the End of the 2023 School Year

**Kindergarten Registration** - Friday, May 5th **(No Kindergarten)**

**2nd Grade to Montshire** - Friday, May 12th- All Day

**5th Grade to Fort Ticonderoga** - Tuesday, May 16th- All Day

**Memorial Day Ceremony** - Thursday, May 25th @ 8:30

**Spring Concert (K-6)** - Thursday, May 25 @ 6:30

**Memorial Day** - No School- Monday, May 29th

**4th Grade to Montpelier State House** - Monday, June 5th - All Day

**6th Grade Class Trip** - Thursday & Friday, June 8th & 9th

**3rd Grade to Hildene** - Friday, June 9th - All Day

**Last Day of Mettawee Afterschool Program** - Friday, June 9th

**Books & Beyond** - Tuesday, June 13th @ 1:00

**Field Day** - Wednesday, June 14th @ 12:00

**Last Day of Preschool** - Wednesday, June 14th

**End of Year BBQ** - Thursday, June 15th @ 11:30

**6th Grade Graduation** - Thursday, June 15th @ 6:30

**Last Day of School- K-6** - Friday, June 16th @ 12:30

**Girls on the Run Ceremony** - Friday, June 16th @ 6:00



# LUNCH MENU

May 2023



## Metrawee Community School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheesy Breadsticks Cheesy WG Breadsticks Marinara Dipping Sauce Cream of Broccoli Soup Fruit Selection Milk	2 Beef Nachos with Cheese Sauce Nachos with Beef (Local Boyden Beef) Homemade Cheese Sauce WG Brown Rice Salsa and Sour Cream Nachos with Beans Fruit Selection Milk	3 Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Fruit Selection Milk	4 Spaghetti & Meat Sauce or Marinara Spaghetti & Meat Sauce or Marinara Spinach Salad with Strawberries WG Garlic Knot Fruit Selection Milk	5 Popcorn Chicken Popcorn Chicken Baked Potato Wedges WG Dinner Roll Tongy BBQ Sauce Fruit Selection Milk
8 Grilled Cheese and School Mode Tomato Soup	9 Chicken Quesadilla Chicken Quesadillas Corn and Tomato Salad Brown Rice Pilaf Salsa and Sour Cream Fruit Selection Milk	10 Ham & Cheese Stromboli Hom & Cheese Stromboli Tomato Gravy (Marinara) Fruit Selection Milk	11 Buffalo Chicken Tots Buffalo Chicken Tater Tots Buffalo Ranch Seasoned Chicken Smoothed in Cheddar and Mozzarella Cheese on top of Crispy Tater Tots and drizzled with Buffalo WG Dinner Roll Fruit Selection Milk	12 Meatball Sub Meatball Sub Sandwich on a WG Bun with Mozzarella Cheese Kale Pesto Pasta Fruit Selection Milk
15 Penne with Marinara WG Penne with Marinara WG Garlic Knot Fruit Selection Milk	16 Beef Taco Beef Taco (Local Boyden Beef) on WG Soft Taco Shell WG Brown Rice Marinated Corn & Black Beans Salad Salsa and Sour Cream Fruit Selection Milk	17 Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Fruit Selection Milk	18 Chicken & Waffles Chicken & Waffles with Vermont Maple Syrup Garlic Mashed Potatoes Fruit Selection Milk	19 Hot Dog & Beans McKenzie All Beef Frank WG Roll Vegetarian Baked Beans Baked Crinkle Cut Fries Fruit Selection Milk
22 Creamy Macaroni & Cheese Macaroni and Cheese Cornbread Muffin Fruit Selection Milk	23 Turkey and Biscuits Oven Roasted Turkey and Veggies Smoothed in gravy served on a WG Biscuit Creamy Mashed Potatoes Fruit Selection Milk	24 Breakfast for Lunch French Toast Sticks Scrambled Eggs Sausage Links Vermont Maple Syrup Fruit Selection Milk	25 Homestyle Sloppy Joe's Homestyle Sloppy Joe on a WG Roll (Local Boyden Beef) Baked Potato Wedges Fruit Selection Milk	26 Ham Sub Day Ham and Cheese Sub on WG Hoogie Roll with all the fixings Sun Chips Fruit Selection Milk
29 No School	30 Taco Pie Taco Pie (Local Boyden Beef) WG Brown Rice Salsa and Sour Cream Fruit Selection Milk	31 Pizza Cheese Pizza Pepperoni Pizza Chef Special Pizza Fruit Selection Milk		



