



# NEWSNOTES

Care & Respect ~ Effort & Hard Work ~ Critical Thinking ~ Risk Taking

January 7, 2011

**Every Tuesday**

Pretzel Sales \$1.00  
After school  
Front/Back Lobbies

**Monday, January 17**

Martin Luther King Day

**Tuesday, January 18**

School Council Meeting  
7:45 am

**Wednesday, January 19**

PTO Offering - Progress  
Reports  
7:00 pm in the Library

**Friday, January 21**

Daytime Winter Concert  
Troubadours

**Tuesday, January 25**

Daytime Winter Concert  
Orchestra and Chorus

**Tuesday, January 25**

Evening Winter Concert  
Troubadours, Orchestra,  
and 4/5 Chorus  
7:00 pm

**Friday, February 4**

Science Night

**February 21-25**

Winter Break

Next Edition: January 21

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[www.horacemannpto.org](http://www.horacemannpto.org)

## From Mark's Desk

Dear Horace Mann Families,

Welcome back! The Nardelli family thoroughly enjoyed our time together over the break, sledding, skating, and spending time with friends and relatives. I hope you were all able to spend some quality time together as well. In thinking about how we spend time with our children, I thought this poem might be a nice way to start 2011. As a parent myself, I know I can always use a reminder or two about what's important...

If I had my child to raise over again,  
I'd finger paint more, and point the finger less.  
I'd do less correcting, and more connecting.  
I'd take my eyes off my watch, and watch with my eyes.  
I would care to know less, and know to care more.  
I'd take more hikes and fly more kites.  
I'd stop playing serious, and seriously play.  
I'd run through more fields, and gaze at more stars.  
I'd do more hugging, and less tugging.  
I would be firm less often, and affirm much more.  
I'd build self-esteem first, and the house later.  
I'd teach less about the love of power,  
And more about the power of love.

*From 100 Ways to Build Self-Esteem & Teach Values by Diana Loomans (c) 2004 New World Library*

**Peek Week:** Mr. Tynes and each of his PE classes put on two performances prior to the break, and their hard work really paid off. The students enjoyed themselves while working on various aspects of fitness - muscular endurance, cardio, building core muscle strength, etc. They also were able to take risks and learn new skills while walking across the balance beam, hanging upside down on the rings, or twirling on the uneven bars. The adult turnout was terrific all week - thanks to everyone who took advantage of the opportunity to see the children perform!

**Farewell:** We had a great send off for Loretta Schiavone prior to the break. After a breakfast and a presentation of class gifts, the whole school lined the halls to clap, high-five, and hug Ms. Schiavone as she left Horace Mann on her final day. Her 42 years of kindness, patience, and dedication will be missed. On a related note, our new lunch manager will be Maria Cerchione, a former Horace Mann parent and lunch mother. Welcome to Horace Mann, Maria!

**Behavior and Anti-bullying follow up:** The presentation by Elizabeth Englander on December 16<sup>th</sup> was aimed at a wide audience that included bullying concerns at both the elementary and secondary level. Dr. Englander talked about online social networks and cyberbullying as well as handling seemingly innocent behaviors in the classroom that can lead to deeper problems. We will incorporate elements of this presentation as we develop our own school-wide behavior plan, which we will present to the community after our February staff meeting. There was an interesting article in the Globe last week about the complexities of dealing with bullying. Here's the link if you are interested:

[http://www.boston.com/news/education/k\\_12/articles/2010/12/30/as\\_schools\\_confront\\_bullying\\_no\\_easy\\_fix\\_on\\_horizon/?page=1](http://www.boston.com/news/education/k_12/articles/2010/12/30/as_schools_confront_bullying_no_easy_fix_on_horizon/?page=1)

**Progress Reports:** I will hold an information session about Newton's progress reports on Wednesday, January 19<sup>th</sup> from 7-8pm. Progress reports will be coming home at the end of the month; if you would like to have a better understanding of the document and what the scores mean, please attend this session, which will be held in the library.

**Winter/DOG Concert:** You are all invited to our Winter/DOG concert on Tuesday, January 25<sup>th</sup> at 7pm. The Troubadours will perform the musical Arf! The Orchestra will perform several selections and the 4/5 Chorus will sing a stunning collection of Dog songs.

Daytime performances for K-2 and 3-5 will take place on Friday morning, January 21<sup>st</sup> for Troubadours and Tuesday morning, January 25<sup>th</sup> for Orchestra and Chorus.

Wishing you all a healthy and happy New Year.  
Thanks,  
Mark Nardelli

## From the PTO Officers

Happy New Year. We hope all of you had a restful week with family and friends. As we return to school in 2011 we look forward to the events planned ahead to raise money for our students. Please try to help with these events in any way you can. Many hands make light work. Try and get involved. We offer many opportunities, small or large.

