



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. Alessi's website: <https://sites.google.com/northampton-k12.us/mindfulnessatjss>

JSS Office 587-1510

Volume 23 No. 15

December 21, 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 posible. Llama 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. إذا في 587-1315 سردم الة قرادإب لاصت الة ي جري، في برع الة غ ل ل ل اب ة بوت كم ة ل اسر الة هذ ه نم ة سخن ي ل ع ل و ص ر ح الة ي ف ب غ ر ت ت ن ك اذا.

MESSAGE FROM MS. AGNA

FAMILY DINNERS – SURVEY ATTACHED FOR ONE MORE WEEK!

CROSSWALK SAFETY

After a student was hit by a car (she was uninjured fortunately!) on Barrett St. and many near-misses by cars with students crossing Jackson St. near the opening to the drive/parking lot, I must write again (again!) to ask you to speak to your children about safety in crossing streets without crossing guards. We will also make announcements in school about this and alert the Northampton Police Dept. to problems. Please feel free to express your concerns for safety in the traffic in front of our school to your local city councilor and the police dept.

GOOD-BYES

The following members of the JSS Friends and Family have passed away recently:

- **Peg Murray**, a Vice-President at Florence Bank, a graduate of JSS (1964) and longtime community member of the JSS Council. She was very active in our community in many organizations. Peg was a faithful and important supporter of our school and we miss her.
- **Kathy Johnston**, parent of JSS alums, Adia and Akeen Johnston, grandmother of current 3rd grader, A'nylah Johnston and Van Pool van driver extraordinaire, passed away after a long illness. Her skills and compassion were critical to our work with students. She worked hard to make their journeys to and from school happy ones.
- Former JSS Vice-Principal as well as 4th and 6th grade teacher in Northampton schools, **Richard Smith** passed away after a long illness. Mr. Smith was the VP when I first started at JSS – he and I worked together for 6 years. He retired the year that elementary VP's were eliminated (2003) due to budget cuts. He was a dedicated educator, father and grandfather and will be missed by many.
- **Pat McDonough**, parent of JSS alums, Katie and Ben Sigelman and teacher at Arcadia Nursery School, also died after a long illness. Pat was married to David Sigelman who is honored in our school library with memorial books/shelf and photo with biography. David, local pediatrician, died while on a medical mission in Peru. Pat helped establish the book collection for David.

We have been so blessed by these lives, as we are by so many current and past members of our community. Thanks you so much for your support for us all. I feel especially blessed by the privilege of being your principal, living and working with and learning from you and from your children. I hope your break from school is a healthy and happy one.

And to all who celebrate, a VERY MERRY CHRISTMAS and HAPPY KWANZA and NEW YEAR 2019!

Peace to you and all,

Gwen Agna
Gwen Agna

MARK YOUR CALENDAR FOR HOLA!

Tues. Jan. 8 HOLA Session 2 starts

Thurs. Feb. 14 HOLA Session 2 ends

HOLA session 2 will run six weeks, January 8- February 14. Registration forms went home this week and will be due back December 19th. Class confirmations will go home the first week of January, and classes start the second week. Any questions?

hola@northampton-k12.us or 587-1510 x3775

THE VARIETY SHOW IS COMING!

This year the JSS Variety Show has been scheduled for Saturday, February 9th at 4PM. Yes you read that correctly, this wonderful event has been moved to winter and will now be a weekend event for families and friends to enjoy.

The JSS Variety show is an opportunity for the students of Jackson Street School to showcase what brings them joy. In the past students have shared amazing magic tricks, mad yo-yo skills, multilingual puppets, collaborative dance routines, feats of acrobatics, instrumental duos, hoola hooping, poetry, jokes and an array of other talents on our stage in the gymnasium.

We invite all students to share with our community; all grade levels and all skill levels. Students can perform alone or with friends, but there are a few things to keep in mind. In order to ensure that the show ends at a reasonable time, all acts must be under two minutes and students can be in a maximum of two acts. Performers also need to attend the following rehearsal dates.

If your child is interested in participating, please bring them on one of the two following days to show us their act, January 14 or 15 at 3:00 in the school library. This will be a time where they can practice their act and the volunteer team can figure out what each performer will need on stage; gymnastics mats, background music, etc. We will also hold rehearsal for all performers after school in the gym on January 28th and a dress rehearsal on February 6th. The show will take place on February 9th, with a snow date of February 10th.

