

El Nido del Águila

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

February 2022

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Celebrating Black History!

This year's Black History Month celebration at Pittsburgh Liberty K-5 is all about breaking the box of typical ideals and topics to celebrate and educate about Black history. Our school community is planning an experience of Black cultures and complexities. Black history is world history, starting from the beginning of time until forever! This year, we highlight the meaning of the African diaspora and Afro Latinidad!



Ms. Dennison and Ms. Daniels, in partnership with Legacy Arts, are developing a whole calendar of February fun, with a culminating **virtual event** at the end of that month. This year's theme will be: *Black Excellence: They Did It So We Can!* Stay tuned for more info from the school.

To volunteer, contact Ms. Dennison at jdennison1@pghschools.org and Ms. Daniels at mdaniels1@pghschools.org.

And (brand new this year!): “**Black History Matters at Liberty**” tee-shirts (front and back shown above) are coming soon! Many thanks to Ms. Daniels for the design! LEAF is gifting a shirt to each member of the Liberty staff. And in the coming weeks, they'll be available for purchase online at: bit.ly/LibertySpiritWear

Calendar

Monthly Liberty Community Meetings: Wed. Feb. 9, 6 PM (VIRTUAL)
<https://tinyurl.com/LibertyPSCC>

Liberty holds these two meetings back-to-back one evening each month of the school year:

- 1) Parent School Community Council (PSCC): Led by our principal, this meeting serves as our school district's primary way to engage families at the school level.
- 2) Liberty Elementary Academic Fund (LEAF): Led by parents and guardians, LEAF (Liberty's parent-teacher organization) is a nonprofit organization founded to support our students, teachers, and families through fundraising, volunteering, and community events. LEAF funds classroom supplies, supplemental educational tools, cultural celebrations, extracurriculars, and scholarships for advanced learning opportunities. For info: president@pghleaf.org



Liberty Skate Night Feb. 16th, 6:30–8:30pm

Bundle up and head out for a night of family fun—our annual Liberty Skate Night at Schenley Park Ice skating rink, sponsored by LEAF! Admission is free for Liberty students and families! Skate rentals are \$3 (cash only, please), or bring your own skates.

PPS Public Hearing

Monthly opportunity for citizens' comments on our school board agenda items and other district matters.

WHEN: Mon. Feb. 21, 6:00 pm

WATCH: <https://vimeo.com/event/1699884>

TESTIFY: Write your comments in advance, and they will read them aloud for you. First, you must 1) register (deadline is noon, on the day of the hearing) by calling 412-529-3868; then 2) email your testimony to Laura Getty at lgetty1@pghschools.org. More info: <https://www.pghschools.org/Page/4043>

Are you receiving school communications?

Are you wondering if you're missing important announcements? Visit <https://pghleaf.org/school-communications> for a go-to list of the communication channels used by 1) the PPS school district, 2) our school, 3) the parent-teacher organization (that's us--LEAF), and 4) your child's teachers!

Attention, Liberty Teachers!

Does your classroom need a facelift that doesn't fit in the budget? Is there a special training you need? Or special equipment, supplies, or costumes for Liberty events? Please fill out the form at bit.ly/pghleaf-teachers, send it (along with your receipt)

to president@pghleaf.org, and get reimbursed by LEAF, our parent organization. The check will then be delivered to you shortly after the monthly LEAF meeting.

Liberty spirit wear

Wear your school pride on your sleeve! (Or, rather, on the front of your shirt/hoodie/sweatshirt/sweatpants!) Liberty Spirit wear may be worn as part of the school uniform. Orders may be placed online and paid via paypal or credit card. bit.ly/LibertySpiritWear



Trailblazers in Black History

February is Black History Month: the month when the United States officially observes and celebrates the important achievements of African Americans. It was first nationally recognized in 1969. It is a time for us to remember, educate, and create awareness about the great history of African Americans and all that they've contributed to our culture. We celebrate: Harriet Tubman, Rosa Parks, George Washington Carver, Mae Jemison, Thurgood Marshall, Bessie Coleman, Ella Fitzgerald, Dr. Martin Luther King Jr., Malcolm X, Frederick Douglas, Booker T. Washington, Benjamin Banneker, Maya Angelou, and Jackie Robinson just to name a few. We thank them for many inventions like: the home security system, the 3 light traffic light, refrigerated trucks, automatic elevator doors, lawn movers, typewriters, envelope seals, the pressure cooker, the pencil sharpener, the fire extinguisher, the lock, the gas mask, the hair brush, door knob, and the toilet to name a few.

