

El Nido del Águila

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

April 2023

Vol. 8, Issue 7

IN THIS ISSUE: *Volunteers needed for THREE events: 5/8-5/12 Book Fair, 5/16 Bake Sale (Election Day), & 6/2 Fun Fair * School Board Public Hearing Deadlines & Procedures * Liberty spirit wear & Black History wear * Autism Acceptance Month * "Gifted" services (a.k.a. Greenway) at Liberty * Teacher reimbursements * Easter in Spanish-speaking countries * Crafts * Recipes * Welcoming new families * School communications * Parent Advisory Council*

Calendar

Monthly Liberty Community Meetings: *Attend in person OR online!*

This month's meeting will be held on **Wed., April 12th from 6-8pm**. PSCC will take place from 6-7pm followed by LEAF from 7-8pm.

In-person location: School library

Zoom link: see email from Ms. Z

Please RSVP by Mon., April 10; dinner and childcare are provided at these monthly meetings, which are held back-to-back:

- 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

PPS Public Hearings (Virtual): Pittsburgh Board of Public Education

Monthly opportunity for citizens' comments on district matters.

DATES: Mon., April 24, 6:00pm * Mon., May 22, 6:00pm * Mon., Jun. 26, 6:00pm

TO TESTIFY: Write and submit your comments in advance and then read them aloud at the Zoom meeting. Comments can be no longer than three minutes/about 400 words. First, you **MUST** 1) register (deadline is noon, the day of the hearing) by calling 412-529-3868; then 2) email your testimony to Laura Getty at lgetty1@pghschools.org.

OR, If you are unable to read your own testimony, you may submit it to Laura Getty, and it will be forwarded to the Board of Directors.

MORE ON REGISTRATION: <https://www.pghschools.org/Page/4043>

SPEAKERS' TECH INSTRUCTIONS: bit.ly/hearingzoom

TO WATCH APRIL 24:

<https://www.pghschools.org/Page/2#calendar1/20230425/event/21277>

TO WATCH MAY 22:

<https://www.pghschools.org/Page/2#calendar1/20230526/event/21282>

TO WATCH JUNE 26:

<https://www.pghschools.org/Page/2#calendar1/20230626/event/21287>

Volunteers Needed!

Parents and guardians, your school community needs some helping hands with these three upcoming spring events! **To sign up, use this QR code, or visit <https://pghleaf.org/volunteer>**



Book Fair: May 8-12

This event gives students and families access to thousands of affordable, popular books from the world's top publishers, inspiring a lifelong love of reading and generating much-needed funds for school and classroom libraries. Liberty students can visit the Book Fair in the library May 8-12 to buy the books they want, know and love! Parents can also make purchases online. LEAF is looking for 10-12 volunteers to fill various slots throughout the week of the book fair: a couple hours in the morning and a couple hours in the afternoon. Assistance is needed for help with setup and breakdown as well as student shopping concierge. Students, teachers, and staff would greatly appreciate your help! To sign up, use the QR code & link above!

Election Day Bake Sale: Tues., May 16

Liberty and the neighboring EMS building are both polling sites for Election Day on Tues., May 16th. It's a great opportunity for a bake-sale fundraiser—and we are off from school that day! Volunteers are needed to 1) provide baked goods, and/or 2) help with the sale during the sale. Baked goods must be packaged individually and include an ingredient list. They can be dropped off at Liberty either the day before or the day of the sale. To sign up, use the QR code & link above!

Fun Fair: Fri., June 2 (rain date June 9)

At the end of each school year, LEAF invites Liberty family, friends, and neighbors for an evening of food, games, and fun! Can you help us plan this evening? It will be Friday, June 2nd, with a rain date of June 9th. To sign up, use the QR code & link above!

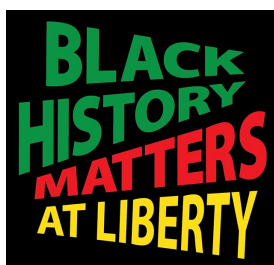
LEAF survey update

Thank you to the Liberty families who filled out our survey! We are so excited to have your voices! At the LeAF meeting in March we discussed the survey data, and recognized that those who are at the evening meetings don't have daytime availability. We would love to have the door open to all feedback and discussion. One easy place to start is Coffee and Tea with Z, which is sometimes during the day. We are looking for a parent who might be up for leading a daytime meeting to help us expand our voices. Anyone interested? Email president@pghleaf.org.

