



Newsletter

<https://sites.google.com/a/northampton-k12.us/nps/our-schools/jackson-street-school>

<https://www.facebook.com/pages/Northampton-Public-Schools-Massachusetts/179921372117715>
<https://www.facebook.com/jacksonstreetpto> <http://www.jspto.org/>
You may also connect with us on Twitter: <https://twitter.com/#!/NPSDistrict>
Ms. Alles's website: <https://sites.google.com/northampton-k12.us/mindfulnessatjss>

JSS Office 587-1510

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January 12, 2018

If you wish to have a copy of this letter written in Spanish, French or Arabic, please contact the school department at 587-1315. Si le gustaria esta carta en Espanol, es possible. Llama 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. إذا أردت نسخة من هذه الرسالة بلغة عربية، يرجى الاتصال بالادارة بـ 587-1315.

MESSAGE FROM MS. AGNA



MLK, Jr. all- school assembly today at 2:15PM – all are welcome to join us!

NO SCHOOL ON MONDAY, JANUARY 15, in observance of Martin Luther King, Jr. Day



Also, NO SCHOOL ON WEDNESDAY, JANUARY 24 – it is a Staff/Faculty Work Day. MANY thanks to our wonderful PTO for providing us with the annual Staff Appreciation Lunch that day – details to follow!

MARY BATES

As you may have heard, **Ms. Mary Bates** has announced her retirement from teaching at JSS, as of this June 2018. We will pay tribute to Ms. Bates as we get closer to the time – including students, families and staff. For now, we are happy for her that she will get to spend more time with her family and friends, having given her heart and soul to teaching for so many years – but, of course, so sad for us at JSS. More information to follow...

GIVING TREE

The Giving Tree is up through January – keep it coming!!



BORING AND BOREDOM

As promised, I am putting finger to computer keyboard after many years of hearing from students, their families, my own children and from reading articles (some scholarly and some not-so) about the issue of “boredom”, particular for children in school. I certainly cannot pretend to analyze this subject to its fullest – I’m sure there are PhD dissertations that have done that. But I wanted to share some thoughts. I also WELCOME thoughts and experiences that you have in this area – we are all continuing to learn and grow in our responses and in our thinking on the subject.

First, what to say to your child when they say, “I’m bored” – at school or at home?

- This is a great conversation to have with your child! If you have had this statement from them, you’ll probably know that sometimes they want to engage in a discussion and sometimes they don’t. My experience tells me that sometimes they say it just to get a response from you, sometimes to get attention and sometimes a genuine concern – and it is important how you respond. I recommend “partnering” with your child’s teacher and saying “Oh, I wonder what’s happening in class when you feel that way? Have you let your teacher know how you’re feeling? I know that your teacher wants to you like learning and enjoy the (whatever activity/subject) so I’m sure they want to know from you how it seems. Is the work too easy? Is it too hard? Is it not interesting to you? Are other students in your class feeling the same way? Are other student in your class happy with the (activity/subject)? Please tell me what it looks like when you’re feeling that way.”

- Depending on the age/stage/personality of your child, I think, will depend on how comfortable your child is in letting their teacher know how they’re feeling in class. If they’re not, you can propose meeting with the teacher to let them know your child’s feelings. When students are older, we often propose that you, your child and the teacher meet together to try to figure out what’s going on. The most important point here is that it’s OK to let your child’s teacher know how they’re feeling. Teachers don’t take offense and have great ways of brainstorming WITH you about what might be going on.

- I cannot overemphasize the need to stay on the same team as the teachers in this and in all that happens for your child and for you. You and the teacher may not always agree with the assessment of WHY your child may be expressing this – but I do want to note, very

respectfully, that the teachers are the professionals, the educators. Please listen to their responses and ideas about who your child is and why they may be saying what they're saying. I caution us all to keep the respect for the professional in mind – in the same way that we do when we visit the physician, the lawyer, the computer technician, the plumber, etc. etc.

- Finally, I am always available to brainstorm with you the best approach to take when it comes to having conversations with your child and/or with their teacher. While I always recommend speaking with the teacher first, I also can “trouble-shoot” and help you prepare for the conversation.

I did go online to look for articles – there are MANY, as you can imagine. The excerpt below was of particular interest to me because of the angle it takes on looking at our brains and the function technology/Internet/video games, and other media etc. may have in this area. See what you think. And again, please share your thoughts, experiences and responses with me – at Coffee Hour, PTO and/or Council or through email, phone and/or appointments. Thank you!

