



Middlebrook PTA Messenger Oct. 14, 2018

Middlebrook Quick Calendar

Wednesday	October	17	PTA Hospitality Staff Lunch
Thursday	October	18	PTA Meeting 9:00 a.m.-10:00 a.m. MB LLC
Friday	October	19	6th Grade Activity Night 7:00 p.m.-9:00 p.m.
Monday	October	22	8th Grade/WHS Choral Rehearsal 6:00 p.m.
Wednesday	October	24	8th Grade/WHS Choral Concert 7:30 p.m. WHS Clune Center
Thursday	October	25	Coffee Event for Parents New to Wilton 9:00 a.m.

Middlebrook Six Day Cycle

Monday	October	15	Day 3
Tuesday	October	16	Day 4
Wednesday	October	17	Day 5
Thursday	October	18	Day 6
Friday	October	19	Day 1

Note from the President:

This Messenger is a reminder of the many things the PTA is involved in at Middlebrook. We also plan activity nights, sponsor assemblies like Visiting Author, host luncheons for teachers and staff, and give over \$15,000 each year towards our Gifts & Grants program . But we can not do it without your support. Consider donating to our 2018 Annual Appeal by going to www.middlebrookpta.org and click on donate.

SCHOOL NEWS

Online PTA Membership and Directories

Join the PTA and show your support for all of the programs and activities we organize each school

year. Student Assemblies, Outdoor Classroom, Media Center Supplies, Activity Nights, Science & Engineering Fair, Social Opportunities, Weekly Messenger, Photo Day, Teacher and Staff Appreciation Events and Soaring Ahead are just a few of the programs our PTA supports. When you join, you will gain instant access to our online directory that is desktop and mobile device friendly, just download the app.

Join here, and use the code - 'wilton'

https://mobilearg.com/schooldirectory/school_directory_parent_register.html

Parents: please update your profiles to include email and cell phone numbers! One easy spot to register for all your kids' PTAs and make a donation at the same time! Questions? Email our **Membership VP Laura Rowley at rowleylg@gmail.com**.

Wilton Special Education Parent Teacher Association (SEPTA)

Formerly the PAB, we are open to all who want to support Special Services in Wilton Public Schools. For general questions, inquiries about membership and Executive Board positions please contact.

wiltonsepta@gmail.com

Volunteer!

Volunteering is a great way to know your child's school and be a part of the Middlebrook community. If you're interested in helping with any event, email Meire Mouracade at mouracadefamily4@gmail.com

MB Clubs

Middlebrook School is proud to offer more than 20 clubs and intramural activities before and after school at Middlebrook. Please see this [link](#) also available on the district website) to learn about the offerings at Middlebrook. Clubs and intramurals are starting to meet - there are varied dates depending on the activity, please see the informational document for more details. Our diverse options provide students with the opportunity to explore interests in a safe, supportive environment

6th Grade Activity Night: Friday October 19, 7:00-9:00 p.m.

\$5.00 entrance fee at the door with DJ, Snacks, Open Gym, Games and Fun with Friends!

PTA Hospitality Staff Luncheon

On behalf of the PTA, the Hospitality Team is back at it! Our first Fall lunch for the teachers and staff will be October 17th. Would you please be so kind as to sign up to bring something to make the lunch extra special for our staff! Please register through the link below. We can't do this without all our wonderful Middlebrook parents! Thank you! <https://www.signupgenius.com/go/30e054ba4ac2aa31-middlebrook>

Stop and Shop A+ Rewards Program

Those families who frequent Stop & Shop can support Middlebrook through the Stop & Shop's A+

Rewards program. The program gives money to our school based on all of your purchases made September 7, 2018- March 16, 2019. It does not cost you anything and does not impact your gas points. You can sign up directly online at www.stopandshop.com/school-rewards/ --spread the word to friends and neighbors that we would love to have them support Middlebrook through this program. Even extended family that does not live in Connecticut can sign up if they shop at Stop & Shop. The funds raised will be used for projects that help Middlebrook feel like a fun and friendly place through groups including Team Change and Kindness Club. Of course, we are not asking anyone to change their shopping habits or switch stores! This is just an easy way to take advantage of no-cost fundraising with folks who already use Stop & Shop.

Box Tops for Education

Please Support This Effort! Please donate your Box Tops to Middlebrook School. Box Tops for Education can be found on hundreds of everyday products from companies like Food Should Taste Good, Yoplait, Kleenex, Scott, Ziploc, Hefty, Old El Paso, Green Giant, Land O Lakes, and Hanes. Collection boxes are located in the front reception booth, the media center, and the teachers' lounge. Proceeds from Box Tops go directly to the school to help buy new equipment and supplies. Last year we raised over \$1,000! That works out to just 10 box tops per student! If you would like more information about this program, including participating brands, visit www.btfe.com, or contact Jennifer Acerra- Markey at jtm4jla@optonline.net.

