

HOT CIDER

CIDER MILL PTA PUBLICATION - October 14, 2018

Cider Mill School is a Community of Learners, ALL committed to being the best we can be.

Important Dates

Oct 15	Day 3
Oct 31	Halloween Parades, 8:45-9am Belden Hill/Nod Hill, 9:30-9:45 Cannondale/Kent, Bus Loop
Nov 6	NO SCHOOL (Election Day/Professional Learning Day)
Nov 9	Turkey Trot
Nov 13	CM PTA Meeting, 9:15-10:30am, Cafeteria
Nov 15-20	CM Bookfair, Cafeteria, Details to Follow
Nov 15-21	SHORTENED DAYS for Conferences, Dismissal at 11:55am
Nov 22-23	NO SCHOOL (Thanksgiving Recess)
Dec 13	Bingo Night, 6-8pm, Cafeteria
Dec 24-31	Holiday Recess
Jan 1	School Closed

Important Phone Numbers

Cider Mill Main Office: 203-762-3351
Report an Absence: 203-834-4950 or fallonk@wiltonps.org
Bus Transportation: 203-762-3381
Chartwells: 203-834-4990 x5221

From The PTA Presidents

Dear Parents, Guardians and Caregivers,

Walk-a-thon was a huge success! Lots of thanks to all the volunteers that came to help out, the staff and administrators that helped it run seamlessly and a special thank you to Shannon MacDonald for coordinating the whole event and putting in hours and hours of work. The total donated was just over \$20,500, this will help with funding many of the upcoming programs. Thank you!

5th grade River Study training has been taking place, we have had many parents step up and give their time to this wonderful Science program and thanks to Brenda Aversano for organising the volunteers.

Look out in the next few months for upcoming events including Turkey Trot, Book Fair, Bingo Night and Cider Mill's Got Talent information.

Amanda Patania & Carolyn Lyon
PTA Co-Presidents

School News

PTA Committee Chairs Needed ~ We Need You!

The PTA is still in need of chairs for the important Committees listed below.

Nominating - Most of the work has been done for this school year. Easy position to complete from home.

Turnover Shop - They donate a huge amount of money to your school's PTA (last year \$45,000). The commitment is only 3 1/2 hours, once a month.

Please contact Amanda Patania, amanda_patania@yahoo.com or Carolyn Lyon, carolynlyon@optonline.net if interested in any of these positions.

Zero Waste Week~ October 22-26

Keep an eye out for emails and Facebook posts during Zero Waste Week to learn about the district's Zero Waste program and how it works in our school. You'll get ideas for how to reduce waste, and learn that small changes can have a big impact. If you want to help by volunteering during lunch waves that week, please sign up using the link below - we promise it will be eye opening! Questions? Contact Elizabeth McKay (ewmckay@gmail.com), Nicole Northway (nicole.northway3@gmail.com) or Laura Rowley (rowleylg@gmail.com).

<http://signup.com/go/BUGpcWD>

How to Talk So Kids Will Listen And Listen So Kids Will Talk

Wilton Public Schools is again running a six-week workshop called "How to Talk So Kids Will Listen and Listen So Kids Will Talk." The program, developed by the authors of the book by the same name, uses lessons, role-play, and practice to help parents develop more effective skills for communicating with their children.

In this workshop, participants will learn how to:

- Engage your child's willing cooperation
- Deal with your child's negative feelings - frustration, disappointment, anger
- Express your anger without being hurtful
- Set firm limits and still maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Encourage positive relationships between your children
- Resolve family conflicts peacefully

The "How to Talk So Kids Will Listen and Listen So Kids Will Talk" workshop is scheduled to run several times this year. The workshops are free and limited to Wilton parents. To register Please call Wilton Youth Services at 203 834-6241 or email colleen.fawcett@wiltonct.org

TIME & LOCATION: 10:00 -11:30 AM at Comstock Community Center. Dates available for the 2018-2019 school year are as below:-

Mondays: (parents of all ages)

Oct 15, 22, 29, Nov 5, 12, 19

10:00 am to 11:30 am @Comstock

Facilitated by: Kathy Weiss, Kim Zemo

Thursdays: (parents of all ages)

(new start date: Oct 4, 11, 18, 25, Nov 1, 8)

10:00 am to 11:30 am @ Comstock

Facilitated by: Nicole Mok, Bonnie Schnitzler

Spring evening parenting workshops will be offered.

Medication, Not Magic: Making Wise Choices for Kids with ADHD, Kevin T. Kalikow, MD, Clinical Professor of Psychiatry and Behavioral Sciences, New York Medical College.

