

Alicia Lyford, Principal

2018-2019 EMES Family Newsletter

January 11, 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.”

Happy New Year, EMES Families!

I hope you all had an enjoyable holiday break with your children, family and friends. We were so happy to see everyone back last Wednesday! Unfortunately however, the flu has hit EMES and we've had a number of students and staff out with it. There are some resources about illness and when to keep your child home in this newsletter — please be sure to read through them! Nurse Elizabeth is also wonderful about talking you through whether or not to send your child in when they're not feeling well, and her blog has a lot of useful information: __. We're disinfecting doorknobs, water fountains, etc., with the hope of keeping everyone healthy!

We have a number of events coming up, beginning with our two winter concerts. Please be sure to mark your calendars; although January is not as busy a month as December was, we still have a lot going on! You will receive information from Mr. Sherwin today about your child's Winter Wellness activity. We are excited about the new snow this week and hope it sticks around for our outdoor activities later this month.

Next week, EMES staff will be joined by both Dave Melnick, Vermont trauma expert, and the Life is Good Foundation out of Boston, to work with us on trauma transformed practices. I will share more in an upcoming newsletter as this work is very near and dear to all of us.

I will be sending out a separate email with a follow-up letter on the Pledge of Allegiance later today. It is quite lengthy and does not fit in a standard newsletter, but want to give you the heads-up that it's coming! Enjoy the weekend and stay warm and healthy!

Best, Alicia

Dates to Note:

EMES Book Club: Monday, January 14th 5:30 - library

Band/Chorus Concert: Thursday, January 17th 6pm in the gym

No School for Students: January 21st and 22nd

EMES School Board Meeting: Monday, January 21st 5:30 pm in the library

K-3/Chorus Concert: Thursday, January 24th 5:30 pm in the gym

Winter Wellness Dates: January 28, February 5, February 11 (make up February 19)

Report Cards Mailed Home: Friday, February 1st

EMES Book Club: Monday, February 11th 5:30

I Love East Montpelier Lunch: Thursday, February 14th

Celebration of Learning: Thursday, February 21st 5:30—7

February Break: February 23—March 5

Town Meeting Day: Tuesday, March 5th



Guidance News from Mary Beth Langevin, School Counselor

Parents are invited to participate in one of two book groups starting up this winter. In addition to these books, there are many other great resources on parenting available at CES & EMES. Please be sure to let me know of any topics on parenting you may be interested in reading.

Beginning in January there will be a parent book group at Calais Elementary on **Wednesday evenings from 5:30-6:30 p.m.** The discussion will be about the book, Duct Tape Parents by Vicki Hoefle. The school has a few copies of the book available to read. Please let me know if you would like to borrow the book for the book group.

Parents may also be interested in purchasing the book in an electronic format. We will break the book down into three chunks and discuss the ideas for each section starting on Wednesday, January 16th, February 6th and March 6th. The book encourages us to build relationships, allow for learning and coach children through the important developmental years.

In addition there will be a book group at East Montpelier Elementary on **Wednesday evenings from 7-8 p.m.** about the book, Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades by Michelle Anthony and Reyna Lindert. There is a collection of books available at the school to share with interested book group participants. We will break the book down into three chunks and discuss the ideas for each section starting on Wednesday, January 16th, February 6th and March 6th. This book focuses on ways for parents to guide children through social challenges.

Please read the following book descriptions for more information. If you are interested in participating in one of the two book groups kindly **RSVP Mary Beth Langevin at mlangevin@u32.org**.

Duct Tape Parenting: A Less Is More Approach to Raising Respectful, Responsible, and Resilient Kids
by Vicki Hoefle

"There's a new set of 3Rs for our kids—respect, responsibility, and resilience—to better prepare them for life in the real world. Once developed, these skills let kids take charge, and let parents step back, to the benefit of all. Casting hover mothers and helicopter parents aside, Vicki Hoefle encourages a different, counter-intuitive—yet much more effective—approach: for parents to sit on their hands, stay on the sidelines, even if duct tape is required, so that the kids step up. *Duct Tape Parenting gives parents a new perspective on what it means to be effective, engaged parents and to enable kids to develop confidence through solving their own problems.*"

