

# TIGER TALES



## THE TISBURY SCHOOL NEWSLETTER



**November 2025**

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:

A year ago, the official Ribbon-cutting ceremony was held, celebrating the completion of the school renovation and addition project. While we've been in the school for over a year, many still express gratitude and appreciation for the facility and campus that we now occupy. I gladly remind others how fortunate we are, and how the school and campus were designed for the interests and needs of children. As the vote regarding funding the Martha's Vineyard Regional High School building project approaches, many on the island have referenced the Tisbury School project as an example of improving conditions for students.

Fall parent-teacher conferences were recently completed. These will be offered again in the spring. Parents should know that they do not need to wait for conferences, if they wish to communicate with teachers about their children's progress. Our teachers are available, and it is important for them to be informed if there are questions or needs from families. Please simply email teachers should you need to communicate.

Last year, we began holding community meetings with students and staff, to come together and recognize important happenings in our school. These meetings also provided an opportunity to emphasize our pillars – Respect, Community, Responsibility, and Compassion. This year, we held a community meeting in October, led by the 3rd grade class and our student council members. These meetings are meaningful for our school, and allow students to show leadership. October's meeting referenced Unity Day, when we stand together against bullying. Future meetings will focus on the importance of service and giving, practicing kindness, and wellness. The meetings also include singing a song that music teacher Mrs. Sanseverino wrote about our school's pillars, which we sing in English and in Portuguese.

Schools are closed on Tuesday November 11 in honor of Veterans Day. As I will share with students during lunch, that day offers an important opportunity for us to acknowledge and thank veterans for their service. Our school continues to recognize veterans, and this is something we should continue and be proud of. In December, 5th grade students will attend a Wreaths Across America ceremony, organized by American Legion Post #257. In May, our whole school recognizes Memorial Day with our traditional March to the Sea ceremony.

You may have read that current Martha's Vineyard Public Schools Superintendent Richard Smith announced that he will retire following this school year. Richie, as most know him, came to the Vineyard in 2002 to work at the Tisbury School. He served as principal here, and I was fortunate to learn from him in my three years as his assistant principal. Richie has given much to the island's schools, and he will be missed tremendously. For our school, in particular, it is easy to reflect and appreciate him and his dedication.

Thank you for your continued support of our school.

Sincerely,

John



## Tisbury Garden News

Outdoor garden time and farm field trips are winding down this month. Lessons will move indoors soon, but we'll take advantage of any warm days to harvest seeds of marigolds, beans and sunflowers to plant next spring and to nibble on the last of the kale and carrots.

3rd grade will be visiting a cranberry bog to do some gleaning and 5th grade Science will deep dive into the wonderful world of soil. 5th grade Social Studies will learn about foods and growing methods in the 1600s, both Indigenous and settler.

The Harvest of the Month for November is root vegetables. Did you know that root vegetables like carrots, beets and turnips get sweeter after the first frost? This is because they convert stored starches into sugar to keep from freezing over the winter. We have been snacking on our garden's carrots all fall, but we'll leave a few in the ground to test this out!

Autumn is a great time to add root vegetables to soups and stews, or to roast some carrots and taste how sweet they can really be.

Keep your eyes open for a root vegetable activity and trivia question in the second-floor media center!



## 7th and 8th Grade Science

### 7th grade science:

Seventh graders are deep into the Populations and Ecosystems unit. We have moved on to study vertebrates and producers.

They have dissected Perch, a freshwater fish, and will finish up with frogs soon. The kids explored photosynthesis using M&Ms and have planted grass in both light and dark environments. We will be calculating the amount of energy (calories) moving through ecosystems using our study of food webs.



### 8th grade science:

Eighth graders have moved into the Chemistry unit. We begin by looking at mystery mixtures and determining the components based on reactions/evaporation of samples. The kids will be introduced to the Periodic Table of Elements and learn the parts and structure of an atom. Looking forward to edible atoms and many exciting labs in this unit!



## 4th Grade News



4 Goldthwait has recently finished exploring the Northeast States during our Social Studies block. Students completed a lapbook that shows interesting places, facts related to the Northeast, and regional foods that are enjoyed throughout the region. Always a fun project for the students. They love sharing which states they have either driven through on their way to a vacation spot or enjoyed spending time visiting a specific Northeast state.



## Congratulations, Anastasia!

Anastasia Sola, was the overall winner of the island wide Island Inspiration contest for fourth graders. The contest was sponsored by the Vineyard Preservation Trust. Students designed their horses in art class and wrote a piece from the point of view of a Flying Horse. Judges went through all submissions from across the island and chose our own Tisbury Tiger! Anastasia won a pass to ride any time she wants for free next year. Also, both Tisbury School fourth grade classes had the opportunity to visit The Flying Horses. They learned a bit about the history and then got to ride the horses.



