

September 21, 2022



EMES Mission Statement

"The purpose of our school is to teach all children to become competent, caring citizens and life-long learners through a challenging and relevant curriculum."



Dear EMES Families -

It was wonderful to see so many parents at our Information Night last Wednesday evening. This was the first time we have formally welcomed families *inside* our building and classrooms on a large-scale in a long time and it was clear to me that it was a welcome change for all of us! I was able to connect with many of you, and had the privilege of meeting several of you face-to-face for the first time. As a faculty, we took some time to debrief this evening together, and I am hoping to gather feedback from those of you who attended as well—please take a moment to fill out this very [brief survey](#). Parent Information Night differs from a traditional Student Led Open House in several ways and we recognize the value and importance of both. We are looking forward to further opportunities to have you join your children this year, with the next big event being our All School Hike on October 6th. Many of you have already filled out the necessary paperwork to volunteer for this event and you will hear from us soon about which hike your child will be on.

I had an opportunity to participate in our PTNO meeting last night. Several new parents and staff attended this and we covered a lot of ground in a short period of time! I am excited to share that the PTNO will be sponsoring our annual Monster Mash on October 28th, and will also be participating in our Harvest Feast in early December with us. Our Feast will be on Wednesday, December 7th this year and each student will be able to invite one guest to come eat a special lunch with them (more specific details about menu and time will come later). For now, please mark your calendars for both the Monster Mash and the Harvest Feast.

I am excited to announce the addition of two new para-educators who recently joined our learning community. Jake Fair, recent graduate of U-32 and aspiring educator, has joined us as a special education para and is working with students across the grades. Sarynna Morse, an East Montpelier resident and long-time early childhood educator, has joined our Pre-K team in the mornings. Welcome, Jake and Sarynna! With the addition of our new staff, and a few updates that have happened since mid-August, I have updated our Student/Family Handbook. You can find it on the EMES website. As always, if you would like a printed version of this handbook, please let our front office know and we will send one home to you.

Something I have referred to in newsletters over the past few years are what we at EMES call "Silver linings to Covid." While Covid may have forced us to make some changes in our practice initially, we have learned that many of these changes have actually brought about positive outcomes for our students and our school. Covid forced us to reinvent school in a rather dramatic way, and it also forced us to look at all of our practices and make intentional decisions about what is best for children, rather than just operating on the basis of "this is how we have always done things." Some examples of the changes that we have made a conscious decision as a school to keep since Covid include:

(continued on p.2)

Alicia Lyford, Principal

2022-2023 EMES Family Newsletter

- *Outdoor classroom spaces for students to participate in more learning outside
- *Eating lunch outside when the weather is good rather than in the cafeteria
- *Assigning bathrooms by classrooms
- *Changing the way we do dismissal so that parents pick students up in the loop
- *Changing the way we do dismissal so that teachers and students all gather on the front lawn
- *Providing students breakfast to eat in their classrooms rather than eating in the cafeteria
- *Providing FREE breakfast and lunch to all EMES students
- *Encouraging cooperative games at recess such as corn hole, bottle bash, and bocce
- *Not having students play "complex competitive" team sports during recess
- *Continuing with our hand-washing practices before and after eating

There are also many Covid-practices that we have celebrated moving away from like, podding, not allowing outside visitors, and not participating in off-campus field trips. Overall, Covid has taught us so much about how we “do school” and it is wonderful to celebrate the many silver linings that have prompted impactful positive change in our school.

Over the course of this year, our staff will engage in some learning together about the upcoming changes in legislation around Act 173 ([more info here](#)), and more broadly, our multi-layered system of supports at EMES. We will be examining our practices in regard to our teaching and student learning, and will work together to ensure that all EMES students are engaged in rigorous grade-level learning. As one expert recently shared with us, “Our systems must support educators so educators can support all kids.” My hope is that our EMES system will continue to support all EMES students throughout their time with us. As we learn together, I will share updates with you along the way.

Enjoy the rest of your Wednesday!

