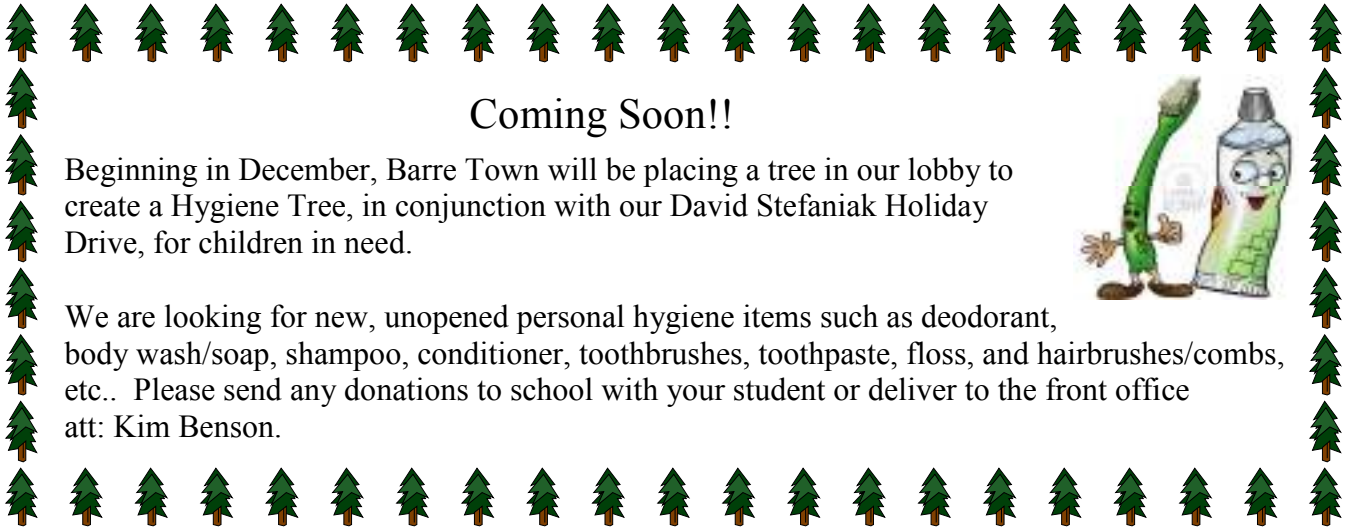




## BARRE TOWN MIDDLE AND ELEMENTARY SCHOOL

70 Websterville Road  
Barre, VT 05641  
(802)476-6617  
FAX: (802)479-5723  
btmes.org

November 2018



### Coming Soon!!

Beginning in December, Barre Town will be placing a tree in our lobby to create a Hygiene Tree, in conjunction with our David Stefaniak Holiday Drive, for children 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.



# Picture Retakes

Wednesday, November 14



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## David Stefaniak Memorial Holiday Food and Gift Drive 2018

The planning for the David Stefaniak Memorial Holiday Food and Gift Drive is now underway. Our goal is to provide food, winter clothing and gifts for Barre Town families who need a bit of help this holiday season. Years ago, Barre Town parent, David Stefaniak, brought community attention to the needs of some of our families and friends for assistance, particularly at Christmas time. Since David's death, volunteers have continued his work allowing his efforts to live on.

If you are a family in need and are not participating in another community holiday program, please contact the school's coordinators, Bridgett Apfel or Kim Benson, prior to November 9, 2018. Our goal is to provide a winter clothing item and a toy for each child who attends our school. We hope to have all of our participating families adopted this year.

If you are willing and able to help, we would really appreciate your support by adopting a family or individual child. We welcome donations of food, money, holiday gifts or adoption of a family. If your family, friends or business would like to donate, please contact the holiday drive coordinators, Kim Benson or Bridgett Apfel at 476-6617 by November 12th.

Thank you for reaching out to families in our community in this wonderful holiday season!



## Student Council

November and December are traditionally very busy for Student Council members. Here are some important dates and events.