At Liberty, history makers will be discussed across a range of topics:

Science

Dr. Kizzmekia "Kizzy" Corbett is the African American scientist who is at the forefront of the development of the Moderna vaccine. She is a Viral Immunologist who works with the US National Institute of Health, and has studied many deadly pandemics before COVID-19. She said that being part of the team that created the vaccine is very important for her as a scientist and a woman of color.

Dr. Tomeka Suber is on the front lines as a Pulmonologist and is an expert in acute respiratory distress syndrome. She is working with a team to study COVID-19 and its affects on people, especially African Americans.

Medicine

Yale Professor Dr. Marcella Nunez-Smith, a leader in the field of health equity, has been chosen to be a co-chair for the Coronavirus Task Force Advisory Board for President Joe Biden. This task force will craft a plan to curb the spread of COVID-19 including its impact on people of color. She previously advised on the pandemic strategy for Connecticut, serving on the Reopen Connecticut Advisory Board under Governor Ned Lamont.

The National Medical Association (NMA) has installed Leon McDougle MD, as its 121st president. The NMA serves as the oldest and largest collective voice for parity and justice for 50K African American physicians in their effort to eliminate health inequalities.

Art

Amy Sherald is a painter, who painted former First Lady Michelle Obama. That painting now hangs in the National Gallery. She works mostly as a portraitist depicting African Americans in everyday settings.

Mickalene Thomas is a contemporary African American visual artist best known as a painter of complex works using rhinestones, acrylic, and enamel.

Literature

Amanda Gorman is a poet and activist. Her work focuses on issues of oppression, feminism, and race. At 22 years old, she is the youngest inaugural poet in US History. She recited her poem "The Hill We Climb" at President Joe Biden's swearing-in ceremony. In this poem, she speaks on the time of darkness that we are facing now. She captivated the world by her honesty in recognizing America's past and present faults.

Glory Edim is the founder of Well-Read Black Girl, a Brooklyn based book club and digital platform that celebrates Black Literature and sisterhood. In 2017, she organized the first ever Well-Read Black Girl festival. She is currently on Oprah Winfrey's well known book list.

Math and Technology

Mark Dean is a famous computer scientist and engineer credited with assisting in the development of several breakthrough computer technologies for IBM. He invented the first gigahertz computer chip and co-invented the Industry Standard Architecture System for computing, which allows for common plug-ins such as personal printers and modems. He was inducted into the National Inventors Hall of Fame in 1997. He joined IBM in 1980 as an Engineer while he worked to receive his Master's Degree in Electrical Engineering from Florida Atlantic University. Most people would have given themselves a pat on the back after that

kind of success, but he went on to get his Ph D. in Electrical Engineering from Stanford.

Social Justice Politicians

Georgia State Representative Stacey Abrams mobilized voters during the Biden vs. Trump election to flip the state blue (Democratic). She thinks that women as a whole can deliver and bring about change in our nation.

Kamala Harris is a politician and attorney who is the 49th and current Vice President of the United States. She is the United States' first female Vice President, the highest-ranking female elected official in U.S. History, and the first African American Vice President. She worked as a deputy district attorney (1990-98) in Oakland California where she earned a reputation for toughness as she prosecuted many difficult cases. She became the district attorney in 2004. She has risen through the ranks, and served in the U.S. Senate (2017-21) and as Attorney General of California (2011-2017).

