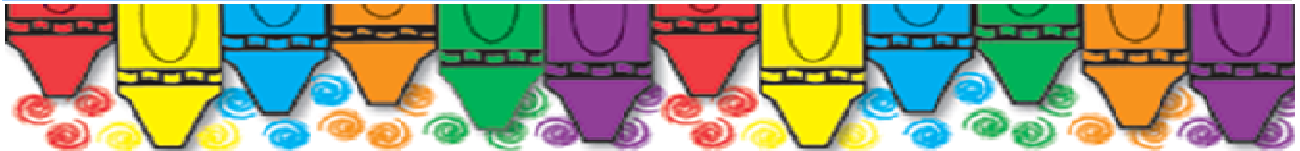


**BARRE TOWN MIDDLE AND  
ELEMENTARY SCHOOL**

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

March 2019



**Barre Town Middle & Elementary School  
Preschool Registration and Screening**

Registration and screening for all children entering Preschool  
in the Fall of 2019. Screenings will take place April 4, 2019.

**Registration is for children born on or before September 1, 2016.**

Please call Betsy Pearce at 476-6617, ext. 6306,  
to schedule an appointment for your child.



**You are invited!**



The search process for the new Barre Town Middle School Principal is now underway. We will be hosting a Parent and Community Forum to discuss what qualities, past experiences, etc. are important to have in our new co principal. Your input will be used to guide the search committee in finding the right candidate. Your input is very important.

**Please join us on  
Tuesday, March 12th at 6 p.m. in the BTMES  
library.**

We hope to see you there.

For more information, please call Carol Marold, BSU HR Coordinator at 476-5011 or email [cmarobsu@u61.net](mailto:cmarobsu@u61.net)

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# Paw Poetry

### Grades

Pre-k through  
8th grade helps

us build s t r o n g

### Classes

Are the best  
way to learn new  
things and they set  
you up for a good  
life when you  
grow up

### BTMES

The BTS way  
Is a learning point  
It gives us a way  
To make sure close  
We are all  
Safe

Friendships and stick  
with them and  
we get so

### School

The place where  
You start your journey.  
The place you begin your life  
And the place you can meet some  
Friends that can last a lifetime the place  
Where you learn who you are and want to be  
When you find out what you want to be the  
Rest of your life. This is the place where  
Everything starts. Where you start.

By:Ariyana Little  
Grade 7

# Lost and Found



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.

# News from the Nurses

March is National Nutrition Month and here at school, we know just how important good nutrition is for our students. From breakfast to lunch, and snacks in between, food choices for children have a large impact on their day. The Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals, has a website full of nutrition information. Please feel free to visit their website at [www.eatrightpro.org](http://www.eatrightpro.org). Attached to this newsletter, you will find one of their recent tip sheets: 19 Health Tips for 2019.



## Physical Education Update

During the month of February, all 2<sup>nd</sup> grade classes took a "mini field trip" to local Nursing Homes to perform and entertain the residences. All classes did 8 dances that they had worked on in PE class with Mrs. Thygesen. The Chicken Dance is always a crowd pleaser and Highland Gates was the students' favorite! The children made cards with their teacher to bring and present to the audience after. Many children also had a speaking part introducing the dances. Students enjoyed handing out their home-made Valentines cards and visiting with the audience. Great job, 2<sup>nd</sup> graders!



Kindergarten Dancers were very proud to show family and friends what they have been working on in Physical Education class during the dance unit. Children have been practicing being good listeners (to both the teacher and the music), watching the teacher, and being respectful to their friends while dancing. Knowing right and left, working together, learning specific terms (like promenade), taking turns being leaders, moving to a rhythm, and having fun while dancing socially with friends were skills to be on the look-out for! We even did a dance where we invited the parents to join. Thanks for supporting quality physical education.

Mrs. Laura Thygesen

## 8th Grade Graduation Date

The **Barre Town Class of 2019** Graduation will be held on Thursday, June 20th at 6:00pm at Barre Town School. In the event of inclement weather, the ceremony will be held in the Spaulding High School Gym. More information to follow.



