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Rick Marcotte Central School

Where Everybody is Somebody

Moose Memo

Weekly Newsletter January 20, 2023 Vol. 1, Issue 23

IMPORTANT DATES

January 27- Early Release and Bag Lunches

January 27- All school assembly sponsored by the 4th grade!

January 27- PTO Math Night

February 10- Report cards sent home- Check backpacks!



From the PrinciPAL



It finally caught up with me. The PrinciPAL stayed home this week to recover from Covid. It was my first time and hopefully the last. Thank you to Assistant Principal Stephanie Sumner, Guest Principal Connie Metz, and the amazing team at RMCS for keeping the schoolhouse lively and full of learning while I had to be away. I truly missed everyone, and can't wait to return next week!

I'm excited to announce that RMCS will be celebrating Random Acts of Kindness Week from February 13-17, 2023. This is a celebration of all the ways we can positively influence each other. This morning, while watching the Today Show, a story about a study recently published by the University of Ohio caught my

attention. Leading the work as part of his Ph.D. dissertation, David Cregg found, "Social connection is one of the ingredients of life most strongly associated with well-being. Performing acts of kindness seems to be one of the best ways to promote those connections," Cregg said.

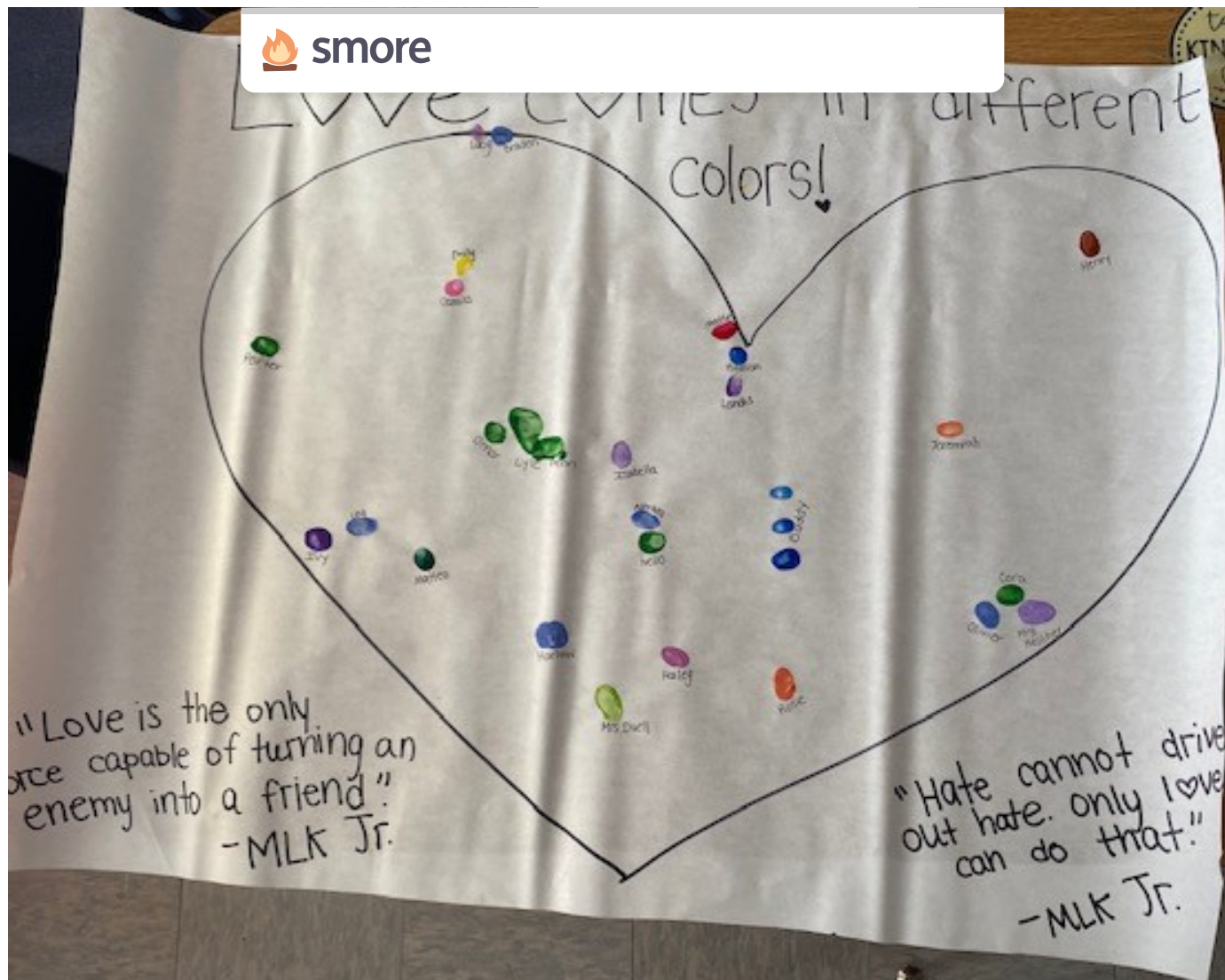


The phrase “practiced by Anne Herbert in 1982. With a core value like, *Everybody is Somebody*, why wouldn't we celebrate Random Acts of Kindness Week? We will encourage everybody to perform three random acts of kindness a day for the entire week. These can be as simple as giving a compliment, sharing words of encouragement, or taking time to stop and assist a member of the community with a simple task or challenge. This aligns perfectly with the 3 Cs of RMCS: We care for ourselves, We care for each other, and We care for our place.

What I love about this celebration is the fact that everyone can participate! Valentine's Day falls on Tuesday, yet not every culture celebrates this particular holiday. To be clear, I'm not banning Valentine's Day. It can be part of the week, but a more inclusive way to show appreciation for others and exhibit kindness through action is by putting the school's official stamp on Random Acts of Kindness Week, a school-wide effort everyone can access. More information to come.

Enjoy this snowy weekend!

More on Celebrating Martin Luther King, Jr.



"Love is the only
force capable of turning an
enemy into a friend".
-MLK Jr.

"Hate cannot drive
out hate. only love
can do that."
-MLK Jr.

