



The HARRINGTON HERALD

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

Elaine Mead, Principal • Suzanne Kouri, PTA President



A Message from the Principal


Elaine Mead, emead@sch.ci.lexington.ma.us

The Lexington Public Schools is a learning community committed to continuous improvement. Each fall the elementary schools present common goals to the School Committee that support district initiatives, as well as goals that address our unique needs. We have three major focus areas: Literacy, Mathematics, and Overall School Effectiveness. The improvement plan summarizes strategies and progress toward our goals. This year we have posted our school improvement plan on our web site for your review: <http://harrington.lexingtonma.org/>

The Harrington Staff is actively working on academic strategies to promote achievement in mathematics and literacy. All teachers collaborate in a professional team called a PLC (Professional Learning Community) to improve student learning. Through this process, we review student performance data and plan interventions to help students move forward in their learning. This year all elementary schools are fortunate to participate

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November CALENDAR



3	Family Math Night (Grade 3) 6:45 - 8:00
4	SPED PAC Mtg., 7:30 Lex. HS, rm. 147
5	12:15 Dismissal Grades K-5 (Conferences)
6	12:15 Dismissal Grades K-5 (Conferences)
6	METCO Family Friends Day
6	LEF Trivia Bee, 7:30 in Cary Hall
11	No School – Veteran's Day Holiday
12	International Walk to School Day
12	Picture Retake Day
12	Family Math Night (Grade 5) 6:45 - 8:00pm
17	Family Math Night (Grade 4) 6:45 - 8:00pm
21	PTA Meeting Morning Coffee, 9:15 - 10:30am
26	12:15 Dismissal Gr. K-5 (Thanksgiving Holiday)
	School Resumes Mon. December 1 st

International Walk-to-School Day!



<http://ci.lexington.ma.us/lexsidewalkcommittee/SRTS.htm>

School children from the Arlington reservoir area of town walked to Harrington last month. Well actually, some of them ran, skipped, or piggy-backed. None-the-less, it was a great way to meet neighbors and turn the morning into a social gathering for parents and children alike. This was just an informal gathering of merriment in association with Lexington's program called *Safe Routes to School*. For more information you should visit Lexington's website listed under the above photo – some of the schools have quite the program! In fact, what you should do is grab your child and a neighbor for the next walk on November 12th. Perhaps you may even want to get a discussion going on the Harrington Hawks listserv and get your whole street walking!



NEW DATE FOR 1ST & 2ND GRADE CONCERT

Please mark your calendars for
Wed., January 21 at 9:00 a.m. & 7:00
p.m.

A Message from the Principal continued...

in district-wide professional development on assessment practices that inform instruction. We will meet in November, January, and March with teachers from other Lexington Schools to continue to expand our professional practices to help all students achieve at high levels.

A goal that is unique to Harrington is focused on building a strong school culture among students and staff. Each year we welcome many new students and their families. In addition, in the last three years over 50% of the school staff is new to Harrington. The administration and veteran staff are working together to mentor, orient, and involve the newest members of our community. We are working together, blending many talents and experiences, to develop a shared vision of our school culture.

The Harrington School Council, an advisory group of parents, teachers, and a community member, is reading and discussing the book by Stan Davis, [Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying](#). I recommend this book to parents and teachers as a great resource for strategies for parenting, teaching, and building a safe and welcoming school for all students. As a staff we are beginning a process to clearly define school-wide behavior expectations to support student learning and friendship. I welcome your feedback and suggestions to improve Harrington School.

Short Notes from the Principal:

Please mark your calendar for November 21st – a PTA Coffee and Dialogue. I look forward to seeing you there.

Also the Harrington School Mural was highlighted in the Open Circle Newsletter. Check it out: http://www.open-circle.org/files/OC_Newsline_Fall08.pdf

Ellen Cameron has decided, for personal reasons, to step down from the PTA Co-President role here at Harrington. This was effective on Monday, October 20th. We are all grateful to her for her intelligence, energy, humor and contributions over the past several months. We are grateful that she will continue to volunteer at Harrington and wish her all the best. Please direct all future PTA related questions to any of our Executive Committee members either in person or via the mail cubbies near the stairs inside the Harrington lobby.



Harrington PTA Morning Coffee

“Parenting to Build Healthy Kids Who Make Good Choices”

**Friday, November 21st 2008
9:15 AM in the Cafeteria**

Join us for an interactive panel discussion with Principal Elaine Mead, School Counselor Amy Chamberlain, and Substance Abuse Prevention Specialist, Julie Fenn, of the Lexington Public Schools Physical Education & Wellness Department

We look forward to seeing you there!

