



# the HARRINGTON HERALD

Harrington School • 328 Lowell Street • Lexington, MA 02420 • (781) 860-0012

Elaine Mead, Principal • Ellen Cameron & Suzanne Kouri, PTA Co-Presidents



## A Message from the Principal

Elaine Mead - [emead@sch.ci.lexington.ma.us](mailto:emead@sch.ci.lexington.ma.us)

I look forward to Wednesday morning at 9:50 am because that means I am in an "open circle." This year all classrooms at Harrington are engaged in Open Circle at this time and I am able to join a different classroom each week. Mr. Smith and Ms. Chamberlain, our assistant principal and guidance counselor, are also involved with classrooms. We join the lesson, participate in the discussion and hear students' voices regarding how the skills in Open Circle apply to the real world of recess, lunch, the bus, and activities outside of school.

**Open Circle** is a social competency program that is used in all Lexington Elementary Schools. At Harrington, we are committed to the core principles of this program to help students gain skills in managing emotions, solving problems, and building community. We believe that by making social and emotional learning a priority, we will ultimately maximize academic engagement and learning. Each classroom meets in an Open Circle approximately twice a week with time devoted to core lessons at each grade level.


Through Lexington Education Foundation Professional Development and Community Grants, our new classroom teachers and specialists attend comprehensive training so that all students have consistent access to this important curriculum. We develop common language and coach students to apply ideas that they learn to help solve problems. Teachers send home periodic letters to parents that explain the focus of Open Circle lessons. For more information, I encourage you to visit the following web site: <http://www.open-circle.org/>

Open Circle provides a strong foundation to help all students feel connected and capable at school.

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## A Message from PTA Co-President

Suzanne Kour-, [kouri34@aol.com](mailto:kouri34@aol.com)




My Harrington experiences started in 1999 with my step-daughters at the "old" Harrington. I have fond memories of baking and decorating birthday cupcakes for them to bring into the classroom, the many assemblies in the steamy old gym packed with parents and meeting other parents on field trips. The strong community spirit at Harrington is my most vivid impression from those years. My step-daughters are now nearly 20 and 18. I am amazed at how time flies.

A volunteer at heart, I was involved at the Lexington Montessori where my own children attended preschool, I then became President of the Massachusetts Chapter of the National Marfan Foundation for the past five years and now Co-President of the Harrington PTA. Reviewing my journey and looking ahead to my role in the PTA, I am reminded that, like it or not, time marches on,

... Continued on page 2

## October CALENDAR

- 
- 1 School Resumes
  - 1 International Food Night—6:30pm
  - 2 METCO Family Friends Day
  - 9 **No School:** Yom Kippur Holiday
  - 10 School Resumes
  - 13 **No School:** Columbus Day Holiday
  - 14 School Resumes
  - 14 Harrington Reads Gr 4 & 5  
(Parent/StudentBook Club) 7:00 pm --8:00pm
  - 16 **No School:** Professional Day
  - 17 School Resumes
  - 19 School House Walk 1:00pm – 4:00pm
  - 23 PTA Mtg. on Time Management, 7:00-8:30pm
  - 29 **12:15 Dismissal Grades K-5:** Conference Day
  - 30 **12:15 Dismissal Grades K-5:** Conference Day
  - 31 Halloween Assembly



**A Message from the Principal** continued...

I welcome your input and your support of our students as they develop positive social skills and emotionally healthy ways of relating to others. These lessons can be applied in sibling relationships, with peers outside of school, and in other social settings. The ultimate goal is to develop relationships that support safe, caring and respectful learning communities for students and adults. Please contact your child's teacher, Ms. Chamberlain, Mr. Smith, or me if you and your child need our help in reaching this goal

**PTA Message** continued . . .



change is inevitable and, if we choose, there is personal growth and new opportunities to make a positive impact.

When I focus on "being in the moment" I see that the Harrington School is a very busy place with many opportunities to socialize, receive helpful information and support, and contribute to our children's elementary school experiences. A fundamental belief of the PTA organization is that children are more successful when communities, schools and families are working together. The Harrington school staff, the PTA and parents collaborate with the intention to support the well-being and education of our children.

September had several successful meetings to kick-off the school year. The Teacher's Back to School Luncheon was very upbeat. We could see the genuine supportive team atmosphere among the staff members. The PTA back to School Breakfast, the evening PTA meeting and Curriculum Night were all well attended and evidence of the parent involvement here!

As I look forward to the school calendar for October we have International Food Night, METCO Family Friend's day kick-off, Harrington Reads Meeting (a book club for parents and Grade 4 & 5 students), parent/teacher conferences, and our beloved Halloween Assembly.

I am energized about the resurrection of "Walk for the Arts" with a new twist... **"School House Walk"** will be on Sunday, October 19<sup>th</sup> from 1 PM – 4 PM. This is exciting event Chaired by Mary Ann Stewart. She and her committee have designed this event to promote greater awareness of the importance of good health and well being. They have worked with our Physical Education teacher, Ms. Cook, PTA Teacher Liaison, Denise Omobono, and local businesses to create a comprehensive community wellness experience and raise funds to support the

diverse arts enrichment programming at Harrington through A.C.T.

We are all balancing lives saturated with commitments; work, appointments, kid's activities, homework, e-mails, travel, exercise, etc. and we need to get to places on time. The PTA is hosting a meeting on Thursday, October 23rd at 7 PM, **"Winning the Battle Against Tardiness and Procrastination"** with Wendy Buglio, owner of Function Places. She will share insights as to how to handle procrastination and develop time management skills.

In 2005 I was happy to return to Harrington to relive this experience with my own children. Many things have changed at since 1999; the families, the building, and the staff. It is my observation that while change can be good it can also be a challenge to progress through a transition. Fortunately, Harrington's community spirit is unchanged. I am comforted by and grateful for this legacy. It will usher us through time. I continue to look forward to new experiences here together!

