

Barre Town Middle and Elementary School

February 2020 Newsletter

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



Dear BTMES Families:

Our school will celebrate the power of reading at the upcoming Scholastic Book Fair. You are invited to help our school create a culture of reading, build our school libraries **and** you'll have the opportunity to shop and select books with your child for your home library! A portion of all the proceeds will go back to our school. Your support makes a difference!

Book Fair Dates: **March 13th – March 19th**

NEW In-School and Online Shopping Options!



Book Fair eWallet, our new digital payment option, allows your student to shop the Fair cash-free.

Can't make it to the Book Fair? Shop *The Scholastic Store*TM online to choose from over 6,000 products!



The characters. The book choices.
The awesomeness.

Visit our homepage to access eWallet or shop online: <https://www.scholastic.com/bf/btmes>

See you at the Book Fair! Until then, happy reading!

Sincerely,

Jennifer Nye and Erica Pearson



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Field Trips

Want to volunteer or chaperone a field trip?

In compliance with the BUUSD policy and procedure for volunteers and/or chaperones, background check and fingerprinting will need to be completed for anyone interested in volunteering at the school or attending field trips. For your convenience, you can pick up a copy of the policy and volunteer application at our front office.

Feel free to call 476-6617 ext. 6306 and we can also send one home with your child!



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PTO News —Parent Teacher Organization

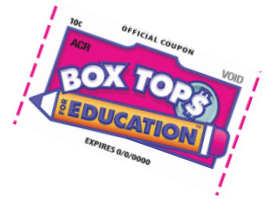
Logo Gear /Bookstore

Beginning this year, Bookstore and Logo Gear will be available at evening concerts. We do accept checks made out to BTMES PTO. We are excited for this new opportunity for folks to have access to this outside of school hours.



Box Tops

Box Tops points will be printed on your store receipts, rather than on the product you buy. You can go online and set up your own account to enter the points. There is a place to choose your school when you register. Once registered, you get instructions for how you can scan or take as photo of the receipt to submit the Box Tops. We are also happy to take your receipts and enter them for you. If you choose to do this, please just continue to send them in to be placed in the Box Tops Box.



Meadow Farms Fundraiser

For anyone that sold enough items making them eligible for Get Air passes, please know that although they were out of coupons at the time product was mailed, they have come in to us. Please ask your child for them as they are being sent directly home with them.

Turnover Within PTO



Eventually we all move on. Some of us have been doing this for more years than we can remember, have kids aging out of the school or are simply too busy to continue on PTO. There are openings! If you have a knack for finances, minute taking or fundraising, please consider joining us. Officer positions are voted in by the current PTO. We will need a short letter of interest if you would like to be considered for one. Letters for the following positions will be accepted through March 5. You can email a letter or leave it at the front office marked "PTO". Please help continue to provide so many great programs, supplies and experiences for our kids!

- Treasurer: keep a month to month accounting of cash flow to be shared at each meeting, balance the checkbook, collect receipts for purchases and pay bills/reimbursements for approved requests.
- Secretary: take and distribute meeting minutes, develop notes home re:events, sales and opportunities, manage FB and Instagram, and write the newsletter insert.
- Fundraiser: collaborates with PTO members and administration to identify and implement yearly fundraising plans. Coordinate with fundraising company around implementation, marketing and finalization of fundraising. This includes collecting and reviewing/confirming orders, payment and other necessary information for events. Being available to field family questions and find solutions to any issues that may come up during or after fundraisers is valuable.

Please know if you would like to join as a non-officer member, we are always happy to have you!

Watch for more information regarding the Scholastic Book Fair as PTO will host a parent shopping night during our March meeting, details TBA.

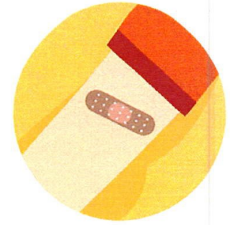
We would love to see you at a meeting. They are held the third Tuesday of each month in the library at 6pm. Our April meeting falls during break so we will meet the second Tuesday in April at 6 in the library. If you would like to contact us, or email a letter of Interest, please feel free to email at ptobte@buusd.org.



Flu Information

The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Message from the Middle School Counselor

To Parents/Families of 8th Graders:

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

***Barre Town - Freshman Year Course Registration Meetings**
Wednesday, March 25th and Thursday, 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 21st
Time TBD, 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 this 2-3 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@buusd.org or 476-6617, ext. 6240, with any questions you may have.

Sincerely,

Sarah Goodrich
Grades 5-8 School Counselor



Barre Town Spring Run 5K



Saturday, May 16, 2020 9:00am

RAIN OR SHINE
Barre Town Recreation Facility
Barre Town, VT

Race-Day Registration is at 7:45 – 8:45 am

No Dogs, Strollers or Headphone in the race, please

FEEES: Adults: (over 18) \$10 - High School (grades 9 – 12): \$5
8th Grade and under: FREE

The premier Vermont State 5K
for children and adults

- more than half of the 2018 runners were under the age of 18 -

Bring a daughter, son, niece, nephew, grandchild, neighbor, friend, and support the next generation of Vermont runners.

