

BARRE TOWN MIDDLE AND ELEMENTARY SCHOOL

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

March 2020



The Book Fair is Coming!

We are getting so excited for our first BTMES Scholastic Book Fair!!! This following website— <https://bookfairs.scholastic.com/bf/btmes> is our link to all the information you may need for the BTMES Book Fair. You will find the schedule of open shopping times, including three days of extended shopping hours with a "Lobby Take Over".

The Lobby Take Over means that when school is not in session, we will be able to expand our store to include more books and items than the store that our students will be able to shop at during the school day! Bring your children along to let them find some additional items or come by yourself and pick up some items for gifts for your children. All Lobby Take Over times are open to the public, so please share the information with your friends and family. Help us keep the love of reading strong in our children and support our school at the same time!

Many thanks to our PTO for volunteers helping us on our "Lobby Take Over" on March 17th and 18th from 5:00pm - 8:00pm. We want to thank the volunteers scheduled to help out staff at open shopping times during the school days. If you would be interested in volunteering to help our school staff at the fair at anytime, please contact Bridgett Apfel at 476-6617, extension 6307.



Important dates as our fair gets closer:

February 27th - March 19th, eWallet access open! eWallet allows you to create an account for your student(s) to purchase items from the Book Fair without cash. Money can be added in real time so that students can shop that day. The funds that are not used on this account are refunded back to you at the end of the fair's selling period.

March 7th - March 20th, online shopping period open! When anyone orders online through our book fair, these purchases also add to our goal and fundraising efforts!

<i>Inside this Issue:</i>	
Nurse News	2, 3
Preschool Screening	3
PTO/ Conferences	4
Middle School Counselor	5, 6
Other Events & Happenings	6
Crops by Kids	7
Milk and Cookies Night	8
Lead Water Update	9
Calendar	10

News from the Nurses



March is National Nutrition Month

Check out the great snacking tips from the Academy of Nutrition and Dietetics:

Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics **Smart Snacking Tips for Kids**

Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one hour before meals.

It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices.

Better yet, let the kids help prepare the healthy snacks.

Here are a few easy, tasty (and healthy) snacks to help get you started. Adults may need to help with some of these.

1. **Parfait:** Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. **Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. **Blend low-fat milk**, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
4. **Sandwich cut-outs:** Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
5. **Mini-pizza:** Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
6. **Frozen treats:** Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
7. **Quesadilla:** Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
8. **Spread hummus on a tortilla.** Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
9. **Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
10. **Microwave a cup** of tomato or vegetable soup and enjoy with whole grain crackers.
11. **Make a mini-sandwich** with tuna or egg salad on a dinner roll.
12. **Microwave a small baked potato.** Top with reduced-fat cheddar cheese and salsa.
13. **Spread celery sticks** with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."



News from the Nurses (con't)

14. **Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
15. **Inside-out sandwich:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
16. **Rocky road:** Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
17. **Sprinkle cinnamon on** unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
18. **Make your own fruit roll-up** by pureeing fruit and either baking it in the oven or by using a dehydrator.
19. **Bake homemade chewy granola bars** using whole-grain oats and dried fruit.
20. **Whip up mini-muffins** using healthy ingredients, like whole grain flours and pureed fruit.

Find more healthy eating tips at: www.kidseatright.org www.eatright.org/nutritiontipsheets.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children. See below for a list of foods that may cause choking: Hot dogs and sausage links • Meat chunks, unless finely chopped and combined • Nuts, seeds and peanut butter • Raw apple and pear slices • Whole grapes • Dried fruit • Raw vegetables • Whole kernels of corn • Popcorn and chips • Small candies and chewing gum.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research, education and advocacy. Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists. ©2019 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.



Barre Town Middle & Elementary School Preschool Registration and Screening

Registration and screening for all children entering Preschool
in the Fall of 2020. Screenings will take place March 19, 2020.

Registration is for children born on or before September 1, 2017.

Please call Betsy Pearce at 476-6617, ext. 6186,
to schedule an appointment for your child.

PTO

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 a 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.

