



# Harrington The Herald



Nov/Dec 2013

Volume 16, Issue 2



[Details available online](#)

## November

- 6 12:15 **Early Dismissal**  
Conferences
- 7 Conference Day
- 11 **No School** – Vet.'s Day
- 12 Gr. 5 Math Night, 6:45
- 21 **No School** – Prof.Dev.
- 27 12:15 **Early Dismissal**
- 28 & 29 **No School**,  
Thanksgiving

## December

- 12 5<sup>th</sup> Grade Chorus,  
String Band and 4<sup>th</sup>  
grade strings (9-10 am)
- 12 Game Night - 6:30pm
- 19 METCO/Family Friends  
day
- 23 -31 **No School** – Winter  
Break

## January

- 1 **No School** – Holiday
- 2 School Resumes
- 7 Gr. 2 Family Math Night  
6:45
- 9 Hobby Night, 6:30

### From the Principal

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

Parents often look for ways to help their children do well in school. We want our children to be happy, healthy, and learning. Parents in our community provide much to give their children advantages along the way, homework help, enrichment classes, and social experiences, to name a few. A study that was published last week made me wonder if all this help may actually interfere with what children need most: sleep. Research from University College in London noted that children who have a consistent bedtime do better in school and at home. The study focused on more than 10,000 children ages three, five, and seven. The findings were impressive and hopeful. When children did not have consistent bedtime routines, behavior difficulties were common at home and at school. The good news was that when children were given a regular bedtime, their behaviors and performance improved. Routines regarding sleep make a difference.

I looked into the idea of children and sleep a bit further and came upon an interesting New York Times Magazine cover story from 2007, "Snooze or Lose," that pulled together research about the changing sleep habits of children and how this impacts their learning. Children need sleep for brain development so a lack of sleep hurts children much more than adults. The author notes that on average children today sleep about one hour less than children from previous generations. Every study noted a

*... continued on page 2*

### From the PTA: Fundraising

*Christine Chisholm, christinecmc7@aol.com*

The money raised by the Harrington School PTA fundraising efforts is necessary to maintain many of the wonderful programs and events that are provided for our children. These programs and materials directly benefit each and every student at Harrington School.

As you can see from the pie chart on page 2, fundraising accounts for 67% of the PTA's income. Our largest fundraiser for the year is the Spring Fair, which typically raises \$13,000 for our school. Other important fundraisers are the Innisbrook (gift wrapping), Barnes and Noble, Box Tops, and Stop and Shop programs.

So, where does all of the money go? The PTA is committed to improving the amazing learning environment of Harrington School; therefore, 33% of the money goes to art and science enrichment programs. ACT (Arts Created Together) is an arts enrichment program supporting each grade's curriculum. There are two school wide presentations, as well as two additional presentations per grade. There is also a science enrichment program which brings grade-level, curriculum based science programming to all Harrington students. The NE Aquarium collaboration and the kindergarten chick-raising projects are just two examples. Additionally, 39% of the money goes to providing the classroom with basic needs like Home-School Folders and Agendas for all 4<sup>th</sup> and 5<sup>th</sup> grade students and

*... continued on page 2*

connection between sleep and school performance. A tired brain can not pay attention or remember as well as a rested brain. The more a child is learning, the more sleep is needed to help the learning stick. Emotional memory is affected too, with tired brains remembering negative experiences more easily than positive experiences. "The surprise is how much sleep affects academic performance and emotional stability, as well as phenomena that we assumed to be entirely unrelated, such as the international obesity epidemic and the rise of Attention Deficit Hyperactively Disorder. A few scientists theorize that sleep problems during formative years can cause permanent changes in child's brain structure." I encourage you to read the article for a very compelling argument to make bedtime the priority for your child. The complete article can be found at the following link.: <http://nymag.com/news/features/38951/>

You might be thinking - easier said than done. You might say, "There are so many demands and activities, a consistent bedtime is just not possible in my house." You may wonder how your child will compete or compare if you made getting to bed a priority. At School Council, we discussed the pressure parents feel to have their children busy all the time. The pressures are compounded because Lexington is a community with resources and many opportunities. Yet, this abundance can also leave us feeling overwhelmed - perhaps even "Lexhausted!" Let's all get some rest! Make bedtime the most important homework for your child.



### Family Game Night!

*Kim Goldinger, kim.goldinger@comcast.net*

Family Game Night is a brand new event coming to Harrington as organized by the 5th Grade Graduation Committee.

