

TIGER TALES



THE TISBURY SCHOOL NEWSLETTER



February 2024

P.O. Box 878, Vineyard Haven, MA 02568

508-696-6500

Visit our website:

www.tisbury.mvyps.org

Information is updated routinely.



Principal's Letter

Tisbury School Community:

Among the many great things happening at our school, the following deserve to be highlighted.

- For the first time since 2019, our students have the opportunity to perform in a musical theater production. Students in grades 5-8 are currently working on a performance of *Moana*. The shows are scheduled for April 5-6, at the Martha's Vineyard Regional High School Performing Arts Center.
- Students in grades 4-8 recently competed in classroom Spelling Bee competitions. A Tisbury School winner will then complete in the island-wide Spelling Bee, held in March. The winner of that event earns the opportunity to travel to Washington D.C. in June to participate in the National Spelling Bee.
- World Read Aloud Day took place on February 9. Throughout our school that day, reading aloud was celebrated, including many guest readers visiting classrooms. Special thanks to members of United States Coast Guard Station Menemsha for helping with this event.
- Random Acts of Kindness Day is recognized in February. On that day, all gestures of kindness towards others are promoted and emphasized throughout our school.
- Junior high student-athletes participated in basketball, and look forward to the volleyball season ahead, competing against other island elementary school teams.
- Students and teachers continue to prepare for the Massachusetts Comprehensive Assessment System (MCAS), which starts in late March. Students in grades 3-8 will take tests in English/Language Arts and Math, and students in grades 5 and 8 will take tests in Science. Also, 8th grade students will participate in a pilot test in Civics.
- The Tisbury School building project continues to progress, on schedule and on budget. Every day there is visible activity, and the excitement about occupying the renovated school is growing.

The strength of the Tisbury School continues to be found in its people. We are fortunate to have such wonderful students, dedicated staff, and supportive families and community members. Thank you for being a part of this collective effort.

Sincerely,
John

2024 KINDERGARTEN REGISTRATION

Please contact Esther Teves in the office at 508-696-6500 for a registration packet. Registration documents can also be downloaded from the school's website at <http://www.tisbury.mvyps.org/> Scroll down to the [Parent Section](#)

Click on [Registration](#) for forms and general kindergarten registration information. **Children must be five (5) years old on or before September 1, 2024 to be eligible for kindergarten.**



TISBURY SCHOOL PTO NEWS

Want to support the Tisbury School PTO? Just buy a reusable bag from Stop & Shop in March!

The school will receive \$1 for every bag purchased, thank you in advance!

Kindergarten Celebrates 100 Days of School



1st Grade News

First graders continue to work hard memorizing their addition math facts to 10. A BIG SHOUT out to Will, Chiara, Brayden, Lavinia, Rosie, Arthur, Lucca, Owen, Kira and Maris for memorizing addition facts to 10! Now they will work on memorizing subtraction facts to 10.

Mrs. Webster & Mrs. Krauthamer



NURSE'S NOTES



Why Fresh Fruit?

Fresh fruits and vegetables are nutrient rich foods that provide children with the vitamins and minerals they need for healthy growth, mental development and concentration. The fibrous composition of whole fresh produce allows for a slower release of nutrients and glucose into the body, which helps with nutrient absorption and provides a prolonged energy source, rather than the common spike and crash cause by processed, energy-dense snacks. Fresh foods can provide students with everything they need to be healthy and successful, where even the healthiest of processed foods are often filled with added sugars, coloring, and preservatives.

Eating fresh food can also help us reduce waste in our food system, as they do not require plastic packaging, and any fresh food waste can be composted instead of thrown in the landfill!

Try replacing processed snacks with whole foods

- **Instead of** fruit leather or fruit snacks **try** fresh berries, melon or grapes!
- **Instead of** applesauce **try** a fresh apple or pear!
- **Instead of** veggie sticks or potato chips **try** carrot sticks, celery, or cucumber slices!
- **Try** putting your sandwich ingredients in a lettuce wrap or on top of greens!
- **Instead of** packaged fruit juice, **try** juicing your own fresh fruits and vegetables, or blending them with yogurt!