On the evening of the 9th we will also make time to highlight skills that cannot easily be demonstrated on stage by sharing photographs of students during intermission. So if your child finds joy in painting pictures, building with Legos, babysitting their cousin, building fairy houses in the woods, or any other talent, those will be celebrated too at our Variety Show. Details will be sent out in January about how to submit photos for the intermission slideshow.

This event is great fun for our community and it takes a lot of support.

There are many ways to get involved; in ways large and small, from technical support on stage, printing programs, working at a food table at the event, to organizing students on a rehearsal date. If you are interested in helping out or have any questions please email me, Nicole Walsh, (mom of 4th grader Maceo Golossi and 2nd grader Maylyn Golossi) at nicolewalsh16@gmail.com

IN THE NEWS

Kindergartner **Eleanor Maynard** is featured in a beautiful video, bikepacking with her dad and sharing her story of being treated for leukemia. Check it out on the following link: <http://www.bikepacking.com/plog/not-quite-woods/>

Several JSS parents signed a letter to the editor of the Daily Hampshire Gazette, supporting the idea of bringing professional librarians back to the four Northampton elementary schools – a copy is posted on the bulletin board outside the school office.

COMMUNITY NEWS

SCI-TECH CAFÉ

Event location: Union Station, 125A Pleasant Street, Northampton MA. Light appetizers are available while supplies last, and food is available to order.

Time: 6:00pm

Save The Dates / Upcoming Speakers!

1/28/19: Katie Mack, NC State University (Astrophysics)

2/25/19: Kaca Bradonjic, Hampshire College (Physics)

3/25/19: Jesse Mager, UMass Amherst (Vet Science)

4/22/19: Bosiljka Glumac, Smith College (Geology)

6/3/19: TBA

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.

- Fri. Dec. 21** **LAST DAY** before holiday break
Progress report cards go home with students in grade 1-5. Kindergarten reports go home in early February
- Fri. Dec. 21-Tues. Jan. 2** (first day back) **NO SCHOOL** – December Holiday Break
- Tues. Jan. 8** **HOLA STARTS**
- Fri. Jan. 11** All-school Martin Luther King Jr. assembly 3rd grade presents 10:30AM
- Mon. Jan. 14** **NO SCHOOL** – MLK, Jr. Holiday
- Fri. Jan. 25** **NO SCHOOL** for students – Teacher Work Day
- Thurs. Feb. 14** **HOLA ENDS**
- Wed. Feb. 27** All-school assembly 1st grade presents 1:30PM
- Fri. Mar. 15** **GRADES 3,4 & 5 CONCERT 9:30AM** in the gym (YES, we know it's a half-day –dismissal is at 12:20PM, plenty of time for the concert!)
- Thurs. Apr. 25** All-school assembly 5th grade presents 9:10AM
- Fri. May 3** **GRADES K, 1 & 2 CONCERT 1:30PM** in the gym
- Fri. May 10** Alex Smith Trio **RETURN ENGAGEMENT** – stay tuned for details!
- Thurs. May 30** All-school assembly **WELCOME BACK JSS/HIGH SCHOOL GRADS** – KDGners are hosts 2PM
- Wed. June 12** All-school assembly **FINE FINE SCHOOL**

ASSEMBLY DATES

- Jan. 11 –10:30AM 3rd grade MLK, Jr.
- Feb. 27 – 1:30PM 1st grade
- Apr. -25 – 9:10AM 5th grade
- May 30– 2:00PM KDG - JSS Grads
- June 12 – 10:30AM Ms. Agna Fine Fine School

VISITING DAYS

- Wednesdays 9:30-11AM
- January 9, 16, 23, 30
- February 6, 13, 27

FAMILY DINNER SURVEY

We/I attended Family Dinner(s) for grade(s) _____

What I/we liked about the dinner(s) – check all that apply:

- the free dinner the childcare hearing from the teachers the chance to talk with other families
- the discussion OTHER (please list)

What improvements to the dinners can you think of?

COMMENTS:

Thank you! Please email Ms. Agna or return to the school office.

Menús para Enero de 2019



Esta institución es un proveedor de igual oportunidad. Los menús están sujetos a cambios.

