



BARRE TOWN MIDDLE AND ELEMENTARY SCHOOL

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October 2020



Autumn Greetings!

The changing leaves and temperatures are a gentle reminder that "old man winter" is right around the corner! With this reality, we wanted to be sure that families were aware of upcoming opportunities for input/involvement and resources:

- 1) Might your child be in need of any winter gear? Do you need access to local resources to help with fuel assistance, food, etc? Please reach out to our home-and-school coordinator, Brandi Cummings, who can help assist/point you in the right direction. Brandi can be reached by calling 476-6617 ext. 6188 or through email at: bwallbte@buusd.org.
- 2) Parent/Teacher Conferences for students in grades PK-8 will be held virtually this year. Please watch for an email communication from your student's teacher to schedule a time. This first conference is an excellent opportunity to work with the teacher(s) to create shared goals, to ask questions, and to find out how your child is doing in school thus far--academically, socially and emotionally.
- 3) The next BUUSD Board meeting is scheduled for Thursday, October 8, at 5:30pm via Google Meet at <https://meet.google.com/cin-xvqu-nxm?hs=122&authuser=0>. Feel free to pop-in and join for as little or as much of this meeting (and all Board meetings) as you are able.
- 4) The next BTMES PTO meeting is scheduled for Tuesday, October 20, at 6:00pm. Feel free to reach out for attendance information via email to ptobte@buusd.org. A flyer regarding our current fundraiser is attached. Your support will help fund a variety of different activities/resources/events for the entire school!
- 5) Tuesday, November 3rd will be a remote day for all students currently on the Monday/Tuesday pod. We will be the host for voting in our building on this day.
- 6) Virtual Academy student picture day will take place at Spaulding High School on Wednesday, October 7, 2020 for all students in the BUUSD who are enrolled in the VA.

If you should have any questions or concerns, please don't hesitate to reach out to us at any time.

Warmly,
Jen W. Nye and Erica Pearson, BTMES Co-Principals

Walk to School Day

This year for the fall Walk to School Day, we are inviting families to share photos of themselves enjoying fall by hiking, biking, or walking. Photos can be from any time this fall, I am hoping to collect them all by October 15th. I will be printing them out and making a big photo collage in the lobby where it can be enjoyed by students and staff as well as posting a photo for families to share with others. Even if we cannot physically gather together as a school community, we can still celebrate our community by coming together virtually to show how important our community is and how important it is to get outside and enjoy our beautiful state.

Please email photos to bwallbte@buusd.org



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Virtual Academy Students



VA students are now able to check-out books from their home school library by contacting the school librarian. Our librarian, Nicole Fuller can be reached at nfull-bte@buusd.org. Drop-off and pick-up of books takes place on Wednesdays in the mud-room of BTMES.

VT Assistance

MP Alert: Free \$ for Bills Through VT Assistance

Green Mountain Power • Acorn Ln, Colchester

If you've fallen behind on your utility bills, a new state grant program can help get you back on track. The Vermont Department of Public Service runs the Vermont COVID-19 Arrearage Assistance Program, and \$8 million in grant money is available.

You could qualify if you have utility bills that are more than 60 days overdue that are tied to the pandemic. The program can help you pay part or all of your balances for electric, telephone, water, and natural gas service—and the assistance is available for a limited time. The assistance is in the form of a grant, not a loan, and does not have to be paid back.

The deadline to apply is November 30, 2020. You can learn the details to see if you qualify and get started on your application by going to <https://publicservice.vermont.gov/content/vermont-covid-19-arrearage-assistance-program-0> or by calling the Vermont Department of Public Service at 800-622-4496.

Back Pack Program



In years past our school has had the honor of working alongside the Vermont Food Bank to provide some much needed food assistance through a program called the BackPack Program. This program provides backpack sized bags of shelf stable food for students to take home and enjoy over the weekend. This year, the BackPack Program and VeggieVan Go, another program through the Food Bank that provides fresh produce, will be delivered alongside the free school lunches that are delivered daily to bus stops all around the school district. If you are in need I urge you to take advantage of these deliveries. These critical programs are available to anyone, you do not have to sign up this year. If you have any questions, please email bwallbte@buusd.org.



News from the Nurse



A flu vaccine offers the best defense against the flu. Getting the flu vaccine this year is especially important during the current COVID pandemic. The Centers for Disease Control recommends an annual flu vaccine for everyone 6 months of age and older. For more information, please visit www.cdc.gov/flu/protect/children.htm. Please contact the health office with any questions.