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

**Box Tops Update**

Jacqy Fiore, [jacqyfiore@rcn.com](mailto:jacqyfiore@rcn.com)  
Ellen Cameron, [eusol@aol.com](mailto:eusol@aol.com)

Many families collected Box Tops over the summer. Well done and a great turn out on Tuesday mornings. Each Box Top is 10 cents to Harrington School.

For a list of products feel free to visit **[www.boxtops4education.com](http://www.boxtops4education.com)**.

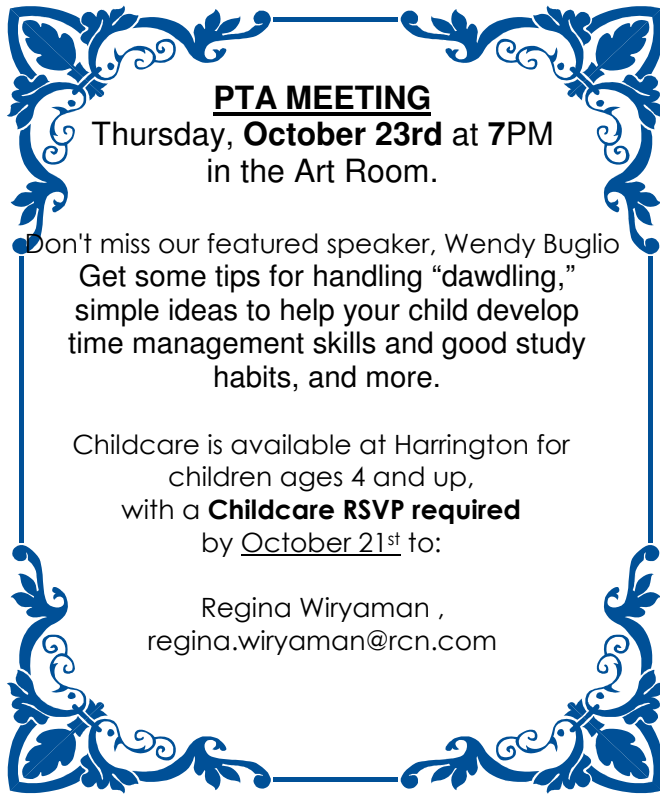
You can also sign up (free) and print coupons monthly for Box Top products, like Cheerios or Ziploc Bags! Any questions feel free to contact Jacqy Fiore. We will see you on Tuesday mornings 830:-8:45 am. Clip and save 5 Box Tops for a prize.



**METCO Family Friends**

Linda Resnick [Indresnick@hotmail.com](mailto:Indresnick@hotmail.com)  
Rita Ross, [ridelisle@aol.com](mailto:ridelisle@aol.com)

Our first Family Friends visiting day is Thursday, October 2. We will begin with a PTA-sponsored Pizza Party in the Art Room. We hope that all Boston and Lexington FF families will join us.



### **PTA MEETING**

Thursday, **October 23rd** at 7PM  
in the Art Room.

Don't miss our featured speaker, Wendy Buglio

Get some tips for handling "dawdling," simple ideas to help your child develop time management skills and good study habits, and more.

Childcare is available at Harrington for children ages 4 and up, with a **Childcare RSVP required** by October 21<sup>st</sup> to:

Regina Wiryaman ,  
regina.wiryaman@rcn.com

### **Winning the Battle Against Tardiness & Procrastination**

Every parent has struggled to get their children out the door on time and on the bus to school at one time or another. Or maybe you have stayed up late with your child to finish a homework project that is due the next day. While occasional tardiness and procrastination is normal, it can become a troubling habit. **Wendy Buglio**, professional organizer, will share some of the common practical and psychological reasons for procrastination for children of all ages. Get some tips for handling "dawdling," simple ideas to help your child develop time management skills and good study habits, and more. Parents may even pick up some tips to help with their own daily routines!

Wendy Buglio is the owner of Functional Places ([www.functionalplaces.com](http://www.functionalplaces.com)), a professional organization service geared towards busy individuals, families and businesses. She is a member of the National Association of Professional Organizers and is active in the New England Chapter. She lives in Waltham with her husband Mike, owner of The Book Rack in Arlington Center.

### **PTA General Meeting**

Thursday, September 4<sup>th</sup>, 2008

Suzanne Bruno, PTA Secretary -  
[brunojs@comcast.net](mailto:brunojs@comcast.net)



PTA Co-president Ellen Cameron opened the meeting at the Harrington School. Ellen emphasized that The PTA welcomes feedback and comments – there is a **comment box** located at "PTA Central," which is the PTA area located directly outside the front office.

Ellen introduced her co-president, Suzanne Kouri, as well as the other members of the 2008-2009 PTA Executive Committee. She then introduced our principal, Elaine Mead.

Mrs. Mead noted that there will be a **PTA coffee** on Friday, September 26<sup>th</sup> which will be an opportunity for parents to have a dialogue with the principal and to raise any issues, concerns, or questions.

Mrs. Mead discussed **several changes** that will be taking place at Harrington this school year. First, because of the addition of full-day Kindergarten at Harrington, new opportunities and challenges have arisen in the scheduling of the school day. For example, some grades will now have an early lunch and an afternoon recess, while other grades will have a morning recess and a later lunch. Not only will this accommodate the Kindergarteners, but it will result in more grades having individual lunches rather than being combined with other grades. The 5<sup>th</sup> graders will now have recess prior to lunch, and will then serve as mentors to the Kindergarteners – helping with lunchroom rules as well as helping the Kindergarteners get ready for recess. Each 5<sup>th</sup> grade class will be matched with a Kindergarten class.

This year, there will be a **school-wide Open Circle meeting**. Open Circle is Harrington School's social skills curriculum program. Every Wednesday morning, every single class at Harrington will have Open Circle at the same time. This will allow Mrs. Mead, our guidance counselor, Amy Chamberlain, and other specialists to rotate into the various classrooms to assist with Open Circle.

