

# TIGER TALES



## THE TISBURY SCHOOL NEWSLETTER

January 2024

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

508-696-6500

Visit our website:

[www.tisbury.mvyps.org](http://www.tisbury.mvyps.org)

Information is updated routinely.



### Principal's Letter

Tisbury School community:

It's not uncommon for others to describe me as "old school." I embrace this, accepting that I am well into my 50s, nostalgic, and often reflect on the past. I was raised in a family that valued schools and education, and I attended schools that can be considered traditional. I've worked in schools since 1996, and I've observed many changes over that time. Change, seeking improvement, should be a constant in schools. Educators understand this. Still, even as we make changes in an effort to do things better, it is important to acknowledge some aspects of education that have endured, for very good reasons. There remain some fundamental values, beliefs, and practices that drive good education and strong schools. For me, certainly, these reminders are important. Reflecting and using past experiences supports our present and future learning.

Recently, I found in my father's desk some papers he'd kept from Dr. Rufus Shorter, who was the Superintendent of Schools on Martha's Vineyard in the late 1970s. My father worked with Dr. Shorter, and considered him a trusted friend. I have childhood memories of the two of them, sitting and chatting together at our home. Among the papers was a message that Dr. Shorter prepared for the island community, offering his thoughts on schools, teaching, and children. When reading, I immediately connected with it, also understanding why my father had held onto it. It was written in 1976, but it's an enduring example of what remains important. An excerpt follows:

The qualities that seem to me to be a part of every successful teacher include but are not limited to a commitment to children, a love of children, an ability to be firm, fair and kind, a knowledge of one's subject matter, an ability to create

an exciting but ordered teaching/learning situation. Teachers must have a fundamental belief that man is capable of self improvement.

Children need to be treated as individuals and accorded respect, because they are human beings; they respond to respect even as you and I do. You are all aware of the criticality of the self-fulfilling prophecy; if children are perceived as problems they will be problems; if they are perceived as capable of success they will succeed. Positive expectations by teachers are so essential to success by children.

Teaching successfully is an enormously difficult task. One must love children and clearly communicate one's love and concern to them. Children are very difficult to fool. They can spot a phony in a minute. If a teacher loves children and children clearly perceive this love, the problem of motivating them becomes infinitely easier.

While written nearly 50 years ago, Dr. Shorter's words still have profound meaning. As much as things have changed in our society and certainly in schools, his message continues to offer clarity, perspective, and insight. I thought it worthy of sharing, for our collective consideration.

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Just prior to the December vacation, our school observed Tigers Give Week, with a focus on the spirit of giving. Included in this was collecting donations for the Red Stocking Fund, an island organization that supports families in need. Students and staff together donated over \$1100 to the Red Stocking Fund. This gesture is notable, and continues our school's annual tradition of supporting this wonderful organization of caring volunteers.

Sincerely,  
John

## 2024 KINDERGARTEN REGISTRATION

Now - February 9, 2024

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.**

## NURSE'S NOTES

### Make Sleep A Priority!



#### American Academy of Pediatrics Childhood Sleep Guidelines

- Children 3 to 5 years of age should sleep 10-13 hours per 24 hours (including naps)
- Children 6 to 12 years of age should sleep 9-12 hours per 24 hours
- Teenagers 13-18 years of age should sleep 8-10 hours per 24 hours

#### Adequate sleep on a regular basis leads to:

- Improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health.

#### Signs of sleep deprivation in children can be different from adults

- Children are tired in the morning and can be difficult to wake up. But, later in the day, they can become more active and less able to concentrate. This is difficult for a child in school.
- Adults yawn and feel sleepy throughout the day.

#### Potential Consequences of Chronic Lack of Sleep:

- Increased Risk for Obesity, Diabetes, Heart Disease, High Blood Pressure, Mood Disorders, and Decreased Immune Function

#### Tips to Improve A Child's Sleep

**Talk to your child about sleep.** Let them know that it will affect their performance in school or other activities.

**Remove Technology from the Bedroom** (TV, smartphone, computer, Ipad).

The light exposure from screens suppresses the release of melatonin which helps to tell your body that it's dark, and time to sleep. This can delay your child's ability to fall asleep. Limit screens a least one hour before bed time.

Develop a routine

Have an approximate set bed time, and stick to it even on the weekends.

Read a book, take a bath, or even a light snack (avoid caffeine and chocolate). They will start to associate these behaviors with sleep.

"Brush, Book, Bed" is a resource at: <http://bit.ly/bedroutine>

#### **Check in with Your Child's Teacher**

Find out if your child is alert or sleepy in class.

#### **Regular Exercise**

Getting outside to play is important during the day, but limit exercise right before bedtime.

#### **Be a Role Model**

Make sleep a priority

## Health Education

**1st graders** concluded their unit on feelings. We talked a lot about worry and read the book, *Ruby Finds a Worry*. Students identified trusted adults they can talk to should they have a worry and learned & practiced strategies to help manage worries.



