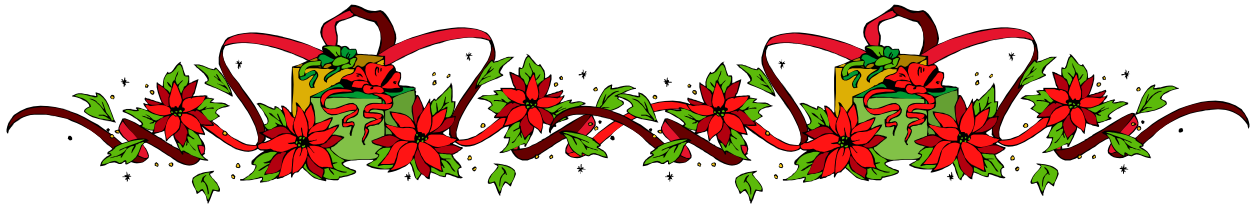




## BARRE TOWN MIDDLE AND ELEMENTARY SCHOOL

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btmes.org

December 2018



## Winter Happenings

**December 11**—Winter Concert, Grades 5-6 at 6:30pm

**December 12**—Winter Concert, Grades 7-8 at 6:30pm

**December 13**—Snow Date for Winter Concerts

**December 14**—Holiday Luncheon, Kindergarten students and families

**December 24— January 1, 2017** —December Break  
Return to school on Wednesday, January 2

### REMINDER

When paying or sending in money for student lunch accounts, please make all checks payable to : **BTMES** rather than the Abbey Group.

Thank you.

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# Family School Coordinator by Dianna Fecher

## Enjoying the Winter Season Together!

"Oh, the weather outside is frightful . . ."! As we enter the colder months of the year, there is often a tendency to "stay inside where it is nice and warm". We associate these months with the cold and flu viruses, strep throat, and ear aches. And while these unpleasant concerns often become reality, the cold, wet weather is not the cause! The spread of these germs are more often the result of staying indoors where the bacteria and viruses live. ([www.hcahealthcare.com](http://www.hcahealthcare.com)) So – what does that mean for us? Simply put, enjoying some fresh air is hugely beneficial and aids in building our immune system!

### **Outdoor Play Provides Physical Benefits:**

It is recommended that adults need a minimum of 30 minutes of exercise daily; children need 60 minutes. This time is well-spent as it is essential to muscle strengthening. Additionally, spending time outside allows us to reap the benefit of **Vitamin D**, which promotes strong bone growth. The various winter activities can also aid with the burning of excess energy – which means that we are happier, rest better, and maintain a healthier body weight.

### **Outdoor Play Provides Emotional/Social Benefits:**

Outdoor activities also "promote emotional health benefits, such as self-confidence, and the ability to assess risks." (<https://montessoriacademy.com.au/outdoor-play-in-winter>) By allowing children to work together in groups, they are able to find success in learning to share and solve conflict. It is a time for the imagination to grow—as snowmen, forts, and igloos come to life!

Here is to stepping outside and enjoying the beauty and benefits of living in Vermont! Break out those sleds, ice skates, skis, and snow shoes – and gain many health benefits in the process! And for an added bonus- share a cup of hot cocoa together when everyone is back inside. Enjoy the many memory-making moments!

## Local Events for December:



### **Slash Your Energy Bills – December 5, 2018**

Come to the Barre City Energy Committee's FREE workshop!

\*\*\*\*\*



### **Breakfast with Santa – December 8, 2018**

Barre City Recreation Department, and Jockey Hollow, presents Breakfast with Santa!

# Family School Coordinator (con't) by Dianna Fecher

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## Movie for the Kids at the Barre Aud – December 8, 2018

Are you looking for an a fun, community event for your children? Come join us on Saturday December 8, 2018 to watch "How the Grinch Stole Christmas" on a large screen at the Auditorium. All ages are welcome!

\*\*\*\*\*



## The Gibson Brothers: A North Country Christmas – December 8, 2018

The Gibson Brothers: A North Country Christmas Shows have become a tradition in the Upstate New York where the bluegrass stars are from.

\*\*\*\*\*

**The Tree is Up!**

December 1st—December 14th, We have placed a tree in our school lobby to create a Hygiene Tree, in conjunction with our David Stefaniak Holiday Drive, for children and families in need.

We are looking for new, unopened personal hygiene items such as deodorant, body wash/soap, shampoo, conditioner, toothbrushes, toothpaste, floss, and hairbrushes/combs, etc. Please send any donations to school with your student or deliver to the front office att: Kim Benson.

Thank you for your support!!

A cartoon illustration of a green toothbrush with a face and arms, standing next to a white and green tube of toothpaste with a face.

## Student Council News



- The holiday food drive is underway. Please continue to send in non-perishable food items through December 11<sup>th</sup>. We are excited to support our immediate Barre Town community again this year. The elementary classroom and middle school TA that collect the most food will win a pizza party!



- Friday, December 7<sup>th</sup> Student Council members will meet at 2:25 in Mr. Pope's room to collect and sort food.
- Tuesday, December 11<sup>th</sup> Student Council members will meet at 2:25 to sort and pack food.