## Parent/Teacher/Student Conferences

Conferences will be held on Thursday, April 4th for all students in grades K-8.

Reminder, this is an early dismissal day for students.

Grades 5-8 dismiss at 11:30am

Grades K-4 dismiss at 12:30pm.

Conference times are as scheduled.



## Spelling Bee

Top Barre Town spellers competed in a school spelling bee in February to determine our school champion. Runner-up was Abigail Lindhiem, and school champion was Ryan Allen, who will represent Barre Town School at the Scripps Vermont State Spelling Competition on March 19th at St. Michaels College. Congratulations to ALL of our spellers! And best of luck to Ryan!



## Yearbook Orders

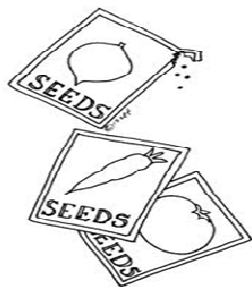
Yearbooks are now available for preorder for grades 5-8. It is highly encouraged that yearbooks are ordered online this year. You can order your yearbooks now via the link below. You just need to enter the code included. If you cannot order online, all students have been given a paper order form, there are extras at school as well. If yearbooks are not ordered by **4/29/19** students will not be able to get a yearbook. There **will not** be extras ordered to purchase on the last day of school.



<https://ybpay.lifetouch.com/>  
School Code:1968819

If you have any questions, please contact Jess VanOrman at [jvanobte@u61.net](mailto:jvanobte@u61.net)

## Crops by Kids



In February, Puxatany Phil, the famous groundhog, did not see his shadow. According to legend that means an early spring. What do you think?

The weather has been cold on several mornings in the past few weeks..... Did you know the coldest temperature ever recorded on earth as of 2018 was in Antarctica. It was negative 144 degrees!

Now that's COLD.

This year the seed fundraiser was done through High Mowing Seeds, an organic seed company located in Wolcott, VT. We had a TREMENDOUS response to the fundraiser. Thanks to all those teachers, families, staff, and community members who took the time to order seeds. The seed orders were sent out during the February break and should be shipped back to us in early March. The orders will be given to teachers to disperse to students.

The total money earned for this fundraiser will be listed in the next newsletter. If you have a preference for either FEDCO or High Mowing Seeds for next year, I would welcome your input.

I am available to assist teachers with seed planting with students in pre-K through 4 throughout during the growing season. This can be planting seeds in the classroom or directly into the garden. Let me know if you want me to help with planting or help with other gardening activities.

Looking for activities in our area? Henry Homeyer is conducting a workshop at the North Branch Nature Center on Elm Street in Montpelier titled, "Beyond Perennials". This workshop begins at 10AM on Saturday, March 16, 2019 and is free.

Another activity at the North Branch Nature Center is Amphibian Ecology and Amphibian Road Rescue Training on March 27, at 7PM. Learn how to rescue Amphibians from being run over by cars as they migrate across the roads. This is a free event.

Happy Gardening....

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

## Other Events and Happenings

Barre Youth Sports Association

# LACROSSE

## SPRING 2019 REGISTRATION



**BARRE BARRE BARRE BARRE BARRE BARRE BARRE**  
LACROSSE LACROSSE LACROSSE LACROSSE LACROSSE LACROSSE LACROSSE

Online Registration [bysalacrosse.com](http://bysalacrosse.com)  
 In Person Registration March 12 6-7:30PM  
 BOR Snack Bar Barre  
 Girls and Boys Grades 1-8

For more information contact [lacrosse@barreyouthsports.com](mailto:lacrosse@barreyouthsports.com)



### SIGN UP FOR CAMP

The most popular elements of Adult Soccer, Futsal and a New International Curriculum.  
Powered by Challenger. Now your child can test their own skills, meet, and excel!

**NEW FOR 2019** .....

## Barre Amateur Soccer Association International Soccer Camp

**August 12th - 16th**

Barre Rec Fields  
 70 Webstersville Rd, Barre, VT, 05541

Free soccer ball and shirt - Free app and 20 skills videos  
 Free jersey for online registrations by July 12th.