**3rd graders** had community role models visit their classes in December. These folks talked about their career trajectories, unique opportunities they've had throughout their lives, as well as shared their favorite TV shows, foods and colors. In preparation for community role models visiting 3rd graders, 3rd graders identified role model behaviors in themselves and others, ways they can be role models in our K8 school, as well as read multiple texts about trailblazers and other folks who have carved their own paths, took a stand or thought outside of the box. Students also identified their own role models, including athletes, musicians, inventors, scientists, teachers and various community members. We are thankful to MVYPS Superintendent Richie Smith, Dukes County Sheriff's Department Community Outreach Coordinator Sterling Bishop, and Tisbury Fire Chief Greg Leland. We are also thankful to our former and current Tisbury Tigers for joining us as well: Liz Olson from MV Biodiversity Works, Tisbury Deputy Fire Chief Patrick Rolston and current 8th grader Sophia da Silva.



**5th graders** got to meet the MV Hospital pharmacists Valci Carlvalho and Dave Caron to conclude their unit on medication. Students were excited to learn about what being a pharmacist looks like and learn about how this role is a large part of our community

**7th graders** finished their substance units for the school year and are moving into nutrition & financial literacy.

**8th graders** read the book *You'd Be Home Now* and enjoyed following the characters from the book on their journey of navigating high school while managing mental health, school work, friendships and families.

Jane Taylor  
K-8 Health Education

## Wasabi Fenway Bowl Honor Roll

Tisbury School's very own Sue Adamo was on the Honor Roll for the Wasabi Bowl Game played at Fenway December 28th. Congratulations to you Sue on this awesome achievement. Our school and students are lucky to have you. Go Tigers!

For more information on about the Wasabi Bowl Game click on the link below:

<https://sponsored.bostonglobe.com/studiob/fenway-bowl-honor-roll-2023/>



## Tisbury Garden News

Believe it or not, it's time to think about seeds for next Spring's planting! Indoor garden lessons this month will explore soil and plants grown in space in science classes, chia and potatoes in Spanish, and plants and foods that early colonists brought to this part of the world.

The harvest of the month is Potatoes, and potatoes factor into a lot of our classroom lessons this month.

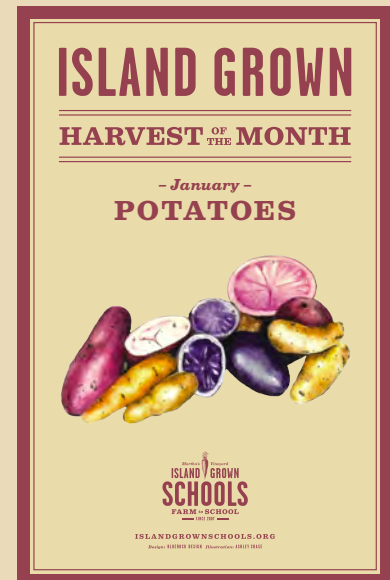
Did you know that the Inca people began cultivating potatoes in Peru and Bolivia over 8,000 years ago?

Today there are over 4,000 varieties of native potatoes, in many different shapes and colors, grown in the Andean highlands!

One of our most versatile foods, the potato is the most eaten vegetable in the world.

What's your favorite way to eat a potato?

Sam Greene  
Tisbury School Farm to School Educator  
Island Grown Schools



## PTO News

Who is the Tisbury School PTO? The Tisbury School Parent Teacher Organization "PTO" for short, is a group of Parents and Teachers who gather together to discuss ways to support our school community. Oftentimes fundraising is associated with PTO's, but that is not the case for the Tisbury School PTO! Our main focus is Fun-Raising: creating opportunities for our school community to gather, engage, build lasting connections, laugh and learn together! We understand that busy schedules don't always allow for monthly meetings, so we generally communicate by email. If you would like to opt into the PTO email list please reach out to [Tisburyptoinfo@gmail.com](mailto:Tisburyptoinfo@gmail.com). Some of the upcoming events the PTO will be involved with are "Staff Appreciation Week" and "Wellness Week". We welcome parents and staff to join throughout the year and are always interested in new ideas so please share your thoughts with us!

## 7/8 Science News

### 7th Grade Science:

The 7th grade is working with Tisbury Waterways and adopting some drains in town. We chose our drains and have done one cleaning. We will go out periodically to maintain them. In the spring, we also replace and/or add drain medallions to the storm drains in the downtown area. Our newest science unit is Weather and Water. Looking forward to exploring some weather patterns and the causes of them, air pressure and effects of radiation, convection and conduction.

### 8th grade science:

After wrapping up our chemistry unit, the 8th graders are studying Gravity and Kinetic Energy. This unit involves activities dealing with acceleration, the effects of force and mass on acceleration and investigations into energy and collisions.



Sue Adamo  
7/8 Science

## ELL News

Hello and Happy New Year to our families and the Tisbury School Community!

