

# *El Nido del Águila*

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

January 2023

Vol. 8, Issue 4



*Bundle up with Liberty this February! See next page for event details.*

## Calendar

**Monthly Liberty Community Meetings: Wed., Jan. 11th (CORRECTION)**

Zoom link: [bit.ly/libertymeeting22](https://bit.ly/libertymeeting22) (VIRTUAL ONLY)

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

- 1) **6:00 PM: 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) **7:00 PM: 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](mailto:president@pghleaf.org)

### **PPS Public Hearing**

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

**WHEN:** January 23, 2023 at 6:30pm

**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](mailto:lgetty1@pghschools.org). More info: <https://www.pghschools.org/Page/4043>

### **Liberty Skate Night Wed., February 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!

### **Amorcito y Yo Dance Fri., February 17th, 6:00-8:00 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](mailto:kcox1@pghschools.org). We truly hope to see you at this beloved event!

## **Survey: LEAF would love to hear from YOU!**

We would like to gauge interest in, and barriers to, involvement with LEAF activities. Please fill out a short survey to help LEAF better serve families in our school community.

<https://bit.ly/leafmtgsurvey22>



## **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 here to volunteer at:

<https://pghleaf.org/volunteer>

## Are you receiving school communications?

Are you wondering if you're missing important announcements? Here's a quick rundown on 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!

### *District Communications*

#### Via email, calls/voicemails, postal mail

The PPS website portal called the Home Access Center (HAC), is the main hub for contact info used in these mass communications to parents/guardians. If you are not getting these communications and need to be added to or updated in the HAC, contact Ms. Brandi Ellington at 412-529-8452 or [Bellington1@pghschools.org](mailto:Bellington1@pghschools.org) and tell her your child's name. (By the way, HAC also has tons of useful real-time info for families: student schedules, attendance, published assignments, quick links to communicate with teachers, class averages, report card information, & transcript grades!) If you're having trouble logging on to HAC, contact the Parent Hotline at 412-529-4357 or [parenthotline@pghschools.org](mailto:parenthotline@pghschools.org)

#### Via mobile app

Talking Points is a free district-wide communication app that allows families to easily connect with teachers and principals.

Download: [iPhone](#) or [Android](#)

#### Facebook

The Pittsburgh Public Schools Facebook Page is used to communicate closure information and districtwide events.

<https://www.facebook.com/PittsburghPublicSchools/>

#### PeachJar

PeachJar is a newer app/website/paperless delivery system for flyers from the district.

<https://www.pghschools.org/Page/1454>

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## **School-Wide Communications**

### Email List

General notices and school-wide calendars and flyers are emailed by the principal, Louann “Ms. Z” Zwieryznski, on a weekly or as-needed basis. She uses the list of email addresses that is in the HAC. (What the heck is the HAC? See “District Communications” section, above!). If you are not getting those emails and would like to add/update your contact information, contact Ms. Brandi Ellington at 412-529-8452 or [Bellington1@pghschools.org](mailto:Bellington1@pghschools.org).

### Via Facebook

Ms. Z maintains the school Facebook page, which is used for school closures and other important announcements, sharing photos of our adorable kids, etc.

<https://www.facebook.com/LibertyPPS/>

### Hard Copy (via orange folders)

Hard copies of the monthly calendars, flyers, and other announcements (from both the school and the PTO) sent home in students’ orange folders on the last full school day of the month. These folders are also used to communicate important feedback on your child’s academic work. Parents are asked to review the contents with their children and return the empty orange folder the next school day.

### PTO Communications

LEAF (aka Liberty Elementary Academic Fund) is the parent-teacher organization for Pittsburgh Liberty K-5.

### Facebook

The LEAF public Facebook page helps keep us connected to one another and up to date on meetings, community-building events, and fundraisers for our students. Like us!

<https://www.facebook.com/PghLibertyPTO/>

LEAF also has a private discussion group where parents/guardians can engage with Ms. Z. Click on the big blue “VISIT GROUP” button on the right.

### Newsletter

Current and back issues of The Eagle's Nest are distributed at the end of each month via orange folders, and also on our website, at:

<https://pghleaf.org/leaf-newsletter>

### **Individual Teacher Communications**

If you have questions, feel free to contact your child's teacher. The Liberty directory is online at: <https://discoverpps.org/liberty/staff>

(Or maybe your teacher is using an app to communicate with families - there is a popular one for that too! It's called ClassDojo.)

