

8th Grade Graduation Information

Parents of Eighth Grade Students:

Everything is coming along nicely for graduation. Our 2019 graduation is being held on Thursday, June 20, at 6:00 P.M. in the courtyard behind the Barre Town School, weather permitting. Graduates are to be here at 5:30 P.M. There is no limitation on the number of guests.

In the case of rain, we will notify the local radio stations - WSNO, WSKI, WORK, WDEV, WNCS and WWFY and post it on our website www.btmes.org and Facebook - in the afternoon that graduation is to be moved to the Spaulding High School gymnasium.

The evening will culminate with a dance for the graduates and their invited guests in the gymnasium from 7:30 to 10:00 P.M. Please feel free to call the school (476-6617) if you have any questions.

Sincerely,

Scott Griggs
Principal



Barre Town Spring 5K Run



Congratulations to all of the students, friends, and families that ran in the Barre Town Spring 5K Run! The race was hosted by Central Vermont Runner. Barre Town School's 3rd and 4th grade Running Clubs' competed. Many thanks to CV Runners and the BT PTO for sponsoring the teams snacks and t-shirts!

The teams were coached by :

Mrs. Sarah Hill and Ms. Dani Kehlmann (Girls' coaches) and Ms. Trish Singer and Mr. Moss McCurdy (Boys' coaches).

Here is a link to see race photos (<https://www.jfrench.us/Sports/BTMES5K/n-kSqpz2>), many thanks to Jason French for taking and sharing such beautiful pictures!

Mrs. Laura Thygesen

Crops by Kids



A big thank you to the students in Mrs. Thygesen's K-2 P.E. classes for spreading mulch and digging weeds during their physical education time.

This spring the Garden Club invited 2nd graders to participate in a 4 week after school session focusing on planting and weeding. We made seed collages and food-coloring flowers during the inside time. The remaining outside time was spent on planting onions, peas, and spinach along with spreading compost and digging weeds. Students found spiders, ants, worms and a chipmunk during their time in the garden.

The large whiskey barrel planters in the garden space and directly outside are at least 8 years old and the wood was beginning to break down. If you walk by, you will soon notice new barrels.

Again this summer, we will be offering summer activities in the library/garden. The activities are held each Wednesday from 10 AM - 12:00 noon, beginning June 26 and continuing until August 7 with **NO series on JULY 3rd**. Children and their families are invited to attend this fun filled event. Each Wednesday the activity is centered on a theme, beginning in the library with a story and then coming out to the garden to do an activity, related to the theme. This year the theme is *Shapes and Sizes in the Garden*. The first week will be exploring bees and other "little" things in a garden. We will plant little seeds, too. Hope to see you there. Families do not need to commit to attending every Wednesday. Feel free to come and go as you are able. If you need more information please contact Deb Curtis at dcurtbte@u61.net

Please feel free to stop by the garden this summer to pick the vegetables, enjoy a picnic in the garden, see what is growing or just look around. We will have a garden map, displayed in the kiosk right outside the garden, about what vegetables are in which bed.

Check out the BTMES Facebook page to see what crops are ready to pick. We also encourage families to sign-up to water and weed the garden during the summer. This form is also included with this newsletter. Some students received a notice and it is also posted on the BTMES page. Another way to let me know of your interest is simply send your name, email address, phone number and dates your family is available to my email address directly below. If you are interested, let our Garden Coordinator, Deb Curtis know at dcurtbte@u61.net.

Have a great summer and Happy Gardening!



