



The Sousa Notes

Home and School Association Newsletter – January/February 2017



Note from Dr. Meoli

Well, we are officially into the second half of the academic year. I am preparing to have my mid-year goals meeting with Dr. Mooney and I'd like to reflect a bit on my first, and most important, goal for Sousa: to continue the third year of growth and development of our Sousa Strong social and emotional learning initiative.

As many of you know, we began Sousa Strong in the fall of 2014 with a focus on our three key words we want all our students to be: kind, confident, and compassionate. Our HSA helped fund a new logo and a T-shirt for every student and adult at Sousa and "We Are Sousa Strong!" was born. We had several whole school gatherings that year including our Unity Day "Rainbow" picture, a whole school reading of "The Energy Bus for Children", and an assembly in the gym on John Philip Sousa's birthday. In 2015-16, we also had several assemblies with presenters who focused on having students become more kind, confident, and compassionate including Kathryn Otoshi ("One"), James Bruchac ("How the Chipmunk Got His Stripes"), and Richard Specht ("Cultivate a Little Kindness"). We also met as a school to create our (now) annual Unity Day "Smile" that is featured on the cover of this year's district calendar.

Towards the middle of last year, Sousa's mental health professionals, Mrs. Biblowitz and Dr. Fitoussi, attended a workshop on an SEL (Social and Emotional Learning) protocol that I had been following at Yale for several years. This research based program called RULER had a well developed repertoire of student and teacher friendly tools and materials to help children, and adults, Recognize, Understand, Label, Express, and Regulate emotions (hence, the acronym). Jen and Nadine, along with fourth grade teacher Suzy Potucek, expressed interest in going to the intensive summer training and, after receiving strong support from the Ed Foundation and our Sousa HSA, went to Yale and became our turnkey trainers for 2016-17.

RULER (what I like to call Sousa Strong 3.0) has really helped focus our attention to emotional needs at Sousa. Every adult in the building participated in two all-school workshops (on September 1 and November 8) where Mrs. Biblowitz, Dr. Fitoussi, and Mrs. Potucek rolled out the first two "anchors" of the program creating a Staff Charter to mirror the Class Charters in each classroom, and teaching us all how to use the Mood Meter. The ensuing

discussions, in the classrooms and in the faculty room, have made us so much more sensitive to our emotional barometers, and the crucial dynamics that feelings play in student learning. We look forward to continuing our work during the rest of this year, and to training several more teachers and paraprofessionals again this summer at Yale. We hope to have the whole program rolled out and fully functioning by the end of next year.

As RULER takes hold at Sousa, we continue to highlight our three benchmark words as we expand the "feelings" vocabulary of our students to help them move from recognition to regulation of those feelings. We continue to look for ways to make the Dignity for All Students Act (DASA) become a core, formative part of every Sousa student's formal schooling. And we continue to expand our discussions about, and resources for, the many things that we have in common and the many things that make us unique.

In this brave new world of standards and high stakes testing, the Association for Supervision and the Development of Curriculum (ASCD), one of the largest educational organizations in the world, dedicated their entire September magazine to the topic of "Relationships First." At the end is a short essay by one of my favorite educators, Carol Tomlinson. She puts into words, better than I, what makes relationships so important in the teaching process:

"As nearly as I can tell after 40 years of being a teacher and an observer of teachers, that's the essence of "real" teaching—the transformative kind that sends a young person forward on a journey they understand to be their own, eager to go and yet always looking back in gratitude—and for a bit of encouragement.... It's about knowing that establishing ties must start the learning journey and continue throughout it...it's about making sure the child learns about life as well as about math or science or art."

