



## *Middlebrook PTA Weekly Messenger* Apr. 29, 2018

### Middlebrook Quick calendar

Monday	April	30	FAPA K-12 Art Show Opening Wilton Library 6:00 p.m.
Tue-Fri	May	1-4	Teacher Appreciation Week
Tuesday	May	1	Annual Town meeting - 7:30 p.m. at Clune Center
Wednesday	May	2	Grade 8 Music Concert & Art Exhibit - Chorus 7:30 p.m. Instrumental 8:30 p.m.
Thursday	May	3	Parent Workshop on Digital Learning - 9:30 a.m. - 11:00 a.m. and 7:00 p.m. - 8:30 p.m. at Cider Mill Library Learning Commons
Wednesday	May	9	Grade 6 Music Concert & Art Exhibit Chorus 7:30 p.m. Instrumental 8:30 p.m.
Thursday	May	10	Brown Bag Lunch with Principal Feltz 12:00 p.m.
Tuesday	May	15	Visiting Author - Assembly for each grade
Wednesday	May	16	Grade 7 Music Concert & Art Exhibit - 7:30 p.m.

### Middlebrook Six Day Cycle

Monday	April	30	Day 2
Tuesday	May	1	Day 3
Wednesday	May	2	Day 4
Thursday	May	3	Day 5
Friday	May	4	Day 6

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### **Note from the President:**

Stepping on my soapbox for a moment to encourage all of you to attend the Annual Town Meeting on May 1. Motions can be made from the floor that seek to reduce the proposed budget. Whatever your position on the town budget may be, let your voice and your vote be heard that evening. Voting will continue on Saturday May 5 at the Clune Center.

### **Volunteer and re-committ to your current PTA committee position:**

We are looking towards next school year. If you are interested in becoming more involved with the PTA, you can check out our website at [www.middlebrookpta.org](http://www.middlebrookpta.org) -- there is bound to be an event or committee that piques your interest! You can also email Meire Mouracade at [mouracadefamily4@gmail.com](mailto:mouracadefamily4@gmail.com)

### **SCHOOL NEWS**

#### **Visiting Author Margaret Peterson Haddox Book Sale during all lunch periods on:**

*Wednesday 5/2*

*Thursday 5/3*

*Friday 5/4*

Get ready for author visit on **Tues. 5/15!** Students can buy books, bring them home to read and then drop off book(s) to the library for author Margaret Peterson Haddox to sign books prior to her Middlebrook school visit.

#### **Middlebrook Relay Club & Wilton Relay for Life**

Wilton Relay for Life, sponsored by the American Cancer Society, is a huge community fundraising event that raises money to help fight cancer through funding research and support services in local communities. Funds help support rides to treatment centers, lodging for family members near treatment centers, counselors to speak with patients and family members.

The relay event at the Wilton High School track, Friday June 8th from 4-11 PM, is a combination of walk-a-thon, carnival, fundraiser, concert, and memorial. It really is the culmination of weeks and months of fundraising done by individuals who often form a "team". A team is simply a group of friends/family/coworkers who decide to come up with a team name, register on the Wilton Relay for Life site. These team members work together to raise funds in the weeks leading up to the relay, get a tent site around the track, and plan their relay evening together.

Dr. Priest runs a Middlebrook Relay Club for students every other Thursday after school from 3:15 to 4:15 PM. The club's google classroom page code is UMAA3H and you can contact John Priest at [priestj@wiltonps.org](mailto:priestj@wiltonps.org)

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We would also love to have an interested parents and family members help us with our committee work. If you think you can lend a hand with our committee please contact Grace Scinto at [Grace.Scinto@cancer.org](mailto:Grace.Scinto@cancer.org) More information regarding our event can be found online at [http://main.acsevents.org/site/TR?fr\\_id=87938&pg=entry](http://main.acsevents.org/site/TR?fr_id=87938&pg=entry) or by searching "Wilton Relay for Life"

### **Health Requirements for Students Entering Grade 7 in Fall of 2018**

In accordance with Connecticut State Law, the Wilton Board of Education requires that prior to the opening day of school, an appropriate health examination, including an immunization record, be filed in the health office.