Snack Idea List

- Banana muffins, pumpkin muffins
- Watermelon slices
- Babybel gouda cheese wheels
- Carrot sticks, hummus, and pita chips
- Unsweetened applesauce
- Natural fruit rollups/fruit leather
- Yogurt tubes(watch the sugar content) and granola
- Bananas, apples, strawberries, blueberries, peaches, grapes, clementines
- Dried fruit apricot and mango
- Trail mix (you and your child can make your own with pretzels, raisins/craisins, chocolate chips, chex cereal, etc.)
- Raisins and cheese sticks
- Mini cheese and cracker sandwiches with cherry tomatoes
- Granola bars
- Cottage cheese cups
- Apple chips
- Guacamole and plantain chips
- Diced cantaloupe and cream cheese fruit dip
- Ham and cheese or turkey and cheese mini sandwiches
- Celery with cream cheese
- Salsa and tortilla chips
- Frozen chocolate banana slices
- Rice cakes with a favorite topping

Encourage your children to drink water for hydration rather than juice

American Academy of Pediatrics recommends:

Infants younger than 12 months of age shouldn't have juice at all.

Children ages 1 through 3 should consume no more than 4 ounces of fruit juice per day. Children ages 4 through 6 should consume no more than 6 ounces of fruit juice per day. Six ounces is about 1 juice box. Consuming too much juice can lead to weight gain and tooth decay.

Tisbury Garden News

I'm definitely sensing the days getting longer! Are you?
I'm sure the garden is feeling it, too...and some little seeds left behind last Fall will begin to wake up underground.

This month the 2nd grade will begin to plan a plant sale that will take place in the Spring. So exciting to have a plant sale again!

This month's Harvest of the Month is cabbage.
Cabbage and its close relatives like kale, brussel sprouts, broccoli and cauliflower all have a common ancestor...A wild mustard plant!
Cabbage has lots of vitamin C, fiber and vitamin K and can be eaten in so many ways: Cooked in soups or stir frys, eaten raw in salads and cole slaw, or even roasted and pickled.

Did you know that the baseball player, Babe Ruth, used to wear a cabbage leaf under his cap to keep cool?

Sam Greene
Tisbury School Farm to School Educator



7th and 8th Grade Science



7th grade:

The seventh graders are studying air pressure and heating, including convection, radiation and conduction. This unit of Weather and Water includes some density labs where students can see how the density of liquids and gases affects our weather patterns on Earth. They are also learning about how greenhouse gases are affecting our global temperature and why. Ask a seventh grader about cattle and methane gas. The information might surprise you!

8th grade:

We are finishing up

Gravity and Kinetic Energy in the 8th grade. The students are learning how mass and acceleration affect real-world situations such as car accidents. They are designing protection for "bean brains" to be dropped from the high window at the EMS building. We will see who the survivors are!

The kids are also working on a bridge unit together with Mrs. Brand in art. In science, we are learning about different bridge designs and how compression and tension affect each. They will build toothpick bridges with Mrs. Brand. In the end, we will see which bridge can hold the most weight in a lively competition!

Sue Adamo
7/8 Science





Spelling Bee Winner

Rocco Baccelli is the Tisbury School Spelling Bee champion for the 2nd year in a row. His winning word was candidacy. His 7th grade homeroom will join him at the MVRHS Performing Arts Center next month for the island-wide bee. 4th grader Melissa Fogaça is this year's runner-up.

Health Education

2nd graders completed an 8-week long series of classes with Major Sterling Bishop from the Dukes County Sheriff's Department. The classes were from the program L.E.A.D. (Law Enforcement Against Drugs) and students practiced being a good friend, taking time before making decisions and safety around medication.

