

El Nido del Águila

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

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Thank you, Liberty teachers, for throwing one heck of a party!

Ms. Cox organized the faculty in hosting our family dance (Amorcito y Yo) on May 20. For more photos—and a video slideshow—visit: facebook.com/LibertyPPS





Volunteers needed (*please*)!

At the May PSCC/LEAF meeting we discussed the events calendar in the works for next school year. While the schedule is still tentative—and so much still ultimately depends on the whims of this unpredictable monster that is COVID-19—the simple act of daring to *plan* inspired us with hope. Parties! Events! Kids, and the grownups who love them, all coming together as a community—*live, in person, and in real time.* (Swoon!)

That said, to make this happen next year, **we desperately need more parents and caregivers to volunteer** for LEAF (your friendly parent-teacher organization). Case in point: The cancellation of this year's Fun Fair. While we did have a small and mighty team mobilized to pull it off this year, when the forecast called for rain we did not have the people-power or the time to move it to another weekend. We felt terrible—we know how much families look forward to this—but it was just too much.

For some time, our president, vice president, treasurer, secretary, and newsletter-editor roles have been held year after year by the same, short list of usual suspects. We've stayed on because we've felt that it was important to provide a sense of continuity and stability through the pandemic. That said, now we would all *deeply appreciate* some more hands to lighten the load, some new perspectives to join in.

For more info about open leadership & volunteering roles, visit:
<https://pghleaf.org/volunteer>

Contact: president@pghleaf.org

Black History play, starring Liberty students, is online

Ms. Dennison and Ms. Daniels created a Black history play with our students, with help from parent and faculty volunteers. Dozens of families gathered online for the virtual premier on March 22nd. Didn't catch it? No worries! The video is now online at <https://bit.ly/liberty-bhm22> Many thanks to all who chipped in to make the play possible!

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.

Leccion de Español: La Clase

student: estudiante

teacher: maestro, profesora (feminine)

profesor (masculine)

seat: butaca

desk: escritorio

chair: silla

book: libro

notebook: cuaderno

pencil: lapiz

pen: pluma

eraser: borrador

marker: marcador

pencil sharpener: sacapuntas

ruler: regla

colored pencils: colores

classroom: salon de clases

scissors: tijeras

backpack: mochila

crayons: crayolas

paper: pape

Craft corner: sidewalk chalk paint

What You Need:

1/2 cup cornstarch

2/3 cup water

food coloring

muffin tin or similar painting tray

Mix together the water and cornstarch, and stir until the cornstarch dissolves. Divide the paint mixture into the wells of a muffin tin or similar painting tray, and add food coloring to achieve the desired colors. The colors will dry lighter on the sidewalk than they appear in the tin. You may need to add extra water to achieve a good consistency to paint.

Recipe: Pizza Bagels

You will need:

plain bagels
tomato sauce
mozzarella cheese
pizza toppings of your choice

Directions:

- 1) Toast the bagel while you gather everything that you need.
- 2) Spread tomato sauce on your bagel, and add cheese and toppings.
- 3) Microwave for 20-30 seconds to melt the cheese.
- 4) ENJOY

Thinking about vaccines this summer!

By Maria Guyette, Liberty Parent and Emergency Physician

As we finish up the school year and head into the summer, now is a good time to get your COVID vaccine if you haven't already. COVID vaccination - 2 doses of an mRNA vaccine (Moderna or Pfizer) followed by a booster - is recommended for everyone ages 5 and older. The J&J vaccine may still be given in individual cases; ask your health care provider if you want to know more about that.

Do you have questions about the vaccine? Ask your primary care provider on your next visit, or check out the Allegheny County website

<https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19-Vaccine-Information.aspx>

Every time you take a medication or get a healthcare procedure you should ask whether it is safe and whether it is effective. The answer to both questions is yes for the COVID vaccine.

