



## Middlebrook PTA Full Messenger

**January 17, 2021**

### Middlebrook Quick Calendar

Monday	January	18	<b>NO SCHOOL</b> - Martin Luther King Jr. Day
Thursday	January	21	PTA Zoom Meeting: 9:00 a.m.

### Middlebrook Six Day Cycle

Monday	January	18	NO SCHOOL
Tuesday	January	19	Day <b>1</b> (Cohort A In Person, Cohort B Remote)
Wednesday	January	20	Day <b>2</b> (All Students Remote- Shortened Day)
Thursday	January	21	Day <b>3</b> (Cohort B In Person, Cohort A Remote)
Friday	January	22	Day <b>4</b> (Cohort B In Person, Cohort A Remote)

### PTA PRESIDENT'S NOTE

Mark your calendars for the first PTA meeting of 2021 via Zoom on Thursday, January 21st, at 9:00 a.m. An email will be sent with login information. Please reach out if you're interested in getting involved or with any questions or concerns at [cring226@hotmail.com](mailto:cring226@hotmail.com)

-Chandra Ring

Middlebrook PTA President

### SCHOOL NEWS

#### **MB School Store**

The Middlebrook School Store is open for business! Need a pencil, pen or a mask? The Middlebrook School Store has you covered. Please check out our website for all of the above and so much more. "Middlebrook Cares" is a group of students working to raise money for the Department of Children and Families. This year we created masks with our "MB Cares" logo to start fundraising for the winter season. Money raised is given directly to the local DCF office in the form of gift cards to give to local children and families for needed gifts or essentials. Please help us bring a little joy by purchasing our "MB Cares" mask for only \$10 at the Middlebrook School Store!

Please come visit us at the [MB School Store](#):

<https://sites.google.com/wiltonps.org/middlebrookschoollstore/home>

#### **MB Library**

Library Learning Commons Overdue Books:

The Middlebrook Library Learning Commons is looking for a few really overdue books. Because of our emergency closure last spring, our usual round up of overdue and missing books was unable to take place at the end of the 2019-2020 school year. Many families thought to bring back borrowed books during the locker materials pick up in June, and students have continued to bring back their borrowed titles since this school year began. We have been very thankful for each book returned. If you are a family who still has a Middlebrook library book (or two or three) sitting around your house, we would still love to have it back. There are labeled boxes on each Team for students to place returning books, and there is also a Return Bin in the Main Lobby. If students should happen to come through the back entrance in the mornings, there is a cart right outside the LLC doors in the Art Hallway where they can return books. If your student is attending remotely, books will happily be accepted at the Front Entrance Booth. Thank you, in advance, for your help with this. Any questions, please contact Erica Kurtz at [kurtze@wiltonps.org](mailto:kurtze@wiltonps.org).

### **Join the Middlebrook PTA Today**

Your membership helps support gifts and grants to fund new and recurring programs that enhance instruction and engage our students! At our October meeting, we approved over \$6,700 in grants. Grants funded in this cycle include providing ten temporary tents to help expand and extend outdoor time, piloting a new songwriting unit for general music and choral classes, funding interactive enrichment materials for Spanish classes and giving our 7th graders "Shakesperience".

Joining is easy. Click [here](#) to join and use the code "wilton". You can also download the MobileArq App from the App store. Need more help? Contact our membership chairperson, Donna Arnold.

## **COMMUNITY NEWS**

### **Wilton High School "Your Academics" Program**

#### **Math Seminars**

Your Academics is now offering seminars in math. On Wednesday, January 27th, seminars in Math 7, Pre-Algebra 7/8 and Algebra 1 will be offered. Seminars will always be on Wednesdays at 12:30 p.m. If you would like to register for the math seminar, please register here:

<https://forms.gle/WQK68v9X6opWJB4n9>

#### **Improve Your Academics!**

All Middlebrook students can receive tutoring at no cost. All tutors are Wilton High School students. Please fill out this form if you need help in any subject:

