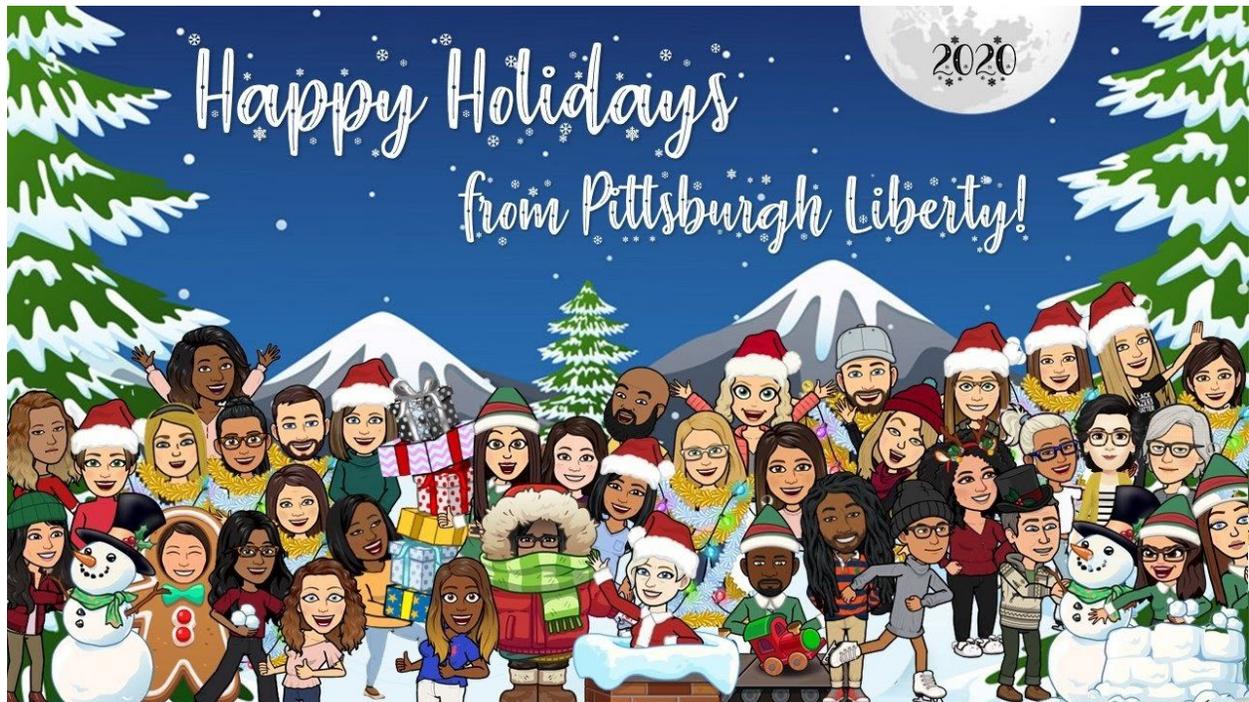


# El Nido del Águila

"THE EAGLE'S NEST," THE COMMUNITY NEWSLETTER OF PITTSBURGH LIBERTY K-5

Jan 2021

Vol. 6, Issue 4



## LEAF CALENDAR

### Holiday Meal Distribution

*TODAY, Wed. 12/23, 10AM-noon AND 4-6PM*

Locations: Pittsburgh Carmalt, Pittsburgh Faison, Pittsburgh Gifted Center, Pittsburgh Lincoln, Pittsburgh Millions, Pittsburgh Perry

Each heat-and serve meal kit, which feeds 4-6 people, includes ham or turkey, stuffing, mashed potatoes or sweet potatoes and gravy, vegetables, salad with dressing, and bread.

### Winter Break

*Thurs. Dec. 24–Sun. Jan. 3*

No school! Happy holidays!

### Parent Advisory Council (PAC) Meeting (Virtual)

Jan. 7, 6–9PM

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PAC is the district's mechanism for ensuring that parents are informed and can help develop programming and policy. If you're interested in representing Liberty at this monthly meeting, contact Ms. Z: [lzwieryznski1@pghschools.org](mailto:lzwieryznski1@pghschools.org)

Martin Luther King Jr. Day

*Jan. 18*

No school.