Spring Fundraiser

We are trying our hand at the Color Fun Run independently of the company this year. Save the date! June 7 on the bike path! Watch for more info soon.

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, Tuesday, March 17th, 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.

Heather Slayton, PTO

Parent/Teacher/Student Conferences

Conferences will be held on Thursday, March 19th 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.

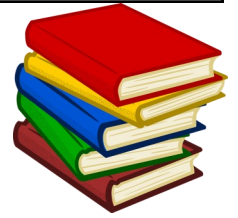


Conference times are as scheduled.

Message from the Middle School Counselor

To 8th Grade Parents/Guardians,

Though it may seem early to begin discussion regarding next year, here in “school time” the planning for your 8th grader’s high school career has already begun! In coordination, with Spaulding High School, we have come up with some important dates that I ask you to please put on your family calendars.



Barre Town Course Registration

Wednesday, March 25th and Thursday, March 26th at BTMES Library (by appointment)

****To schedule your registration appointment, please contact Kim Benson at 476-6617 ext 6305 or kbensbte@buusd.org. Please schedule this meeting by March 16th.****

Course Registration Meetings are 20 minute meetings when parents, students, and their high school counselors meet to choose courses for next school year. Before February break, a letter with all of this information and your child’s assigned SHS school counselor, was mailed home to all 8th grade families. If you did not receive that letter or you need to schedule your registration appointment, please contact Kim Benson at 476-6617 ext 6305. Please know that time slots do fill quickly as it is on a first come basis. Please schedule your appointment by March 16th. On Course Registration days, 8th graders must meet their parents in the lobby at the time of their appointment and escort them to the library, as well as escort them back down to the lobby afterwards.

New Student Open House at SHS

Thursday, May 21st, time TBD at Spaulding High School

This is a night for students and parents to have an opportunity to have a guided tour of the building and meet SHS teachers/staff. There will also be an opportunity to sign up for clubs, activities, and athletics.

Additionally, you should know that in March, all 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. If you have any questions about this process, or about high school in general, please feel free to call me at 476-6617 ext. 6240 or email me at sgoodbte@buusd.org.

Sincerely,

Sarah Goodrich
BTMES Middle School Counselor

Healthy Practices – A Reminder

Coronavirus, we wanted to provide students and families with information and reminders about healthy practices. Coronaviruses are a large family of viruses. They usually cause mild respiratory illnesses such as the common cold. Some Coronaviruses have caused more severe illness, such as severe acute respiratory syndrome (SARS). 2019-nCoV is a new Coronavirus that had not been seen in humans before December, 2019. Regardless of the Coronaviruses, colds or flus, normal health practices are recommended:

- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based sanitizer if soap and water are not available.
- Cough into a tissue or your elbow (not your hand). Then throw the tissue away and wash hands.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home when you are sick.
- Keep students home if temperature is above 100.0 F or they report not feeling well, appear weak or ill. Students should be fever free for 24-hours before returning to school.

For more information, please see educational guidelines and Vermont health information. Questions may also be directed to our school nurses: Lorna Corbett, lcorbbte@buusd.org or Nicole Ladd, nladdbte@buusd.org



More from the Middle School 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 in January 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@buusd.org or 476-6617 ext 6240.

Order your Barre Town Middle School Yearbook Today!!

www.YBPay.com
Yearbook ID Code:
1968820

Middle School
Families—

Order your
yearbooks online
today via
www.YBPay.com

The cost is only
\$21.50!

*Yearbook design varies by school. © diseño del añobook varia según la escuela.
72474 © 2019 Lifetouch National School Studios, Inc.

Lifetouch

Crops by Kids



The weather has been cold on several mornings in the past few days.... Are you ready for spring? It's on the way. The spring equinox (also called the March equinox or vernal equinox) falls on Thursday, March 19. According to the Farmer's Almanac precipitation will be below normal in the Northeast this spring. Let's see how accurate that prediction turns out to be.

As you know, this year the seed fundraiser was done through High Mowing Seeds again. We had a **STRONG** response again this year for the fundraiser. Thanks to all those teachers, families, staff, and community members who took the time to order seeds. The seed orders will be sent out during the February break and should be shipped back in early March. The orders will be given to teachers to disperse to students.