Discussion Schedule Duct Tape Parents for Wednesday, January 16th, February 6th and March 6th at 5:30 p.m. in the CES Library:

Week 1: Read Section I - Before We Get the Duct Tape, Let's See What Needs Fixing: Note, It's Not the Kids pp. 1-82

Week 2: Read the first part of Section II - Get out the Duct Tape and Take a Leap of Faith pp. 83-172

Week 3: Read the second part of Sections II - Get out the Duct Tape and Take a Leap of Faith pp. 173-237

(continued on next page)

Little Girls Can Be Mean: Four Steps to Bully-proof Girls in the Early Grades By Michelle Anthony and Reyna Lindert

"As experts in developmental psychology and each a mother of three, Dr. Michelle Anthony and Dr. Reyna Lindert began noticing an alarming pattern of social struggle among girls as young as five, including their own daughters. In today's world, it is likely that your daughter has been faced with bullying and friendship issues, too---and perhaps you're at a loss for how to guide her through these situations effectively. *Little Girls Can Be Mean* is the first book to tackle the unique social struggles of elementary-aged girls, giving you the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond.

Dr. Anthony and Dr. Lindert offer an easy-to-follow, 4-step plan to help you become a problem-solving partner with your child, including tips and insights that girls can use on their own to confront social difficulties in an empowered way. Whether your daughter is just starting grade school or is already on her way to junior high, you'll learn how to:

OBSERVE the social situation with new eyes

CONNECT with your child in a new way

GUIDE your child with simple, compassionate strategies

SUPPORT your daughter to act more independently to face the social issue

By focusing squarely on the issues and needs of girls in the years before adolescence, *Little Girls Can Be Mean* is the essential, go-to guide for any parent or educator of girls in grades K-6."

Discussion Schedule for Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades Wednesday, January 16th, February 6th and March 6th at 7:00 p.m. at EMES:

Week 1: Read section I - Laying the Foundation: The Four-Step Approach, pp. 3 - 73

Week 2: Read section II (1st part) -The Heart of the Matter: Applying the Four Steps to Real Situations Face by Real Girls, pp. 77 - 178

Week 3: Read section II (2nd part) and section III - Wrapping Up: Using the Four Steps in Your Home, School, or Office, pp. 179 - 263

EMES BAND AND CHORUS CONCERT



**Band and Chorus January 17th
6 pm, EMES Gym**

***Featuring 4th—6th Grade Chorus and
5th and 6th Grade Band***

EMES Winter Concert
January 24th, 2019
5:30 pm
EMES Gym



Performances by:
K-3 Students & 4-6 Chorus

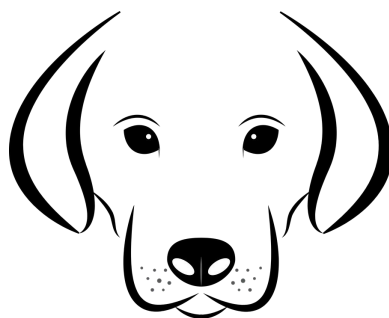
Friends and family welcome!

Bake Sale

To benefit the Central VT Humane
Society

Thursday, January 17th
8:30-9:15

All items 50 ¢



Sponsored by Wednesday Morning PBIS Groups - Mrs. Fitch, Mrs. Gariboldi,
Mrs. Giammusso, Mrs. Zeilenga

The government shutdown is impacting 3SquaresVT benefits in February.

If you recently applied, or if you receive benefits, you may need to take immediate action to get your benefits for February.

Because of the government shutdown, Vermont's Department for Children and Families (DCF) will be issuing February 3SquaresVT benefits early, on January 20th.

These benefits will be for the entire month of February, so it is important that participants budget accordingly.

Because these benefits will be issued early, DCF needs to complete interviews and receive any required documentation from 3SquaresVT applicants and participants on or before January 15th (Tuesday).