<https://docs.google.com/forms/d/e/1FAIpQLSfBFFyrppvQ7z7wMCub3j3oQGmwM7m0DVbqRvBB0cVloK6xQ/viewform>

For more information, please visit <https://youracademics.org/>

### **Wilton Go Green**

#### **Join Wilton Go Green's Do One Thing Campaign**

Join our campaign designed to help our community connect with one another on a different level. We aim to let each other see what our friends and family are doing around simple changes we are making to help foster more sustainable behaviors. These efforts can be made in different areas of our lives and spread positivity by showing us that we all can make a difference. Join the campaign by visiting our ["Do One Thing"](#) webpage to view all different types of action perhaps you are already taking and then consider a new action to try for 2021. We are sharing images and stories through social media pages,

our website and newsletters. [Zero Waste Schools](#)

### Wilton Youth Council

#### Wilton Youth Council's January Online Programs

Visit [www.wiltonyouth.org](http://www.wiltonyouth.org) for more information and registration information.

##### 1. Your Covid Toolbox: Helping Adults Cope in Crazy Times

Tuesday, January 19th

10:00 a.m. - 11:00 a.m.

Has the past year got you feeling stressed, anxious, not sleeping well or over-indulging? Join **Matt DeBernardis**, Resilience Trainer from Silver Hill Hospital, for an interactive online workshop and gather some tools to help you cope during the winter months of the pandemic. This workshop focuses on evidence-based strategies proven to enhance one's ability to not only bounce back, but to grow and thrive in the face of hardship. Sponsored by Wilton Library, Wilton Youth Council, Silver Hill Hospital and Wilton Social Services.

##### 2. Your Covid Toolbox: Helping Teens Cope in Crazy Times

Tuesday, January 19th

4:30 p.m. - 5:00 p.m.

Has the past year got you feeling stressed, anxious, not sleeping well or over-indulging? Join Matt DeBernardis, Resilience Trainer from Silver Hill Hospital, for an interactive online workshop and gather some tools to help you cope during the winter months of the pandemic. Matt has a degree in Psychology and Sport Psychology. His background includes training U.S Army soldiers and their families in resilience and psychological skill building. Registration required and space limited. For students in **grades 6-12**. A Zoom link will be sent the day before the workshop. Sponsored by Wilton Library, Wilton Youth Council, Silver Hill Hospital, and Kids in Crisis. Visit [www.wiltonlibrary.org](http://www.wiltonlibrary.org) for program details and to register. Wilton Library, 137 Old Ridgefield Road, Wilton; [www.wiltonlibrary.org](http://www.wiltonlibrary.org); 203-762-3950.

##### 3. Healthy Connections: An Inside Scoop on Adolescents and Addiction

Wednesday, January 27th

10:00 a.m. - 11:00 a.m.

New experiences and relationships are essential for helping our tweens, teens and young adults develop appropriately and reach their full potential. In this presentation and conversation, **Anthony Nave, LCSW**, will explain: how our adolescents' social, emotional and brain development can increase their risk for substance abuse/use disorders; what signs of struggle to look out for; how to start a conversation about drugs and alcohol; and what resources are available, if further help is needed. Anthony will also discuss misconceptions surrounding addiction and the contemporary "medical model" of addiction. Sponsored by Mountainside Treatment Center, SPED\*NET Wilton, Weston Youth Services and Wilton Youth Council.

Visit us at [WiltonYouth.org](http://WiltonYouth.org) and on [Facebook](#).

### Wilton Library

**1. Thursday, Jan. 21st** *Teens Bake Cheesecake Eggrolls!*, 5:00 – 6:00 p.m. Join Katie, registered dietitian from Food Explorers, to make Baked Cheesecake Egg Rolls! We'll be using Egg Roll wrappers, which are found in the specialty refrigerated section, stuffing them with cheesecake filling and baking them until crispy and golden brown. You'll need the following ingredients: egg roll wrapper, cream cheese, sugar and your choice of additional fillings, such as: fruit jam, vanilla, cinnamon, sprinkles, chocolate chips. For teens in **grades 6-12**. Registration required and space limited. Visit [www.wiltonlibrary.org](http://www.wiltonlibrary.org) to register. Zoom link will be emailed in advance to registrants. Sponsored by the John & Patricia Curran Teen Fund. Wilton Library, 137 Old Ridgefield Road, Wilton; [www.wiltonlibrary.org](http://www.wiltonlibrary.org); 203-762-3950.