### **Prior to August 1, 2018, please submit a State of Connecticut (blue form, HAR-3).**

Please check to see that all asterisks on the State of Connecticut form are completed by the physician. *The Physical must be within 15 months of the first day of entering the 7th grade.*

### **Parent Advisory Board**

Exciting news from the PAB-- they have decided to pursue becoming a Special Education PTA. Stay tuned for more information at the start of next school year or contact us at [PABwilton@gmail.com](mailto:PABwilton@gmail.com). We hold meetings on the second Wednesday of every month **(Sept. to May) from 9:15-10:30 at the Zellner Gallery in the Clune Center, WHS.** For more information on the PAB, please visit [www.pabwilton.com](http://www.pabwilton.com)

### **PAB LAST Meeting:**

Wednesday, May 9

### **How to Talk So Kids Will Listen, And Listen So Kids Will Talk**

**Wilton Public Schools** are introducing a six-week workshop developed by the authors of the book by the same name, using lessons, roleplay and practice to help parents develop more effective skills for communicating with their children.

In this workshop, participants will learn how to:

- Engage your child's willing cooperation
- Deal with your child's negative feelings - frustration, disappointment, anger
- Express your anger without being hurtful
- Set firm limits and still maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Encourage positive relationships between your children
- Resolve family conflicts peacefully

Funding and training for this new program was provided through a joint initiative of the Wilton Youth Council and Wilton Woman's Club that is taking aim at the opioid crisis by focusing on early prevention of the risk factors that lead to addiction later in life. Early prevention starts with fostering communication, connection and resilience in families and in the community.

Free and limited to Wilton parents::

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#### **Session 4- Mondays 10-11:30 a.m. at Comstock SPOTS AVAILABLE**

April 30

May 7, 14, 21

June 4

#### **Media Center Volunteers**

The media staff would greatly appreciate your help in the school Media Center to assist with a variety of projects. Shifts are extremely flexible- you can pick the time and day that works best for you! Can be weekly/ biweekly/monthly, or just periodically throughout the year! Please contact Claire Carbonier at [carbos@optonline.net](mailto:carbos@optonline.net)

#### **Lose Something on the Bus?**

If your child left something on the bus use this link for a peek at items currently in the lost and found at the Bus Depot-- across from MB where the buses park. All unclaimed items will be donated to the Turnover Store: <https://wiltonslostproperty.blogspot.com/>

#### **Missing Items at Middlebrook?**

Use this handy link to see pictures of the items currently in the Middlebrook Lost & Found

[https://docs.google.com/presentation/d/1A1aBWLEIM7lvqFtzlXNuuXssDQyZ6X5LrD3Ot3\\_2l3w/edit?usp=sharing](https://docs.google.com/presentation/d/1A1aBWLEIM7lvqFtzlXNuuXssDQyZ6X5LrD3Ot3_2l3w/edit?usp=sharing)

#### **COMMUNITY NEWS**

##### **Class Project 2022**

**Commemorative t-shirt orders are IN!** — If you have not already, please swing by the Wilton Sport Shop and pick-up your order. For those that missed the first batch, [order form](#) has been reopened for a second batch. Your eighth grader may enjoy having one for end of year events or for years to come, but for the adjudication music trip, the music department will supply a “Middlebrook Music” t-shirt for all trip participants.

**First 2022 Parent Social – May 12th, 7-11 pm, Ambler Farm.** Throw-back theme will be a blast including great raffle items and a handful of cool silent auction items. Click [here](#) to register.

**For Sale: NEW Warrior blue S’well bottles** will be available for sale at the Parent Social and well as a brand new 2022 spirit wear item — bring your cash or checkbook!