Mrs. Mead encouraged all parents to attend the **Curriculum Night**, which will take place on Thursday, September 18<sup>th</sup>. At 6:30, the specialists will be in the library for an informal presentation. At 7:00, each grade will meet to discuss their curriculum. Following this presentation, parents are welcome to visit their child's classroom.

Mrs. Mead noted that all **volunteers** at Harrington must have a CORI check completed prior to their volunteering. This can be done at the front office. The check is in effect for 3 years.

There will be several changes taking place this year to the **security system** at Harrington. First, Mrs. Mead and the director of the Harrington-based pre-school have met with the Facilities director of the Lexington schools. As of right now, the front door and pre-school entrance door are open during the day and all other doors are locked. However, the Facilities director has informed Harrington that the plan is for the building to fully implement its security system which will mean that all of the school doors will be locked during school hours. Parents wishing to enter the building will need to be "buzzed in" by the front office. Also, effective this year, all parents entering the school after 8:45 must check in at the front office and be given a **badge** to wear while in the school. Mrs. Mead emphasized that this is in no way an attempt to discourage parents from volunteering or entering the school, but is an important way to ensure the safety of students, staff, and visitors.

Mrs. Minassian, Harrington's Administrative Assistant, requested that all of the purple forms (**emergency contact forms**) be returned to the school office as soon as possible.

Mrs. Mead introduced the **new members of the Harrington staff**, all of whom attended the meeting. Given how many new staff members are at Harrington, one of our Harrington parents, Jacqy Fiore, has been taking photographs of every Harrington staff member which will be posted outside the office, so that parents can easily identify their children's teachers and other staff members.

Mrs. Mead then introduced the **PTA teacher representatives**, Amanda Doyle, Denise Omobono, Jen Campbell, and Mary Yardley. Mrs. Mead noted that the teachers in attendance at the PTA meeting serve as representatives of all of the Harrington staff. Mary Yardley spoke on behalf of the teachers to thank the PTA for the beginning of the year teacher's luncheon, as well as the classroom supplies that were given to all teachers and specialists.

After her introduction, Katie Cook, the new Harrington Physical Education teacher, spoke. Ms. Cook spoke about her background and her commitment to emphasizing **health and wellness at Harrington**. Ms. Cook will be working with the organizers of Harrington's new fall event, the Schoolhouse Walk. The Walk will be an event

dedicated to promoting health & wellness. Proceeds from the Walk will benefit Harrington's A.C.T. (Arts Created Together) program. Volunteers are needed!!

Ellen Cameron then reviewed this year's **Back to School Packet**. She noted that the green forms in the packet are forms that should be returned to school. There are several programs this year that are still in need of volunteers. The Big Backyard program is a curriculum-based nature program. Each grade does walks on the Harrington grounds that highlight their curriculum (i.e. Native American plants for the 2<sup>nd</sup> graders). Parents are needed to conduct walks. Any parents who are unable to attend the walks are encouraged to come as "shadows" to assist the guides on walks.

Aviram Cohen, a Harrington parent, spoke about **Family Math Night** and Math mornings. Family Math nights are grade level programs that take place during the year. Parents and children come to the school for a fun-filled, evening of math activities. Volunteers are needed to help facilitate this program. Math mornings take place each week for grades 3, 4, and 5. Math mornings provide extra enrichment for children interested in Math and volunteers are also needed to run this program.

Both co-presidents emphasized that there are **volunteer opportunities** for every parent at Harrington. Parents who work during the day will find that there are many opportunities to volunteer at evening events (i.e. Bingo night) or events do not require a presence during school hours (i.e. Beautification of school grounds, the Sally Foster gift wrap sale). Anyone interested in volunteering should speak to Ellen Cameron, Suzanne Kouri, Anne Stevens (V.P. of volunteering) or any member of the PTA Executive Committee).

Michelle Mabardy, the PTA V.P. in charge of Fundraising, spoke about her new **Fundraising Committee**. The goal of the Fundraising Committee is to generate ideas for new ways of raising funds for Harrington. Volunteers are needed for this Committee. Also, the Spring Fair Committee is looking for one or more persons to participate in this year's Committee with the goal of taking over the Spring Fair during the 2009-2010 school year. The Spring Fair is one of the most important Harrington events and is a great way of becoming involved at Harrington.

Suzanne Kouri, PTA co-president, spoke about the **Harrington website**. The website contains an incredible amount of information about Harrington, including necessary forms,

calendar dates, etc. Parents are encouraged to visit the website frequently! There is also a new **Community List Serve**, called the Harrington Hawks, which is an informal list serve which contains information about school and community events, parenting issues and concerns, and is an opportunity for parents to communicate with each other. Information about this List Serve can be found on the Harrington website.

Katie Cutler, PTA Vice President in charge of Membership spoke also. She noted that she has formed a **PTA membership committee**. Each grade will now have a PTA "Ambassador" who will serve as a liaison between the PTA and each grade

Liz Billings-Fouhy, director of the Lexington Children's Place, the integrated pre-school that is located at Harrington school spoke about the **construction of the new pre-school playground** on the Harrington grounds. Ms. Billings-Fouhy described the need for a playground that is especially designed for pre-school age children, as well as one that is handicap accessible and can service the diverse population of children that attend the Lexington Children's Place. The LCP has obtained funding from the Community Preservation Grant program, and will begin construction of the playground in the near future.

Suzanne Kouri closed the meeting and noted that, at the next **General PTA meeting in October**, Wendy Bugglio, a professional organizer, will speak on the issue of Time Management. The meeting adjourned at 8:15 p.m.



