

Muddy Brook News

VOLUME 4, ISSUE 5

DECEMBER 19, 2014



**December 19th
Break Begins**

**January 5th
Classes
Resume**

**January 6th
Butternut Ski
Program Begins
(Every Tues)**

December 19, 2014

Dear Families,

Today we honor Christmas, Hanukkah, Kwanzaa and the winter solstice in our last Muddy Brook all school assembly of 2014. We are with billions of people from different cultures around the world celebrating this season as a time of light and connectedness with family and community. Here in the Berkshires traces of snow over sparkling frozen branches invite our wonder and awe. And we reflect on what a joy and gift it is to be in a place where learning for all is a shared commitment.

Thank you for being a part of Muddy Brook. Thank you for encouraging your child(ren) to be the best that they can be and for celebrating their effort and success. And thank you for encouraging your neighbors and friends as well. We're grateful for your attendance at concerts and your support for music and the arts. And we are grateful for all the time you volunteer here and in the community. Today all students will come home with progress reports. Our goal is to share valuable information about your child's learning and growth and to partner with you in supporting next steps.

We value effort over time and are committed to continuous improvement. If you have ideas about ways that we can improve our work with students, our communication with you, or any aspect of life at our school, please reach out to us and share your thoughts.

We wish you a warm, healthy and happy holiday season with family and friends. And we hope you share stories, read books, and delight in using numbers as part of your revelry.

Peace and cheers,

Mary Berle
Principal



BERKSHIRE HILLS YOUTH SOCCER CLUB



SPRING 2015 REGISTRATION

Returning 2014 fall players interested in playing spring 2015 soccer need only to submit a \$135 check made out to BHYSC and mail to PO BOX 632 Great Barrington, MA 01230 to register. **Reduced fees for multiple players in one family apply. Please see the website for details.**

To register for a Spring 2015 Travel Team if you were not on a fall 2014 roster each family/player should:

1. Family Registration Form -Each family should submit one Family registration form to enroll all players.
2. ZERO TOLERANCE SIGNATURE FORM - one form for each family
3. A copy of player Birth Certificate
4. A 1x1 inch photo
5. A \$135 Check made out to BHYSC

Mail all 5 items listed above to BHYSC at PO Box 632 Great Barrington, MA 01230. Please be sure ALL items are included before mailing.

Registration for spring will close on Saturday January 10, 2015. The spring rosters each have a cut off number due to the Massachusetts Tournament of Champions (MTOC) rules. There may be a need for tryouts (U12 & U14 only) if there are more players registered than can be rostered for each grade level. Players and families will be notified via email of tryout information if this happens.

All questions regarding the Spring Season can be emailed to BerkshireHillsSoccer@gmail.com.

****PLEASE NOTE** - Kristen Flynn is no longer the Berkshire Hills Youth Soccer Club Town Coordinator. Please send any questions regarding the spring season to the email address above to be directed to the best person to help.



School Aged Riding Programs

6 week session starting the week of January 5, 2015

Blue Rider Stables is located at 15 Farm Lane, South Egremont, MA

Children ages 3-5, Tuesdays, 3:15 - 3:45 pm, starting January 6, 2015

\$120 for 6 week session

This 6 week session is a basic riding course, where children will be introduced to the horses of Blue Rider Stables. Participants will learn to interact with a horse safely, develop body control and awareness through riding and playing games on horseback, and learn basic care for tack.

Children ages 5-8, Wednesdays, 4:00 - 4:30 pm, starting January 7, 2015

\$120 for 6 week session

This is more advanced riding course with a greater focus on the basic skills of riding. During this 6 week session, participants will ride and play games on horseback while learning the subtleties of controlling their own horse.

Colts & Fillies - Children 8+, Mondays, 3:15 - 5:45, starting January 5, 2015

\$300 for 6 week session

During this 6 week session, participants will learn the ins and outs of horse care.

Session 1: How to safely be around the horses, reading body language, mucking

Session 2: Halters and how they fit

Session 3: Catching and leading a horse, herd dynamics

Session 4: Grooming, learning the different brushes

Session 5: What is tack and how it fits

Session 6: Recap, practice, quiz and certificate

Horseback riding provides students with an outdoor educational experience, develops a love for nature, provides hours of fun and exercise, creates priceless memories, builds confidence, and teaches the importance of responsibility.

To register or for more information, please contact Blue Rider Stables at 413.528.5299 or info@bluerider.org

Blue Rider Stables, Inc. is a not-for-profit organization. Our mission is to offer a holistic educational environment in which people and animals can safely interact, and through their mutual therapeutic experiences, broaden the scope of their lives.

www.bluerider.org

Half Day Supervised Open Gym Program

Friday, Jan 30 • 12-2 p.m.



Youth ages 10-12 can enjoy the Beinecke Gymnasium during BHRSD's ½ days. A chaperone will be present in the gym to ensure the safety of your preteen while in the building. The chaperone will meet the bus or parents in the lobby for sign-in, lunch will be in the lounge, then participants will head to the gym. Parents **MUST** sign a permission form prior to or at drop-off. Please send a lunch. For more information on the program, please contact our YIPC Coordinator at 413-528-2810 ext. 30.