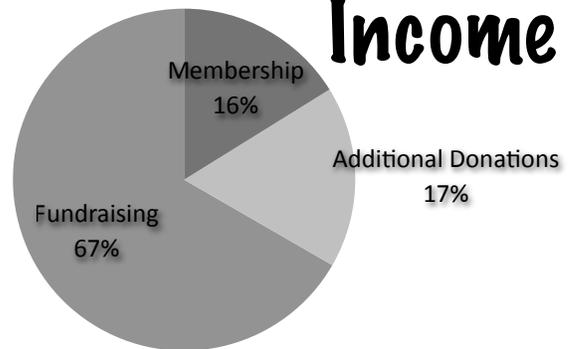
Bring your Harrington buddies and your family on December 12th from 6:30-8:30 to play a variety of your favorite games from Gamewright.

Bear in mind upcoming holidays and birthdays as games will also be available for sale after the event, with part of the proceeds going toward the 5th Grade Graduation this year.

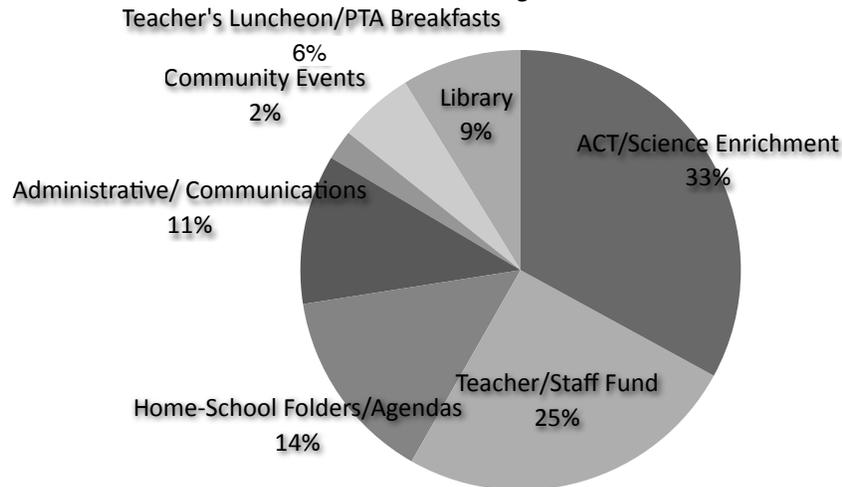
a teacher/staff fund that is used for classroom basics like tissues, baby wipes and hand soap for all classrooms. Also, 8% goes to community events and PTA socials, namely the Back-to-School Breakfast and Teacher Appreciation and Luncheons and 9% goes to the library. Lastly, 11% of the funds goes to Administrative/ Communication costs, which include things like the Herald, the Directory, PTO national dues, and liability insurance.

The reality is that the School District Budget just doesn't cover everything the teachers and staff at Harrington School need to do the important work of educating our children. Fundraising is necessary in order to afford our children the best possible learning opportunities and environment.

## Income



## Expenses





## News from the Library

Laura Szaro, [lszaro@sch.ci.lexington.ma.us](mailto:lszaro@sch.ci.lexington.ma.us)

Harrington Librarian

I'm excited to share that this year's Massachusetts Children's Book Awards (MCBA) program is underway in the Harrington school library! Salem State sponsors the MCBA program for students in grades 4-6 each year as a way to connect students with great books and encourage reading. As part of the program, students who read a minimum of 5 books from a list of 25 nominated titles are able to cast their vote for the best book. Harrington 4<sup>th</sup> and 5<sup>th</sup> graders are introduced to the program and have the opportunity to keep track of their reading and vote during Library. Participating students across Massachusetts will vote in March and the winner will be announced in April. The Library has 2-3 copies of each MCBA book, but students can also find the books at the Cary Memorial Library or other public libraries. This is a wonderful way for students to find new favorite books and I hope you will encourage your child to participate. For a full list of the 25 MCBA books and for more information about the program you can visit <http://www.salemstate.edu/academics/schools/3698.php> or look for the Massachusetts Children's Book Awards link on our Library website.

### Thank You for Supporting Our Library!

Thank you to everyone who sponsored a book for the Library at the International Food Festival! We were able to add 45 fantastic books to our collection that students have already eagerly been checking out. And a very big thank you to all of our new and returning Library volunteers who have begun helping each week during Library classes.



