

March 12, 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 -

We have had a fabulous return to school since the break! Students and adults came back rested and ready to return to learning, and the energy in our school feels so positive. Despite the snow storm today, I think we're all ready for spring and the changes spring brings to Vermont, especially this year.

I am so excited to announce that we have selected our Fox Mascot image and I'm even more excited to share that our very own 5th Grader Lydia Rathburn's artistic creation was the image selected. See Page 2 for pictures and more information. Congratulations, Lydia!

Another exciting announcement is around the opening up of our school to visitors. We will begin this shift at Parent/Teacher conferences by offering parents the option of having a conference virtually or in person at school. As is the tradition at EMES, our spring conferences will have a student-led component. Your children will share some work and highlights with you, and then parents will have the opportunity to meet with teachers. If you haven't heard from your child's teacher to schedule this yet, you will soon. We are so happy to welcome you back into our school building! Looking ahead, we are hoping to have a larger "Celebration of Learning" opportunity for families and larger community later this spring.

We are so thankful that the WCUUSD budget passed last Tuesday at Town Meeting. This means that EMES will be welcoming two new classroom teachers to our school. Our student population has increased by over 4% in the past few years, and our current classrooms are very large and most of them are multi-age. With the addition of two more teachers, our class sizes will return to the recommendations set by the school board (between 14-18 at K-3 and 16-22 at 4-6). These additional teachers will also mean a return to straight-grade classrooms. We have begun the hiring process for a 4th and 6th Grade teacher and are hoping to wrap this process up in the coming weeks. If you are interested in serving on a hiring committee this spring, please email me to let me know. Please take a look on Page 2 to see what grades our current EMES teachers will be teaching next year!

Finally, as you know, Governor Scott made a recent announcement that there will no longer be school-specific guidance regarding Covid-19. This has brought about many changes with more to come. Beginning on Monday, March 14th, masks will be optional at school. Please see Page 3 for information on the changes at EMES, and what we have done to begin preparing for these. I have a lot to share and am so proud of your children for how they are responding to all of these changes!

Enjoy the rest of your snowy weekend!

Alicia

2021-2022 EMES Family Newsletter

Alicia Lyford, Principal

Upcoming Dates to Note:

- ⇒ March 15: EMES PTNO Meeting 7pm
- ⇒ March 16: WCUUSD board meeting 5:30—8:30
- ⇒ March 18: All School Celebration 2pm
- ⇒ March 25: Parent/Teacher conferences—no school for students





Congratulations to Lydia Rathburn for designing our Fox!!

We are so excited to wrap up this phase of our EMES Mascot process. We now have a beautiful full-body and head image of our Fox that will appear on EMES and sports gear in the near future.

Students arrived back at school on Wednesday morning to find our new image in the front hallway and over 100 other face

images of the Fox around our building. Many young mathematicians went around our building with a clipboard in hand to try to figure out just how many fox faces were out there. We found over 100 of them and it was a great opportunity for our younger students to learn how to tally!

The next phase in this process will be to name our Fox. As you can see from the photos, there's a box to put recommendations in. Next week, we will identify the name for our Fox through a voting process...stay tuned!



EMES Professional Staff for the 2022-2023 Year:

- * Pre-K: Heather Clark-Warner
- * Kindergarten: Lisa Gariboldi
- * Kindergarten: Jillian Zeilenga
- * Grade 1: Jessica Fecura
- * Grade 2: Noelle Drown
- * Grade 2: Jennifer Fitch
- * Grade 3: Laura Giammusso
- * Grade 4: Claire Gallagher
- * Grade 4: TBD
- * Grade 5: Robin Gannon
- * Grade 5: Ellen Shedd
- * Grade 6: David Willard
- * Grade 6: TBD

- * Interventionist: Christine Christiano
- * Interventionist: Carrie Fitz
- * Interventionist: Beth Parker
- * Special Educator: Amadeus Dorfman
- * Special Educator: Shannon MacKinnon
- * Special Educator: Hilary Paquet
- * SLP: Gwyn Gauthier
- * Art: Jennifer Campbell
- * Library/Tech: Arlyn Bruccoli
- * Guidance: Mary Beth Langevin
- * Music: Samantha Mishkin
- * PE: Michael Blanchard
- * Behavior Coach: Michael Sherwin
- * School Nurse: David Mathies



Fifth-grader, Adelle Warfield, delivered all of the donations to the Central Vermont Humane Society last month. Thank you, EMES and Adelle, for all your efforts to help animals in need!