Alicia

Upcoming Dates to Note:

- ⇒ Wed, Sept 21: WCUUSD Board Meeting at U-32 6pm
- ⇒ Wed, Oct 5: WCUUSD Community Forum at U-32 6pm
- ⇒ Thur, Oct 6: All School Hike (rain date Oct 14)
- ⇒ Fri, Oct 7: In-service Day—no school
- ⇒ Mon, Oct 10: Indigenous Peoples’ Day—no school
- ⇒ Thur, Oct 13: Lifetouch Picture Day
- ⇒ Tues, Oct 18: PTNO Meeting at EMES 7pm
- ⇒ Wed, Oct 19: WCUUSD Board Meeting at U-32 6pm
- ⇒ Fri, Oct 28: Monster Mash 6-8p
- ⇒ Wed, Nov 2: WCUUSD Community Forum at U-32 6pm
- ⇒ Fri, Nov 11: Parent/Teacher Conferences—no school
- ⇒ Wed, Nov 16: WCUUSD Board Meeting at U-32 6pm
- ⇒ Tue, Nov 22: PTNO Meeting at EMES 7pm
- ⇒ Wed, Nov 23—Fri, Nov 25: Thanksgiving break—no school
- ⇒ Fri, Dec 2: EMES Music concert for Grades K-4 2:30pm
- ⇒ Tue, Dec 6: WCUUSD Chorus/Band Concert at U-32
- ⇒ Wed, Dec 7: EMES Harvest Feast (more details to come!)



Volunteering at EMES

There are many opportunities for you to volunteer at EMES in the classroom, on field trips and special events. If you are thinking of volunteering, please look for the volunteer forms that will come home from your child's classroom teacher. They can also be found here - [information](#), [Level 1](#), [Level 2](#). Fill out the forms and return them as soon as possible. If you have any questions please contact Jodi Parker 223 7936 or jparker@u32.org



Get your costumes ready
because the

MONSTER MASH

IS FRIDAY OCTOBER 28!!!

6-8PM

Games from 6-7, Dance from 7-8

\$10/family suggested donation

All Proceeds go to support the EMES PTNO

*** All students must be supervised by an adult and please
no scary costumes/masks or weapon accessories.

we are looking for volunteers for the evening. If you would like to help out
please let me know. Return form to office

----- I can provide something for the snack table.

----- I can volunteer at a game. You will have students to help you.

----- I can help at the snack station.

Name: _____ Email: _____



LEARN TO PLAY HOCKEY

Registration closes **SOON!**

Enroll today at:

BlackBearHockey.org/LearnToPlay



FREE! 1 HR CLINICS – AGES 4-9

The Vermont State Amateur Hockey Association (VSAHA) provides all of the hockey equipment for you to use during the clinic, for free!

 **9.25 | 10.23 | 2.4**

LITTLE BRUINS: \$180

Includes a full set of brand new hockey equipment (a \$550 retail value!), and 4 one-hour instructional sessions hosted at Norwich University!

 **10.9 | 10.16 | 10.23 | 10.30**

INTRO TO HOCKEY: \$175

Includes two practices every week. Learn to play hockey in a fun and supportive environment with no pressure or long-term commitment!

 **LATE OCTOBER - JANUARY**

An illustration at the top of the poster shows a group of diverse people from behind, standing in a circle and holding hands. Below them, a smaller illustration shows people sitting and talking. The WCMHS logo is in the top right corner.

WCMHS

COME IN PERSON

JOIN ON ZOOM

“MY FAMILY GATHERING PLACE”
Every 3rd Thursday

5:00PM – 6:30PM

23 Summer Str. Barre, VT 05641

CHILD CARE FOR
AGES 3-11
PROVIDED IN OUR
SNOEZELEN ROOM!

NEW!

**Washington County Mental Health Services
welcomes all caregivers, parents, family members
...to join our monthly gathering!**

Come for a moment or stay for a while...

- Pizza & Beverages
- Speakers & Presentations
- Topics concerning all of us who care for kids & young adults
- Time to chat and connect with likeminded people
- Get support, advice, share feedback, find resources you need

YOU'RE INVITED!



