

# Monkton Central School

September 25, 2009 - Newsletter #4

<http://www.vita-learn.org/mcs>

## Calendar

October 8 PTO Meeting, 8:15 a.m.  
October 9 School Pictures  
October 22-23 Vermont NEA Days – no school

## Principal's Notes:

Last night's Open House was fabulous! As I walked through the building all evening long, I was impressed and delighted to see the high turnout of parents in every classroom. During the Open House, folks were able to travel through the building and the gym where the PTO Silent Auction was being held. The many items were bid upon and a good time was had by all. The PTO made \$2,000 from the auction. I personally want to thank Ms. Shawna Sherwin for taking the lead role to organize the PTO Silent Auction as well as Andrea Wolak, Dawn Griswold, and Amy Moody for their assistance. It took an amazing amount of time and energy and they did a wonderful job! I would also like to say thank you to teachers for the outstanding job they did to help students prepare and proudly show their work to parents and community members. The Open House exemplifies the caring and safe environment we work to create at this school.

PTO information..... If you were the winning bidder on an item at last night's silent auction, please pay for and pick up your item by Friday, October 2, in the school office. If you do not, the item will go to the next highest bidder.

Monkton PTO

## Physical Education News:

For the past three weeks, classes have been working on our **Fitness Unit**. In addition to using the FITNESS COURSE for cardio-respiratory endurance (heart and lung), students are working in the gym on Flexibility, Muscular Strength, and Muscular Endurance. They are doing curl ups and push ups as well as other exercises.

Please remember that your child needs **shoes that are secure** and don't mark the floor for Physical Education classes. A hair tie or head band is also needed to keep hair that is below eyebrow level out of eyes. These are requested to keep all the students in the class safe as they move around.

Judy Taylor

## Notes from the Nurse - Fluoride Mouth Rinse Program

The Vermont Department of Health has for many years provided a Fluoride Mouth Rinse program free to the children of Vermont living in communities without a water fluoridation program. Grades 1 to 6 at the Monkton Central School have continually participated in this program. Please take a few moments to read about the benefits of this program.

The American Dental Association states that maximum tooth decay reduction is provided when fluoride is available for incorporation during all stages of tooth formation (systemically) and by topical effect after tooth eruption.

Sources of fluoride that work from inside your body (systemically) include fluoridated drinking water and fluoride drops or tablets. Sources of fluoride that work from the outside of your teeth (topically) include fluoride toothpaste fluoride gel, and fluoride mouth rinse. Please encourage your children to participate and fight back against tooth decay.

Attached are the permission forms for the Fluoride Mouth rinse program. If you want your child to participate, please sign the permission form and send it back to the school as soon as possible.

Hilary Mack, School Nurse

## Important Reminder Regarding Medication at School

If your child needs to take medication while at school, I must have written permission from the parent/guardian and health care provider for all prescription medication, and written permission from the parent/guardian for non-prescription medication. All medication should be appropriately labeled, in its original container, or labeled pharmacy bottle and brought to the office by the parent/guardian. Thank you for your timely attention to this important matter.

Hilary Mack RN

## Help Wanted

Substitute custodian needed to fill in when staff is out. This is a part-time, on-call position. If interested, please contact Steve Raymond at the school (453-2314, extension 33).

## Media Permission Forms Reminder

If you are planning to turn in your media permission form(s) to the school, please do so as soon as possible. Many classrooms have already started tech projects, so if a teacher should decide to post pictures and/or work, we'd like to know what you and your student(s) would like posted on the web. **Remember: If you do not turn in the form, we will assume that you have given your permission for your child's work and pictures to be posted on the school and/or classroom web sites.** Holly Esterline

## Fall Book Fair

The Fall Book Fair will be here at the end of next week! It will run from Friday, October 2<sup>nd</sup> to Tuesday, October 13<sup>th</sup>. The fair will be open until 6:00 on Friday, October 9<sup>th</sup>. Your children will be coming home with more information and a flyer next week. **Please note: We will be collecting sales tax at the book fair.** We look forward to seeing you at the fair. Holly Esterline

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 - toast, cereal, fruit, milk	29 - bagel with topping, hard boiled egg, fruit, milk	30 - toast, cereal, fruit, milk	October 1 - double English muffin, yogurt, fruit, milk	2 - toast, cereal, fruit, milk
5-toast, cereal, fruit, milk	6-cinnamon toast, hard boiled egg, fruit, milk	7-toast, cereal, fruit, milk	8-french toast sticks, syrup, sausage links, fruit, milk	9-toast, cereal, fruit, milk
12-toast, cereal, fruit, milk	13-double English muffin, cereal, fruit, milk	14-toast, cereal, fruit, milk	15-toast, cereal, fruit, milk	16-bagel with topping, hard boiled egg, fruit, milk

## Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Your favorite: French toast sticks, sausage links, fresh vegetable, grape juice, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	29- pizza rollups (pepperoni or cheese), seasoned rice, fresh vegetable, fresh fruit, chocolate no bake cookies, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	30-buttered rotini, meatballs in sauce, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	October 1 - baked ham, mashed potato, buttered corn, home made bread, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	2 - Finger Food Day: egg or peanut butter sandwich, cheese sticks, Sun Chips, apples, veggie sticks, chocolate chip bars, milk - deli sandwich (in place of main entrée), salad bar
5-chicken pattie on a bun, fresh vegetables, fresh fruit, pretzels, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	6-english muffin pizza, fresh vegetables, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	7-home made pig in a blanket, seasoned rice, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	8-Your favorite goulash, garlic bread, fresh vegetables, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	9- home made shepard's pie (mashed potato, corn, hamburger), fresh fruit, delicious apple sauce, bread, milk - deli or peanut butter sandwich (in place of main entrée), salad bar
12-grilled cheese sandwich, fresh vegetable, fresh fruit, yogurt, home made dessert, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	13-fun fish, creamy mashed potatoes, rolls, buttered corn, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	14-Make your own grinder: turkey, ham, or bologna, lettuce, cheese, tomatoes, pickles; fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	15 - home made cheese or BBQ chicken pizza, fresh vegetable, fresh fruit, milk - deli or peanut butter sandwich (in place of main entrée), salad bar	16 - Sponge Bob Day - crabby pattie, dolphin crackers, pineapple, fresh vegetables, under the sea popsicles, milk - deli or peanut butter sandwich (in place of main entrée), salad bar

## Did you know?

We had a great response to the hot lunch survey. Thanks to everyone.

## Soccer Update

Games have begun this past week, however all coaches are in need of referees. Please speak to your son/daughter's coach or call me. We will provide guidance and answer all questions. It is easier than you think and good exercise. Thank you.  
Bob Radler, 453-6407

## Monkton Cub Scout Sign up and Information Night

Wednesday, September 30, at 6:30 p.m. Pack 525 will hold the annual sign up and informational night at the Monkton Central School Art/Music Room. Any parent of or boys in grades 1 to 5 that are interested in cub scouts, please join us for a question and answer session. Come and meet the leaders, volunteers, and other boys that participate in our Pack. This meeting is for both current pack members and new members. We will discuss the upcoming schedule and fill any vacant leadership positions. We will let the boys meet other members of their dens and participate in fun game. Any questions please contact either Eric Adams [ehadams@gmavt.net](mailto:ehadams@gmavt.net) at 453-2324 or Brett Griswold [bdgris@gmavt.net](mailto:bdgris@gmavt.net) at 453-8488. Eric Adams

Monkton Maples is looking for new members  
Join 4-H



Come to the first meeting to learn what projects we will be doing  
and to meet other members  
Sunday, September 27 at 7:00 p.m. in the Monkton school gym  
Contact Janet Kimball with questions at 453-2675



## Innisbrook Reminder!

Keep on "monkeying" around with your Innisbrook sale! You should be collecting orders by now. Make sure you didn't leave the envelope in your cubby or backpack. There is still plenty of time (sale ends 10/2) to make sure you've gotten the word out to everyone you know. Remember 50% of the money we raise goes back to the students here at Monkton Central School. Make sure you are selling safe and I hope everyone will get in the swing of things and participate. Parents don't forget that you must enter all orders by 10/2 via [www.innisbrook.com](http://www.innisbrook.com).

**Let's make this our biggest year yet!** ANY QUESTIONS - Dawn Griswold, 453-8488 or [bdgris@gmavt.net](mailto:bdgris@gmavt.net)



A HUGE thank you to Mark of Mark's Auto, Jim Lavigne, and Otto Funke for taking down, repairing, and reinstalling some rusty playground equipment over the summer. The PTO paid for new parts and paint. Kristin Blanchette

## Foreign Language

For decades, studies have shown that learning a second language at the elementary level aids the brain development of children. Foreign language is not readily available for students in the ANESU school district until eighth grade. Come to a meeting for parents who would like to see Foreign Language taught at Monkton Central School as a special on **Thursday, October 8, from 7:00 – 8:00 p.m. in the library at MCS.**

Call Kristin Blanchette 453-7087 or Joan Holloway 453- 2884 if you have any questions.

Kristin Blanchette



# Monkton PTO After-School Programs

Hello parents and students,

We hope that your year has started off well! We are gearing up for the 2009-10 version of the PTO After-School Programs. The PTO applied for and received a \$4995 grant from the district EPSDT fund to run programs again this year. We would like to thank the committee, once again, for seeing the value in offering the students of MCS healthy and stimulating choices after school hours. This grant also supports the Foreign Language Program.

Our first offering will be Pottery for grades K-3. There will be a grades 3-6 pottery class starting in January. The program generally runs 10 or more classes through out the school year. We suggest a donation of three dollars per class to help defray the cost of the After School Programs. Families who receive free and reduced lunches DO NOT pay for classes. We encourage all students to participate, regardless of ability to pay. Please let me know if you have any other ideas for classes or if you are willing to share an interest or talent after school or during lunchtime. Thanks!

Kristin Blanchette (Cora and Annika Funke's mom)

## PTO AFTER-SCHOOL PROGRAM OFFERING

Pottery (Grades K-2) Instructor: Matlack Mayforth from Bristol Recreation. The wonderful world of clay! From pinch pot rattles to bells and small-lidded jars, Slab flowerpots, candle lanterns, masks, and coiled pots of all shapes and sizes. We'll explore texture and form.

DATES: Wednesdays: October 28 - December 9 (No class November 25)

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](mailto:KBlanchette13@comcast.net)
- 

## **PTO AFTER-SCHOOL PROGRAM REGISTRATION FORM**

PTO CLASS: \_\_\_\_\_ NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PARENT 1 NAME AND #: \_\_\_\_\_

PARENT 2 NAME AND #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

If Parent's can't be reached, we need an Emergency Contact Name and phone number.

1. \_\_\_\_\_  
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 available in the school office and at the MCS web site. <http://www.vita-learn.org/mcs/>