Business

Walgreens announced on January 26th that Starbucks executive Roz Brewer is its new CEO. She is the only Black woman leading a Fortune 500 company. She is praised for her expertise in operations, customer relations, talent development and digital innovation. At Starbucks, she revamped stores, cut down on administrative work so that employees could concentrate on customer service, and pushed for more diversity in its ranks. Prior to joining Starbucks, she served as President and CEO of Sam's Club. She has a bachelor's degree in Chemistry from Spelman College. She stated that she is excited to innovate in the health care industry in Walgreens, especially as the company helps combat the coronavirus pandemic.

Ursula Burns was the first Black woman to run a Fortune 500 company when she became CEO of Xerox in 2009, but lost that role in 2016 when the company split into 2 companies. There are only a handful of other Black CEO's in the Fortune 500, including Lowe's CEO Marvin Ellison.

Film

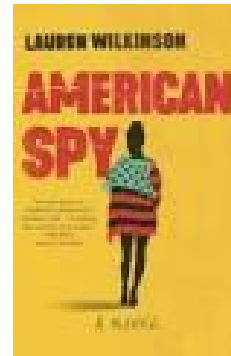
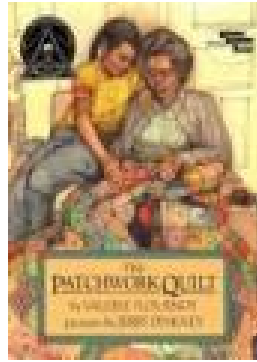
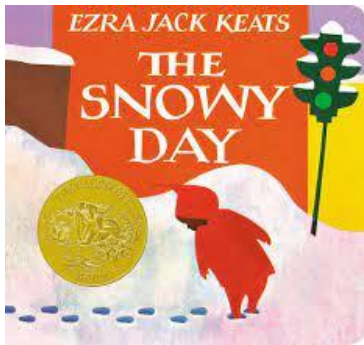
Cicely Tyson was an actress and a fashion model. In a career spanning more than seven decades, she became known for her portrayal of strong African American women. She was the recipient of three Primetime Emmy Awards, four Black Reel awards, one Screen Actors Guild award, one Tony award, an honorary Academy award, and a Peabody award. She refused many roles that were offered to her, stating that she only accepted roles that showed "strength, pride, and dignity". Former President Barack Obama

awarded her the Presidential Medal of Freedom, the nation's highest civilian honor. She passed away on Thursday, January 28, 2021. She was 96 years old.

Black History Month reading list

- *28 Days: Moments in Black History that Changed the World* by Charles Smith
- *A Chair for My Mother* by Vera Williams
- *All Different Now: Juneteenth, the First Day of Freedom* by Angela Johnson
- *Amazing Grace* by Mary Hoffman
- *Bigmama's* by Donald Crews
- *Bill Pickett: Rodeo-Ridin Cowboy* by Andrea Davis
- *Bright Eyes, Brown Skin* by Cheryl Hudson
- *Drylongso* by Virginia Hamilton
- *How Jelly Roll Morton Invented Jazz* by Keith Mallett
- *Something Beautiful* by Sharon Wyeth
- *Sweet Clara and the Freedom Quilt* by Deborah Hopkinson
- *The Dream Keeper and Other Poems* by Langston Hughes
- *The Story of Ruby Bridges* by Robert Coles
- *The Undeclared* by Kwame Alexander
- *Rebound* by Kwame Alexander
- *Through My Eyes* by Ruby Bridges
- *We Are the Ship: The Story of the Negro League Baseball* by Kadir Nelson
- *We March* by Shane Evans
- *Henry's Freedom Box: A True Story from the Underground Railroad* by Ellen Levine
- *Follow the Drinking Gourd* by Jeanette Winter
- *Teammates* by Peter Golenbock
- *Heart and Soul: The Story of America and African-Americans* by Kadir Nelson
- *What Color is My World?: The Lost History of African-American Inventors* by Kareem Abdul-Jabbar and Raymond Obstfeld
- *Little Leaders: Bold Women in Black History* by Vashti Harrison
- *Little Legends: Exceptional Men in Black History* by Vashti Harrison
- *Mae Among the Stars* by Roda Ahmed
- *Life Doesn't Frighten Me* by Maya Angelou and illustrated by Jean-Michel Basquiat
- *The Nutcracker in Harlem* by T.E. McMorrow and James Ransome

More good books for all ages to curl up with!