Science & Engineering Fair Tuesday, January 29, 2019 (snow date January 31)

Time: New Gym- 11:00 a.m.-6:00 p.m. & Old Gym- 2:00 p.m.-6:00 p.m.

The Fair invites students to explore and expand their understanding of a science or engineering related topic. Students, working independently or in teams of two, will:

- develop a hypothesis
- conduct their own experiment
- draw conclusions
- organize results into a visual display
- present their project to judges

Registration packets and a list of important dates will be made available on the PTA website www.middlebrookpta.org **on October 15**. A number of help sessions conducted by our science teachers and volunteers will be available both before and after school. **Entry forms are due Friday, November 30th**. The Middlebrook Science & Engineering Fair is sponsored by the Middlebrook PTA and the Wilton Education Foundation. For questions or additional information contact Madhavi Sharma Vallabhajosula at madhavi_sharma@hotmail.com

Media Center Volunteers

The media staff would greatly appreciate your help in the school Media Center to assist with a variety of projects. Shifts are extremely flexible- you can pick the time and day that works best for you! Can be

weekly/ biweekly/monthly, or just periodically throughout the year! Please contact Claire Carbonier at carbos@optonline.net

Project Adventure is Looking for Project Adventure Volunteers!

Project Adventure is one of the only opportunities available to volunteer at Middlebrook and work with your child! Middlebrook's PE Department offers students a chance to climb, swing, and belay on an outdoor ropes course in Fall and an indoor course in Winter. Adults are needed to assist students- the more volunteers the more opportunities the students have to climb! You can sign up for as little or as much time as you like, but you must take a belay training course and become certified (Rock Climb Fairfield works great). If you are interested in Project Adventure or have any questions please contact Renee Rafferty at raffertyrenee@gmail.com or Margo Silvan at margosilvan@me.com

School Sponsored Events in Partnership with Wilton Youth Council:

How to Talk So Kids Will Listen And Listen So Kids Will Talk

Wilton Public Schools is again running a **six-week workshop** called "How to Talk So Kids Will Listen and Listen So Kids Will Talk." The program, developed by the authors of the book by the same name, uses lessons, role-play, and practice to help parents develop more effective skills for communicating with their children.

In this workshop, participants will learn how to:

- Engage your child's willing cooperation
- Deal with your child's negative feelings - frustration, disappointment, anger
- Express your anger without being hurtful
- Set firm limits and still maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Encourage positive relationships between your children
- Resolve family conflicts peacefully

The "How to Talk So Kids Will Listen and Listen So Kids Will Talk" workshop is scheduled to run several times this year. The workshops are free and limited to Wilton parents.

To register Please call Wilton Youth Services at 203 834-6241 or email colleen.fawcett@wiltonct.org

TIME & LOCATION: 10:00 AM -11:30 AM at Comstock Community Center

Dates still available for the 2018-2019 school year are as below:

Mondays: (parents of all ages)

Oct. 15, 22, 29, Nov. 5, 12, 19

10:00 am to 11:30 am @Comstock

Facilitated by: Kathy Weiss, Kim Zemo

Thursdays: (parents of all ages)

(new start date: Oct. 18, 25, Nov. 1, 8)

10:00 am to 11:30 am @ Comstock

Facilitated by: Nicole Mok, Bonnie Schnitzler

Spring evening parenting workshops will be offered.

This enormously successful program was introduced last year with funding provided through a joint initiative of the Wilton Woman’s Club and Wilton Youth Council.

If you have questions about the workshop, please contact Kim Zemo at zemok@wiltonps.org.

COMMUNITY NEWS

Class Project 2023 The CLASS OF 2023 online store is OPEN!

<http://www.warriorclass2023.wixsite.com/mysite/store>

Just in time for back to school shopping, these shorts and t-shirts are great for school, sports and gym clothes!

Items available to order:

- NEW Boys & Girls 2023 logo shorts
- 2023 T-shirt, now with 3 color options: Carolina Blue (new!), White, Navy
- 2023 magnet, great for cars and lockers!

All items are available to order online and pick up at the Wilton Sport shop when you receive a call that the order is ready.

