

El Nido del Águila

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

May 2021

Vol. 6, Issue 8

CALENDAR

School

- Wed., May 3: Support Category 1 and 2 students return.
- Wed., May 5: Synchronous morning until noon, asynchronous begins at 1:00PM.
- Thurs., May 6: Picture Day (In person or online)
- Tues., May 11: Picture Day (In person or online)
- Wed., May 12: Synchronous morning until noon, asynchronous begins at 1:00PM.
- Tues., May 18: Full Day Asynchronous Learning
- Wed., May 19: Synchronous morning until noon, asynchronous begins at 1:00PM.
- Fri., May 21: Virtual Celebration of Take Your Father to School Day
- Wed., May 26: Synchronous morning until noon, asynchronous begins at 1:00PM.
- Fri., May 28: No School
- Mon., May 31: No School

Parent Advisory Council (PAC) Meeting (Virtual)

Thurs. May 6, 6–9PM

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

PTO/PSCC Meeting (Virtual)

Wed. May 19, 6–7:30PM

<https://tinyurl.com/LibertyPSCC>

Please join us online. For more info: president@pghleaf.org

PPS Public Hearing

Mon., May 24, 2021, 6PM

WATCH: <https://www.pghschools.org/calendar#calendar1/20210528/event/20115>

TESTIFY (Write your comments in advance and they will read them aloud for you;

Deadline to submit is noon the day of): <https://www.pghschools.org/Page/4043>

LIBERTY FAMILY HOUSE FIRE

In April, a Liberty family lost everything in a fire. They've given us permission to share this GoFundMe for their necessities: clothes, food, hotel, etc. Donations welcome!

https://www.gofundme.com/f/mother-of-four-lost-everything-in-a-house-fire?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer

VOTE FOR MS. Z

Liberty's own LouAnn Zwieryznski (aka "Ms. Z") has been nominated for principal of the year! Vote for her here by May 16th:

<https://theeducationpartnership.org/news-events/2021-teacher-awards/>

FROM MS. CASH: “WHY I GOT VACCINATED”

My reasoning's for getting vaccinated is first, I can't afford to carry the burden of “I'm the reason my mother is sick.” My mom is a cancer survivor. Second, I come in contact with so many young children in a 24-hour period between working in the schools and tutoring. Getting the shot, I took a stand “keeping safe” by masking up.

VACCINATION RESOURCES

Everyone age 16 and over is now eligible for the COVID-19 vaccine in the state of Pennsylvania!

To find a vaccine appointment, check out:

- <https://apps.health.pa.gov/pavaccineprovidermap/>

Locally, you can schedule at

- <https://www.ahn.org/coronavirus/vaccine/schedule>
- <https://www.upmc.com/coronavirus/covid-vaccine>

Do you have questions about the vaccines? What's in them? Are they safe? Are they effective? Find answer at:

- <https://www.greatherthancovid.org/theconversation/>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>

Do you want to know what the guidelines are AFTER you are fully vaccinated?

- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferActivities.pdf>

MEET A LIBERTY FAMILY

Our Liberty community is made up of the people in it. We've often interviewed Liberty teachers (and we'll continue that as well!) This month we introduce you to a Liberty family, the Wallace family. At our next LEAF meeting we'll also be discussing a new project, Linking Liberty, to help directly connect new Liberty families with our school community. Find out more May 19th at 6pm or email president@pghleaf.org.

Want to share your family for the June newsletter? Email president@pghleaf.org.



Nate Wallace is a fifth grader at Liberty and Monica Wallace is his mother. They have been in the Liberty community since kindergarten.

What would you tell families coming into Liberty?

Monica: Make sure you stay engaged in your kid's education. And don't be afraid to reach out.

Nate: Have fun!

What is your favorite Liberty memory?

Nate: The Steelers game!

Monica: Going to the pumpkin patch with kindergarten.

What location in the school are you excited about seeing again?

Nate: The science room

Where did you go to elementary school?

Monica: PPS Crescent

Why did you choose Liberty for your child?

Monica: It came recommended by his daycare (Oakland Sunshine). In preschool he was learning Spanish and German. I visited and I liked what I saw.

If you could have lunch with anyone, who would it be?