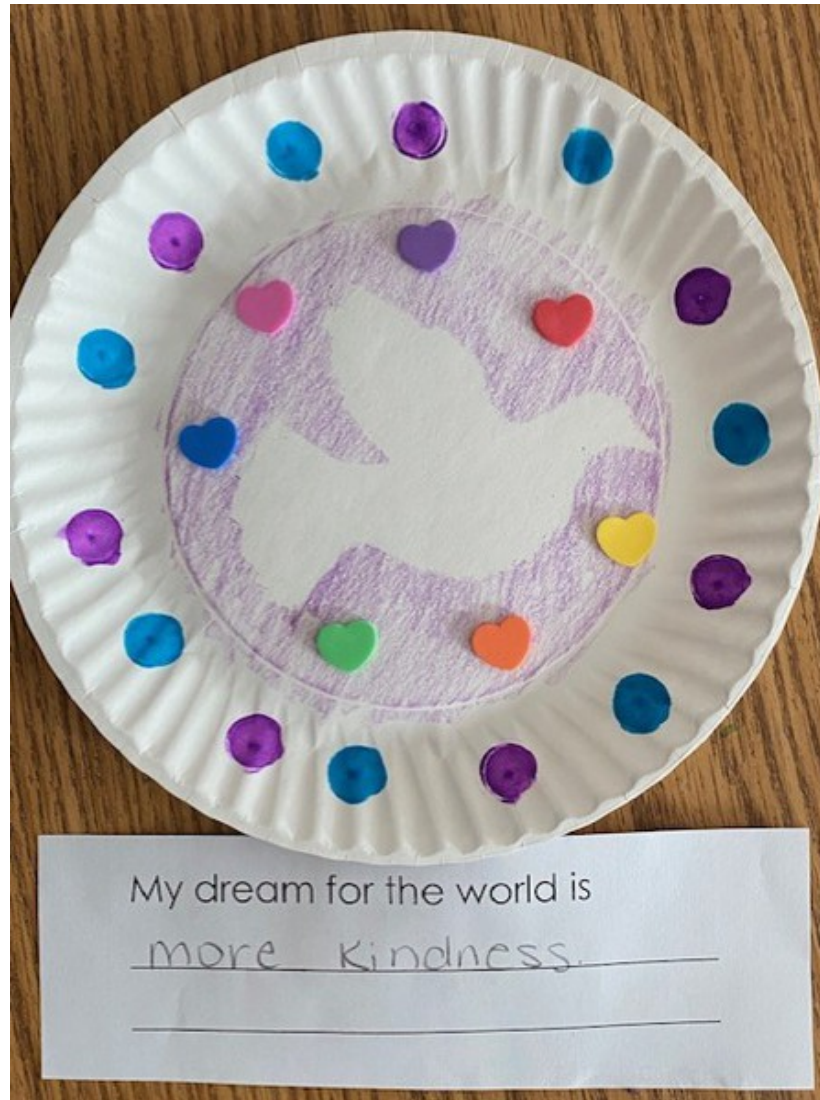
Kindergarten

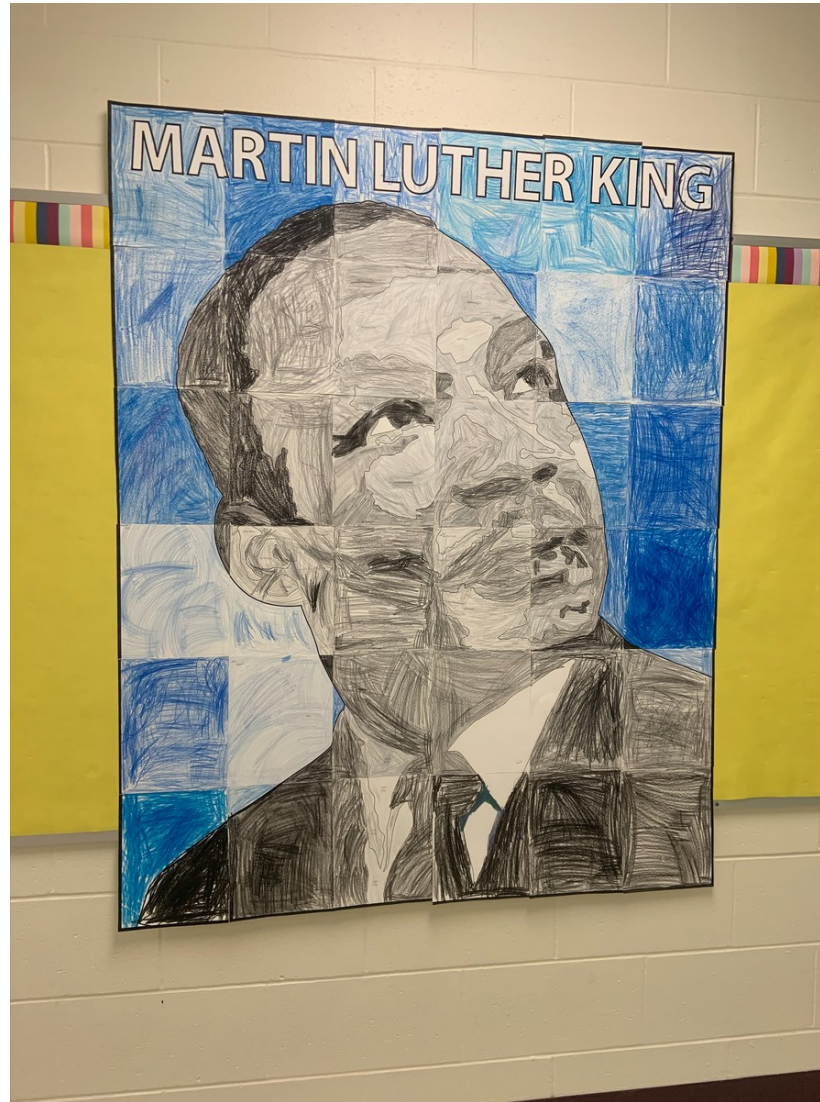
Kindergarten celebrated MLK Day with a variety of activities. They made "I Have a Dream" headbands, created a Dove craft with a writing prompt, "My Dream for the World is..." and they all put their fingerprints on a giant heart with quotes from MLK. Finally, they read *We All Belong* and