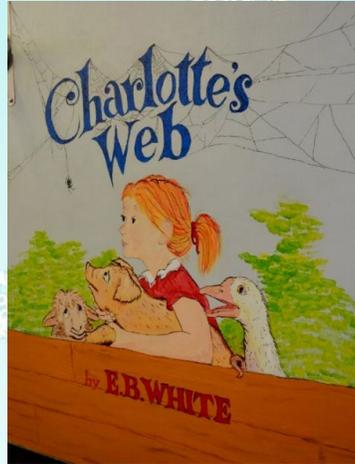
If you'd like to read the entire article, click below:
<https://sasslearning.org/2016/09/28/fox-taming-and-teaching-from-carol-ann-tomlinson/>

Sincerely,
Dave Meoli



Building Beautification Committee Completes New doors

The HSA's Building Beautification Committee has been busy as they continue to paint book covers on doors throughout the school! Ms. Moser is delighted to have Mo Willems' pigeon adorning the door to the library, and there are more projects underway! The committee is always looking for help sanding, priming, cleaning and polyurethaning so feel free to roll up your sleeves and join the fun! There are also doors available to be painted if you are artistically inclined. Please contact Diana at dianagendron@gmail.com or Christina_cpbyers@yahoo.com for more information. And thanks to everyone who came out to school on Feb. 11th with their power tools, paint and creativity to keep Sousa looking beautiful."



Fourth Graders Spend Science Class in the BioBus



Thanks to a grant from the Ed. Foundation and contributions from all of Port Washington's elementary school HSAs and PTAs, fourth graders visited the BioBus, a solar-powered science lab on wheels that offers a unique learning experience. Students enjoyed a lesson in biology as they learned to use video microscopes and make discoveries alongside professional scientists. Learn more at www.biobus.org



Playthings for Pets

This year, Mrs. Lucie's fourth grade class continued a Sousa tradition by organizing Playthings for Pets, a holiday toys and treats drive to benefit Town of North Hempstead shelter dogs. Since it began in 2003, students have taken part in this service learning project to collect donations of toys, rawhides, food, towels and more. A representative from The Shelter Connection, the volunteer organization at the shelter, shared with the class some of the many reasons pets end up in a shelter. Then using photos of dogs currently waiting for adoption, the children created posters asking for donations and promoting adoptions. Finally, the class was visited by an animal control officer and a shelter dog to accept all of Sousa's generous contributions. Thank you to all who donated. The Shelter Connection and Town Shelter staff are very appreciative of the Sousa School's spirit of giving back to the community.



Together We Read!

Sousa students and their families recently finished up two weeks of the Sousa HSA Literacy Committee's literacy initiative, Parents as Reading Partners (PARP). This year's theme was "Together we Read". To kick off the initiative, the HSA funded 2 school-wide assemblies given by Submerge Storytelling, where students were entertained with original comedic tales that also emphasized the importance of telling stories, reading, and using your imagination. The Literacy Committee also brought in Submerge Storytelling to do a fun evening storytelling event for families on the same night as the Sousa Family Book Fair.

This year, for the duration of PARP, the Literacy Committee asked parents and caregivers to read with their children at least 20 minutes a day. Instead of tracking minutes, families were encouraged to focus on togetherness and our Sousa Strong values of being kind, compassionate and confident. Thank you to the Sousa HSA Literacy Committee, and its co-chairs Cory Drewes and Dina Marro, for continuing to promote a lifelong love of reading!



Third Graders Rock

Sousa third graders have been busy studying the world of rocks and minerals as part of their science curriculum. In January they visited the Hickville Gregory Museum to enjoy a hands on experience and learn more about these raw materials, which the museum bills as the Earth's building blocks.



Award-Winning Children's Books

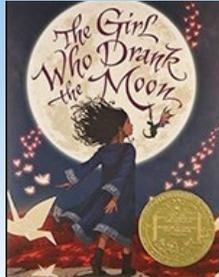
The following books received critical acclaim in 2017. Enjoy reading them during the break!

The Newbery Medal

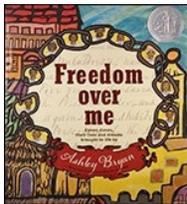
The Newbery Medal is awarded to the author of the most distinguished contribution to American literature for children.

2017 Newbery Medal Winner:

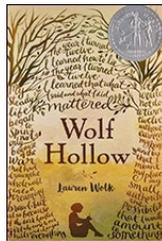
The Girl Who Drank the Moon,
by Kelly Barnhill



2017 Newbery Honor Books:



Freedom Over Me: Eleven Slaves, Their Lives and Dreams Brought to Life by Ashley Bryan,
written and illustrated by Ashley Bryan



Wolf Hollow,
written by Lauren Wolk

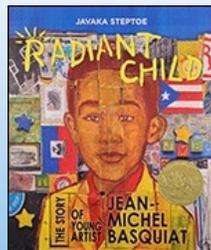


The Inquisitor's Tale: Or, The Three Magical Children and Their Holy Dog,
written by Adam Gidwitz, illustrated by Hatem Aly

The Caldecott Medal

The Caldecott Medal is awarded annually to the artist of the most distinguished American picture book for children.