Nate: Matt - he's a paleontologist

Monica: Michelle Obama. She is an inclusionary leader and she did a lot of work that helped the health of everyone when she was working with kids.

Why do you volunteer in school?

Monica: It allows me to be close to Nate and allows me to see what goes on inside the building. It's fulfilling. If a parent asks me, "what do you think about Liberty?" I get to tell them what I've seen and my experiences interacting with parents, staff and the principal.

What is your favorite book?

Nate: FGTeEV Presents Into The Game

Monica: The Coldest Winter Ever by Sister Souljah

What is your favorite breakfast food?

Nate: Breakfast burritos!

MESSAGE FROM YOUR PTO

Dear Liberty families,

Welcome back to school! Some of our students started back in April, more will be joining them in May and some of our families will be remaining online for the rest of the year. No matter which option you chose for your family, check in with your child to see how it's going.

As May begins, we have two important things to remember.

First, the week of May 3 - May 7 is teacher appreciation week!!!! Don't forget reach out to your children's teachers to say thank you!! They have done an amazing job of adapting this year and we are so grateful for them!

Second, May is Mental Health Awareness Month. This is an opportunity and a reminder to support our loved ones and reflect on our own mental health needs. This year has been traumatic for all of us. This Mental Health Awareness month take the time to check in with yourself and your family and reach out for help coping with the trauma. For more information: <https://www.mhanational.org/mental-health-month>

Maria Guyette
LEAF President

KIDS OF STEEL

The Kids of Steel is a running club for Pittsburgh Liberty students that started meeting on Fridays at noon, and switched to Wednesdays at noon. It lasted for eight weeks. The students kept a daily log of physical activity of any kind for 15 minutes which could include: running, walking, playing sports, or walking on the treadmill. On the scheduled day, the students would do their daily activity with Mrs. Fuerst and Mrs. Horne. At the end of the eight weeks, students were able to register for the Chick Fil A marathon where all of the students and teachers completed their final mile together at Highland Park. For many students and teachers, it was the first time that they had seen one another in person since last March when school went online due to the pandemic. It was such a happy time for all being able to complete that last mile together, and see one another. Liberty teachers handed out goody bags after to all of the runners. We had an awesome time!!! Hopefully, we can do this again real soon.

CINCO DE MAYO

Cinco de Mayo literally means the fifth of May. It is a Mexican holiday celebrating the Battle of Puebla, which took place on May 5, 1862. It was one of the few Mexican victories during France's attempt to penetrate Mexico.

In 1861, France sent a massive army to invade Mexico again. The French army was much larger, better trained, and more equipped than the Mexicans who struggled to defend the road to Mexico City. It rolled through Mexico until it reached Puebla, where the Mexicans made a valiant stand. Against all logic, the Mexicans won a huge victory. The triumph was short-lived, however. The French army regrouped and continued on, eventually taking Mexico City. This holiday is not to be confused with Mexico's Independence Day, which is September 16th.

Cinco de Mayo is a big deal in Puebla, where the famous battle actually took place. However, in Mexico, Independence Day on September 16th has a lot more significance. Cinco de Mayo is celebrated more in the U.S. by Mexicans and Americans alike than it is in Mexico.

SOCIAL EMOTIONAL LEARNING MODULES

The month of May has arrived and with it Mental Health Awareness and the perfect time to highlight the Rethink Ed social and emotional learning platform. ReThink Ed is a comprehensive K-12 online resource that provides opportunities for students and teachers to access short on-demand videos (See picture below) and activities to assist with managing mental health wellness. It contains a plethora of topics, such as self-care and addresses each at an age appropriate level. Teachers at Pittsburgh Liberty use the Rethink Ed videos, to guide discussions and practice activities to teach a whole class, assign to small groups and even individuals based on the level of support needed. Rethink Ed is a great program to teach and/or remind students of the importance of their mental health to their overall well-being. Parents and students can access it through their Clever account on the PPS website. Look for the Rethink app and click the heart to make it a favorite! You can also find out more by visiting www.rethinked.com

SUMMER BOOST

The PPS Summer B.O.O.S.T. program is a no-cost summer learning program in place of Summer Dreamers this year. The application is available at

www.pghschools.org/summerboost

For current K-7 students, B.O.O.S.T. is a full-day program running from 9:00am - 4:00pm. Every morning, students will participate in a 90 minute block of Math and a 90 minute block of English-Language Arts instruction, each led by a PPS expert teacher. Every afternoon, each participant will have the opportunity to engage in exciting and fun enrichment activities led by one of our community providers. Previous activities have included kayaking, ceramics, LEGO building, and more!