The annual David Stefaniak Memorial Holiday Food Drive is upon us! This is our favorite event because it's a chance for our entire school to come together to help people within our community. Every year the kids' enthusiasm for this important service project amazes me. **Over the past 5 years we have collected over 20,000 non-perishable food items, and those items have helped BTMES families.**



**The food drive will run from November 12 to December 10.**

Student Council will meet on the following dates (at 2:30 in Mr. Pope's room):

- Friday, November 2nd
- Friday, November 16<sup>th</sup>
- Friday, November 30<sup>th</sup>
- Friday, December 7<sup>th</sup>
- Tuesday, December 11<sup>th</sup> (to pack the boxes)

Friday, November 30th is the 7<sup>th</sup> & 8<sup>th</sup> grade school dance from 6:30-8:30. Admission is \$4 plus at least one non-perishable food item. Cash prize for the student who brings in the most food items.

Please feel free to reach out with any questions. Thank you for your support!

Rebecca Kerin-Hutchins [rkeribte@u61.net](mailto:rkeribte@u61.net) and Michael Pope [mpopebte@u61.net](mailto:mpopebte@u61.net) Student Council Advisors

## **November: National Childhood Safety Month**

November: for so many of us, images of pumpkins, turkeys, dinner rolls, and holiday fun are the norm. But this month is also set aside for another important event: **National Childhood Safety and Protection Month**. So, as we head into this next month, please consider adopting the following steps published by [www.kidpower.org](http://www.kidpower.org):



### **1. Make SURE kids KNOW you CARE! Share and discuss the 'Kidpower Protection Promise' with everyone you know, kids and adults alike:**

*"YOU are VERY important to me. If you have a safety problem, I want to know – even if I seem too busy, even if someone we care about will be upset, even if it is embarrassing, even if you promised not to tell, and even if you made a mistake. Please tell me, and I will do everything in my power to help you!"*

### **2. Listen. Notice. Pay Attention.** Know what to look out for:

- **Listen** when kids tell you about their problems. **Say, "Thank you for telling me."**
- **Notice** when young people or their adults seem sad, upset, or alone. **Say, "I care."**
- **Pay attention** to harmful behavior. **Say, "That's not safe." Or, "That seems disrespectful." Or, "This is against our values."**

### **3. Reach out. Step in. Get help.** Do something to make a difference.

- **Reach out** by asking and listening. **Say, "What's going on? What will help make things better?"**
- When you can, **step in powerfully and respectfully** to stop unsafe or disrespectful behavior. **Say, "That doesn't look safe!"**
- **Get help** when you don't know what to do.

### **4. Prepare kids with knowledge and skills.** Empower young people to take charge of their safety and well being.

- **Tell kids often, "You have the right to be treated with safety and respect – and the responsibility to act safely and respectfully towards yourself and others."**
  - **Teach** kids how to prevent and solve problems with people. **Practice** with them so that they know exactly what to do.
- Guide** kids to uphold these values and use these skills in daily life.

Enjoy this amazing time of year! Thank you for all that you do to keep our children safe and happy! If you ever have a concern, please feel free to reach out to your child's teacher, counselor, or a school administrator.



## News from the Nurse

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### Need to Sign Up for Health Insurance?

**Important Message:** 2019 Open Enrollment starts November 1 and ends December 15! This is the time when any Vermonter can sign up for 2019 health coverage, or make changes to an existing plan. If you lose health coverage or have another [qualifying event](#) after Open Enrollment ends, you can still sign up but need to act fast. If you wait more than 60 days to apply and select your plan, you might have to wait until next year to get health insurance.



Visit [https://info.healthconnect.vermont.gov/Get\\_Started](https://info.healthconnect.vermont.gov/Get_Started) for more information.

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## Crops by Kids

The tea garden that was planted this spring yielded several options for introducing teas to the students. The students in Mrs. Burroughs class grew and planted lemon balm in the spring. This fall, new students harvested lemon balm, mint, tulsi and calendula. We dried all the harvested herbs in our classroom and have been drinking tea both in our (inside) classroom and our outdoor classroom at ECO! They really got involved in the harvesting/ drying process. They have been liking the taste tests of teas so far.



