



# 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.jspspto.org/>

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

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

JSS Office 587-1510

Volume 23 No. 24

March 8, 2019

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 أردت نسخة من هذه الرسالة بلغة عربية، فيرجى الاتصال بالمدارس في 587-1315. إذا أردت نسخة من هذه الرسالة بلغة فرنسية، فيرجى الاتصال بالمدارس في 587-1315.



## MESSAGE FROM MS. AGNA

**REMINDER: Next Friday, March 15, is a half-day for students. Dismissal will be at 12:20PM and bag lunches are available. It is a Staff PD/Faculty Work Day.**

**It is also the date of the 3rd, 4th and 5th grade concert – families of those grades are invited to attend! The concert begins at 9:30AM.**



## JSS COUNCIL SURVEY!!

The JSS Council WANTS TO HEAR FROM YOU!! Please use the following link to fill it out! We will check in with families about filling it out if you don't have at home Internet – stay tuned!

<https://www.surveymonkey.com/r/THM6ZJB>

Please fill this out BY NEXT FRIDAY MARCH 15, 2019!!



Also, the JSS Council is partnering with the Caregiver Café organizers, **Sally Imbimbo** and **Leah King** to sponsor additional workshops on the issue of parenting in the tech age. See the descriptions below and mark your calendars!

And speaking of tech, you may have heard the news stories about inappropriate and sometimes dangerous content being inserted by hackers into children's videos on the YouTube platform. One such is a figure called "Momo".

The Internet puts more resources at our fingertips than ever before. Due to the wealth of information accessible online, both good and bad, it's important to understand different ways we can make the Internet safer. One website that provides a variety of Internet safety resources for parents is Common Sense Media. For example, they have produced, A Parents Ultimate Guide to YouTube, A Parent's Ultimate Guide to YouTube Kids, and YouTube Alternatives. These resources contain steps to add content filters and parental controls, to reduce the chance of exposure to inappropriate content. For more information on safety tips, as well as discussion starters click here!

Information specific to the Momo hoax can be found at the following link:

[https://www.washingtonpost.com/technology/2019/03/01/momo-challenge-isnt-viral-danger-children-online-it-sure-is-viral/?utm\\_term=.7c678e08ddcb](https://www.washingtonpost.com/technology/2019/03/01/momo-challenge-isnt-viral-danger-children-online-it-sure-is-viral/?utm_term=.7c678e08ddcb)

## MCAS SCHEDULE

The 3rd, 4th and 5th graders will take the Massachusetts Comprehensive Assessment Systems tests in April and May. I have attached the schedule below, under the MARK YOUR CALENDAR section. We ask that if you have a choice in making appointments and/or taking vacations, you avoid the dates on which your child is taking MCAS. Thank you for your support. I will write more about the assessment itself in next week's newsletter.

## STAFF CHANGES FOR 2019-2020 SCHOOL YEAR

There are many! Here we go:

- **Ms. Pat Russell**, library ESP (Educational Support Professional) will retire and Mr. Nick Ames will become the library ESP. Mr. Ames is currently a 5th grade teacher and will take a one-year leave of absence from his position.
- **Ms. Kathy Malynoski**, ESL teacher, will retire and Ms. Kim Gerould, 3rd grade teacher, will become the ESL teacher. Ms. Gerould's career at JSS began as a bilingual education teacher.
- **Ms. Mary Cowhey**, Title I Math teacher, will retire and Mr. Tom Chang will become the Title I Math teacher. Mr. Chang was the Title I Math teacher at Leeds and RKFinn/Ryan Rd. School before he came to JSS.
- **Ms. Jolie Smith** will take a one-year leave of absence from her 2nd grade teaching position to join her family in England for the year.

We will form interview committees for the open positions in the next few weeks. If you are interested in serving on a committee, please contact me.


## DATE CHANGE!

In the series of workshops with **Susan McNamara**, the first one will be on THURSDAY, APRIL 4 – NOT on the 11th because that is the date of the JSS Film Festival! So MARK YOUR CALENDARS!

## NEXT WEEK'S NEWSLETTER

More about MCAS – and also the Class Placement form will be attached. We ask that families fill out this form about their child(ren) to help us make the class assignments for next year.