Also, here is a link that includes FAQs and program information related to who will be prioritized if there are more applications than spots available.

<https://www.pghschools.org/Page/5626>

Please reach out to Ms. Kelly if you need any assistance with completing the application. 412-529-8457 orekelly2@pghschools.org

MEATLESS MAY

The concept of Meatless Monday started during the First World War, when the U.S. Food Administration asked that families reduce their consumption of key food staples to aid the war effort. In 2003, the idea came back to life when Sid Lerner reintroduced it as a public health campaign. It served as a way to address the connection between preventable illnesses and their association to meat consumption. Since then, Meatless May has grown into a global movement. Going Meatless or even swapping out one meal for a meatless one, can help to reduce many illnesses like: diabetes, high blood pressure, heart disease and obesity. It can also help to reduce the carbon footprint that is good for the environment.

Healthy Food Swaps

Swap This For That:

High calorie drinks for water.

Eating small portions for eating less calorie food.

white sugar for coconut sugar.

vegetable oil for coconut oil.

white rice for quinoa.

fruit juice for fruit infused water.

chocolate dessert for dark chocolate.
mayonnaise for hummas.
ground beef for lentils.
bananas for avocados.

EXTENDED DAY CARE UPDATES

LEDP—Liberty’s on-site extended day program—will resume next school year. For more information, visit

https://www.facebook.com/Liberty-Extended-Day-Program-LEDP-400653080039394/?ref=page_internal or email Ms. Ashley Sisk at libertyextendeddayprogram@gmail.com.

LECCION DE ESPAÑOL

clothing: (la ropa)
pants: los pantalones
tie: la corbata
shorts: los pantalones cortos
shirt: la camisa
socks: los calcetines
jacket: la chaqueta
dress: el vestido
hat: el sombrero
shoes: los zapatos
sweater: el sueter
jeans: los vaqueros
blouse: la blusa
coat: el abrigo
pajamas: la ropa interior

CRAFT:

May is an interesting month for opportunities to craft and make some creative recipes. The weather is getting warmer, and school is almost over. Teacher Appreciation Week is from May 3rd through the 7th. Cinco de Mayo is celebrated on May 5th. Mother's Day

is Sunday, May 9th. Memorial Day is Monday, May the 31st. There are plenty of crafts that can be made for these holidays from something colorful and cheery for Cinco de Mayo, various handprint crafts and colorful flowers for the teachers and mothers, to something red, white, blue, and patriotic for Memorial Day.

The first craft is a water bottle maraca. You will need an empty plastic water bottle with a lid, masking tape, markers or anything to decorate the bottle with, and any kind of dried beans, popcorn kernels, buttons, or anything that will make a noise when shaken inside the bottle. Also, be sure that it can fit first. Place your item inside the bottle. You can use a few items for more noise. Wrap the bottle with the masking tape. Color or paint to decorate. Stickers would be fun to use on this also. Now you are ready to shake, shake, and shake.

The second craft is a USA handprint wreath. You will need glue or glue sticks, scissors, and red, white, and blue construction paper. Trace your hands onto the 3 different colors of paper. You will need 2 to 3 of each color depending on the size of wreath that you want. Cut all the handprints out using the scissors. If they are not child safe scissors, ask an adult to cut them out. Glue them together using the glue or the glue sticks to form a wreath.

For Cinco de Mayo, you can eat tacos, burritos, nachos, and tortillas. The first recipe is easy enough for the kids to assemble. It is a tortilla and cheese roll up. You will need a small tortilla, any kind of cheese, stick or regular, and salsa which is optional. Place the cheese or stick cheese near the end of the tortilla and roll it up until the end. Have an adult microwave it until the cheese is melty. Dip in salsa if desired.

The second recipe is a Patriotic Berry Trifle. You will need strawberries or any red fruit, blueberries, whipped cream and angel food or sponge cake cubes are optional, and a large bowl. In the large bowl, layer all of the ingredients. Top with whipped cream and enjoy.

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

Email us: president@pghleaf.org