4th graders had a visit from Tisbury Deputy Fire Chief Patrick Rolston to discuss carbon monoxide and the importance of carbon monoxide detectors in homes. Students were extremely curious, asking thoughtful and genuine questions. This was a new unit this year in preparation for the 4th grade mock emergency call, which students are all looking forward to next month.

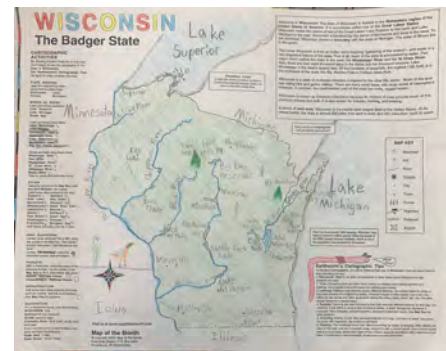
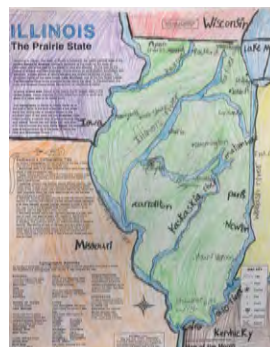
5th graders are preparing for an in-class debate on energy drinks: should they be regulated or not? Students have reviewed primary sources and interviewed guest speakers to compile information to support their side of this debate. The impact of caffeine on the human body is the introduction to the 5th grade nutrition unit, which will also cover a review of the food groups, what each food group does for the human body and the digestive system.

Jane Taylor
K8 Health Education

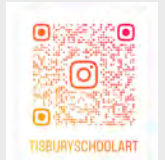


4th Grade

4G students are learning about the Midwest States. In addition to learning the states and capitals of each state, students put on their cartographer's cap to learn more about a particular Midwest state. Teaching map skills is a piece of the 4th Grade Social Studies Standards. These maps made by a company in Rhode Island allow the students to have a bird's eye view of their state as they learn about cities, rivers, lakes, mountains, and forests. An added bonus is using the markings from the Map Key to enhance their maps with important information just as a cartographer does in real life!