Covid-19 Updates and Changes at EMES

As you know, Governor Scott recently announced that as of March 14th, there will no longer be school-specific guidance around Covid-19. Given this announcement, EMES staff and students began thinking about, preparing for, and even changing some of our practices this past Monday, March 7th.

The first step for us was around our lunch practices. Since the weather became too cold to eat outside, we have been eating in classrooms while watching videos, and in our Kindergarten classrooms, reading aloud to students. We've been asking students to have a Zero Voice while eating and classrooms have been a very quiet place during the lunch block. During Morning Meeting on Monday, we talked with students about this change, and for the first time in several months, we brought conversation back to lunch. Students are also not required to sit facing the same direction during lunch and can now face one another while eating and chatting. This change was a big step for us as a school and many students were excited to talk with one another again. The change was challenging for some of our students and we worked this week to support everyone in feeling safe. We have plans to continue to adjust and open up the lunch block, including reintroducing students to the cafeteria in small groups. Please ask your child how this change felt to them and how it's going in their classroom.

During Professional Development with staff earlier this week, we engaged in a think/write/talk protocol together around our own feelings about the upcoming change to optional masking on Monday. I asked staff to think about what both excites and worries them about these changes. We also spent a lot of time addressing questions that have come up because of these changes. Staff were able to share with one another their initial thoughts to having the option of taking their mask off, and as you can imagine, there are many different feelings around this. My hope for engaging in these conversations was to get our staff thinking and talking with one another in safe and respectful ways. I know some schools have taken the "rip the band-aid off" approach to this change, and for me, that just didn't sit well. As we always try to prepare our students for big transitions and changes, I wanted to support our staff in similar ways.

On Thursday and Friday, Mr. Sherwin and I visited all K-6 classrooms to talk with students about the masking changes. It was great to hear from so many students that they have already had open conversations with families at home about the changes and what they mean for them. I encouraged students to continue these conversations this weekend as they prepare for Monday. Some families have very definite thoughts on their child masking/not masking at school, while others are leaving it up to their children to decide what is best for them. We talked about both being equally okay and that this decision is a personal and family one and not a school decision. We also talked about some important agreements for all students and adults at school as we move into mask-optional schooling: ***It is not our job to question the decision of anyone else; We not pressure anyone else into putting a mask on or taking a mask off; We will not talk to others about the masking preferences of people (gossip); We will be flexible with these changes.*** I cannot tell you how proud I am of all of our students and how respectful and thoughtful they were during these conversations. They asked great questions and helped explain the importance of making all our friends feel cared for and respected regardless of their personal feelings around wearing a mask. My hope for all students and adults on Monday morning is that regardless of where they stand on masking, we are all one community and we care deeply about one another.

Some other changes that we talked with students about are no longer having to stay in our own pod/classroom during lunch and indoor recess, being able to invite our families and friends back into our building, having an end-of-year celebration and concert, and resuming some of our all-school activities and celebrations. One first step in this direction will be an all-school assembly and celebration this coming Friday that is a surprise for our students. The teachers and I will continue to share information as we have it around these changes. It feels so good to get back to some of the things we love most about EMES and haven't been able to do together for the past two years.

Parents, if you haven't done so already, please take some time this weekend to talk with your child about their plan for masking on Monday. Some are so ready to rip it right off and be done with it, others are very clear that it's going to stay on for the foreseeable future, and many others are planning to carry it around in their pocket or backpack in case they want to put it on. Regardless of their plan, it will help them to talk with you about it before they enter our building on Monday. Thank you for supporting them and for supporting our school through all of these changes these last two years!



MARCH 2022

East Montpelier Elementary School

All students eat free.
Adult Breakfast \$4.00
Adult lunch \$5.50

Monday

Tuesday

Wednesday

Thursday

Friday

Town Meeting¹
Day
No school

Dr. Seuss' Birthday²
Green Eggs and Ham

Cheese Burger³
Veggie Burger

Fish Sticks⁴
Oven Fries

Sandwich of the day:
Ham & Cheese

Sandwich of the day:
Egg Salad

Sandwich of the day:
TBD

Macaroni & Cheese⁷

Sandwich of the day:
Turkey & Cheese

Taco Tuesday⁸
Hard or soft shell
Seasoned ground beef,
cheddar
Sandwich of the day:
Tuna Salad

Pizza⁹
Cheese, Pepperoni,
Pesto, or Meat lovers

Sandwich of the day:
Ham & Cheese

Oven Baked Fish¹⁰
Brown Rice

Sandwich of the day:
Egg Salad

Roasted Chicken Leg¹¹
Or Roasted Tofu
Stuffing

Sandwich of the day:
TBD

Spaghetti Pie¹⁴
Marinara

Sandwich of the day:
Turkey & Cheese

Taco Tuesday¹⁵
Hard or soft shell
Seasoned ground beef,
cheddar
Sandwich of the day:
Tuna Salad