### **Save The Date:**

Friday, January 11<sup>th</sup> is the next Student Council meeting

Friday, February 1<sup>st</sup> is the semi-formal dance for 7<sup>th</sup> and 8<sup>th</sup> graders

Thank you for your support! Rebecca Kerin-Hutchins and Michael Pope, Student Council Advisers

## PTO (Parent Teacher Organization)

**PTO MEETINGS:** Our next meetings are Tuesdays: December 13th and January 15th at 6:30pm in the BTMES Library. Everyone is welcome! We meet every third Tuesday of each month during the school year. We are in need of more members! Please feel free to come and check us out!

**PTO BOOKSTORE:** The next bookstores will be Tuesdays December 4th and January 8th from 8am-Noon. Parents and families please feel free to stop in. We are located in the main lobby. Books always make great gifts! We have books for ages preschool through 8th grade.

**BOX TOPS FOR EDUCATION:** We are still collecting Box Tops for education. Please feel free to send in your Box Tops trimmed. These little Box Tops really do add up to a lot of money, so please send them in!! We are no longer collecting labels for education, we are only collecting Box Tops. Thank you!

Marcia Violette, PTO, [violettemr@yahoo.com](mailto:violettemr@yahoo.com)



## Crops by Kids



A big *thank you* to everyone who helped put the garden to bed this fall. Hopefully you had a chance to enjoy the garden this year. A blanket of snow covers the garden as this newsletter goes to print. Maybe it will stay?

Those annual seed catalogs will be arriving in mailboxes in early January. Another great way to buy your seeds, in addition to your favorite catalog, is through the **BTEMS annual seed sale**. We will be selling FEDCO seeds once again this year in order to raise money for the garden activities. The order forms will be coming out ***mid to late* January for organic and regular seeds**. I will remind everyone again next month. It is a great way for you to get seeds for our northern climate and help Crops By Kids at the same time.

Amaryllis bulbs are a fun way to grow plants indoors during the winter months. They are available in many places right now. Amaryllis bulbs are so easy to grow, fun to watch, and they seem to bloom overnight. These bulbs are stunning and come in a variety of colors including red, pink, white, maroon and combinations of these! Grown indoors, the bulbs will bloom in about 8 weeks. Once they go dormant they can be brought out into the garden all summer and brought back in fall again to start all over again once they enjoy another dormant period of time.

Happy Gardening...

Deb Curtis, Garden Coordinator

## Winter Concerts

Our Music Department Winter Concerts will be presented in the large gym on Tuesday, December 11 and Wednesday, December 12.

The concerts on Tuesday, December 11 will take place at 1:30pm and 6:30pm. Featured groups will be our 5th Grade Band, 6th Grade Jazz Band, Junior Chorus and 6th Grade Band.

The concerts on Wednesday, December 12 will be held at 1:30pm and 6:30pm and will feature our Select Chorus, Senior Jazz Band, Senior Chorus and Senior Band.

Hope to see you there!



## From the Health Office

### This Cold Season - Beware of Too Much Acetaminophen

Acetaminophen is an ingredient in more than 600 over-the-counter and prescription medicines, including pain relievers, fever reducers, and sleep aids as well as cough, cold, and allergy medicines.

It is the most commonly used drug ingredient in the U.S. It appears in over-the-counter medicines like Tylenol and NyQuil and prescription drugs like Vicodin and Percocet. On prescription labels, acetaminophen may be listed as "APAP," "acetam," or other shortened versions of the word. Because it's in so many different medicines, people may be taking more than the recommended amount without realizing it.

Acetaminophen is safe and effective when used as directed, but there is a limit to how much you can take in one day. Taking more than directed is an overdose and can lead to liver damage.

You should always read and follow the label of any medicine you are taking. And you should never take two medicines that contain acetaminophen at the same time.

If you have questions about dosing instructions or the medicines that contain acetaminophen, ask your healthcare professional.

You can learn more about acetaminophen at *KnowYourDose.org*, where you can get tips on reading over-the-counter and prescription labels and view a list of common medicines that contain acetaminophen.

Taken from the Acetaminophen Awareness Campaign, [http://www.knowyourdose.org/sites/default/files/talking\\_points\\_on\\_acetaminophen.pdf](http://www.knowyourdose.org/sites/default/files/talking_points_on_acetaminophen.pdf)



## Other Events and Happenings



# BASA Spring Soccer

Registration Open Now

Ages: 6 to 18

Visit our website [www.basavt.org](http://www.basavt.org)

# December

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 PTO Bookstore— Lobby 8am-12pm	5 6:00 p.m. – School Board Meeting, Library	6	7
10	11 Winter Concert Gr 5-6 6:30pm	12 Winter Concert Gr 7-8 6:30pm	13 Snow Date for Winter Concert 6:30pm	14
17	18 6:30 p.m. – PTO Meeting, Library	19 6:00 p.m. – School Board Meeting, Library	20	21
24	25	26	27	28
Holiday Vacation				
31 Holiday Vacation				



# January



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Holiday Vacation	2 6:00 p.m. – School Board Meeting, Library	3	4
7	8 PTO Bookstore— Lobby 8am-12pm	9	10	11
14	15 6:30 p.m. – PTO Meeting, Library	16 6:00 p.m. – School Board Meeting, Library	17	18
21 No School for Students/Staff	22 No School— Staff Development Day	23	24	25
28	29	30	31	Feb 1 Grade 4 Band Concert 10:30 am