**Coming soon: 2022 cookies.** Stay tuned for info on how to order from The Painted Cookie for Soaring Ahead.

**Next Project 2022 Committee Meeting Thursday, June 7th, Comstock, 7 PM.** All welcome. (This will be last meeting for this school year.)

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2022 T-shirts, hoodie sweatshirts, plaid lounge pants, magnets and water bottles available:

- All other orders can be made by contacting Gail Hanny [gmhanny@optonline.net](mailto:gmhanny@optonline.net)
- Limited quantities of Wilton S'well bottles available at Painted Cookie and Scoops

Email [wilton2022@gmail.com](mailto:wilton2022@gmail.com) for information on how to get involved or visit our [2022 Website](#) or [2022 Facebook Group](#)

### **Class Project 2023**

**Attention 7th grade parents:** Save the date! 2023 Family Picnic will be Friday June 1 at 5:30 pm.

Tickets are now available for purchase <https://warriorclass2023.wixsite.com/mysite/events>

### **Back The Track Fundraiser:**

Our town track is one of the most frequently used assets in Wilton- from athletes to senior citizens and everyone in between- whether for fitness, youth and club sports teams, the high school as well as serving other groups throughout the year (Cider Mill's Walk-A-Thon comes to mind)! Now, this highly prized resource is past its useful life and in desperate need of resurfacing and repair.

The Wilton Running Club and the Wilton Track Association have joined forces to initiate "Back the Track," a fundraiser to jump-start the community support and funding required for this project. You can learn more about our track and find out how to donate through our website. If every family makes a donation, we can make a difference! Please go to [www.backthetrack.org](http://www.backthetrack.org) and donate today!

### **Wilton Youth Council:**

WYC promotes and protects the social, emotional and mental well being of Wilton's students by educating and empowering youth, parents and community. Find us on FB or visit [wiltonyouth.org](http://wiltonyouth.org) for more information and to sign up for our monthly newsletter.

### **New Events**

**Anxious Parents, Anxious Kids and the Anxiously Awaited Antidote! with Lenore Skenazy**  
**Wilton Library**

**Monday, April 30, 2018, 10:00-11:30 am**

*Free; registration recommended at [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-6334.*

**Can't make it? The presentation will be recorded and screened (one time only) that evening at 7:00 pm.**

The media labeled Lenore Skenazy "America's Worst Mom" when she let her 9-year-old ride the subway alone. She wore the badge with pride and went on to found [Free-Range Kids](#), the book, blog and movement dedicated to the fact our kids are SAFER and SMARTER than our culture gives them credit for. Now she is the head of [Let Grow](#), a non-profit making it easy and normal to give kids back some old-fashioned independence.

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In this very funny lecture (she used to write for Mad Magazine) Lenore addresses what she calls “the twin fears stalking America's parents”:

***“That their children will be kidnapped, raped and murdered -- or not get into Harvard.”***

Where does this fear come from? What's it doing to our kids? Lenore outlines the reasons we're so afraid and never blames "helicopter parents," because it is not neurotic to be worried in a culture bent on scaring us. Then she discusses how we can regain the calming perspective that allows us to trust our kids, our community and our own parenting. When we do, everyone wins. Anxiety levels go down among parents AND children.

The goal is to raise safe, self-reliant, problem-solvers. Or, as the saying goes, **"Raise your kids so that when they're 18 they move out and your spouse doesn't."**

Sponsored by the Miller Driscoll, Cider Mill and Middlebrook PTAs, Wilton Library, Wilton Youth Council and Wilton Youth Services.

**Youth 2 Youth's Third Annual 'COLOR FOR THE COUNCIL' Color Run**  
**Thursday, May 3<sup>rd</sup>, 3:30pm, Middlebrook School**

The event is for the entire Middlebrook School community - staff, students and their families. This fun Color Run is an untimed fun run featuring a designated course. Throughout the course participants will experience color splash zones where they will be doused in color. There will also be a final color toss celebration.