EXCERPT FROM QUARTZ - <https://qz.com/1020976/the-scientific-link-between-boredom-and-creativity/>

Armed with this information, I decided to reacclimatize myself to boredom. But how?

The first step, according to researchers, is to get in the habit of spacing out again. When we engage in activities such as social media or online shopping, we activate our brain's reward system—very same pathway that releases its dopamine and other feel good chemicals when you have a drink or use a drug. The more you perform a brain-rewarding activity, the more your brain will crave it.

“The more a behavior is practiced, the stronger neurological connections grow,” says Michael Bishop, a psychologist with an expertise in neuropsychology, and founder of the Summerland camp for screen-time addictions. And so the best way to cure an Internet addiction is to start disrupting the neurological connections immediately. Every time we resist the urge to pick up the phone while waiting in line or to fire up the laptop as soon as we get home, we're giving our brains a chance to rest and reset, he says.

In our flight from boredom, we're also often fleeing from uncomfortable feelings. This doesn't mean you have to give up your technology. Rather, you just have to “make sure that you're not mindlessly using it to distract yourself,” Kazez says. I've certainly noticed that when I stay away from my phone and the Internet during the day, I don't feel as tired in the evening. That over-stimulated feeling of mental clutter goes away—and I'm itching to enter the worlds of my fictional characters again.

As for those of us who worry that time away from our phones will mean that we're not responding quickly enough to emails and messages, Kazez says it's time to reframe social expectations.

If you're an American like me, you are probably familiar with the sense of pressure to always be busy and productive. That's great for your paycheck, but it's a challenging way to approach creativity and your inner life. “We don't always have to be productive,” Kazez says.

Moreover, in our flight from boredom, we're also often fleeing from uncomfortable feelings—which are raw, messy and not always easy to contain. When I have a fight with a friend or get bad news, I'm drawn to distract myself with my phone as if it were a cigarette or a drink. Like those options, it may make me feel better in that moment, but it does nothing to help ease those feelings in the long run.

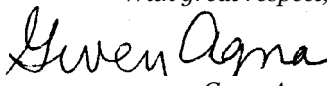
Boredom, by contrast, is an opportunity for us to meet our own needs—to turn inward rather than outward and tend our emotions, interact with our creativity, and give our brains a break. “It's important to have downtime and to be able to have our emotional needs met just by existing,” Kazez says, “by knowing that we're enough just as we are.”

GOING AWAY

I will be away from school starting on Tuesday, January 23 and returning on Tuesday, January 30th. **Ms. Holly Ghazey**, Guest Principal, supported by our in-house Guest Principal, Mrs. Kathy Malynoski, will be in charge – the school will be in very capable hands while I'm away. I will travel to the UK, where I spent 4 important years going to college and working, to attend the memorial service of a college friend and then the 100th birthday tea party of the mother of another college friend. I am so happy that I can be there for both events and thank everyone for making that possible.

Hope it was an enjoyable and safe day for all! Have a good weekend!

With great respect,


Gwen Agna

MLK, JR. HOT CHOCOLATE STAND!

On Monday, January 15, please stop by the 5th Annual Hot Chocolate Stand organized by the Santos/Loomis Sisters (Rio in Grade 5 and Sol in Grade 1). All proceeds go directly to the Northampton Survival Center. The kids have been running this very successful service project on Martin Luther King, Jr. Day since Rio was in 1st Grade and are proud to do it again this year. Come sip some delicious hot chocolate with us and help them reach their goal of \$500 in donations to go toward achieving food security for everyone in our community!

HOT CHOCOLATE STAND for the Northampton Survival Center

Monday, January 15, 2018 on MLK Jr. Day

2:00-4:00

On the corner of Prospect Street and Perkins Avenue

MARTIN LUTHER KING JR. DAY FAMILY CELEBRATION AT JSS ON MONDAY!

Each year JSS parents Melissa and Ousmane Power-Greene host a wonderful, family-friendly Martin Luther King Jr. Day celebration for children and their families. As Ousmane writes, "Please join us to celebrate the life and legacy of Martin Luther King Jr. Our program brings children and families together with songs, activities, and workshops designed to keep King's vision of justice alive."

This year's event will take place in the gym at Jackson Street on Monday, Jan. 15 from 10:30 to 12:30. Everyone is warmly welcome.