Mrs. Thygesen's PE classes did a "walk-through" where she showed students the new tea garden area, talked about the herbs growing there and how they might be used. Most classes did a sniff and taste test of the lemon balm.

The 2nd graders in Mrs. LeCours class dried some of the herbs in the classroom, used the mortar and pestle to grind and made tea during our ECO outdoor classroom using the Kelly Kettle.

The Crops by Kids garden has been "put to bed" for the season. The crops have been harvested, the beds had been cleaned and the weeds taken away. Mrs. Thygesen's PE classes picked beets and kale for the cafeteria, weeded the garden beds, picked old, squished tomatoes and composted old plants. Michael "Moss" McCurdy had students plant garlic again this year. Thanks go to Mrs. Wiggins for taking the water fountain to her house for winter. This garden is truly a student, faculty and community garden!

As you know, we hosted the CBK Farmer's Market and Harvest dinner on September 27, 2018, the night of the PreK-4 Open House. This year we made over \$2300. *Wow!* Thank you to all the Barre Town families, teachers, and community members for their continued support. We had some awesome painted pumpkins this year.

This fall, due to weather and other circumstances, the fall Garden Club had to be postponed. We will try again in the spring.

Happy Gardening....

Debra Curtis, Garden Coordinator, [dcurtbte@u61.net](mailto:dcurtbte@u61.net)

## Boys and Girls Basketball Tryouts

7th and 8th Graders,

Basketball information night is Tuesday, November 13 at 6pm in the Barre Town cafeteria. All student athletes and their parents or guardians are encouraged to come. You will get to meet the coaches, get the schedules, and have any questions answered. Tryouts for boys and girls are as follows:



Monday, November 26	Tuesday, November 27	Wednesday, November 28
2:45-4:15 8th Girls 4:15-5:45 8th Boys 5:45-7:15 7th Girls 7:15-8:45 7th Boys	2:45-4:15 8th Girls 4:15-5:45 8th Boys 5:45-7:15 7th Girls 7:15-8:45 7th Boys	2:45-4:15 8th Girls 4:15-5:45 8th Boys 5:45-7:15 7th Girls 7:15-8:45 7th Boys

If you have any questions feel free to contact James Carpenter at [jcarpbte@u61.net](mailto:jcarpbte@u61.net).

## Other Events and Happenings

### Barre Town Ski & Board Program

**2018-2019 Sugarbush Ski Program for Barre Town Staff, Families and siblings – (5 Sundays from noon – 4:00 pm). The tentative dates are as follows: Jan 6, 13, 27 and Feb 3, 10.** This program has something to offer for ages 6 and older and all levels of experience! Sign yourself and/or your kids up for 5 lessons. Don't need lessons? Put your kids in the lessons; purchase a ½ day pass for yourself and ski with the other parents/guardians! **DEADLINE FOR ENROLLMENT IS NOV 20, 2018**

Product	1/2 Day Rate Per Person
Lift Ticket	\$135
Lift Ticket and Rentals	\$185
Lift Ticket & Clinic	\$225
Lift Ticket, Rental & Clinic	\$250
Clinic only (w/season pass)	\$120
Rental only	\$105
Sugar Xpress Media Fee	\$5



### Discounted Season Ski Passes

**Not interested in the ½ day ski pass or lessons? Get a PASS at a discounted rate!**

#### 2018/19 Season Pass Rates:

PRICES GOOD UNTIL 12/1/18 – prices increase on 12/2/18

#### Value Pass – (Mt Ellen...Lincoln Peak early season and late season)

Adults (40-79) \$599

Youth (7-18) \$279

College \$249

Boomer Pass (65-89) - \$139

#### Premium Pass – All Mountain (Lincoln Peak and Mt. Ellen)

Adults (40-64) \$999

Senior (65-79) \$749

Silver Senior (80-89) \$229

Age 90 & Up – Free

Child (6 & Under) \$40

Youth (7-18) \$399

Early 30s (30-39) \$599

For 20s (19-29) \$399

College \$349

Double Major—\$389 (includes unlimited skiing at Mad River Glen)

CONTACT MARY RUBALCABA AT 802-522-4470—

mary\_rubalcaba@yahoo.com OR KRISSY BELLAVANCE AT

[krisseyb@bellavancetrucking.com](mailto:krisseyb@bellavancetrucking.com) or 802-249-8784 to sign up! Hope to see you on the mountain.