## Also from the PTO

Beginning Monday January 10<sup>th</sup> PTO will be sponsoring a program called COINS FOR KIDS. It's time to lift up the couch cushions, check the back seat, scan the floors, search under beds, check pockets before clothes go into the laundry and collect as many coins as possible. Each classroom will have a large container where students can place their coins. The classroom or grade level that collects the highest amount will be rewarded at the end of the event.

On Wednesday evening, January 19<sup>th</sup> Mr. Nardelli will hold a PTO Sponsored meeting in the library. His goal will be to give parents a better understanding of assessment scores and the report card format.

Please Mark your calendars for the Horace Mann Talent Show on Saturday, April 9<sup>th</sup> at 1:30pm in the F.A. Day Middle School Auditorium. Please register with the following information at [hmtalentshow@hotmail.com](mailto:hmtalentshow@hotmail.com): Your child's name, grade, classroom, teacher, a description of the act, permission to videotape and photograph, and an adult contact's name and email. Only one act per child - solo OR group. Registration deadline is Friday, February 11<sup>th</sup>.

Please be on the lookout for information about Horace Mann's Annual Science Night scheduled for Friday, February 4<sup>th</sup>. This is a wonderful family event at our school. You will enjoy amazing talents, see tons of scientific experiments and learn from your peers.

Parents of Horace Mann wanted to thank Loretta Schiavone for her 42 years servicing our children as the lunch manager at our school. On behalf of the students of Horace Mann Mrs. Schiavone was presented with a beautiful floral arrangement to take with her to enjoy over the holiday break.

We are beginning to plan our largest fundraising event of the school year: the Spring Auction. We have many new and exciting changes in store for you on Saturday, March 19<sup>th</sup>. The auction committee is looking for people willing to help plan this grand event for our school. Please grab a friend and contact [psmccabe@comcast.net](mailto:psmccabe@comcast.net) if you are able to help with this year's event.

Understanding Our Differences will present the Blindness and Visual Impairment unit on Thursday, January 27<sup>th</sup>. If you are interested in volunteering please call/email Mari Young at 617-965-2226 or [mariyoung@juno.com](mailto:mariyoung@juno.com).

## From the Nurse's Desk

Skiing, snowboarding, basketball, swimming, football, cheerleading, bicycling, roller-blading, and even jumping on the bed are among the many activities youth engage in where there is a risk of brain injury.

Concussion is a type of traumatic brain injury that changes the way the brain normally works. It is caused by a bump, blow or jolt to the head or from a blow to the body that causes the head to move rapidly back and forth.

Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. You can't see a concussion but there are signs and symptoms to be aware of. These signs and symptoms



### COINS FOR KIDS



### PROGRESS REPORTS



$$E=mc^2$$

THANK YOU!



can show up right after an injury or may not appear or be noticed until hours or days after the injury occurs. All coaches, parents and students should know the signs and symptoms and what to do if a concussion occurs.

Signs and Symptoms of a concussion may include:

- Nausea or vomiting
- Dizziness or balance problems
- Double or fuzzy vision
- Headache or “pressure” in head
- Sensitivity to light or noise
- Feeling sluggish or tired
- Numbness or tingling
- Does not “feel right”
- Confusion
- Difficulty concentrating or remembering
- Difficulty thinking clearly
- Feeling more slowed down
- Feeling sluggish, hazy, foggy or groggy
- Irritability
- Sadness
- More emotional than usual
- Nervous
- Drowsy
- Sleeps less than or more than usual
- Has trouble falling asleep

When a concussion is suspected, seek medical attention right away. A health care provider will be able to tell if there is a concussion and when it is safe to return to normal activities (especially physical activity and school (concentration and learning activities)).

Take steps to protect against concussion. Ensure youth follow the rules, whether they’re the rules of the game or the rules of the road. Make sure children wear the right protective equipment for their activity such as helmet, padding, eye and mouth guards or shin guards. Parents should learn the signs and symptoms of a concussion, and shouldn’t hesitate to keep their child out of a sports game or activity after a concussion.

Adapted from the Centers for Disease Control and Prevention

<http://www.cdc.gov/concussion/sports/index.html>

For more information, contact the school nurse.

READ NEWSNOTES, COMMUNITY NEWS AND CLASSIFIEDS ON THE PTO WEBSITE:

<http://horacemannpto.org/newsnotes.html>, <http://horacemannpto.org/community-news.html>, <http://horacemannpto.org/community-classifieds.html>.

NewsNotes, Community News and Classifieds are published by the PTO bi-weekly. Please email items of interest to [hmnewsnotes@lists.neighborhood.net](mailto:hmnewsnotes@lists.neighborhood.net).

The next deadline for submissions is 12:30 p.m. on Tuesday, Jan. 18.

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