2017 Caldecott Medal Winner:

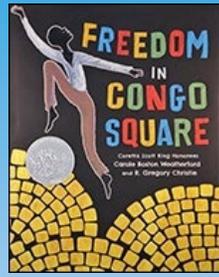


Radiant Child: The Story of Young Artist Jean-Michel Basquiat,
illustrated and written by Javaka Steptoe

2017 Caldecott Honor Books:



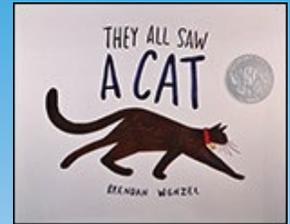
Leave Me Alone!
illustrated and written by
Vera Brosgol



Freedom in Congo Square,
illustrated by R. Gregory
Christie, written by Carole
Boston Weatherford



Du Iz Tak?
illustrated and written by
Carson Ellis

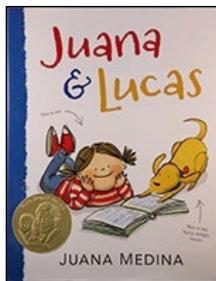


They All Saw a Cat,
illustrated and written by
Brendan Wenzel

The Pura Belpré Award

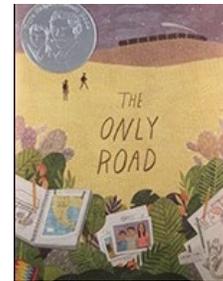
The Pura Belpré Award is presented annually to a Latino/Latina writer and illustrator whose work best portrays, affirms, and celebrates the Latino cultural experience in an outstanding work of literature for children and youth.

2017 Pura Belpré Author Award Winner:



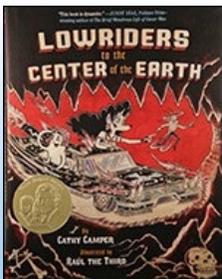
Juana & Lucas,
written and illustrated by Juana Medina

2017 Pura Belpré Author Honor Book:



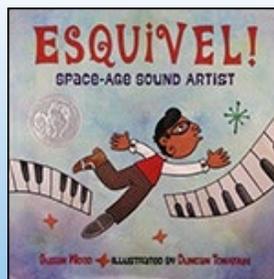
The Only Road,
written by Alexandra Diaz

2017 Pura Belpré Illustrator Award Winner:

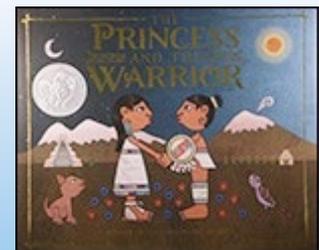


Lowriders to the Center of the Earth,
illustrated by Raúl Gonzalez, written by
Cathy Camper

2017 Pura Belpré Illustrator Honor Books:



Esquivel!: Space-Age Sound Artist,
illustrated by Duncan Tonatiuh,
written by Susan Wood

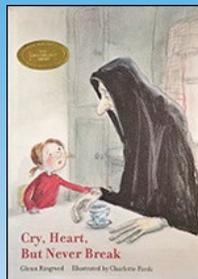


*The Princess and the Warrior:
A Tale of Two Volcanoes*,
illustrated and written by
Duncan Tonatiuh

The (Mildred L.) Batchelder Award

The Batchelder Award is given to the most outstanding children's book originally published in a language other than English in a country other than the United States, and subsequently translated into English for publication in the United States.

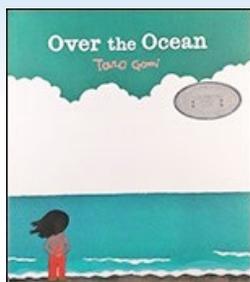
2017 Batchelder Award Winner:



Cry, Heart, But Never Break,

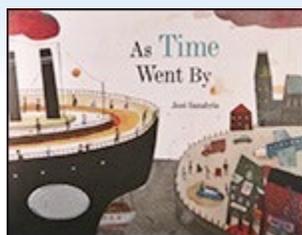
written by Glenn Ringtved (Danish), illustrated by Charlotte Pardi and translated by Robert Moulthrop.