- If you need to complete an interview for your 3SquaresVT application or recertification, please call the interview line at 1-877-403-7668 right away.
- If you are currently in the application or recertification process, if you need to complete an interim report, or if you recently received a notice from DCF requesting documentation (pay stubs or proof of income, proof of medical expenses, etc.) you must send your documents in immediately to continue your benefits.
- If you aren't sure if this applies to you, call the Benefits Service Center at 1-800-479-6151 to speak to a benefits specialist who can help. There might be a long wait time, but please stay on the line and do not give up! It is important that you get the information you need.

This is an ongoing situation, and there will likely be more updates to share in the coming days.

Please visit www.hungerfreevt.org/government-shutdown for the most up to date information.



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

Pack 742 Winter/Spring 2019 Events

Jan. 14 & 28

Feb. 2

Feb. 4

Feb. 9

Feb. 18

Feb. 28

March 3

March 5

March 11

March 18 & 25

March 24

April 1

April 8 & 29

May 4

May 6

May 13 & 20

May 27

June 2

June 14-16

July 29 – Aug. 2

Den Meeting (6:30pm, EMES)

Scoutarama (8 am, Lyndon State College)

Pack Meeting (6:30pm at EMES)

Blue & Gold Banquet (5:30pm at EMES)

Den Meeting (6:30pm, EMES)

Scouting Olympics (11am-2pm Montpelier Elks)

Scout Sunday

Town Meeting Bake Sale (7:30am-noon, EMES)

Pack Meeting (6:30pm at EMES)

Den Meeting (6:30pm, EMES)

Pinewood Derby (2:00pm at EMES)

Pack Meeting and AOL Crossover (6:30pm at EMES)

Den Meeting (6:30pm, EMES)

Green Up Day (9- 11am, locations TBD)

Pack Meeting (6:30pm at EMES)

Den Meeting (6:30pm, EMES)

Memorial Day Parade

Pack Meeting and Crossover Potluck(4-6pm at 4 Corners School House)

Webelos Woods (Camp Norris)

Long Trail District Day Camp

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™

EARN AWARDS



Don't forget to attend the

REMINDER
6th Grade Transition Information Session:
Parents Only

Wednesday, January 23rd, 2019

6:30pm at U-32 Auditorium

Look for U-32 Welcome
Packet being sent home
with your
student on Wednesday,
January 23rd.

Please remember
that this night is
for parents/
guardians only.

Feb 20th—Welcome
packets due back to
elementary schools

June 10— Director of Stu-
dent Services will visit all
the elementary schools to
explain how Move Up day
works

June 11— Move Up Day

Grade 6 students will
field trip to U-32. At
U-32 6th graders will
have a tour, learn how
to open a locker, meet
their core teachers ,
and have lunch.



*This is an evening for 6th grade parents to learn about middle school,
sports, guidance and the transition to U-32.*

Come and meet
Steven Dellinger-Pate U-32 Principal
Jody Emerson Associate Principal
Bill Deiss, Assistant Principal/ Special Education Director
Lisa LaPlante, Director of Student Services
Amy Molina, Director of Student Affairs
Jade Walker, Middle School Counselor
Paula Crossett, & Mary Lynn Crossen, School Nurses
Hank Van Orman, Athletic Director
Middle School Teachers

Tours will be provided

**U-32 Middle & High School
Stage 16 Proudly Presents**

Annie Jr.



Fri., Feb. 1 at 7 pm

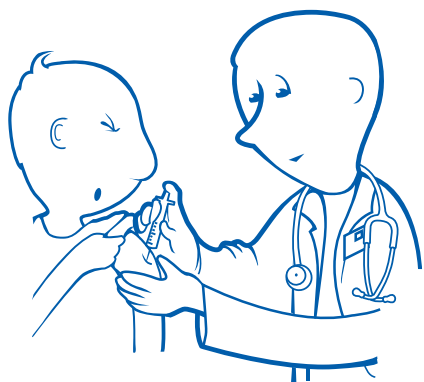
Sat., Feb. 2 at 11 am

**930 Gallison Hill Road, East Montpelier
Tickets by Donation at the Door**

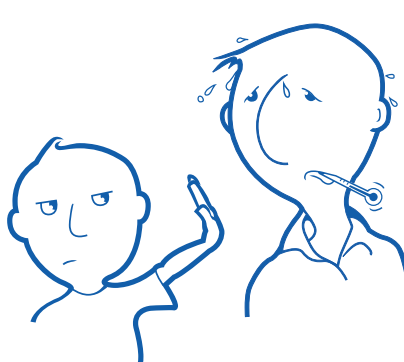
INFLUENZA (FLU) Talking to Children About Flu