## Reminders from the Office

### Bus Rules

Students may only ride their assigned bus. Unauthorized riders may not accompany a registered rider. This is according to the LPS Transportation office. We are not allowed to authorize any exceptions to this policy. Thank you for your cooperation and understanding. If you have any other questions regarding bus rules you can look at the LPS website under Transportation. Communicating Dismissal Changes

Please send in a note if your child has a change in dismissal arrangements. This saves time and unnecessary worry when the plan is in writing. Thanks so much.

### Lunch Costs

Lunch prices have increased to \$3.25. You can use your left over blue lunch tickets from last year but you will need to send in an additional .25 cents. Or you can visit the Chartwells office and trade in old

tickets for new ones at the \$3.25 rate. Tickets are sold at the Chartwells office located at Lexington High School. See the back of the monthly lunch menu for details or visit our website for the Chartwells' link.

The office cannot loan lunch money. Any child who forgets money will be given a lunch from the cafeteria, however it may not be the first choice lunch. Thank you for your attention to this matter. If you need assistance with the cost of lunch, please submit an application for Free & Reduced Lunch to the office.



## Math Mornings

*3<sup>rd</sup> Grade: Aviram Cohen -aviram@rcn.com*

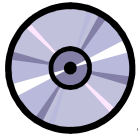
*4<sup>th</sup> Grade: Vladimir Bulovic -bulovic@mit.edu*

*5<sup>th</sup> Grade: Jeanne Clifford -jclifford@rcn.com*

**3<sup>rd</sup> graders**, Math Mornings will be starting on **September 26<sup>th</sup>, 7:30-8:30am** in the Art Room! Every Friday morning, 7:30-8:30, 3<sup>rd</sup> graders will have the opportunity to learn fun and interesting mathematics. Aviram Cohen, 3<sup>rd</sup> grade parent, is leading this program. He will be assisted by Lynnell Stern, Grace Clackson, Julie Read and Linda Zeger who are all 3<sup>rd</sup> grade parents. Hope your 3<sup>rd</sup> grader will be able to join us! If you have any questions, please contact

**4<sup>th</sup> graders**, join us for the Math Mornings, starting in October. The first of these weekly gatherings is on the morning of **Friday, October 3 from 7:45am to 8:30am** in the Harrington Library. All the 4<sup>th</sup> graders are welcome, and parents can join us if they wish. "Mathemagical" morning stories will be presented by Vladimir Bulovic from materials prepared with Jennifer Roney

**5<sup>th</sup> Grade** Math Mornings will be starting at the end of the month, and we invite any fifth graders who are interested to come and join us. Math Mornings is a math enrichment program designed to provide fifth graders with new and fun approaches to solving challenging math problems. We will again be participating in the nation-wide Continental Math League competition, in which last year's fourth graders scored very highly. Fifth grade Math Mornings will run on Thursday mornings before school from **October 30 through March 26, 2009** from **7:45 AM to 8:30 AM**. Look for the sign-up sheet in your child's backpack. Also, if your child will be participating, please consider volunteering to help out during the sessions. You can call Jeanne with any questions about the program.



## 5th Grade Yearbook & DVD

Michele Bernier - [michele3boys@verizon.net](mailto:michele3boys@verizon.net)  
Karen Skoff - [skoffmagid@comcast.net](mailto:skoffmagid@comcast.net)

We are now gathering photos for the 5th grade yearbook and DVD. We would like three photos from each student: baby, toddler, and recent photo (can be school picture or other). Also, please submit any school snapshots from the past 5 years. Place any photos you submit in an envelope labeled with your child's name and class so we can return them. Karen Skoff will be collecting the photos. If anyone is interested in helping with the 5th grade activities, please send your name to Michele Bernier. We will be planning the yearbook, DVD (photos with music slide show), graduation, class gift, and pool party. Suzanne, please let me know that you got this message. Thank you very much.  
Michele Bernier



## International Food Festival

Henrietta Mei  
Ase Grydeland

**RE-Mark Your Calendar!** Harrington School's International Food Festival is moved from October 1st to **October 7th**.

Come experience an evening of gourmet treats and meet up with old friends while making new ones. This fun and delicious event will happen from **6:30 pm to 8:00 pm** on October 7 in the Harrington Cafetorium. It is an **Annual Pot-Luck Dinner Event** where we share our ethnic specialties in portions enough to serve 8-10 people. You'll be surprised what a gourmet treat you'll be in for. It's a community building event open to all families of the Harrington Community. Due to **allergy concerns**, please carefully label all ingredients of the food you bring; also include **a recipe** so we can compile a recipe book to be auctioned off in future Harrington auctions. If you don't have time to cook, just bring along **a pizza** to share. Don't forget to **bring a beverage** to share as well. Sorry. No alcohol please!



## School Committee Update

Mary Ann Stewart, PTA Liaison,  
[MaryAnn@RedOnionDesign.com](mailto:MaryAnn@RedOnionDesign.com)

The first regularly scheduled meeting of the School Committee was held in Harrington's cafeteria on Tuesday, September 9, 2008, 7:30 PM. Present were **Superintendent Paul Ash, Chair Helen Cohen, Rod Cole, Margaret Coppe, Tom Diaz, Student Representative Gloria Park and Ravi Sakhuja.**

Chair Cohen welcomed **Gloria Park**, LHS senior and this year's student rep to the School Committee.

Dr. Ash reported a smooth opening day in all Lexington schools and thanked all who worked hard all summer. Chair Cohen expanded on Dr. Ash's sentiments, thanking those who worked to bring a full-day kindergarten program (FDK) to all elementary schools and to the custodians and teachers for all of their work to prepare classrooms and buildings.

The Committee's first action was to vote to approve the LHS trip to Antony, France next February 2009, which they did - unanimously.