Maya Gong & Julian Dong with their mother, Hua



How did you travel to the Schoolhouse Walk for the Arts?



ACT Activities

Raana Khavandgar - r67r@yahoo.com

Amy Zaslow - azaslow@alumnet.simmons.edu

We're writing this the day after the Schoolhouse Walk. Thanks to all of you who participated and joined us for such a fun day and helped us to fundraise for the Arts Enrichment programs.

To update you on our programming for our students, here are the confirmed programs. We have others in progress.

- **Kindergarten:** Mother Goose (Children join Mother Goose as she recites nursery rhymes, sings songs, plays a circle game, and tells a story.) and Chinese Ribbon Dancing (Chiao Bin Huang performs a beautiful Chinese Ribbon Dance and works with students to create their own.)
- **First Grade:** Stephen Krensky (a well-known local author who wrote over 100 fiction/non-fiction books. For complete list of his books please visit www.stephenkrinsky.org)
- **Second Grade:** Catryn Hunter (Program about the Southwest, Northwest Coast, Palins and Wampanoag native Americans with storytelling, authentic artifacts from across the continent.)
- **Third Grade:** Bay State Educators (This program looks at the child's life in the 1750's America through the clothing of both boys and girls, the education of the child, toys and games of the Colonial America, the hunter-trapper and his accouterments)
- **Fourth Grade:** planning in progress – possible Immigration program
- **Fifth Grade:** Native American Perspectives (Dressed in clothing of the western plains of the 1800's, presenter teaches about Native American culture and early American history building and using a Tipi as the classroom.)

In addition, by the time you receive this, we will have had an amazing program about diversity given by a well-known historic figure. She was clear that the subject matter was best for grades 2-5, so those were the students present. We further anticipate having a very special program in the late winter for the whole school.

Information will be forthcoming when details are finalized.



Lily & Madeline Ellmore, Mazdak Khavendgar - Schoolhouse Walk



The Wellness Corner

Kathy Pike, kpik1@alumni.tufts.edu

Happy November, Harrington Families! With the start of November, I feel the start of the cold and dark months coming ... and with cold and dark, I think of sleep! Sleep is so important for both parents and kids (and I often find myself falling asleep at my kids' bedtime!) For the Wellness Corner this month, I thought I would collect some Wellness Bedtime Routines that work for you and share them in a future issue.

What have been successful bedtime routines for you and your child(ren)? Music? Meditation? Massage? Stories? Little light? Lots of light? Siblings sharing a room? Not sharing? Furniture arrangement? Occasional "camping" in the room? What else? I'll bet we all share many similar stories and we could learn some new techniques as well! Email me your thoughts.

I'll leave you with the lyrics to one of my favorite lullabies. Do you remember the story from which it came??

*Stay awake, don't rest your head
Don't lie down upon your bed
While the moon drifts in the skies
Stay awake, don't close your eyes*

*Though the world is fast asleep
Though your pillow's soft and deep
You're not sleepy as you seem
Stay awake, don't nod and dream
Stay awake, don't nod and dream*

... Sweet Dreams, Kathy



New Harrington Spirit Wear
Michelle Mabardy, MMMabardy@aol.com

Please support the PTA with the purchase of our NEW line of Harrington School or Town of Lexington Spirit Wear! These sweatpants, flannel pants, flannel shorts, and baseball hats will also make great Birthday and Holiday gifts for your family and friends around Town!

Download an Order Form from the Harrington School website:
<http://harrington.lexingtonma.org/> - orders are due by Monday, November 10 with a 4-6 week delivery expected to your child's homeroom.



METCO Family Friends

Linda Resnick
Indresnick@hotmail.com
Rita Ross, ridelisle@aol.com

We had a fun-filled kick-off to our Family Friends year with a Pizza Party in the Art Room on October 2. Many thanks to the PTA for the pizza, and a special, huge thank you to Ms. Roberta Wehmeyer for allowing us to use her Art Room year after year. It's great to have the opportunity for all Lexington and Boston families to get together to start our season.

Almost every Lexington and Boston FF joined us, including two Boston parents (Heather Fleming and Sharron Smith) who drove in especially for the event. Everyone pitched in to clean the Art Room and serve the food. As you can see from the photo, everyone had a great time socializing and eating pizza while Rita read a story about friendship. Our next Family Friends visiting day is Thursday, November 6.