Family School Coordinator by Dianna Fecher



Embracing Times of Transition

Transitions. As we move through the years, our lives face many transitions, some easier than others. Your child is completing another school year. While many face the summer months with excitement and relief, still others struggle with anxiety over yet another change. Believe it or not, there are many children who LOVE school, enjoy seeing their friends on a daily basis, and feel success when stretching their brains as they learn new techniques. As you prepare for the end of the school year and the beginning of the summer break, here are a few helpful ideas:

- **Keep it simple.** Enjoy this time with your amazing children, appreciating them for who they are. Everyone is unique, and the ideas that work for one person do not necessarily work for another. Take walks, hike through the woods, have a picnic, visit the library, play in a sprinkler. There is no pressure to take big, expensive trips – just enjoy relaxing around a campfire and playing in the park!
- **Keep it sane.** It is okay to allow your children to experience some boredom. “When our kids have nothing to do, they exercise their imaginations and that just might be the most important skill they can develop.” (Mark Oliver, <https://www.mother.ly/parenting/5-surprising-benefits-of-letting-your-children-get-bored>).
- **Keep it safe.** Yes, we grew up riding bikes without wearing helmets, staying out all day and coming home at dinner, swimming at a friend’s house, or even camping out in the backyard by ourselves. But, times have changed, and keeping safety in the forefront is more important than ever. So, please: encourage bike helmets, communicate with your children where they will be hanging out throughout the day, remind them not to swim alone (and consider having your child take swimming lessons, if needed), and instruct your children to be aware of their surroundings.

Your child will be in a new class next year, with a new teacher and a new style of teaching method. The change is good-- but, it can also be difficult. At times, children experience anxiety over the summer months, as they consider all of the “new things” they will experience in the fall. If you could use some helpful strategies for handling anxiety, try reading the following article, written by Clark Goldstein: <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>.

Here is hoping your summer months will be filled with many memory-making moments!



Calling All Gardeners

Once again we will be holding our annual **Crops by Kids Farmer’s Market** at the PK-4 Open House on **Thursday, September 26**. As in past years, we receive donations of produce from our supportive community that we are always so thankful for. The produce sold on this evening helps to support our Crops by Kids Garden.

We would like to invite donations from family gardeners. Do you have some extra space in your garden? Would you be willing to grow some pumpkins for donation? We will be looking for pumpkins for our team of decorators to use for the masterpieces we will sell at Open House.

If you have questions or would like to donate, please contact Tina Lunt at 476-6617 ext. 6306 or email tluntbte@u61.net.

PTO News

I would first like to say thank you to the many parents, families, teachers, and staff of Barre Town Middle and Elementary School for a great school year! We have so appreciated your support of the Barre Town PTO whether you volunteered at an event, purchased an item, or came to check out a meeting, we have appreciated you.

This is an important year for the PTO. We are losing 3 long time members: Our President: Marcia Violette, Treasurer: Kelly Pembroke, and Bookstore Manager: Jenny Audet. We cannot express enough gratitude towards these three members who have really stepped up and helped lead the Barre Town PTO in multiple functions and events. The hours and energy that they have put into BTMES has affected all of our children and teachers in positive ways. We greatly appreciate their time and effort and wish them the best.

For the 2019-2020 school year, the new President of the Barre Town PTO is Penny Martin and the Treasurer is Megan Spaulding. Please feel free to reach out to Penny at splish65@gmail.com or Megan at Megans5507@gmail.com.

PTO funds were used this year in helping to purchase or fund the following:

- Summer reading program rewards
- Cricut machines for staff
- 5th grade incentives - bookstore gift cards
- New Elliptical for students to use
- VINS Owls presentation
- Weighted blankets for students
- Wi-Fi enabled camera
- Kelly Kettle and cups for ECO (Educating Children Outdoors)
- Summer Camp opportunities/scholarships
- 100 Day T-Shirts
- Storage containers
- Prismatic Magic light show for all students
- BTMES Scholarship
- Tim Crowley Scholarship
- Teacher Appreciation Day
- Chalk and outside toys
- Running Club T Shirts
- Soccer and Basketball Team Uniforms
- Field Hockey goalie pads and uniforms
- Field trip scholarships



**Summer
Library Hours:**
Monday &
Wednesday's
9:00a.m. - 1:00p.m.

*Garden story
time Wednesday's
at 10:00a.m.



June 26 - Little

We will read the book, *Three Feet Small* in the Library.
Outside we will plant little seeds and look at the size of honey bees and their homes.
The snack will be little honey animal crackers.

