

El Nido del Águila

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

May 2022

Vol. 7, Issue 8

Hundreds of new, diverse books arrive in Liberty classroom libraries



In March, the Liberty community saw a dream realized when the classroom libraries for every grade level in our school were updated with the addition of 920 new books, each featuring characters of color and stories from historically marginalized voices. See story on page 3.

Calendar

Monthly Liberty Community Meetings: May 11, 6 PM (VIRTUAL)

<https://tinyurl.com/LibertyPSCC>

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

- 1) **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: write president@pghleaf.org or visit <https://pghleaf.org/>

Cinco de Mayo K-2 Celebration, Thursday, May 5, 2:30

Families, please join us for: Dancing! Singing! Acing! Music! Street parking only, please.

Fun Fair, May 6, 2022

Games! Food! Prizes! Come one and all, and help raise money for our students! To volunteer, contact Jennifer Edwards at president@pghleaf.org

School Dance, “Amorcito & Yo,” May 20, 2022

Save the date! Our school dance will be LIVE and in-person again this year!

WHO: Liberty Students and their Special Adult

WHAT: After-School Dance

FOR INFO OR TO VOLUNTEER: Ms. Cox, kcox1@pghschools.org

PPS Public Hearing, Mon. May 23, 6:00 pm

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

WATCH: <https://www.pghschools.org/calendar#calendar1/20220521/event/20547>

TESTIFY: To speak at the virtual hearing, 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>



**Please join us on Thursday,
May 5th for Liberty's**



K-2 Celebration!



Where: Liberty Field
When: 2:30 pm
Street parking only!

**Dancing
Singing
Acting
Music**

Liberty's new, diverse classroom library books have arrived!



In March, the Liberty community saw a dream realized when the classroom libraries for every grade level in our school were updated with the addition of new books, each featuring characters of color and stories from historically marginalized voices.

Says Ms. Gehring: “Thank you so much for LEAF's generous donation! The best comment that I heard from one of my students was, ‘That girl in the book looks like me!’ My students are so excited to read and share the books with their families!”

The new books—920 in all—were purchased from Lee & Low Books, the largest multicultural children's book publisher in the U.S. Lee & Low is also one of the few minority-owned publishing companies in the country.

Why are diverse books important for all children?

In Dr. Rudine Sims Bishop's famous essay, “Windows, Mirrors, and Sliding Glass Doors” (bit.ly/windows-mirrors-doors), she writes that when children are not able to see characters they identify with in the books they read—or when characters are “distorted, negative, or laughable”—children learn a harmful lesson “about how they are devalued in the society of which they are a part.”

Lack of diversity in books harms children from dominant social groups, as well: “They need books that will help them understand the multicultural nature of the world they live in, and their place as a member of just one group, as well as their connections to all other humans,” Dr. Bishop continues.

In contrast, diverse books hold powerful potential for young people, Dr. Bishop writes:

Books are sometimes windows, offering views of worlds that may be real or imagined, familiar or strange. These windows are also sliding glass doors, and readers have only to walk through in imagination to become part of whatever world has been created or recreated by the author. When lighting conditions are just right, however, a window can also be a mirror. Literature transforms human experience and reflects it back to us, and in that reflection we can see our own lives and experiences as part of the larger human experience. Reading, then, becomes a means of self-affirmation, and readers often seek their mirrors in books.



Be cool—stay in school

Our teachers take attendance at Liberty every day! This year Liberty - like many other PPS schools - has seen a decrease in our attendance rates. A smaller number of students makes it to class every day. In addition, there are more students who are frequently absent. There are LOTS of reasons for this. We started there year without busses for everyone, we have had quarantines for COVID exposure, some students have been sick with COVID and other illnesses, and parents and families are often juggling many things at once. But as we head into the final two months of school, it's a good time to remember WHY attendance is important and WHAT we can do as parents and families to support our learners.

WHY do we care about attendance? Because students that have good attendance in Kindergarten and 1st grade are 4 times as likely to be proficient or advanced in Reading and 50% more likely to be proficient or advanced in math when they reach 3rd grade. (check this out for more info!