Whole Grain¹⁶
Corn Dog

Sandwich of the day:
Ham & Cheese

Brunch For¹⁷
Lunch

Sandwich of the day:
Egg Salad

Ramen Noodles¹⁸
with Chicken

Sandwich of the day:
TBD

Sandwich²¹
Day...
Chips

Taco Tuesday²²
Hard or soft shell
Seasoned ground beef,
cheddar
Sandwich of the day:
Tuna Salad

Hot Turkey Sandwich²³
Gravy
Mashed Potatoes

Sandwich of the day:
Ham & Cheese

Caprese Pasta Salad²⁴
Fresh mozzarella, tomato,
basil

Sandwich of the day:
Egg Salad

In service²⁵
No school

Mackenzie Hot Dog²⁸
Whole Grain Roll

Sandwich of the day:
Turkey & Cheese

Taco Tuesday²⁹
Hard or soft shell
Seasoned ground beef,
cheddar
Sandwich of the day:
Tuna Salad

Brunch For³⁰
Lunch

Sandwich of the day:
Ham & Cheese

Pizza³¹
Cheese, Pepperoni,
BBQ Chicken

Sandwich of the day:
Egg Salad



This institution is an equal opportunity provider

Menu Subject to Change

Vegetarian option available daily, students and staff need to order vegetarian.

Salad Bar, Fresh Fruit and Milk offered Daily

ZOOM EMES PTNO Agenda

ZOOM LINK

ptnoemes@gmail.com

March 15, 2022

7:00-8:00 PM

Guiding principle of the PTNO: Bringing the EMES community together

Time Keeper- Lauren Clemons

Minutes- Bonnie Pollard Allen

Meeting Norms

Presume Positive Intentions

Listen respectfully

Share the floor

7:00- Approve [Minutes from February](#)

7:05 - Discuss findings in regards to the bi-laws from the last meeting. Work on approving more articles in the [bi-laws](#)

7:40- Treasury Report- If there is any new information from Emily Macetti

7:45- See if EMES is interested in allowing the PTNO to present a Tech talk night.

7:50- Amber will share information about the Peeps around Easter, and new ideas regarding this.

7:55- Open Comment

8:00- Meeting Adjourn

Agenda Items for future date:

Community Award

Upcoming PTNO sponsored events

Having a meet and greet at Fox Market

Possible Residency

Weekly staff Fairy-shower the staff with appreciation.

Student Leadership



Relationships that Matter: 5 Keys to Helping Your Child Succeed

Thursday, March 10th, 6-7:30pm

***What are key elements of child-adult
relationships that help young people the most?***

Understand and focus on five areas of parent-child relationships that are key to children's success in school and other areas of life with Jamie Spector, School Social Worker at

WCUUSD. This workshop for parenting/caregiving adults was developed by [Search Institute](#) based on its Framework of Developmental Relationships.

Please register for this free zoom workshop [here](#). You will receive a zoom link to join, after completing the registration form.

About Search Institute

Search Institute is a non-profit organization that partners with schools, youth programs, community coalitions, and other organizations to conduct and apply research that promotes positive youth development and advances equity.



WCUUSD Pre-K and Kindergarten Registration



Registration, Meet & Greet, and Screening Information

The Washington Central Unified Union School District registration process is available and open online for the 2022-2023 school year.

The Pre-K and K registration process must be completed for students who are attending our public school programs and students who are attending private, pre-qualified programs through Act 166 in 2022-2023.

Registration is for students who reside in the towns of Berlin, Calais, East Montpelier, Middlesex and Worcester. They must be 3-years-old on or before September 1, 2022 to register for Pre-Kindergarten. Kindergarten is for children who turn age 5 on or before September 1, 2022. If you have not recently moved in to our district and your child already attends public Pre-K, they are already registered for Kindergarten in our district.

WCUUSD offers childcare options through Community Connections in order to increase access to public Pre-K programs. **Please go to our website at www.wcsu32.org and follow the directions after clicking the icon titled “Online Registration”.** For extra information and childcare details you may also click on “Pre-K Information” in the same box.

If registering for public Pre-K in your local elementary school, it is strongly suggested that families complete the online registration process by 3/18/2022 if possible. We will begin offering placements to students in the late Spring. Pre-K placements are first-come-first-served and space is limited. All registration paperwork must be completed before a placement will be offered.