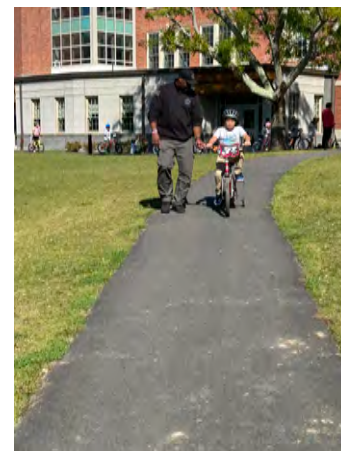
## Health Education

Health Ed is off to a busy start this year. **1st graders** completed their first unit on water safety and had a great field trip to Owen Park to learn more about tools used to help keep people safe on and in the water. We are thankful to the Tisbury Harbormasters, Fire Department and EMS, Tisbury Police, the Massachusetts Environmental Police and TowBoat US for joining us and helping us see how some of these tools work.



**2nd grade** had their long-awaited bike rodeo. Students were excited to

bike on the new paths on our playground and used their hand signals with our safety friends. Thank you to Officer Medeiros, Chief Rolston, Deputy Chief Rivers, Paramedic Davey and Major Bishop for joining us.



**4th grade** is into their L.E.A.D. unit with Major Bishop. Students are learning about setting goals. Ask your 4th grader to share the six steps to achieving a goal we've been discussing in class!

**5th graders** finished their unit on non-visible conditions. They learned a lot about diabetes, ADHD, Autism Spectrum Disorder, mental health and conditions that can impact your brain. Students also learned about seven different types of headaches, how we treat these headaches now and how these headaches were treated in ancient

times. We concluded this unit with an experiment to simulate the long-term effects of concussions on the human brain and body. Students were joined by Paramedic Davey, Major Bishop, Chief Rolston and Deputy Chief Rivers. Our safety friends shared tools and strategies they use to help someone with a suspected head injury.

**6th graders** have concluded the skeletal part of their human body unit and have learned about the many different ways a bone can break. Students were simultaneously grossed out and fascinated by open fractures. We have moved into the muscular section of this unit and students are learning how muscles and bones work together, what holds them together and how one muscle helps another.



Jane Taylor  
K-8 Health Education

## NURSES NOTES



### **November is National Diabetes Awareness Month**

Talk to your healthcare provider about the risk factors in your family, take precautions, and support the people you know with diabetes!

### **Insulin Resistance: The Concerning Trend for Young People**

Insulin resistance has increased in the adolescent population over the last two decades, and is associated with the development of diabetes and cardiovascular disease.

Insulin resistance is a condition where your body doesn't utilize the insulin that your pancreas creates in order to regulate your blood sugar levels.

Insulin moves glucose into our cells so that your body can utilize it for energy. But over time if our blood glucose stays high, the pancreas can only keep producing insulin to balance our blood sugar for so long. Over time our cells can become resistant to insulin and our blood sugar remains too high. This can lead to prediabetes. Insulin resistance can affect anyone.

#### **Most common acquired causes are:**

- Excess body fat, especially at the waist line.
- Physical inactivity
- Diet of highly processed foods, carbohydrates, and saturated fats
- Certain medications: Steroids and blood pressure medications

#### **Lifestyle changes can have a positive impact:**

- Eating nutritious foods (beans, legumes, fruits, non-starchy vegetables, nuts, dairy, fish and meat)
- Limit white bread, breakfast cereals, cakes and cookies
- Daily exercise
- Losing excess weight

## Get the **FLU** **SHOT** not the flu!

Martha's Vineyard Hospital has the  
Covid-19 and flu vaccine available.  
**Call your healthcare provider  
today to schedule!**



**Vineyard Smiles is coming to the Tisbury  
School November 19<sup>th</sup> Register Now!**  
[Children's Dental Clinics, Schedule and  
Registration | Vineyard Health Care Access](#)

### Healthy Tip from the Tisbury Wellness Committee:

Eat more real fresh food and less processed packaged food. Limit time spent doing sedentary activities, such as using electronics. Walk or ride a bike instead of using an electric scooter. Get outside and get moving!!!



**The Tisbury Wellness Committee is meeting  
10-30-25, 12-11-25, 02-12-26, and 04-16-26.**  
**We meet from 3:00-4:00 in the cafeteria.**  
**Staff and parents are wanted!**  
**Come and join us!**

## Spanish News

### **Hola, hola families!**

This month, our Kindergarten, 1st and 2nd graders have been learning Spanish through music, songs, stories, and games.

