



## Kindergarteners Go Apple Picking!



Everyone is  
Different.  
Everyone  
Belongs.



### Special Event Update

We are currently in the process of initiating a new Haggerty School tradition. All week the children and staff have been generating a list of suggestions for a new celebration for our school that will be uniquely ours. Each classroom is submitting their suggestions. Some great ideas have come out of these brainstorming sessions such as pajama day, crazy hair day, school spirit day, and

activity/game day. Friday, October 22nd, is the final day to submit all suggestions. A list will be compiled and a school vote for this celebration will be taken on Election Day, Tuesday, November 2nd. Our school polls will be open from 9:00 – 10:30 for voting. Our new

school celebration will occur on Wednesday, November 10th (the day before the Veteran's Day holiday). More information will follow as we begin to plan this event next week.



### Inside:

Note about Sleep	2
Library Corner	3
Haggerty Events	4
Community Happenings	5

Issue 32

October 22



# 2010



This hand means that the event was funded by the Friends of Haggerty, Inc.

# The Importance of Sleep for Young Children



A Note From  
Principal Kate  
Conway.

I am writing to you about the importance of sleep. Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits.

With the start of a new school year, I encourage you to make sufficient sleep a priority for your family. Please think about your child/ children's bedtime and consider what changes you could make to allow more time for sleep. Creating a home environment conducive to healthy sleep habits can be challenging, but it is very important. If you would like support for making any changes, please feel free to contact our school counselor.

Let us all work together to help children do better in school by ensuring that they get enough sleep each night. I have attached a fact sheet on children and sleep.

Thank you for taking the time to read this information and for your efforts as parents.

## Fact Sheet: The Importance of Sleep

How much do we need?

- Children 1-3 years old: 12-14 hours
- Children 3-5 years old 11-13 hours
- Children 5-12 years old 10-11 hours
- Teens: 8-9.5 hours
- Adults: 7.5-8.5 hours

Lack of sleep in children and teens:

Learning problems in school:

- Difficulty concentrating
- Trouble remembering what they have learned
- Impaired attention span
- Trouble absorbing new information

Behavior problems in school:

- Feeling moody, cranky and irritable
- Impaired judgment

Sleep Tips for Parents

- Establish a regular sleep & wake schedule
- Create a bedtime ritual which includes 15-30 minutes of relaxing, quiet activities immediately prior to bedtime
- Maintain a quiet sleep environment
- Dim lights and turn down music
- Teach children to recognize the signs of sleepiness
- Discourage children from drinking fluids before going to sleep
- Avoid caffeine (in beverages, chocolate and other products) close to bedtime
- Avoid placing televisions and computers in children's bedrooms
- Talk to your child's doctor if you are concerned about sleep problems such as: difficulty falling asleep, nighttime awakenings, snoring, stalling and resisting going to bed, having trouble breathing, or loud and heavy breathing while sleeping.

For more information:

National Sleep Foundation [www.sleepfoundation.org](http://www.sleepfoundation.org)  
202-347-3471.

# Library Corner with Karen Kosko



## Shake Hands with Shakespeare

Haggerty School is part of a 2010 National Endowment for the Arts (NEA) grant that invites students to participate and learn about Shakespeare [1564-1616] and his plays with the Actor's Shakespeare Project (ASP). Our students are fortunate to have this unique opportunity to collaborate with some of the finest actors in this area.

For more information check out the website;  
[www.actorsshakespeareproject.org](http://www.actorsshakespeareproject.org)

Both Sixth grade classes and the Shakespeare Club spent 3 hours in a workshop on October 15th, learning from five talented actors - Bill Barclay, Jennie Israel, Risher Reddick, Mara Sidmore, and Michael Forden Walker. Students eagerly acted out scenes, followed stage directions, and collaborated on creating Shakespearean lines. In one activity the actors circulated papers

with 36 words from the play 'Henry IV part 1' and each child scrawled their own ideas on each paper. These ideas will be hung in our Library Media Center.

In this workshop the students learned how much fun acting can be as well as how challenging the role of acting can be. We also learned the background and history of the play, "Henry IV, Part I," which is about a father and a son and how they work on their relationship in order to rule a nation.

Thanks to this grant, we are now better prepared for our upcoming viewing of the play "Henry IV, Part I" at Midway Studios in Boston. Students and staff did not want this Shakespearean experience to end, which is proof that this workshop was a success!

Thank you to the Arts Council for supplying water and treats to the deserving actors.

## Author Mina Javaherbin Visits Haggerty!

Mina Javaherbin, author of the book "Goal", came to visit with several 1st, 2nd and 3rd grade students



on Tuesday, Oct. 19th. She spoke to the kids about bullying, the topic of her current book. She also read her new book, "Secret Message," to the children. "Secret Message" is a retelling of an old Persian folktale by Rumi.

## The Dancing Chickens of

Ventura Fabian from Oaxaca Mexico are visiting the Haggerty School on Monday, Nov 1st. This will be their fourth visit to our



school. Several classes will be able to meet the two artists, to see them carve and paint their whimsical animals.

The Dancing Chickens of Ventura Fabian is a multicultural arts education project designed to share and celebrate aspects of Mexican rural life and folk art with children in the United States. Haggerty parents are also invited to stop by between 9 and noon to see the art.