**Ms. Carol Pilarski**, Assistant Superintendent for Curriculum, Instruction, and Professional Development, provided an update on FDK. This being the first year Lexington has had a FDK program, she reported 21 kindergarten classrooms this year - 20 of them are full-day classrooms and one remains a half-day classroom. Projections last spring indicated a kindergarten enrollment of 295 but as of opening day, the actual enrollment is 391 kindergarten learners. To accommodate this influx of 95 FDK students, three additional teacher assistants were hired. More information is necessary before concluding why the projected figure was so far from the actual one. Ms Pilarski thanked everyone in the community for their honesty, input, and ideas. She also thanked **Ms. Mary Yardley** and **Ms. Stephanie Grimaldi** for all of their dedication and planning getting the FDK program online for school opening.

**Mr. Pat Goddard**, Director of Facilities, addressed the LHS flood. The boiler room flood was discovered on Monday, September 1. Utilities were shut down and the school was subsequently closed to students and staff for three days. The damage extended to the orchestra pit in the auditorium. Insurance will cover the repairs and damage with a \$25,000 deductible. Representatives from numerous state and local

departments worked night and day to get the school operational and opened again by September 5.

Mr. Goddard then presented a plan to remove the large oil tank from the Estabrook Elementary School, replacing it with a natural gas pipe and burner. This project would take place over a six-week period beginning mid-September and following asbestos abatement in the school's boiler room. The project was planned mainly on weekends to disrupt teaching as little as possible. Mr. Goddard's presentation included comments by the contractor and Lexington public health officials. Many Estabrook parents were present and voiced their concerns for going forward with the plan. Those who spoke objected to the smell of oil and the chance of asbestos escaping into the classrooms while students and teachers would be using the building. The School Committee decided to delay the project until next summer, when the building would be unoccupied.

Staying on top of School Committee discussions and actions helps us understand the impact of decisions affecting students, teachers, and families in the Harrington community. School Committee agenda, meeting time, and location are posted on the LPS website - remember to bookmark and check often for updates and announcements: <http://lps.lexingtonma.org> Harrington PTA members are encouraged to get to know School Committee members and to contact them with comments, suggestions, questions, and/or concerns: [school-com@silver.ci.lexington.ma.us](mailto:school-com@silver.ci.lexington.ma.us)



## Science Enrichment

**Amy Zaslow** - [azaslow@alumnet.simmons.edu](mailto:azaslow@alumnet.simmons.edu)

I am happy to be bringing science enrichment programs to our children. Our current goal and funding support is to provide one program to each grade. Many of the programs are repeating each year and include:

- Aquarium visit with small water animals
- Museum of Science with water experiments
- A farmer explaining chickens and eggs
- Museum of Science with a portable Van de Graaf generator (makes electricity)

In a future Herald I will outline the programs in more detail.

**I'd love to have a co-chair**, so please contact me if you are interested.



## Library News

**Sue Weeks, 860-0012**

The year is off to a great start at the school library. Classes have begun and books are flying off of the shelves. This is my first year at Harrington School and it has been a pleasure meeting all the new students and avid readers who visit the library each week.

Our library would not be able to function without parent volunteers. We have many volunteers who help during their child's class. They check in books, check out books, shelve books and assist students in the search for the right book. If you haven't signed up to volunteer in the library, but think you might like to give it a try, let me know either in person or by email.

It also would be nice to have volunteers from 2:45 until day's end to shelve and staff the desk so students would have another chance to get books during the week. Let me know if you would like to fill that slot now and then.

Also we could use volunteers who just want to help with clerical tasks such as recovering books, adding subject spine labels (cats, dinosaurs etc.) to books, typing spine labels, reading the shelves (checking for misshelved books).

I am looking forward to the school year and getting to know your children better. Look in the Harrington Herald for more news about what is happening in the school library each month.



## Sally Foster Orders

**Kirsty Collis** - [kirstycollis@comcast.net](mailto:kirstycollis@comcast.net)

Just a reminder that your Sally Foster orders are due on **Wednesday (October 1)** ... which is an extension from our original date! This is one of our biggest fundraisers so, please, don't miss the deadline for orders! Sally Foster features fundraising's best quality giftwrap, unique gift items, gourmet chocolates and much more! You can also shop online and tell out-of-town friends and families about our fundraiser. Our school earns 50% of online order too. Remember to use harrington's account number which is **0066919**.



## Harrington Email Listserv

Leslie Zales, [lszales@rcn.com](mailto:lszales@rcn.com)

There's an email list serve for Harrington. This Harrington Google Group is intended to serve as a place for Harrington families to exchange information relevant to the community and to help each other (provide or request references, send notices of events, ask about local resources, etc.)

Membership is voluntary and free.

Information you post here is available to anyone else who joins the forum. Please refrain from using it to air grievances that would be better addressed personally with the Principal or individual staff members. This yahoo group is not part of the Lexington School System and not managed by the Harrington PTA.

Steps to join the Google Group

Name: Harrington Hawks

1. Go to the home page:

<http://groups.google.com/group/harrington-hawks?hl=en>.

2. On the right side of the page, select "join this group". If you are not signed-into Google, it will ask you to sign in, and/or create a free Google account in order to sign in. (You must have a google account to participate in google groups.)

3. When you are at the home page for Harrington Hawks, it will ask, "How do you want to read this group." Most select the last bullet, "Email: Send email as it arrives" (which ends up being less than once a day).

4. Finally, select "Join this group". You will be confirmed into the group.

5. As a member of the group you are authorized to send and receive emails, the email address is harrington-hawks@googlegroups.com.

If you have any questions about this forum, please contact Leslie Zales.