ART

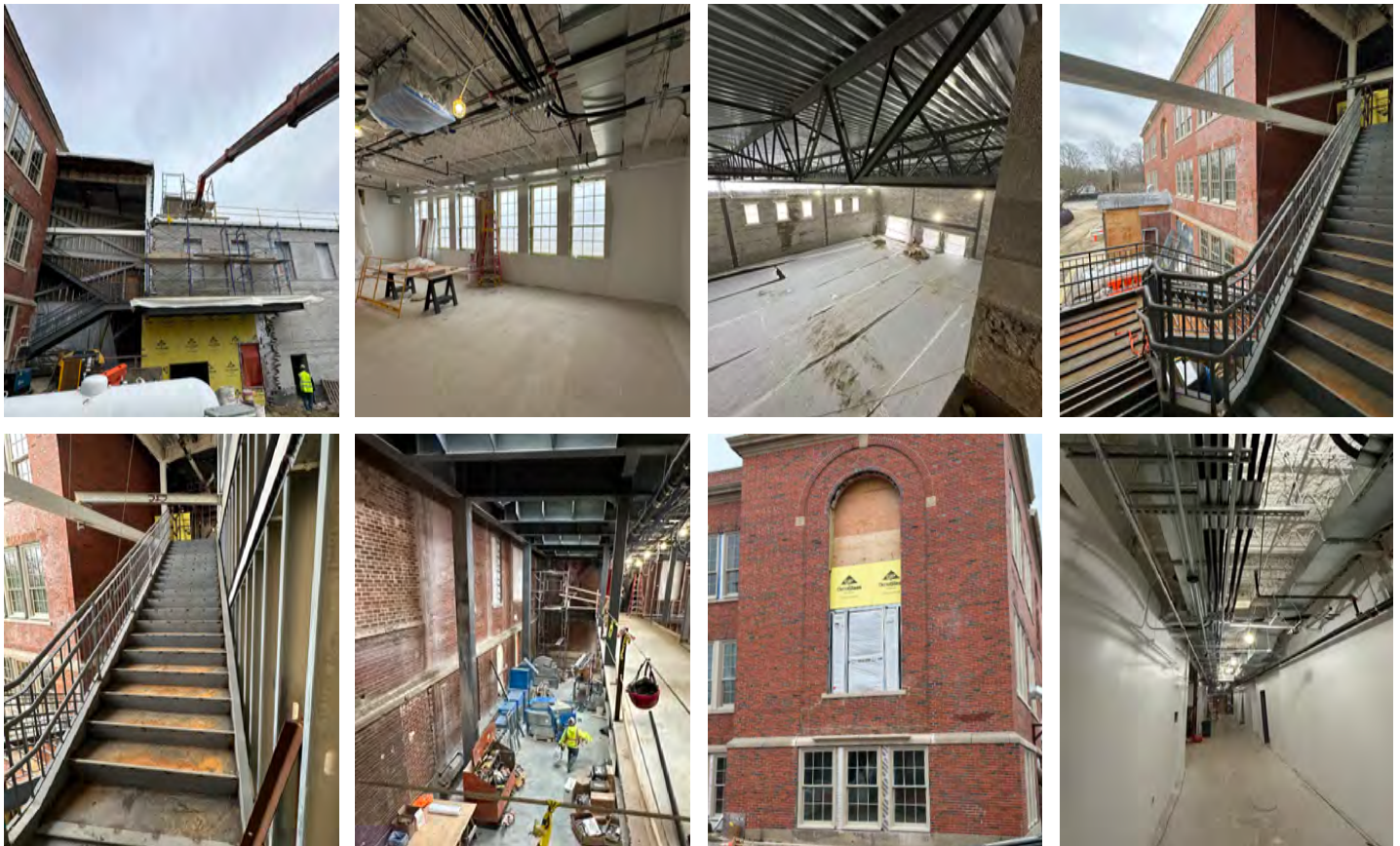


5th grade watercolor birch trees (top) 2nd grade winter, animal collage(bottom left)
5th Grade Snowmen & 4th Grade Clay Bears (bottom right)



Notice:
 The parking lot at the modular school campus (off of Spring Street) will be barricaded and closed to all vehicular traffic from Monday February 26th at 7:00 am to Friday March 1st at 3:00 pm.

Progress on the 1929/1995 buildings remains steady as we reach significant milestones in the construction process. Window installation is underway, along with the framing and sheathing of the Palladium Windows. The masonry brick veneer is set to be completed by the end of February, ensuring the roof is completely water-tight. The interior work is also progressing smoothly – Sanding and taping work on the third floor is finished, and the wall and ceiling painting work is ongoing. The casework for the third floor is slated for completion by the end of March. On the second floor, casework installation is in progress with the first coat of paint already applied. On the ground floor, MEP rough-ins are nearly finished, standing at 95% completion. Simultaneously, drywall installation will continue throughout February. Additionally, the installation of Electrical Switch gear is ongoing, with the boilers expected to arrive by mid-February. Stay tuned for further updates as we continue to move forward with more exciting developments in the project.



Contact Us!

School Building Committee:
www.tisbury-school-project.com
tisburyproject@gmail.com



1/30/2024 – 2/15/2024

Gym/Cafeteria Building B, roof –
Install face brick at roof levels



2/7/2024 – 2/23/2024

1929/1995 Building, 3rd Floor –
Mobilize and start wall prime,
first coat



2/20/2024 – 2/23/2024

Site work – Form and place
concrete generator pad



1/30/2024 – 2/20/2024

Exterior gym addition –
Continue window installation



2/12/2024 – 2/23/2024

Gym/Cafeteria Building B, First
Floor – Receive and begin
elevator installation



2/5/2024 – 2/25/2024

Gym/Cafeteria Building B,
First Floor – Frame high
slope wall soffits