Over the next five years, Project 2023 will have informational, social, community service and fundraising events, culminating in senior year when the Class Project parent volunteers organize a Post-Graduation Party (PGP) for the students. The purpose of the PGP is to have an all-night event where all students are entertained, fed and most importantly, included and safe. It is a parent-driven event that fosters community and is accessible to all. Please visit our website (<https://warriorclass2023.wixsite.com/mysite>) and join our Facebook group (<https://www.facebook.com/search/top?q=WYC%20Class%20Project%202023%20-%20Closed%20Group%20-%20Parents%20only>) for more information.

To become involved with the Project 2023 planning group, email warriorclass2023@gmail.com.

Movie Invitation

Parents are invited to a special, one night screening of “Intelligent Lives” at Wilton Bow Tie Cinemas on Wednesday, October 24th, @7:30 pm. This documentary was created in the hopes of bringing awareness to the inclusion of people with disabilities. Tickets must be purchased in advance through <https://gathr.us/screening/24047>.

Fall Sip & Shop- Oct. 25th- Class of 2021 Fundraiser

Class of 2021 will host a Fall Sip & Shop @ Old Town Hall- Shopping Hours: 12:00 p.m.-4:00 p.m. & 6:00 p.m.-9:00 p.m.

You’re sure to find something for yourself or loved one featuring Wilton artists... *Emmy Starr Designs, Nod Hill Soaps, Salt Box Press & BChic* & artists *Zena Moon Candles, Beadfreeforever, The Two Oh Three, Traveling Chic Boutique, Imaginarium by Elissa* and more!

Enter our cash drawing for a chance to win a great prize

Mark your calendars and come join us in supporting the Class of 2021, local artists & start your holiday shopping early!

Exploring Wilton as a Blue Zone

Did you know that an expert on building healthy communities is coming to Wilton on October 23rd? Please join us for a thought provoking presentation about Blue Zones, the healthiest communities on earth, what they have in common, and why Wilton may just become the first Blue Zone in the Northeast. Registration is recommended but not required. Register at <https://bluezonewilton.eventbrite.com>. The benefits of engaging with Blue Zones is not just a significant increase in the community's overall well-being. Some Blue Zone communities similar in size to Wilton have secured significant grants, seen a major increase in new businesses, as well as a significant increase in property values. Find out more at BlueZoneWilton.com.

Wilton Library Programs

Sunday, Oct. 14, 21 & 28 *Girls Who Code*, 3:30 – 4:30 p.m. If you're a girl in grades 6-12 and want to learn to create mobile apps, games or websites, join our Girls Who Code (GWC) Club. No experience necessary -- just enthusiasm and willingness to try new things! We're part of a national organization that offers project-based activities in a fun and creative environment. This is an on-going program where each week builds on skills learned in previous weeks. Sessions will be run by Sarah, a computer science major who participated in a GWC Club and its summer immersion program while in high school. Sarah's eager to share everything she learned! Beginning October 14, 2018, we'll meet on Sundays from 3:30-4:30 p.m. through the first week of April. The dates are: 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/27, 2/3, 2/10/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7. Registration required. Must be able to commit to the weekly sessions. Supported by Girls Who Code and the Amadeo Family Fund. Wilton Library, 137 Old Ridgefield Road, Wilton; www.wiltonlibrary.org; 203-762-3950.

Wednesday, Oct. 17 *#MeToo: The Abuse of Power in Relationships*, 7:00 – 8:30 p.m. This is a discussion on how to promote and maintain healthy boundaries in relationships: in the home, in the work place and in the community. The presentation and panel discussion will discuss the social and legal issues at the heart of the important topic of the abuse of power in relationships. The panel will include representatives from the Wilton Police Department, the Domestic Violence Crisis Center, and the Center for Sexual Assault, Crisis Counseling & Education. The program is sponsored by Wilton Library, the Wilton Domestic Violence Task Force, the Domestic Violence Crisis Center, and the Center for Sexual Assault, Crisis Counseling & Education. No charge but registration is recommended. Please register in advance online or by calling 203-762-6334. Wilton Library, 137 Old Ridgefield Road, Wilton. www.wiltonlibrary.org

LiveGirlTalk at Trackside

LiveGirlTalk is a 10-week facilitated discussion group that creates a BRAVE SPACE for girls. The small group meets weekly with a professional mentor to share concerns and interests. The curriculum-based program builds social emotional intelligence and self-esteem. The overall goal of LiveGirlTalk is to build social emotional intelligence and self-esteem. In other words, the goal is to help girls truly love and believe in themselves and equip them with the leadership skills necessary to have a positive impact on the world. This will be accomplished by providing a high

dosage of positivity and inspiration over ten weeks, while facilitating the the participants' self-discovery of their inner LiveGirl, so that upon completion of the program they are prepared to LIVE our leadership values.