Advice for Parents on Talking to Children About the Flu

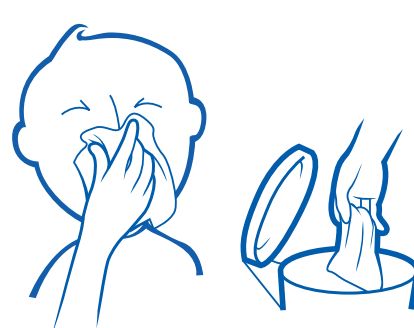
Focus on what your child can do to fight the flu and to not spread flu to others:



Have your child get a flu vaccine. The flu shot may pinch, but it will help protect them from getting sick later. A flu vaccine given as a nasal spray may also be available.



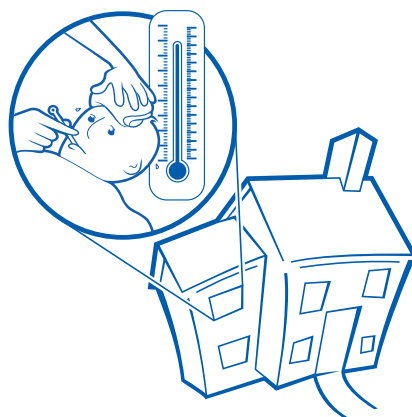
Encourage them to try to stay away from people who are sick.



Encourage them to cough and sneeze into a tissue when they are sick. Throw the tissue in the trash right away. If they do not have a tissue, they should cover their mouth and nose with their arm.



Encourage them to wash hands often with soap and warm water for 15-20 seconds. Set a good example by doing this yourself.



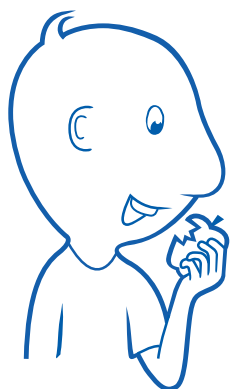
Encourage them to stay home from work and school if they are sick, and stay away from people until they are better.



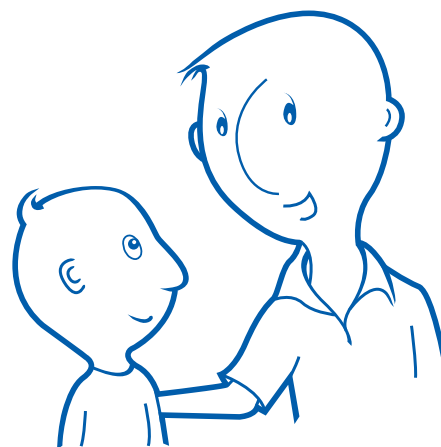
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

INFLUENZA (FLU) Talking to Children About Flu

Encourage healthy habits: eating healthy foods, getting enough sleep, and getting exercise.



Use their questions as a chance to tell them how to avoid the flu and how to not spread flu and other germs.



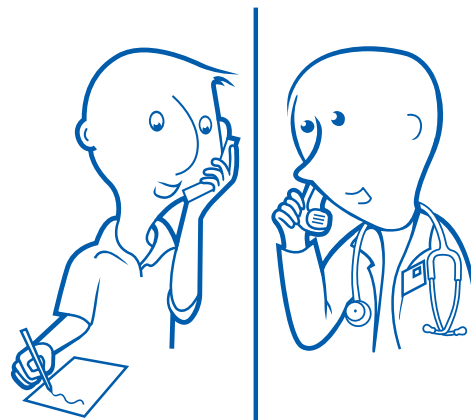
For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.