The Snowy Day is a classic, one of many excellent books by Ezra Jack Keats, and the perfect one for the current winter!

What better way to keep warm than the timeless book, The Patchwork Quilt, written by Valerie Flourney and illustrated by Jerry Pinkney. The inviting illustrations help bring you into the story about family and memories and love.

Twinchchantment by Elise Allen is a chapter book that takes you into the kingdom of Kaloon with twin princesses Flissa and Sara. Things are not always as they seem and the sisters must work together to save their parents and the entire kingdom!

This one is for the parents! Are you looking for a fun read that walks (and runs!) through the Cold War on both sides of the Atlantic Ocean - Africa and the US. American Spy by Lauren Wilkinson

Leccion de Español (Spanish lesson)

Parts of the body

cabeza: head

hombros: shoulders

rodillas: knees

pies: toes

ojos: eyes

orejas: ears

boca: mouth

nariz: nose

Song: “Cabeza Y Hombros” (“Head, Shoulders (Knees And Toes)”*Cabeza y hombros, rodillas y pies, rodillas y pies**Cabeza y hombros, rodillas y pies, rodillas y pies.**y ojos, orejas, boca y nariz.**Cabeza y hombros, rodillas y pies, rodillas y pies.**(Repeat)***Conversation Starters**

What's your name?

Como te llama? (informal) / usted? (formal)

Where are you from?

De donde eres / es usted?

Do you have any brothers/sisters?

Tienes / Tiene hermanos?

What do you like to do?

Que te / le gusta hacer?

What sports do you like to watch?

Que deportes te / le gusta ver?

What's your favorite restaurant?

Cual es tu / su restaurante favorito?

What's in the news today?

*Que pasa en las noticias de hoy?***COLORS**Red: *Rojo*Orange: *Anaranjado*Blue: *Azul*Pink: *Rosa*Yellow: *Amarillo*Brown: *Marron*Green: *Verde*Black: *Negro*Violet: *Violeta*White: *Blanco*Purple: *Morado***Craft corner**

Despite its status as the shortest month, February is packed with many special occasions where crafts and recipes can be made. There is: Black History Month, Valentine's Day, Groundhog Day, and the birth of two Presidents (Abraham Lincoln and George Washington). This year, Chinese New Year also falls in February. February is also one of the coldest months, and winter crafts and recipes are in abundance.

A craft for Black History Month will be the traffic light. Garrett Morgan is the inventor of the traffic light. For this craft, you will need: black paper, white paper, crayons or markers, scissors, and glue or a glue stick. Cut the black paper into a rectangle with rounded corners to resemble a traffic light. Draw 3 circles on the white paper. Color one red, one yellow, and one green. Cut them out and glue onto your traffic light. Place the red at the top with the yellow in the middle, and the green on the bottom.

Red fan

Happy Chinese New Year! This year is the Year of the tiger. Red, corresponding with fire, symbolizes good fortune and joy. A red envelope is given for Chinese New Year, and is usually a monetary gift. The red also represents good luck.

You will need:

- red construction paper
- black crayon or marker

Take the red construction paper and fold it accordion style like a fan. You can draw a tiger on it with a black marker and write the year 2022.

Paper plate dragon

Another craft for Chinese New Year!

You will need:

- paper plate
- markers or crayons
- streamers, tissue paper, or construction paper to make a tail
- a piece of construction paper to make horns

Decorate the paper plate to look like a dragon by adding a face with eyebrows and a big mouth with teeth showing with the markers or crayons. Take different color streamers and tape them to the back of the plate. If using tissue paper, keep it long and fold it back and forth accordion style. Tape to the back of the plate. Construction paper can be used the same way by folding it or taping a few pieces together and cutting long tails out and taping them to the plate. Take a piece of construction paper and cut out big triangles for horns and glue or tape them to the top of the plate.