2017 Batchelder Honor Books:



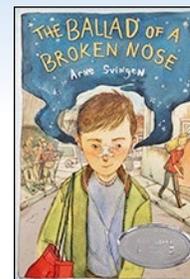
Over the Ocean,

written and illustrated by Taro Gomi (Japanese) and translated by Taylor Norman



As Time Went By,

written and illustrated by José Sanabria (Spanish) and translated by Audrey Hall



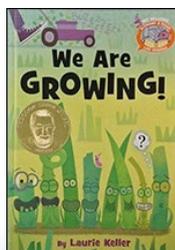
The Ballad of a Broken Nose,

written by Arne Svingen (Norwegian) and translated by Kari Dickson

The (Theodor Seuss) Geisel Award

The Geisel Award is given annually to the author(s) and illustrator(s) of the most distinguished American book for beginning readers published in English in the United States during the preceding year.

2017 Geisel Medal Winner



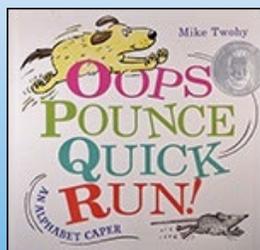
We Are Growing: A Mo Willems' Elephant & Piggie Like Reading! Book,
written and illustrated by Laurie Kelle

2017 Geisel Honor Books:



Good Night Owl,

written and illustrated by Greg Pizzoli



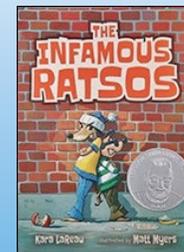
Oops, Pounce, Quick, Run!

An Alphabet Caper,
written and illustrated by Mike Twohy



Go Otto Go!

written and illustrated by David Milgrim



The Infamous Ratsos,
written by Kara LaReau

Bookmark Contest Results

Last month students were encouraged to submit a bookmark drawing for the annual contest. From colorful book characters to themes of books and peace, all the entries demonstrated an amazing amount of creativity and thoughtfulness. Through the HSA's Friends of the Library Committee, all entries will be displayed in the library and the winning entries will be made into bookmarks that students will get a choice of during their library visit. Congratulations not only to the winners but also to all the participants! The winners are Wheatley Stulbaum for grades K-1, Charlotte Walz for grades 2-3, and Anna Drewes for grades 4-5.



Exploring Magnets at the Science Museum of Long Island

As part of the second grade curriculum, the children are studying a unit about interactions- how objects change or influence each other. Throughout the Interactions unit, students observe the chemical and physical interaction of objects. On a recent trip to the Science Museum of Long Island, the children explored magnetic interactions through hands on experiments.

Within our Interactions Unit, Students will be observing and discovering the chemical and physical interaction of objects. An interaction occurs when one object changes or influences another object. For example, when a red piece of candy is placed in water, the candy will dissolve and the water will turn red. The candy and the water have been changed by each other. When a magnet picks up a steel paper clip, the magnet has an effect on but does not visibly change the paper clip. The evidence of interaction is the attraction that can be felt and observed between the magnet and the paper clip. Throughout the unit, students will make hypothesis and conduct experiments to further understand how objects interact and influence one another.



Valentines for Vets

All Sousa students participated in the annual Valentines for Vets Program, and each opened their heart to Long Island's veterans. Our HSA Outreach Committee delivered hundreds of beautifully decorated cards created by the kids to the Veterans Affairs Medical Center in Northport. This effort is to show the Veterans who have served our country that they are appreciated and have not been forgotten.



First Graders Learn about Matter

The first grade recently welcomed a teacher from the Long Island Center for Arts and Sciences into the classrooms for an exciting solids, liquids, and gases presentation. Simple experiments were done to determine what matter is and how to identify these changing states of matter. A slide presentation explained how matter can change from one state to another. Each child made a plaster casting to observe the states of matter.

Nutrition Committee – Update on Food Service Contract Negotiations

The Sousa Nutrition Committee met this month to discuss some very important upcoming events. The district's current food service contract is up at the end of this school year and we are in the process of creating a wish list to present for negotiations of the upcoming bid.