Please contact Kimberly Bolduc, Coordinator of Early Education and Expanded Learning Opportunities at Kbolduc@u32.org or 223-7936, ext. 305 if you have any questions regarding Pre-Kindergarten, Act 166, or Community Connections before or after care options.

We will be offering Pre-K play-based Meet & Greets and Screening opportunities for each school. Please call your local school, the number following the date, to reserve a time. The dates are scheduled as follows:

Berlin: Friday, May 6th, 802/223-2796

Doty (Worcester): Tuesday, May 10th, 802/223-5656

Rumney (Middlesex): Friday, May 27th, 802/223-5429

Calais: Friday, June 3rd, 802/454-1111

East Montpelier: Monday, May 16th, 802/223-7936

Should you have any concerns about your child’s development, please contact Washington Central’s EEE Specialists Bess or Dawn at bpowers@u32.org or dbates@u32.org, the phone number is 223-2796 X158.



REGISTER FOR LITTLE LEAGUE BASEBALL SOFTBALL WWW.CVTLL.ORG

Registration is now Open!

Central Vermont Little League is happy to announce registration has started. Please log on to our website WWW.CVTLL.ORG and register for the upcoming baseball/softball season. All kids ages 4-12 are eligible to participate. We look forward to a great season!



Tee Ball

Ages 4-6

Farm/Coach Pitch

Ages 6-8

**Player Pitch
Minors**

Ages 8-10

**Player Pitch
Majors**

Ages 10-12

Girls Softball

Ages 8-12

**CENTRAL VERMONT
LITTLE LEAGUE**

**CENTRALVERMONTLITTLELEAGUE
@GMAIL.COM**

Berlin, Cabot, Calais,
East Montpelier, Marshfield,
Middlesex, Montpelier,
Plainfield, Worcester

Central Vermont Raiders Youth Lacrosse



Registration is now open for the 2022 spring lacrosse season. You can register at

<https://www.eastmontpelierrecreation.org/lacrosse/registration>

All practices will be held at the East Montpelier Recreation fields next to the East Montpelier Elementary School. The preliminary schedule is as follows, but may be subject to change depending on the availability of students and their families:

3rd-6th boys: Tuesday & Thursday, 5:30-7:00 pm

3rd-6th girls: Wednesday & Friday, 5:30-7:00 pm

K-2: Saturday mornings, 10:00 am

The season is scheduled to start in April – the exact date is TBD pending gym availability and field conditions. This season ends on June 10th.

Girls only require a stick, goggles, and cleats, while boys are required to have a stick, helmet, chest protector, elbow pads, gloves, protective cup, and cleats. **Equipment rentals are available on a first-come first-serve basis, and the fee depends on the equipment rented (max \$25).**

Registration can be completed at

<https://www.eastmontpelierrecreation.org/lacrosse/registration> and answers to any questions can be obtained by contacting the Program Director, Bob Fitch, at bobfitch.vt@gmail.com or 802-279-1560.

Coaches and volunteers are always needed, so please notify Bob of any interest in helping! To learn more about the sport of lacrosse, go to www.uslacrosse.org/about-the-sport or contact Bob.

GoRaiders!



THE SCHOOL ZERO WASTE CORNER

from the Central Vermont Solid Waste Management District

Your guide to a sustainable, zero waste lifestyle in school and at home!

Volume 1, Edition 1

March 2022

Dear School Communities:

We sincerely hope this first edition of The School Zero Waste Corner finds you doing well, particularly in light of the continuing challenges presented by the pandemic.

This newsletter will feature information on practical ways to engage, in your day-to-day lives, in the waste reduction practices of recycling, reducing, repurposing, rethinking, etc.

Everyone is invited to engage, ask questions, and suggest topics for coverage in future editions.

Remote Programming & Support is Available:

- * Virtual book readings for primary grades
- * Classroom waste separation check-ins
- * Webinars, including tailored presentations
- * Support for individual student projects & group initiatives
- * Support for sustainability program development

Visit the [CVSWMD School Program Remote Learning page](#) for more information, and contact John Jose, School Zero Waste Coordinator, with any questions or to book a program.

Student Support is Available:

Support is available for individual students, Green Teams, and other groups working on initiatives to better manage recyclables, trash, and food scraps. Please reach out anytime to John Jose with questions or to request support.

Pictured to the right are members of the 2021-22 Montpelier High School Earth Group. The students supported the work of the CVSWMD [Additional Recycling Collection Center \(ARCC\)](#) by disassembling VHS tapes turned into the ARCC for recycling.

