

# Barre Town Middle and Elementary School

January 2020 Newsletter

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# Happy New Year!



Dear Barre Town Families,

Welcome 2020! We hope that everyone had time over winter break to connect with loved ones and to celebrate the holiday season.

We are excited to share that we were able to enter into a contract with Barre Town Police to have a School Resource Officer on campus for up to 10 hours a week. While we await the day when we can announce that we have a full-time School Resource Officer, we are grateful that we have secured this amount of time. Chief Dodge and his department continues to partner with us to ensure a presence here at school as often as possible.

School Resource Officers are a cornerstone of community-based police forces across America. Community-based policing or community-oriented policing is both a philosophy and an organizational strategy that allows the police and the community to work together to solve problems of crime, disorder and safety issues and to improve the quality of life for everyone in that community.

What do School Resource Officers do? The main goal is to create relationships with students and families which leads to partnerships between the community and our police department. The basic duties of a school resource officer include creating awareness for law-enforcement education related to the school's safety, monitoring those who visit schools, providing assistance for disruptive students, enforcing rules, and supervising the campus of the institution. You may see an Officer outside with students on the playground, partaking in physical education class, speaking with students in a health class, or working with students on projects in any classroom, or in our parking lot.

If you have any questions regarding School Resource Officers please don't hesitate to reach out to either one of us.

Warm regards and best wishes for a wonderful 2020,

Erica Pearson,  
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P.S. With the start of a new year, this is a great time to check the batteries in your smoke detectors! Remember, having at least one per floor is best and you want to ensure that your smoke detector is photoelectric - if it also detects carbon monoxide that is even better!

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## Student Art on Display

Students have been busy completing a variety of projects ranging from printing to painting to collage. Many of these works are now on display for everyone to enjoy. Congratulations to the students listed below whose art is featured at the following locations!



### **The Chiropractic Office of Dr. Curt Healey**

(K) Rory Boston, Lissa Day, (1st) Hudson Lytle, Alayna Owen,  
(3rd) Katelyn Bisson, Ava Kennedy, Shaelyn McGowan,  
(4th) Emileigh Fisk, Brooklyn Kearney, Thia Uthmann,  
(5th) Aubrey Boyce, Rowan Moran

### **At BTMES:**

#### **Mrs. Nye's Office**

(K) Carson Bliss, Josie Munroe, (1st) Tarah Carten, Lilo DeJesus, Calahan Farnham, Gavin Jones,  
(2nd) Juliet Rousse, Courtney Smith, (3rd) Charlotte Clark, Carter Folsom, Chloe Geno, Rhys Verret, (4th) Cameron Aldrich, Clayton Bell, Aiden Meredith

#### **The Nurse's Office**

(K) Scott Hebert, Bailey Shea, (1st) Michael Anderson, Faith Kingzett, (3rd) Caleb Longo, Quinn Munukka, Justin Semprebbon, Eva Van Orman, (5th) Lily LaPerle, Brayden Masure

#### **The Gallery At Barre Town**

(K) Mrs. Burrough's class, (1st) Ms. Pratt's class, (2nd) Mrs. Custer's class, (3rd) Ms. Zapora's class, (4th) Ms. Lane's class, (5th) Mrs. Thomas' class

#### **The Elementary Art Room**

(2nd) Mrs. LeCours' class

And, a special "Thank You" to parent helper, Shannon Kirkpatrick, and BTMES alum, Madison Hebert, for their help in preparing work for these shows.

Ms. Leeds, K-5 Art Teacher



## Crops by Kids



Some years snow blankets the ground, some years we have had green peeping through in January. Today it is COLD, well below zero! Who knows what the temperature will be when you read this.

Regardless of the weather, it isn't too early to think of all the plants you want to grow this summer. We hope many of you are anticipating the annual Crops by Kids **seed fundraiser**.

Last year, for the first time, the seeds came from **High Mowing Seeds**. This was the most successful fundraiser yet.

Be looking for the seed order forms by mid-January. If you don't receive one, and would like to, email [dcurtisbte@buusd.org](mailto:dcurtisbte@buusd.org) with your child's name and homeroom teacher. We want to support your gardening needs and we'd like you to support ours.

Hope you had a chance to see the full moon in December, it was the last one of the decade. The full moon in January is called the Wolf Moon or sometimes the Ice Moon.