This spring/summer we hope to purchase signs that will identify what crops are growing in which beds, making it easier for everyone. If you have ideas for something in particular to grow or an item we might purchase, please let me know by contacting me through email. My address is dcurtbte@buusd.org

Happy Gardening....

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 Headphones in the race, please

FEES: 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



MILK & COOKIES NIGHT



**Wednesday, April 1st, 2020
6:00 - 7:00p.m.
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, Brenda Buzzell of St. Monica-St Michael School, and Kristen Martin of Montessori School of Central VT 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!

Wow!!!
Milk, cookies, and FREE books!



In the event of inclement weather we will broadcast cancellations on WDEV or you can call the library at 802-477-1217.



February 12, 2020

Dear Parents, Guardians and our Staff:

This letter is a follow-up from previous letters sent out regarding lead testing at Barre Town Middle and Elementary School. For completeness I am including some of the content from previous communications.

The State of Vermont passed a new law in 2019 that requires all schools and child care providers to test their drinking water for lead. Under this new law, Barre Town Middle and Elementary School was among the first schools in the state to complete testing in June 2019. Samples of water from every tap at Barre Town Middle and Elementary School that the Vermont Department of Health determined as reasonably expected to be used for drinking or cooking was collected and sent to the Vermont Department of Health Laboratory for analysis.

In the first round of testing in June, thirty-eight taps tested had a lead level AT OR ABOVE the 4 parts per billion (ppb) action level. When results were received, these were taken out of service for drinking or cooking. Fourteen were permanently removed, and the other twenty-four were remediated. The twenty-four remediated taps were retested in October, with retest results received in November. Eighteen of the twenty-four taps retested came back below the actionable level, and the remaining six taps still tested AT OR ABOVE the 4 parts per billion (ppb) action level. Those six taps have continued to remain out of service for drinking or cooking. One was permanently removed from service, and the other five and were further remediated and flushed per our new flushing protocol.

On Saturday, January 11, 2020, the five remaining taps were retested, and the results of the retest were received from the state on February 6, 2020. Three came back below the actionable level of 4 ppb, and the other two came back exactly AT the 4 parts per billion (ppb) action level. These last two taps will be taken out of service permanently, as they are not in critical locations. This will leave us with no active taps with test results AT OR ABOVE the 4 parts per billion (ppb) action level, and will complete our testing. Test results and remediation taken can be viewed on the state website listed below.

As previously noted, we will also implement a daily flush protocol of all of our taps, as this has been recommended as a way to prevent an accumulation of lead in taps that could sit stagnant for a long period of time.

Lead exposure poses a special risk to children because they absorb lead into their systems more easily than adults do. Lead can slow down growth, impair development and learning, and can cause behavior problems. While the major source of lead poisoning in Vermont children is paint, lead in plumbing pipes and fixtures can add to a person's overall exposure. Drinking water in schools and homes may contain lead from old pipes, plumbing fixtures (such as fountains and faucets), or the solder that joins pipe sections together.

More Information

For questions about the water testing process, or about the law and its requirements, please dial 2-1-1.

General information and a link to the summary of school or child care results and remediation, are online (NOTE: If your child's preschool or after school program is located at a school, the results will be listed under the school's name.):

Schools: healthvermont.gov/school-drinking-water

Child Care Programs: healthvermont.gov/childcare-drinking-water

If you have questions or concerns about our facility and the actions we are taking, please contact Jamie Evans, Director of Facilities, [at jevanbsu@buusd.org](mailto:jevanbsu@buusd.org), or at (802)-476-5011, x1204.

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

If you want to test your home drinking water for lead, 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).

Sincerely,
John Pandolfo
Superintendent of Schools

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	24	25	26	27
30	31			



April



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 PTO Bookstore— Lobby 8am-12pm	8	9 School Board Meeting—5:30p.m.	10 Drama Club Performance Time: TBD
13	14	15	16	17
20	21	22	23	24
27	28	29	30	May 1

Spring Vacation