



Muddy Brook News

VOLUME 4, ISSUE 1

SEPTEMBER 5, 2014



WEDNESDAY
SEPTEMBER

10TH
6PM

PTA WELCOME
BACK ICE CREAM
SOCIAL

FRIDAY
SEPTEMBER
12TH

PICTURE DAY!

OPEN HOUSE
5-5:45 GRADES
K, 1 & 3
5:45-6:30
GRADES 2 & 4

FRIDAY
SEPTEMBER
19TH

1/2 DAY
NO LUNCHES
SERVED

Welcome Back Muddy Brook Families,

It's been a joy to see students come back to school eager to see each other and staff. We are brimming with excitement about learning at Muddy Brook.

Over the first few weeks of school we are focused on teaching classroom routines and thoughtful behavior so all students thrive. Expect your children to be able to speak to our school values:

Be kind
Be responsible
Work hard



We emphasize that being kind, responsible and working hard includes helping others. We are better together!

That said, as we work on routines at school, this is the perfect time to also reflect on home routines. Please do read with your child every day and talk about what you read. Enjoy this. Share and discuss your own passions with your children through books and family activities. For example if you love to fish, read about fishing, talk about your biggest catch, and tell stories. Time spent on reading correlates directly with success.

Enjoy play time outside whenever possible and build regular exercise into your routines. Please also help us to help your child be successful with homework. Create space and time for school projects and personal creative endeavors with pencils and paper and crayons available. Please also remove distractions such as TV to help your child focus and engage.

Finally, Nan Thompson, our assistant principal, and I are eager to meet you at the PTA ice cream social on September 10 at 6 pm.

All best wishes,
Mary Berle

A Letter to Families Regarding Head Lice

Dear Families,

At Muddy Brook we are committed to providing a safe, healthy and positive learning experience for all our students. While lice are not harmful and do not spread disease, it is an unpleasant experience that all schools would like to avoid. Head lice are bothersome but will not harm children and adults, nor cause illness.

At the start of the school year we are asking that our families take a proactive approach to preventing the spread of head lice. Please examine your child and everyone else in the household for lice and nits. If your child does have lice, treatment will prevent the spread of lice and any unnecessary loss of school time. Treatment consists of over-the-counter products and combing. Please check with a pharmacist for the product that will best suit your family. If you have additional question, please feel free to contact the school nurse, Becki Donovan.



If an active case of live lice is found at school, families will be contacted to pick up their child for treatment. Students who are found to have live lice will need to be treated before returning to their classes. Classrooms will be informed of an active case of lice and students will be screened in the health office. Below is additional information for schools from the Center for Disease Control regarding head lice in an educational setting. These guidelines help shape our practices regarding head lice at Muddy Brook.

Center for Disease Control—Head Lice Information for Schools

Students diagnosed with live head lice need to be treated and may return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.

Head lice can be a nuisance but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

The burden of unnecessary absenteeism to the students, families and communities far outweighs the risks associated with head lice.

For more information: <http://www.cdc.gov/parasites/lice/head/schools.html>

Thank you for your help as we work together to prevent the spread of head lice.