More information is also available from the Harrington website at

<http://harrington.lexingtonma.org> Any questions about the website should be directed toward [jerry@michelsonshoes.com](mailto:jerry@michelsonshoes.com)



## School Nurse's Notes

Kathy L Sherburne, MEd, MS, RN  
[ksherburne@sch.ci.lexington.ma.us](mailto:ksherburne@sch.ci.lexington.ma.us)

### Nutrition:

Good nutrition plays an important role in your child's education. Make sure your child starts his/her day with a good breakfast. As children transition from vacation schedule to school schedule, they may not feel hungry early in the morning. However, by the time they arrive at school, they may have stomachaches and headaches due to hunger. Encourage your child to eat something before they leave home and pack a healthy snack each day. Also make sure that your child gets to bed on time so that he/she is alert and ready to learn.

### Donations Sought:

- Clean boys & girl's socks and underpants (sizes 6-10).
- Gently used microwave



## ACT Activities

**Raana Khavandgar** - [r67r@yahoo.com](mailto:r67r@yahoo.com)

**Amy Zaslow** - [azaslow@alumnet.simmons.edu](mailto:azaslow@alumnet.simmons.edu)

What is ACT? It is a committee (members welcome!) that brings curriculum-supporting enrichment programs to Harrington. Our goal is to bring 2 programs for each grade and 2 all-school programs. We balance what the teachers are looking for with our budget and who we can secure. We get recommendations for or preview each program for appropriateness in content, presentation skills and Harrington's school culture.

We are completing our roster of programs for the year, and will publish it in full in a future Herald. We are bringing in authors, story tellers, musicians and others.

We are looking for a parent from each grade to act as Host for the programs we bring in. That person would greet the presenter, introduce him/her to the teachers, escort the presenter to each room, etc.

Please let us know if there is a program you recommend and we will look into it.

Also, please support us on the Schoolhouse Walk on Sunday, October 19 from 1:00 – 4:00. This event directly supports our programs, allowing us to bring in some of the better programs available.





## The Green Team

Doreen Mitchell - [dopimitchel@gmail.com](mailto:dopimitchel@gmail.com)

Welcome to the Green Team article for the Harrington Herald. This article is meant to contain informative, helpful tips for leaving a smaller carbon foot print on this great planet that we all share. Please feel free to send me your ideas and thoughts.

One of the best ways to make "Going Green" part of everyday life is to think about the three "R's" of waste management: **reduce, reuse and recycle**. There is naturally some overlap in these categories, but if you keep these three "R"s in mind as you and your family go about your everyday life, you may find yourself changing everyday behavior. A great website to refer to and read with your family is from the National Institute of Environmental Health Sciences at <http://kids.niehs.nih.gov/recycle.htm>. It is very kid friendly and gives great tips.

Here's an interesting (I hope) spin on the 3 R's. I am surveying them through the eyes of my Grandma Swenson. She lived to be 96 years old and I don't think "going green" was in her vocabulary, but as someone who immigrated to the US with just a few coins in her purse, armed and ready for the Great Depression and the era of World War II, I think she had a different kind of "green" in mind most of the time – how to save those American dollars. The reason why I want to talk about her is because what we categorize as "going green" or reducing our carbon foot print just made good common sense to Grandma Swenson. She loved nature and appreciated the world around her, but she was driven by everyday practicalities in the decisions she made and coincidentally many of them were "green". Recycling was nothing new to her generation or for many hundreds of years before that. It was done for a different purpose though – out of necessity.

**Reduce:** Grandma Swenson didn't have too much to reduce, which says something about the generation she lived in versus present day. She did reduce where possible, though -- extra sweaters during the winter and holding off until the last possible minute to use that window air conditioner. Walk out of a room? Of course turn the light off. Wash dishes? Fill the sink with some water. Letting the water run was not even considered. Turn down the thermostat to conserve energy? She was doing it to save pennies. She

carpooled with all her friends to play cards and go to church because it made sense. There was no need to reduce expenditures that lead to accumulations of household items and good -- she spent wisely and held onto furniture and clothing until it was truly time to let it go. I think she wore the same 5 or 6 dresses to church for most of my childhood. Grandma Swenson never needed more than one coffee mug I know exactly what it looked like. She rinsed it out every morning, drank water in it during the day and rinsed it out for the next day. Yet Grandma was a typical middle class US citizen. It seems that middle class and owning lots of "stuff" go hand in hand now, where as they just didn't years ago.

**Reuse:** This is my favorite for Grandma Swenson. Never let anything go to waste. When Grandma moved into the in-law apartment attached to her old house, she had a very small counter next to her sink. She didn't have room for a large drying rack, so she invented her own out of a plastic meat tray (scrubbed clean) from the grocery store and a dish towel. Paper towels were wasteful and if she did use them, she often rinsed them out and reused! Clothing was also reused – long pants would turn into shorts, socks were repaired if possible and shoes were of course repaired. Grandma Swenson didn't have to think hard about re-using. It was part of her life. She "canned" goods like peaches and tomato pickles in mason jars. The jars were reused over and over. The rummage sale at church was a huge event that Grandma helped organize every year. Of course it was natural to shop there ahead of the crowd – for herself and her grandchildren also! Grandma would take mail and papers that were only written on one side and cut them into scrap for grocery lists and score-keeping for her card games.

**Recycle:** Recycling programs were huge and government supported during World War II. Tin and aluminum as well as paper products were recycled. It was considered your civic duty to contribute to this process. Grandma Swenson and family were full supporters down to the last gum wrapper. As time went on, these programs dissipated. Around the 1980's town supported recycling programs started in our area. Grandma was thrilled to participate. She hated to throw anything out and now she could put stuff in that bin and know it would be used somehow for some other purposes. Any item headed for the trash was carefully considered before it became garbage.



## Harrington's Schoolhouse Walk

Mary Ann Stewart

MaryAnn@RedOnionDesign.com

Harrington's Walk for the Arts has had a make-over and is now called the **Schoolhouse Walk!**

This is an event that is linked to student health and wellness as it relates to nutrition, rest, physical activity, and self-expression. It is also a mechanism for funding our arts enrichment and health and wellness programming! By pledging a flat amount to participate, you will be securing the funds for these important programs.

