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December 7, 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. أو المرح المراك المرح المرح المراك المرح المراك المرك المراك المرك المراك المراك ال

You may also connect with us on Twitter:https://twitter.com/#!/NPSDistrict

Ms. Allessi's website: https://sites.google.com/northampton-k12.us/mindfulnessatjss

MESSAGE FROM MS. AGNA

FAMILY DINNERS

JSS Office 587-1510

Final Family Dinner date: Mon. Dec. 10 - KDG

We are taking sign-ups through email or calling the office. Email me: gagna@northampton-k12.us or call 413-587-1510. We think this is the best way to get an accurate count for ordering pizza.

DOOR SECURITY

It's come to my attention that the front door procedure needs reminders and clarification. As the sign that's posted reads, PLEASE DO NOT hold the door open for people, even if you know them. We are so sorry that this may seem rude and unfriendly – it is ONLY for safety that we ask this. If you experience a problem following this rule, please let me know and I'll try to give individual friendly reminders. Thank you!

TIS THE SEASON - REMINDERS

Please join us to celebrate the return of the light and the Winter Solstice at our annual assembly on Wednesday, Dec. 20 at 2:15PM in the gym. Our 2nd graders lead us in this celebration and we light candles representing the many holidays celebrated during this period.

The annual Giving Tree is up in front of the main office – ready to welcome canned/boxed goods to be donated to the Northampton Survival Center as well as decorated by mittens, gloves, hats, and scarves! Please consider doing this as part of your family's giving this season.

We know that the pressure to give gifts is great at this time of year. Parents/guardians who celebrate Christmas want to provide for their children and often cannot due to financial challenges. Please let me know if you need help with gifts by emailing or calling. gagna@northampton-k12.us.

And if you would like to help a family this month by purchasing gifts (from lists provided) for a family and/or donating money or gift cards, please also let me know. We have had an "Adopt-A-Family at the Holidays" program for many years now. Families who do this report that it is an important way for them to give to others.

FROM THE BOOK OF LIFE

I came across the following and think it has good messages for the now – and always:

How to Love

One of the great intellectual puzzles that daily life forces all of us to consider on a slightly too regular basis is: 'Why are other people so awful? How come they are so unreliable, aggressive, deceitful, mean, two-faced or cowardly?' As we search for answers, we tend quite naturally to fall back on a standard, compact and tempting explanation: because they are terrible people. They are appalling, crooked, deformed or 'bad'; that's simply how some types are. The conclusion may be grim, but it also feels very true and fundamentally unbudgeable.

However, when things feel especially clear cut, we may be goaded to try out an unusual thought experiment, which stands to challenge a great many of our certainties and render the world usefully more complicated: we can try to look at our fellow humans through the eyes of love.

What is The Book of Life?

The experiment requires particular stamina and is best attempted at quieter, less agitated times of day. When we manage it, it may count as one of our highest ethical achievements.

We are normally resolutely on our side, deeply invested in our own point of view and prone to trade in settled and moralizing certainties. Yet, very occasionally, we have the strength to look at other people through a different lens: we notice that their reality is likely to be far more complicated and nuanced than we first expected – and that, contrary to our impulses, they may be deserving of more sympathy and consideration than we thought, even though they have hurt and frustrated us, even though their behavior runs contrary to what we expect – and even though the temptation is to call them idiots and numbskulls and move on.

Looking at another person through the eyes of love involves some of the following:

- Imagination

Moralistic-thinking identities people closely with their worst moments. Lovethinking pushes us in another direction, it bids us to use our imaginations to picture why someone might have done a regrettable deed and yet could remain a fitting target for a degree of understanding and sympathy. Perhaps they got very frightened, maybe they were under pressure of extreme anxiety and despair. They might have been trying to say or do something else, and this was all they could manage.

Those who look with love guess that there will be sorrow and regret beneath the furious rantings or a sense of intolerable vulnerability behind the pomposity and snobbishness. They intimate that early trauma and let-down must have formed the backdrop to later transgressions. They will remember that the person before them was once a baby too. The loving interpreter holds on to the idea that sweetness must remain beneath the surface – along with the possibility of remorse and growth. They are committed to mitigating circumstances; to any bits of the truth that could cast a less catastrophic light on folly and 'nastiness'.

- Hurt Not Bad

Love-thinking refuses to believe that there is ever anything such as evil pure and simple. Bad behavior is invariably the consequence of hurt: the one who shouts did not feel heard, the one who mocks was once humiliated, the constant cynic had hope snatched from them. This is not an alternative to responsibility, it is just a knowledge that acting badly must be a response to a wound, and never an initial ambition.

The fundamental step of love is to hold on, in the most challenging situations, to a distinction between a person's overt unpleasant actions and the pity worthy motives that invariably underlie them.

Moralistic thinking likes headlines; love-thinking goes in search of stories. 'Angry spouse abandons family' will have its origins decades before, in the old house, at the hands of unsteady parents, when innocence was first lost and stability destroyed. 'Scandalous CEO ruins company' isn't a story of greed or venality, but one of loss, grief and mental illness. In the face of caricature, the task of love is proper curiosity.

- The Child Within

To consider others with love means forever remembering the child within them. Our wrongdoer may be fully grown, but their behavior will always be connected up with their early years. We're so keen never to seem patronising by treating someone as younger than they are that we overlook the need occasionally to ignore the outward adult sides of others in order to perceive and sympathise with the angry confused infant lurking inside.

When we are around small children who frustrate us, we don't declare them evil, we don't bear down on them to show them how misguided they are. We find less alarming ways of grasping how they have come to say or do certain things. We don't readily assign a negative motive or mean intention to a small person; we reach around for the most benevolent interpretations. We probably think that they are getting a bit tired, or their gums are sore or they are upset by the arrival of a younger sibling. We've got a large repertoire of alternative explanations ready in our heads.