ALTERNATE LUNCH CHOICES INCLUDE: Salad Entrée,

Fresh Deli Sandwich, Fruit & Yogurt Parfait or

Peanut Butter & Jelly Sandwich

All lunches include an 8 oz 1% Low Fat or Fat Free Chocolate Milk

LUNCH \$2.25 - REDUCED LUNCH \$0.40

****Tuesday & Thursday** - ALTERNATE LUNCH CHOICE - Pasta Entrée - Barilla Whole Grain**

	Wed. Aug. 27th	Wed. Aug. 28th	Wed. Aug. 29th
	Stuffed Crust Pizza	WG Pasta & Meatballs	Chicken Patty Sandwich
	Mescaline Greens		Chick Pea Salad
	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice
	Fresh Raw Veggies	Fresh Raw Veggies	Fresh Raw Veggies
Mon. Sept. 1st	Tues. Sept. 2nd	Wed. Sept. 3rd	Fri. Sept. 5th
	Fish Sticks	Salisbury Steak	Baked Macaroni & Cheese
	Sweet Potato Fries	Mashed Potatoes w/Gravy & WW Roll	Green Beans
	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice
	Fresh Raw Veggies	Fresh Raw Veggies	Fresh Raw Veggies
Mon. Sept. 8th	Tues. Sept. 9th	Wed. Sept. 10th	Fri. Sept. 12th
	Pasta Bar	Marinated Breast of Chicken	Cheese Pizza
	Marinara, Meat or Alfredo Sauce	Long Grain & Wild Rice	Mescaline Greens
	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice
	Fresh Raw Veggies	Fresh Raw Veggies	Fresh Raw Veggies
Mon. Sept. 15th	Tues. Sept. 16th	Wed. Sept. 17th	Fri. Sept. 19th
	Meatball Grinder	Hot Turkey Sandwich	Ham & Cheese Grinder
	Oven Fries	Butternut Squash	
	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice
	Fresh Raw Veggies	Fresh Raw Veggies	Fresh Raw Veggies
Mon. Sept. 22nd	Tues. Sept. 23rd	Wed. Sept. 24th	Fri. Sept. 26th
	Chicken or Eggplant Parmesan	Beef Tacos	Stuffed Crust Pizza
	WG Pasta	Rice	Mescaline Greens
	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice	Fresh/Canned Fruit or Juice
	Fresh Raw Veggies	Fresh Raw Veggies	Fresh Raw Veggies
Mon. Sept. 29th	Tues. Sept. 30th		
	Popcorn Chicken		
	4 Bean Salad		
	Fresh/Canned Fruit or Juice		
	Fresh Raw Veggies		
Hamburger or Cheeseburger			
Tater Tots			
Fresh/Canned Fruit or Juice			
Fresh Raw Veggies			

FRESH FRUIT AND VEGETABLE CHOICES VARY DAILY

FRESH FRUITS INCLUDE: Apples, Strawberries, Oranges, Bananas, Pineapple, Cantaloupe, Watermelon, Pears

FRESH RAW VEGGIES INCLUDE: Broccoli, Cauliflower, Carrots, Celery, Cucumbers, Tomatoes, Peppers, Chickpeas

ALL PASTAS, BREADS & ROLLS ARE WHOLE GRAIN or WHOLE WHEAT



CHP Family Services/SouthBerkshire Kids Playgroup Schedule



All programs are free.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Play N Learn</u> CHP Family Services Bldg 442 Stockbridge Rd. Gt Barrington (3-5 yrs) 9:00-11:00 <i>Sign Up Required</i></p> <p><u>Gym Fun</u> W. Stockbridge Town Hall 21 State Line Rd 9:30 - 11:30am</p>	<p><u>Next Steps</u> CHP Family Services Bldg 442 Stockbridge Rd Gt Barrington (2 1/2 - 3yrs) 9:30 - 11:00am <i>Sign Up Required</i></p> <p><u>Otis Town Hall</u> 1 North Main Rd Otis MA 10:00 - 11:30am</p> <p><u>Baby Steps</u> CHP Family Services Bldg 442 Stockbridge Rd. Gt Barrington (Birth-17 mos) 11:00-12:00</p>	<p><u>Play N Learn</u> CHP Family Services Bldg 442 Stockbridge Rd. Gt Barrington (3-5 yrs) 9:00-11:00 <i>Sign Up Required</i></p> <p><u>Lenox Community Center</u> 65 Walker Street Lenox 9:30 - 11:30am</p> <p><u>NM Library Storytime</u> 1 Mill River- Gt Barrington Rd New Marlborough 10:00 - 11:30am</p>	<p><u>Toddler Steps</u> CHP Family Services Bldg 442 Stockbridge Rd Gt Barrington (18m - 3yrs) 9:30 - 10:30am</p> <p><u>Richmond Read and Play Group</u> Richmond Consolidated School Library 1831 State Rd Richmond 9:30-10:30</p> <p><u>Sing a Long Play-group</u> Bushnell-Sage Library 48 Main Street Sheffield 10:00 - 11:30am</p> <p><u>Kids Kitchen</u> CHP Family Services Bldg 442 Stockbridge Rd Gt Barrington (21/2-5yrs) 11:00-12:30</p>	<p><u>English/Spanish Discussion Group</u> CHP Family Services Bldg 442 Stockbridge Rd Gt Barrington 8:15-9:15</p> <p><u>Early Intervention Group</u> CHP Family Services Bldg 442 Stockbridge Rd Gt Barrington 9:30-10:30 <i>Sign Up Required</i></p> <p><u>SKIP & DIP</u> Berkshire South RCC 15 Crissey Rd Great Barrington 10:00am - noon</p> <p><u>Art and Nature</u> CHP Family Services Bldg 442 Stockbridge Rd Gt Barrington 10:30am-11:30am</p> <p><u>Sing a Long Playgroup</u> Mason Public Library 231 Main St Great Barrington 10:30-11:30</p>	<p><u>Monthly Parent-Child Playgroup</u> The Montessori School of the Berkshires 21 Patterson Rd Lenoxdale (1.5 - 5yrs) 9:00 - 11:00am <i>Sign Up Required</i> September 20 October 18 November 15 413-637-3662</p> <p><u>Monthly Daddy and Me</u> Mason Public Library 231 Main St Great Barrington 1100-12:00 September 13 October 11 November 8</p>