What to Do If Your Child Gets Sick with the Flu

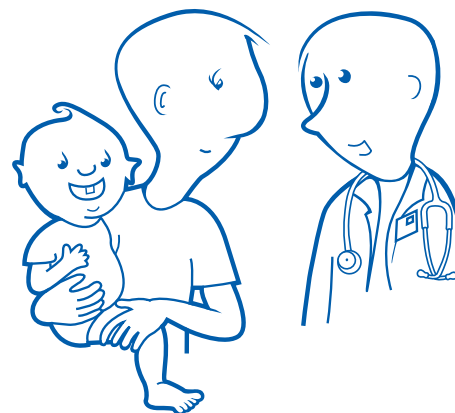
Children younger than 5 years old have a greater chance of having problems with the flu. Children with a long term condition such as asthma and diabetes are also more likely to have severe problems if they get the flu.

If your child is younger than 5 years of age or of any age with a long term health condition (like asthma or diabetes), and develops flu-like symptoms, they are at risk for serious complications from the flu.

Ask a doctor if your child should be examined.

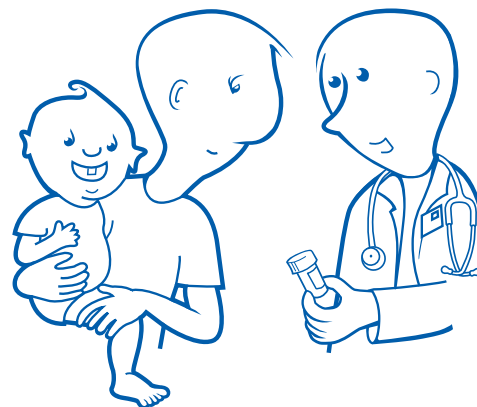


Most children will get better without needing to go to the doctor. Other children may have more severe illness from the flu. A child of any age with severe signs of the flu should go to the doctor.



Antiviral drugs used to treat the flu work best when started within the first 2 days (48 hours) of getting sick.

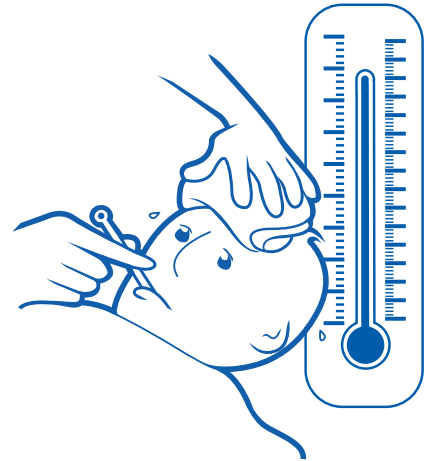
The doctor may start your child on antiviral drugs even after 48 hours from when flu signs started, especially if your child is in the hospital or has a higher chance of severe illness from the flu.



INFLUENZA (FLU)

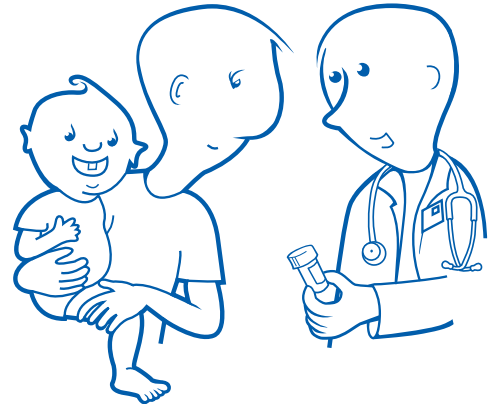
If Your Child Gets the Flu

A fever is a temperature greater than or equal to 100 degrees Fahrenheit (37.8 degrees Celsius). If you do not have a thermometer, feel your child's face. If your child feels warmer than normal, has a flushed appearance, is sweating, or is shivering, your child may have a fever.



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If your child has a fever there are medicines that can be used to reduce the fever. Some are sold at stores (over-the-counter) and you can buy them freely. Others require a prescription from a doctor. Make sure you talk to your doctor and see what medicine your doctor recommends based on your child's age.