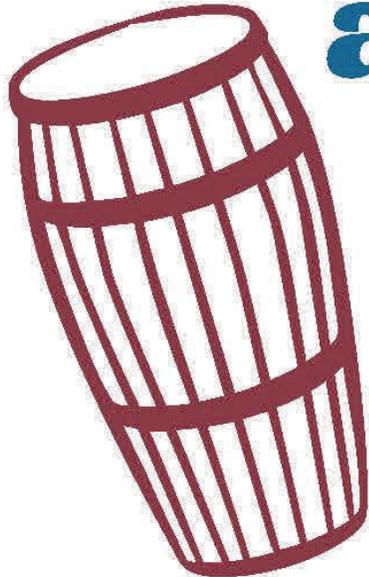


BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

15 Crissey Road, Great Barrington, MA 01230
www.berkshiresouth.org • 413.528.2810



Terry A La Berry and Friends

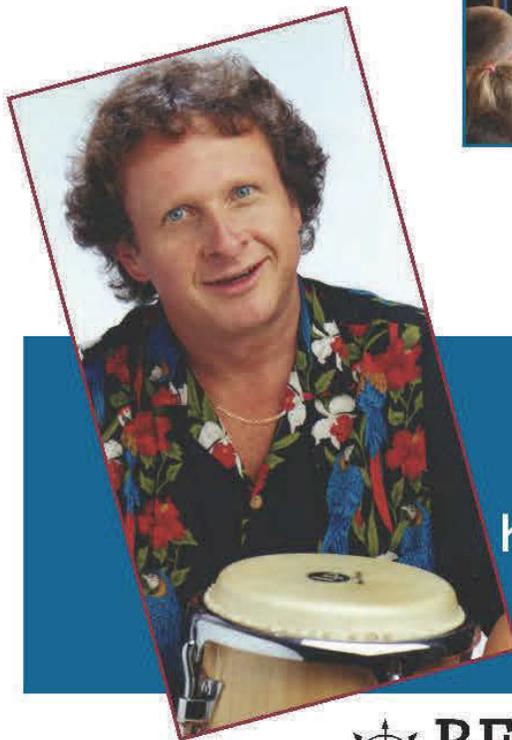


FREE!!

Family Concert!



Friday • December 26
Concert starts at 11:15



Come join Terry A La Berry
and Friends to sing, dance,
hop and bop in a high-energy
interactive hour of fun.



This event is not sponsored
nor endorsed by the
Southern Berkshire
Regional School District.



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Muddy Brook Regional Elementary School - Lunch Menu - November 2014

**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**

| Mon. Nov. 3rd | Tues. Nov. 4th | Wed. Nov. 5th | Thurs. Nov. 6th | Fri. Nov. 7th |
|------------------------------|-----------------------------|-----------------------------|------------------------------|-----------------------------|
| Philly Cheese Steak Sandwich | No School | Cheese Pizza | Chicken or Eggplant Parmesan | Sloppy Joe Sandwich |
| Chick Pea Salad | Full Day Inservice | Mesculin Greens | Pasta | Carrots |
| Fresh/Canned Fruit or Juice | | Fresh/Canned Fruit or Juice | Fresh/Canned Fruit or Juice | Fresh/Canned Fruit or Juice |
| Fresh Raw Veggies | | Fresh Raw Veggies | Fresh Raw Veggies | Fresh Raw Veggies |
| Mon. Nov. 10th | Tues. Nov. 11th | Wed. Nov. 12th | Thurs. Nov. 13th | Fri. Nov. 14th |
| Chicken Nuggets | Veterans Day Holiday | Beef Tacos | Fish Sticks | Baked Ziti |
| Sweet Potato Fries | No School | Rice | Smiley Fries | Broccoli |
| Fresh/Canned Fruit or Juice | | Fresh/Canned Fruit or Juice | Fresh/Canned Fruit or Juice | Fresh/Canned Fruit or Juice |
| Fresh Raw Veggies | | Fresh Raw Veggies | Fresh Raw Veggies | Fresh Raw Veggies |
| Mon. Nov. 17th | Tues. Nov. 18th | Wed. Nov. 19th | Thurs. Nov. 20th | Fri. Nov. 21st |
| Upside Down Day | Meatball Grinder | Marinated Breast of Chicken | Ham & Cheese Grinder | Chicken Patty Sandwich |
| Cereal & Yogurt | Fresh/Canned Fruit or Juice | Long Grain & Wild Rice | Fresh/Canned Fruit or Juice | Sweet Potato Fries |
| Fresh/Canned Fruit or Juice | Fresh Raw Veggies | Fresh/Canned Fruit or Juice | Fresh Raw Veggies | Fresh/Canned Fruit or Juice |
| Fresh Raw Veggies | | Fresh Raw Veggies | | Fresh Raw Veggies |
| Mon. Nov. 24th | Tues. Nov. 25th | Wed. Nov. 26th | Thurs. Nov. 27th | Fri. Nov. 28th |
| All Beef Hot Dog | Stuffed Crust Pizza | | | |
| Tater Tots | Fresh/Canned Fruit or Juice | Thanksgiving Break | Thanksgiving Break | Thanksgiving Break |
| Fresh/Canned Fruit or Juice | Fresh Raw Veggies | No School | No School | No School |
| 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