

Barre Town Middle and Elementary School

February 2019 Newsletter

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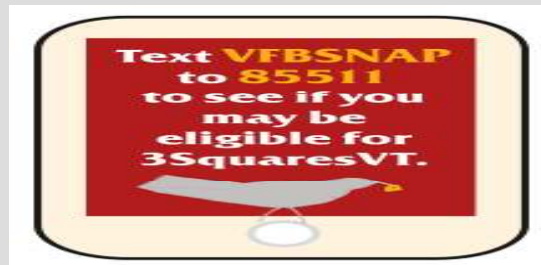
Reminder:

If for any reason your family's financial situation has changed, for example:

- loss of a job,
- divorce/separation,
- government shut-down,
- change in family size,

your student/s may be eligible for free or reduced school meals.

Any questions or for an application, please contact Tina Lunt at tluntbte@u61.net.



LOST and FOUND ITEMS



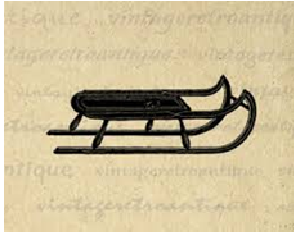
Has your child lost a hat, mitten, ski pants, jacket, etc.? We have a collection of lost items looking for their home. Starting in February, our Lost & Found items will be displayed on tables in our front lobby in hopes for you to find your lost items. Please take a moment to look through the display of items that will be setup the first Wednesday and Thursday (when school is in session) of every month.

Just a friendly reminder that energy drinks and candy are not allowed at school. This is clearly written out in our school rules on page 13 in our handbook.

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Crops by Kids



We have certainly had interesting winter weather- - from lots of snow to rain and ice!

One way to enjoy these winter days is to plan your garden space and get your seed orders in. As you may know, we went with High Mowing seeds this year, an organic seed company located in Vermont. Your seed orders support necessary purchases for our school/community garden. Our garden continues to be a great resource for teachers, students and the community and we appreciate your support.

The High Mowing seed company offers individual seed packets along with exciting gift box collections for items such as "summer sunflowers" and "heirloom vegetable packets".

If you haven't received an order form, and would like one, email dcurt@u61.net. There are also a few forms near the sign in/sign out sheets at the front of the office. We want to support your gardening needs, and we'd like you to support ours.

The deadline for all orders is **Monday February 18, 2019**. The orders must be at the school by the end of the day on Monday.

Please be sure to include a teacher's name on your order form. This form is much different from the past and this one doesn't allow for a specific place to add teacher's names. Use the *organizer's name* for the teacher's name.

Happy Gardening (or at least planning)!
Deb Curtis, Garden Coordinator

Embracing the Winter Months

By: Dianna Fecher, BTMES Home/School Coordinator



Well, here we are again, in the middle of our winter season – and what an intense winter it is proving to be! For many of us, this time of year is one of pleasure and enjoyment-- but for others, it is a season of experiencing the "winter blues". I recently read an interesting article on this very subject, written by Therese Borchard and published on [Everyday Health.com](http://EverydayHealth.com). The author shared a few helpful tips you may wish to embrace:

- **Adapt to the season** - and enjoy some of the many local winter activities – ice-fishing, ice-skating, snow-shoeing, skiing, & sledding.
- **Wear bright colors** - sometimes "faking it 'til you make it" keeps us more optimistic.
- **Stock up on Vitamin D** – since most of our Vitamin D comes from the sun, it may be helpful to chat with your doctor about taking a supplement.
- **Make a book and movie list** – allowing yourself the opportunity to read some good books, or watch a comedy can immediately lift your spirits!
- **Hang with positive people** – none of us need negativity in our lives, so focus on spending time with those who are uplifting.
- **Start a Project** – this is an excellent time to complete a project that will provide you a sense of accomplishment!
- **Eat "winter mood foods"** – some of the comfort foods that our mothers and grandmothers used to cook or bake can be quite satisfying.

Here is hoping for the best for you and your family as we enjoy this winter season!

Mark your calendar for the The Barre Supervisory Union Art Show!