made crafts to re
questions and ha
understanding, kindness, peace and MLK. It was amazing!



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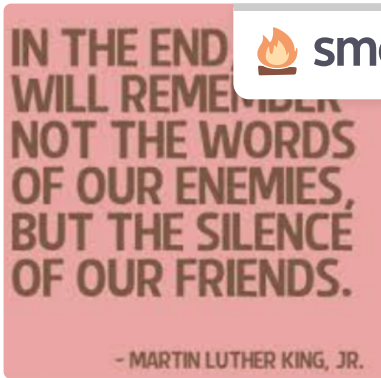


First grade students made collaborative murals that are prominently displayed in the First Grade hallway. Look at that artistry and teamwork from the entire first grade. What impressive pieces!



Health Classes

In Health classes, Mrs. Locker tied in MLK Jr. classwork with grade 3-5 lessons on cyberbullying for the Digital Citizenship unit. Specifically, students learned the importance of being an upstander rather than a bystander if students are exposed to cyberbullying. They examined the following



Grade 5

Fifth graders reflected on the power of forgiveness while they studied Martin Luther King Junior and contributed their responses to this week's Moose Memo. Thank you, fifth graders, for sharing your perspectives.

Why do you think Martin Luther King Jr. thought it was important to forgive?

He thought it was important to forgive because without forgiveness there can't be resolution. It is important to forgive because if you don't forgive a friend then he won't be your friend anymore. (Liam A.)

He thought that it was important to forgive because hate will spread more hate as with fire. (Mohid A.)

It is important to forgive, because if you let hatred take over you, you are no better than who is mistreating you. (Gabbie P.)

If you kept that hatred in you, you would never understand how to forgive. If you can't forgive you will have that hatred stuck in you for a while, maybe even forever. (Rehyanna D.)

What does forgive

Forgiveness achieves  smore

Forgiveness achieves the peace within people and makes the hatred go away. (Mohid A.)

Forgiveness makes you a better person because if you never forgive, and you don't give them at least a second chance, you aren't a very good person. (Gabbie P.)

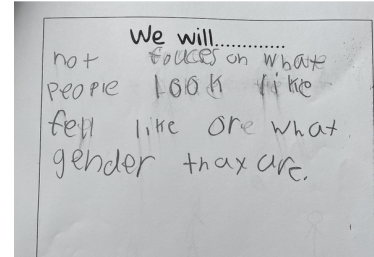
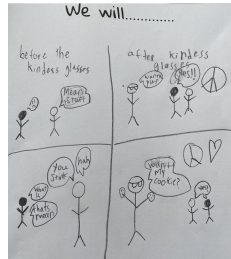
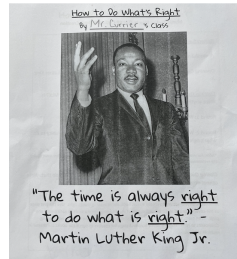
I think forgiveness achieves friendship, happiness, and acceptance. (Rehyanna D.)



Third graders started the year with New Years Resolutions.
Check out this wall of commitments!