With the arrival of January, we are looking ahead to Access Testing season in the world of English Learners! Your children have had chances to interact with the test platform and with sample tasks and questions in all four language domains: Listening, Reading, Speaking and Writing. Academic writing is familiar, but consider academic speaking, the way of constructing great sentences and phrases when speaking. No one syllable replies here!

From boldly speaking into a microphone and discussing a scientific process or a math operation, with proof and explanation, to reading challenging text, and responding to it to writing several paragraphs in an hour, each day of the week, our students have been stretching their ability and building their stamina.

Some students have read their first chapter books or said their first complex sentence in English, while others can now discuss rounding to the nearest tens or hundreds place but whatever their achievements might be, we are, and you can be very proud of what they are doing in their lessons.

Access testing began on Monday, January 8th. These are not tests that can be studied for, but we encourage your child's attendance at school, unless they are sick, and a good night's sleep the night before. A hearty breakfast helps keep them going- these tests are hard work.

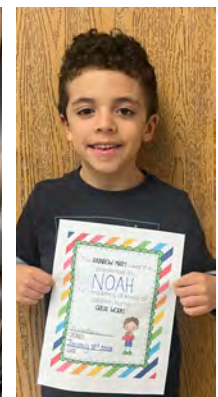
In other ESL news, we have welcomed our new K-2 teacher, Mrs. Miranda, and her classes have started. We are so lucky to have her join our staff and the students are happy and productive in her space. The ESL educator community on Martha's Vineyard isn't so big, and many from Tisbury School have already been acquainted with Mrs. Miranda. We are so glad that she came to join our team.

Best wishes for a happy and prosperous New Year, The ESL team at Tisbury,  
Liz Bradley, Jen Demirs, Nicole Miranda, Laura Weisman and Luciana Coutinho

## 1st Grade News

Students have been working hard to memorize their addition math facts to 10. A BIG SHOUT out to Beau, Alice, Carsen, Noah, Kai and Parker for memorizing their addition facts to 10! Now they will begin working on memorizing subtraction facts to 10.

Mrs. Webster & Mrs. Krauthamer



# ART



**2nd grade cardinals**  
Clockwise from Left  
Sophia Freitas, Melissa Pena, Nora Sherman, Ella Hart



**7th & 8th grade artist replicas**

Amelia Lloyd-Edward Hopper

Jack Runyan - Fidelia Bridges

Cainan Child-Vincent Van Gogh

Hadassa Ribeiro-Maxfield Parrish



**3rd grade foxes**

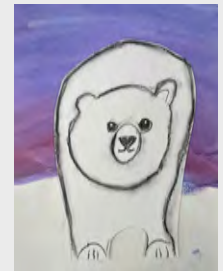
Phoenix Carvalo (left)  
Buddy Noonan (right)



**K penguin collage**

**4th grade charcoal polar bears**

Alex Gafencu (left)  
Colby Vought (right)

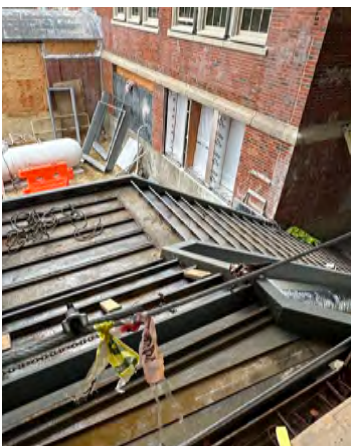


# Tisbury School Renovation/Addition

## Project Update Newsletter

January 2024

The construction of the new Tisbury School is progressing smoothly while adhering to both the established schedule and budget. Significant enhancements to the exterior facade of the 1929/95 building have been achieved, marked by the successful completion of masonry restoration and the installation of new windows. The ongoing exterior sheathing work is anticipated to conclude by the end of this month, ensuring the entire building envelope is weather-tight by the end of January. Mechanical, Electrical, and Plumbing (MEP) rough-ins have been finalized and are complemented by the progress on the interior wall systems, which includes drywall and taping work on the 3rd and 2nd floors. Notably, the new electrical switch gear for the main electrical service has been delivered and is positioned for the upcoming wiring phase. The gymnasium now boasts a completed masonry veneer on its North, East, and West facades — with the Southern facade set to be finished by the end of the month. Progress in this area includes the placement of slabs-on-grade and the initiation of the installation of the monumental stair three. The new elevator’s arrival is anticipated for mid-January and installation is slated to begin on February 1st. Meanwhile, the MEP rough-in for this wing is at a 50% completion milestone. Simultaneously, the interior wall framing for the new kitchen/cafeteria is 90% complete — delineating the evolving spaces within the entire building as it steadily advances towards completion.



### Contact Us!

School Building Committee:  
[www.tisbury-school-project.com](http://www.tisbury-school-project.com)  
[tisburyproject@gmail.com](mailto:tisburyproject@gmail.com)



