

TIGER TALES



THE TISBURY SCHOOL NEWSLETTER



April 2025

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Visit our website:

www.tisbury.mvyps.org

Information is updated routinely.



Principal's Letter

Tisbury School Community:

Occasionally I offer reminders to never take for granted the strong support that the island community provides for our schools. This support comes from taxpayers, school committees, town departments, families, local businesses, community members, and island organizations. Recently, I attended events sponsored by two of these organizations, and felt compelled to share about them and their noble work to strengthen partnerships with our island schools.

The Wampanoag Tribe of Aquinnah and Gay Head (WTAGH) is an important resource for our entire island, and certainly our school system. Members of the WTAGH Education Committee met last month with school administrators, offering opportunities to enrich learning about Native American heritage and culture. Educators and students both benefit from this learning. One aspect of this is the concept of land acknowledgement. I first heard of this while attending an event at my daughter's college, and was struck by its significance. I offered the following land acknowledgement at the Tisbury School 8th grade graduation last spring, and also at the Tisbury School Ribbon-cutting Ceremony last fall:

Thank you all for joining me in acknowledging the land we are currently on. We stand on the land of the Wampanoag people, who settled this land at least 12,000 years ago and still celebrate it as home today. Although commonly called Martha's Vineyard, this island has a much older name, Noepe. We acknowledge, with gratitude, the privilege of living on this land of indigenous people. Including this at school events is meaningful and appropriate. Thank you to the WTAGH for promoting and encouraging this practice.

In early April, along with colleagues from all island schools, I attended a celebration organized by the English

Learners Parents Advisory Council (ELPAC). This event included food, music, and poetry, and promoted inclusiveness, community, and integration. Titled Flavors of Nations, the event sought to deepen understandings of diverse cultural backgrounds of students on the Vineyard. The ELPAC is committed to building bridges between cultures, enriching the school environment, and strengthening the sense of belonging for all. As explained by ELPAC leaders, culinary traditions are vital to cultural identity - how people grown, cook, and share food tells their stories and preserves traditions. As my colleague, Tisbury School Education Support Professional/Interpreter Laura Weisman, observed, many of the first Portuguese words that I learned from her and from our students were foods. Tisbury School students know that I do enjoy learning about cultural foods, including eating them!

Our school will seek opportunities to partner with the WTAGH and the ELPAC, as both support our important work with students in our island community.

Tisbury's Annual Town Meeting is scheduled for Tuesday April 29 at 7:00 pm in the school gymnasium. I look forward to seeing many of you there, as we come together for the first town meeting in the renovated school. Many will recall the extensive discussion at past town meetings - whether in the old gymnasium, under tents on the playground, or at the high school Performing Arts Center - that ultimately led to the renovation and addition project that provided the amazing building and campus we now occupy. We are fortunate, and grateful to Tisbury taxpayers for their support.

Sincerely,
John

1st Grade News

First graders are becoming quite the mathematicians. They have been working hard to memorize their addition and subtraction math facts. Congratulations to Catarina, Khloe, Remie, Violet, Corbin, Dylan, Victoria, and Luna for memorizing their addition facts to 10. A BIG SHOUT out to Hunter, Anden, Darius, Daniel, Aurora, David, and Josie for learning their subtraction facts to 10! Keep up the great work!

Mrs. Webster & Mrs. Krauthamer



Subtraction SuperStars



Summer Sports Program

Hello families-

After 4 long years my Summer Sports Program will be returning!

If you are looking for something for your child to do this summer to keep them active, this is it! This is not a school sanctioned activity so if you would like more details, please contact me at coachnicholsmv@yahoo.com

Thank you!
Coach Nichols



Spanish News

Kindergarten class learned more letter sounds (B,C,E) and practice through songs and games. This month we practiced speaking skills by playing the game “telephone”. It is always fun to build vocabulary skills with games.

First graders are learning more letters and numbers in Spanish 1-20. We are reading Spanish books and singing Spanish songs, while incorporating basic conversational phrases. Kids are very engaged in finding Spanish words.



Second graders are learning the foundations of reading in Spanish. They are practicing listening skills and playing games.

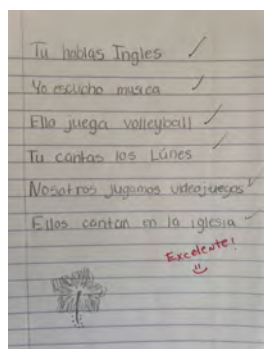
Third graders are continuing to learn at the library. We are reading bilingual stories in an interactive way. Then we learned about Springtime vocabulary and conversational skills.

Fourth graders learned about activists Cesar Chavez and Dolores Huerta. Two of the most significant leaders in the American farmer worker's movement. We learned about fruits and seasons.



The fifth graders learned about reflexive verbs through routines. We started the class with movement activities. They learned vocabulary through songs.

The sixth graders learned verbs by writing and practicing by completing sentences. They love to dance as well. Thanks to Sam Greene, we are having a Chia plant in our classroom. Students helped with the seeds. We reviewed about chia's benefits.