Congratulations to the following students whose work was selected for the Barre Supervisory Union Art Show! This exhibit will be showcased in the Milne Room at the Aldrich Public Library. The entire school community is invited to join us for an opening reception on **Tuesday, February 19th from 5:30-6:30 p.m.** The show runs through March 29th. (A snow date is scheduled for 2/21.) Hope to see you there! -Ms. Leeds-

Kindergarten:

Mackenzie Austin, Addison Bisson, Kennedy Corbett, Benjamin George, Corbin Larrabee, Braylen Pelkey, and Shiloh Slater

1st Grade:

Adellarose Cheney, Ethan Hoyt, Cooper Owen, McKinley Pepin, Caleb Shatney, and Carter Spaulding

2nd Grade:

Michael Bliss, Bella Dodge, Matthew Flood, Javion Kastner, Brett Lane, Caleb Longo, Olivia Madison, Braxtin Willis-Maxfield, Julia Perez, Delia Russell, Justin Semprebbon, Bridget Sheeran, and Tenaya Wright

3rd Grade:

Nova Eberly, Matthew Howard, Makenna Joslin, Brooklyn Kearney, Trent Loftus, and Thia Uthmann

4th Grade:

Cailea Hosking, Brady Hoyt, Jason Perez, Mikail Razzaq, Madison Spaulding, and Callie Thompson

5th Grade:

Luke Emmons, Brady Fortier, Brookelyn Johnson, Lilly Mayo, and Connor Vincent



Vermont Granite Museum is hosting:

Winter Fest 2019

When: Saturday, February 9, 2019, 11:00 a.m.– 4:00 p.m.

Where: 7 Jones Brothers Way, Barre, VT

Ages: 0 and Up!

Cost: FREE!

Skating! Ice Games!

Snowshoeing!

Cross-Country Skiing

Snow Carving!

Snow Painting!

Bonfire! S'mores!

****Bring your own skates, skis, & snowshoes****



News from the Nurse's Office

February is Children's Dental Health Month. Dental health is a vital component of children's overall health. Receiving consistent dental care throughout childhood will have a positive impact on almost all domains of health as an adult. Dental health not only affects children's physical well-being, but also their learning. When children are experiencing dental pain it is difficult to concentrate and focus on school work.



Sometimes, dental emergencies arise and as a parent, we are not always sure what to do. Below you will find an excerpt from the American Dental Academy describing a variety of dental emergencies and how to handle them.

Are you prepared for a dental emergency?

Thousands of dental emergencies—from injuries to a painful, abscessed tooth—take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

Toothache: Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

Knocked-out (avulsed) tooth: Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

Broken tooth: Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

Tongue or lip bites or wounds: Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

Objects caught between teeth: Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Possible broken jaw: Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

From the Office of the Middle School Guidance Counselor

To Parents/Families of 8th graders:

I wanted to take this opportunity to make you aware of some plans and important dates that will be upcoming to prepare you and your student for their transition to the high school. The upcoming events are as follows:



***Barre Town Course Registration Meetings**

Monday, March 25th and Tuesday, March 26th

Barre Town Middle and Elementary School library

(Appointments will be made ahead of time. Stay tuned for more information)

***Open House for new students at Spaulding High School**

Thursday, May 23rd

5:30-7:00pm, Spaulding High School Auditorium

You will be getting more information about these events in the coming weeks.

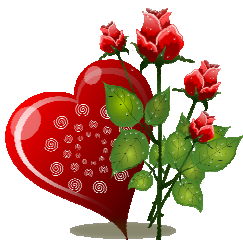
Additionally, you should know that during the third quarter, all of the 8th grade students will be receiving direct instruction from me regarding transitioning to high school during their health class. During a 2-week period, we will focus mainly on Spaulding High School; answering any and all questions about high school, reviewing courses offered, and developing a Freshman-year schedule.

The transition from Barre Town to high school can be a confusing one for students and parents/guardians alike. Please feel free to contact me at sgoodbte@u61.net or 476-6617 ext 6240, with any questions you may have.

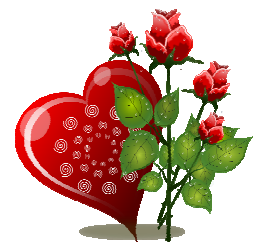
Sincerely,

Sarah Goodrich

Grades 5-8 School Counselor



*Thank
You*



To the *BTEA* for the generous
donation to the
Camp Opportunities Fund

More from the Office of the Middle School Guidance Counselor

Midnight Mountain Program



As our 8th Grade students start to prepare for their transition to Spaulding High School, some have some mixed emotions and natural anxieties regarding that upcoming transition. Additionally, research proves that a successful Freshman year at High School can aid greatly in a student's ability to successfully complete their high school education, as well as positive future endeavors. To this end, both the Barre Town Middle and Elementary School and the Barre City Elementary and Middle Schools have adopted a transition program called "Midnight Mountain".