1. "We must develop and maintain the capacity to forgive."
2. "The time is always right to do what's right." Martin Luther King Jr.





Grade 2

Grade two students viewed, [Dr. Martin Luther King, A Leader and Hero](#), and participated in a restorative circle to discuss MLK's achievements. They read the book, *Martin's Big Words* that connected MLK's leadership style and words to their class agreements. Here's a photo of student teacher, Mr. Haddad, leading a lesson in one of the 2nd grade classrooms.



It was a Snowy Popcorn Friday!

Thank you to the PTO for another yummy Popcorn Friday, and to the Pop Moms who prepared and delivered this tasty treat!



5th Annual Math Night on January 27!

Please RSVP for RCMS PTO's 5th Annual Family Math FREE Night!

Join us Friday, January 27th from 6:00-7:30 p.m. in the gym for Family Math Night! Come play lots of fun math related games, such as building Lego Marble mazes, Rubik's cube mosaics, chess, art,

Lego marble maze
will enjoy! Prizes
Please RSVP with the number attending to



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sutherland.erinc@gmail.com.

nt math student
E event!





from table to table, playing a variety of math games that all ages and abilities will enjoy. Some examples include:

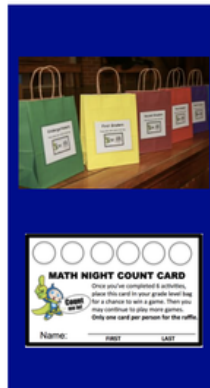
Lego Marble Maze:
Build a marble maze using Legos.

Skittles Graphing:
Sort, count, and graph candy by colors.

Card Games:
Challenge a partner to addition, subtraction, or multiplication war.

Chess: Play a game of chess. Beginners welcome!

Math Night Market:
Every child will receive a *free* Math Night dollar. Fill out an order form and spend your dollar at the special store.



How the Night Will Work:

Students will enter the gym and be given a Math Night raffle ticket that has 6 empty circles. As your child completes an activity at a table, write that table number in one of the empty circles. When your child has filled in all of the circles, put the ticket into the bag at the prize table in order to enter to win one of the games that will be raffled off at the end of the night. Of course, you may continue to play other games after your card has been filled!

Week 19 Announcers!



Beginning with Books- February Selection

We are excited to announce the read aloud selection for Beginning with Books! In February, teachers will be reading, *Your Name is a Song*, by Jamilah Thompkins-Bigelow, in all PreK-5 classrooms.

From the Publisher (Innovation Press):



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Is her mother she

never wants to come back to school. In response, the girl's mother teaches her about the musicality of African, Asian, Black-American, Latinx, and Middle Eastern names on their lyrical walk home through the city. Empowered by this newfound understanding, the young girl is ready to return the next day to share her knowledge with her class. Your Name is a Song is a celebration to remind all of us about the beauty, history, and magic

behind names.

From School Library Journal (starred review status): ([see the full review here](#))

This is a heartwarming tale with a simple yet critical message of respecting the pronunciation of an individual's name and honoring the importance of identity and cultural heritage.

Rally the Wolfpack!

Rally the Wolfpack January 26-28

Your child will be sent home with a bracelet, which gets all SB students into the events below for **FREE!** Let's fill the stands and cheer the Wolves on to victory. We hope to see you there.
Go Wolves!



Thursday, January 26

Girls Basketball vs CVU

JV at 5:30, Varsity at 7:00

JV at 5:30, Varsity at 7:00

Saturday, January 28

Dance Competition at 1:00

Girls Hockey vs BFA at 4:50

Boys Hockey vs BFA at 7:20

Basketball games and dance competition are held at the gym at SBHS.
Concession Stand and Wolves Wear Store will be open at the basketball games.

Hockey games are held at Cairns Arena, Rink 1.

For a full calendar of SB athletic events, visit sbwolves.com.

