

TIGER TALES



THE TISBURY SCHOOL NEWSLETTER



January 2025

P.O. Box 878
Vineyard Haven, MA 02568
508-696-6500

Visit our website:
www.tisbury.mvyps.org
Information is updated routinely.

2025 KINDERGARTEN REGISTRATION

Now - February 7, 2025

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, 2025 to be eligible for kindergarten.



Principal's Letter

Tisbury School Community:

Customarily, at the end of a calendar year, there is appropriate reflection and remembrance of individuals who we lost during the past year. We see this in newspapers, television, and social media. It serves as a way to recognize, honor, and pay respect to those who were important to us. Late in 2024, we lost an individual who gave much to the Tisbury School, and it is important that we acknowledge him.

James H.K. Norton spent many years serving on the Tisbury School Committee and Tisbury School Advisory Council. He was an educator himself, and supported the advancement of technology in schools. Starting in 2007, he sponsored the James Norton Technology Award, given annually to 8th grade students who demonstrate exceptional interest and proficiency in technology. The plaque displaying the names of past winners can be found on the wall just inside the main entrance to the Tisbury School. For many years, Mr. Norton presented this award to students himself, at student recognition ceremonies. We will continue to make this annual award in his memory. Mr. Norton encouraged meaningful opportunities for students, and ensured that the "Manter Fund" was accessed to make this happen. He spoke eloquently about the 1935 Will of Ellis H. Manter, a Tisbury resident, including the provision that its proceeds be used "to the best possible advantage for the benefit of the Tisbury School." Mr. Norton enjoyed reminding others that the Manter Fund, as it has come to be known, required that at least \$25 of the estate proceeds were used annually to purchase new shoes for students who needed them. Over the years, the Manter Fund has supported many Tisbury School students, and Mr. Norton regularly highlighted its importance.

When I was named as the principal of the Tisbury School in 2011, Mr. Norton was among the first to reach out to me. That meant a lot. I had known him since I was young, and I was very aware of his support of education. I was fortunate to work closely with him over the next several years, and he offered valuable guidance to me through his role as a community representative on the School Advisory Council. He strongly supported improvements to the building and campus, strengthening academic and extracurricular opportunities for students, and ensuring that the Tisbury School promoted excellence and equity. Mr. Norton's institutional knowledge was unparalleled, and his words were always respected and highly-regarded, in Tisbury and across the island. I learned much from him, and appreciated his gentle, sincere nature. Among my files are notes and letters he wrote, and these will continue to serve as a reminder of his dedication to the Tisbury School. Jim Norton will be missed, but his positive impact on our school community will endure.

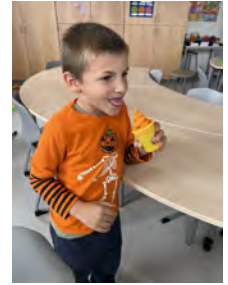
On our collective behalf, I offer condolences to his family, and gratitude for his care for our school. I encourage you to read more about his amazing life in the following link.

<https://vineyardgazette.com/obituaries/2024/11/08/james-jim-hoyt-knapp-norton-93>

Sincerely,
John

Spanish News

During the past month and January students from K-8th grade learned about traditions and holidays of Hispanic countries. We had Cultural classes. We explored books, songs, games and many traditions from latino communities. Our kindergarten kids are learning about letter sounds in Spanish. They practiced with play dough and songs. Here some of the kids showing their jobs.



5th graders were dancing “villancicos” christmas songs. They quickly learned some steps.



We had our special guest Sam Greene and 4th graders learned about the history of chocolate. They tasted it. It was a rich class.

We are learning about winter clothes and vocabulary. The kids were working with partners and practicing oral and writing skills.



First Grade News

The first graders in Mrs. Webster's reading group read and performed a play called, *The Rope Tug*. Students made prompts and learned how to read a script.



NURSE'S NOTES

Correct use of inhalers, helps people with asthma breathe easier!

Asthma can be a life-long, potentially life-threatening disease. Inhalation of medications is an effective method for rapidly delivering short- or long-acting medication to prevent, control, and treat respiratory symptoms.