LiveGirlTalk will be at Trackside on Wednesdays from 4:00- 5:15 pm. LiveGirlTalk will run for 10 weeks starting on 10/3/18 and end on 12/12/18. Alison Waller | Program Manager | GoLiveGirl.org

WILTON YOUTH COUNCIL (WYC)

WYC promotes and protects the social, emotional and mental well-being of Wilton's students by educating and empowering youth, parents and the community. Find us on FB or visit wiltonyouth.org for more information and to sign up for our monthly newsletter. [Click here for an overview of this year's events!](#)

Looking to Get Involved?

WYC Presentations

Teenagers - Sexting and Pornography: What Parents Need to Know with Sharon Lamb, EdD, PhD, ABPP, Professor of Counseling & School Psychology, University of Massachusetts

Thursday, November 1, 2018

10:30 AM -12:00 PM at The Weston Library, 56 Norfield Road, Weston

Free; registration recommended - www.westonpubliclibrary.org, click on Calendar

7:00 PM - 8:30 PM at The Wilton Library, 137 Old Ridgefield Road, Wilton

Free; registration recommended - www.wiltonlibrary.org or 203-762-6334

Join us for the first presentation in the Wilton Youth Council Parent Information Series 2018-2019. Sharon Lamb, a practicing child psychologist, will take a look at the issues surrounding youth sexting and pornography use and how we as parents may guide our children to healthy and developmentally appropriate activity. You will learn about the prevalence of sexting and the where and how of kids accessing pornography. This program is appropriate for parents of teens and pre-teens.

Sponsored by: Wilton Domestic Violence Task Force, Wilton Library, Wilton Youth Council, Wilton Youth Services, Weston Youth Services, Weston Library

Medication, Not Magic: Making Wise Choices for Kids with ADHD with Kevin T. Kalikow, MD, Clinical Professor of Psychiatry and Behavioral Sciences, New York Medical College

Thursday, November 8, 2018, 10:00 AM -12:00 PM

Wilton Library, 137 Old Ridgefield Road, Wilton

Free; registration recommended - www.wiltonlibrary.org or 203-762-6334

Join us for a thorough and balanced presentation of a thorny topic. Kevin T. Kalikow, MD, will help untangle the complexities of pharmacological treatments for Attention Deficit Hyperactivity Disorder (ADHD) and co-existing conditions. He will discuss indications for medication; whether or not to give psychiatric drugs to your child or adolescent and, if so, when; potential benefits and risks; and ethical dilemmas.

Sponsored by SPED*NET Wilton, Wilton Library, Wilton Youth Council, and Wilton Youth Services

Wilton Youth Council needs you! We have many programs running and this is a great time to get involved! Questions? Email Vanessa Elias at eliasvanessa5@gmail.com . Interested in volunteering? Email Courtney Boucher at Courtney.v.boucher@gmail.com

WYC's Youth to Youth Club

WYC's Youth to Youth club is excited about the new school year of fun activities, community service projects, ski trips etc. New members always welcome and we encourage anyone in grades 6-8 to attend our next meeting on October 15th. The schedule and list of activities will be posted on our Google Classroom page using code 3pjwzr. Our first trip to Lake Compounce is on Friday, October 19th. Space is limited so sign up fast to reserve your spot. Forms available on our google classroom page. Contact Y2Y Program Leader Tanya Leonard (leonardt@wiltonps.org) or Room 133A if you have any questions. More information can be found on our website: <http://www.wiltonyouth.org/youth-to-youth>

National Alliance on Mental Illness (NAMI)

National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) Support Group is for parents of children with behavioral, emotional and mental health issues. These groups are free, confidential, safe and led by trained and certified volunteer facilitators who themselves have had personal experiences raising children with these concerns.

The Wilton based support group meets on the 4th Monday of the month. The next meeting is Monday, October 22nd, from 10:00 a.m. -11:30 a.m. at the G&B Cultural Center, 49 New Street, Wilton. For more information, contact Beth at [203-984-0123](tel:203-984-0123) or Beth44es@gmail.com; or Vanessa at EliasVanessa5@gmail.com, or call [203-970-4130](tel:203-970-4130).

MB Messenger Announcements:

Have an important announcement to post in the MB Messenger? Please note that the messenger alternates bi-weekly between the "LITE," calendar based Messenger and the fuller edition. Requests must be in by Wednesday at Noon to be included in the next FULL Messenger. To submit a request for a non-profit, school related announcement in the messenger, email middlebrookmessenger@gmail.com