**2. Saturday, Jan. 23rd** *Fairfield County Libraries Chess Tournament - Winter 2021*, 1:00 – 5:00 p.m.

Four historic libraries in Fairfield County will battle over the chessboard on 01/23/2021! The Wilton, Ridgefield, South Norwalk and Mark Twain libraries will all compete with a championship as their objective. Students from these libraries have been practicing relentlessly with professional chess coaches. The matches will be played through Chess.com. The winner of this tournament will receive a chess trophy so that it can be displayed in their library. If you are interested in representing Wilton Library in this tournament, email [aszabo@wiltonlibrary.org](mailto:aszabo@wiltonlibrary.org). Wilton Library, 137 Old Ridgefield Road, Wilton; [www.wiltonlibrary.org](http://www.wiltonlibrary.org); 203-762-3950.

### **Wilton Turnover Shop**

The Turnover Shop needs volunteers! We are looking for several people to work at the front desk. The commitment is for a regular shift only once a month for 3 1/2 hours, September-June. Each year, The Turnover Shop gives generously to the Wilton PTAs but we need your help to make this happen. Come join the fun and meet some new people in our community! Please send an email to [turnoverfrontdesk@gmail.com](mailto:turnoverfrontdesk@gmail.com) to get started.

You can also support the Turnover Shop by stopping in for winter outerwear and seasonal merchandise. Whether you're spending the winter reading, baking, sewing, or redecorating, the Turnover has something for you, at bargain prices!

Fun Fact: Over 80 years ago, the shop started as the Wilton Toggery, primarily for passing on winter boots, ice skates, and snowsuits!

### **Job Openings Within Wilton Public Schools**

The Wilton Public Schools "For a Better World" are seeking recent college graduates, college students, retirees, career-changers, and those interested in giving back to their community to join a dynamic, engaging, and inspirational team of staff and students. A number of flexible positions are available, including substitutes, lunch-recess monitors, certified teachers, long-term substitutes, and paraprofessionals. Help shape the lives of our future leaders! To learn more and/or apply, please visit our website at: <https://www.wiltonps.org/departments/human-resources> or contact Human Resources Coordinator Erika Cross at [crosse@wiltonps.org](mailto:crosse@wiltonps.org).

### **NAMI**

#### **NAMI Parent Support**

The COVID pandemic has caused unprecedented stress in our society and many children's behaviours have been triggered as a result. What was manageable pre-covid is now unmanageable. Winter brings additional challenges. Find support for you, as you support your child who is struggling. The National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) is a support group for parents of children with behavioral, emotional and mental health issues. The meeting is free, confidential, safe and led by trained volunteer facilitators who themselves have had personal experiences raising children with these concerns. Our meetings are a place to speak freely and be understood without embarrassment or the fear of being judged or treated differently. Our meetings are held virtually over Zoom and for security you MUST contact Beth or Vanessa in advance for the password. Next meeting is Monday, February 1st, from 10:00 -11:30 a.m. For more information contact: Beth at 203-984-0123 or [beth44es@gmail.com](mailto:beth44es@gmail.com) OR Vanessa at 203-970-4130 or [eliasvanessa5@gmail.com](mailto:eliasvanessa5@gmail.com)

### **MB Messenger Announcements**

Have an important announcement to post in the MB Messenger? Submit a request for a non-profit, school related announcement to: [middlebrookmessenger@gmail.com](mailto:middlebrookmessenger@gmail.com). Please have all requests in by Wednesdays at noon. Please note that the Lite & Full Messengers alternate every other week.