July 3 - No Series



July 10 - Long

We will read a book in the library and continue outside. We will plant carrots, do an activity involving long "worms" and dig up long garlic scapes, if they are ready.
The snack will be fruit on a long skewer.

July 17 - Round

As always, we will begin in the library with a book. If the blueberries are ready we will pick and eat them. The art activity will include a collage with round objects.
We will plant seeds in the garden.

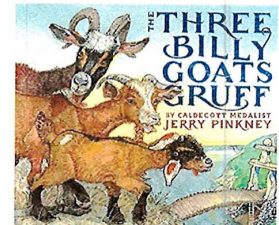


July 24 - Fat and short

We will read a book then make bird feeders out of pinecones. What vegetables could we find that are fat and short? Let's find out.

July 31 - Big

We will read *Three Billy Goats Gruff*.
In the garden we will find big vegetables and eat cabbage salad.

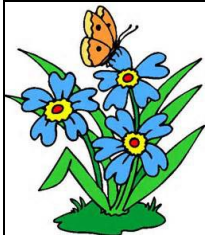


August 7 - All shapes and sizes

We will read a book about shapes and sizes. Outside we will plant late crops and have a scavenger hunt for different shapes and sizes.
Snack will include many items of various shapes.



Crops by Kids



Dear BTMES families,

This spring we planted many crops including flowers and vegetables in the Crops by Kids Garden. Your child may have helped with the planting or watering this spring. Watering, weeding and harvesting is necessary to keep our plants growing as the summer progresses. We are looking for several families to check in on the garden this summer, which will help support next fall's curriculum and provide some food for the kitchen. It can be a fun family experience while you help your child learn about plant growth in a real life setting. You are welcome to take the produce when you visit the garden.

Can you plan a few days this summer where you could put in some time at the garden? We are looking for a week commitment but you **would NOT** have to come to the garden daily. If more than one family is scheduled for the same week, it may be a once a week visit. I will send an email explaining the details about watering, how to get into the shed and what needs to be done

If you have questions please contact Deb Curtis, the garden coordinator, at dcurtbte@u61.net or call @ 476-7871

Name _____ Phone _____

Email address _____

Week(s) available _____

Please return this form to your child's teacher by **Friday, June 14, 2019** OR send an email with your name, phone number, email address and date(s) you are available.

Thank you for your help and enjoy the garden! I will send a confirmation through email

_____ It is okay to share my name with the other families working in the garden

_____ It is NOT okay to share my name with other families working in the garden

Barre Town Middle & Elementary School

70 Websterville Road

Barre, Vermont 05641

Phone: 802.476.6617

Fax: 802.479.5723

Website: www.btmes.org

June 5, 2019

Dear Parents, Guardians and our Staff:

As part of a new law, all schools and child care providers are required to test for lead in drinking water and fix any issues when lead is found above an established action level. The intent of the law is to protect children, students, and staff from lead in these settings.

The health and safety of the children in our care and of our employees is our priority, and we are working quickly to check our system for lead.

The drinking water at Barre Town Middle & Elementary School will be tested for lead, the collecting of water samples will take place on June 8, 2019. We will collect water samples from all taps that are used for drinking and cooking and send the samples to the Vermont Department of Health Laboratory for analysis.

Why is lead a concern?

Lead poisoning can slow down a child's growth, development, and learning and can cause behavioral problems. Children absorb lead more easily than adults, so they are at a higher risk for lead poisoning.

How does lead get into drinking water?

Lead rarely occurs naturally in water supplies. However, lead can get into drinking water through contact with lead pipes, plumbing fixtures and solder.

How will I be notified of the results?

You will be sent a summary of the results within 10 days after we receive the test results from the laboratory.

What will happen if there is lead in the drinking water at the facility?

Any tap that tests at or above the action level will be taken out of use for consumption. Once we fix the issue, and follow-up testing shows the lead level is at or below the action level, the tap can be used again.