Get complete camp details and register at  
[www.challengersports.com](http://www.challengersports.com)

Event Photos - 802.275.0438 - [info@challengersports.com](mailto:info@challengersports.com)



**OVER \$100 IN FREE GIFTS!**

**CHALLENGER**

[WWW.CHALLENGERSPORTS.COM](http://WWW.CHALLENGERSPORTS.COM)

*Barre Community*  
**BASEBALL & SOFTBALL** 

*Do you want to play baseball or softball?*

**Registration Friday March 8th 5-8:00 pm**  
**Spaulding High School Gym Lobby**  
**Parent Meeting 6:00pm**  
**Programs for ages 4-18**

***SIGN UP TODAY!! REGISTRATION OPEN NOW***

For forms and more information go to [freeteams.com/barrebaseball/](http://freeteams.com/barrebaseball/) or email [barrebaseball@gmail.com](mailto:barrebaseball@gmail.com)

# March

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Vacation</b>
4	5 Town Meeting Day—be sure to vote!	6 School Board Meeting—6 p.m. Library	7	8
<b>Vacation</b>				
11	12 PTO Bookstore—Lobby 8am-12pm Talent Show Auditions	13 Talent Show Auditions	14	15 Spring Luncheon for Gr. 1 students and families
18	19 PTO Mtg. 6:30 in Library	20 School Board Meeting—6 p.m. Library	21	22 Barre Town's Got Talent Show
25 8th Grade Course Registrations—by appointment	26 8th Grade Course Registrations—by appointment	27	28 Drama Club Presentation	29 Drama Club Presentation



# April



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 School Board Meeting—6 p.m. Library	4 No Preschool—Screenings Parent/Student/Teacher Conferences—1/2 Day for Students	5 Staff Development—No School for Students
8	9 PTO Bookstore—Lobby 8am-12pm	10	11	12
15	16	17	18	19
<b>Spring Vacation</b>				
22	23	24	25	26
29 Kindergarten Screening	30			

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## 19 Health Tips for 2019

### 1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

### 3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

### 4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

### 5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.



### 6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

### 7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org).

### 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, are an older adult or live or work in hot conditions.



**10. Get Cooking**

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans. The collection of “Planning and Prep” videos at [www.eatright.org/videos](http://www.eatright.org/videos) will get you started.

**11. Dine Out without Ditching Goals** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

**12. Enact Family Meal Time**

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

**13. Banish Brown Bag Boredom** Whether it’s for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

**14. Reduce Added Sugars**

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to help identify sources of added sugar. Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

**15. Eat Seafood Twice a Week**

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

**16. Explore New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that’s new to you or your family.

**17. Experiment with Plant-Based Meals**

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

**18. Make an Effort to Reduce Food Waste**

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

**19. Slow Down at Mealtime**

Instead of eating on the run, try sitting down and focusing on the food you’re about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

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For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).

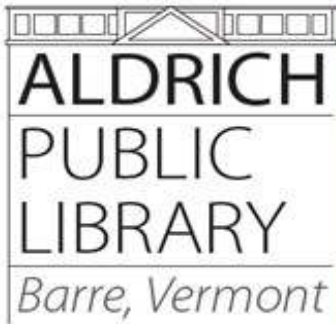


The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.



# Milk & cookies night



**Tuesday, April 2nd, 2019**

**6:00 to 7:00pm**

**Aldrich Public Library**

**Barre, VT**



Children are invited to an evening storytime at the library! Come in your PJs and bring your favorite snuggie to listen to our VIP readers, principals Hayden Coon of Barre City School, Jennifer Nye of Barre Town School, and Brenda Buzzell of St. Monica's School share their favorite books. Enjoy milk & cookies and go home with a FREE book!

Thank you for the donations of milk from Booth Bros. HP Hood and cookies from Barre City Schools!

Like us on Facebook!  Central Vermont Success by Six and Aldrich Public Library!



**In the event of inclement weather we will broadcast cancellations on WDEV or you can call the library.**