School's Out Early Education Program Late Winter Break Camp Applications



School's Out Early Education program is opening its doors to the public

Coaches Needed for Girls on the Run If Interested, Contact Hilary Sales

Email correction: hsales@sbschools.net

In order for GOTR to work, we need coaches!!!! We need a minimum of 2 coaches per group (15 girls per group). The more coaches we have the more girls we can take in our groups! Can you help???? YOU DO NOT HAVE TO BE A RUNNER OR HAVE PREVIOUS COACHING EXPERIENCE!!! All you need is a positive attitude, a willingness to bring your best self to practices and a desire to help teach and reinforce healthy habits for these amazing girls!!



If interested, please contact GOTR directly by emailing Stephanie Dorgan at stephanie@girlsontherunvermont.org. You can also sign up to volunteer on the GOTR website, www.gotrvt.org. ALL volunteers MUST register with GOTR and have a background check (found on the GOTR website) prior to our first practice at the end of March (starting date and session days, 2 times a week, are still TBD).

Please feel free to reach out to me with any questions, hsales@sbschools.net. GOTR is SUCH an amazing program! Thank you in advance for volunteering!!!

Girls on the Run is SO MUCH FUN!!!!

Hilary Sales, Music Teacher and Head Coach GOTR

January & February

Sign Up Genius for Recess Volunteers

We continue to welcome volunteers to help us at recess. We are fortunate to have a large playground and appreciate the parent volunteers who sign up to help us with supervision from time to time. If you have availability, please visit the [Sign Up Genius](#) to schedule the times you are available to join us in January and February (the next winter break). Thank you!



South Burlington's School Budget

Just a quick reminder that South Burlington's school budget is up for a vote on Town Meeting Day on March 7th. This includes a bond issue that plans to address the overcrowding that is impacting the elementary schools.

Information is available on the [district website](#) and will be discussed at [school board meetings](#) throughout January and February.



What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese Sandwich <i>or</i> Fresh Salad & Veggie Bar	Shepherd's Pie Vegetarian Shepherd's Pie Dinner Roll <i>or</i> Fresh Salad & Veggie Bar	Chicken Quesadilla Veggie Quesadilla Roasted Corn & Black Bean Salad <i>or</i> Fresh Salad & Veggie Bar	Penne Pasta Alfredo Sauce Steamed Broccoli <i>or</i> Fresh Salad & Veggie Bar	Early Release Day Bag Lunches

For Breakfast Menus and more information,
go to our website → *click on Families* → *click on School Lunch Menus*

School Nurse Notes



ORAL HEALTH MATTERS!

- Among children aged 6-8 years, over half (52%) have had a **cavity** in their **primary** (baby) teeth.
- Among adolescents aged 12-19, more than half (57%) have had a cavity in their **permanent** teeth.
- Tooth decay is the number one chronic infectious disease among children in the U.S. See helpful tips [HERE](#).

Tips

Brush **twice a day** with fluoride toothpaste. Wondering about fluoride? Here are some [FAQs](#).
(watch kids brush who are younger than 6: use a pea-sized amount of toothpaste and have them spit it out).

Help your child brush until they have good skills.

Ask your child's d
Drink tap water th



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Regular dental checks help to:

Teach children the **value** of good oral health. Help **find** oral health problems early so tooth decay can be **managed** or stopped.

For younger children, have a routine with your child: BRUSH, BOOK, BED

1. Each night, help your children **BRUSH** their teeth.
2. Read a favorite **BOOK** (or two)!
3. Get to **BED** at a regular time each night.

Does your child have a dental home?

If not, please reach out to your school nurse to help get connected.

Resources: Centers for Disease Control, American Academy of Pediatrics, American Academy of Pediatric Dentistry

Stay healthy, be well~

PTO News

RMCS 2022-2023 Yearbook NOW ON SALE!!! \$16.00 Each

Don't miss a single edition of the Rick Marcotte Central School Yearbook!

