

## Middlebrook PTA Weekly Messenger – April 16, 2017

### MIDDLEBROOK QUICK CALENDAR

Thurs	April	20	CMT Science 8 <sup>th</sup> Grade
Thurs	April	20	<b>MB PTA Meeting 9 a.m. in the Media Center</b>
Thurs	April	20	BOE Meeting, 7 p.m., WHS Professional Library
Wed	April	26	7 <sup>th</sup> Grade Spring Concert and Art Exhibit 7:30 pm Middlebrook
Thurs	April	27	7R Field Trip
Fri	April	28	7Y Field Trip

### MIDDLEBROOK 6 DAY CYCLE

Mon	April	17	Day 4
Tues	April	18	Day 5
Wed	April	19	Day 6
Thurs	April	20	Day 1
Fri	April	21	Day 2

### PTA & SCHOOL NEWS:

#### \*\*\*Note from PTA President\*\*\*

Welcome Back - I hope you all had a lovely Spring Break! This week is our second to last PTA meeting of the year, so I hope you'll be there Thursday morning at 9 a.m. in the Media Center if you're able. Good news! We have a Treasurer, Secretary and Parent-at-Large for next year, and are currently seeking a President and Vice President, as well as looking to fill other committee roles. Please reach out to me at [rowleylg@gmail.com](mailto:rowleylg@gmail.com) to learn more. We vote on our next year's officers at our May 18<sup>th</sup> meeting, so go ahead and get in touch to hear about how you can be involved!

### Teacher Appreciation Week is May 1<sup>st</sup> to 5<sup>th</sup> at Middlebrook!!!

Please sign up to be a part of honoring our Middlebrook teachers and staff on Wednesday, May 3<sup>rd</sup> and Thursday, May 4<sup>th</sup>, by donating a sweet treat or fruit salad. This is just one of the ways we can let our school teachers and staff know how much we genuinely appreciate them! Please click on the link below to sign up. If you have any questions, please contact Kelly Lash at [kellylash@me.com](mailto:kellylash@me.com). Thank you!

<http://www.signupgenius.com/go/20f0e4aada82babfc1-teacher>

## **Nurse's Health Office Announcements**

### **Health Requirements for Students Entering Grade 7 in Fall of 2017**

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 immunization record, be filed in the health office. Prior to August 1, 2017, please submit a State of CT (blue form, HAR-3). Please check to see that all asterisks on the State of CT form are completed by the physician. The Physical must be within 15 months of the first day of entering the 7th grade.

### **Join the PTA Online & Get Immediate Directory Access!**

Your membership and donations support the programs at Middlebrook that enrich the student experience. Student Assemblies, Outdoor Classroom, Media Center Supplies, Activity Nights, Science & Engineering Fair, Social Opportunities, Weekly Messenger, Photo Day, Teacher and Staff Appreciation Events, and Soaring Ahead are just a few of the programs our PTA supports.

When you join the PTA, you gain instant access to our new online directory. Visit <https://wilton.mobilearg.com>, choose parent or teacher registration, enter your email, name and the code "wilton" to join, pay your membership dues and make a supporting donation! Please add [support@mobilearg.com](mailto:support@mobilearg.com) to your address book to ensure delivery of the confirmation email with temporary auto-login link.

### **Join our Middlebrook Community Page on Facebook!**

It's a great way to stay up to date and share information across our school community. Just search for the group "Middlebrook School Parent Community" and ask to join. This page is for parents of current students at Middlebrook.

## **COMMUNITY NEWS:**

### **Support the Town Wide Clean Up!**

This year Wilton High School's Class of 2018 is participating in the annual town-wide clean up on Earth Day, Saturday, April 22nd. **It is a great opportunity to get your kids involved in helping our environment, and giving back to our town. Our streets, and common areas are littered with old shopping bags, bottles, and other trash.**

All age groups are welcome to meet at 9 a.m. at the gazebo in Wilton Town Center, where you'll receive instructions, work gloves, trash bags, and a specific area of town to work. **What a great way for your family to do something great for the town we all love. Join the WHS Junior class and let's help clean up Wilton!**

We hope to see you there, Kendall Mellana on the behalf of the Class of 2018.

### **WEF's Get Smart 5k Coming Memorial Day Weekend**

Join us on Sunday, May 28th (Memorial Day weekend) for Wilton's Get Smart 5k to support the Wilton Education Foundation. **Start and finish at WHS track. To guarantee a t-shirt register early: <https://register.chronotrack.com/r/28708>**

## Wilton Youth Council [www.wiltonyouth.org](http://www.wiltonyouth.org)

### Privileged and Pressured Continued: How to Talk About Substance Use

**Expert Panel Discussion with Q&A, April 26, 2017, 10 - 11:30 AM at WHS Clune Center**

**Last October, about 300 parents and other concerned adults attended a presentation by Suniya Luthar, PhD on the risks of growing up in an affluent community. Dr. Luthar discussed her research that shows that teens in towns like ours have elevated risks of anxiety, depression, substance use and other risky behaviors, compared to national norms. Many questions from the audience reflected parents' concerns about adolescent use of alcohol and other drugs and their uncertainty about how to address these issues at home.**

**The expert panel includes:** Shanthi Mogali, MD, Director of Psychiatry of Mountainside, who will discuss the effects of substance use on adolescent brain development; Giovanna Pisani, MSW, Director of Mid-Fairfield Substance Abuse Coalition, who will describe vaping products and their ingredients; Allison Kernan, Certified Recovery Coach, who will tell her own remarkable story of addiction and recovery; and Amy Sedgwick, LADC, CCDP, SCPG, Director of Outpatient Services of Mountainside, who will share practical strategies for family communication and decision making. Ample time will be provided for questions.