<https://www.classdojo.com/>

## **Getting ready for February**



Black History Month (February) is a month dedicated to celebrating the contributions of African Americans and their influence on American History. The precursor to Black History Month was created in 1926 when historian Carter G. Woodson and the Association for the study of Negro Life History announced the second week of February to be Negro History Week. This week was chosen because it coincided with the birth of Abraham Lincoln and Frederick Douglas. Black History Month was first proposed by Black educators and the Black United Students at Kent State University in February 1969. The first celebration took place one year later in 1970 at Kent State. Six years later, it was being celebrated all across the country. President Gerald Ford recognized Black History Month during the celebration of the United States Bicentennial (1976).

The 2022 Black History Month theme is Black Health and Wellness. This focus will celebrate the contributions and breakthroughs of Black professionals as well as those non traditional practitioners like doulas and midwives.

### **Black History Month Facts**

George Washington Carver (1864-1943) discovered 400 uses for peanuts, soybeans, sweet potatoes, and pecans.

The stoplight was invented by Garrett Morgan (1877-1963). He also invented the gas mask.

Dr. Charles Richard Drew (1904-1950) developed blood banking that is used in blood transfusions. He later formed the Red Cross Blood Bank.

Otis Boykin (1920-1982) created over 28 different electronic devices including electrical resistors that are used in home computers, television sets, and radios. He also invented the pacemaker.

Aerospace engineer, Lonnie G. Johnson, invented the world's first Super Soaker water gun. He spends most of his time inventing mechanical and electrical systems for NASA rockets, and has earned more than 40 patents for his work.

Madam C. J. Walker (1867-1919) was the first female African American millionaire. She experimented with home remedies to create a healthier scalp. Her hair products and cosmetics were sold all over the world.

Daniel Hale Williams (1858-1931) was the first doctor to successfully perform open heart surgery. He helped to open the first non-segregated hospital in the U.S., and he opened the first nursing school for African American women.

Marie Van Brittan Brown (1922-1999) was a nurse who invented the first home security system along with her husband.

### ***Influential People in History***

Arthur Ashe , Barbara Jordan, Benjamin Banneker, Bessie Coleman, Booker T. Washington, Carter G. Woodson, Charles Drew, Chuck Berry, Crispus Attucks, Duke Ellington, Elijah McCoy, Frederick Douglas, George Washington Carver, Harriet Tubman, Ida Wells-Barrett, Jackie Robinson, Jesse Owens, Joe Louis, Langston Hughes, Leotyne Price, Louis Armstrong, Madam C. J. Walker, Mae Jemison, Malcolm X, Martin Luther King Jr., Mary McLeod Bethune, Medgar Evers, Nat turner, Oprah Winfrey, Paul Robeson, Phillis Wheatley, Ralph Bunche, Rosa Parks, Shirley Chisholm, Sojourner Truth, Thurgood Marshall, W. E. B. Dubois, and Barack Obama.

## Volunteering for Black History Month

Parent/guardian volunteers would be greatly appreciated. To sign up, visit: <https://pghleaf.org/volunteer>



### Liberty's Black History shirts

Get ready for BHM with Liberty 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 for purchase online!

Visit: [bit.ly/LibertySpiritWear](http://bit.ly/LibertySpiritWear)



## Ten places where the kids can keep busy during the winter break

### **Senator John Heinz History Center**

The History Center, a Smithsonian affiliate, is a showcase of local history with a number of interactive exhibits, a special area for kids to move and run, and an interactive model of the city in the lobby with a Liberty Tubes tunnel slide. There is also a Mister Rogers' Neighborhood exhibit.

### **Carnegie Libraries and county libraries: various locations.**

Dozens of libraries exist thanks to funds provided by Scottish millionaire and famous Pittsburgher Andrew Carnegie. Many libraries have packed calendars and plenty of quiet nooks to read on a cold day.

### **Beechwood Farm Nature Reserve: Audubon Society, Fox Chapel**

Winter hiking is fabulous and accessible at Frick Park, Schenley Park, and Riverview Park within city limits. Beechwood Farm is a natural play area and has many easy trails. Make sure to properly bundle up in cold weather.

### **Soccer Shots Winter Break Camp: various locations.**

While Soccer Shots is known for its year round soccer leagues, they also offer a winter break camp to give parents a hand. For kids ages 4 to 7, there are both morning and evening options at several locations around the region. These camps offer soccer, crafts, and fun daily themes.