Order forms have
here:



online, please click

<https://www.jostens.com/apps/store/customer/1140092/Rick-Marcotte-Central-School/>

Then select Order My Yearbook to make your purchase and check out. Please put your teacher name under 'Homeroom' All yearbooks are shipped to the school then delivered to your child's classroom the last week of school.

Any questions, please contact Holly Young or Carrie Rice.

From the SB Community

Opportunity for Softball Players!

PLAYERS!

WINTER LITTLE LEAGUE CLINIC FOR
SOFTBALL PLAYERS AGES 8-13

**SATURDAYS AT SHELBURNE
FIELD HOUSE FROM 9:30-
10:30AM**

THE CLINIC WILL RUN FROM JAN. 7
THROUGH MARCH 31

**HELP US GROW THE SB SOFTBALL
PROGRAM!**

PARTICIPATION COSTS \$100 (THIS COST COVERS
FIELD RENTAL, BUT SCHOLARSHIPS ARE AVAILABLE)

PLEASE REACH OUT TO KATHIEBORRAZZO@GMAIL.COM
WITH ANY QUESTIONS

Little League Season is Here!



South Burlington Youth Baseball & Softball

For boys and girls league ages 5 to 12!

Registration Opens February 1st!



...or visit www.SBYBS.com to register!

The South Burlington Youth Baseball & Softball (SBYBS) is the community's Little League program for youth league ages 5-12. For more information on leagues and ages, please visit the website, www.SBYBS.com.

A family discount of \$30 applies for every child registered within a family after the first two. Scholarships are available.

Players **MUST** be residents of South Burlington **OR** attend school in South Burlington.
Online registration payment is by credit card only.



SB Public Library Events



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THURS 10-7, FRI 10-5, SAT 10-2
100 SOUTH BURLINGTON, VT 05403
SOUTHBURLINGTONVT.GOV
LIBRARY.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Library Closed	3 10:30 Toddlertime 3:00 Craftytown- Snowflake Star Baby	4 10:30 Babytime 3:00 LEGO Builders	5 10:30- Music & Movement with Miss Emma 4:00 Kids' Book Club K-2 and their parents 3-6pm-Knit for your Neighbor *Drop-in	6	7 10:30-noon- Kids Chess Club *registration required*
8	9 3-6pm-Knit for your Neighbor *Drop-in	10 10:30 Toddlertime 3:00 Craftytown- Stuffed Chicken	11 10:30 Babytime 3:00 LEGO Builders	12 Cool Chemistry with Rebecca Rupp 3:30-5pm *REGISTRATION REQUIRED* 3-6pm-Knit for your Neighbor *Drop-in	13 3:00- Kids Movie Walt Disney's Alice in Wonderland	14 10:30-noon- Kids Chess Club *registration required*
15	16 Library Closed	17 10:30 Toddlertime 3:00 Craftytown- Clothespin Snowman	18 10:30 Babytime 3:00 LEGO Builders	19 4:00 Kids' Book Club K-2 and their parents 3-6pm-Knit for your Neighbor *Drop-in	20	21 10:30-noon- Kids Chess Club *registration required*
22	23 3-6pm-Knit for your Neighbor *Drop-in	24 10:30 Toddlertime 3:00 Craftytown- Rod Puppets	25 10:30 Babytime 3:00 LEGO Builders	26 4:00- Middle School Makers- Cooking Homemade Pizza 3-6pm-Knit for your Neighbor *Drop-in	27 3:00- Kids Movie Jim Henson's Muppets Take Manhattan	28 Baby Brunch 10:30-12noon *REGISTRATION REQUIRED*
29	30 3-6pm-Knit for your Neighbor *Drop-in	31 10:30 Toddlertime 3:00 Craftytown- Perfect Parakeets	1	2	3	4



southburlington
PUBLIC LIBRARY



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10-7, FRI 10-5, SAT 10-3
SOUTH BURLINGTON, VT 05403
SOUTHBURLINGTONVT.GOV

