

March 3, 2020

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.”



Alicia Lyford, Principal

2019-2020 EMES Family Newsletter

Dear EMES Families -

I hope you've all enjoyed the February break with your children and have managed to stay healthy during this time! As I write this, Town Meeting is in full swing at EMES and it looks like spring outside my office window. If you have not come by the school yet, please make a point to stop by before 7pm to vote on the school budget!

February was an incredibly busy and productive month at EMES. I've shared pictures of some of the highlights on page 4: Winter Wellness, I Love East Montpelier Lunch, the Food Drive, Celebration of Learning, and All School Assemblies to name a few. I don't know about your children, but our staff left for February break exhausted and ready for some R&R! Illness also seemed to spread throughout the school just before break and I'm hopeful that people are feeling better by now. The EMES Custodial Crew did an amazing job cleaning and disinfecting over break and we had many of our common areas and hallways painted—the building is shining and ready for your children to come back tomorrow!

There are two important pieces of information I want to make sure to get out to you as you plan for the weeks ahead. The first one is that we will not have our “snow date” Winter Wellness next week. So many of our students participated in skating at the Civic Center and the ice was taken out over break. Rather than trying to reschedule everyone, we will NOT have a third full Winter Wellness day this year. I am looking for feedback from you and your children on the changes to Winter Wellness this year and will be sending out a survey very soon regarding this. The second piece of information is that we will be having our All-School Musical *Oliver* on Thursday, April 2nd at 6pm in the U-32 Auditorium. Please mark your calendars for this. Mary Wheeler, our music substitute teacher, has been working to prepare for this exciting performance with your children. This performance will be in lieu of a spring music concert and will be a culmination of their time spent with Mary. We look forward to welcoming Mrs. Mishkin back to EMES on Wednesday, April 8th.

I hope you enjoy the rest of this sunny Super Tuesday and am so excited to welcome your children back to school tomorrow morning!

Best,
Alicia

Dates to Note:

Feb 22—March 3: February Break

March 3: Town Meeting Day—at EMES

March 4: WCUUSD Board Meeting at U-32 6:30 pm

March 10: EMES Book Club 3:30—5:30

March 12: Continuous Improvement Planning Doty School 4:30

March 18: WCUUSD Board Meeting at EMES 6:30 pm

March 20: Family Game Night at EMES! 5:00—8:00

March 31: EMES Book Club 3:30—5:30

April 1: WCUUSD Board Meeting at U-32 6:30

April 2: All-School Performance of OLIVER! At U-32 6pm

April 3: Student Led Conferences at EMES—No School!



Washington Central Unified Union School District



WCUUSD Annual Report

The Washington Central Unified Union School District Annual Report to the Community is now published!

Hard copies of the report were sent home with students this week.

The report can also be accessed from the district website [here](#).

ORCA MEDIA WCUUSD BUDGET PRESENTATION:

Recently, all WCUUSD Principals and Interim Superintendent, Debra Taylor, visited the ORCA Media studio to highlight all the wonderful things about our schools in preparation for our upcoming budget. To view the presentation, please visit [here!](#) Don't forget to vote!



Upcoming EMES Book Clubs:

March 10th: Front Desk

March 31st: Just Like Jackie



EMES Student Leaders brought 199 non-perishable food items to the EM Food Shelf on Friday morning. They literally filled the shelves!



Bingo Night

Please come to a fundraiser to support the 4th Grade
field trip to
the Boston Science Museum



Thursday March 20th
6:00-8:00 PM



Bingo, Concession stand, Silent Auction
50/50 Raffle

East Montpelier Elementary School

Fun!

\$0.50 per card per game

Prizes!

Dear Local Business Owner,

We are writing to you on behalf of the East Montpelier Elementary School to request a donation of a service or an item for our spring silent auction. The event will be held on Friday, March 20th. Money raised at this event helps to fund our 4th grade Boston Museum of Science field trip.

We would greatly appreciate any donation that you can offer. In acknowledgment of your generosity, we will recognize your contribution on our event flyer which will reach the families of all students enrolled in our school, and will be displayed during the auction itself.

Our tax ID number is SUT-10973459-001. On behalf of the students, parents, and faculty of East Montpelier, we thank you for your time and consideration.

Sincerely,

Claire Gallagher and Robin Gannon
Silent Auction Coordinators

Claire: clgallgher@u32.org ext 321

Robin: rgannon@u32.org ext 358

Celebration of Learning, Winter Wellness, I LOVE East Montpelier Lunch, Valentine Self-Care Staff Meeting! February was BUSY!!



