December 21, 2018

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."

2018-2019 EMES Family Newsletter

Alicia Lyford, Principal

Dear EMES Families -

December has been an incredibly busy month at EMES! In addition to all that's been going on in classrooms, students have had many opportunities to give to others this month. We started the month with a LEGO buildtogive project and ended it with our all-school kindness projects. Earlier this week, students made gifts to take home for loved ones at Gifts for Giving. It's been a month of giving!

I want to thank you for reading the Pledge of Allegiance letter and filling out the survey so quickly. I have received over 80 responses as of this morning! I so appreciate your thoughtful questions, feedback, and suggestions around this topic. One of the things that I love most about this community is your involvement in your children's education. Over break I will carefully read through all of the feedback, and will share the results with you before we return in January.

On Monday evening I presented the 2019-2020 budget to the EMES board. As you know, things are moving rapidly with Act 46, and the EMES board was charged with recommending a budget to the newly merged board later this winter. The budget that will be recommended is a level-service budget, which means keeping everything the same as this year and rolling it up with next year's numbers. The budget represents an overall 1.92% ($76,679) increase from this year.

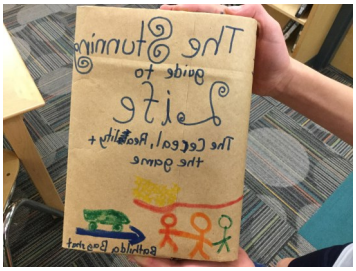
I wish you all a safe and lovely break with your children next week and look forward to seeing you back at EMES in the new year!

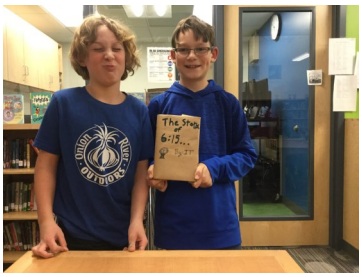
Best,
Alicia

Dates to Note:
Holiday Break: Saturday, December 22nd—Tuesday, January 1st
Band/Chorus Concert: Thursday, January 17th 6pm in the gym
No School for Students: January 21st and 22nd
K-3/Chorus Concert: Thursday, January 24th 5:30 pm in the gym

EMES Book Club:

We had over 30 students attend our book club earlier this month. Book Club is open to all students grades 4th and up who have read the book for that meeting. Each month, students share a snack, dicuss the book, and do an activity. For *Ban this Book* students created "fake book" covers (pictured here). Our next meeting will be about *The First Rule of Punk* by Celia Perez and will be held on Jan 14th from 5:30 to 6:30 pm.

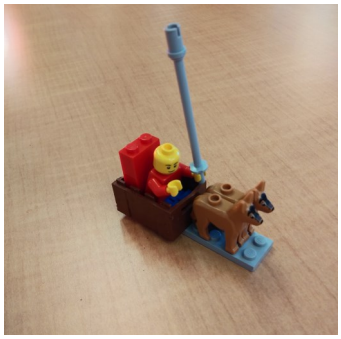




Students from the U-32 middle and high-school orchestra played for EMES students and staff on Wednesday morning. Students in grades 4-6 were able to try out their instruments after the performance!

EMES students participated in Lego's Build to Give program. For every "ornament" built between Nov 5th and Dec 9th posted on social media with the #buildtogive, Lego donated a Lego set to a child in need (the goal was 500,000 sets).

EMES students learned that by building an ornament (holiday or winter decoration), a child somewhere in the world would get a gift of a Lego set. Our students enthusiastically built and were excited to have an opportunity to help other children.



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

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.*

(continued on the next page)

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

Gifts for Giving at EMES…
On Tuesday, students made gifts for loved ones at our annual GFG event in the gym. A huge thank-you to all the volunteers who came in to make this day possible for our students!

EMES Student Leader Edith Lane, received recognition from John Jose of CVSWMD for her dedicated work in a recent cafeteria plate waste audit we did with the CVSWMD during our lunch periods. Edith exemplifies what it means to be an EMES Student Leader!

