

Monkton Central School

November 6, 2009 - Newsletter #10

www.mcsvt.org

Calendar

November 13	Parent Conference Day, no school for students
November 20	Community Lunch
November 25-27	Thanksgiving Recess
December 11	PTO Holiday Bazaar
December 17	Holiday Concert
Dec 23 – Jan 1	Holiday Break

Dear Parents,

Last Friday many of you came to school to see the annual Halloween performance by the staff. This was the first time I had seen it and all I can say is WOW! Not only did I see teachers put on a great performance for the kids but I saw their dedication, love, and commitment to all of your children. My hat is off to the MCS staff for a job well done and more importantly for their dedication to the kids.

Parent conferences are just around the corner. Please be sure to schedule with your child(ren)'s teacher if you have not already done so. Parent conferences are an opportunity for you to hear about progress and to ask questions regarding your child's academic progress. Preparing one or two specific questions can be a helpful strategy to assure that your conference meets your needs.

Now that we are approaching the end of the first trimester, I would like to encourage you to revisit the parent handbook that you received at the beginning of the year. There is a great deal of information that may have value to you as we begin the second trimester. In particular, it would be helpful if you would take a moment to review the rules and expectations for the playground and the lunchroom as well as the bus and halls with your child.

A note regarding food at school. My thoughts are drawn to this topic as we have just passed Halloween. Why we all enjoy the departure from healthy eating that Halloween brings, it is time to get back to a more nutritious diet at school. Please do not send candy or soda with your child to school. We appreciate your support in this regard.

Finally, each week I meet more and more parents and again want to thank each of you for your support as I get my feet on the ground. While this is only my fourth week, I feel a part of this wonderful school and community. Thank you!

Richard Schattman

Notes from the Nurse:

As the flu season is upon us and the number of sick children is on the rise, please be vigilant for signs and symptoms of the flu. For example: a temperature over 100 degrees, coughing, nausea and vomiting, headache, sore throat, and runny/stuffy noses. Call your doctor and use Tylenol and Ibuprofen to control fever and pain. **Do NOT use Aspirin.** Stay home and return to school 24 hours after the fever is gone without the use of fever reducing medication.

Unfortunately, the lack of H1N1 vaccine has postponed our vaccine clinic until December 18, 2009.

The Vermont Department of Health has advised schools to inform parents of high risk students to seek the earliest possible vaccination. Parents of these students should continue to check with their pediatrician about the availability of the H1N1 vaccine and also stay on the school vaccine clinic list to avail of the earliest possible vaccination. If you are able to get your child(ren) vaccinated at another location and had sent your consent form to us, please let us know so we can remove his/her name from the list for the December 18 clinic.

High Risk Health Factors include:

- Chronic conditions: lung disease, including asthma, heart disease, diabetes.
- Neurological dysfunction or damage.
- Family or household contact with a high risk patient or someone with a chronic condition.
- Children in a household with a newborn or infant less than 6 months old, or a pregnant woman.

Lice

On another note, please continue to check students for lice as it continues to be a persistent problem in our school.

Cold Weather

As the weather is getting colder, please make sure that students have the proper attire for outdoor recess and a change of clothes/shoes and socks at school.

After School Ski Program at Bolton Valley

Registration and rental forms for the After School Ski Program at Bolton Valley can be picked up from the table in the school lobby. The due date is November 13. Forms and money can be dropped off in the Recreation Department mailbox in the school office. Any questions can be directed to Bob Wahl (989-0273) or Bill Joos (453-6060).

Soccer Banquet TONIGHT - The annual soccer awards banquet will be held tonight, November 6, from 6:00 - 7:30 in the school cafeteria. If you haven't turned it in yet, please bring your soccer jersey, T-Ball jersey (or any other sport jersey) to the banquet. All families who attend are asked to bring an item to share as follows: Kindergarten and grades 1 & 2: juice, milk or cider; Grades 3 & 4: a dessert item; and Grades 5 & 6: a healthy snack.

Thank you, Bob Radler & the Monkton Recreation Committee

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - toast, cereal, fruit, milk	10 - double English muffin with peanut butter on the side, hard boiled egg, fruit, milk	11 - toast, cereal, fruit, milk	12 - toast, cereal, fruit, milk	13 - Parent Conference Day No school.
16 - toast, cereal, fruit, milk	17 - bagel with topping, cereal, fruit, milk	18 - toast, cereal, fruit, milk	19 - toast, cereal, fruit, milk	20 - double English muffin, hard boiled egg, fruit, milk
23 - toast, cereal, fruit, milk	24 - double cinnamon toast, hard boiled egg, fruit, milk	25 Thanksgiving	26 Recess	27