PTO/PSCC Meeting (Virtual)

*Wed. Jan. 20, 6–7:30PM*

<https://tinyurl.com/LibertyPSCC>

Please join us online. For more info: [president@pghleaf.org](mailto:president@pghleaf.org)

PPS Public Hearing

*Jan. 25, 2021, 6PM*

Watch: <https://livestream.com/accounts/7031315/events/9437565>

To submit comments to be read aloud at the meeting:

<https://www.pghschools.org/publichearing>



## **FESTIVAL DE INVEIRNO (WINTER FESTIVAL)**

On Tuesday night, Liberty faculty hosted a virtual winter celebration. About 75 families and faculty members attended! The teachers put on a lovely program: games, music, dancing, a Liberty chorus performance (<https://bit.ly/3hdoVo9>), an art showcase from the SOAR club (<https://youtu.be/setBKg6liR4>), story time, and a video slideshow of winter fun photos (<https://bit.ly/2M2SUfX>). Kids got decked out in holiday clothes/jammies and decorated their backgrounds. It was an awesome way to kick off the winter break. Many thanks to all who worked so hard to make the evening so special!



## **MESSAGE FROM YOUR PTO**

At every turn in 2020 we've been saying "Can you believe it?" We didn't know when we started the year that we would be stretched to our limits for so long and in so many ways, missing our friends and family (sometimes even missing strangers), having to change the way we go to school, worried about jobs that seemed stable in January and paychecks that stopped coming.

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Our LEAF team is grateful for the Liberty community, for the laughter and tears we have shared on the phone and on teams, for the support of fellow parents who let us know that we are not alone - that our children are not alone, for the teachers and staff who have spent hours connecting with our children, even when the kids are not excited about connecting virtually.

We are hopeful for the new year, now that the kids are absolute pros at powerpoint and schoology and teams, more comfortable sharing their lives and learning virtually. It's not time for us to see each other in person yet, but we look forward to that day.

For the next few months we'll be meeting virtually still, and we invite you all to join us at the monthly PSCC and LEAF meetings, the 3rd Wednesday of the month at 6pm. If you have thoughts or ideas about events or questions about how and why we work, feel free to reach out at any time: [president@pgheaf.org](mailto:president@pgheaf.org)

Wishing you a healthy and happy holiday season, and warmest wishes for the new year!!!

Your LEAF team,  
Maria Guyette, Jennifer Edwards, Elaine Vitone and Alison Seidel

## **✚ NURSE'S NOTE: ON COVID-19 VACCINES**

COVID-19 is short for "coronavirus disease 2019." It is a brand new virus that scientists and doctors are still learning about, and it is making many people very sick.

COVID-19 is most commonly spread through close physical contact (within 6 ft.) of a COVID infected person when they talk, breathe, sneeze, sing, cough, etc.

However it can also be spread by airborne transmission, in tiny droplets that linger in the air for minutes to hours. Surfaces are also contaminated when respiratory droplets land on objects. Airborne transmission and transmission through contaminated surfaces are both seen less frequently than spread through close physical contact.

COVID can affect people differently. One person may have mild symptoms while another has severe symptoms. Symptoms are most frequently seen between 2-14 days after exposure.

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Symptoms include but are not limited to:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

The best way to avoid the spread of and exposure to this virus is:

- Avoiding crowded locations and close contact; keep at least six (6) feet away from others
- Wearing a mask over your nose and mouth, even if it is not required where you travel
- Washing your hands with soap/water or using hand sanitizer (60% alcohol or higher) frequently, especially after being in public or in contact with frequently touched surfaces, and before/after touching your face or eating
- Avoiding touching your eyes, nose, or mouth
- Covering coughs and sneezes

From CDC.gov: A vaccine or immunization is a type of medicine that stimulates the immune system to fight a disease before you ever come in contact with it. Easily transmissible or contagious diseases are spread easily from one person to another. Vaccinations help stop the spread of contagious diseases. Once vaccinated your body develops an immunity to the disease. Sometimes immunity is only achieved after a series of vaccinations. A few vaccinations that are required in the school setting are: Polio, Diphtheria, Tetanus, Measles, Mumps, Rubella, Varicella, Hepatitis B, and Meningitis. However there are several others that are very important like the flu vaccine, which is recommended every year.

Scientists have been working on COVID-19 around the clock since last winter, and 2 vaccines just received Emergency Use Authorization from the U.S. Food and Drug Administration. This will be an important tool to help stop this pandemic.

There are limited supplies right now, and they will be given first to healthcare and essential workers who are at the greatest risk of getting COVID-19. If you are a healthcare worker, your employer will have more information about how and when you can get the vaccine. Essential workers can expect to hear more in the coming

weeks about when the vaccine will be available. If you have long-term health conditions, contact your doctor about when you can expect the vaccine. For anyone who is healthy and not in a high risk job, it may be several months before the vaccine is available to everyone.