November

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 PTO Bookstore— Lobby 8am-12pm	7 School Board Mtg, Library 6:00 p.m.	8	9
12 Staff Development Day - No School for Students	13	14 Student Picture Retakes	15 Harvest Luncheon—Grade 2	16
19	20 PTO Meeting, Library 6:30 p.m. –	21	22	23
VACATION				
26	27	28	29	30 Student Council Dance 6:30-8:30 Gr. 7 & 8



December

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 School Board Meeting, Library 6:00 p.m.	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 PTO Meeting, Library 6:30 p.m.	19 School Board Meeting, Library 6:00 p.m	20	21
24	25	26	27	28
WINTER VACATION				
31	Jan. 1	2	3	4
WINTER VACATION				



*Barre Town Middle & Elementary School*

*70 Websterville Road*

*Barre, VT 05641*

*802 476-6617*

*Fax 802 479-5723*

Dear Parents/ Guardians:

Winter seems to be approaching quickly, and with that comes cold and flu season as well!

Respiratory infections, such as the flu and common colds, are spread when people come in close contact with sick people and inhale airborne droplets, or come in contact with contaminated surfaces. Flu and colds symptoms can sometimes be difficult to tell apart, but consider this:

	<b>FLU</b>	<b>COMMON COLD</b>
<b>How it begins</b>	Sudden	Gradual
<b>Cough</b>	Severe	Mild to moderate
<b>Muscles</b>	Achy	None to mild aches
<b>Stuffy, runny nose</b>	Sometimes	Common
<b>Tiredness</b>	Severe	Mild
<b>Fever</b>	None to high grade	None to low grade
<b>Complications</b>	Bronchitis/Pneumonia	Earache/Sinus infection

If symptoms persist or worsen, make an appointment with your healthcare provider to be evaluated. The flu can be serious for children of all ages, causing them to miss school, activities, or even be hospitalized.

We take the health of our students seriously and work very hard to keep these viruses from spreading. We regularly clean frequently touched areas such as door knobs, stair rails, telephones, computer keyboards, and bathroom faucets and fixtures. We also encourage students and staff to follow the Centers for Disease Control and Prevention (CDC) **Take 3** approach to fight the flu:

**1. Get the flu vaccine every year**

**2. Take everyday preventative actions to stop the spread of germs:**

- Wash hands often with soap and water, or use alcohol-based hand sanitizers when soap and water are not available,
- Cover coughs with a disposable tissue or cough into their sleeve,
- Avoid touching their eyes, nose, and mouth,
- Avoid close contact with sick individuals,
- Avoid sharing cups and eating utensils, and
- Stay home when sick.

**3. Take flu antiviral drugs if your healthcare provider prescribes them**

You can help us maintain a healthy school environment in a variety of ways:

Make sure your children receive all recommended immunizations, including an annual flu vaccine,

Reinforce all of the above preventive behaviors practiced at school,

Make sure children get plenty of exercise, sleep, and healthy food, and

Keep sick children home, especially if they have a fever above 100° F, diarrhea, vomiting, or a severe cough. Children should be fever free for 24 hours without the use of medication before returning to school.

A couple additional important points:

Notify your child's healthcare provider if your child develops difficulty breathing or a new onset of wheezing, and

If your child has asthma, please make sure we have a copy of your child's Asthma Action Plan.

If your child is diagnosed with the flu, please provide written communication from the doctor so their absence is properly documented.

If you have any questions, please contact the Health Office at 802-477-5008.

Sincerely,

Lorna Corbett, RN, BSN

Nikki Ladd, RN, BSN