¿Pueden los chips ser parte de una comida saludable? Depende. ¿Es tu comida una bolsa grande de chips? Eso no es saludable. Una comida que incluya una bolsita de chips, un sándwich de pavo con lechuga y tomate, una manzana fresca crujiente y un vaso de leche con poca grasa es bastante nutritiva y también deliciosa.

A QUICK BITE FOR PARENTS

miércoles, enero 2

desayuno
pastelillo

almuerzo
Hamburguesa con o sin queso
Batatas fritas horneadas
maize

jueves, enero 3

desayuno
Pan de calabaza

almuerzo
Italian Dunkers
Pan con Queso
Salsa de Marinara
Pepino con Salsa

viernos, enero 4

desayuno
Pan de batatas

almuerzo
Pizza Variedad
Ensalada

lunes, enero 7

desayuno
pastelillo

almuerzo
Palos de Queso
Salsa de Marinara
Brocolí
panecillo

martes, enero 8

desayuno
El sandwich de jamón y huevo

almuerzo
Pollo de Teriyaki
Arroz Integral
Zanahorias
Ensalada de Cuatro Frijoles

miércoles, enero 9

desayuno
pastel

almuerzo
Tiras de polo
Judías verdes
Smiley Fries
panecillo

jueves, enero 10

desayuno
Pan de calabaza

almuerzo
Hot perrito caliente en un bollo
Frijoles al horno
calabaza

viernos, enero 11

desayuno
Pan de batatas

almuerzo
Pizza Variedad
Una Mezcla de Vegetales Frescos
con Humus o Aderezo Ranchero

Disponible a diario

Opciones alternativas de escuelas primarias:
~Crema de maní y mermelada (Escuela Jackson Street)
~Sunbutter y mermelada (Escuelas sin maní)
~Sándwich de queso a la plancha
Ensalada

Hay leche disponible cada día - 1% blanca, descremada de chocolate.
Hay fruta fresca todos los días.

Ahora ofrecemos "My School Bucks" un portal de internet conveniente y seguro para hacer pagos y de information para padres. Vaya a www.myschoolbucks.com para inscribirse en una cuenta gratis.

Precios de comida
Desayuno: \$1.25; Almuerzo: \$2.75
La compra de leche sin comida es de \$0.50, independientemente de la calificación de beneficios de comida

El menu está sujeto a cambios.



LOCAL



MASSACHUSETTS FARM TO SCHOOL

lunes, enero 14

desayuno
pastelillo

almuerzo
Hamburguesa con o sin queso
Batatas fritas horneadas
maíze

martes, enero 15

desayuno
El sandwich de jamón y huevo

almuerzo
Taco Martes
Un Taco Crujiente de Pavo
Lechuga, Tomate, Queso,
Salsa y Crema Agria
Frijoles Refritos
Arroz sazonado

miércoles, enero 16

desayuno
pastel

almuerzo
Ravioli de Queso
Ravioli
Salsa de Marinara
Brocolí
GE Pan

jueves, enero 17

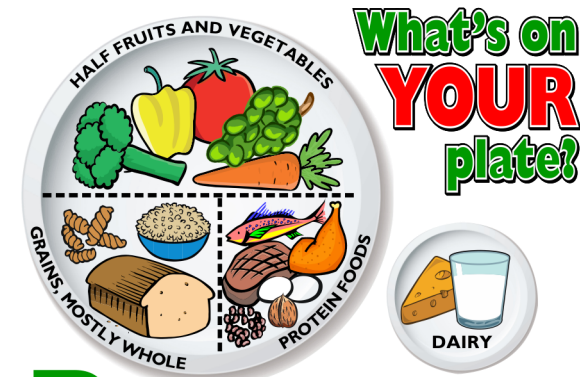
desayuno
Pan de calabaza

almuerzo
El pollo popcorn
Puré de papas & maíz con salsa pan

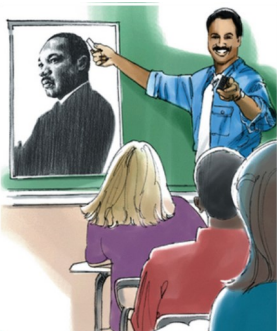
viernes, enero 18

desayuno
Pan de batatas

almuerzo
Pizza Variedad
Ensalada



P • ¿Cómo puede saber si sus frijoles necesitan una ducha?