March 2020

East Montpelier Elementary School

LUNCH



We are an equal opportunity institution.
Menu Subject to change.
Student meals \$4
Adult Meals \$ 5.50



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

All meals must have 3

2

Items: 1 must be a fruit

Gluten free available upon

Request

Broccoli Cheddar soup

9

Salad Bar, Fruit & Milk

Corn & Ham Chowder

16

With Manghi Roll

Salad Bar, Fruit & Milk

Italian Sausage

23

On a Bun

Peppers & Onion on the side

Pasta Salad

30

Salad Bar, Fruit & Milk

Tuesday

We proudly serve VT Maple

3

Syrup, Manghi's Bread and Rolls,

Mackenzie meat & Sausage

Taco

10

Salad Bar, Fruit & Milk

Hot Dogs

17

Salad Bar, Fruit & Milk

Taco

24

Salad Bar, Fruit & Milk

Meatball Subs

31

Salad Bar, Fruit & Milk

Wednesday

Greek Lemon Chicken

4

Soup with a Manghi Roll

Salad Bar, Fruit & Milk

Fish & Fries

11

Salad Bar, Fruit & Milk

Shepards Pie

18

Salad Bar, Fruit & Milk

Philly Cheese Steak

25

Salad Bar, Fruit & Milk

Thursday

Ham & Cheese Strata

5

Salad Bar, Fruit & Milk

Pizza Pinwheel

12

With Dipping Sauce

Salad Bar, Fruit & Milk

Pulled Pork Sliders

19

Salad Bar, Fruit & Milk

Quiche with

26

Hash Browns

Salad Bar, Fruit & Milk

Friday

Chicken Nugget and Fries

6

Salad Bar, Fruit & Milk

Corn Dogs &

13

Tater Tots

Salad Bar, Fruit & Milk

Spaghetti &

20

Garlic Bread with Sauce

Salad Bar, Fruit & Milk

Sandwiches (Turkey,
Ham & Tuna)

27

Salad Bar, Fruit & Milk





Cub Scout Pack 742 invites **Boys & Girls in K - 5th grade** and their families to come **LEARN ABOUT SCOUTING!!**



Pack 742 Spring 2020 Events

Jan. 6	Pack Meeting (EMES, 6:30pm)
Jan. 13/27	Den Meetings (EMES, 6:30pm)
Feb.3	Blue & Gold Pack Meeting (EMES, 6:30pm)
Feb. 10/17	Den Meetings (EMES, 6:30pm)
March 9	Pack Meeting (EMES, 6:30pm)
March 23/30	Den Meetings (EMES, 6:30pm)
March 15	Pinewood Derby (EMES, noon)
March 3	Town Meeting Bake Sale (EMES)
April 4-5	Battleship Cove
April 13	Pack Meeting (EMES, 6:30pm)
April 27	Den Meeting (EMES, 6:30pm)
May 2	Green-up Day
May 4	Pack Meeting (EMES, 6:30pm)
May 11/18	Den Meetings (EMES, 6:30pm)
May 15-17	Green Mountain Council 2020 State Camporee (Caladonia Fairgrounds, Lyndonville)
June 7	Crossover (location TBD)

Join us for **FUN** and **ADVENTURE!!**

FOR MORE INFORMATION ON THESE EVENTS AND MORE:

Contact Matt Curtis (802) 279-4496 or e-mail Pack742.cubmaster@gmail.com

Pack 742 website | sites.google.com/site/scoutpack742/home

Pack 742 on  www.facebook.com/Pack742EastMontpelierVT/ 



SCOUT ME IN™

COMMUNITY
SERVICE



Healthy Eating/Healthy Living *for Kids*



A FUN WAY FOR FAMILIES WITH CHILDREN TO LEARN ABOUT HEALTHY FOOD CHOICES AND LIFESTYLE CHANGES.

- Classes held at Central Vermont Medical Center
Conference Room 1 and 2.
- **For 8-18 year olds**
- **5-7 PM Tuesday March 17, 24, 31, April 7**
- Parents must attend with their children
- No cost to participate
- A healthy snack will be provided
- We'll discuss your questions about healthy eating and we'll play!
- Pre-registration is required and class is limited to 5 families so please register early
- Register by calling or emailing Viki Delmas at 225-5680 or viki.delmas@cvmc.org



*Led and taught by CVMC Registered
Dietitian Nutritionist, Nancy Wagner*

THE
University of Vermont
HEALTH NETWORK

Central Vermont Medical Center