## Box Tops Thursday 11/7

Kris Palomba [k.palomba@gmail.com](mailto:k.palomba@gmail.com)

Box Top collections take place the **first Thursday of each month**.

Next collection is Thursday, Nov 7th.

Box Top Forms can be printed off the Harrington School Website under the PTA path. Label your sheets with students name, grade, and teacher. If you'd like to volunteer in this important fundraising activity contact Kris listed above.



## Let's Chat!

Michelle Motta Dardeno, [mdardeno@hotmail.com](mailto:mdardeno@hotmail.com)

### LET'S CHAT 2013-2014 KICK-OFF: November 01, 2013. 8:30-9:00 am, Cafeteria

Topic: *Bullying Prevention and Intervention*

October is Bullying Prevention Awareness month. The Lexington Public School system and Harrington School have measures in place to identify, educate and mitigate any suspected and/or confirmed occurrences. Come learn about this very important topic facing our children. This event is being co-sponsored by the Harrington School Site Council and the Harrington PTA.

FUTURE TOPICS: We really want to hear what topics interest you! Last year's topics included: Report Cards, School Safety, Early Literacy, Health/Wellness Curriculum, Wrap-Up/ Summary. Please forward topic ideas either directly to Michelle Motta Dardeno (HSSC parent representative) at [mdardeno@hotmail.com](mailto:mdardeno@hotmail.com) or anonymously through the suggestion box in the front foyer between the two sets of front doors.

SAVE THE DATE: (of future "Let's Chat" discussions)

- December 6, 2013
- January 24, 2014
- March 7, 2014
- May TBD, 2014

BACKGROUND: The LET'S CHAT discussion series is sponsored by the Harrington Site School Council and is a result of findings from the 2011-2012 Parent's survey requesting increased opportunities to engage in meaningful exchange in our Harrington community. It is designed to provide informal, short and frequent opportunities to discuss relevant topics and is open to all.



## SUGGESTION BOX: Have a Voice!

*Do you have thoughts & ideas to make  
Harrington: Better? Safer?? Happier??*

**Let your voice be heard!!**

Harrington's Suggestion Box, located in the front foyer between the 2 sets of doors is available to **capture and address questions, comments, and praise**, but it will only be effective if we use it! The box is a means of outreach by the parents of the **Harrington School Site Council**, to keep a pulse on what is working and what could use more attention and discussion. It is designed to allow the entire Harrington Community (families, faculty and staff) to make submission anonymously or with contact information. All suggestions are collected by a Harrington parent, presented at the monthly Council meetings for action and tracking, and summarized in the Harrington Herald.



## PTA General Meeting Minutes

*Cheri Sukhia, cherisukhia@yahoo.com*  
**PTA Secretary**

On Thursday, October 17, a general PTA meeting was held at Harrington. The meeting was a roundtable discussion with Principal Elaine Mead and Assistant Principal Julia Hendrix.

**Topics discussed** during the meeting included:

- Parent Conferences,
- the annual Halloween celebration,
- new Common Core standards,
- MCAS,
- Pro-Social issues,
- the Hawks Roundtable with Julia Hendrix,
- Communication between teachers and parents,
- Parking issues particularly for Kindergarten parents,
- Harrington Extended Day and the potential of adding additional after-school options,
- Recess restrictions, and
- Communication to parents regarding transportation (bus) issues.



## ACT & Science Enrichment

*K – 2: Kristen Reed, kristen.e.reed@gmail.com*  
*3 – 5: Stacey Smiar, staceysmiar@gmail.com*

ACT stands for Arts Created Together. This PTA committee brings in enrichment programs to enhance the school arts and sciences curriculum for all students. ACT programs include special assemblies, artist residencies, traveling science programs, and much more! These programs come from places like the Museum of Science, the Discovery Museum, the New England Aquarium, Young Audiences of Massachusetts, Zoo New England, and other individuals and organizations.

The following is what your student will see this year. For more information or to help choose these programs, contact Kristen or Stacey listed above.