### Daily Meal Alternative - 2 Choices

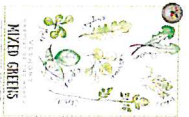
Yogurt Meal - Stonyfield yogurt, Mozzarella sticks, celery sticks, apple, fresh carrot & solid bar - lettuce, tomato & other seasonal veggies Assortment, Daily Protein options, whole grain roll & fresh fruit on whole grain bread and sitting crossly on served with the vegetable and fruit of the day!

ALL School Meals are Free to Students!  
White 1% or Skim Chocolate .50 (purchased separate from meals)  
Student Lunch \$4.00  
Adult Price \$5.00

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."

### School Meals by Metrawee Chefs:

Terrell Williams  
Lisa Olsen & Heidi Hawkins  
Thank you for eating with us!






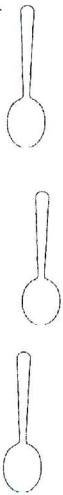
# BREAKFAST

May 2023



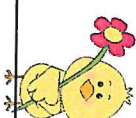
Good Morning Mettawee!





















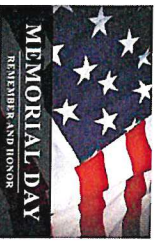


Offering something different daily! Breakfast Served in the Cafeteria!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	2	3	4	5					
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 Chefs Choice of Banana, Pumpkin, Blueberry or Apple Cinnamon Fresh Fruit Milk					
8	9	10	11	12					
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					
15	16	17	18	19					
Waffles with Vermont Maple Syrup Fresh Fruit Milk	Whole Grain Breakfast Bar Fresh Fruit Milk	Sausage, Egg & Cheese Breakfast Sandwich Fresh Fruit Milk	Yogurt Parfait with Homemade Granola Fresh Fruit Milk	Whole Grain Bread Chefs Choice of Banana, Pumpkin, Blueberry or Apple Cinnamon Fresh Fruit Milk					
22	23	24	25	26					
Whole Grain Bagel with Cream Cheese Fresh Fruit Milk	Homemade Brown Sugar Oatmeal (Warm) Fresh Fruit Milk	WG Blueberry Muffin Fresh Fruit Milk	Yogurt Parfait with Homemade Granola Fresh Fruit Milk	Zee Zee Smore Bars Fresh Fruit Milk					
29	30	31							
No School									
 MEMORIAL DAY MAY 29TH 2023	Whole Grain Breakfast Bar Fresh Fruit Milk	Ham, Egg & Cheese Breakfast Sandwich 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, SMS sgates@hrs.u.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: May 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
1 Empire Apples  Serving Size - 1 each	2 Blueberries  Serving Size - 1/2 cup	3 Broccoli Florets  Serving Size - 1/2 cup	4 Banana  Serving Size - 1 each	5 Navel Oranges  Serving Size - 1 each
8 Golden Delicious Apples  Serving Size - 1 each	9 Honey Dew  Serving Size - 1/2 cup	10 Baby Carrots  Serving Size - 1/2 cup	11 Red Grapes  Serving Size - 1/2 cup	12 Bartlett Pear  Serving Size - 1 each
15 Gala Apples  Serving Size - 1 each	16 Valencia Oranges  Serving Size - 1 each	17 Cucumber  Serving Size - 1/2 cup	18 Kiwi  Serving Size - 1 each	19 Strawberries  Serving Size - 1/2 cup
22 Granny Smith Apples  Serving Size - 1 each	23 Cara Cara Oranges  Serving Size - 1 each	24 Rainbow Sweet Pepper Sticks  Serving Size - 1/2 cup	25 Cantaloupe  Serving Size - 1/2 cup	26 Clementines  Serving Size - 1 each
29  MEMORIAL DAY REMEMBER AND HONOR	30 Red Delicious Apples  Serving Size - 1 each	31 Celery Sticks  Serving Size - 1/2 cup		

Menus are subject to change!