So here's hoping for a winter with the hope of plenty of snow to cover the garden and for plain 'ol fun in the snow.

A quote for the month, "When oak trees, bend with snow in January, good crops may be expected". Taken from *Wit, Wisdom, and Practical Advice: Useful Tips and Fascinating Ideas for Everyday of the Year*.

Happy Gardening...

Deb Curtis, [dcurtbte@buusd.org](mailto:dcurtbte@buusd.org)

## David Stefaniak Holiday Food and Gift Drive



As Coordinators for the David Stefaniak Holiday Food and Gift Drive, we want to thank everyone who participated. Anything you contributed; a can of vegetables, a box of food, blankets under our tree, monetary donation or perhaps, you sponsored a family... we thank you! We could not have done it without your help!

This year we were able to make the holidays a little easier for 15 Barre Town families which included 40 children. With Student Council collecting an astonishing 4,529 food items, we were able to provide enough food for these families to help them over the long holiday break and create a food shelf for our students to access. This type of care and support is why the school and the community are often referred to as a "Barre Town Family".

Thank you for taking care of our Barre Town Family.

Kim Benson and Bridgett Apfel



## News from the Nurses' Office

As the excitement of the holiday season unwinds and we begin to truly settle in for winter, we may find ourselves ready to focus our energy inward. Mindfulness is the act of being truly present in the moment and being in touch with what is happening around us and how we are responding to whatever that may be. It calls for pausing and reflecting before reacting. Mindfulness is wonderful for both adults and children. Children can develop lifelong skills and techniques to help them manage their emotions and reduce their stress. Randy Taran, CEO and founder of Project Happiness, has these eight suggestions to help you bring mindfulness into your family.

**1. Take on a Family Mindfulness Challenge:** When you model the mindfulness you want to see in your children, they understand it on a whole new level. So, give it a try. You can sit on a chair or floor with your back straight but not tense. Close your eyes and use your other senses, like listening. A simple minute of **mindful breathing** is one great way to start. There are also **free apps and websites** available to help guide your practice, which can be great for beginners.

**2. Choose a "Mindfulness Corner":** It could be in a bedroom or main area. Make it special and uncluttered. You can have everyone in your family put a personal symbol, like a pillow, photo or blanket, in the middle of the room so it becomes like a "zone of peace" that is there at any time. Designating a physical location literally "holds the space" for mindfulness to become a regular family habit, much like sitting down together to eat a meal.

**3. Set a Time:** Just like athletes schedule practice sessions to improve their skills, having a designated mindfulness time helps make it a go-to habit. Before bed is a wonderful time, as the mindfulness practice relaxes everyone into a more peaceful state. Some families use a special chime to take turns bringing everyone together. As your family gets used to practicing mindfulness, the special space in your home can serve as a good place to go when anyone in the family needs to take a break from anger, or frustration. If you practice moments of calm, it makes going to that space in moments of stress easier.



**4. Have Mindful Mornings:** Getting out the door for school is stressful. Consider ways to de-stress, like waking up a little earlier for some quiet time, or encouraging your children to help (as they can) to pack their lunches the night before. Dr. Christine Carter of **Greater Good Science Center** prepares for the morning rush by placing sticky notes on her fridge. They are reminders to NOTICE emotions, NAME the emotion, ACCEPT what is going on, and BREATHE (pausing to take a few deep breaths) before jumping into action.

**Check out our Parent's Guide to learn more about how to better manage your emotions.**

**5. Practice Mindfulness Around the Table:** Remember how good it feels to express gratitude at the Thanksgiving table? What if you could do this once a week? Schedule a time where everyone talks about what they are grateful for in their life and something they appreciate about others at the table. This is all about being in the moment and taking time to notice the good stuff (there's always good stuff, even if it's just a hot meal or the smile on your child's face!). It will uplift everyone there.