### *Kindergarten*

Chinese Ribbon Dance, Farmer Eddie Sisson, Electricity & Magnetism

### *First Grade*

Wing Masters, Tide Pools Alive, Light and Shadow

### *Second Grade*

Native American Presentation, Physical Changes in Matter, Ben Franklin

### *Third Grade*

Bay State Educators, Kitchen Chemistry, Mass. Water Resources Authority (Building the System), Ben Franklin

### *Fourth Grade*

Animal Adaptations, Star Lab

### *Fifth Grade*

Electricity and Magnetism, Commonwealth Museum, Weather

## Innisbrook Fundraiser 'Wrapped Up'



This giftwrap-and-more fundraiser was an amazing success, and with all of your participation and support we have managed to raise just under \$3000 for the Harrington PTA Arts and Science enrichment programs. Go Harrington!!!



## Fifth Grade Perspectives!

### The HAWKS Council

*Nicole Zermani, Fifth Grader*

The HAWKS Council is a group of fifth grade students who work together to help the school gain school spirit and organize community service projects.

In the past, students in the HAWKS Council have had some great ideas to encourage school spirit. For example, they have organized pajama day, crazy hair day and more. They have put on plays about the HAWKS promises and have explained what the letters represent. For community service, the Council held an event called operation XO. The Council asked students to bring in books from home to donate to a shelter.

The HAWKS Council has many ideas that help the school build school spirit and help others in need. When you are in fifth grade, we hope that you will consider joining the HAWKS Council.

### Harrington's Book Group

*Alexander Hwang & Ethan Zhang, Fifth Graders*

Do you ever feel like you don't have a good book to read? Then "How to Steal a Dog" by Barbara O'Connor is the book for you!!! You don't just have a good book to read, you can go to the book club!!!! Every fall and spring there is a book club. In the book club everybody reads the same book. Then one fall or spring night everybody gathers and has a deep discussion. It is something that you don't want to miss!

This is how the book is picked; first Ms Szaro picks a book she thinks is a good book club book, then Ms Vidal and Mrs. Vincent read the book and if they like it then guess what, it's the new book club book. At the book club they mostly talked about why the main characters, Georgina and Toby, stole the dog in the book and how she dealt with it. Some book suggestions, from the kids, were A Dog On His Own because it was a mystery. Another book suggestion was The Ruins Of Gorlan because it was unique, suspenseful and surprising!!!! (Zach Vincent and Owen Hwang) Harrington has a book club because it's a good time to read and talk about books with your friends and family. That's basically what the book club is about.

## How Can We Improve The Playground?

*Lexie Collis, Fifth Grader*

My task was to report on ideas of how to improve the Harrington playground. I asked 10 fifth graders on their opinion if water fountains would be useful. "I think we should have water fountains outside," said Mrs.Moussa's fifth grade class. Many people wanted to set up a trampoline, but that is just an accident waiting to happen. "Maybe we should have an organized game", said a group of students from Ms.Neely's class. They also suggested for more supplies to be given out to the other grades. To summarize, a water fountain, organized games and more supplies would make the playground a more exciting place.

### Map Night

*Rebecca Mathew & Elise Weiss, Fifth Graders*

Map night is a creative way to learn and share new things. Map night started 4 years ago when Mrs. Hundley, the social studies coordinator, started with a map of Africa. She wanted kids to learn about geography in a fun way. Then she decided to have a map time for families called "map night". You can learn a lot of things like that Turkey has something called the "evil eye". They believe it will send good luck and wash away bad dreams. Italy has different types of cheese for each region. Map night is important because you can learn about different countries and what people's lives are like in those countries.



## New Students

*Nuri Hong, Fifth Grader*

I interviewed Kathy and Natalie . They are both new students in the fifth grade.

First, I interviewed Kathy in 5 Neely/Hall class. In her family, she has her mom and dad, a little sister, a big brother, and a pet turtle. Her hobby turns out to be playing the piano, as well as her favorite color being green. Her dream when she is older is to be a scientist.

Now, let's talk about school. Kathy used to go to Bridge before coming here and the reason why she came to Harrington is that she moved to a new house. After I heard this I asked her if there is any differences between the two schools and this is what she said "Bridge doesn't have something like HAWKS , the teachers are more strict, there is no line order, no math objectives, and there is only one floor."

People have challenges and Kathy's challenge is social studies. She also wants to improve writing , especially writing narratives. I can understand her because I'm not a pro on writing either. Anyway , Kathy , of course, likes Harrington because she said what the teachers teach us in Harrington is the same as what they teach in Bridge.

Finally, Kathy is looking forward to the electricity projects (it looks fun) and the camping trip at the end of the year.

I think Kathy is a nice person, so when you see her, say hi!