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- ♦ School Spotlight: Main Street MS Sustainability Program P. 2
- ♦ Zero Waste Topic: TerraCycle P. 3
- ♦ Zero Waste Tip: Prep now for HHW Collection Season P. 4

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The School Zero Waste Spotlight:

The Main Street Middle School Sustainability Program

CVSWMD, as a **community partner**, continues its work with Don Taylor, Sustainability teacher at Main Street Middle School (MSMS) in Montpelier. Most recently, School Zero Waste Coordinator John Jose made virtual visits to a 5th-grade and 6th-grade class participating in the MSMS Sustainability Program. Each class was provided with three **interactive programs on “blue bin” recycling and other sustainability practices** (repurposing, reusing, rethinking, etc.) that can be engaged in at home and in school.

UN Sustainable Development Goals and what it means to **practice good citizenship** - by minimizing and properly disposing of the waste we generate in our lives (and the importance of doing so) - were incorporated into this learning opportunity for the students.

Don Taylor followed up each presentation with a **review**, including a Kahoot game, before the students took a **brief assessment** to gauge their acquired knowledge and proficiency on the topic. Each student earned **certificates of recognition** for their participation, which were posted on the evidence pages of their Personalized Learning Plans (PLPs). Lastly, a **take-home letter** was provided for parents/guardians.

All the students did an excellent job, not only in demonstrating their proficiency in blue bin recycling, but also in the thoughtful questions they asked and the insights they offered, during discussions on living sustainably!

CVSWMD greatly appreciates the **productive partnership** developed between the CVSWMD School Zero Waste Program and the MSMS Sustainability Program, and **we are always interested in developing similar cooperative learning experiences with our member schools.**



This series on blue bin recycling is broken out into 3 presentations: recycling paper, plastic, and glass/metal combined.

“Working with CVSWMD's School Zero Waste Program has been an instrumental part of Main Street Middle School's sustainability efforts. In coordination with John Jose, we have developed curriculum around sustainability issues, implemented that curriculum across the middle level and continued to work with students to reduce our school's waste stream. John and the CVSWMD team are a key community partner and we look forward to continuing that relationship and building a more sustainable community.”

Don Taylor, Sustainability Program Teacher, Main Street Middle School, Montpelier



Students earned a **certificate of recognition** for each of the 3 presentations they participated in, which were posted on the evidence pages of their Personalized Learning Plans (PLPs).



Zero Waste Topic:



[TerraCycle](#) defines itself as “...a social enterprise Eliminating the Idea of Waste®.” They offer the opportunity to recycle many items that are not suitable for [“blue bin” recycling](#), the recycling we practice in our day-to-day lives.

At school, TerraCycle [Zero Waste Box programs](#) can capture non-blue bin recyclables, like [candy and snack wrappers](#). For schools where students continue to eat lunch in classrooms, due to the pandemic, **the right Zero Waste Box can capture at least some of the additional lunchtime waste being produced**, including plastic eating utensils and single-use, black plastic meal trays, neither of which are suitable for blue bin recycling.

Through a TerraCycle Zero Waste Box collection initiative, **students are engaged in a very worthwhile project, with measurable, tangible results**, while gaining first-hand experience in how to keep harder-to-recycle materials out of the landfill.

TerraCycle Zero Waste Boxes come with a fee, which depends on the size of box purchased. The fee covers shipping for the box and the cost of recycling the materials collected. If school funds are not available, **a grant application, requesting funding to purchase of one or more boxes, can be submitted through our [School Zero Waste Grant Program](#)**. Support is available to complete a grant application; contact John Jose if you need assistance.

This [YouTube video](#) by Lucy Biggers of “[Now This Earth](#)” provides an excellent overview of what TerraCycle is about and how their Zero Waste Box program works.

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Plastic eating utensils and single-use, black plastic meal trays, which may be a part of lunchtime waste in classrooms, are not blue bin recyclable, but they can be captured for recycling with the right TerraCycle Zero Waste Box. Contact John Jose for help selecting a box.



Items that can be captured for recycling with the TerraCycle Zero Waste Box for Candy & Snack Wrappers.



School Community Zero Waste Tip:

Time to Prep for Upcoming 2022 HHW Collection Events



CVSWMD's 2022 HHW (household hazardous waste) collection events will start in April and run through the fall.

Five collection events will be hosted

by five different municipalities, spread out through our solid waste district, to give schools, residents, and businesses the opportunity to properly dispose of HHW. **Details, including dates and locations of collection events, will be made available soon.**

In the meantime, you can **visit our [HHW page](#) to learn what constitutes HHW, then conduct an inventory of what you have for disposal** at an upcoming event. You can also find information on **reducing toxins at home [here](#).**

For more information, please email operations@cvswmd.org



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