CHESTERWOOD
A SITE OF THE NATIONAL TRUST FOR HISTORIC PRESERVATION



Free Family Day at Chesterwood!

Summer home, studio and gardens of Lincoln Memorial Sculptor, Daniel Chester French

SATURDAY, SEPTEMBER 6

10 AM TO 5 PM

Hands-On Activities for All Ages!

- Visit D.C. French's newly restored Studio
- Stroll the perennial gardens and woodland walks
- Explore the outdoor sculpture of Albert Paley
- An Oasis of Beauty: Photographs by Julie McCarthy

Enjoy a Picnic on the grounds with friends and family!

This free program is supported, in part, by grants from the Dalton Cultural Council, Great Barrington Cultural Council, Monterey Cultural Council, Pittsfield Cultural Council, Sheffield Cultural Council, Stockbridge Cultural Council and the Tyringham Cultural Council, local agencies which are supported by the Massachusetts Cultural Council, a state agency.

Chesterwood.org

4 Williamsville Road off Rte. 183
Stockbridge, MA 413-298-3579



533000



**BERKSHIRE HILLS REGIONAL SCHOOL
DISTRICT
School Committee**

INFORMATIONAL FORUMS NOTICE

The Berkshire Hills Regional School District is hosting three (3) informational forums on the proposed High School Renovations and Addition Project

Forum #1 **Monday**-September 8, 2014-7:15 p.m.
Berkshire South Community Center

Forum #2 **Saturday**-September 13, 2014-3:00 p.m.
Monument Mountain Regional High School
(childcare will be provided)

Forum #3 **Tuesday**-September 16, 2014-7:00 p.m.
Claire Teague Senior Center – Great Barrington

The above forums are informational only and will not advocate particular points of view.

Berkshire South

Regional Community Center

September Youth Programs



Parents' Night Out

Friday, September 12

6-8:30 p.m.

Ages 3-12 years. Parents drop off your kids off here for an evening of activities, while you enjoy an evening out. In September we'll hike on Three Mile Trail and collect materials to create a nature collage. Please send a swimsuit and towel, and if you'd like, pj's to end the night. Price includes a pizza dinner. Advance registration required at least 48 hours in advance. *Members \$15 Guests \$17*

American Red Cross

Learn to Swim

Ages 5+. Our instructors use games and instructional activities with an emphasis on water safety to help children develop swimming skills at their own pace. We have lessons for all ages and abilities as well as private and semi-private swim instruction. Call 528-2810 ext. 12 for details.

Members \$50 Guests \$75

10% Sibling Discount • 25% Discount for Action Adventures students Discounts cannot be combined. Excludes private lessons.

Active Kids

Mondays, September 8 – October 20

3:45-4:45 p.m.

Ages 5-8. In this program we will explore different ways to exercise, stay healthy, and have fun. We will also have activities related to nutrition and healthy eating. No class 10/13. *Members \$42 Guests \$60*

Recreational Gymnastics

Thursdays, September 11 – October 16

We will work on tumbling, spotting, balance beam skills, floor, and much more. Please pre-register at least 48 hours in advance. *Members \$42 Guests \$60*

Ages 5-8: 4-5 p.m.

Ages 8-12: 5-6 p.m.

Indoor Youth Soccer

Wednesdays, September 10 – October 15

3:45-4:45 p.m.

Ages 5-8. Learn the basic skills and positions needed to play soccer. All levels welcome. *Members \$42 Guests \$60*

Intro to the Fitness Center

Wednesdays, September 10 – October 15

3:30-4:30 p.m.

Ages 12-16. This program is designed to introduce teens to the fitness center, weights, cardio equipment, and gym etiquette. *Members \$42 Guests \$60*

Ballet II

Fridays, September 12 – October 24

4:30-5:15 p.m.

