September 6, 2019

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."

2019-2020 EMES Family Newsletter

Alicia Lyford, Principal

Dear EMES Families -

Welcome back to the new school year! We've had a busy two weeks at EMES and are excited to have your children back in the building. I cannot believe how much they have grown over the summer! We're settling into our routines and your children are adjusting well to their new classrooms and teachers. We have a number of new faces that we're happy to welcome to our school family!

As in past years, please do not drop your children off before 8:30 unless they are signed up for Community Connections. We also ask that you do not travel down the hallways in the mornings. Between 8:00 –8:45 our teachers are busy preparing for the day and often have confidential conversations and meetings during this time. Please respect their planning time and stay in the cafeteria or in front of the gym until 8:45.

Remember to mark your calendar for our Parent Information Night next Wednesday, September 11th from 5:30—6:30. This is a time for you to come meet your child's teacher and hear about the year ahead, but please plan to keep your children home on this night as it is for adults only and there is no childcare available. We will have another Open House for your children to show you around on October 23rd.

Thank you for getting your first day of school packets back to us. If you still have yours at home, please remember to send it in as it has a lot of important information that we need!

We are looking forward to another all-school hike later this month—if you would like to participate and have not done Level 1 or 2 volunteer paperwork, please email Michael Sherwin: msherwin@u32.org for more information. We hope you can join us!

Have a wonderful weekend!
Alicia

Dates to Note:
Parent Information Night: Wednesday, September 11th from 5:30 - 6:30
Picture Day/Retake Day: Thursday, September 12th/Wednesday, October 30th
WCUUSD Board Meeting: Wednesday, September 18th 6:30 at Doty School
All-School Hike: Friday, September 27th/Rain Date Friday, October 4th
WCUUSD Board Meeting: Wednesday, October 2nd 6:30 at U-32
EMES Harvest Festival: Saturday, October 5th
Lion's Club Vision Screening: Tuesday, October 8th
WCUUSD Board Meeting: Wednesday, October 16th 6:30 at EMES
WCLT Music Day for 4-6: Thursday, October 17th
Open House: Wednesday, October 23rd 5:30—6:30
Monster Mash: Friday, October 25th

Annie and Jen welcome you back to school!! Our first welcome back breakfast was a success! This year we will be having a cycle menu for breakfast, stayed tuned for that to be on our website. As a reminder we ask that you fill out your forms for free and reduced lunches and get them back in before the end of September! We are also asking that parents keep a positive balance on your child's account. Prices did go up this year...Breakfast is $3 and Lunch is $4 per student per day. That will give you a guideline to figure on what your child will need....also if your child has lunch from home, and wants a milk, that is $.50 per day, and they need to have a positive balance to get milk or snack. If you have any questions please reach out to me at afinegan@u32.org.

New Therapist at CES & EMES!

We have great news! Recently administrators in the district coordinated with Plainfield Health Center to have two mental health professionals meet with elementary school clients at local schools including CES and EMES. The goal is to make mental health services more accessible to students in the district.

Jamie Spector is a licensed independent clinical social workers, LICSW, working at the Plainfield Health Center to provide mental health therapy. Isabel Senter recently joined the team as a mental health therapist from New Hampshire. They come to us with years of experience and training in a variety of areas. Isabel and Jamie will be available to provide counseling and therapy to students in need of long term counseling at the school or at The Health Center.

Currently there is no wait list, openings are available immediately, and they work with a wide variety of insurance providers as part of the The Health Center in Plainfield. If you are interested in finding out more I am happy to speak with you. For your convenience, enrollment forms are available by request at The Health Center or from the guidance office at school.

Please let me know if you have questions or if you are interested in an enrollment form: mlangevin@u32.org.

EMES All School Hike

It is time for the East Montpelier all school hike! Each year the entire school goes to various hikes in Vermont to enjoy the great outdoors. This event is a great opportunity to foster a sense of community in our school. Students have the opportunity to hike with others in various grade levels and spend time with teachers they may not know very well. As well as the obvious health benefits, hiking and walking are the number one lifelong fitness activity reported by adults. For some of our students this is their first experience hiking and all of them report having a great time!