Kindness Projects during Wednesday Morning Meetings…

We kicked off our three-week PBIS Spread Kindness initiative with an all-school assembly last week. Students met in their Wednesday Morning Meeting Groups to decide on a project to spread kindness around our community.

Reduce Holiday Trash -- Recycle Batteries and Broken Christmas Lights at the EMES Library

All types of batteries are accepted.

- Alkaline batteries
- Rechargeable batteries (ex. drill, AAA, computer, cell phone) - please tape ends
- Lithium batteries - please tape the tops, or enclose button cells
- Enclosed batteries (ex. electric toothbrush, EasyPass, key-fob).

We can recycle your broken strings of lights!

East Montpelier Elementary students are making biscuits for the Central Vermont Humane Society. Giving a little love and kindness to the homeless dogs in our area.

Session #4, January 2 – February 22, 2019

East Montpelier/Calais Community Connections

~ Bringing School and Community Together ~

Phone: 223-7936 x305 ~ kbolduc@u32.org

Starting at $6* a day for our morning program, you can drop-off your child at school beginning at 7:30 any day of the school year. We play games outside or in the gym & cafeteria until school starts.

Please contact Kim for more information!

Fall Schedule of Events

January 21st & 22nd	CC Day Camps	Fliers are available at school or at www.communityconnections.us
February 18th	New Session Brochure	Fliers are available at school or on the school website.
February 25-March 5	Winter Break	Fliers are available at school or at www.communityconnections.us
April 5th	CC Day Camp	Fliers are available at school or at www.communityconnections.us
April 15 - 19	April Break	Fliers are available at school or at www.communityconnections.us
May 27th	Memorial Day	No CC Camp

If your child is on free or reduced lunch you would likely qualify for state childcare subsidies and may be able to send your child to Community Connections at no cost to you!

Afterschool Monday – Friday

We will be outside daily, weather permitting.

Monday –Story Time **Tuesday – World of Clay**

Wednesday – BINGO & Games

Thursday – Crafty Thursdays **Friday – Gym & Musical Chairs**

East Montpelier/Calais

Community Connections

~ Bringing School and Community Together ~

Kimberly Bolduc: Site Coordinator
802-223-7936 x305 ~ kbolduc@u32.org

Dear Families,

Here is the registration packet for **East Montpelier/Calais Community Connections Before and After School Programs - Session #4**. Please look over the enclosed materials and **return the registration and planned attendance calendar to school by December 21st.**

JUST A FEW THINGS:

- Our fee structure is a sliding scale of **$12-17/day for afternoons 3:35 to 5:30 P.M.** and **$6-12/day for Morning care 7:30 to 8:30 A.M., Drop-in cost $9-12 for mornings and $14-17 for afternoons**. *A Family Income Guideline has been included below to help you determine the amount to pay.* It is a *suggested* guideline, and we ask you to indicate on the sign-up form the highest amount you can afford to help support the program and promote its sustainability.
- As always, alternative funding *(state subsidies, reduced fees, volunteering in exchange for participation, etc.)* is available if cost is a concern *(please talk to Kimberly Bolduc).*
- Space is limited based on staff to child ratios, so your child *may not* be able to participate in all days they sign up for if the number of kids already registered fill all slots, so sign up soon.
- **Payment is due at the beginning of the session unless payment arrangements are made**, in which case full/final payment would be due no later than December 21st. There is an extra $10 charge for invoice billing (if payments are not made at the beginning of each session or payments are not made per the agreed upon arrangement).
- There is no refund for days that are missed due to sickness or absence. If family schedules change a refund or credit are possible with 72 hours to a week's notice.
- Every afternoon starts with a healthy snack provided by us, fruits, vegetables and a starch!
- Please make sure your child comes to school **dressed appropriately for outdoor recess** (jackets, boots, hats, etc.) **All** kids will go out daily for a recess break before any special programs or activities start, unless there is rain or close to zero temperatures.
- Before care runs from 7:30am to 8:30am. After school programs run from 3:35-5:30pm.
- A **late fee will be charged if you are later than 5:30pm.** The fee is $15 for every 15 minutes that you are late.