Thursday, November 8, 2018, 10:00 AM -12:00 PM

Wilton Library, 137 Old Ridgefield Road, Wilton

Free; registration recommended - www.wiltonlibrary.org or 203-762-6334

Join us for a thorough and balanced presentation of a thorny topic. Kevin T. Kalikow, MD, will help untangle the complexities of pharmacological treatments for Attention Deficit Hyperactivity Disorder (ADHD) and co-existing conditions. He will discuss indications for medication; whether or not to give psychiatric drugs to your child or adolescent and, if so, when; potential benefits and risks; and ethical dilemmas.

Sponsored by SPED*NET Wilton, Wilton Library, Wilton Youth Council, and Wilton Youth Services

GoZen!

GoZen!© is a skills-building program for anxiety-relief. It is based on a curriculum that focuses on what anxiety is, why it occurs, and how to cope with it. GoZen!© teaches everything from the science behind why we worry to specific techniques for overcoming anxiety and discovering ones strengths.

The program is open to students in grades 3-5. There are five sessions in the Program, meeting Thursdays from 2:30-3:30pm starting on October 11th. Registration is required: [click here](#)

Questions? Contact Colleen Fawcett at colleen.fawcett@wiltonct.org 203-834-6241.

The program will also be offered in February and May. GoZen!© is sponsored by Wilton Youth Services and Wilton Continuing Education.

Ongoing School News

Join the PTA ~ We Need Your Support!

Join the PTA and gain access to our Mobile Directory! Get instant access when you join – no waiting, easy updates to address or phone number changes throughout the year! Join here, and use the code - 'wilton' https://mobilearq.com/schooldirectory/school_directory_parent_register.html

Parents please update your profiles to include email and cell phone numbers! One easy spot to register for all your kids' PTAs and make a donation at the same time! Questions? Email our Directory Chair Jennifer Wulff jen@presto.org (Please add support@mobilearq.com to your address book to ensure delivery of the confirmation email with temporary auto-login link.)

Get Your CM Spiritwear

Spirit Wear (also known as House shirts) can be purchased at any time throughout the year on the Cider Mill PTA site: cidermillpta.org

Your order will be delivered to your student's class within two days.

Cider Mill School Store

We are looking for parent volunteers to work in the Cider Mill School Store! The School Store is open during lunch on Mondays, Wednesdays, and Fridays. If you're interested in helping out, please email CiderMillSchoolStore@gmail.com to get onto our email volunteer list and to find out how to sign up for shifts throughout the school year!

Find Us on Facebook!

The PTA has a group on Facebook called Cider Mill Parent Community. It is a place where the PTA can communicate to parents, and also where parents can communicate with one another. Please check it out by clicking here: [Cider Mill Parent Community](#)

Stop and Shop Rewards Program

CIDER MILL SCHOOL – (ID#: 40341) has the opportunity to participate and earn CASH from A+ School Rewards, a great fundraising program run through our local Stop & Shop!

To participate:

- Visit <http://www.stopandshop.com/aplus> and scroll down to the center of the page to select REGISTER YOUR CARD from the red box on the right marked FOR CUSTOMERS

To earn points:

- Use your registered Stop & Shop Card each time you shop at Stop & Shop, and you will earn CASH for our school. You can track the number of points you are earning for our school by checking your grocery receipt.
- At the end of each month, your points are calculated and converted to CASH rewards for our school. These CASH rewards are updated monthly on the Giant A+ website beginning in November.
- After the last day of the 2018 program, these same conversions are performed and the final school account total is posted.
- Our school will receive one CASH awards check at the end of the program and can use this cash for any of our educational needs.

Lost and Found ~ Bus Depot

Please visit <http://wiltonslostproperty.blogspot.com/> to view lost property found on the school buses.

Lost and Found ~ Cider Mill

There are two L&F locations in Cider Mill. One is at the doorway where you go to the playground, on the high school side (Cannondale). The other is by the front door on the far side of the bus loop (Kent). You or your child can check these locations for lost items. At the end of each season, the unclaimed items are donated to the Turnover Shop with proceeds going to the Cider Mill PTA. Contact Amanda Mitchell with questions, at amandaNmitchell@gmail.com.

Box Tops

Collect box tops to help Cider Mill raise money! Be sure to collect your box tops and submit them to your class teacher. Visit <http://www.boxtops4education.com/> to learn more about the program. Contact Box Top Chair, Heather Mroz at heathermm@optonline.net if you have any questions.

Community News

Wilton High School Presents~Agatha Christie's "Witness for the Prosecution"

Show dates and times-

Thursday, November 1 at 7:30pm

Friday, November 2 at 8pm

Saturday, November 3 at 4:00pm and 8:00pm

Tickets are now on sale for \$12 each at <https://red.vendini.com/ticket-software.html?t=tix&e=cc4da6013f9beccc863d48d0fc24b58a>

Since the tickets are sold online with an outside company, ALL SALES ARE FINAL!
There are NO exchanges or refunds. (No exceptions, website sales cannot be adjusted).

Please remember to print your tickets at home before you come to the show!! For more information please contact Suzanne Olin at suzanneolin@gmail.com .