To learn more:

- About the COVID Vaccine:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>

- About COVID-19 in Allegheny County:

<https://www.alleghenycounty.us/Health-Department/resources/COVID-19/Covid-19.aspx>

## **NEW LIBERTY INITIATIVE: ONE BOOK**

February will take a new face this year as we go into Black History Month. My name is Raelyn Ruffus and I am new to Liberty and the East Coast all together. We came out here from California and absolutely love Liberty K-5! Moving across the country is a big change, but for a year like this one where everyone experienced change, it seems more fitting. At the same time, I think one of the many things that this year has revealed to us is that some changes were necessary and exactly what we desired all along. For the Ruffus family the change that has been cherished the most and lost in the busyness of life B.C. (Before Coronavirus) is our time together. The proposition I am making is an opportunity for your family to amplify relationships, become a more cohesive unit, have fun, get free stuff, and increase literacy in your home. Did I hook you yet?

The proposition I am talking about is a program that communities and schools across the country call One Book. In February, join and participate as Liberty families will be reading One Book. Well, almost...we understand that there are multiple reading levels in your home, so we have selected a bundle of books for the whole family that have similar moral lessons and themes, but at reading levels that are enjoyable for the whole family. In your family book bundle, you will be receiving some combination of the following books:

- The Crossover by Kwame Alexander
- The Rebound by Kwame Alexander
- Little Shaq by Shaquille O'neal
- A book by Bryan Collier

Hold on though, we are not just giving you books with no direction to be left on the shelf. We are also going to be doing monthly family events that highlight main themes of the books that will enhance learning and bait a reader to dive into their

book. In addition, we will provide parents with Reading Groups to connect with others, have online read alouds for every book, get to personally hear from one of the authors from your family book bundle, and celebrate with you every step of the way. This project will last until the end of school year. So, your family will have plenty of time to finish their books and maybe even read all the books in your family bundle. As a kid I was a reluctant reader, so I can empathize with this type of learner. Humbling to admit, but in grade school there were only three chapter books I truly read cover to cover. Now with my big girl lenses I can identify why I did not enjoy reading like I do today. The books that successfully caught my attention did for two reasons: 1) I could identify with the characters; 2) my teacher made me feel smart while I was reading it. With One Book reluctant readers will find the support they need to engage and thriving readers will get more than one book to indulge in.

This program works best when there is one hundred percent buy in, so get excited and start counting down the days as a family. With this project rolling out in February you have plenty of time to prepare. Books in the home is one of the number one indicators for success; this program will bring multiple books into your home. We will provide multiple experiences for you and your student to talk about what they are reading and set every reader up for success. We understand that “all kids do learn but not on the same day and not in the same way.” -Art Costa

Blessings and Happy New Year!  
- Raelyn Ruffus



## TOY DRIVE

This month, our school social worker, Ms. Erin Kelly, worked with Liberty parents to organize a first-ever toy drive for our school community. All together, the drive brought gifts to 39 children! Thank you, Ms. Kelly, for all you did to make this happen! And many thanks to Liberty parents and faculty, as well as parents from Pittsburgh Student Achievement Center, who donated and wrapped these special holiday surprises. There is already talk of continuing--and expanding--the toy drive next year!



## CALL FOR NOMINATIONS: STUDENT ENRICHMENT EXPERIENCES

The University of Pittsburgh Center for Urban Education and The Grable Foundation are excited to offer new after-school enrichment experiences for local

students. These courses will be led by a team of high-impact retired teachers of Black and Brown children. They are asking educators, parents, coaches, and other members of the community to nominate students (<http://bit.ly/3rl21Zo>) to participate in these six courses. These enrichment experiences are designed around the principles of the Freedom Schools and will develop academic skills and knowledge, while supporting social emotional learning, and critical consciousness development.

The deadline for student nomination submissions is January 8, 2021 at 11:59 p.m. ET. Classes will begin the week of January 25, 2021 and will take place virtually on Thursdays from 4 - 5:30 p.m. until May 2021. Space is limited.

#### New Course Offerings:

- Accelerating My Education as an African American Student through Reading and Creative Writing (3rd grade):
- Exploring Language Arts Through Literature (3rd and 4th grade)
- Time Traveling Pittsburgh (5th and 6th grade)
- The Creative Exploration of that Caribbean Vibe Hiding In You and In Your Phone (7th – 9th grade)
- Enhancing Critical Thinking Through Culturally Responsive Literature and Art (7th - 10th grade)
- A Bundle of Functions (9th – 12th grade)

>> Nominate a student to participate in a course: <http://bit.ly/3rl21Zo>

>> Learn more: <http://bit.ly/38qEiyl>

Per the center's newsletter "The program is important because the COVID-19 pandemic is disproportionately ravaging Black and Brown communities with devastating effects on education. The pandemic exacerbates several pre-existing realities, including the elimination of Black teachers from the lives of Black students (and all students) following Brown v. Board of Education (1954), the overrepresentation of white teachers in Pennsylvania and Pittsburgh, and the suffering of Black youth within urban schools."