Yamil Kouri, Makia Tabb, and a table of 4th grade Family Friends enjoying pizza and a story from Rita Ross

Box Top Tuesdays

Jacqy Fiore, jacqyfiore@rcn.com
Ellen Cameron, eusol@aol.com

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

Happy Fall to all you **Box Top** Collectors. Thanks to YOU, Harrington Elementary School just earned \$295.90. That is 2,959 Box Tops! MANY, MANY thanks to the Resnick Family for counting all the Box Tops! Keep on sending them in every Tuesday morning and receive a prize for every 5 Box Tops. We still have some 25 and 50 Box Top prizes left. The Harrington Website has a link to print up a page for storing, pasting, or taping on your Box Tops. If you have **SOX TOPS** from Hood Milk bottles (milk bottle caps from Hood Milk), please send them in and we will look into submitting them for more Harrington Fundraising. Regretfully, at this time, we are unable to provide a prize for the Sox Tops. However, if you have them or use Hood Milk, please send them in and hopefully if we collect enough it will mean more money for Harrington



Lexington SPED PAC

Elisabeth Sackton, 781-860-7337, esackton@gmail.com
Kevin Johnson, 781-863-1186

Lexington SPED PAC Meeting: Tues. Nov 4th - Disclosing Your Child's Disabilities to Your Child and Others

Please join us for a conversation with Dorothy Lucci, Director of Consultation, MGH Youth Care, on the topic of "Disclosing Your Child's Disability to your Child and to Others". Ms. Lucci will be discussing the language we use with our children to describe the abilities and challenges that they face, and the dilemmas of disclosure of their disabilities to others--children and adults.

The meeting will be held at 7:30pm on TUESDAY, November 4th in room 147 (Library Media Center) at Lexington High School. ****Note:** It is taking place on Election Day, so please vote before coming to the meeting. Election returns don't start until 11, when the West Coast polls close, so take your mind off the election and join us for this great program. If you have any questions or a need for accommodations, feel free to contact the PAC co-chairs listed above.



Big Back Yard

Judy Crocker

Giulia Paliotti, giulia.paliotti@yahoo.com



Schoolhouse Walk volunteers at BBY table

Harrington's Big Backyard is off with a bang! Some 350 Harrington junior scientists explored our outdoor classroom this September and October. Upcoming BBY events include November walks for Grades 2 & 5.

Big Backyard Autumn "I Spy" game

Salamanders, Crickets, and flying things,
Mini-creatures with transparent wings.
Leaves that are flat, pointed, and round,
In Harrington's Big Backyard there is much to be found!
Parents and teachers learning anew,
The student's enthusiasm providing the glue.
We must mention sumac, galls, milkweed & birds,
So many things we saw, smelled, and heard.

But as winter approaches, the days grow quite cold,
Many plants disappear, so too some animals I'm told.
Many hibernate, migrate, or nestle in their homes,
Until the coming of spring, when we'll see if they've grown.

"I love teaching in the Big Backyard Program. I've never learned so much about nature!"

– quote from a Harrington parent



The Green Team

Doreen Mitchell, doreenmitchel@gmail.com

Demystifying Plastics: I believe I can safely say

that you have heard the message to reuse bottles and containers. Although glass and aluminum or materials may be options for some, many of us opt to reuse plastic. However, knowing what plastic is safe to reuse and what can be recycled is not at all intuitive. Here in Lexington, we recycle any plastic containers with numbers 1 – 7. The consumer should know, however, that some plastics may not be as safe for reuse. In addition to thinking about our own health, we should be thinking about the collective health of individuals helping to manufacture the plastic and the environmental impact of the toxic by-products. For this reason, I have referenced some information (in summary) below about various plastics (from http://www.thegreenguide.com/products/Kitchen/Plastic_Containers, a National Geographic Society Website).

Safer: containers with # 2, #4, # 5

These three types of plastic are the healthiest and transmit no known chemicals into food. Safest to reuse and recycle.

Also safer: containers with # 1

Most commonly used for bottled water and soda. Not recommended for reuse, but considered safe for use and safe to recycle.

Plastics to avoid: containers with # 3, # 6 and # 7 - # 3

These have PVC (polyvinyl chloride -- PVC contains softeners called phthalates that interfere with hormonal development, and its manufacture and incineration release dioxin, a potent carcinogen and hormone disruptor. Vinyl chloride, the primary building block of PVC, is a known human carcinogen that also poses a threat to workers during manufacture; # 6 is typically Styrofoam containers, contains styrene which can leach into food; # 7 has Polycarbonate (PC). PC is composed of a hormone-disrupting chemical called bisphenol A, (BPA) which has been linked to a wide variety of problems such as cancer and obesity. **(FYI, the containers distributed at the Harrington Schoolhouse Walk were BPA free, # 2 containers).** It is always best to rinse and/or handwash any plastic and always avoid microwaving. See also:

- <http://domesticgoddesses.tribe.net/thread/243d1968-ce4d-4345-9a60-286eb3705e62>
- http://trusted.md/blog/vreni_gurd/2007/03/29/plastic_water_bottles
- <http://dailynightly.msnbc.msn.com/archive/2008/04/17/914073.aspx>
- <http://dailynightly.msnbc.msn.com/archive/2008/04/17/914073.aspx>



Our Heartfelt Thanks to ...