And any adults who can help out with set-up, greeting and logistics or clean-up, your help would be greatly appreciated. Just come to JSS anytime starting at 9:15 am on Monday, or use the Sign-Up Genius link: <http://www.signupgenius.com/go/10c0a49abae2fa4ff2-mlkjr1/9659025>

Thank you!

JANUARY COFFEE, TEA AND HOT CHOCOLATE ORDERS DUE MONDAY, JAN. 15

Just a reminder that orders for delicious JSS coffee, tea and hot chocolate (it is now definitely the season!) are due on Monday, Jan. 15.

(it is MLK Day and there is no school, so please email orders, or I will do a last-minute check in the office on Tuesday morning)..

Orders will be delivered on Friday, Jan. 19.

If you have any questions, need an order form or want to place an order, please contact Liz Horn at elhorn@mindspring.com

Thank you for supporting JSS!

Greeters for Classroom VISITING Days at JSS

Beginning this coming Wednesday, Jan. 17, Jackson Street will be having their annual VISITING DAYS from 9:30 to 11:00 am., giving parents a chance to visit classrooms. Although it is for all grades and both current and prospective parents, attendance tends to be heavy on incoming kindergarten families.

We would love to have a current parent act as a greeter to families on those Wednesday mornings, to help direct them, possibly answer a question or two and generally give a warm first impression of our school. If you would be available and willing to come in and greet on any of these days, we would be most appreciative. And you do not need to be there the entire time...

If there is a two-hour delay or a snow day, the VISITING DAY is cancelled for that day/week.

Thank you so much to anyone who can help out.

- Liz Horn, Volunteer Coordinator, elhorn@mindspring.com

JSS VISITING Days (9:30 - 11:00 am):

Wed., Jan. 17

Friday, Jan. 26

Wed., Jan. 31

Wed., Feb. 7

Wed., Feb. 14

Wed., Feb. 28

Wed., March 7

Wed., March 14

STAFF APPRECIATION LUNCHEON ON WED., JAN. 24

- VOLUNTEERS (AND DESSERTS!) WANTED!

While students won't be at school on Wednesday, Jan. 24, faculty and staff will - for a Professional Development Day.

During their lunch break, the PTO provides a Staff Appreciation luncheon in the cafeteria (just one small way to stay THANK YOU for all their incredible work).

The luncheon is catered, but we ask families to provide desserts, and we also need a few volunteers to help set up and clean up.

Set up will be at 11:00, and clean-up at 1:00.

If you can drop off a dessert (gluten-free or vegan options would be especially helpful) or can volunteer for half-an-hour for set-up or clean-up, it would be greatly appreciated. Kids are very welcome, and in fact make the best greeters and cheerleaders as our amazing teachers and staff as they enter the cafeteria for their luncheon.

We want to make this a wonderful lunch for our great staff!

Please contact Liz Horn at ELHORN@mindspring.com or 646-234-8805. Thank you!

4th Annual JSS Family Science Night !!!!

We are very happy to announce that Thursday March 1st, is our Family Science Night!

The purpose of this event is to promote the thrill of Science through short, but exciting adult-led demonstrations.

To make it happen, we would need many adult volunteers who would be willing to prepare and share a science demonstration/hands-on activities of no more than 15 minutes in duration. Your demonstration would be repeated many times during the evening as students and their families rotate around the school VISITING the "science stations"

If interested, please email Pallavi at: pallubv@gmail.com or jsspto@gmail.com

Thanks,

JSS PTO Committee

MARK YOUR CALENDARS FOR THE SPRING CONCERT!

Friday the 9th of March, 9:30 am – snow date will be Friday, March 16.

Also a request from Ms. O' - If families have any old pots, pans and big metal spoons that we could borrow for our STOMP accessories. Better if they are old, as they will be hit and used in non-traditional ways!!! Please no new cookware - it have a few dents when returned!

NEW PROJECT!

REAL (Racial Equity And Learning) is a new project funded by the Northampton Education Foundation. We are gathering stories from a wide range of community members about their experiences of race in the district. The overall mission of REAL is to support and strengthen our school community by developing an intentionally anti-racist culture. Our core group is comprised of teachers, staff, students, and family members across the district.

We believe that we can create a school district that is anti-racist, not only in theory but in practice, and has genuine acceptance, respect, and love for all people as a recognizable part of its identity. Talking together and sharing life stories and experiences is one step toward this.