Rescue inhalers that deliver short-acting bronchodilators to relieve sudden respiratory symptoms, and maintenance inhalers that deliver long-acting bronchodilators and corticosteroids to prevent and control respiratory symptoms, are the cornerstones of managing asthma.

The most common inhalation device among young students is pressurized metered-dose inhalers (MDI's). This typically consists of a small canister of medication fitted into a plastic body with a mouthpiece. Each dose is delivered by pressing the canister into the plastic body while inhaling through the mouthpiece. Use of a spacer that connects to the MDI makes it easier to inhale the dose, which is first released into the spacer and then inhaled slowly.

Unfortunately, studies have shown that many people don't always use their inhaler/s correctly, and this can lead to ineffective medication delivery and an increase in respiratory symptoms.

Common errors made with using a MDI inhaler:

- Not holding their breath long enough after inhaling a dose (usually about 10 seconds)
- Using an empty inhaler, often believing an inhaler still provides doses even after the dose counter is at zero. (Don't wait until you don't have anymore medicine to refill the Rx)
- Forgetting to exhale completely before each dose or exhaling into the inhaler
- Not using maintenance inhalers when asymptomatic
- Not shaking the canister or container before each dose
- Inhaling at the wrong time
- Aiming the inhaler at the roof of the mouth or tongue, rather than the throat
- Inhaling an unnoticed foreign body that has entered an uncapped inhaler
- A damaged or sticky spacer valve that limit the delivery of medicine
- Not priming your inhaler if the inhaler hasn't been used in a while.
- Not using a spacer with the inhaler



CDC
Nurses Service Organization

Tips from the Wellness Committee: Make Health Your Resolution

Healthy You:

Make healthy food choices, be active, make an appointment for a check-up, vaccination, or screening. Know your numbers-blood pressure and cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Learn and practice a new health tip every so often. Make a new friend.

Healthy Family:

Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Keep pets vaccinated and healthy. Spend more time together. Be courteous and practice good manners.

Healthy Home:

Go Green. Reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level. Keep cleaning products and medications away from children.

Healthy Community:

Volunteer at your church, school, or one of the many organizations needing help. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are - they are always appreciated and hopefully duplicated. Smile at others!

Healthy Workplace:

Stay home if you are sick. Wash your hands often. Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.

Enjoy a New Year of Healthy Possibilities!!

OVERNIGHT OATS

1/2 cup whole rolled oats

1/2 cup milk of choice (dairy, almond, coconut, soy)

1 tsp maple syrup (or you can mash 1/2 banana to replace sweetener)

1/8 tsp vanilla

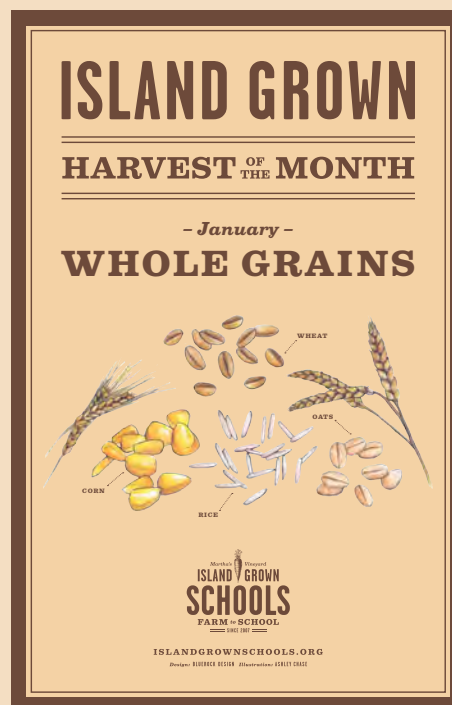
Pinch of salt

Place all ingredients in a coffee mug or 8oz mason jar and mix with a spoon until everything is combined. Cover with a lid and place in the refrigerator overnight. When ready to eat, give it one last stir and top with your favorite fixings!