This institution is an equal opportunity provider.

DANBY  
DORSET  
LANDGROVE  
LONDONDERRY  
MANCHESTER  
MT. TABOR

**BENNINGTON-RUTLAND SUPERVISORY UNION**

6378 VT Route 7A  
Sunderland, Vermont 05250-8427  
Phone: 802-362-2452, Fax: 802-362-2455

PAWLET  
PERU  
RUPERT  
SUNDERLAND  
WESTON  
WINHALL

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METTAWEE SCHOOL DISTRICT •• TACONIC AND GREEN REGIONAL SCHOOL DISTRICT •• WINHALL SCHOOL DISTRICT

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April 25, 2023

Dear Household,

This year, all students at schools offering universal meals through CEP and Provision 2 are eligible for the \$120 Summer P-EBT benefit, if they are enrolled in May 2023. All public schools in Vermont are participating in CEP and Provision 2 this year, along with many independent schools. This means that all students at these schools will be eligible for the \$120 Summer P-EBT benefit.

Vermont will be issuing a final round of Pandemic EBT (P-EBT) benefits for Summer 2023. All students at our school qualify for a Summer P-EBT benefit of \$120 per student. This is because of the way that we are offering free school meals to all students this year.

The benefit will be sent to the head of household and mailing address that we have on file for your student. If you have moved or need to update the head of household, please let us know by Friday May 5th. To make changes, please contact your school's office.

These benefits will be sent out by mid-August. If your student missed school for a COVID-related reason between February 2023 and May 11, 2023, you will receive benefits for those days at the same time.

Please see [Frequently-Asked Questions \(FAQs\) About School Pandemic EBT \(P-EBT\)](#) for more information. If you need to request a new card or have more questions about P-EBT, visit <https://dcf.vermont.gov/esd/P-EBT> or call 1-800-479-6151, option 7.

Sincerely,

***Stephanie Gates***

Stephanie Gates

Food Services Director

Bennington Rutland Supervisory Union

802-362-2452 x 1518

[sgates@brsu.org](mailto:sgates@brsu.org)

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In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions



participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

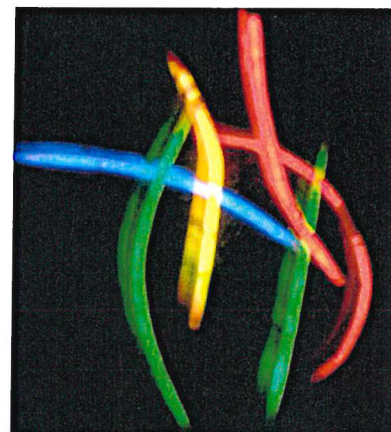
To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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# LET'S DANCE THE NIGHT AWAY AT THE SPRING DANCE



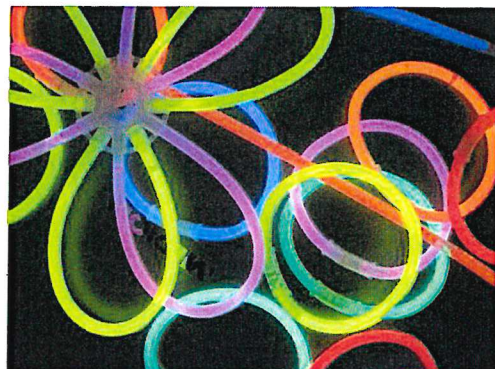
FRIDAY, APRIL 28TH FROM 6-8PM

GRADES K-6! K-3 MUST BE ACCOMPANIED BY AN ADULT

\$1 ADMISSION/\$5 PER FAMILY.



PLEASE BRING A  
NON-  
PERISHABLE  
ITEM FOR THE  
FOOD PANTRY.