*Respectfully and affectionately yours,*

  
Gwen Agna

## TONIGHT – FRIDAY, MARCH 8!

Mo Willems exhibit to benefit NEF - opening reception on Friday, March 8 as part of Arts Night Out

An exhibit of Mo Willems' work, Try Being Nice, is on exhibit at R. Michelson Galleries (132 Main St., Northampton) for the month of March.

All of Mo's proceeds for this show will be donated to The Northampton Education Foundation to help supplement programs and activities for the community's public-school students.

Please join R. Michelson Galleries for the Opening Reception of Try Being Nice on Friday, March 8th from 6-8 pm (in conjunction with Northampton's Arts Night Out).

Thanks to all of you, we received a \$1,527 grant from Florence Bank

Thank you, Florence Bank for this wonderful grant, and thanks to everyone who voted for JSS PTO for Florence Bank's Customers' Choice Community Grants.

Your votes helped us win \$1,527 for programs at our school.

Every vote equals about \$16 for our school, so every vote truly counts and truly helps JSS!

## JSS PTO meeting - Wed., March 13 at 6:30 pm in the library

Please join us for our next PTO meeting - all parents, caregivers and staff are part of the PTO!

Lots of fun plans and events to discuss. We would love your input!

Free snacks and free childcare.

## JSS Caregiver Cafe: Technology and our Children

Many of us have questions and concerns around technology. Our kids want more tech and it isn't always easy to say no. The data around exposure to tech is alarming and confusing. Come talk with others about how we can best help our children to lead more balanced lives. The Caregiver Cafe (Parent Cafe) is a nationally recognized program to keep children healthy and families strong.

When: Thursday 3/14

Who: JSS families

Time: 5:30-7:30

Dinner and childcare will be provided.

R.S.V.P King.Leah72@gmail.com or Sally.Imbimbo@gmail.com to plan food and childcare.

# **Family event at Forbes Library on March 16 - featuring authors Anna Alter, Molly Burnham and Lisa Papademetriou!**

Everyone is invited to NEF Story Stomp!

When: Saturday, March 16 from 1:00 - 2:00 pm

Where: Forbes Library Community Room

What: A totally fun, interactive celebration of children's books with three award-winning local authors: Anna Alter (JSS mom!), Molly Burnham (former JSS teacher & mom of JSS alums!) and Lisa Papademetriou.

Draw! Act! Make!

Come join us for this FREE event! Fun for all ages! Tasty snacks provided!

Sponsored by Northampton Education Foundation (NEF)

## **Swing Into Spring 2019!**

Mark your calendars for our school's biggest fundraiser of the year- March 29th! This adult only event will be at the Look Park Garden House from 6:30-10:30 pm. Come join us for live music, door prizes, and a silent auction! Light hor d'oeuvres will be served and a cash bar available. New this year will be a \$10 raffle where you can enter to win a pool party at Ms. Agna's house for your student and some friends. That's right, one of the most coveted items can be yours for just \$10!! Raffle tickets will be sold at school prior to the auction at all school events + occasionally on the playground. The raffle winner will be drawn at the auction, but you do not need to be present to win!

Questions about the auction?

Email: [jacksonstreetauction@gmail.com](mailto:jacksonstreetauction@gmail.com)

SWING INTO SPRING CLASS BASKETS

It has become a tradition for each grade to compile a themed gift basket to auction off at Swing into Spring, the wonderful annual JSS event taking place on Friday, March 29 at the Garden House in Look Park.

We have put a box for each grade in the school office to collect items donated by families. All donations are greatly appreciated and nothing needs to be expensive! Many of the best items come from dollar stores, or perhaps from a stash of small gifts, party favors and craft items you may have at home. Please bring in any donated items (new or like-new) by Wednesday, March 27. Families have been wonderfully creative in collecting gift basket items and the baskets have raised great funds for our school.

Thank you so much, and please let me know if you have any questions.

- Beth Maurer, [bethmaurer4@icloud.com](mailto:bethmaurer4@icloud.com) or 413-320-9950.

Here are the themes for each grade and a few suggestions of the kind of items that might fit the theme – let your imagination go!

### **The Kindergarten theme is Day at the Beach**

Suggestions: inflatable beach balls, sunglasses, flip flops, pail & shovel, sunscreen, Frisbees, bubbles, hats, beach tote, lemonade mix...