Our new PE instructor, **Ms. Katie Cook**, has helped us plan a course that is inclusive, fun, challenging, and promotes individual and cooperative play. Activity stations include: **hockey** dribble; **soccer** passing; simple **yoga**; two-on-two **basketball** with adults, teachers, and staff; **toss and catch**; **volleyball**; **obstacle course** - and more! The field will also be marked off for any who would like to just walk laps!

There will be some great **community services onsite** for information and to give demonstrations. As of press time, these are confirmed: **Police Bike Squad** (safety), **Rocky Dirico** (martial arts demonstration), and donated fruits and veggies from a local farm.

Awesome **raffles** include: **Wii Fit**, memberships to **Gold's Gym**, kids basket, and certificate for **massage**. Everyone who pledges will receive a token of appreciation; all who participate will receive a gift.

We will need **ADULT VOLUNTEERS** to:

- play basketball (two-on-two men/boys and women/girls),
- soccer (shoot out),
- activity station monitors,
- course monitors,
- check-in/check-out,
- blacktop and field set up and break down,
- people to stamp participation cards.

Keep a look out for your pledge card and more details coming soon! Contact Mary Ann Stewart with any questions, or volunteer opportunities.



## HARRINGTON READS

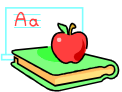
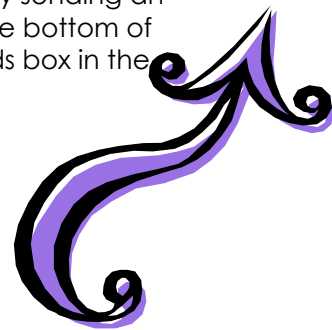
For **4<sup>th</sup> AND 5<sup>th</sup> Graders & their Parents**

[snovogrodsky@gmail.com](mailto:snovogrodsky@gmail.com)

[fvidal@andover.edu](mailto:fvidal@andover.edu)

Harrington Reads offers you an opportunity to enjoy a book together and then to meet and discuss your thoughts on the book with other Harrington School families. We hope to see you on **Tuesday, October, 14<sup>th</sup>** for a lively discussion of Frindle by Andrew Clements. **7-8 pm** in the Harrington School art room. Andrew Clements will be at the Burlington Barnes & Noble the evening of September 18<sup>th</sup>. Check with Barnes & Noble for details.

**Let us know if you plan to attend** by sending an email or by placing the RSVP at the bottom of this page into the Harrington Reads box in the lobby.



\_\_\_\_\_ & \_\_\_\_\_ will attend

**Harrington Read's October 14<sup>th</sup> book discussion.**



Email or Phone # \_\_\_\_\_

## HEAD LICE TIPS



Head lice are a common problem in the school setting. There have been several parent reports of head lice in their children. The following tips are meant to be helpful tips:

**What are you looking for?** Lice are grayish-white sometimes with dark margins, diamond shaped, and the size of a sesame seed. They are found in the hair and on the scalp. Lice eggs, called nits, are translucent, silvery-white oval specks firmly attached (cemented) to the hair shaft, not the scalp. They may appear as dandruff (in blond hair they may appear as sand), but can not be brushed or shaken off the hair. Most often nits are found around the ears, nape of neck, in braids, or around barrettes. However, live nits may be found throughout the hair and at any length. People with lice may complain of itching that gets worse as the infestation increases.

**How are lice spread?** Lice are most commonly spread by head to head contact or by sharing combs, brushes, hats and helmets. Lice crawl quickly. Lice do not jump, hop or fly. Lice are not a result of poor hygiene. Lice favor a clean head. A louse lays about six eggs a day. The eggs (nits) hatch in 8-10 days and it takes another 8-10 days for the louse to mature enough to lay eggs of its own. A louse lives for about 30 days. Lice require a blood meal from the scalp to live. Lice can live off a human scalp for 24-36 hours (longer in very warm and humid climates). Nits need a human blood meal within 45 minutes of hatching to survive. Lice are not spread to pets.

**What do you do if you find them?** Remain calm. Lice carry no diseases. Tell anyone that may have been exposed so early treatment can occur if needed. The quicker a case of head lice is discovered and treated, the easier it will be to get rid of an infestation.

- Treat the scalp (over the sink) with a lice killing shampoo. Follow the directions on the package. These shampoos are pesticides. Never use a lice killing shampoo if you are pregnant, nursing or on an infant. Do not use lice killing shampoos more than recommended on package. Some lice are resistant to the lice killing shampoo. Lice are difficult to kill in the nymph stage (day 1-4 of life cycle). Based on the life cycle of the louse, the lice killing shampoo application is repeated in 9 days to provide a more complete lice killing opportunity. Nit picking is essential in all cases of head lice for getting rid of the head lice.
- Removing lice eggs (nits) is the key to lice management. A daily nit check with nit removal is advisable for at least 14 days following treatment with a lice killing shampoo. Nit picking can be a long process especially during the early days of treatment. Check for nits in clean dry hair.
- It is important to use a metal fine toothed comb for combing out the hair to remove lice/nits. There are many lice combs available. Part the hair with your fingers taking a small section of hair at a time, comb from the scalp to the end of the hair. As you comb inspect the shaft for a nit. Remove the nit by grasping it with your fingernail and sliding it off the hair shaft. Discard the nit on a tissue. Many nits are not removed with the comb and must be manually removed.
- Alternative treatments to lice killing shampoos are available such as smothering techniques. Olive oil is often used to help slow the lice down for easier removal. The scalp and hair are saturated in olive oil for 8 hrs every four days for three weeks. This is usually completed while the person sleeps. The oiled hair is carefully combed with a metal comb removing lice and nits. After combing out lice and nits, the hair is washed thoroughly to remove the oil. Check for nits again after the hair has been dried and remove any more nits found. Lice are killed by dry heat. Use a hair dryer to dry the hair.
- Daily head checks can be reduced when there have been no nits found on the head for two weeks. Continue to check the head regularly for several weeks to avoid a re-infestation. It only takes a few missed nits (that hatch into lice) to continue the infestation. A monthly head check is recommended for all school children.