The benefits our current contract has:

- Homemade soups and salad dressings
- NO HFCS (special order jellies and syrups)
- All Boars head cold cuts
- Fresh salad offered every day as an option
- NO canned vegetables (except tomato sauce)
- Whole muscle poultry
- 100% ground beef- no fillers- Hamburgers at 85% lean
- Follow USDA smart snack guidelines
- All products with zero trans fats
- Only fresh eggs used
- All grains are whole grains rich
- Fresh fruit offered daily at breakfast and lunch
- 2 veggies offered daily - fresh or frozen - not canned
- 9 diff lunch entrees daily - at least 5 are meatless

Reduced and free lunch in our district:

- 18% free and reduced lunch
- Federal and State reimbursements
- Keep lunch costs low - \$2.50 currently - we must provide for ALL students

Bid process and changes to be considered:

- The district is meeting with independent food consultant to help with bid
- Bid usually goes out to 3 major vendors - and lowest bid wins

Our Wish List includes:

- Elimination of GMO in high risk foods (ie: corn, tomatoes, soy, meat and dairy)
- Elimination of Antibiotics in meat
- Changing the corn oil in homemade salad dressings to be replaced with Olive and/or Canola oil
- Re-evaluation of yogurt options – i.e. less sugar, greek, etc.
- Reducing the amount of days Raisins offered. Raisins considered a fruit by USDA.
- Adding new offerings - i.e. hummus, butternut squash, etc.

For more info, please contact Sousa Nutrition Committee Chairs Mary at marygdc@aol.com or Kathy at shanahanfamily@yahoo.com



Today we made Stone Soup!

Mrs. Pullicino read the book "Stone Soup" an old folk story retold by Heather Forest, in which hungry strangers convince the people of a town to each share a small amount of their food in order to make a meal that everyone enjoys. The moral of the story being that by working together, with everyone contributing what they can, a greater good is achieved. The soup smelled and tasted delicious!



Nutrition Sample Day

Students participated in a food sample tasting during their lunch period few weeks ago. The nutrition committee is always looking to offer a healthy and allergy-friendly option so they decided to sample a current menu item, chickpea salad. We are happy to report that many children enjoyed trying it! Thank you to the Nutrition Committee and its co-chairs Mary Apat and Kathy Shanahan for organizing the event. Here is the recipe as requested.

Chickpea Salad

Ingredients:

- 1 Can Garbanzo Beans - rinsed, drained.
- 4 oz Fresh Diced Tomato
- 2 oz Fresh Diced Green Peppers
- 1 oz Diced Red Onions
- 1/8 oz Chopped Garlic
- 1 tbl Lemon Juice

Wash and rinse all raw produce prior to use. Combine all ingredients. Toss to mix. Cover. Keep chilled. Makes 5 cups servings. Enjoy!



Cooking Lab

The second graders in Ms. Buffolino's class had their first cooking lab last month, where they made delicious blueberry muffins. The kids learned the difference between homemade or "made from scratch" muffins versus store-bought muffins or those made from a box mix. The importance of only using fresh whole food ingredients was highlighted during the lesson. Part of the lesson was to also help kids understand how important it is to focus on healthy foods, especially during this time of year! They learned the benefits of eating blueberries which contain large amounts of antioxidants that help us stay strong and healthy. The children were very engaged and truly enjoyed baking and, of course, eating their tasty, homemade muffins.

Blueberry Muffins- yields 12 muffins

Ingredients:

- 1 1/2 cup all-purpose flour
- 3/4 cup sugar
- 1/2 tsp salt
- 2 tsp baking powder
- 1/3 cup vegetable oil
- 1 large egg
- 1/3- 1/2 cup milk
- 1 cup blueberries

Preheat oven to 400 degrees. Place paper cupcake liners into muffin pan. In a big bowl, mix egg, oil and milk. Add sugar and salt. Add the flour- 1/2 cup at a time. Add the baking powder. Carefully, fold in blueberries. Spoon into muffin pan and bake for 18-20 minutes. Enjoy!