### **The First Grade theme is Craft Corner**

Suggestions: anything and everything to get crafty: beads, popsicle sticks, paper, markers, glitter glue, stickers, paints, Play Dough, clay, wiki sticks, crayons, craft kits...

### **The Second Grade theme is Home Chef**

Suggestions: anything related to cooking/eating! How about pot holders, cookie cutters, chopsticks, cookbooks, recipe cards, baking mixes, barbeque or hot sauces, spices, apron, whisk, spatula, toy food ...

### **The Third Grade theme is Road Trip**

Suggestions: backseat toys and games, markers, travel mug, sunglasses, camping things, thermoses, travel bingo, bug spray, guide book, book on tape, s'mores ingredients, books, music, dvd's, coffee, mini cooler, wet wipes, coloring books, duffel bag, dashboard decorations, sunscreen, flashlight., car wash gift card, disposable camera...

### **The Fourth Grade theme is Family Game Night**

Suggestions: classic board games (Monopoly, Scrabble, Sorry...), decks of cards, Mad Libs, crosswords, Sudoku, Twister, dice, snacks, Rubik's Cube, new favorites...

### **The Fifth Grade theme is Movie Night**

Suggestions: dvd's of classic and new favorites, popcorn, candy, movie-time snacks, comfy blanket, movie trivia book, movie posters....

## **5th Annual JSS Family Science Night !!!!**

We are very happy to announce that Friday, March 22nd, is our Family Science Night, from 6:00-7:30pm.

There will be an optional pizza dinner available from 5:30-6:00 pm. (We will send out order forms closer to the event).

The purpose of this event is to promote the thrill of Science through short and exciting hands-on demonstrations, led by JSS parents or families.

To make it happen, we need volunteers for the demonstrations. Kids love when their families get involved with this, and are often excited to help out their parents. You can suggest your own demonstration, or pick from a list of suggestions.

The demonstration itself should not be longer than 15 minutes, ideally shorter, so it can be repeated and tried by many visitors as students and their families rotate around the school visiting the "sci-

ence stations” throughout the event.

We are also looking for parents joining the Science Night Planning Committee.

If interested, please email Pallavi at: [pallubv@gmail.com](mailto:pallubv@gmail.com) or Andrea Doehne at [a.doehne@gmail.com](mailto:a.doehne@gmail.com)

## **The JSS Film Festival - CHANGE OF DATE!**

Due to a district conflict, the JSS Film Festival has been re-scheduled for Thursday, April 11th, 6:30-7:30pm in the JSS Library!

We still have room for entries! Please contact Stan and Halle’s mom Jodi Shaw ([jodishaw@mac.com](mailto:jodishaw@mac.com)) for more info on how to submit.

## **WORKSHOP SERIES – MARK YOUR CALENDARS**

The JSS Council is partnering with the Caregiver Cafes to provide more info and support for families in the age of tech. The following series is offered as “stand alone” or a continuation – all begin at 6:30 and end by 8PM. Childcare will be provided so we need sign-ups (below the calendar).

### **Balancing The Use Of The Screen Technologies With Your Family Values**

#### **Thursday, April 4, 2019 (NOTE DATE CHANGE!)**

Navigating choices around the ever-changing world of the screen technologies and our children can be extremely confusing and overwhelming. This leaves many parents uncertain about what to say yes and no to regarding the use of the devices with their children.

When we have the time to get clear about what matters most to us, the issues of if, when and where around the devices and our children becomes easier to decide on. This evening is an opportunity for parents to explore getting clearer using the practice of mindfulness to help identify personal values and common sense solutions and strategies that you may have the family life you always dreamed of.

### **Exploring What It Is That Children Really Need In The Age Of Technology**

#### **Thursday, May 16, 2019**

Peer and societal pressures, along with the time and energy constraints many parents face leave families without the necessary resources and reference points to more fully understand the impact that the screen technologies are having in the day to day life of their children.

Stepping beyond expert opinion and “ten-easy-step solutions,” this evening offers caretakers support and strategies for understanding the real needs of their children.