Midnight Mountain is a 6 day program (three days during the school year and three days in the summer) intended to help build healthier skills for transitioning to the 9th grade at Spaulding High School. Additionally, completion of the program earns ½ SHS elective credit. Through the use of experiential learning activities aimed at building self-esteem, body awareness, and personal relationships, 15 students from BTMES and 15 students from BCEMS will be able to take advantage of this fantastic program. In addition to the Midnight Mountain staff, members of the Spaulding High School staff also take a leadership role at this program, allowing students an opportunity to build relationships with their future teachers.

Our 8th grade students have been introduced to this program last month and will continue to learn more about it this quarter. If you or your student is interested in the program, please check with Mrs. Goodrich to see if there are still openings and to get an application. This is a first-come, first served application process, so those interested should pick up an application, complete it, and return it as soon as possible to guarantee a spot in this year's Midnight Mountain Transition Program.

Should any parent or student have questions regarding this program, please feel free to contact Mrs. Goodrich directly at sgoodbte@u61.net or 476-6617 ext 6240.

Other Events and Happenings

YMCA Winter and Spring Vacation Camp at Barre Town

It's tough to find balance in your family's busy life, but Y School Vacation Camps can help with relevant program opportunities when and where you need them. Each camp offers kids creative, engaging, and fun choices – all designed to help them learn, grow, and thrive.

Registration is open!

Time: 7:30am-6pm

Location: Barre Town School Cafeteria

Age: All sites accept children kindergarten to age 12.

Cost: Camps are \$40/day with a non-refundable \$25 deposit. State subsidy is accepted.

Online registration is preferred, but is available over the phone at 802-862-9622, if needed paper copies can be found at the front office. Enrollment deadlines are the Monday prior to the start of camp.

Further questions: contact Brandi Waller, Site Director, 802-371-9421



Other Events and Happenings (con't)

Saturday "Open Gym" Basketball– Barre AUD



Saturday Fun At
the Barre
Auditorium Gym



Open Gym—Basketball

- Who:** All ages are welcome
- When:** Saturday January 5, 2019
Saturday January 12, 2019
Saturday January 19, 2019
Saturday January 26, 2019
Saturday February 2, 2019
Saturday February 23, 2019



- Time:** 11:00 a.m. —2:00 p.m.
- Where:** Barre Auditorium—Use Back Entrance
- Info:** Sneakers are required / please no outdoor street shoes. Gather your friends for some fun!
- Fee:** Free—Thanks to our wonderful local sponsors !



We are creating, supporting and encouraging healthy activities for all!



BASA Spring Soccer

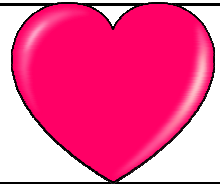
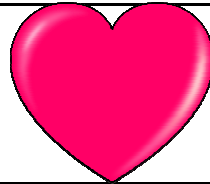
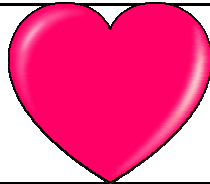
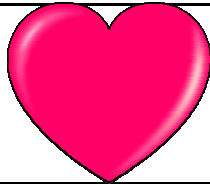
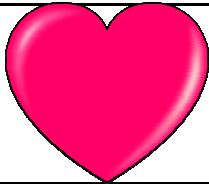
Registration Open Now

Ages: 6 to 18

Visit our website www.basavt.org

February

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grade 4 Band Concert Semi Formal for Gr. 7 & 8, 6:30-8:30pm
4	5 PTO Bookstore—Lobby 8am-12pm	6 School Board Meeting—6 p.m. Library	7 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Winooski Valley Music Festival</div>	8 Staff Development Day—No school for students
11	12	13	14 NAEP Testing Grade 8	15 NAEP Testing Grade 4
18	19 PTO Mtg. 6:30 in Library	20 School Board Meeting—6 p.m. Library	21	22
25	<div style="border: 2px solid black; padding: 10px; display: inline-block;">V a c a t i o n</div>			



March

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <div style="border: 1px solid black; padding: 5px; display: inline-block;">V a c a t i o n</div>
4 <div style="border: 1px solid black; padding: 5px; display: inline-block;">V a c a t i o n</div>	5 Town Meeting Day—be sure to vote!	6 School Board Meeting—6 p.m. Library	7	8
11	12 PTO Bookstore—Lobby 8am-12pm	13	14	15
18	19 PTO Mtg. 6:30 in Library	20 School Board Meeting—6 p.m. Library	21	22
25	26	27	28	29