2023

SOUTHBURLINGTONLIBRARY.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Every Monday and Thursday, 3-6pm- Knit for your Neighbor *Drop-in	30	31	1 10:30 Babytime 3:00 LEGO Builders	2 10:30- Music & Movement with Miss Emma 4:00 Kids' Book Club K-2 and their parents	3	4 10:30-noon- Kids Chess Club *registration required*
5	6 3-6pm- Knit for your Neighbor *Drop-in	7 9:15 Toddler time 10:30 Toddler time 3:00 Craftytown- Pinecone Elf	8 10:30 Babytime 3:00 LEGO Builders	9 Cool Chemistry with Rebecca Rupp 3:30-5pm *REGISTRATION REQUIRED* 5:30pm- Family Math Playtime *REGISTRATION REQUIRED*	10 1:00- Kids Movie in AUDITORIUM! Walt Disney's Mulan	11
12	13 3-6pm- Knit for your Neighbor *Drop-in	14 9:15 Toddler time 10:30 Toddler time 3:00 Craftytown- Valentine Baby Bunting	15 10:30 Babytime 3:00 LEGO Builders	16 4:00 Kids' Book Club K-2 and their parents 3-6pm- Knit for your Neighbor *Drop-in	17	18 10:30-noon- Kids Chess Club *registration required*
19	20 Library Closed	21 9:15 Toddler time 10:30 Toddler time 3:00 Craftytown- Snowflake Star Baby	22 10:30 Babytime 3:00 LEGO Builders	23 4:00- Middle School Makers- Cooking Spicy Cauliflower Buffalo Wings 3-6pm- Knit for your Neighbor *Drop-in	24	25
26	27 3-6pm- Knit for your Neighbor *Drop-in	28 9:15 Toddler time 10:30 Toddler time 1:00 Vacation Craftytown- Craftytown- Wooden Bead Snowman	1 10:30 Babytime 1:00 Vacation Craftytown- Collage Cat 3:00 LEGO Builders	2 4:00- Middle School Makers- Cooking Giant Chocolate Chip Cookie	3 1:00- Kids Movie in AUDITORIUM! Disney Pixar Luca	4

SB Parks & Rec



Valentine Dance

Saturday, February 11th
Delta Hotel | 6-8:30 pm
K-8th Grade

Tickets (FCFS) - Tickets will not be available at the door
SB Res (per Couple) \$50 | Additional Child \$25
Non-Res (per Couple) \$60 | Additional Child \$30

Join us for our 26th annual Valentine Dance at the Delta Hotel. Children and a special adult in their lives will enjoy an evening filled with dancing, prizes and snacks. We will also have a photo station, craft table and our ever-popular Big Bear Raffle.



recandparks.sbvt.gov



Scholarships available. Contact Brett Leonard at 802.846.4137

Employment Opportunities

Opportunities



Marcotte Central School
Everybody is Somebody

RMCS is still hiring. We have several openings that require no prior experience. Training will be provided for all new hires.

- Clerical Assistant
- Special Educator
- Interventionists - working 1:1 with students who have Individualized Education Plans
- Recess Monitor



Stephanie Sumner, Assistant Principal & Lissa McDonald, Interim Principal

Email: ssumner@sbschools.net; lmcdonald@sbschools.net

Website: <https://www.sbschools.net/Domain/11>

Location: [Rick Marcotte Central School, 200 Market Street, South Burlington, VT, USA](#)

Phone: [802-652-7200](tel:802-652-7200)

Twitter: [@lmcdvt](https://twitter.com/lmcdvt)

Lissa McDonald

Lissa is using Smore to create beautiful newsletters

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Communicate quickly and effectively with interactive newsletters.

Smore empowers educators to connect with their community, streamline school communications, and increase engagement.

Create a new  smore