Liberty spirit wear & Black history tees



Liberty spirit wear & Black history tees Wear your pride on your sleeve—or 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!)



Also available year-round: Liberty's Black History gear (pictured, left). The front reads, Because They Did, We Can; the back: Black History Matters at Liberty.)



Both kids' and adults' sizes are available! Orders may be placed online and paid via paypal or credit card. Visit: bit.ly/LibertySpiritWear

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

Autism Acceptance Month

Autism Acceptance Month celebrates and promotes acceptance for individuals with an Autism Spectrum Disorder (ASD). In 2020, 1 in every 36 American children was diagnosed with an ASD. ASD is a developmental condition, meaning that it occurs from birth and is not the result of something someone did. When someone has ASD, their brain develops differently. This impacts people in different ways, such as how they speak, play, move, and learn. ASDs include autism,



Asperger syndrome, ADHD, learning and intellectual disabilities, and others. Visit <https://www.autismspeaks.org/> for resources or if you have more questions.

First held in 1972 by the Autism Society, Autism Awareness Month emphasized the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us. Autism is the fastest growing developmental disability in the world. In 1976, a project launched to study and understand autism at the root level. In 1996, the Autism Society established a Foundation focused on applied research. In 1999, the puzzle ribbon was adapted as the universal sign for Autism awareness. On March 4, 2021, the Autism Society of America officially announced the shift in terminology from Autism Awareness Month to Autism Acceptance Month.

Kids' books about Autism Spectrum Disorder

“The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin” by Julia Finley Mosca

“How to Build a Hug: Temple Grandin and Her Amazing Squeeze Machine” by Amy Guglielmo

“A Day with No Words” by Tiffany Hammond

“Wiggles, Stomps and Squeezes Calm My Jitters Down” by Lindsey Rowe Parker

→ Also available in Spanish! “Meneos, Pistones, Y Apretones Para Calmar Mi Cosquilleo”

“The Boy with Big, Big Feelings” by Britney Winn Lee

“Slug Days” by Sara Leach

“A Boy Called Bat” by Elana K. Arnold

“Lupe Wong Won't Dance” by Donna Barba Higuera

“Frankie and Amelia” by Cammie McGovern

“A Whole New Ballgame” by Phil Bildner

“Gifted” services (a.k.a. Greenway) at Liberty

Did you know we have a detailed writeup about how families access the district's “gifted” services on our website? Visit <https://pghleaf.org/gifted-services-1> for information on how to request testing for your child and what to expect from that process. And in our next issue of this newsletter, we'll have an update on a few changes to the process. (We'll incorporate those updates on our website, as well!)

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.

Easter in Spanish-Speaking Countries

In Spain, Easter is called Pascua and honors Jesus' death and resurrection. Easter is preceded by 40 days of fasting called La Cuaresma, or Lent. At the end of Lent, La Semana Santa, or the Holy Week begins. Holy Week (Semana Santa) is the biggest religious celebration of the year in Spain, and includes a good deal of eating, drinking, and lots of processions. Easter is a time for Spaniards to take to the streets and watch elaborate reenactments of the Passion, as well as enjoy some time off work in the company of their families and friends. Elaborate processions take place throughout Holy Week. Semana Santa processions, are also known as penance processions, and involve members of the brotherhood (nazarenos) parading from their church to the city's cathedral. To spot the start of the procession, look out for the giant cross that is always carried at the front. Live marching bands play religious music.

While the traditions and celebrations may differ from one region to the next, the Holy Week is generally a time of festivals, gripping processions, and poignant rituals. The first day of Holy Week is called Domingo de palma or el domingo de ramos, Palm Sunday. A common tradition is to carry a palm or olive branch in a procession that leads to the church where it will be blessed by a priest. A boy's branch will be plain, while a girl's branch will be decorated with ribbons and little treats. On Holy Thursday, or Jueves Santo, all church bells are silenced and they cannot ring again until Easter Day.

While chocolate Easter eggs are becoming more and more popular, they are not traditionally a big part of Easter celebrations in Spain. Torrijas are a traditional Semana Santa sweet snack of bread soaked in milk and egg before being fried and served with sugar or honey. They are available all over the country during Holy Week. Many countries have adopted commercial traditions such as holding Easter egg hunts and giving gifts from the Easter bunny (el conejo de Pascua).