<https://www.pghschools.org/site/handlers/filedownload.ashx?moduleinstanceid=5438&dataid=7135&FileName=Attendance%20flyer%202013-14.pdf>)

And with the relationships they are building with our families and children, our teachers want to know where they are at and if they are okay when they miss a day.

WHAT can we do to help, as parents and families? Talk to your child's teacher! Let them know if your child can't make it to school - they can often give guidance for at home or online learning. And they can make sure excused absences are recorded accurately.

Want to know more about attendance trends in our district?

<https://www.pghschools.org/Page/5075>

Kids' marathon

Have you registered for the Chick-Fil-A Pittsburgh Kids Marathon? Visit www.thepittsburghmarathon.com and please let Ms. Fuerst know you've done so, so she can help trouble-shoot (there have been technical snags with the site). Ms. Fuerst's email is: jfuerst1@pghschools.org

The \$20 registration fee includes a race bib, T-shirt, and a medal when crossing the finish line. If you are interested in a scholarship, let Ms. Fuerst know!



The event is April 30th. Runners will meet at PNC park at 10am, and heat time 10:30.

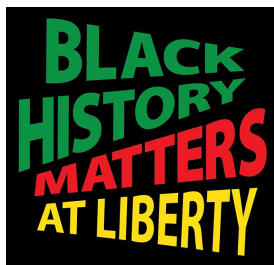
Black History play, starring Liberty students, is online

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.

Liberty spirit wear & Black history tees



Wear your pride on your sleeve—or, rather, on the front of your shirt! Liberty school-spirit hoodies and sweats may be worn as part of the school uniform. (And BTW, we carry hats, too!)

And—new this year—Black history shirts designed by Liberty’s own Ms. Daniels! The front reads, *Because They Did, We Can*; the back: *Black History Matters at Liberty*.

Sizes are available for both kids and adults!

Orders may be placed online and paid via paypal or credit card. bit.ly/LibertySpiritWear



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.

Leccion de Español

English words of Spanish origin

avocado

hacienda

bodega (small shop selling groceries or where people come together)	cigar	rodeo
burrito	mesquite	tornado
hombre	cocoa	salsa
cabana	mole (spicy sauce containing chocolate)	tortilla
hurricane	corral	siesta
cassava	nacho	tostada
iguana	cowboy	sombrero
chile	patio	vamoose (leave suddenly)
lasso	desperado	taco
chipotle	poncho	vanilla
macho	fiesta	tamale
chocolate	quesadilla	vigilante
mesa	guacamole	tapioca
	ranch	

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

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.

Craft corner

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.

Recipe: Salsa

This chunky salsa recipe is good with tortilla chips. It is a great way for kids to practice their chopping skills with adult supervision. For a smooth salsa, you can mix it all up in a blender.

1 large tomato (or 2 small ones)	1 garlic clove
2 tablespoons chopped green pepper	1 tablespoon chopped cilantro
1 teaspoon mixed chili pepper (optional)	1/4 of a lime salt to taste

A grown up can help dice the tomato. Put it in a medium sized bowl. Cut the garlic clove in half, and crush it with a garlic press or press it with the back of a spoon. Put the garlic into the bowl. Chop the green pepper and add it to the bowl too. Mince the chili pepper and add 1 teaspoon to the salsa. (optional). Snip the cilantro with kitchen scissors. Measure out tablespoon and stir it in the salsa. Squeeze the juice from the lime quarter over the salsa. Add a pinch of salt, and stir again. Taste the salsa, and add more salt, lime juice, garlic, or pepper , if needed. Eat it right away or refrigerate for up to 1 day.

Recipe: Guacamole

1 Hass avocado
3 tablespoons chopped onions
1 teaspoon chopped jalapeno (optional)
1 1/2 teaspoons chopped cilantro
2 tablespoons chopped tomato
1/2 teaspoon salt

In a bowl, using the back of a wooden spoon, mash the following ingredients into a juicy paste: chopped onion, chopped jalapeno, chopped cilantro, and salt. Split the avocado in half lengthwise in approximately 1/8" strips, then across forming a grid. Scoop the avocado out of the skin with a spoon. Add the avocado to the paste, mix, then add the rest of the ingredients and fold. Add jalapeno and salt to taste.

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

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!

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