This is the reverse of what tends to happen around adults; here we imagine that others have deliberately got us in their sights. But if we employed the infant model of interpretation, our first assumption would be quite different. Given how immature every adult necessarily remains, some of the moves we execute with relative ease around children must forever continue to be relevant when we're dealing with another grown-up.

- The Possibility of Tragedy

Moralistic thinking is sure that people get what they deserve. Love-thinking believes in the existence of tragedy, that is, in the possibility that one can be good and still fail. Tragedy teaches us that the most shocking events can befall the more or less innocent or the only averagely muddled and weak. We do not inhabit a properly moral universe, disaster is at points distributed to those who could not have expected it to be a fair outcome, given what they did. Lovethinking accepts a remarkable, frightening and still-too-seldom accepted possibility: that failure is not reserved for those who are 'evil'.

- Patience

Moralistic thinkers reach their certainties swiftly; love thinkers take their time.

They remain serene in the face of obviously unimpressive behavior: a sudden loss of temper, a wild accusation, a very mean remark. They reach instinctively for reasonable explanations and have clearly in their minds the better moments of a currently frantic but essentially loveable person. They know themselves well enough to understand that abandonments of perspective are both hugely normal and usually indicative of nothing much beyond passing despair or exhaustion. They do not aggravate a febrile situation through self-righteousness, a symptom of not knowing oneself too well – and of a very selective memory. The person who bangs a fist on the table or announces extravagant opinions is most likely to be simply rather worried, frightened, hungry or just very enthusiastic: conditions that should rightly invite sympathy rather than disgust.

- Redeeming Features

Love-thinkers interpret everyone as having strengths alongside their obvious weaknesses. When they encounter these weaknesses, they do not conclude that this is all there is, they know that almost everything on the negative side of a ledger could be connected up with something on the positive. They search a little more assiduously than is normal for the strength to which a maddening characteristic must be twinned. We can see easily enough that someone is pedantic and uncompromising; we tend to forget, at moments of crisis, their thoroughness and honesty. We may know so much about a person's messiness, we forget their uncommon degree of creative enthusiasm. There is no such thing as a person with only strengths, but nor is there someone with only weaknesses. The consolation comes in refusing to view defects in isolation.

much more!

Love is built out of a constantly renewed and gently resigned awareness that weakness-free people do not exist.

Peace to you and all,

Gwen Agna

every penny raised goes to the JSS PTO for programs at our school.

And we'll have our very popular Kids' Table, with great items for children to buy as gifts for friends and family, all priced at 25 cents.

Come shop for toys, mugs, candles, stationery, picture frames and

The store will be open again on Friday, Dec. 7 from 2:45 to 3:30PM.

This is a great opportunity to do some holiday gift shopping and benefit JSS at the same time.

Toys are one of our biggest sellers (of course!) - if you have NEW toys to donate for the sale, we would love to have them - there is a box in the school office to drop them off. Sorry, we can only accept new toys for this sale.

HOLIDAY TOY EXCHANGE

If you have gently used toys to donate, please consider the Northampton ReUse Holiday Toy Exchange at Smith Vocational High School. The event is on Sat., Dec. 8, and drop-off of toy donations is Friday, Dec. 7 from 4:00 to 8:00 pm. For more information, please visit https://www.northamptonma.gov/CivicAlerts.aspx?AID=581

Free Yoga Classes at Karuna

Friday, December 14th 4:00 - 5:00

An active, playful class for teachers, staff, students and FAMI-LIES. Come and experience for yourself what happens every day at the JSS Mindfulness studio.

LOST & FOUND AND COATS!

The Lost & Found table is overflowing! PLEASE LABEL YOUR CHILDREN'S BELONGINGS! We will try to return lost items to students during the day but we can't when they're not labeled!

Also, it is cold outside and some students aren't wearing/ bringing coats, hats, glove, mittens, and scarves! We are happy to enforce wearing them but we need them to come to school with your children!

HOLA NEWS

HOLA session 2 will run six weeks, January 8- February 14. Registration forms will go home next 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

PTO NEWS

PARENTS NIGHT OUT

The sign-up forms (English and Spanish) are attached again this week - please return all forms by Monday, December 10 so we can plan for how many kids are coming!

JSS HOLIDAY STORE TODAY, FRIDAY, DEC. 7th AT PICK-UP

Each December, JSS has a Holiday Store, selling items for holiday gift-giving and supporting our school. We'll have a wonderful array of gift items for purchase, all at very reasonable prices (almost everything \$5 or less, and most items \$1 - \$3), and

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.

Mon. Dec. 10 KDG Family Dinner

Thurs. Dec. 20 All-school assembly – 2nd grade presents on the Winter Solstice 2:15PM

Fri. Dec. 21 Progress report cards go home with students in grade 1-5. Kindergarten reports go home in early February

Fri. Dec. 22-Tues. Jan. 2 (first day back) NO SCHOOL - December Holiday Break

Fri. Jan. 11 All-school Martin Luther King Jr. assembly 3rd grade presents 10:30AM

Fri. Jan. 25 NO SCHOOL for students – Teacher Work Day

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 ENGAGMENT – stay tuned for details!

Thurs. May 30 All-school assembly WELCOME BACK JSS/HIGH SHOOL GRADS - KDGners are hosts 2PM

Wed. June 12 All-school assembly FINE FINE SCHOOL

ASSEMBLY DATES

Dec. 20 - 2:15PM 2nd grade Winter Solstice

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