La escuela estará cerrada el lunes 21 de enero en honor del cumpleaños de Martin Luther King Jr.

martes, enero 22

desayuno
El sandwich de jamón y huevo

almuerzo
Tazó de burrito de pollo
Ensalada de frijol negro y maiz

miércoles, enero 23

desayuno
pastel

almuerzo
El Desayuno Para El Almuerzo
Panqueque
Salchicha
Maíz
Tallos de apio

jueves, enero 24

desayuno
Pan de calabaza

almuerzo
Macarrones de hamburg
Brocolí

viernes, enero 25

Escuela Cerrado hoy



R: Los frijoles secos en un tarro como estos no necesitan una ducha, aunque a algunos cocineros les gusta remojarlos. No obstante, los frijoles en lata tienen mucha sal añadida, por lo que es mejor enjuagarlos rápidamente antes de cocinarlos. Los frijoles frescos, secos o en lata son una increíble y económica fuente de proteína, además tienen muy poca grasa, están cargados de vitaminas y minerales, y son una de las mejores fuentes de fibra que puedes encontrar. ¡Come más frijoles!

Aprende más en www.CHOOSEMYPLATE.gov o www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119



Mira Esto...
En colaboración con *Grow Food Northampton* y *MA Farm to School*, presentamos recetas compartidas de los talleres de cocina en clase que se realizan en nuestras escuelas!

LOCAL

lunes, enero 28

desayuno
pastelillo

almuerzo
Manzana de jamón y espinacas
Smiley Fries
Judías verdes

martes, enero 29

desayuno
El sandwich de jamón y huevo

almuerzo
Nacho Martes
Carne de Taco, Lechuga, Tomate, Queso, Salsa, Crema Agria
Frijoles Negros

miércoles, enero 30

desayuno
pastel

almuerzo
Pasta y albóndigas
Mezcla de vegetales
Nudo de ajo

jueves, enero 31

desayuno
Pan de calabaza

almuerzo
Papa Asada
Con Una Selecció de Chili, Queso, Crema Agria y Brocolí
Ensalada de Zanahorias y Pasa
Pretzel al horno

**Elementary
Menus for
January
2019**



This institution is an equal opportunity provider. Menus are subject to change.

NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS

Monday, January 7

Breakfast
WG Muffin 25gm

Lunch
Mozzarella Cheese sticks 21gm
with marinara sauce 7gm
Steamed Broccoli 6gm
WW Dinner Roll 17gm

Tuesday, January 8

Breakfast
Egg & Cheese Sandwich 20gm

Lunch
Teriyaki Chicken 8gm over
seasoned brown rice 12gm
Yummy Carrots 7gm
Four Bean Salad 12gm

Wednesday, January 9

Breakfast
WG Crumb Cake 48gm

Lunch
Chicken Tenders 15gm and Dip 16gm
Green Beans 5gm
Smiley Fries 25gm
WG Dinner Roll 17gm

Thursday, January 10

Breakfast
WG Pumpkin or Banana
Bread 43gm

Lunch
Hot Dog on a WG Bun 20gm
Baked Beans 35gm
Butternut Squash 15gm

(Pre-k Grilled Cheese Sandwich)

Friday, January 11

Breakfast
Sweet Potato Roll 22gm

Lunch
Pizza Variety Day
Fresh Veggie Medley with
Hummus 8gm or Ranch Dip 4gm

Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm

Wednesday, January 2

Breakfast
WG Muffin 25gm

Lunch
Hamburger/Cheeseburger 25gm
Sweet Potato Fries 19gm
Steamed Corn 8gm

Thursday, January 3

Breakfast
WG Pumpkin or Banana
Bread 43gm

Lunch
Italian Dunkers
Cheesy Bread 17gm w/ marinara
dipping sauce 5gm
Cucumber Wheels 3gm & Dip 8gm

Friday, January 4

Breakfast
Sweet Potato Roll 22gm

Lunch
Pizza Variety Day
Side Salad with Assorted
Dressing 3-14gm

Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm

Available Daily

Sunbutter & Jelly Sandwich, Grilled Cheese, Cheese Sandwich or Entrée Salad (served with WG bread or roll) available as an alternate to the daily meal option

All meals served with assorted fruit 15-30gm and milk 13-24gm.
WG Cereal available as an alternate to daily breakfast option.