Crafts & Recipes

Paper Plate Easter Chick

You will need a paper plate, crayons or markers, orange construction paper, glue, and stick on eyes (optional).

Color the paper plate yellow. Using the orange paper, cut out two long strips of paper (for the legs), and a small triangle (for the beak). Fold the long strips of paper accordion style and glue them to the back of the paper plate. Add the eyes using stick on eyes, or draw them on with a marker or crayon. Glue the triangle shape under the eyes like a beak.

Plastic Spoon Bunny

You will need a white plastic spoon, white construction paper, a black permanent marker, a pink crayon or marker, and glue.

Take your spoon, and draw the eyes, nose and mouth on with the permanent black marker. Draw on the back side of the spoon. Cut ears out of the white paper. You can make them rounded or pointy at the top. Using a crayon or marker, color the middle of the ears pink. Glue them on to the inside of the spoon. Have fun by making clothes for your bunny using construction paper and tissue paper.

Rice Krispie Nests

You will need: 5 cups of Rice Krispie cereal, 4 cups of marshmallows, 1/4 cup butter or coconut oil, 2 teaspoons of vanilla extract, small treats to fill the nests (egg shaped works the best), large microwavable safe bowl, spatula, measuring cups and spoons, and a 12 cup muffin pan.

Grease the muffin pan and set aside. Place marshmallows in a microwave safe bowl and heat for 25 to 30 seconds. Stir well and repeat heating as needed. Add the melted butter or coconut oil and vanilla extract to the marshmallows and stir well to incorporate. Add the rice cereal one cup at a time, gently folding into the marshmallow mixture until all is well incorporated. Scoop heaping 1/4 cup portions of the mixture into the prepared muffin pan. Wet your hands and press into a cup shape. Place in the fridge for 2 hours or overnight to set. When the nests have hardened, pop them out using a butter knife. Fill with treats. You can use mini eggs, jellybeans, or some fresh berries.

Ten delicious dishes for Easter

Torrijas - This treat is very traditional for Easter, with recipes dating back to the 1600's. Thick pieces of bread are soaked in a mixture of milk and egg, then fried in olive oil and served with honey and sugar.

Pestinos - Also popular for Christmas time, pestinos are commonly made in Southern Spain. A piece of dough is deep fried, often flavored with sesame, in olive oil and then glazed with honey or sugar.

Hornazo - This meat pie that hails from Salamanca and Arila is often filled with pork loin, chorizo, and hard boiled eggs. There is also a sweet version that has almonds, sugar, and eggs.

Mona de Pascua - Especially popular in Catalonia and Valencia, this cake is traditionally given to children as a gift. Cakes are topped with either boiled eggs, or chocolate ones, as well as colorful decorations.

Flores de Semana Santa - Also known as flores manchegas. Sweet and fried pastries that come in delightful shapes.

Potaje de Vigilia - Traditionally served on Good Friday, this vigil stew is made of cod, chickpeas, spinach, and garlic.

Bunuelos - A fried doughnut made with water, milk, egg or yeast, and can be sweet or savory.

Leche Frita - Literally fried milk, typical in Northern Spain. It is made by cooking flour with milk and sugar until it becomes firm. It is then topped with cinnamon and a sugar glaze.

Bartolillos - Traditionally served in Madrid. These are dumplings of thin dough that are fried with a custard filling.

Sopa de Ajo - This soup, often made of garlic, chicken broth, egg and sherry, is a traditional dish to serve during Semana Santa.

Welcoming New Families to Liberty

Liberty community members are working together to ease the transition for kindergarten and transfer students and their families. It's a new effort we're calling Linking Liberty!



Are you new to Liberty? Go to the following link to be connected to a current student family: <https://tinyurl.com/LinkingLibertyNew>

Are you a Liberty veteran who wants to help someone new? Sign up at the following link to be connected to a new family. <https://tinyurl.com/LinkingLibertyVet>

Reach out to Vicki Potter (vicki.potter78@gmail.com) for more info.

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!

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!

Article deadlines for this year are April 18 (May issue), and May 21 (June issue). Send stories 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