Seventh graders learned more grammar. They practiced conjugation of verbs.

They interviewed classmates about likes/dislikes. We learned that Mr. D is their favorite teacher.

Eighth graders are doing the placement test in Spanish. They are getting ready for high school.

I am proud of their hard work. Thanks for sharing your kids with us.

PS: We watched Shrek videos in Spanish.

NURSE'S NOTES

Exercise and the ADHD Brain: The Neuroscience of Movement

Research shows that physical activity sparks real, positive changes in the brain that increase attention and improve mood. What's more, exercise is an inexpensive, self-prescribed, and accessible supplemental treatment option for adults and children with ADHD.

"Think of exercise as medication," says John Ratey, M.D., an associate clinical professor of psychiatry at Harvard Medical School. "For a very small handful of people with attention deficit disorder, it may actually be a replacement for stimulants, but, for most, it's complementary — something they should absolutely do, along with taking meds, to help increase attention and improve mood."

While most of us focus on exercise as a way to trim our waistlines, the better news is that routine physical activity firms up the brain — making it a simple, alternative [ADHD](#) treatment. "Exercise turns on the attention system, the so-called executive functions — sequencing, working memory, prioritizing, inhibiting, and sustaining attention," says Ratey, author of [Spark: The Revolutionary New Science of Exercise and the Brain](#) (Little, Brown). "On a practical level, it causes kids to be less impulsive, which makes them more primed to learn."

The latest news about exercise and ADHD is that it helps kids with the condition push through past failures and attack things they didn't succeed at before. "The refrain of many kids with ADHD is, 'No matter what I do, I'm going to fail,'" says Ratey. "Rat studies show that exercise reduces learned helplessness. In fact, if you're aerobically fit, the less likely you are to learn helplessness."

So how, exactly, does exercise deliver these benefits to the [ADHD brain](#)? When you walk, run, or do a set of jumping jacks or pushups, your brain releases several important chemicals.

Endorphins, for one, hormone-like compounds that regulate mood, pleasure, and pain. That same burst of activity also elevates the brain's dopamine, norepinephrine, and serotonin levels. These brain chemicals affect focus and attention, which are in short supply in those with ADHD. "When you increase dopamine levels, you increase the attention system's ability to be regular and consistent, which has many good effects," explains Ratey, like reducing the craving for new stimuli and increasing alertness.

You don't have to be a marathoner, or even a runner, to derive benefits from exercise. Walking for 30 minutes, four times a week, will do the trick. "Get your child involved in something that he finds fun, so he will stick with it," suggests Ratey. Team activities or exercise with a social component are especially beneficial.

Studies have also found that tae kwon do, ballet, and gymnastics, in which you have to pay close attention to body movements, tax the attention system. "A very good thing for kids and adolescents with ADHD," says Ratey.

More schools are including exercise in their curricula to help kids do better in the classroom. A school in Colorado starts off students' days with 20 minutes of aerobic exercise to increase alertness. If they act up in class, they aren't given time-outs but time-ins — 10 minutes of activity on a stationary bike or an elliptical trainer. "The result is that kids realize they can regulate their mood and attention through exercise," says Ratey. "That's empowering."

Source: *Spark: The Revolutionary New Science of Exercise and the Brain* (Little, Brown).



Tisbury Garden News

It's been so exciting to plant our very first seeds in our new gardens!

The 3rd grade is taking part in the island-wide First Peas to the Table contest, modeled after a contest that Thomas Jefferson used to have with his neighbors at Monticello. We got our peas planted the first week of the

month in the drizzly rain.

The second grade has started the seeds for their annual seedling sale in May, and 1st graders planted some yummy spring greens.

First grade also has chicks hatching this month! We'll be hearing some peep-peeping the week of the 14th.

The Harvest of the Month for April is seafood. Mr. Custer, an avid fisherman and shellfisherman, has provided us with our trivia question for the month: How many scallops can Mr. Custer shuck in a minute? This isn't one you can Google or find in a book. You'll have to find Mr. Custer and ask him. :) Congratulations to Noah Sow, the winner of last month's egg trivia question!

Island Grown Recipe Butternut Biscuits

Serving: 24 biscuits

Ingredients

- 1/3 cup of milk
- 1/2 cup of canola oil
- 1 cup of butternut squash, cooked & mashed
- 1 cup of parsnips, cooked and mashed
- 2 cups of whole wheat flour
- 2 cups of flour
- 2 TBSP of sugar
- 2 TBSP of baking powder
- 1 tsp of baking soda
- 1 tsp of salt
- 1 tsp of cinnamon

Steps

1. Mix dry ingredients into wet, do not overmix.
2. Use 1/4 cup scoop to make drop biscuits onto parchment paper lined sheet trays.
3. Lightly flatten balls of dough.
4. Bake at 400°F (regular oven) or 350°F (convection oven). Check after 10 minutes, then bake until golden brown (may take up to 20 minutes total)

Recipe adapted from MA Farm to School. For more information visit: <https://islandgrowschools.org/recipe/>

7th and 8th Grade Science



7th grade:

Continuing our human body unit, we are studying the nervous system. We dissected cow eyes, discovering the tissue that helps animals with vision at night. We also made a human chain to model the nerve cells transmitting messages to the brain. After wrapping up this unit, we will be on to "Weather and Water" to finish the year.