"We hope that you will consider nominating a student to take advantage of this opportunity for learning and personal growth. For questions about this exciting new initiative, please contact Cassandra Brentley at [cassandrabrentley@pitt.edu](mailto:cassandrabrentley@pitt.edu)."

## REMEMBERING DR. KING

In the month of January, we celebrate one of the most influential Black history figures of all time, Martin Luther King Jr. He was born Michael Luther King Jr on January 15, 1929 in Atlanta, Georgia. He attended public schools in Georgia, graduating from high school at the age of 15. He went to Booker T. Washington High school. He was so smart that he skipped two grades. He started his college education at Morehouse College at the young age of 15. After getting his degree in Sociology, he got a divinity degree from Crozer Seminary. He then got his doctor's degree in theology from Boston University. His dad was a preacher who inspired him to pursue the ministry. In 1953, he married Coretta Scott and later had four children.

### Fun Facts:

- He was the youngest person to be awarded the Nobel Peace Prize in 1964.
- Martin Luther King Jr. Day is a national holiday. It was finally approved on in 1983, and all 50 states made it a state government holiday by 2000.
- There are over 730 streets in the United States that are named after Martin Luther King Jr.
- One of his main influences was Gandhi, who taught people to protest in a non-violent manner.
- His birth name was Michael, not Martin.
- He entered Morehouse University at the age of 15. He skipped graded 9 and 12 in high school.
- He received his doctorate in systematic theology.

### Inspirational Quotes:

- "I have decided to stick with love. Hate is too great a burden to bear."
- "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."
- "The time is always right to do what is right."
- "Let no man pull you low enough to hate him."
- "Love is the only force capable of transitioning an enemy into a friend."
- "We need leaders not in love with money, but in love with justice. Not in love with publicity, but in love with humanity."
- "The function of education is to teach one to think intensively and to think critically. Intelligence plus character- that is the goal of true education."
- "An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

 **LECCION DE ESPAÑOL**

New Year's Eve: *la Nochevieja; la vispera de Año Nuevo; el fin de año*

Gloves: *guantes*

Parka: *abrigo de invierno*

Earmuffs: *orejeras*

Jacket: *chaqueta*

Scarf: *bufanda*

Overcoat: *sobreabrigo*

Boots: *botas*

Sweater: *sueter*

Snow: *nieve*

mother: *madre*

father: *padre*

grandmother: *abuela*

grandfather: *abuelo*

aunt: *tia*

uncle: *tio*

Daughter: *hija*

sister: *hermana*

son: *hijo*

brother: *hermano*

cousin (female): *prima*

cousin (male): *primo*

great grandmother: *bisabuela*

great grandfather: *bisabuelo*

 **CRAFT CORNER**

January is a month celebrating the New Year, Chinese New Year, and Martin Luther King's birthday. There are many crafts associated with each of these special days. January is also one of the most snowy months of the year.

### Winter Bird Feeder

The materials needed are : toilet paper or paper towel tube, peanut butter, birdseed, 24 inches of ribbon or just long enough to hang from a tree branch or window, an empty box, and scissors . Spread a coat of peanut butter all over the cardboard tube. Pour birdseed into the empty box, so that there is a thin layer covering the bottom of the box. Roll the peanut butter covered tube into the birdseed, so that the seeds adhere and cover the peanut butter completely. Thread

a ribbon through the tube and tie the ends together to form a knot. Hang it from a tree branch near the window, so that you can watch the birds feast.

### New Year's Eve Fizzy Baking Soda Science

This is a great example of simple Chemistry, mixtures, and reactions. The materials needed are: Baking soda, vinegar, food coloring, glitter, a spoon, a tray or something to put the craft on, and any kind of plastic cups. When you combine baking soda which is a base and vinegar which is an acid, you get a gas. This gas is called carbon dioxide and is exactly what gives you the bubbling and fizzing. Put the cups onto a tray or somewhere that will prevent the mess from spreading. Fill a cup with baking soda and a few sprinkles of glitter. In another cup, add white vinegar (lemon juice works also), and a few drops of food coloring. Spoon the vinegar mixture into the baking soda mixture and watch the fizzing fun. Continue doing this until the contents of your cups are emptied.