**What you need to know:** Nit removal takes time. Be patient and take breaks when needed. Ask for help if needed. Lice are common, many family and friends have experience with lice removal. Today there are many resources available to parents working to rid their children's head of lice.

The web site [www.headlice.org](http://www.headlice.org) is the official web site for the National Pediculosis Association. There are also professional nit picking agencies available to help parents with lice management. Nit Wits is located at 22 Notre Dame Ave, Cambridge, MA 617-816-9487 and offers appointments to come to their office for lice management and nit picking services. The Professional Nit Picker comes to your house and can be reached at 781-449-2283.

### **FOCUS YOUR TIME AND ENERGY ON REMOVING THE LICE AND NITS FROM THE SCALP!**

**What about combs and brushes?** Do not share combs and brushes (and other items used for the hair or the head) among family members. Once a person in the family has lice, all combs and brushes should be soaked in hot water (150 degrees F) for 20 minutes. Make sure to clean all combs after use during a lice infestation.

**What about clothes and other personal items?** Place all clothing, bedding, towels, sleeping bags, etc that have been used for the past 48 hrs by the person with lice into the dryer on high setting for 20-30 to kill lice. Dry heat kills lice. Repeated washing is not needed. Wash personal items as you normally would. It is recommended to put the pillow case, jacket, hat, scarf and other personal items daily through into the dryer for 20 minutes to kill any lice that happened to crawl onto these items. It is also possible to visually inspect these items and remove any lice or hairs found on them and discard them.

**What about cleaning the house?** There is no need to turn into a cleaning machine about the house. Anything that can not be put into the dryer can be vacuumed, such as large stuffed animals, upholstered furniture, rugs and pillows. Vacuum places where people rest their heads frequently. Brushing surfaces with a sticky lint brush is also effective in removing lice/nits if vacuuming is not appropriate or desired. There is no need clean every corner and crevice of the house because lice do not live off the scalp more than 36 hours. If no one has entered a room for over 48 hours, nothing needs to be cleaned because there is no concern about live lice.

**What about the car and other modes of transportation?** Vacuum the car or use a sticky lint brush on head rests. Again, it is possible to see any lice and manually remove them. Some people bring their sticky lint removers with them on planes, trains and in movie theaters.

**What about toys and stuffed animals?** Plush toys and stuffed animals are placed in a plastic bag for 48 hours. The old recommendation which was for much longer, 14-30 days has been revised after studies done on how long lice survive off the human scalp.

### **HEAD LICE IS MOST OFTEN SPREAD THROUGH HEAD TO HEAD CONTACT.**

Information Source-Head Lice to Dead Lice by Joan Sawyer and Roberta MacPhee



## *Our Heartfelt Thanks to ...*

... **all the teachers and staff** for having their classrooms ready to go, and starting the school year off so smoothly.

... PTA VP of Membership **Katie Cutler** and her team for helping to welcome new and returning families to Harrington! Team members include: New Families Liaison **Paige Freeman**, 1<sup>st</sup> Grade Rep. **Jennifer Gerfen**, 2<sup>nd</sup> Grade Rep, **Susanne Shavelson**, 3<sup>rd</sup> Grade Rep, **Lynnell Stern**, 4<sup>th</sup>/5<sup>th</sup> Grade Rep. **Ellyn Michelson**, and Membership List, **Lalitha Venkataramanan**.

... our Room Parent Coordinators **Lisa Smith** and **Ellyn Michelson** for organizing Head Room Parents and Room Parents for all of our classrooms.

... **Kirsty Collis** and her Sally Foster fund raising team for getting out the packets by September 10th!, including **Mya** and **Lexie Collis** (for stapling and sorting 450 packets!) **Naomi Kielar**, **Ellen Cameron**, **Genevieve Ng** and **Mrs Minasian**.

... **Carol Riselli** and her team of volunteers for arranging for wonderful pictures of our children.

... all the teachers and staff for helping parents to understand what our children are learning at the informative Curriculum um Night. Thanks to **Regina Wiryaman** for organizing and managing expert childcare during Curriculum Night and at the PTA meeting on Sept 4<sup>th</sup>.

... **Ellen Cameron** and **Jacqy Fiore**, the Box Top Ladies, for organizing all those Box Tops collected over the summer!

... our Principal **Elaine Mead**, **all teachers, staff** and **specialists** for working so hard to make Harrington a great place for children and their families! Heartfelt thanks are in order for

all the volunteers, whether named here or not, for all you do for Harrington School.

... The Classes of 2006 and 2007 have installed two benches on the playground this summer. We would like to thank **all the families** for their generous donations. We would also like to say a special thank you to **Brian Hughes** and **Christopher Hughes** for handling and assembling, to **Mark McCullough** for donating his time and materials for the installation and to **Mrs. Mead** and **Mr. Goddard** for their guidance with the location. We hope that everyone will enjoy the benches!

## *the* HARRINGTON HERALD

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The *Harrington Herald* is the monthly newsletter of the Harrington PTA, published ten times a year. In keeping with the PTA Newsletter Policy, the *Herald* will print items directly related to the schools and their PTA's. This includes curricular, co-curricular, and extra-curricular activities that are PTA - or system-supported, and school-sanctioned projects. All articles are subject to editorial discretion.

Newsletter material may be emailed to Cristina Burwell (see above). If you cannot email your submission, please call her to make other arrangements for delivery.

Visit the Harrington School Web Site at <http://harrington.lexingtonma.org>.

**Webmaster:** Jerry Michelson: jerry@michelsonshoes.com

### Next Submissions Deadline: October 20, 2008