**Fort Pitt Museum:**

This museum is located downtown near The Point. There are tons of models and visuals here. You can also learn about colonization of the Pittsburgh region and our complicated history. It's a quick walk to Market Square to Starbucks where you can grab a hot chocolate and watch the skaters around the tree in PPG plaza.

**Fun Slides Carpet Skate Park: North Hills**

Pittsburgh is home to the world's only indoor carpet skate park. Kids can slide, scoot and run around. There is also a ninja warrior course, Nerf wars, bounce houses, dodgeball, and carpet hockey. A 30 day pass can make a great stocking stuffer. \*There is a fee to play here.\*

**Snapology: Bridgeville (day camp, workshops, and free play) and various locations across the city.**

This is a national franchise of STEAM exploration centers that was founded in Pittsburgh by two local moms. Kids can attend for one hour, two hours, or for full or half day camps over the break. \*There is a fee to participate in most of the camps.\*

**Carnegie Science Center: Holiday camps and more**

These camps are some of the most affordable of the nonsubsidized childcare options in the city for winter break. The Pompeii exhibit is still available to be seen. Don't forget that for families with EBT/Medicaid access cards, the museum offers a discounted membership of \$3 per person for up to 4 people. Teachers and teenagers receive free admission. Families can sign up for a \$20 membership for the year, as the museum seeks to remove financial barriers to enjoying their facility. \*There is a fee to play here.\*

**Hunt Armory Ice Rink: Shadyside**

An attempt by the Pittsburgh Penguins to make skating more accessible, the new Hunt Armory in Shadyside has a goal of including more kids in hockey and skating. For \$10 per person, it is a fun option. Many workshops and lessons are also available. Shuttles from different locations around the city are also available to transport participants to skate also. \*There is a fee to skate here.\*

**Neighborhood North Museum of Play: Beaver Falls**

This fun space is designed to foster a love of music, science, art, and more. They offer a variety of classes and workshops and free play time. They are closed for a few days over the winter break, but are having a New Year at noon party on December 31. Pre-registration is required.



### ***Children’s Museum of Pittsburgh***

This museum is full of hands-on exhibits including an art space, a water play area, and a large indoor climbing structure. The museum will host its annual “Countdown to Noon” on Saturday, December 31st from 10:00am to 12:00pm. This is a family-friendly way to ring in the New Year! ACCESS and SNAP card holders get a discount on ticket prices. \*There is a fee to visit.\*

### ***Pittsburgh Toy Lending Library***

Close to UPMC Shadyside on Centre Ave., this library lends toys and also has space to drop-in and play. Drop-in hours are Tuesday and Saturday from 9:30am to 12:30pm. With active play toys, a craft room, and a place for infant and toddler siblings, this is a great option for families. \*There is a membership fee to borrow toys and a fee for playtime.\*

## **Liberty spirit wear**

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!)



Sizes are available for both kids and adults!

Orders may be placed online and paid via paypal or credit card.

[bit.ly/LibertySpiritWear](http://bit.ly/LibertySpiritWear)

## **Farm to Table**

Winter is upon us and we've entered the dark time of year when we are surrounded by the temptation of goodies and treats. It's hard to stay healthy when activity wanes and time outside is limited. One thing to counterbalance is to make sure everyone in the family is eating lots of fruits and vegetables.

### ***Farmer’s Markets***

Winter farm markets are limited, but there are two open here in the East End. One is the Bloomfield Farm Market on the first and third Saturday from December to March from 11AM to 2PM right on Liberty Avenue. The other is next to the Home Depot (344 Sheridan Ave) and is open every single Saturday from 5am to noon. A great benefit of these markets is the ability to stretch SNAP funds.

For every amount you spend using these funds, you get an additional 40 percent in "produce dollars" to be spent on fresh produce items.