Next I interviewed Natalie in 5 Class class. (I didn't get to ask her a lot of questions because she isn't in my class.)

First I asked her which school she went before coming to Harrington . It turns out Natalie also went to Bridge before coming here. She doesn't need to improve anything but Natalie's challenge in school is social studies.

An addition to what Kathy told us , Natalie also said a difference between the two schools is that Bridge has lockers. She likes Harrington so far, and finally, she is looking forward to going for camping in the fifth grade. I think Natalie is a cheery person , so when you see her , lets get friendly!

## International Food Night

*Max Ostrowski & Connor Driscoll, Fifth Graders*

On October 3<sup>rd</sup>, Harrington held an international food night when the Harrington community brings in foods from all over the world. We tasted some amazing food and interviewed a few people and this is what they said.

Kike Chamon of the 5<sup>th</sup> grade said, "the food was really good and it seemed like everyone had a lot of fun." Also Ms. Wiley said "I think it was delicious and there was a great variety." And Mrs. Snell said, "Brazilian pudding was my favorite." Akshay Jha said "very good international food night."

Our favorite food at international food night was the Brazilian passion fruit mousse. It was great. Also Beibei and Delilah of Mrs. Roache's class said it was "yummy and great."

We think it was the best international food night yet!





# Heartfelt Thanks. . .

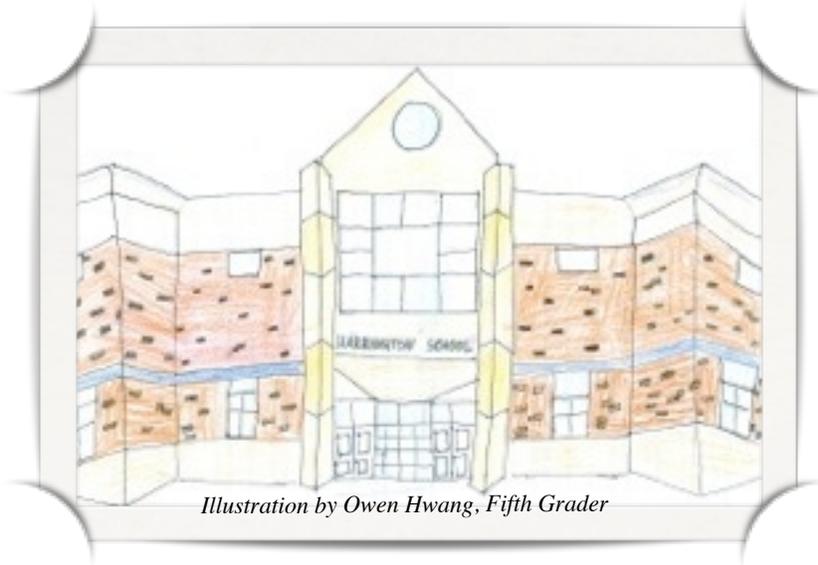
. . . to **Emy Goldsmith** for heading up the Harrington Spirit Wear initiative. Go HAWKS!

. . . to **Kim Goldinger** for mountains of data entry and coordination of the successful Innsbruck Fundraiser.

...to **Jennifer Green** for coordination of School Picture Day.

. . . to **Maria Vlachos** and **Tarla Neff** for organizing a superb European Map Night -- complete with iPads, giant map and a cafeteria full of tables of cultural artifacts and crafts. And a special thanks to parent volunteers **Caroline Millot, Joanna & Tom Kuraszkiwicz, Jamila Xible, Luis Alvarnez, Pauline Haddat, Michelle Dardeno, Nuray Ganioglu, Kjartan Stefausson, Sergey & Ekaterina Heyphets, Melissa Minor, Cristina Robertson, Caroline Fantasia, Barbara Buck, and Ruth Lui.**

. . . to **Stephanie Hsu** and **Khurshida Shahidullah** for orchestrating another enjoyable evening sampling the epicurean delights of our Harrington community through the annual International Food Night. And a special thanks to parent volunteers Jue Jin, Ping Hou, Min Shu, and Jasper Wong.



## The Harrington Herald

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*The Harrington Herald* is the monthly newsletter of the Harrington PTA, published six times a year. In keeping with 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.

Visit the Harrington School website for online editions and archives at <http://harrington.lexingtonma.org>.

***Next Submission Deadline: 20 December, 2013***

*Harry the Hawk drawing by Omari Franklin, Fifth Grader*