## **Creating A People-Centered Home VS. A Screen-Centered Home**

### **Thursday, June 6th**

The basis for everything that children need to be successful in the world, communication skills, self-care, self-worth, team building, lifelong habits, beliefs, and more, all begin at home. Unfortunately, many of our homes focus more on our electronics than on the real needs of people.

This evening’s workshop offers parents the time and support to develop practical solutions to the dominant role that the screens occupy in our homes. That same role that often ignores and denies important things like downtime, connection, quiet, and peaceful mealtimes.

### **Presenter:**

**Susan McNamara, M.A., CHHC**, is a Certified Holistic Health Counselor who is trained in Mindfulness-Based Stress Reduction, and holds a Masters Degree in Counseling Psychology. Susan is an adjunct professor at Westfield State University where one of the topics she explores with her students is the impact technology is having on their health and well-being.

For almost twenty-five years, Susan has been contemplating, researching, and most importantly living the questions around technology and children with her own family and others. She has just finished her first book, *Remembering What Matters Most: A Contemplative Approach To Children & Technology*.

Susan can be reached at 413-527-2230 or [thefarmatavalon@hotmail.com](mailto:thefarmatavalon@hotmail.com). Check out the article in a recent Daily Hampshire Gazette by Susan, entitled “Pandora’s phone – and what to do when your child has seen something she can’t unsee online”. The link for this is: <https://www.gazettenet.com/Kids-and-screens-23738686>.

## **SERIE DE TALLERES - MARQUEN SUS CALENDARIOS**

El Consejo de JSS se está asociando con los Cafés de Cuidadores para brindar más información y apoyo a las familias en la era de la tecnología. La serie siguiente se ofrece de manera “independiente” o como continuación, todas comienzan a las 6:30 p.m. y terminan a las 8:00 p.m. Se proporcionará cuidado de niños, por lo cual necesitamos que se inscriban (ver debajo el calendario).

### **Cómo Equilibrar el Uso de las Tecnologías de Pantalla con Sus Valores Familiares**

#### **Jueves, 11 de abril de 2019**

Navegar por las opciones en torno a las siempre cambiantes tecnologías de pantalla y a nuestros niños puede ser extremadamente confuso y abrumador. Esto deja a muchos padres inseguros sobre cuándo decir sí o no, en cuanto al uso de los dispositivos con sus hijos.

Cuando tomamos tiempo para estar claros sobre lo que más nos importa, los temas de si, cuándo y dónde en torno a los dispositi-

tivos y a nuestros niños, esto se vuelve más fácil de decidir. Esta noche es una oportunidad para que los padres exploren cómo obtener claridad utilizando la práctica de la atención plena para ayudar a identificar los valores personales y las soluciones y estrategias de sentido común para que pueda tener la vida familiar que siempre soñó.

## **Explorando qué es lo que los Niños Realmente Necesitan en la Era de la Tecnología**

**Jueves, 16 de mayo de 2019**

Las presiones de los compañeros y la sociedad, junto con las limitaciones de tiempo y energía que muchos padres enfrentan, dejan a las familias sin los recursos y los puntos de referencia necesarios para comprender mejor el impacto que las tecnologías de pantalla están teniendo en la vida cotidiana de sus hijos.

Más allá de la opinión de los expertos y de las “soluciones en diez pasos fáciles”, esta noche ofrece apoyo y estrategias a los cuidadores para comprender las necesidades reales de sus hijos.

## **Creando un Hogar Enfocado en las Personas vs. Una Casa Enfocada en las Pantallas**

**Jueves, 6 de junio de 2019**

La base de todo lo que los niños necesitan para tener éxito en el mundo, las habilidades de comunicación, el cuidado personal, la autoestima, la formación de equipos, los hábitos para toda una vida, las creencias y más, todo comienza en el hogar. Desafortunadamente, muchos de nuestros hogares se concentran más en nuestros aparatos electrónicos que en las necesidades reales de las personas.

El taller de esta noche ofrece a los padres el tiempo y el apoyo necesario para desarrollar soluciones prácticas para el papel dominante que ocupan las pantallas en nuestros hogares. Ese mismo papel que a menudo ignora y niega cosas importantes como el tiempo libre, la conexión, la tranquilidad, y la hora de comer en paz.