Sincerely,
Nicole Ladd, RN, nladdbte@buusd.org
Mary Newton, RN, mnewtbte@buusd.org

No School for Students



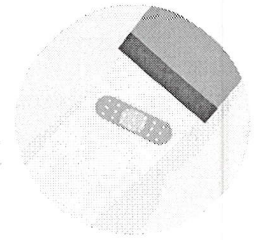
Indigenous People Day—Monday, October 12th
No School for Staff and Students

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

Crops by Kids

The students in Mrs. Thygesen's gym classes helped put the garden to bed along with some taste testing of crops still in the garden. This included tasting different kinds of kale and the kiwi. Students also took time smelling the lemon balm. They harvested calendula seeds to plant next spring. Calendula can be used for tea, salves, balms, and bouquets. Students helped haul away the day lily stalks running parallel to the gym. Thanks to everyone for their help.

The kale is ready to harvest. Please feel free to stop by and take some. Kale can be sautéed in butter and garlic, used in salads, or for kale chips. Here is the recipe for kale chips.



Preheat the oven to 275 degrees.

Wash and thoroughly dry the kale.

Remove the ribs from the kale and cut into 1 1/2-inch pieces.

In a bowl, toss with 2 tablespoons olive oil and add a generous amount of salt to cover the kale. Lay on a baking sheet, bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

The kiwi is also ready to harvest but needs to be collected soon. Kiwi is ready to eat when gently squeezed and feels soft. You can simply pop them in your mouth and eat them or make muffins and other goodies from the kiwi. The variety is a Siberian kiwi and is small, not like the kiwi one buys in a store.



The turnips and kolirabi are ready to harvest, too. The kale, kolibrabi, and turnips are all on the right hand side as you walk into the garden.

Turnips and kolirabi can be roasted along with other fall crops such as winter squashes, red potatoes, yams/sweet potatoes. Combined in a group and roasted makes for a colorful side dish.

To roast turnips and other fall crops, preheat the oven to 400 degrees. Peel and cut turnips in to small cubes. Coat with olive oil and salt, place on a baking sheet and roast for 20-30 minutes until tender.



As we know it is apple season. According to the Farmer's Almanac there are several varieties of apples that are best for applesauce and some better for pies. Perhaps you have found others also!

Best apples for pies:

Granny Smith
Newton
Pippin
Northern Spy
Cortland
Golden Delicious
Jonagold
Winesaps

Best apples for applesauce:

Cortland
Macoun
Empire
Pippin
McIntosh
Liberty

Happy eating!

Deb Curtis, Garden Coordinator, dcurtbte@buusd.org

Welcome back Bobcats!



As you know, school looks a little different this year and because of that so is fundraising. Since people are currently unable to volunteer within the building we are unable to have in person logo gear sales and our monthly bookstore. As we are building an online store for Logo Gear and Bookstore sales we wanted to start off the year with a Halloween Online Bookstore. We have put together some gift bags and books for all ages.

<https://forms.gle/u1QRm8VGEVnmLaV99>

Once you submit your order form we will send an invoice via Square for payment. Due to Covid we are unable to accept cash or checks. We will be working within administrative guidelines to allow for distribution by October 27th for Group A students and October 30th for Group B students. We will make arrangements directly with parents for Virtual Academy and Homeschooling students. All Orders and Payments must be in by October 9th!

Please take a moment to see all of the great things PTO Fundraising dollars were able to provide for our school last year as well as the start of our requests for this year.

Last year Barre Town PTO:

- Paid for a new Mascot costume and Lost and Found Cabinet
- Paid for the annual Vermont Institute of Natural Sciences visit to Kindergarten,
- Purchased \$3600 in Gift cards for Staff appreciation
- Helped sponsor the visit of Jordan Romero, author of *No Summit Out of Sight*
- Purchased new Goalie equipment for Field Hockey
- Purchased over \$10,000 in new uniforms for Soccer and Field Hockey
- Gave \$500 for summer reading prizes
- Gave \$500 for camp opportunities scholarships
- Gave \$500 for the Tim Crowley Scholarship
- Gave \$300 toward the Barre Town Student Scholarship
- Gave \$500 to the school administration to help pay for End of the Year Staff Recognition.

This year PTO has requests for funding:

- Bicycle repairs for Physical Education
- New Uniforms (we hope to put all sports teams on a rotating replacement schedule)

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 Picture Day for Virtual Students—SHS	8 School Board Meeting—5:30 p.m.	9
12 Indigenous People Day—No School for Students and Staff	13	14	15	16
19	20	21	22	23
26	27	28	29	30



November

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Remote Day for all students—due to voting	4	5	6
9	10	11 Staff Development Day—No School for Students	12 School Board Meeting—5:30 p.m.	13
16	17	18	19	20
23	24	25	26	27
30			Thanksgiving Break	