Stories will be developed into a report and/or multimedia exhibits that will be shared and used to help create an anti-racist school district.

Stay tuned for an event in January!

Have questions or ideas? Want to join the working group? Have a story to share?

Please contact these school parents:

· Bridge Street: Benita Jackson (benitajackson@gmail.com)

- Jackson Street: Jenny Bender (jenny.bender@comcast.com)
- Leeds: Bill Brown (liam.brown1963@gmail.com)
- Ryan Rd: Suna Turgay (sunaturgay@hotmail.com)
- JFK: Noel Raley (noelralley@yahoo.com)
- NHS: Jen Berneche (jenberneche@gmail.com)

JSS DAD PAUL FITZGERALD RUNNING BOSTON MARATHON TO SUPPORT CANCER RESEARCH

Paul Fitzgerald, parent of JSS first grader Owen and teacher at Northampton High School, is running the Boston Marathon on April 16, 2018 to raise money for Dana-Farber Cancer Institute.

This will be his 6th year being involved with Dana-Farber, and his 4th year running the Boston Marathon in order to raise critical funds for Dana-Farber. Paul writes, "I am consistently amazed and saddened by the amount of families in our NPS community that are affected by cancer. In my position at NHS I am in contact with students, parents, and colleagues who are presently receiving treatment and support at different facilities, or have recently lost a loved one to cancer. 100% of the \$ raised by the Marathon Challenge goes the Claudia Adams Barr Program in innovative Basic Cancer Research. <http://www.rundfmc.org/faf/home/ccp.asp?ievent=1174187&ccp=677155> Although the Barr program is affiliated with Dana-Farber, their mission is to develop new lines of research that are not yet eligible for government funding. This means that although the research is being conducted at Dana-Farber, the effects of their research are felt at every facility in the world treating cancer patients."

If you would like to / are able to, please consider supporting Paul: <http://www.runDFMC.org/2018/runftzy>

And please share this with any family and friends who might want to support Paul in this great endeavor.

COMMUNITY EVENTS

Upcoming SciTech Cafe events:

- January 22nd: Do Be So Sensitive: Tactile Sensing in Soft Robotics with Prof. Kristen Dorsey

MARK YOUR CALENDAR – We’re always adding new dates so keep checking. PLEASE check the Northampton Public Schools website for district calendar updates.

Parents Hour in the Family Center every other Wed. from 9-10AM, beginning Wed. Sept. 6.

Walking School Bus (See you in the Spring!) – Ms. Agna alternates on Fridays around 8:10AM between the bike path (starting behind Stop and Shop) and Hampshire Heights, starting at the bottom of the hill near the CVS plaza.

Fri. Jan. 12 – All school assembly – to honor Martin Luther King, Jr. 1:45PM

Mon. Jan. 15 MLK, Jr. Holiday – no school

Wed. Jan. 17 VISITING DAY 9:30-11AM

Thurs. Jan 18 Session 2 HOLA ends

**Fri. Jan. 26 VISITING DAY 9:3-11AM
INTERNATIONAL NIGHT! 6-8PM**

Wed. Jan. 31 VISITING DAY 9:30-11AM

Wed. Feb. 7 VISITING DAY 9:30-11AM

Wed. Feb. 14 VISITING DAY 9:3-11AM

**Thurs. Feb. 15 All-school assembly – 4th graders present at 9:45AM
Kindergarten 2018-2019 Information Meeting 6:30PM at JFK Middle School**

Mon. Feb. 19-23 NO SCHOOL – February vacation

Wed. Feb. 28 VISITING DAY 9:30-11AM

Thurs. Mar. 1 SCIENCE NIGHT!

Wed. Mar. 7 VISITING DAY 9:30-11AM

Wed. Mar. 14 FINAL VISITING DAY 9:30-11AM

Thurs. Mar. 15 - All-school assembly – 5th graders present at 9:15AM

Fri. Mar. 23 SWING INTO SPRING AUCTION!

Wed. Apr. 11 – all-school assembly – 1st graders present at 1:30PM.

Wed. May 30 – all-school assembly honoring our JSS/High School Grads – with KDGners at 2PM

Thurs. June 14 – all school assembly “FINE FINE SCHOOL” led by Ms. Agna at 10:00AM

VISITING DAYS

9:30 - 11:00 am

Wed., Jan. 17

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