... **Michelle Marbardy, Anne Stevens, Susanne Shavelson, Lynnell Stern, Elyn Michelson, Lalitha Venkataramanan, & Jennifer Gerfen** for labeling and sorting the Directories. Special thanks to **Lalitha Venkataramanan & Jennifer Gerfen** for creating and editing the membership list.

... our many, many Schoolhouse Walk Harrington volunteers & coordinators:

Andrea Caplan, Cristina Burwell, Ewan Cameron, Jen Campbell, Andrea Caplan, Fiona Carrez, Flavia Chamon, Suzanne Cherson, Grace Clarkson, Jeanne Clifford, Kirsty Collis, Diane Coste, Gerard Coste, Paul Coste, Kirsten Crotty, Andy Cutler, Sue Croy, Hua Dong, Miriam Fein-Cole, Colin Hamilton, Lauren Hamilton, Kerry Heyda, Ching Ho, Hiroko Kim, Young Kim, Ana Manuelian, Debbie Manuelian, Liza Manzelli, Kathy Martin, Elyn Michelson, Doreen Mitchell, Phyllis Neufeld, Sarah Novogrodsky, Denise Omobono, Kathy Pike, Julie Read, Linda Resnick, Nicole Rhodes, Claire Seth, Grant Smith, John Sousa, Anne Stevens, Adrian Stewart, Duncan Stewart, Ian Stewart, Mary Ann Stewart, Holly Stumpf, Julie Vincent, Steve Vincent, Dave Weissburg, Roberta Weymeher, Patty Whitehouse-Nevins, Maureen Wojcik, Sue Zimmerman. And the volunteers from LHS NHS: **Lucille Cancre, Micaela Cyr, Lillian Janey, Lily Kaplan, Ana Khouri, Mina Milosavljevic, Elizabeth Rutila, Emily Sillari, Carolyn Stein, Rachel Townzen, Jennifer Whitman**

... Big Backyard grade coordinators and classroom reps for their great work in recruiting parent volunteers, setting up, scheduling and leading the fall nature walks.

Grade Coordinators: **Pamela Cohen, Tina Weber, Giulia Paliotti, Kathy Thompson, Helen Goodreau**

BBY Classroom Reps: **Nandini Chari, Raana Khavandgar, Susie Snell, Meg Muckenhoupt, Danielle Jackson, Lynelle Stern.** Also a big "Thank you" to all the Big Backyard walk leaders who volunteered their time to get trained and lead Harrington's "scientists" on the fall exploration of the Harrington grounds.

Walk leaders(K): **Kim Goldinger, Anita Erler, Iris Schichor, Kristen Reed, Catherine Murphy, Ann Ostrowski, Sunitha Mathew, Seiza Viana, Cristina Burwell, Nandini Chari, Kim Troland (1st): Cameron Moody, Catherine Murphy, Clair Sheth, Carrie Pitts, Tina Webber, Christina Deligiannidis, (2nd): Cristina Burwell, Kim Troland, Dawn Aguir, Steve Mattingly, Gillian Lester, Suzanne Fernandes, Val Dina, Heejin Pak, Lindy Cassidy, Diana South, Lisa Riccardi, (3rd): Anita Erler, Iris Schichor, (5th): Laura Parry, Lisa Nahigian**

... all of you who were involved in the International Food Night! Special thanks should go out to co-chairs **Henrietta Mei** and **Ase Grydeland** for putting together such a wonderful event. After years of co-chairing the IFN we will miss Ase next year as she moves on to Clarke with her 5th grader. Thank you **Rhaana Khavandgar** for making all those calls to welcome new Harrington families; **Karen Skoff, Roberta Wilson** and **Drew Wilson** for bringing your wisdom and ideas from years of helping at IFN; **Wally Mei** for serving pizza all night and cleaning up after the event. Thank you **Sunitha Mathew, Heather Fleming, Susan Zhao** and **Yoonkh Sejong** for your help during the event. Last but not least, we want to recognize what a great job **Ms. Weyermeyer** and the **4th Graders** did putting together the wonderful center pieces for the tables. Thank You!

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>.

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Next Submissions Deadline: NOVEMBER 20, 2008