Butterfly Candy Gram

You will need:

- 2 different colors of construction paper
- Valentine's Day lollipop or any regular lollipop

Make 2 big hearts out of one color of paper. Make 2 smaller hearts out of the other color paper. Place the two big hearts tip to tip and glue or tape them together. Then, take the smaller hearts and place them on top of the big hearts. Glue or tape them together tip to tip. Once that is done, tape a lollipop in the middle like the body of the butterfly.

Recipes

No Bake Peanut Butter Jam Thumbprint

This is a Black History Month Craft. George Washington Carver worked with peanuts!

You will need:

- 1 1/4 cup confectioners sugar or powdered sugar
- 1 cup of creamy peanut butter
- 3 tbsp. Butter
- 1 cup crushed pretzels
- 1/2 cup Rice krispies
- 1/4 cup strawberry or your favorite flavor of jam

Directions:

In a bowl, beat sugar, peanut butter, and the butter. Mix well. Add pretzels and rice krispies and mix gently. Shape the mixture into about 30 balls. Place them on wax paper or a parchment lined cookie sheet. Press your thumb into each ball making an indentation. Spoon about 1/4 tsp. jam into each dent. Chill for 2 hours. Serve cold.

Tic Tac Toe Graham Cracker snack

A Valentine's day recipe!

You will need:

- a graham cracker
- Icing
- conversation hearts

Directions:

Using the icing, draw a tic tac toe diagram on a graham cracker. (#) Then, using the conversation hearts, play the game. Enjoy playing with a friend, then enjoy the treat.

Frosty yogurt bites

You will need:

- baking sheet or tray that can go in freezer
- yogurt of any flavor
- whipped topping
- foil or plastic wrap
- mini baking cups

Directions:

Place the mini baking cups on the tray or baking sheet. Spoon less than 2 tablespoons of yogurt in each and top with the whipped topping. Cover with the foil or plastic wrap. Freeze at least 1 hour and enjoy.

Banana boat dessert.

You will need:

- Your favorite fruits (e.g., bananas, strawberries, blueberries)
- whipped topping.

Holding the banana curving upwards, remove the top 1/4 layer, using a knife. With a small melon scooper, make a shallow, long groove to hold the other fruits. Spritz the banana with orange or lemon juice to prevent discoloration. Fill the banana boat with the assorted fruits and top with the whipped topping.

Valentine's Day snack mix

You will need:

- Popcorn
- Pretzels
- M & M's
- Sprinkles
- chocolate for drizzling.

Directions:

In a bowl, combine the popcorn, pretzels, and the M&M's. Melt the chocolate and drizzle over the snack mix. Immediately add the sprinkles.

Two's Day: 2/22/22

A special day is happening this year. It is Twos Day—February 22, 2022 or 2/22/22! A great party idea would be to hang large 2's from the ceiling and on the walls. Snack ideas could be Twix candy bars, Double Mint Gum, Twinkies, or Nerds (2 flavors). This is the perfect day to reinforce doubles facts and multiplying by 2's. Make Twos Day crowns and dress up in tutus and tunics or like twins. Practice homophones, which are words that sound the same but are spelled differently (pear and pair, night and knight, flew and flu, blue and blew, sale and sail, hair and hare, etc.) Twos Day exercises or brain breaks can be students doing 22 jumping jacks, arm circles or simply clapping. It's fun to do things in repetition and counting. A great writing activity would be to brainstorm "When I'm 22."

Parent Advisory Council (PAC)

PAC is our school 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 district-wide meeting, contact Ms. Z:

lzwieryznski1@pghschools.org

Submit to This Newsletter!

Submissions are due on the 20th of each month of the school year. Send them to president@pghleaf.org

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.

Website: www.pghleaf.org

Facebook: www.facebook.com/PghLibertyPTO/

Email: president@pghleaf.org