Volunteers needed- Reserve your spot on the [signup genius](#)



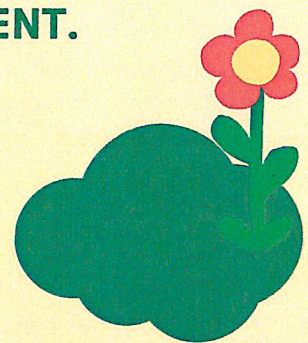
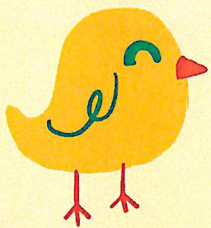
# METTAWEE KINDERGARTEN REGISTRATION!

Friday,  
May 5th



**ALL METTAWEE SCHOOL DISTRICT FAMILIES WHO  
HAVE A CHILD THAT WILL BE 5 YEARS OLD BY  
SEPTEMBER 1, 2023 ARE ELIGIBLE FOR  
KINDERGARTEN. PLEASE ATTEND REGISTRATION  
DAY ON FRIDAY, MAY 5TH. CALL OR EMAIL THE  
SCHOOL FOR AN APPOINTMENT. IF YOUR CHILD IS  
AN AGE ELIGIBLE PRE-SCHOOL STUDENT, YOU WILL  
ALSO NEED TO CALL FOR AN APPOINTMENT.**

For more info, contact:  
Mrs. Chalmers  
802-645-9009  
[cchalmerse@brsu.org](mailto:cchalmerse@brsu.org)





## MEET AMY - SCHOOL DENTAL HYGIENIST

Hello Parents!

Please allow me to introduce myself. My name is Amy Maier and I am a registered dental hygienist. I am so excited to be part of the **Mettawee Community School Dental Health Program** sponsored by the Stratton Community Foundation.

**I am here to help serve your child's dental needs and concerns.**

I have helped hundreds of local children achieve their **best healthy smiles!**

I absolutely love dentistry (practicing for 22 years).

In the schools, I partner with the **Vermont 802 Smiles Program** and am able to offer your child:

- ☒ Free screenings (a quick look to see the health of your child's mouth)
- ☒ Free fluoride application (safe up to 4-times per year)
- ☒ Basic instructions on brushing and flossing

I make every screening visit so incredibly fun, and even if your child currently sees a dentist - they can still see me!

**SIGN UP TODAY:** It's not too late to get your child registered to meet with me during the school day. If you haven't had a chance to return the [consent form](#) or need a new form, please call the school. I will be available at your school on select Thursdays and Fridays. I can provide help in finding a dental home for your child too!

Warmly,

Amy Maier, Registered Dental Hygienist

**"Amy Maier has been a welcome addition to the health office at Fisher Elementary School. Her kind and gentle way of treating the children really put them at ease!" - Laurie Distasio, School Nurse in Arlington**

**VISIT VERMONT802 SMILES WEBSITE:** <https://www.healthvermont.gov/wellness/oral-health/vermont-802-smiles-network>

Be on the lookout for more information about free dental sealants to prevent tooth decay and gum disease for your child at the beginning of the 2023-24 school year!





MAY THE  
FOURTH  
BE WITH YOU

2023

# JEDI TRAILS

Jedis have a deep connection to nature. In celebration of all things Star Wars, we invite you to come

**BECOME A TRAIL JEDI  
BY HELPING US  
FIND 1,000  
LOST GROGUS  
(BABY YODAS)**

on two trails  
in Rutland County.

**FREE**  
& open to  
fans of all  
ages

**SATURDAY,  
MAY 6 • 11-1**

D&H Rail Trail (Poultney)

**SUNDAY,  
MAY 7 • 11-1**

Pine Hill Park (Rutland)

- ◆ If you find a Grogus, you may **KEEP HIM!**
- ◆ If the force is strong with you, you may even get to meet a few of your **FAVORITE STAR WARS CHARACTERS** on your mission!
- ◆ Food Trucks So-Full Sisters & Frickin' Chicken on Sunday at Pine Hill Park!
- ◆ Wheel of Fandom with awesome **PRIZES**

FOR MORE INFORMATION VISIT:

**[www.comealiveoutside.com](http://www.comealiveoutside.com)**

Questions? Contact Arwen Turner at [Arwen@comealiveoutside.com](mailto:Arwen@comealiveoutside.com)