The hike committee forms mixed age groups in hope that students will meet others from different classes and grades that they might not normally meet. We encourage students to pick a hike that might not include all their friends but suits their fitness and interest.

The hike committee will consider individual hiking abilities when making final hike assignments.

Thank you for helping your child choose a hike. **Please return the hike choice form by Thursday, Sept 12.** We will send information home about final hike assignments on Mon September 23rd.

If you are considering driving other children to a hike you must have the appropriate volunteer forms on file with the school.

Harvest Festival is Coming to EMES!!!

Mark your calendars for Saturday, October 5th! We will have a farmers market, silent auction, harvest dinner, obstacle courses and fire works! We hope to see you here!

Just a reminder that the K-2nd and the Pre-K soccer program registrations are still open. If your child would like to play please visitwww.eastmontpelierrecreation.org to register. At this time we cannot accept online payment so please drop off at the school anytime, or bring to the first practice. K-2nd grade program starts Saturday Sept 7th from 9-10:15. The Pre-K program starts the following Saturday Sept 14th from 9-9:45. Pre-K parents are required to be present during practice.

Please let me know if you have any questions by sending me an email: kcbean8@gmail.com

Thank you,
Kate and Alex

Book Club is Back!

Mrs. Shedd, Ms. Gallagher, and Arlyn are excited for another year of EMES Book Club. EMES Book Club is open to all 4th - 8th grade students who have read or are reading that month's book. The books are all selected from VT's Middle Grade Student Choice Book Award (Dorothy Canfield Fisher Book Award). While there are 30 books on the list each year, we select 5 or 6 that address a variety of subjects and only titles that are recommended for 4th or 5th maturity level.

We will have sign up sheets available before each book club. A student can select to read specific books and come to the book clubs that most interest them (you don't need to commit to the whole year).

What do we do at Book Club? We discuss the book, we share a special snack, and we do some type of activity connected to the book.

What are this year's books and when are the meetings? All meeting are in the EMES Library.

This years books are:

1.Bob by Rebecca Stead and Wendy Mass . Sept 25th 3:30 to 5

2.Small Spaces by Katherine Arden. Nov 5th 3:30 to 5 (please note this is a scary book)

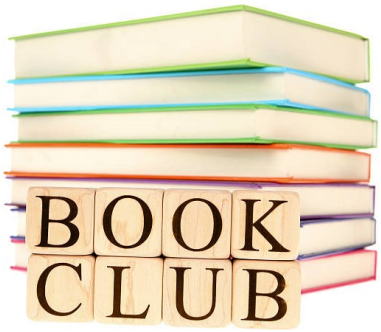
3.The Truth as Told by Mason Buttle by Leslie Connor Dec. 3rd from 3:30 to 5

4. Lifeboat 12 by Susan Hood Date to be announced

5. Front Desk by Kelly Yang.Date to be announced

6. Out of Left Field Date to be announced

To learn more about these titles go to the VT Dept of Library's DCF Book Award Page



Planting Hope visitors from Nicaragua came to EMES last week. Students learned dance, music, and some of the Spanish language with Marvin, Daisy, and Beth!

Wednesday, September 11th

We are excited for our upcoming Parent Information Night! This is a great opportunity for you to come and hear about the many opportunities your child will be experiencing this year in their classrooms. It's also an opportunity to pick up your child's band instrument from Ellis Music. You'll have time to meet other families and learn how you can partner with us in your child's education. Please remember that this evening is for parents only. We will have a student-led open house on October 23rd at 5:30!

5:00-6:00	5th and 6th grade instrument pick up from Ellis Music in the **music room**
5:30-5:55	Classroom teachers presenting in **classrooms** Stop in to visit Mr. Blanchard in the **gym** to learn about PE Lab and programs this year and Ms. Arlyn in the **library** to learn about audio and -books.
6:00-6:30	Classroom teachers presenting in **classrooms** Stop in to visit Mr. Blanchard in the **gym** to learn about PE Lab and programs this year and Ms. Arlyn in the **library** to learn about audio and -books.