### **Roasting Vegetables**

Roasting fresh vegetables is easy! Remove stems and cut into pieces. Put them on a baking sheet with olive oil, salt and pepper. Here are some times and temps for some family favorites:

- Kale: 400 degrees: 8 minutes, toss and put on for 4 more
- Green beans: 350 degrees: 8 minutes, possibly 4 more
- Squash: 400 degrees: 50 minutes
- Broccoli/Cauliflower: 400 degrees: 10 minutes, toss and put in for another 10

## **Leccion de Español**

New Year's Eve: *la Nochevieja; la vispera de Año Nuevo; el fin de año*

Gloves: *guantes*

Parka: *abrigo de invierno*

Earmuffs: *orejeras*

Jacket: *chaqueta*

Scarf: *bufanda*

Overcoat: *sobreabrigo*

Boots: *botas*

Sweater: *sueter*

Snow: *nieve*

mother: *madre*

father: *padre*

grandmother: *abuela*

grandfather: *abuelo*

aunt: *tia*

uncle: *tio*

Daughter: *hija*

sister: *hermana*

son: *hijo*

brother: *hermano*

cousin (female): *prima*

cousin (male): *primo*

great grandmother: *bisabuela*

great grandfather: *bisabuelo*

## **Welcome, new Liberty families!**

Liberty community members are working together to ease the transition for kindergarten and transfer students and their families. We call it Linking Liberty!

Are you new to Liberty? Go to the following link to be connected to a current student family: [bit.ly/LinkLibertyNew22](http://bit.ly/LinkLibertyNew22)

Are you a Liberty Veteran that wants to help someone new? Sign up at the following link to be connected to a new family. [bit.ly/LinkLibertyVet22](http://bit.ly/LinkLibertyVet22)

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

## Craft corner

January is a month celebrating the New Year, Chinese New Year, and Martin Luther King Jr.'s birthday. There are many crafts associated with each of these special days. January is also one of the most snowy months of the year.

### Winter Bird Feeder

The materials needed are: toilet paper or paper towel tube, peanut butter, birdseed, 24 inches of ribbon or just long enough to hang from a tree branch or window, an empty box, and scissors. Spread a coat of peanut butter all over the cardboard tube. Pour birdseed into the empty box, so that there is a thin layer covering the bottom of the box. Roll the peanut butter covered tube into the birdseed, so that the seeds adhere and cover the peanut butter completely. Thread a ribbon through the tube and tie the ends together to form a knot. Hang it from a tree branch near the window, so that you can watch the birds feast.

### New Year's Eve Fizzy Baking Soda Science

This is a great example of simple Chemistry, mixtures, and reactions. The materials needed are: Baking soda, vinegar, food coloring, glitter, a spoon, a tray or something to put the craft on, and any kind of plastic cup. When you combine baking soda which is a base and vinegar which is an acid, you get a gas. This gas is called carbon dioxide and is exactly what gives you the bubbling and fizzing. Put the cups onto a tray or somewhere that will prevent the mess from spreading. Fill a cup with baking soda and a few sprinkles of glitter. In another cup, add white vinegar (lemon juice works also), and a few drops of food coloring. Spoon the vinegar mixture into the baking soda mixture and watch the fizzing fun. Continue doing this until the contents of your cups are emptied.

### Easy Icicles

You will need paper, glue, and salt. Apply a thick line of glue on the paper at the top, going back and forth to make the line thick. Stand the paper upright and watch the glue run down the paper forming icicles right before your eyes. Just before the glue starts to run off the paper, place the paper flat on the table or floor. Sprinkle the paper with salt and let dry.

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## Recipes

### ***Fruit Loop Trail Mix***

You will need:

1 box (15 ounce) of Fruit Loop cereal  
1 bag of mini pretzel twists (15 ounce)  
1 bag (1 pound) of M & M's  
1 box of raisins  
1 can of salted peanuts (*optional*)

If you have a nut allergy or simply don't like peanuts, they can be omitted. Mix all of the ingredients together and store in an airtight container.

### ***Banana Pops***

You will need:

bananas  
yogurt  
breakfast cereal or granola

Peel a banana, dip it into the yogurt of your choice. Then, dip into crushed breakfast cereal or granola. Freeze, then enjoy.

## 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](http://bit.ly/pghleaf-teachers) and get reimbursed by LEAF, our parent organization. If your request is approved, we will get you a check by the end of the month.

## Submit to This Newsletter!

Article deadlines for this year are Jan. 17 (February issue), Feb. 18 (March issue), March 21 (April issue), April 18 (May issue), and May 21 (June issue). Send stories to [president@pghleaf.org](mailto:president@pghleaf.org)

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*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](http://www.pghleaf.org)

Facebook: [www.facebook.com/PghLibertyPTO/](http://www.facebook.com/PghLibertyPTO/)

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