**YOU CAN STILL REGISTER!** Participants can register at <http://bit.ly/color4thecouncil> or by completing a paper registration form by May 2nd. Anyone interested in more information or a copy of the paper registration form can visit the Youth to Youth Google Classroom page (code 3pjwzr) or contact Tanya Leonard ([leonardt@wiltonps.org](mailto:leonardt@wiltonps.org)) or Heather Schlitz ([schlitzh@wiltonps.org](mailto:schlitzh@wiltonps.org)).

**VOLUNTEERS NEEDED FOR THE RUN:**

Please contact Kathy Schlageter ([kaschlageter@yahoo.com](mailto:kaschlageter@yahoo.com)) if you would like to volunteering.

**Free screening of *Angst* <https://angstmovie.com>**  
**Monday, May 21st, 7pm at Middlebrook**

***Angst*** is a 56-minute film and virtual reality experience that explores anxiety its causes, effects and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety. *Angst* features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools.

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### **National Alliance on Mental Illness (NAMI)**

**Frustrated by your child's challenging behavior? Do you ever feel like your child is harder to parent than other children? Do you worry about how your child's behavior effects the family? Do you think your child or family needs a therapist, but you don't know where to start? Ever wonder how others manage in similar situations? Are you married, but feel alone in parenting your challenging child? If you say yes to any of these -- YOU ARE NOT ALONE!!**

National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) Support Group is for parents of children with behavioral, emotional and mental health issues. These groups are free, confidential, safe and led by trained and certified volunteer facilitators who themselves have had personal experiences raising children with these concerns.

The Wilton based support group meets on the 4th Monday of every month and the next meeting are Mondays, May 21st and June 18th from 10am-11:30am in the G & B Cultural Center, [49 New Street, Wilton](#). For more info, contact Beth at [203-984-0123](tel:203-984-0123) or [Beth44es@gmail.com](mailto:Beth44es@gmail.com); or Vanessa at [EliasVanessa5@gmail.com](mailto:EliasVanessa5@gmail.com), or call [203-970-4130](tel:203-970-4130).

### **Wilton's Big Block Party Weekend**

*Building community one block at a time.*

**In an effort to strengthen neighborhood connections, Wilton Youth Council's Free Play Task Force is encouraging participation in "Wilton's Big Block Party Weekend."**

The town-wide 2018 weekends are June 9-10th and September 15-16th, with each neighborhood choosing their own date and time.

#### Top Reasons to have a Block Party

1. Meet and get to know your neighbors
2. Increase a sense of belonging in the community
3. Get outside, make friends and have fun - no excuses are needed to celebrate
4. Find neighborhood playmates for your children
5. Opportunity for face-to-face connection and conversation
6. Meet some of the long standing neighbors and learn about your community history
7. Decrease stress of snowdays, storms and emergency situations
8. Create a neighborhood contact list

**Feel Inspired? Be a Block Party Captain! For more information or with questions, please email:**  
[wiltonsbigblockpartyweekend@gmail.com](mailto:wiltonsbigblockpartyweekend@gmail.com)

### **Looking to Get Involved?**

Wilton Youth Council needs you! We have many programs running and this is a great time to get involved! Questions? Email Vanessa Elias at [eliasvanessa5@gmail.com](mailto:eliasvanessa5@gmail.com). Interested in volunteering? Email Suma Iyer at [sumapiyer@gmail.com](mailto:sumapiyer@gmail.com)

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**MB Messenger Announcements:**

Have an important announcement to post in the MB Messenger? Please note that the messenger alternates bi-weekly between the “LITE,” calendar based Messenger and the fuller edition. Requests must be in by Wednesday at Noon to be included in the next FULL Messenger. To submit a request for a non-profit, school related announcement in the messenger, email [middlebrookmessenger@gmail.com](mailto:middlebrookmessenger@gmail.com)