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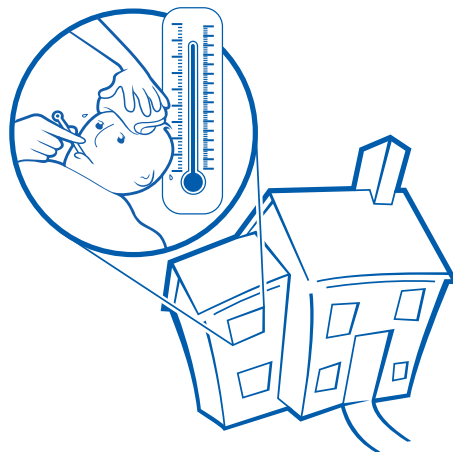
Some medicines sold in stores (over-the-counter) are approved for children to make them feel better. You should call your doctor to make sure these medicines are okay for your child. Note that you should never give aspirin to children who might have the flu.



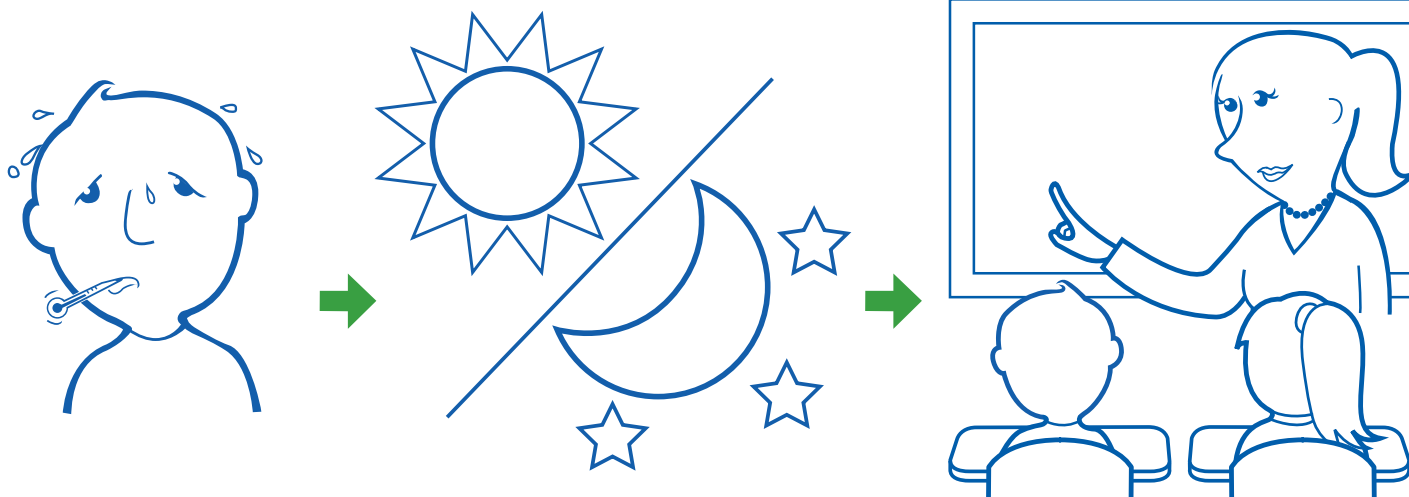
INFLUENZA (FLU)

If Your Child Gets the Flu

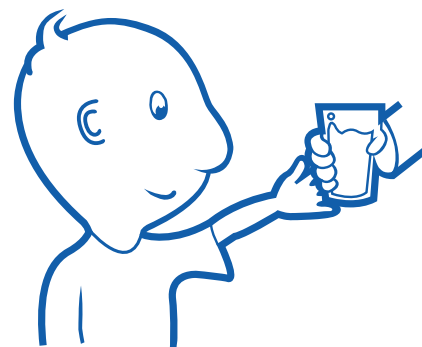
To reduce the spread of the flu, keep your sick child at home until at least 24 hours after the fever is gone, except to get medical care.



Children can go back to school 24 hours after their fever is gone **WITHOUT** the use of medicine that lowers fever.



While your child is sick, make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants, Pedialyte®) to make sure his or her body has the fluids it needs.