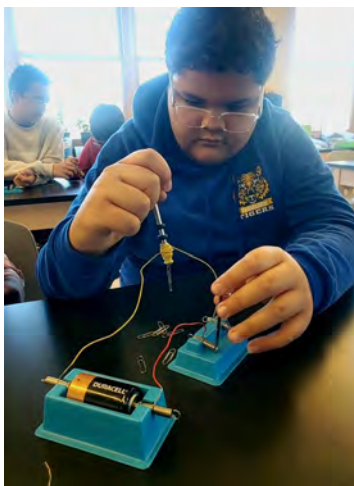
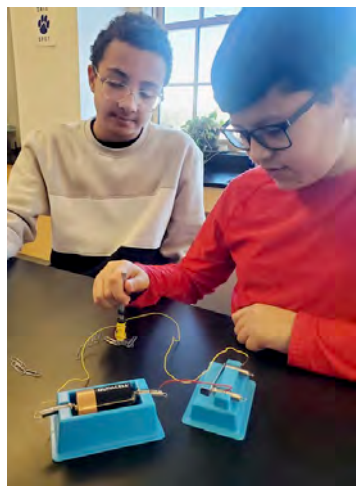
*Add-ins/toppings: cinnamon, fresh fruit, nuts, shredded coconut, dried goji berries, dollop of nut butter or yogurt, lemon zest, plain cooked quinoa for some extra protein and fiber!

*Tip: Use the last of your favorite nut butter jar as the container to make sure to use up all that hard-to-get peanut/almond butter!

Recipe by Gabrielle Sullo



7th and 8th Grade Science



7th grade science:

Seventh graders are experimenting with electromagnets, testing variables to see which are most effective. They are also learning about the connection between magnetism and electricity, taking apart motors and identifying components. Generating electricity with hand-crank generators will reinforce these concepts including the transfer of energy. To end the unit, they will take a look at electric cars and human energy use. Looking forward to our next unit, Human Systems Interactions!



8th grade science:

The 8th graders are finishing up the chemistry unit this month. They are exploring particle collisions and the transfer of energy, converting that energy to calories. We will work with solutions and solubility labs in the next couple of weeks, dissolving vs. melting, and finish up with factors that influence the rate of reaction. Our next unit is Gravity and Kinetic Energy.

Health Education

Students in grades K-4 are in safety units for the next few weeks.

Kindergarten is preparing for a visit from our Town of Tisbury safety friends and has learned about asking before hugging, high-fiving or fist bumping anyone.

2nd grade continues LEAD with Major Bishop - ask them the six steps to setting a goal or ask them about the poem:

Stop and think
That's the important link
Give yourself some time
Before you make up your mind

3rd grade finished their role model unit just before the December vacation and we were joined by many community role models. During this unit, 3rd graders identified role model behaviors in themselves and others, ways they can be role models in our K-8 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 the following folks that joined us this week:

Dave Caron, MV Hospital
Ryn Gluckman, MV Hospital
Liz Baldwin-Olsen, MV Biodiversity Works
Alexander Vukota, Division III athlete
(University of New England)
Mollee Lewis, Tisbury School
Penelope Coimbra, Tisbury School 8th
grade student
Esther Coutinho, Tisbury School 8th grade
student
Sterling Bishop, Dukes County Sheriff's
Department
Patrick Rolston, Tisbury Fire Department



4th grade had a visit from Tisbury Acting Fire Chief Patrick Rolston to learn about carbon monoxide. Students asked great questions about what carbon monoxide is, how it's detected and what to do if you think you've inhaled this gas.

5th grade concluded their unit on medication. In this unit, they learned the difference between over the counter and prescription medications, how to read these labels and had a visit from the hospital pharmacist Valci Carvalho, pharmacy student Karina Pelejo and pharmacy technician Diane Patino.



6th grade continues in their LEAD unit with Major Bishop, learning different strategies to avoid peer pressure.

7th & 8th grade are analyzing influences, role playing how to say no to peer pressure and learning about the neuroscience behind addiction.

ART



Top: (left) Kindergarten and First grade we have an art show at Mocha Motts the month of February!

Top: (right) 4th grade leaves and flowers

Bottom: 2nd grade cardinals