<http://www.thedancingchickens.com>

# Suggestions, Stories, or Photos ?

4.

Lissa Galluccio, Family Liaison  
Parent of Nate Pardo (grade 1) and Louie Pardo (grade 3)  
Send newsletter submissions to:  
[haggertynewsletter@gmail.com](mailto:haggertynewsletter@gmail.com)



coming up @  
**Haggerty in  
October**

## Walk/Ride Day



Friday, October 29,  
2010. Come by foot,  
school bus, bike, or  
scooter!

## Election Day Bake/Soup Sale



Tuesday,  
November 2, 2010  
8 a.m. to 2 p.m. by  
Lawn Street entrance.

## School-Wide Fall Potluck



Thursday,  
November 4, 2010  
5:30 to 7:00 p.m. in  
the gymnasium.

## PTO/Arts Council Meeting



Tuesday, November 9,  
2010  
8 to 9 a.m. in  
conference room.



## Ways to Help



Walk/Ride Day: The last Friday of every month is Walk/Ride Day, when kids are encouraged to use their feet or shared transit to get to school. One parent has been organizing this monthly event and would like some help. Interested? Please contact Lissa Galluccio ([LGalluccio@cpsd.us](mailto:LGalluccio@cpsd.us)).



Library Volunteer: Have any free time during the school day? Our librarian Karen Kosko is looking for some parent volunteers to help in the library. Please contact Karen Kosko or Lissa Galluccio for more information.



Please send to school any Box Tops you have collected by Friday, October 29<sup>th</sup>. The collection box can be found on the round table in the school lobby. Together we can make this year the most successful one yet!



## What?! When?!

Did you know you can look online at the Haggerty School Calendar of Events, go to [www.cpsd.us/haggerty](http://www.cpsd.us/haggerty) and click on our Calendar Link.



## Citysprouts

Garden Drop-In Days  
are Back!

Wednesdays,

2:15 p.m. to 3:15 p.m.

- ❖ October 27th - Garden Crafts and Harvest
- ❖ November 3rd - Plant Spring Bulbs
- ❖ November 10th - Put the Garden to Rest Celebration.

\*\* Please note, all children under 11 must be accompanied by an adult



## Community Happenings:

Join us for the **STORIES: THE EPIC TRADITION.**

Upcoming *Stories* programs:

Wednesday, October 27, 2010,  
3:00pm and 6:00pm

### Odds Bodkin

Homer's *Odyssey* is filled with memorable adventures in which the wily Odysseus outwits an assortment of monsters and sorceresses on his journey home from Troy. Bodkin's guitar creates the scenic and emotional backdrop, while his voice brings to life such formidable characters as the cyclops Polyphemus.

Bodkin has taught storytelling and imagination at Antioch University New England and performs his music-filled stories at schools, universities, museums, and theaters across America.  
[www.oddsbodkin.com](http://www.oddsbodkin.com).

3:00pm family session event page:  
[www.harvardartmuseums.org/calendar/detail.dot?id=31444](http://www.harvardartmuseums.org/calendar/detail.dot?id=31444)

6:00pm adult session event page:  
[www.harvardartmuseums.org/calendar/detail.dot?id=31446](http://www.harvardartmuseums.org/calendar/detail.dot?id=31446)

Wednesday, November 10,  
2010, 3:00pm and 6:00pm

### Surabhi Shah and Mesma Belsare

Valmiki's *Ramayana* is so central to Indian culture that recent television broadcasts of the stories captivated a huge audience throughout India. Shah and Belsare combine storytelling with classical Indian story-dance, *bharatanatyam*, to introduce Rama, Sita, and other characters that serve as exemplars of ethical living to this day.

Shah performs her repertoire of stories from the Jain and Hindu traditions in museums and at community events throughout the United States. Belsare dances and choreographs in the classical Indian tradition of *bharatanatyam* and has performed at museums, universities, theaters, and festivals throughout the United States. [www.mesmabelsare.com](http://www.mesmabelsare.com).

3:00pm family session event page:  
[www.harvardartmuseums.org/calendar/detail.dot?id=31448](http://www.harvardartmuseums.org/calendar/detail.dot?id=31448)

6:00pm adult session event page:  
[www.harvardartmuseums.org/calendar/detail.dot?id=31450](http://www.harvardartmuseums.org/calendar/detail.dot?id=31450)

\*\*\*\*\*  
Cambridge Parent Advisory Council on Special Education (C-PAC) welcomes parents, teachers and staff to our upcoming free workshop:

Re-thinking School Discipline – The Think:Kids Approach

October 28, 2010 at 6:30 p.m.  
At the Citywide Senior Center, 806 Massachusetts Ave, Cambridge.  
Cambridge Parent Advisory Council on Special Education (C-PAC) invites parents, teachers and interested individuals to learn more about how schools can work more effectively with behaviorally challenging kids. David Whelan, Psy.D. of Think:Kids, a psychiatric program at Massachusetts General Hospital, will present a research-based approach to addressing behavioral issues. The program will be followed by Q & A and a brief business meeting.

## Cider Pressing for the First Graders!

THANKS TO DAVID WHALEN (PARENT OF TONY), MS. CALLENDER'S FIRST GRADE CLASS WAS ABLE TO DO THEIR CIDER PRESSING PROJECT, RAIN OR SHINE.