***The program will start promptly at 10:00 AM. Attendees are encouraged to arrive early to find parking and pass through school security at the Clune Center. This presentation is free and open to the public. Parents, professionals, school staff and other interested adults are welcome. The program is appropriate for parents with children of all ages.***

**Registration is recommended at [talkaboutsubstanceuse.eventbrite.com](http://talkaboutsubstanceuse.eventbrite.com). Please contact Wilton Youth Services at (203) 834-6241 with questions.** Sponsored by: Mountainside, Mid-Fairfield Substance Abuse Coalition / Human Services Council, Wilton Public Schools, Wilton Schools PTAs / PTSA, Wilton Youth Council, Wilton Youth Services

### College Frenzy: How to Manage Yourself & Your Family Through the Process

**Tuesday, April 18, 2017, 12:30-2:00 PM**

**Back by popular demand!! The College Process has come to be viewed as THE BIG EVENT in the lives of students and their families. The pressure associated with this often negative fallout such as ruptured relationships and high levels of stress and anxiety.** In this presentation, Parent Coach and Clinical Psychologist Susan Bauerfeld, PhD and College Consultant Victoria Hirsch will offer tips, strategies and suggestions for viewing the college process as a natural next step rather than THE BIG EVENT and for managing the process in ways that foster connection and resilience rather than discord and despair. **This presentation is aimed at parents of 8th-11th graders. All parents and interested parties are welcome to attend. Presented by Wilton Youth Council and Wilton Library. EARLY REGISTRATION strongly encouraged - please call [203-762-6334](tel:203-762-6334) or visit [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events).**

## **WYC Youth to Youth's Second Annual Color Run!**

### **Deadline next week! WYC Youth to Youth's Second Annual Color Run!**

**LAST WEEK TO REGISTER** for Youth to Youth's Second Annual Color Run - fun run! Don't miss out on this fun event at Middlebrook - open to all MB students and their siblings!

**The fun run will take place Thursday, May 4th at 3:30 at Middlebrook.**

**Open to Middlebrook staff, students and their families!**

**<https://www.eventbrite.com/e/2nd-annual-color-for-the-council-registration-28337684778?aff=eac2>**

## **National Alliance on Mental Illness (NAMI) Child and Adolescent**

**Network (CAN)** is for parents of children with behavioral, emotional and mental health issues. The meeting is free, confidential, safe and led by trained and certified volunteer facilitators who themselves have personal experience with these concerns. Speak freely and be understood. Parents come from Wilton and towns in the surrounding area. The Wilton group meets on the 4<sup>th</sup> Monday of each month, and the **next meeting is April 24<sup>th</sup> from 10 – 11:30 a.m. at the G&B Cultural Center, 49 New Street, Wilton.** For 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 text [203-970-4130](tel:203-970-4130). You can also visit <http://www.namisouthwestct.com>

## **Trackside**

### **MB Students Invited to Trackside Party Friday April 21<sup>st</sup>!**

**All middle school students are invited to step back in time at the Trackside Retro Party on Friday April 21st from 7-9pm. Enjoy indoor games, video games, treats, Snackside Cafe, and request your favorite songs from the 60s, 70s, 80s and 90s. Party goers dressed in an outfit from their favorite decade will also get a free order of fries from the Snackside Cafe. For middle school teens who have not yet partied at Trackside, this will be a great way to get in on the fun with a night of music, costumes, treats, games and more! Admission is \$10 at the door or \$8 online at [www.trackside.org](http://www.trackside.org).**

Trackside is ready to help your Middlebrook student make the most of the new school year with a variety of activities and events at the Teen Center, including free clubs such as Crafts for Shelter Pets, Gamer Club, and Broadway Club. **As always, Trackside is open weekdays during the school year from 3 to 6pm and 3 to 7pm on Fridays for drop-in hours.** Special events on Friday nights for include dances, parties, video game tournaments, and movie nights. For more information, visit [www.trackside.org](http://www.trackside.org) or follow us on facebook.com/trackside.

## **Board of Education**

Visit the [BOE website](#) for lots of information. Meetings are available for viewing online by [clicking here](#) and on cable channel 78.

## **Middlebrook Weekly Messenger Newsletter Submissions**

This weekly newsletter is reserved for news about information and events related to Middlebrook students. **If you would like to submit a school-related announcement for this newsletter, please contact Middlebrook Messenger at: [middlebrookmessenger@gmail.com](mailto:middlebrookmessenger@gmail.com)** by Wednesdays at noon to be included in the next Sunday edition.