### Easy Icicles

You will need paper, glue, and salt. Apply a thick line of glue on the paper at the top, going back and forth to make the line thick. Stand the paper upright and watch the glue run down the paper forming icicles right before your eyes. Just before the glue starts to run off the paper, place the paper flat on the table or floor. Sprinkle the paper with salt and let dry.

## **RECIPES**

There are a lot of recipes that range from comfort foods to easy snacks that kids can make themselves. While comfort foods are great, it is always fun to let the kids make a snack or simple meal on their own or with minimal help.

### Fruit Loop Trail Mix

You will need:

- 1 box ( 15 ounce) of Fruit Loop cereal
- 1 bag of mini pretzel twists ( 15 ounce)
- 1 bag ( 1 pound) of M & M's
- 1 box of raisins
- 1 can of salted peanuts.

If you have a nut allergy or simply don't like peanuts, they can be omitted. Mix all of the ingredients together and store in an airtight container.

### Banana Pops

You will need:

bananas  
yogurt  
breakfast cereal or granola

Peel a banana, dip it into the yogurt of your choice. Then, dip into crushed breakfast cereal or granola. Freeze, then enjoy.

### Ice Cream Snowman

Place two balls of ice cream, any flavor, on top of one another to form a snowman. For the eyes, nose and mouth, use small pieces of banana, cherry, raisins, or M & M's. Use two pretzel sticks for arms.

### Maple Syrup Snow Candy

There has to be snow outside for this to work. You will need: 2 cups of brown sugar, 3 tablespoons of butter, and 1/2 cup of water. Bring all ingredients to a rolling boil about 10 minutes. Have child make a smooth place in clean snow. Pour the snow candy onto the snow. Try making a design. Don't touch the candy until it is cool. You can also put some clean snow in a bowl and make the candy that way. The second way is to use maple syrup. It has to be heated first. Then poured onto the snow. It will resemble taffy when cooled.

### Peppermint Hot Cocoa

You will need: 4 cups of milk, 3 (1 ounce) squares of semisweet chocolate chopped, 4 peppermint candy canes crushed ( the kids will have fun placing these in a plastic bag and smashing with a rolling pin), 1 cup of whipped cream (optional), and 4 small candy canes (optional). In a saucepan, heat milk until hot, but not boiling. Whisk in chocolate and crushed peppermint candies until melted and smooth. Pour into 4 mugs. Garnish with whipped cream. Serve with a candy cane stirring stick.

### Quick and Easy Kale Chips

Most people have New Year's Resolutions to either lose weight or simply eat healthier. This crispy and salty snack is a great combination for a late afternoon. Baked kale chips are one of the healthiest options that you can reach for when those salty cravings come around.

You can use any kind of kale, but the curly kind is preferred. They are better if prepared as soon as you buy them. Rinse the kale, so that it has the proper time to dry completely. If you are not going to use it right away after rinsing it off, wrap it in a paper towel, then seal it in a ziploc bag. It keeps the leaves fresher for a longer period of time.

The kale should be dry before you bake it. Otherwise, instead of being crispy and crunchy, it might come out chewy. Kale is packed full of vitamins A, C, K, iron, and calcium.

**Ingredients:**

1 bunch of Kale, washed and dried  
2 tablespoons of Olive Oil (regular or Organic)  
sea salt to taste (regular or Organic)

**Directions:**

- Preheat oven to 300 degrees. Remove the center stems, and either cut or tear up the leaves.
- Toss the kale and olive oil together in a large bowl. Sprinkle with sea salt.
- Spread on a baking sheet. Bake at 300 degrees for 15 minutes or until crisp.

You can experiment with seasonings like : sea salt, cumin, chili powder, curry powder, seasoning salt, smoked paprika, or nutritional yeast which gives the kale a cheesy flavor without the added dairy.



## NEWSLETTER DEADLINES

Submissions are due on the 20th of each month of the school year. Send them to [president@pghleaf.org](mailto:president@pghleaf.org)

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*This newsletter is produced by the parent-teacher organization known as LEAF (Liberty Elementary Academic Fund), a nonprofit organization. LEAF's mission is to support the students, teachers and families at Pittsburgh Liberty K-5 through fundraising, volunteering, and community events.*

*Visit our site for more info: [www.pghleaf.org](http://www.pghleaf.org)*

*Email us: [president@pghleaf.org](mailto:president@pghleaf.org)*

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