### **Presentadora:**

Susan McNamara, MA, CHHC, es Asesora Certificada de Salud Holística, capacitada en Reducción del Estrés Basada en la Atención Plena, y tiene una Maestría en Consejería Psicológica. Susan es profesora adjunta de la Universidad Estatal de Westfield, donde uno de los temas que explora con sus estudiantes es el impacto que la tecnología está teniendo en su salud y bienestar.

Durante casi veinticinco años, Susan ha estado contemplando, investigando, y más importante aún, viviendo las preguntas acerca de la tecnología y los niños con su propia familia

y con otros. Acaba de terminar su primer libro: Recordando lo que Más Importa: Un Enfoque Contemplativo hacia los Niños y la Tecnología (en inglés, Remembering What Matters Most: A Contemplative Approach To Children & Technology.)

Se pueden comunicar con Susan llamando al 413-527-2230 o escribiéndole a: [thefarmatavalon@hotmail.com](mailto:thefarmatavalon@hotmail.com). Revise el artículo de Susan, en un reciente Daily Hampshire Gazette, titulado “El teléfono de Pandora, y qué hacer cuando su hija ha visto algo que ella no puede dejar de ver en línea” (En inglés, “Pandora’s phone – and what to do when your child has seen something she can’t unsee online”). El enlace de esto es: <https://www.gazettenet.com/Kids-and-screens-23738686>

## **IN THE NEWS**

 The Daily Hampshire Gazette photographer captured JSS 3rd grader, **Harper Kelly**, and her “oldest dog in Northampton” in a wagon at the VINS Benefit Dog Show!

## **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!

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 – on the first and third Wednesday of the month, 9-10AM.

- Thurs. Mar. 14** Caregivers Café 5:30-7:30PM
- 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!)\  
Half-Day in the Northampton Public Schools – dismissal at the elementary schools is 12:20PM
- Fri. Mar. 22** FAMILY SCIENCE NIGHT!
- Wed. Mar. 27** NEF Adult Spelling Bee - JFK Middle School 5-8
- Fri. Mar. 29** JSS SWING INTO SPRING AUCTION!
- Thurs. Apr. 11** HOLA ENDS!  
JSS Film Festival – new date!! 6:30PM JSS Library
- Thurs. Apr. 25** All-school assembly 1st grade presents 9:10AM
- Fri. May 3** GRADES K, 1 & 2 CONCERT 1:30PM in the gym
- Wed. May 8** JSS COUNCIL & PTO meeting with Chip Wood, consultant – Details TBA
- Fri. May 10** Alex Smith Trio RETURN ENGAGEMENT – stay tuned for details!
- Thurs. May 16** Exploring What It Is That Children Really Need In The Age Of Technology
- Thurs. May 30** All-school assembly WELCOME BACK JSS/HIGH SHOOOL GRADS – KDGners are hosts 2PM
- Thurs. June 6** Creating A People-Centered Home VS. A Screen-Centered Home
- Wed. June 12** All-school assembly FINE FINE SCHOOL

## Jackson Street School MCAS Schedule

<b>ELA</b>				<b>MATH</b>			
3rd Grade	Tues April 2	Wed April 3	Make Up Apr 4	4th Grade	Tues April 30	Wed May 1	Make Up May 2
4th Grade	Mon April 8	Tue April 9	Make Up Apr 10	5th Grade	Tues May 7	Wed May 8	Make Up May 9
5th Grade	Tues April 23	Wed April 24	Make Up Apr 25	3rd Grade	Tues May 14	Wed May 15	Make Up May 16

### YES I/we would like to attend the following:

1. Caregiver Café – Thursday, March 14 5:30-7:30PM \_\_\_\_\_
2. Balancing The Use Of The Screen Technologies With Your Family Values-  
Thursday, April 11, 2019 6:30-8PM \_\_\_\_\_
3. Exploring What It Is That Children Really Need In The Age Of Technology -  
Thursday, May 16, 2019 6:30-8PM \_\_\_\_\_
4. Creating A People-Centered Home VS. A Screen-Centered Home,  
Thursday, June 6th 6:30-8PM \_\_\_\_\_

Name: \_\_\_\_\_

Number of adults: \_\_\_\_\_ Number of children who need childcare \_\_\_\_\_

Please return to the school office or your child's teacher.