Meal Prices:
Breakfast: \$1.25; Lunch \$2.75;
Milk purchase without a meal is \$0.50 regardless of meal benefit qualification

Pay for school meals at www.myschoolbucks.com
Questions or Comments, Please Call the Food Service Office at (413) 587-1487

Menus also available on our website:
<http://www.northamptonschools.org/project/food-services/>



LOCAL



**MASSACHUSETTS
FARM TO SCHOOL**

Monday, January 14

Breakfast

WG Muffin 25gm

Lunch

Hamburger/Cheeseburger 25gm
Sweet Potato Fries 19gm
Bandit Baked Beans 35gm

Tuesday, January 15

Breakfast

Egg & Cheese Sandwich 20gm

Lunch

Taco Tuesday 10gm
Choice of Seasoned Beef or Chicken
Served with lettuce, salsa, cheese & sour cream
Refried Pinto Beans 10gm
Seasoned Rice 12gm

Wednesday, January 16

Breakfast

WG Crumb Cake 48gm

Lunch

Rockin' Cheese Ravioli in Marinara Sauce 15gm
Steamed Broccoli 5gm
WG Dinner Roll 17gm

Thursday, January 17

Breakfast

WG Pumpkin or Banana Bread 43gm

Lunch

Popcorn Chicken Bowl 15gm
Mashed Potatoes 17gm
Corn 8gm
Gravy
WG Dinner Roll 17gm

Friday, January 18

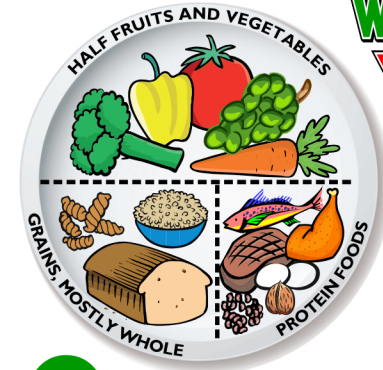
Breakfast

Sweet Potato Roll 22gm

Lunch

Pizza Variety Day
Side Salad with Assorted Dressing 3-14gm

Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm



What's on YOUR plate?

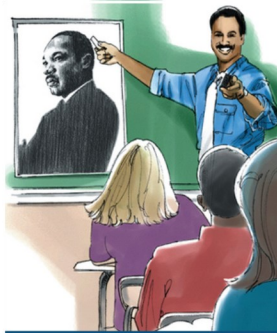


Q • How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

Breakfast

Egg & Cheese Sandwich 20gm

Lunch

Chicken Burrito Bowl 39gm
Brown rice, seasoned chicken, cheese and salsa. Served with tortilla wrap
Black Bean and Corn Salad 9gm

Wednesday, January 23

Breakfast

WG Crumb Cake 48gm

Lunch

Brunch
WG Pancakes 26gm
Sausage
Steamed Corn 8gm
Celery Sticks and Sunbutter Dip 10gm

Thursday, January 24

Breakfast

WG Pumpkin or Banana Bread 43gm

Lunch

American Chop Suey ~40gm
Elbow macaroni cooked in a tomato based meat-sauce topped with cheese
Steamed Broccoli 6gm

Friday, January 25



No School Today



Check this out...

In collaboration with Grow Food Northampton and MA Farm to School we are featuring recipes shared from in class cooking workshops happening in our schools!

LOCAL

Breakfast
WG Muffin 25gm

Lunch
Local Apple, Ham and Spinach Wrap 35gm
Smiley Fries 25gm
Green Beans 5gm

Monday, January 28

Breakfast

WG Muffin 25gm

Lunch

Local Apple, Ham and Spinach Wrap 35gm
Smiley Fries 25gm
Green Beans 5gm

Tuesday, January 29

Breakfast

Egg & Cheese Sandwich 20gm

Lunch

Nacho Tuesday 15gm
Grilled chicken or Ground beef, lettuce, salsa, cheese and sour cream
Seasoned black beans 20gm

Wednesday, January 30

Breakfast

WG Crumb Cake 48gm

Lunch

Penne and Meatballs with Marinara Sauce ~40gm
Steamed Mixed Veggie 12gm
Garlic Knot 16gm

Thursday, January 31

Breakfast

WG Pumpkin or Banana Bread 43gm

LOCAL

Lunch

Baked Potato Bar 40gm
Served with your choice of chili 10gm, cheese 14gm, and sour cream
Steamed Broccoli 6gm
WG Baked Pretzel 14gm