We want lead levels in drinking water to be as low as possible. We will find the most effective means of fixing the problem. There are many easy and low-cost fixes to reduce lead in drinking water, including removing seldom-used fixtures or encouraging the use of filtered and properly maintained bottle fill stations.

How do children come in contact with lead?

Exposure to lead is a public health concern in Vermont. Potential sources include dust from deteriorated lead-based paint and products, including toys, keys, jewelry, pottery, dishes, imported candy and foods, and antique, vintage or salvaged goods. Lead can also be found in contaminated soil and old plumbing pipes and fixtures. While a major source of lead poisoning in Vermont children is paint, the lead in plumbing pipes and fixtures can add to a person's overall lead exposure.

To learn more about lead hazards and lead poisoning prevention, visit healthvermont.gov/lead.

Continued...

"All that I learn today leads me to what I become tomorrow."

Can I test the water in my home for lead?

Yes. To test your home for lead in drinking water, contact the Health Department Laboratory to order a \$12 first draw lead test kit. Call 802-338-4736 or 800-660-9997 (toll free in Vermont).

Where can I get more information?

If you have any questions or for more information, please dial 2-1-1.

To contact someone at Barre Town Middle & Elementary School about the testing:

- Call Jennifer Nye at 802-476-6617
- Visit: www.btmes.org

Sincerely,



Jennifer W. Nye
Co- Principal



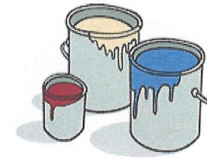
Lead Poisoning in Children

Lead poisoning is a serious but preventable health problem. Lead is a highly toxic metal that has been commonly used in many products—such as paint, solder, batteries, brass, car radiators and pottery. Too much lead in the body, or lead poisoning, can cause serious and permanent health problems. Lead can hurt the brain, kidneys and nervous system. There is **no** safe level of lead in the body.

Lead is most dangerous to young children who can come in contact with lead in a number of ways.

Lead Paint

Dust from lead paint is the major source of lead poisoning. In 1978, lead was banned from house paint. Most homes built before that time are likely to contain lead. Children can be exposed to lead during renovation projects or from chipping, peeling or cracked paint. Lead dust can be breathed in or swallowed.



Lead in Soil and Drinking Water

Soil may contain lead from lead paint that flakes off the outside of buildings and from exhaust when there was leaded gasoline. Lead can get into drinking water as it moves through older lead pipes, plumbing fixtures or solder.

Other Sources of Lead

Children can get lead poisoning from other sources that may contain lead.

- **Lead in workplaces or on parent's clothes:** construction and renovation work, auto repair and work with batteries, plumbing, welding and soldering.
- **Lead in pots and dishes:** glazed pottery and metal pots with lead solder.
- **Lead in antiques, vintage and salvaged goods:** older furniture, building materials and other items, even if they look bare.
- **Lead in products:** toys and jewelry made in other countries, imported candy (especially from Mexico), imported cans of food, spices and spice mixtures (especially if they come directly from other countries), metal keys, imported make-up and home remedies.
- **Lead in crafts and sports:** stained glass, bullets, fishing sinkers and artist's paints.



Prevent Lead Poisoning

Prevent lead poisoning in children by maintaining your home in good condition, cleaning in a lead-safe way, and eating healthy foods.

- Wash children's hands before eating and sleeping, and wash toys often to remove invisible lead dust.
- Serve snacks and meals to children at the table or in their high chairs.
- Repair chipped, peeling or cracked paint. Keep children from these areas until fixed.
- Wet mop floors, and wet clean surfaces with disposable towels, use a vacuum with a HEPA filter and vacuum slowly.
- Use lead-safe practices during renovations, such as wet sanding and wet scraping, and do not use a belt sander or heat gun.
- Plant food gardens in lead-free soil that is at least three feet away from buildings and busy roads.
- Leave shoes at the door to prevent tracking soil that may contain lead into the house.
- Test your water. Order a \$12 Lead in Drinking Water Test Kit by calling 800-660-9997.



For more information about lead hazards and lead poisoning, call 800-439-8550 or visit healthvermont.gov/lead.