Thank you,

Kimberly Bolduc
Community Connections Site Coordinator

Suggested Family Income Guideline for Sliding Scale Placement

	Over $60,000	$50-$60,000	$40-$50,000	Below $40,000*
PM	$17 per day/per child	$15 per day/per child	$13 per day/per child	$12 per day/per child
AM	$12 per day/per child	$9 per day/per child	$7 per day/per child	$6 per day/per child

**Families at this level should explore whether they qualify for assistance through the Vermont Child Care Subsidy Program.*

East Montpelier Community Connections
Sign Up Form – Session 4, 2018-2019

Child's Name_____**Grade**_____**Teacher**_____

Child's Name_____**Grade**_____**Teacher**_____

Child's Name_____**Grade**_____**Teacher**_____

Please circle the dates and sessions your child will be attending.
AND **return by** **December 21st.**

Monday	Tuesday	Wednesday	Thursday	Friday
Story Time	World of Clay	BINGO & Games	Crafty Thursday	Gym & Musical Chairs
No School	No School	2 AM PM	3 AM PM	4 AM PM
7 AM PM	8 AM PM	9 AM PM	10 AM PM	11 AM PM
14 AM PM	15 AM PM	16 AM PM	17 AM PM	18 AM PM
No School MLK Day	**OFF** CC Camp	23 AM PM	24 AM PM	25 AM PM
28 AM PM	29 AM PM	30 AM PM	31 AM PM	Feb. 1 AM PM
4 AM PM	5 AM PM	6 AM PM	7 AM PM	8 AM PM
11 AM PM	12 AM PM	13 AM PM	14 AM PM	15 AM PM
18 AM PM	19 AM PM	20 AM PM	21 AM PM	22 AM PM
Winter	Break	With	C.C.	Camps!!!

Please calculate your payment using the chart below

AM Care	# of AM days (x # of kids)	X	$6-12/day Sliding Scale Fee	=	**Total Cost of AM Care**
PM Care	# of PM days (x # of kids)	X	$12-17/day Sliding Scale Fee	=	**Total Cost of PM Care**
TOTAL	**Total Cost of AM Care**	+	**Total Cost of PM Care**	=	**TOTAL DUE:**

I will pay: (Please check one) _____**The full amount now** _____ **Weekly** _____**Bi-weekly**

Parent Signature_____

Phone(s)_____ **Email(s)**_____

2019 EDUCATION OPPORTUNITIES

LOST NATION THEATER
· 30 YEARS ·
MONTPELIER CITY HALL

CAMPS
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.