8th grade:

Our egg drop activity was a great success! Nine out of twelve eggs survived the fall, and the kids calculated the speed of each egg drop.

We are beginning

our last unit which will be looking at the geosphere, atmosphere and hydrosphere. Looking forward to labs with plate tectonics, earthquakes and more!

Sue Adamo
7/8 Science



Vocal Music

Tisbury Music programs are in FULL SWING now that we are getting comfortable in our new building spaces. This month, the Band Room welcomed new instruments, the stage has had its first musical performance in Shrek Jr. and we had our first visiting string quartet!

Kindergarteners considered taking a listening walk to hear the sounds of spring. Here, they dance with ribbons to Antonio Vivaldi's "Primavera" using ribbon wands, comparing the violin to bird songs.

First grade has been studying the instruments of the orchestra. Here, they imagine what it would be like to play these beautiful instruments together with a conductor. Second Grade also reviewed the families of instruments of an orchestra using the book "Zin Zin Zin, a Violin."



Second and third graders were invited to hear a visiting string quartet from Boston play their instruments live for us in the Band Room. We could feel first hand the way violin, viola and cello make similar and yet totally different sounds.

Third graders and 7th graders were able to take a dance class with Leonardo Sandoval, a professional tap dancer who came to us from New York City with the Yard, but who is originally from Brazil. We learned about body percussion and got to dance together as a huge group.

Fourth graders are beginning their study of the Ukulele. We are working on controlling the

instrument, making good tones and keeping it tuned while singing "My dog has fleas!"

Fifth graders are moving into a deeper understanding of harmony and improvisation using keyboards. They continue to dance and sing beautifully.

**It's not too late for 5th and 6th grade students to join the All Island Youth Chorus, which practices Wednesdays at the PAC from 3:30-4:30. Please contact Mrs. Sanseverino.



Sixth-Eighth graders have been studying the idea of "Allegory" in works of art using the musical "Wicked." They are exploring ideas around freedom of speech, good and evil, loneliness and popularity, and considering that the performing arts have been allegorical since ancient Greece.

Many 5th-8th graders were involved in Shrek Jr., which was hugely successful! We performed two scenes for the whole school, followed by three full length performances. Students wowed their staff supporters by becoming more focused and poised with each show. At the cast party, many shared that they had made new friends and enjoyed the positive team environment.

Families can follow along with the songs that students are learning on the Tisbury webpage. Finally, please mark your calendars! We will have all students, K-7, perform a Spring Concert together in the Gymnasium on Thursday, June 5, the week before 8th grade graduation.



Kindergarten News

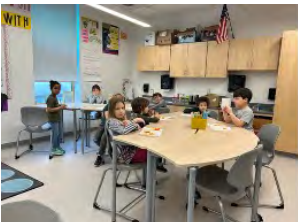
Our kindergartners have been learning about nursery rhymes and fairy tales. As a final project they have created the most magical castles!



Health Education

Health Education has been busy!

Kindergarteners completed their nutrition unit and learned about “eating the rainbow.” We had “Try It Day” in class, where students sampled different fruits and vegetables from all colors of the rainbow.



1st graders are in their fire safety unit and got to be the first class to use the “peel and place” stickers that Ms. Taylor and Chief Rolston purchased with grant money from Cape Cod 5. They learned about the tools on a fire truck and will learn about firefighter gear in the coming weeks.

3rd grade is learning how organs in the human body work: they’ve all done an experiment to understand the human heart and their heart rates. We’ve discussed valves in the human heart as well as how blood flows through the human body.



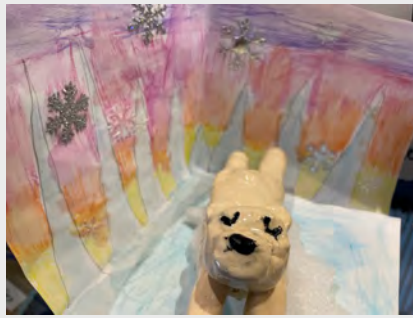
4th grade is having LEAD class with Major Bishop and discussing decision making, communication and goal setting. Ask your student how to be a STAR or what the six steps to achieving a goal are. They love sharing this information!

5th graders are in their nutrition unit, learning about the human digestive system. We are following the path that food takes - ask your student how long their small intestine is. They were fascinated with this information. Students also completed an in-class debate on energy drinks: should they be regulated or not. We were joined by Chief Rolston, Major Bishop and Tisbury Select Board member Roy Cutrer as our judges. Thank you to these three gentlemen for offering great feedback and for joining us!



Jane Taylor
K8 Health Education

ART



*Top:
4th grade bears*

*Middle:
2nd grade Matisse Fish
Bowls*

*Bottom:
5th Grade Victorian
Houses*

