

El Nido del Águila

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

February 2023

Vol. 8, Issue 5



Calendar: February

Monthly Liberty Community Meetings—UPDATES

- LEAF (led by Liberty parents) will not have a meeting in February—we'll be at our annual FREE community-wide ice-skating event instead! (See next page for details.)
- PSCC (led by our principal) will be at the ice rink that night, as well. Stay tuned for communications from Ms. Z about what's in store.
- Next month (March), both LEAF and PSCC meetings will resume...and go back to hybrid (meaning you can attend either online and in person)!

PPS Public Hearing

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

WHEN: February 20th at 6:00pm

WATCH: <https://vimeo.com/event/2209623>

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>



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

Mark your calendars for a night of family fun this February! Our annual Liberty Skate Night, sponsored by LEAF, will be Wed., February 8th 6:30-8:30 pm at Schenley Park Ice skating rink. Admission is free for Liberty students and families! Skate rentals are included!

FUNDRAISER: Emiliano's, February 1st, 4pm – 8pm

Located at 4815 Centre Ave STE 101, Pittsburgh, PA 15213. You must present the flyer (<http://bit.ly/3kuGPRK>) or show it to your server on your phone before ordering. 15% of the sales will be donated. Sales include dine-in, take-out orders, and gift cards.

Amorcito y Yo Dance Fri., February 17th, 6–8 PM

Amorcito y Yo is a child/special adult dance for Liberty students and their loved one, hosted at the school. Dress to impress in fancy attire and get ready to dance the night away along with food and other activities. This event is hosted by Liberty staff members, but if you would like to contribute a raffle item to donate, that would be most helpful. Contact Ms. Keri Cox at kcox1@pghschools.org. We truly hope to see you at this beloved event!

FUNDRAISER: Honeygrow, March 1st

Located at 105 S. Highland Ave., Pittsburgh, PA 15206. To order online, visit <https://honeygrow.olo.com/>. Use the promo code of "GIVE119" and 20% of your meal's price will be donated back to LEAF. This does not include 3rd-party delivery apps. For storefront/walk-in orders, visit the location at 105 S. Highland Avenue, Pittsburgh 15206 and they will take your order from their storefront for take-out. Mention that you are with Liberty Elementary Academic Fund before placing your order.

Fun Fair!!!

Can you believe we are almost halfway through the school year?!? We are already thinking ahead and planning for our annual Fun Fair. We put this fabulous event on hold, but it's coming back! At the end of each school year, LEAF invites Liberty family, friends, and neighbors for an evening of food, games, and fun! (It's right in the name!) Can you help us plan this awesome evening? It will be Friday, June

2nd, with a rain date of June 9th. Sign up to volunteer at:

<https://pghleaf.org/volunteer>

Free Penguins tickets!

Interested in 2 free tickets to a Pittsburgh Penguins game? Visit

<https://www.nhl.com/penguins/tickets/pps-all-stars>. Hurry—offer expires on Wednesday February 15th!

Help Liberty students learn to ride a bike!

Do you remember learning to ride—and all the joy, confidence, and mobility that came with it? Our school is actively fundraising to bring that joy to our kids with a fleet of bikes and a series of lessons for our kindergarten PE classes!

Liberty hopes to implement what's known as the All Kids Bike Learn-to-Ride Kindergarten PE Program.



The fundraising required for the project is \$6,000. To implement this program in our school, we need support! Your gift would mean so much to us, but it would mean even more to the little kiddos who will receive everything needed to learn to ride a bike in kindergarten PE class. The full program price includes a fleet of (24) balance-to-pedal bikes, pedal conversion kits, fully adjustable helmets, one teacher instruction bike, and an 8-lesson Learn-to-Ride Curriculum aligned to SHAPE America National PE standards. The bikes are for the school to keep and meant to last at least 7-10 years, teaching hundreds of future kindergarten students to ride.

Did you know that kids spend an average of over 7 hours per day on screen time? And the rate of childhood obesity among kids ages 2 to 19 increased to a record level of 22.4% in 2020? Now more than ever, it is crucial for kids to start on the path of a healthy lifestyle. The ability to ride a bike develops physical, social, and mental wellbeing. Together, we can bring our kindergarten students the opportunity to learn to ride on two wheels! To learn more or to donate, visit: <https://bit.ly/libertykidsbikes>

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 mowers, typewriters, envelope seals, the pressure cooker, the pencil sharpener, the fire extinguisher, the lock, the gas mask, the hair brush, the 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 Institutes 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 effects 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 Sberald painted former First Lady Michelle Obama's official portrait. The painting now hangs in the National Gallery in Washington, DC. 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 PhD in Electrical Engineering from Stanford University.

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 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 US 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 US 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 to lead 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 healthcare industry in Walgreens, especially as the company helps combat the COVID-19 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 Undefeated* 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

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.

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!

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?

Where are you from?

Do you have any brothers/sisters?

What do you like to do?

What sports do you like to watch?

What's your favorite restaurant?

What's in the news today?

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

De donde eres / es usted?

Tienes / Tiene hermanos?

Que te / le gusta hacer?

Que deportes te / le gusta ver?

Cual es tu / su restaurante favorito?

Que pasa en las noticias de hoy?

COLORS

Red: *Rojo*

Blue: *Azul*

Yellow: *Amarillo*

Green: *Verde*

Violet: *Violeta*

Purple: *Morado*

Orange: *Anaranjado*

Pink: *Rosa*

Brown: *Marron*

White: *Blanco*

Black: *Negro*

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.

Traffic Light

The craft for Black History Month will be the traffic light. Garrett Morgan is the inventor of the traffic light.

You will need:

- black and white paper
- crayons or markers
- scissors
- 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.

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

A special day is happening this year. It is Twos Day—February 22, or 2/22!

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!

Article deadlines for this year are Feb. 18 (March issue), March 21 (April issue), 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

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