Our 3rd graders are practicing their listening skills and have created wonderful books about the weather in Spanish.

4th graders are learning how to hold conversations in Spanish and exploring different cultural aspects.

In Middle School, students are writing in their Spanish journals.

Our 7th graders and the 8th grade boys created fantastic fashion magazines with titles such as *Fashionista*, *Moda Moderna*, *Shein*, *Futuros Adolescentes*, *KB Fashion*, and more.

I am especially proud of our 8th graders—they organized an amazing fashion show and truly exceeded my expectations.

Thank you for sharing your wonderful children with us!

Profesora Crespo  
K-8 Spanish





## The Vaccination Bus is Back! Ônibus da Vacinação está de volta!



COVID-19 and Flu Vaccines for adults and children ages 6 months and up

COVID-19 e vacinas contra a gripe para adultos e crianças a partir de 6 meses de idade

**Sunday, November 09 2025**

**Domingo, 09 de novembro de 2025**

(9am-3pm) - (9h00 - 15h00)

Martha's Vineyard Regional High School

100 Edgartown Vineyard Haven Rd

Oak Bluffs, MA

Please Register online/ Por favor registre-se online:

**LINK COMING SOON / EM BREVE!**

For information about the COVID 19 Vaccines/ Para informações sobre as vacinas contra COVID 19

[COVID Vaccine Info](#)

Please bring ID (passport or license) and Insurance information  
Por favor, traga identificação (passaporte ou carteira de motorista) e informações do seguro

**Moderna**



Community Superheros  
Super-herói da comunidade

## Winter Clothing Donation

Only accepting WINTER tops, bottoms, shoes & accessories

Please drop off donations at MVRHS

(100 Edg-VH Rd, Oak Bluffs, MA, 02557) between 8am to 3pm,

Monday- Friday, October 21st - November 7th

## Aceitando Doação de Roupas de Inverno

Somente aceitando blusas, casacos, calças e acessórios de INVERNO

Por favor, deixe suas doações na MVRHS (100 Edg-VH Rd, Oak Bluffs, MA, 02557) de **segunda a sexta-feira**, entre os dias **21 de outubro e 7 de novembro**, das **8h às 15h**.

# ART

**Kindergarteners** have been heightening their observational skills by examining fall leaves with a magnifying glass. They used warm colors using a 'wet on wet' watercolor technique to create large maple leaves.

**First graders** created a painted paper still life fruit collage. Using only primary colors, they mixed secondary colors for the fruit. We used burlap as a textural component for a table and overlapping shapes and highlights to create depth.

**Second Graders** are learning about nocturnal animals in class, while drawing, painting, and sculpting an owl in Art. We listened to different owl calls, and identified which ones we had heard on the island.

**Third graders** are closely observing pumpkins and gourds and drawing with perspective techniques. They used tempera to paint highlights and shadows to achieve a sense of value.

**Fourth graders** have been writing about what it's like to be a carousel horse and illustrating this for the Vineyard preservation Trust's 150th anniversary of The Flying Horses. Did you know it is the oldest working carousel in the country?

**Fifth graders** sculpted clay pumpkins from two pinch pots attached to create a hollow sphere. They painted watercolor pumpkins with highlights and shadows while the clay dries for glazing.

**Sixth Graders** are studying fossils in class, and made mold, fossils out of clay in art. They pressed leaves, flowers, pinecones, dinosaur and fish into the clay. We discussed how sediments and minerals can lay in these molds and build up over time to form a cast fossil.

**Seventh graders** are creating a symmetrical designs from their name repeatedly traced on a light box. By folding the design initially, the letters repeat to form intricate patterns.

**Eighth graders** are learning how to throw on the pottery wheel. The focus is on learning to center the clay and pull a cylindrical form while the wheel spins. I'm hoping to inspire them to take crafts and sculpture at the high school!

Dear Parents and Guardians,  
Your child has made artwork for our annual Square 1 Art fundraiser! These packets will be arriving around November 10th and be sent home in their folders. There are free stickers on the front and back of the packet for you to enjoy! You will see their artwork featured on the cover, along with an access code that identifies your student's work. If you would like to order an item displaying your child's artwork, simply scan the QR code on the packet, or go to <https://shop.square1art.com/Shop/customer/myart> and type in the access code on the packet, orders due by Nov 25th. The products will ship straight to your home in 2-3 weeks from order date, just in time for the holidays! Example on the right by Enzo Santil. The artroom receives a portion of the profits, thank you for your support!