Central Vermont Skating Association presents:

INTRO TO HOCKEY - Session 1

For Children 3—8 years old

New skaters $100

Includes free starter hockey bag with a helmet and all protective pads for new skaters who have never attended Intro to Hockey.

<u>You provide:</u> Hockey skates, hockey socks, a jersey, and a stick.

(Children born before 2013 must pay additional $44 USA Hockey Fee)

October 9th to December 14th, 2019

Dates are: 10/9, 10/12, 10/16, 10/19, 10/23, 10/26, 10/30, 11/2, 11/6, 11/9, 11/13, 11/16, 11/20, 11/23, 12/2, 12/7, 12/9, and 12/14. ****Please Note: 10/12 and 10/19 are at 9:15, not 8:45****

<u>When</u>: October 12th to December 14th - Total of 18 On-Ice Sessions

Monday OR Wednesday nights from 5:45—6:45 and Saturday mornings from 8:45—9:45

<u>Where</u>: Central Vermont Civic Center, 10 Gallison Hill Rd. Montpelier

Questions? Call Brian Amones at 802-595-0831 or email brianamones@hotmail.com

Register online at www.cvsahockey.org

reVision

Vermont artists stretch the limits of ordinary perception

September 6 – October 6, 2019

Kents' Corner, Calais

Fridays – Sundays, 10 am – 5 pm
or by appointment

Opening Celebration
Saturday, September 7
3 – 5 pm

Closing Celebration
Sunday, October 6
3 – 5 pm

WORDS OUT LOUD

Old West Church @ 3 pm
September 15, 22, 29

Art AT THE KENT

kentscorner.org

Kents' Corner State Historic Site joins the Vermont State Curator's Office and Historic Kents' Corner in presenting this exhibit.

Phrenology by Peter Thomashow

LUNCH

SEPTEMBER 2019

East Montpelier Elementary School

We are an equal opportunity institution
Menu subject to change

Monday	Tuesday	Wednesday	Thursday 5	Friday
2 NO SCHOOL	3 Nacho Tuesday Fresh fruit and veggie bar Choice of milk	4 Hot Dogs Tater Tors Fresh fruit and veggie bar Choice of milk	5 WG Spaghetti Meat or Marinara Sauce Fresh fruit and veggie bar Choice of milk	6 WG Grilled Cheese Fresh fruit and veggie bar Choice of milk
9 HM Chicken Noodle Soup Manghi's Rolls Fresh fruit and veggie bar Choice of milk	10 HM WG Pizza Fresh fruit and veggie bar Choice of milk	11 Hamburger Black Bean Burger Oven Fries Fresh fruit and veggie bar Choice of milk	12 Baked Potato Bar All the Fixins Fresh fruit and veggie bar Choice of milk	13 Roast Turkey Mashed Potato Gravy Fresh fruit and veggie bar Choice of milk
16 BBQ Chicken Fresh fruit and veggie bar Choice of milk	17 Taco Tuesday Hard or Soft Shell Fresh fruit and veggie bar Choice of milk	18 WG Goulash Manghi's Rolls Fresh fruit and veggie bar Choice of milk	19 Birthday Celebration Corn Dogs Fresh fruit and veggie bar Choice of milk	20 WG Chicken Patty Sandwich Sun Chip Fresh fruit and veggie bar Choice of milk
23 Corn Chowder Corn Muffins Fresh fruit and veggie bar Choice of milk	24 Cheesy Breadsticks Marinara Fresh fruit and veggie bar Choice of milk	25 Shepherd's Pie Fresh Fruit and veggie bar Choice of milk	26 HM WG Pizza Fresh fruit and veggie bar Choice of milk	27 ALL SCHOOL HIKE! BAGGED LUNCHES
30 Brunch For Lunch Fresh fruit bar Choice of milk				

Lunch Prices

Student: $4.00
Adult $5.50

All meals must have 3 items, one must be a fruit or veggie....HM=Homemade WG= Whole Grain Veg=Vegetarian Gluten free available upon request

We proudly serve, VT Maple Syrup, The Manghi's bread and rolls, Makenzie Meats & Sausage