Annual Book Fair

This year the Sousa Book Fair continued the tradition of providing a wonderful opportunity to promote reading to kids of all ages. It was a pleasure to see students enthusiastically searching for the newest book while budgeting their spending money. Thank you to Sousa Librarian Ms. Moser and to all the Book Fair volunteers who helped co-chairs Nadine Chakrian, Halona Jaffe, and Felicia Miller organize another successful event. Happy reading!



Pizza Workshop

The Sousa cafeteria was recently filled with many eager little chefs who wanted to try their hands at calzone and pizza making. Linda from Frank's Pizzeria instructed the children on how to make their very own pizza with fresh dough, sauce, and cheese. The children also had the opportunity to make a calzone filled with ricotta cheese and mozzarella. The committee co- chairs, Maria Cichon and Virginia Zirpolo, were so excited to have such an amazing turnout again this year. They love watching all those eager young chefs, and they would like to thank everyone for their continued support of this wonderful, fun filled event. One can only imagine the delicious smells filling the kitchens later as the pizzas and calzones were cooking in the ovens, and the big happy smiles as the children tasted the delicious lunches that they made themselves!



Fourth Graders Express Themselves

Thanks to a grant from the Ed. Foundation, Sousa fourth graders were treated to a three week program in Expressive Elocution. Every student prepared a short speech explaining the significance of a family artifact, and then Elise May, the program's founder, taught them how they could improve their delivery by focusing on various elements such as eye contact, gesturing and articulation. In just a few weeks the students were transformed into confident public speakers!



Trading Toys at the Annual Sousa Toy Swap

The annual Sousa Toy Swap is a great way to bring a second life to a toy! This Green Committee initiative truly encourages our community to consider reducing personal waste and also promotes recycling gently used items in our community. All the toys that were not swapped will be donated to Port Washington Twin Pines Charitable Thrift Shop, the Port Washington Children's Center and the Lupus America Donation Program. Thank you to the Green Committee Chairs, Melissa and Sima, and the Green Committee volunteers who helped plan the event.



Sousa Brownie Troop Thanks the Firefighters

Brownie Troop 433 and their families visited the Atlantic Hook and Ladder Firehouse to present homemade cookies and thank you letters to Port Washington volunteer firefighters and EMTs who protect and serve our community. The children received a hands-on tour of the fire trucks and then had the opportunity to meet Fire Chief Waterson along with other brave and friendly firefighters.



No Name Calling Week

The beginning of the new year is always special for it brings "No Name Calling Week" which always follows Martin Luther King Jr's birthday. Ms. Biblowitz and Ms. Moser team teach all library classes that week expanding on our Sousa Strong initiative to encompass empathy, tolerance, acceptance, and positive action. They covered topics like learning how to include all children as well as accepting and celebrating each other's differences. They also discussed strategies on how to become an Upstander in our School Community. Each grade level learned about no name calling week through discussions, videos and books. The students frequently made the connection between no name calling and being Sousa Strong!



Getting Sousa Strong with Yoga

For the second year in a row, Sousa parent Jen Schiffer is donating her time to teach yoga to our students. Kindergarteners and first graders have the opportunity to learn, what for many is a new type of exercise. They're all having fun as they focus on breathing, stretching and working together. It's a wonderful experience for the body and the soul - and a perfect winter activity!



Physical Education

All students participated in the fun-filled basketball unit. In this unit, students learned the basic fundamentals of basketball, such as dribbling, passing, and shooting. Fifth grade students also took part in the Sport Education unit where they were placed on teams and given various responsibilities including trainer, coach, owner, equipment manager, and publicist. The focus of this unit is teamwork and sportsmanship.



Calendar of Events - February/March 2017

2/20 - 2/24 - No School - Presidents Week Recess

3/3 - Sousa Spirit Day

3/7 - 3/9 - Sousa Book Exchange

3/9 - Sousa Blood Drive

3/10 - No School - Conference Day

3/15 - Sousa HSA Meeting, 8:15am, Sousa MPR

3/16 - Evening Conferences

3/17 - No School - Conference Day

3/18 - Sousa Family Yoga, 10:15am, Sousa Gym

3/20 - 3/24 - Nutrition Week

3/27 - 3/31 - Spring Clothing Drive

3/31 - Sousa Got Talent Show, 7:00pm, Sousa Auditorium

All County Musicians

Port Washington Student Musicians were selected to perform in the annual Nassau County Music Educators Association (NMEA) and Jazz All-County Festivals including seven students from Sousa. The talented musicians were chosen based upon their solo performances at the NYSSMA Solo and Ensemble festival held this past spring and include Sousa's Max Tiger for Band, Timothy Lee and Milan John for Orchestra and Ruby Fine, Lyla Mousouroulis, Anne Penha, and Harrison Smetana for Chorus. All performances were held at the Tilles Center at C.W. Post/Long Island University in Brookville.