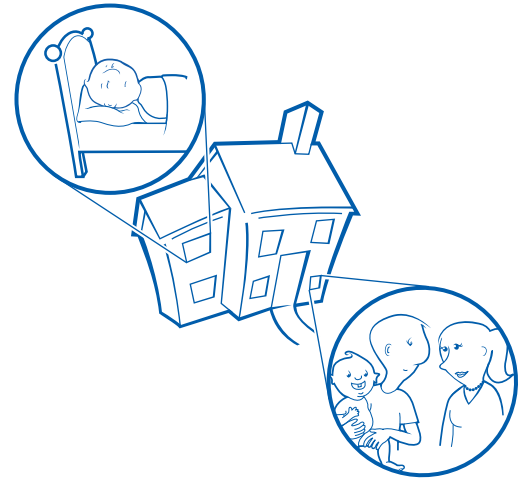


INFLUENZA (FLU)

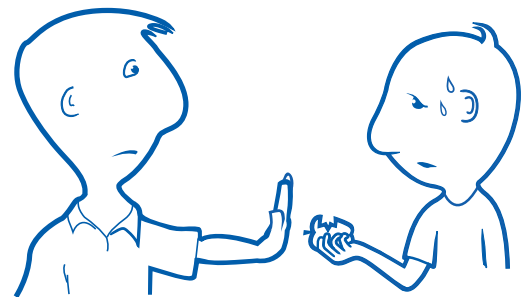
If Your Child Gets the Flu

Things to do to reduce the spread of flu to others in the house:

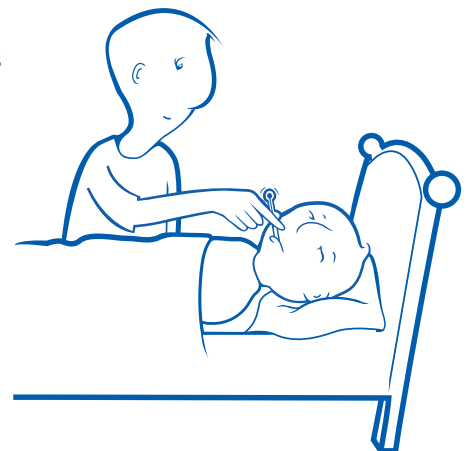
Keep your sick child in a separate room in the house as much as possible to limit contact with healthy household members.



Do not allow your child to share food or drinks with others.



Try to have one person as the main caregiver for the sick child. If possible the caregiver should be someone who is not at high risk for severe flu, such as pregnant women or people with health conditions like asthma.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.

2019 EDUCATION OPPORTUNITIES

CAMPIPS

FOR ALL AGES & EXPERIENCES



★ THE MAN IN THE MOON

1 Week (Full Day) Dance Theater Camp
Feb 26–March 2. Ages 9 & up

Explore the magical world of the inventor who inspired the movie "HUGO". Led by Taryn Noelle. Culminates with 2 public performances of the original show, March 1 & 2.

★ FRAGMENTED FABLES

Ages 9 & up
1 Week (Full Day) Ensemble Storytelling, June 24-28

Focus on acting and telling an original story. Culminates with a public performance, June 28

★ THEATER PLAY FOR EVERY DAY

1 Week (half day) Intro Camp, July 15-19 Ages 6-9
Delve into the creative world of theater! Let your imagination soar in this introductory camp led by Taryn Noelle.

PLUS



LNT'S 2-WEEK MOST ADVANCED
AUGUST MUSICAL-THEATER
AND TECHNICAL-THEATER
PRODUCTION INTENSIVES. BY AUDITION

Ages 10-21-musical, Ages 13-21 technical
August 5-16, A Fully Produced & Staged Musical Extravaganza
5 Shows Aug. 16-18, Fri-Sun

★ THEATER FOR KIDS BY KIDS!