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - pancake with syrup or strawberries from Norris Berry Farm, sausage links, fresh vegetable, fruit juice, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	10 - delicious shepard's pie (mashed potato, corn, hamburger), home made bread, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	11 - home made pizza (cheese or BBQ chicken), fresh vegetable, fresh fruit, chocolate mousse, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	12 - buttered rotini and Italian meatballs in sauce, garlic bread, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	13 - Parent Conference Day No school.
16 - grilled cheese sandwich, fresh vegetable, pretzels, organic yogurt, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	17 - Your favorite fun fish, baked French fries, fresh vegetable, home made bread, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	18 - soft taco with home made taco seasoning, cheese, lettuce, salsa, sour cream; fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	19 - Finger Food Day - egg or peanut butter sandwich, cheese sticks, Sun Chips, animal crackers, fresh vegetables, frozen juice bar, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	20 - Community Lunch - roast turkey, baked potato, gravy, stuffing, cranberry sauce, corn, dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar
23 - home made vegetable soup, peanut butter sandwich, fresh fruit, dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	24 - cheese pizza sticks with sauce on the side, fresh vegetable, fresh fruit, dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	25 Thanksgiving	26 Recess	27

Did you know we have a new item on the salad bar – broccoli, cauliflower, and carrots in a light Italian dressing.

BASKETBALL SEASON IS FAST APPROACHING

Basketball season for **grades 3-6** will begin the Monday after Thanksgiving break. You may sign up one of two ways: Fill out the registration form attached to this newsletter and return it to school with payment; or, sign up at the school on SATURDAY, NOVEMBER 14, between 9:00 and 11:00 a.m. Questions please see Mrs. Murray at school or contact her at home at 453-3038.

Thanks, Stephanie Murray

New Town Hall

There will be a new Town Hall plans meeting on Thursday, November 12, at 7:30 p.m. at the Monkton Fire Station.

Charlie Huizenga

Monkton Girl's Basketball -- Time for Hoops

We'll be kicking off an exciting season of girls' basketball with a basketball clinic at the Vergennes High School on Saturday, November 14, from 9-11 a.m. All girls, grades 3-6, are welcome and there is no fee. Please have your daughter bring gym shorts or sweat pants, tennis/basketball shoes, and a water bottle. During the clinic we'll introduce girls to the basic skills of basketball and help them get ready for the start of the season. Basketball is not only a fun sport for girls, but gives them an opportunity for winter exercise, as well as teaching them hand-eye coordination, team spirit, cooperation and good sportsmanship. To participate in the clinic you don't need to have any basketball experience. The clinic can be an enjoyable way to see if you want to be on the team this year.

Gregg Krech will be coaching the Monkton Recreation Program 5-6 girls' team and Ed Cook will be coaching the 3-4 girls team. Please contact either of us if you plan on bringing your daughter to the November 14 basketball clinic or having them on the team this year. We're happy to answer any questions. We'll have registration forms at the clinic for those who wish to sign up for the school team. We look forward to an exciting season of basketball!

Gregg Krech, todo@gmavt.net, 453-4440

Ed Cook, ecook@anwsu.org, 453-7978

Mt Abraham Family Swim

The Mt. Abraham Boys Soccer Program will again sponsor the Mt. Abraham family swims. The swims are scheduled on most Wednesday evenings. The swims run from 7:00 to 8:30, beginning Wednesday, January 6. The cost will be \$5 for families or \$2 for individuals. The swims will take place on the following dates: **January 6, 20, 27- February 10, 17- March 3, 10, 17, 24, 31-April 7**

If school is cancelled due to a weather event, swims will also be cancelled. If you have questions about swims you may contact Mike Corey at 453-2333 Ext. 2082 or e-mail at mcorey@anesu.org



PTO AFTER-SCHOOL PROGRAM



Young Rembrandts Drawing and Cartooning (Grades 3-6) Instructor: Jennifer Ross, trained Young Rembrandt instructor. This class is drawing and cartooning for beginners or those already familiar with these techniques. This is a structured drawing class where you will work on pictures suggested by the instructor. Use the things you learn on your own work outside of class. **DATES:** Tuesdays: December 1, 8, 15, 22, January 5
TIME: 3:10- 4:30 **PLACE:** Art/Music room **Maximum students:** 12 **Suggested Donation:** \$15

- Please return registration forms by the Friday before each class starts, either to your child's teacher, or the PTO box in the office.
- Registration is on a first come, first served basis.
- Families who receive free and reduced lunches do not pay for classes. We encourage all students to participate, regardless of ability to pay.
- Checks can be made out to Monkton PTO.
- *Students must be picked up from classes on time/ Please remember to send a note with your child the first day of class, giving permission for them to stay.*
- If you have any questions, please contact Kristin Blanchette at 453-7087 or KBlanchette13@comcast.net

PTO AFTER SCHOOL PROGRAM REGISTRATION FORM

PTO CLASS: _____ NAME: _____ GRADE: _____

ADDRESS: _____ PARENT #1 NAME AND #: _____

PARENT #2 NAME AND #: _____ If Parent's can't be reached, we need 2 Emergency Contact names and phone numbers.

1. _____ 2. _____

Will your child go to the Mary Johnson Program following class? Y N Who will be picking your child up? _____

Do you need help with Transportation? Y N Please indicate any special needs the participant has/ is there anything else you want us to know?

This form is also available in the office and at the MCS web site: www.mcsvt.org