Congratulations to the HEARTS 2017 Grantees!

Port Washington Student Musicians were selected to perform in the annual Nassau County Music Educators Association (NMEA) Grantees include:

Afternoon Artists

Mr. Moore
3rd-5th grade students will enjoy an after-school student driven creative exploration. By working with ceramics, painting, printmaking and mixed media they will create individual visual statements that grow out of their experiences, feelings and interests. Students will also learn how other great artists have created personal work.

Curtains Up: A Musical Theatre Workshop

Lauren Blank & Emily Baxter
4th and 5th grade students will take part in an after-school musical theater workshop once-per-week. Students will learn about musical theater, sing songs and learn choreography from various musicals throughout the decades culminating in a performance.

Dancing Classrooms

In partnership with the Creative Arts Department, The HSA/PTA & The Ed. Foundation
All 5th-grade students participate in a ten-week ballroom dance residency in which they learn essential life skills through the art of social dance.

Designing and Creating a Greeting Card with a Simple Electrical Circuit

Lisa Conway
As part of the push-in Port Washington Enrichment Program (PEP), 2nd grade students will learn to make a simple electrical circuit using a coin battery, copper tape and an LED light. Students will then create a greeting card incorporating the light.

District Choral Festival at Tilles Center for Performing Arts

Kevin Scully, Dr. Ruth Addeo, Alexis Berberabe, Stephen Connolly, Allison Friedman, Matthew Gawronski, Amanda Johnson, Elizabeth Riordan, & John Spiezio.
Choral students in 5th-12th grade will experience the thrill of performing in a world-class concert hall.



design
illustration
dance
music
hearts
helping enrich the arts
port washington
theater
photography
art
film
sculpture
writing
painting
education



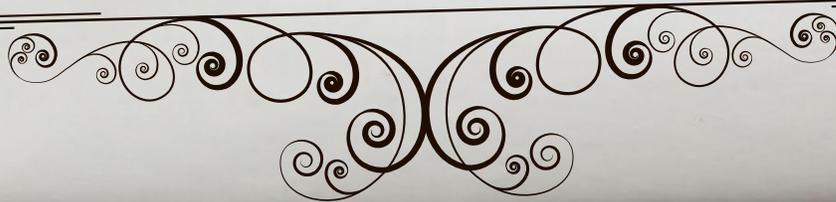
SAVE THE DATE

SOUSA SOCIAL NIGHT

Come out and support Sousa at the school's largest fundraiser of the year

DINNER • DANCING • AUCTION

Saturday, April 29th, 2017 at 7:30 pm
Manhasset Bay Yacht Club



**Do you have any photos from
Sousa class trips or activities?
Show off your child's artwork,
accomplishments, prizes won, etc.
in The Sousa Notes.**

**Please send any photos and
articles to**

Rod at rodn29@gmail.com

Mat at lanfant@msn.com

or Pam at pamollendorff@yahoo.com

SAVE THE DATE



Sousa Elementary School Blood Drive
Thursday, March 9th, 2:00pm - 8:00pm
Sousa Multi-Purpose Room

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 <p>Sousa HSA @SousaHSA For the PARP kick-off all grades attended a storytelling assembly. @SubmergeStory Ask your child about it! Together We Read!</p>  <p>← ↻ ❤️ ✉</p>	 <p>Sousa HSA @SousaHSA If you couldn't make Friday's HSA meeting, catch up on all the school news here! nebula.wsimg.com/db774697132b1d...</p>  <p>← ↻ ❤️ ✉</p>
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@SousaHSA

And sign up on Remind and receive Text Messages from Sousa HSA:
<https://www.remind.com/join/ff72h>

Class code: @ff72h