See you in Barre Town – May 16th

Information at: cvrunners.org/cvr-races/
Questions? Email: Jacqueline.Jancaitis@rehabgym.com

Middle School Families—
Order your yearbooks online today via www.YBPay.com

The cost is only \$21.50!

8th Grade Parents—please submit your student's baby photos!

<https://forms.gle/jwxadrmc7rAGNox9>



Order your Barre Town Middle School Yearbook Today!!

www.YBPay.com
Yearbook ID Code: 1968820

Lifetouch

News From the Art Department

Congratulations to the following students whose work was selected for the Barre Unified 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 18th from 5:30-6:30 p.m. The show runs through March 27th. (A snow date is scheduled for 2/20.) See you there!



Ms. Leeds and Mr. Pope

Kindergarten:

Joshua Audet, Paige Bliss, Myles Douglas, Max Duquette, Izzy Elwert, Sofiah Foley, Henry Jenner, Renee Kpesse, Parker Link, Valentina Morris, Aria Pacetti, Brooklyn Parker, Torah Spaulding, Camden Taylor, and Jaxon Trombley

Grade 1:

Addison Bisson, Cameron Fortier, Ben George, Ryan Holbrook, Corbin Larrabee, Elyssa Lynds, Kinley McGowan, Suri Munukka, Sam Ray, and Grace Usle

Grade 2:

Jaxon Chase, Colton Corbett, Peyton Dubois, Aya Duranleau, Cora Estes, Zachary Larrabee, Brandon Meredith, Elliot Robtoy, Caleb Shatney, and Will Tremblay

Grade 3:

Silas Croteau, Isabella Dodge, Quinn Healey, Brooke Hutchins, Lydia Lemieux, Callum Lord, Justin Semprebon, Scarlett Stickney, and Braxtin Willis-Maxfield

Grade 4:

Cassidy Collins, Tori Crease, Levi Laramore, Josh Packer, Mia Padilla, Celsey Podgwaite, India Schoenig, and Jon Sicard

Grade 5:

Tanner Arsenault, Abbey Glassford, Tessa Lambert, Kennedy Lantagne, Ace MacRitchie, Rowan Moran, Kaya Moulton, Chase Nadeau, Mason Smith, Kamryn Soffen, and Isabelle White

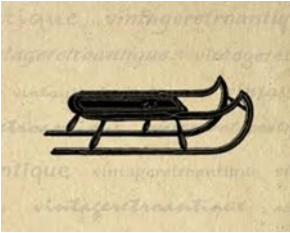
Grade 7:

Isabelle Lobb and Isabella Cecchinelli

Grade 8:

Avery Bellavance, Ashley Morrison, and Aubrey Cheney

Crops by Kids



We have certainly had interesting winter weather- I love the sunshine and shadows on the snow in February. It is staying lighter a bit later every day.

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 last year, and will continue with them again this year. Your seed orders support necessary purchases for our school/community garden.

If you haven't received an order form and would like one, email dcurtbte@buusd.org. 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 17, 2020**. The orders must be at the school by the end of the day on Monday.

You may remember that this fall the second graders who participated in the Garden Club, discovered a strange vegetable and called it pumpcumber. We thought it was a newly cross-pollinated vegetable between a pumpkin and a cucumber. According to the literature this is impossible. I wrote an article for the Master Gardener newsletter to see what other Master Gardener's thoughts or experiences have been. Stay tuned.

Happy Gardening (or at least planning)

Deb Curtis, Garden Coordinator, dcurtbte@buusd.org

Other Events and Happenings

Barre Community Baseball/Softball

**DO YOU WANT TO PLAY BASEBALL
OR SOFTBALL?**

REGISTER NOW

Online: www.barrecommunitybbsb.com

Register in person:

February 12th & 13th 5:30-7:30 (at the
Barre Auditorium)

February 20th & 21st 5:30-7:30 (at Barre
City Elementary School)

**PROGRAMS FOR AGES 4-15
JOIN THE FUN. REGISTER TODAY!**

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, SHS Library — 5:30pm	14
17	18 PTO Meeting, Library 6:00 p.m.	19	20	21
24	Vacation			28



March



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vacation	3	4	5	6
9	10 PTO Bookstore 7:30am-12:00pm—Lobby	11	12 BUUSD Board Mtg, —5:30pm	13 Scholastic Book Fair
16	17 PTO Meeting, Library 6:00 p.m.	18	19 Preschool Screening/Open House Parent/Student/Teacher Conferences Early Dismissal for Students	20 Staff Development Day - No School for Students
23	Scholastic Book Fair			27
30	31			