WCMHS



MEETING TOPICS 2022 – 2023

In Person: 23 Summer Str. Barre, VT 05641

Virtual Attendance: <https://wcmhs.zoom.us/j/91317002541>:

Month	Topic	Presenter	Format
SEPTEMBER 15 th 5:00-6:30pm	School's Back! I think we need an IEP or 504 (individual education plan) Where do I start & what do I need to know?	Rhonda Forlow Program Director, NSM	30 min. presentation Group Q&A Group Conversation
OCTOBER 20 th 5:00-6:30pm	Kids in Crisis: What do I do? Who can Help? What do I need to know?	Karen Kurrle, PhD. Crisis Services Director Or designee	30 min. presentation Group Q&A Group Conversation
NOVEMBER 17 th 5:00-6:30pm	Child & Youth Exploitation & Trafficking What is this and what do I need to know to keep my kids safe?	Meaghan Holmsten Residential Treat. Prog. Director Or designee	45 min. presentation Group Q&A Group Conversation
DECEMBER	Christmas Break – NO MEETING		
JANUARY 19 th 5:00-6:30pm	Bullying: How to recognize the signs and what to do about it?	Police Chief Vail Police Chief Dodge	30 min. presentation Group Q&A Group Conversation
FEBRUARY 16 th 5:00-6:30pm	Caring for High Needs Children: How do I make sure siblings also get the attention they need?		30 min. presentation Group Q&A Group Conversation
MARCH 16 th 5:00-6:30pm	Employment for Young Adults: how can I help get my young adult find work?	Hireability Staff Vocational -Rehab Staff	30 min. presentation Group Q&A Group Conversation
APRIL 20 th 5:00-6:30pm	Social Security Disability: What are the options for my child and how do I get started?	TBD	30 min. presentation Group Q&A Group Conversation
MAY 18 th 5:00-6:30pm	Guardianship and Advocacy for my child: What are my options and how do I get started?	TBD	45 min. presentation Group Q&A Group Conversation

WHAT TO EXPECT:

This group is for caregivers and family members to talk about issues that concern our Children, Youth, and Families. Our time is dedicated to important topics that we all care about and to sharing comments and feedback about how WCMHS can make services for children & families better. We also want to share experiences of navigating our mental health care system and explore how we can improve the processes of getting care. Our goal is to have a good time visiting together, to learn new information, and to hear all voices and solutions to problems that concern us all.



To join us virtually, please enter this ZOOM LINK into your web-browser:

<https://wcmhs.zoom.us/j/91317002541>



Questions or Feedback? Reach out:

Jessica Kell, WCMHS Child Youth and Family Services Director

Email: jessica.kell@wcmhs.org Phone: (802) 636-7422



In a Crisis?
Text VT to 741741

Crisis Text Line

Free 24/7 Confidential

Tools FOR Schools

Help our school earn FREE Educational Equipment!

Price Chopper / Market 32 has proudly donated over \$14 million worth of educational equipment to make a positive impact on local schools!

Sign up to earn for our school at rewards.pricechopper.com.

August 21, 2022 - February 18, 2023

Each time your shop from August 21, 2022 - February 18, 2023, our school will earn stars towards free educational equipment, donated by Price Chopper / Market 32! You can also help by donating your AdvantEdge Rewards Points to our school within the digital platform. Price Chopper will match all donated AdvantEdge Rewards Points donations up to \$35,000! If you create a Price Chopper online account after signing up for Tools for Schools, you will earn 2x stars for our school.

Step 1)
Click on the "Tools for Schools" icon on it rewards.
rewards.pricechopper.com