## News from the Nurses' Office (con't)

**6. Designate Mindful Boundaries:** Having established boundaries promotes a feeling of consistency and safety. They provide a perimeter, within which children can exercise their autonomy. If the boundaries are mindfully thought out in advance, then there is less reason for you to constantly say no. It's equally important to create situations where your child can experience autonomy (e.g., "You can be the leader on the hike."). In *Mindful Discipline*, Dr. Shauna Shapiro makes the case that children need *both* boundaries and autonomy. Shapiro asserts that children need a degree of autonomy to develop a sense of responsibility over their lives. They also need clear boundaries, which gives them a sense of safety, and a clear idea of who is the parent and who is the child. The author suggests that you ask yourself, "What is most needed in this moment? Is it space, autonomy, or a boundary? Or maybe it's some of each: you can run around the park, but here's a line you can't cross—a non-negotiable line."

**7. Be Mindful with Discipline:** There's no getting around it - discipline is part of parenting. Why not address it mindfully? If you see discipline as teaching, rather than confrontation, the first step is pausing enough to be mindful of what your child is feeling. In *No-Drama Discipline*, Dr. Dan Siegel and Dr. Tina Bryson suggest:

- Communicate comfort so your child feels safe to open up. Get down to your child's eye level, and put your hand on his arm or hug to give him a sense of reassurance. You can also tell him, "It's hard, isn't it? Can you tell me about it?"
- Validate and say something like, "If I were in your shoes, at the same age, I might feel the same way."
- Listen. Rather than lecture, breathe.
- Reflect. Say back what you hear like, "I understand that you're upset because you don't want to go to bed right now."
- Redirect. After you understand what was happening internally to your child, you can determine what you want to teach and how best to do it. For example, you may want to say, "If you get your rest now you won't feel tired at school tomorrow. Would you like to read one more book and then we can tuck you in so you can go to bed?"

**8. Share Your Experiences:** The more you and your child practice mindfulness, the more natural it becomes. You will draw on it in all aspects of life. If you used mindfulness when you felt your emotions rising, (in traffic, at the office, with friends), and you were able to pause before reacting, share that experience with your child. Encourage her/him to do the same. You will inspire one another in ways you might not even imagine.



## Midnight Mountain

### Midnight Mountain Program



As our 8<sup>th</sup> 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 9<sup>th</sup> 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 8<sup>th</sup> grade students will learn more about this program on January 10th with a presentation during the school day from SHS counselor Peggy Portelance, Georgie Stapleton, and previous students of this program. All 8th graders will have an opportunity to get an application for Midnight Mountain on January 10th. If you or your student is interested in the program, please be sure to complete the application and turn it into Mrs. Goodrich. This is a first-come, first served application process!

Should any parent or student have questions regarding this program, please feel free to contact Mrs. Goodrich directly at [sgoodbte@buusd.org](mailto:sgoodbte@buusd.org) or 476-6617 ext 6240.

## Other Events and Happenings

### HOCKEY NIGHT IN BARRE IS BACK!

Come cheer on your local hockey players! Each Barre Blades hockey team will host a Friday night game, that will include a light show, music, entertainment, giveaways, Chuck-a-Puck, 50/50 raffle, face painting, and whole lot of fun!

Friday Night Lights Games will all start at 7:15pm at the B.O.R.  
This is a free event.

Schedule:

January 3rd - U10 Blue

January 17th - Mites

January 31st- U14



Sat. Feb 8th  
11am-2pm

Free Entry!!

# VERMONT GRANITE MUSEUM

## 2020 Winter Festival!

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Saturday February 8th  
11am-2pm

Enjoy free indoor and outdoor fun at the Vermont Granite Museum!

- Snow Painting
- Valentine Creation Station
- Warm up by our Bonfire with a S'mores
- Hot Chocolate, Cider and treats!



Bring your snowshoes or cross country skis and enjoy all our 12 acre property has to offer!

**January**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Holiday Vacation	2 Back to School	3
6	7	8	9 BUUSD Board Mtg, BTMES Library—5:30pm	10
13	14 PTO Bookstore 7:30am-12:00pm—Lobby	15	16	17
20 Staff Development Day - No School for Students	21 PTO Meeting, Library 6:00 p.m.	22	23	24
27	28	29	30	31 Grade 4 Band Concert 10:30am



**February**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Winooski Valley Music Festival	7 Staff Development Day - No School for Students
10	11 PTO Bookstore 7:30am-12:00pm—Lobby	12	13 BUUSD Board Mtg, BTMES Library—5:30pm	14
17	18 PTO Meeting, Library 6:00 p.m.	19	20	21
24	25	26	27	28
Vacation				