FRACTURED 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 THE WIZ

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

lostnationtheater.org
802 229-0492

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

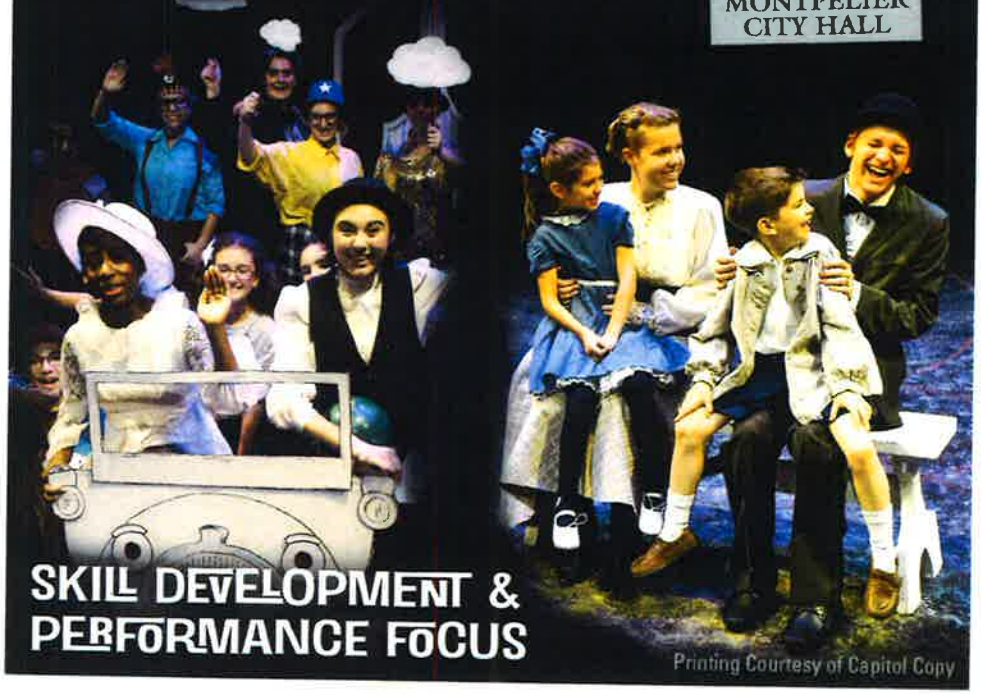
Underwriters & Sponsors: Capitol Copy, City of Montpelier, The Point, National Life Group, Eternity, Times Argus, WDEV, The World, Mary Shriver Fund of Alan Weiss Estate

2019 EDUCATION PROGRAMS

2019 THEATER CAMPS

THEATER FOR KIDS BY KIDS!

LOST NATION THEATER
· 30 YEARS ·
MONTPELIER CITY HALL



SKILL DEVELOPMENT & PERFORMANCE FOCUS

Printing Courtesy of Capitol Copy

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

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

Friends and family welcome!

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

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

Friends and family welcome!

LUNCH

wit

JANUARY 2019

East Montpelier Elementary School

We are an equal opportunity institution
Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 Tomato Mac Soup Manghi's WW Rolls Fresh fruit and veggie bar Choice of milk	3 Fish Sticks Oven Fries Fresh fruit and veggie bar Choice of milk	4 Grilled Ham & Cheese Fresh fruit and veggie bar Choice of milk
7 Chicken Noodle Soup Corn Muffin Fresh fruit and veggie bar Choice of milk	8 Macaroni & Cheese Manghi's WW Roll Fresh fruit and veggie bar Choice of milk	9 Roast Pork Mashed Potato Fresh fruit and veggie bar Choice of milk	10 HM WG Pizza Cheese, pepperoni, meat lovers Fresh fruit and veggie bar Choice of milk	11 Corn Dogs Tater Tots Fresh fruit and veggie bar Choice of milk
14 Vegetable Beef Barley Soup Mangh's WW Roll Fresh fruit and veggie bar Choice of milk	15 Roast Turkey w/ gravy Mashed Potato Fresh fruit and veggie bar Choice of milk	16 Baked Potato Bar With all the fixins Fresh fruit and veggie bar Choice of milk	17 Spaghetti w/ meat Sauce, marinara, or pesto Garlic Bread Fresh fruit and veggie bar Choice of milk	18 Chicken Caesar Salad Manghi's WW Roll Fresh fruit and veggie bar Choice of milk
21 NO SCHOOL	22 NO SCHOOL	23 Brunch for Lunch Fresh fruit bar Choice of Milk	24 Cheesy Bread Stick Marinara Sauce Fresh fruit and veggie bar Choice of milk	25 Meatball Sub Fresh fruit and veggie bar Choice of milk
28 Chicken Rice Soup Buttermilk Biscuit Fresh fruit and veggie bar Choice of milk	29 Taco Tuesday Rice Fresh fruit and veggie bar Choice of milk	30 Chicken Nuggets Oven Fries Fresh fruit and veggie bar Choice of milk	31 HM WG Pizza Chefs Choice Fresh fruit and veggie bar Choice of milk	

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