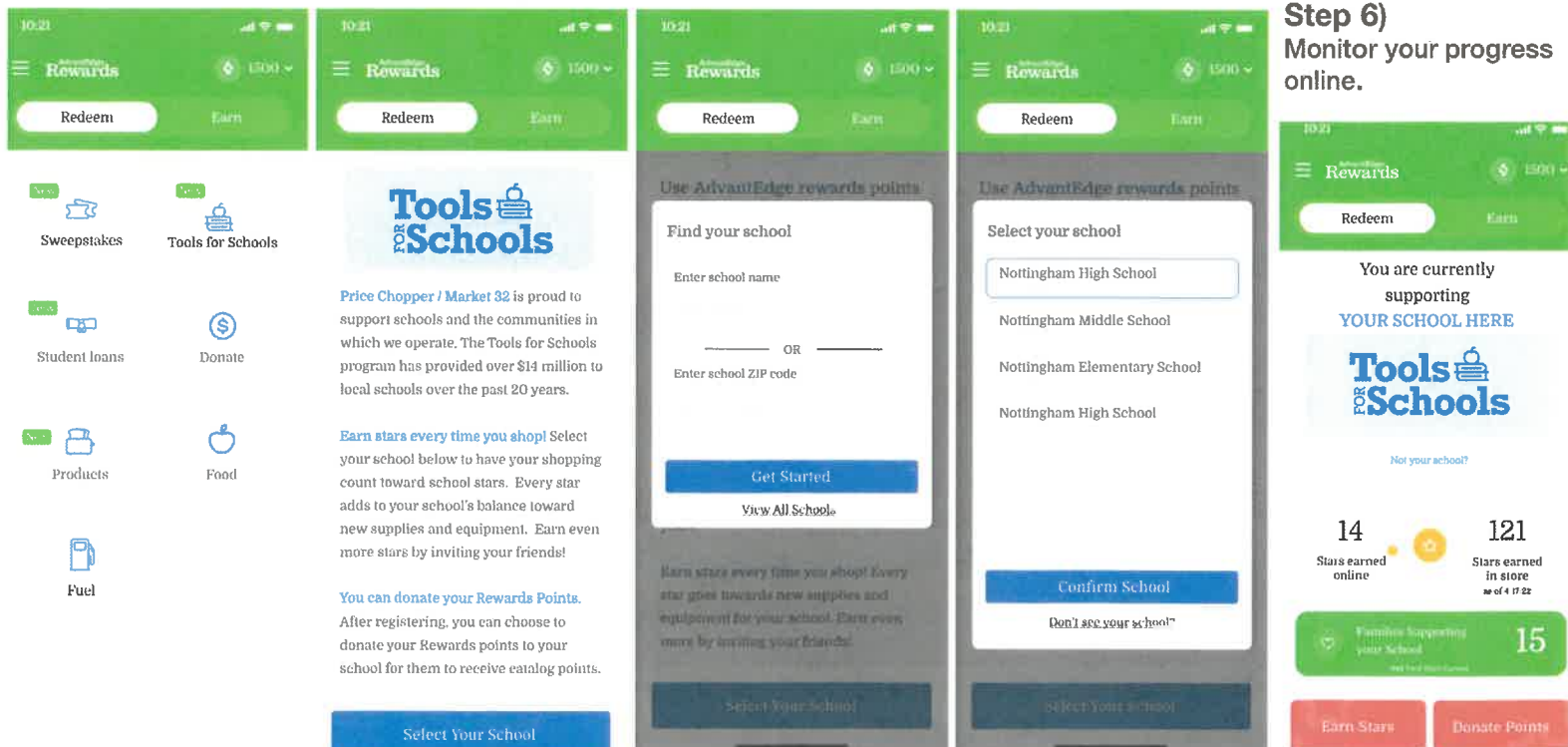
Step 2)
Click on
"Select Your School"

Step 3)
Search and find
your school

Step 4)
Select and confirm
your school

Step 5)
Shop at Price Chopper / Market 32 to automatically earn stars for your school. (optional) Create a Price Chopper online account to earn 2x stars.

Step 6)
Monitor your progress online.



The image displays a sequence of six screenshots from the Tools for Schools app, illustrating the user journey from initial login to progress monitoring.

- Screenshot 1:** The app's main menu. At the top, it shows a balance of 1500 stars. Below the menu bar, there are icons for Sweepstakes, Tools for Schools, Student loans, Donate, Products, Food, and Fuel. A large blue button labeled "Select Your School" is positioned at the bottom.
- Screenshot 2:** The "Find your school" screen. It prompts the user to "Enter school name" and "Enter school ZIP code", with an "OR" option between them. A blue "Get Started" button and a link to "View All Schools" are at the bottom.
- Screenshot 3:** The "Select your school" screen. It lists four schools: Nottingham High School, Nottingham Middle School, Nottingham Elementary School, and Nottingham High School. A blue "Confirm School" button and a link to "Don't see your school?" are at the bottom.
- Screenshot 4:** The "You are currently supporting YOUR SCHOOL HERE" screen. It features the Tools for Schools logo and a green bar showing "14 Stars earned online" and "121 Stars earned in store as of 8/17/22". Below this is a green bar labeled "Families Supporting your School" with a count of "15". At the bottom are two red buttons: "Earn Stars" and "Donate Points".