Ages 5-8. This class combines the essentials of ballet and modern dance styles and develops movement, rhythm, tempo, balance and coordination. Please pre-register at least 48 hours in advance. No class 10/17. *Members \$42 Guests \$60*

Youth Fit Club

Tuesdays & Wednesdays 5:30-6:30 p.m.

Ages 10-14. Tuesdays: cardio workouts and fitness classes, such as kickboxing or aerobics. Wednesdays: strength training, stretching and sports conditioning. Youth Fit Club runs simultaneously with some of our adult fitness classes.

Members \$4 Guests \$6 per session.

15 Crissey Road, Great Barrington ■ 413-528-2810 ■ www.berkshiresouth.org

Fashion Figure Drawing

Saturday, September 27

10 a.m. – 12 p.m.

Ages 11-14. Explore the figure through fashion illustration with artist-educator Emily Beaulieu. Draw from imagination and other imagery to create fashion illustrations while learning the proportions of the figure. Please pre-register at least 48 hours in advance. *Members \$20 Guests \$24*

The Art & Sport of Boomerang

Saturdays, September 20 & 27

10 a.m. – 12 p.m.

Ages 9-14. Learn all about this ancient hunting tool and build your own with world champion boomerang thrower John Anthony. Materials included. Please pre-register at least 48 hours in advance. Rain date: 10/4. *Members \$48 Guests \$58*

Berkshire South Lego Club

Friday, September 26

3:30-4:30 p.m.

Ages 5 and up. Build a spaceship, a castle, a monster truck – let your imagination go wild! Fee includes a light, healthy snack. Drop-in program, no pre-registration required. *Members \$3 Guests \$5*

Action Adventures Out of School

Action Adventures Out-of-School emphasizes strong beliefs in children's capabilities and the freedom to express their individuality in a way that builds a life-long foundation for excellence and success. Children are encouraged to discover their own talents as a way of empowering themselves. Financial Assistance is available. Cost for Action Adventures Out of School programs is per day. Advance registration and payment is required. For more information and registration details, please contact 413-528-2810, ext. 34.

After School at BSRCC

Mon - Fri School dismissal - 6 p.m.

Kindergarten - age 14. Healthy snacks provided. Transportation from BHRSD schools to BSRCC is available for no extra charge! Students enrolled full-time receive 25% off enrichment programs. *Members \$14 Guests \$16*

Early Drop Off at Muddy Brook Elementary School

Monday - Friday 7-9 a.m.

Kindergarten - Grade 4. Our Early Drop-Off Program offers early morning care and enrichment for your school age child or children at Muddy Brook Elementary School. *\$8 Members and Guests*

Full and Half Day Programs

When school is closed we offer programs for school-age kids. This includes full day holidays, vacation weeks and half day teacher in-services.

Half day: \$20 Members and Guests

Full day: Members \$35 Guests \$45

Snowy Day Program

PRE-REGISTER!

Never miss work again because of snow days. Our Snowy Day Program gives working parents an option when school is cancelled due to inclement weather. All children must be registered in advance as space is limited.

Half day: \$20 Members and Guests

Full day: Members \$35 Guests \$45

Inclement Weather Policy

When Berkshire Hills Regional School District is closed due to weather, Early Drop Off is cancelled and the Snowy Day program is the only program running.



Berkshire South

Regional Community Center

15 Crissey Road, Great Barrington ■ 413-528-2810 ■ www.berkshiresouth.org



**Do you have a child under 5?
Are you pregnant or breastfeeding?**

WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Checks for free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Call **1-800-WIC-1007**
or visit **www.mass.gov/wic**



WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992
USDA is an equal opportunity provider and employer.

Check these guidelines to see if WIC
might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$21,590	\$1,800	\$416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.

**GOOD FOOD and A
WHOLE LOT MORE!**



**¿Tiene un hijo menor de 5 años?
¿Está embarazada o amamantando/lactando?**

WIC OFRECE A LAS FAMILIAS

- Cupones para adquirir alimentos saludables GRATIS
- Ideas para planificar las comidas
- Ayuda para amamantar/lactar
- Referidos para recibir atención médica y dental, guardería, vivienda y otros servicios para su familia

Llame al **1-800-942-1007**
o visite **www.mass.gov/wic**



Programa de Nutrición WIC
División de Nutrición • Departamento de Salud Pública de MA
TDD/TTY: 617-624-5992
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

Verifique estas pautas para decidir si WIC es el
programa adecuado para su familia.

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$21,590	\$1,800	\$416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427

SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.

**BUENOS ALIMENTOS
y MUCHO MÁS!**