If you want to know more about the safety check out the CDC reporting website

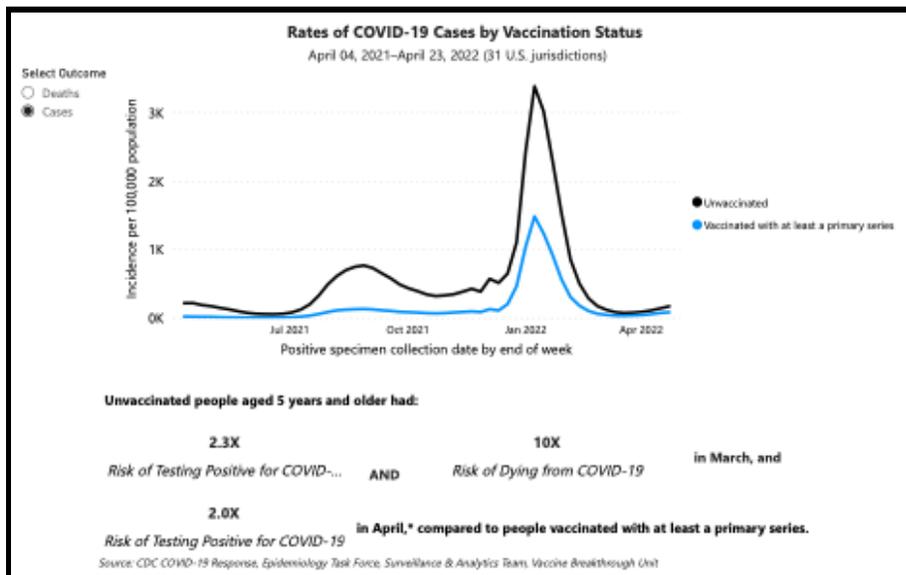
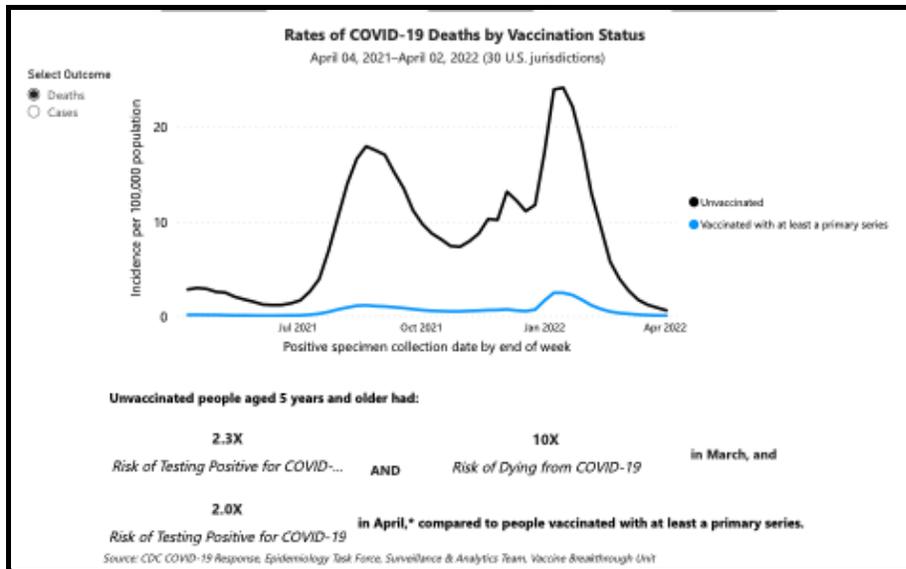
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

There have been more than 585,416,027 doses given up to now. That's a lot! The adverse events (serious illness that occurs shortly after the vaccination) are tracked. About 5 times out of every million doses given someone has a severe allergic reaction. About 4

times out of every million doses of J&J someone gets a blood clot. Inflammation of the heart (myocarditis and pericarditis) is a little more common in males ages 12-24 (50-100 times out of every million doses given). Most of those people were given medicine and felt better quickly. All of this information tells us that adverse events are rare.

If you want to know how effective the COVID vaccine is, check out <https://covid.cdc.gov/covid-data-tracker/#vaccine-effectiveness>

Several studies have now shown that the vaccine decreases risk of illness, decreases severity of illness and decreases hospitalization and death.



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.

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