CT Premiere of Dan Habib's~ "Intelligent Lives"

"Roll out the red carpet! The Connecticut premiere of Dan Habib's film, "Intelligent Lives" will be right here in Wilton! Visit intelligentlives.org to view the movie trailer. This special, one night screening will be Wednesday, October 24th at 7:30 pm @ Wilton Bow Tie Cinemas. Tickets are \$12 and must be purchased in advance at gathr.us/s/24047. This event is also in support of Wilton Swag, which gives meaningful employment to young adults with disability in our community." For more information please contact - Karen Earls at stone_karen@hotmail.com .

Trick or Treat!~Wilton Commons invites Children

Wilton Commons, the senior resident facility located next to Trackside is hosting 'trick or treat' event for children on October 26. Residents will be dressing up in costumes, there will be a haunted room, where children can snack on freshly popped popcorn and take pictures with the residents. This will be a wonderful opportunity for children to interact with the seniors and for the seniors to spend a little time with children. The event will take place from 4:30 - 6:30pm. For more information please contact - Priscilla Thors at priscillathors@icloud.com .

Wilton Little League ~ Challenger Division Team

Wilton Little League is excited to announce the formation of a Challenger Division Little League team. For those who are not aware, the Challenger Division is designed for player's with physical and intellectual challenges.

Any boy or girl (ages 5 to 18) with a physical or intellectual challenge may participate. Do you know someone who might enjoy a few Saturday afternoons of playing baseball? We would love to have them.

Registration can be completed here <http://assn.la/Reg/?r=4:142290>.

Wilton Youth Council (WYC)

WYC promotes and protects the social, emotional and mental well-being of Wilton's students by educating and empowering youth, parents and the community. Find us on FB or visit wiltonyouth.org for more information and to sign up for our monthly newsletter.

Click [here](#) for an overview of this year's events!

Looking to Get Involved?

Wilton Youth Council needs you! We have many programs running and this is a great time to get involved! Questions? Email Vanessa Elias at eliasvanessa5@gmail.com. Interested in volunteering? Email Courtney Boucher at courtney.v.boucher@gmail.com.

NAMI - CAN

School is back in session and for many children, so is the academic and social stress that can cause behavioral changes. The National Alliance on Mental Illness (NAMI) Child and Adolescent Network (CAN) is a Support Group for parents of children with behavioral, emotional and mental health issues. The meeting is free, confidential, safe and led by trained volunteer facilitators who themselves have had personal experiences raising children with these concerns. Our meetings are a place to speak freely and be understood without embarrassment or the fear of being judged or treated differently. Parents come from Redding, Weston, Westport, Wilton and towns in the surrounding area.

Next meeting is Monday October 22nd, from 10-11:30, G&B Cultural Center, 49 New Street, Wilton. For more information contact Beth at 203-984-0123 or beth44es@gmail.com , Vanessa at 203 970-4130 or eliasvanessa5@gmail.com

Exploring Wilton as a Blue Zone~ Attached Brochure

Did you know that an expert on building healthy communities is coming to Wilton on October 23rd? Please join us for an thought provoking presentation about Blue Zones, the healthiest communities on earth, what they have in common, and why Wilton may just become the first Blue Zone in the Northeast. Registration is recommended but not required. Register at <https://www.eventbrite.com/e/blue-zone-wilton-tickets-51294167235>, The benefits of engaging with Blue Zones is not just a significant increase in the community's overall well-being. Some Blue Zone communities similar in size to Wilton have secured significant grants, seen a major increase in new businesses, as well as a significant increase in property values. Find out more at BlueZoneWilton.com.



Wilton Explores **Blue Zone** Certification

Who: Tony Buettner of the Blue Zones Project™

What: A community conversation to investigate earning local and national recognition for incorporating Blue Zones principles into Wilton's policy, town resources, businesses and public spaces. Blue Zones Project™ is a community-wide well-being improvement initiative designed to help make the healthy choice the easy choice in Wilton and thus improve the town's status as a vital destination for new residents, businesses and visitors.

When: Tuesday, October 23rd, 7–9pm

Where: Clune Center, Wilton High School

Why: Blue Zone benefits for other certified towns have included:

- Property value increases
- Available grants, gifts + investments (an average of \$8 million awarded to Blue Zone towns)
- Economic vitality by adding new businesses, miles of sidewalks + biking paths
- Increases in resident satisfaction levels + connectedness
- Improvements in town amenities
- Wilton Blue Zone certification would be privately funded + publicly supported.

Join the conversation on Instagram, Facebook and at www.bluezonewilton.com

Questions? Contact info@bluezonewilton.com

Printed on recycled paper.

Submit News to Hot Cider

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Content may be edited at the discretion of editors. In an effort to keep Hot Cider timely and concise, your article may be published only twice.