

TIGER TALES



THE TISBURY SCHOOL NEWSLETTER



January 2026

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

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

2026 KINDERGARTEN REGISTRATION

Now - February 6, 2026

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>. Click on Parent's Info tab
Scroll down to [Registration](#) for forms and general kindergarten registration information.

Children must be five (5) years old on or before September 1, 2026 to be eligible for kindergarten.



Principal's Letter

Tisbury School Community:

Happy New Year. As we welcome 2026, it is natural to reflect on the past year as well, remembering notable events and experiences. It's easy to do that in schools, and each January I consider the relatively short time remaining with our 8th graders, before they graduate in June.

The coming months go by quickly for these students and their families, and I try to remind these students to appreciate and celebrate their time at the Tisbury School before they move on to 9th grade. I plan to attend the 8th grade class trip to Washington D.C. this spring, joining the students on what promises to be a special, memorable experience. I attended the trip in 1984 when I was a Tisbury School 8th grader, and I've served as a chaperone on the trip twice – in 2011 and 2015. I've felt the desire to go again, and our current 8th grade is an exceptional group of students to share the experience with. The Tisbury School Class of 2026 is small, with only 21 students. They are, collectively, a kind, good-natured, and unselfish group. I've had the privilege of watching them grow since Kindergarten, and I look forward to spending time with them every day. I expect that, among the 21 students, there are several who will realize exceptional success and achievement in high school and beyond. Our staff sees tremendous potential in this class, and that is encouraging and gratifying.

Prior to the recent vacation, our school celebrated Tigers Give Week, which has become a cherished school tradition. Promoting giving through activities strengthens our collective school spirit, and we are proud to support the Red Stocking Fund, an island organization that does so much to support families in need. The Tisbury School has been supporting the Red Stocking Fund for decades, and this tradition has special meaning for us. Among the hard-working volunteers who serve the Red Stocking Fund are several former Tisbury School staff members.

Recently, I shared with our staff an excerpt from a book that has inspired me. It is titled *It's Your Ship*, written by United States Navy Captain D. Michael Abrashoff. The book chronicles his experiences leading the USS Benfold, improving crew performance that earned the ship's reputation as "the best in the Navy." The book was given to me as a gift, by a supportive family, when I was appointed principal of the school in 2011. I look at it often, and during this time where our school encourages giving to others, I share this relevant passage:

One thing that stands out was the volunteer spirit we created. It was heartwarming to see young people, almost all of them from underprivileged backgrounds, giving of themselves to make things better for others, not because they had to, but because they wanted to.

It is heartwarming to observe Tisbury School students practicing acts of giving. That you for supporting this as well.

Sincerely,
John

8th Grade Winter Skating

The 8th graders went to the MV Arena on December 17th for what has become an annual holiday skate for our oldest Tigers.



Attention 8th Grade Parents: Yearbook Information

If you would like to place an advertisement in the yearbook, please

Let me know. You can send me photos and words and I will...

You can create it, or you can design it yourself.

A 2 or 3 line message box costs US\$15.00.
(Business card size 3.5" x 2")

One-quarter of a page with a message and photo costs US\$25.00. (3.75" x 5")

Half a page costs \$50.00. (7.5 x 5)

The due date is **March 15th !!!**

Let me know how I can help,
Sue Leonard
(sleonard@mvyps.org)



GRAND REOPENING OF THE SCHOOL STORE



Get ready for the grand reopening of the school store!

Prices: Items range from \$0.50 to \$1.50

Available Items:

- Erasers
- Sharpeners
- Pens
- Pencils
- Highlighters



Payment: Cash only — coins and small bills, please.

Schedule:

The school store will visit each grade's floor every other Wednesday.

First Visits:

- January 14th, 9:45–10:00 AM – 3rd & 4th Grade

Location: In front of Mrs. Mercier's room

- January 21st, 8:15–8:30 AM – 1st & 2nd Grade

Location: First floor media center (across from 1st grade)

Come stock up on school supplies and support the school store!

Spanish News

During the month of December, students from kindergarten through fourth grade learned Spanish by practicing oral communication and listening skills through stories, songs, games, and interactive activities.



Middle school students focused on grammar through a variety of approaches, including projects and hands-on learning. This month was especially meaningful as students explored cultural aspects of the Spanish-speaking world, comparing and contrasting holidays celebrated in different Hispanic countries.



As always, it has been an honor to work with your children. Happy holidays!

First Grade News



First graders are becoming quite the mathematicians. They have been working hard to memorize their addition math facts. Congratulations to Luca and Jojo for memorizing their addition facts to 10. Now they will begin subtraction. Keep up the great work!



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.



Health Education

2nd graders completed their emergency safety unit this month. They've learned about basic first aid, tools used on the ambulance and some medical conditions that might require medication. We also were the recipient of *EMTs are my Friends* kits that were purchased with grant funding through the MV Savings Bank. Ms. Taylor and Tisbury Paramedic Supervisor Jason Davey were happy to present these kits to 2nd graders.



3rd graders completed their community role model unit. They 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 Ms. Shirley, Mrs. Levett, MVH Nursing Director Ryn Gluckman, MVH nurse Nicole Sanchez, Liz Olsen of MV

Biodiversity Works, 7th grader Kinsley Tarter, Fire Chief Patrick Rolston, Paramedic Supervisor Jason Davey, SRO Cory Medeiros, Boys Varsity Ice Hockey Coach Michael Snowden, Harbormaster Michael Gately, Major Sterling Bishop, MVH Director of Clinical Services Dave Caron, Deputy Fire Chief Marques Rivers, 7th grader Kinsley Tarter and 8th graders John Oliver and Allana Rainha.



5th grade concluded their medication unit with a visit from the MVH Pharmacist Valci Carvalho. Students learned how to read medication labels and made their own labels as their final project.

Jane Taylor
K8 Health Education



Tips from the Wellness Committee:

Wellness Committee Tip for 2026

Nope, it's not eat better and exercise! Although those are super important as well! The Wellness Committee wants to encourage more sleep, social connection, and improving the use of technology!

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

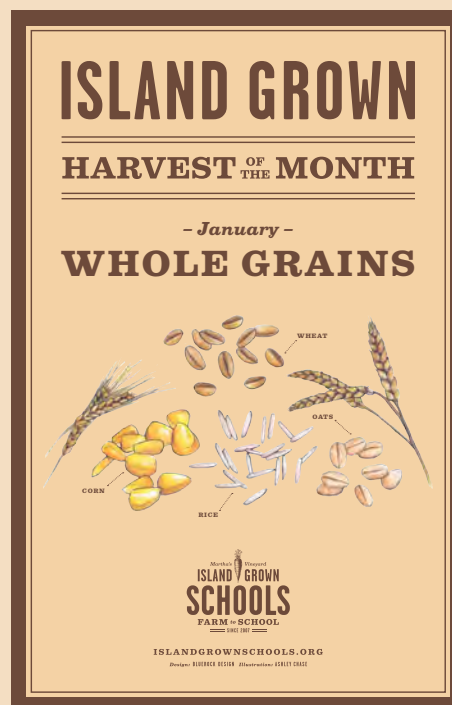
Pinch of salt

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:

Continuing our Electromagnetic Force unit, students have explored static electricity and built electromagnets. They are learning to use Claims, Evidence and Reasoning in their lab reports. After vacation they will explore energy transfer, taking apart and identifying the components of small motors.



8th grade science:

Eighth graders will be finishing up the Chemistry unit in late January. After a few solubility activities, the students explored the difference between melting and dissolving, identifying particle change in those labs. After vacation, they will be



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.

ART