DISCOUNTS
FOR EARLY
REGISTRATION
lostontheater.org
802 229-0492

LOST NATION THEATER
39 MAIN ST.- CITY HALL
MONTPELIER, VT 05602

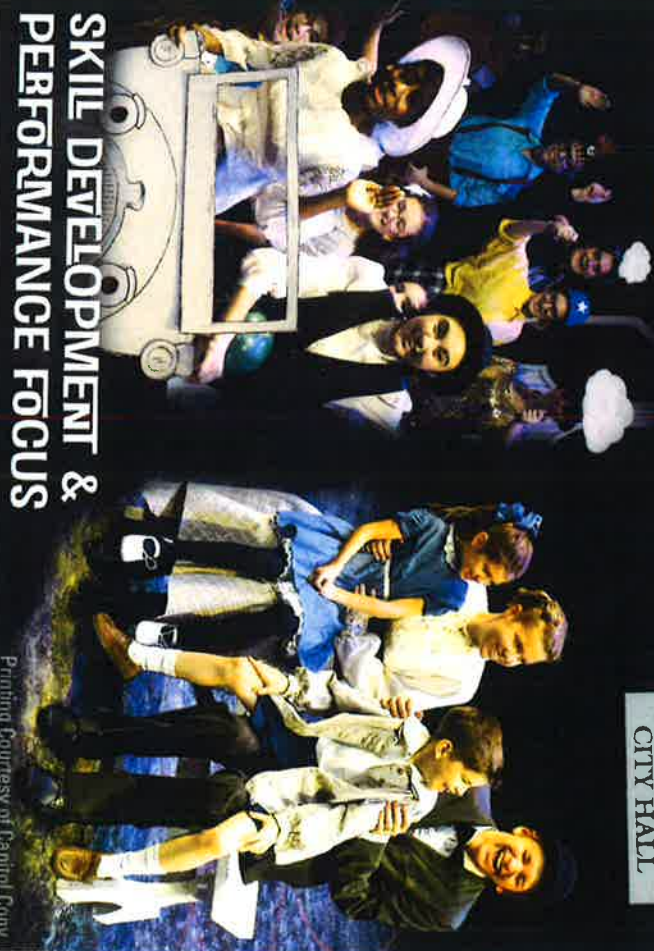
Underwriters & Sponsors: Capitol Copy, City of Montpelier,
The Point, National Life Group, Eternity, Times Argus, WDEV,
The World, Mary Shriver Fund of Alan Weiss Estate

2019 EDUCATION PROGRAMS



2019 THEATER CAMPIPS

THEATER FOR KIDS BY KIDS!



SKILL DEVELOPMENT &
PERFORMANCE FOCUS

Printing Courtesy of Capitol Copy

Monday
Tuesday
Wednesday
Thursday
Friday

Potato Ham Chowder **4**
WG Manghi's roll

Fresh fruit and veggie bar
Choice of milk

Beef Noodle Soup **11**
WG Manghi's Rolls

Fresh fruit and veggie bar
Choice of milk

Creamy Chicken Soup **18**
Corn Muffins

Fresh fruit and veggie bar
Choice of milk

NO **25**
SCHOOL

Chicken Taco **5**
Rice
Corn

Fresh fruit and veggie bar
Choice of milk

Chicken Nuggets **12**
Oven Fries

Fresh fruit and veggie bar
Choice of milk

Fish Sticks **19**
Oven Fries

Fresh fruit and veggie bar
Choice of milk

NO **26**
SCHOOL

Italian Dunkers **6**
Meat Sauce
Marinara Sauce

Fresh fruit and veggie bar
Choice of milk

Grilled Cheese **13**
Tomato Soup

Fresh fruit and veggie bar
Choice of milk

Brunch for **20**
Lunch

Fresh Fruit

NO **27**
SCHOOL

Macaroni & Cheese **7**
Garlic Bread

Fresh fruit and veggie bar
Choice of milk

I LOVE EAST **14**
MONTPELIER DAY
Turkey Stew, Mashed Potato, Garden
Salad, Ambrosia Salad, Rolls, Biscuit
Raspberry Filled Cookies
Milk or Coffee

Cheesy Breadsticks **21**
Marinara

Fresh fruit and veggie bar
Choice of milk

NO **28**
SCHOOL

Hot Dog **1**
Baked Beans

Fresh fruit and veggie bar
Choice of milk

Meatloaf **8**
Mashed Potato

Fresh fruit and veggie bar
Choice of milk

Turkey & Biscuits **15**
Rice
Green Beans

Fresh fruit and veggie bar
Choice of milk

Anything **22**
Goes!!

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, Maria's Bagels

