TIGER TALES

THE TISBURY SCHOOL NEWSLETTER



November 2026

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-

Last month, on October 21, our school recognized Unity Day, as it has for several years. October is Bullying Prevention Month, and many schools support this in part by observing Unity Day. In our school, Unity Day activities included a full school Community Meeting in the gymnasium, led by the 3rd grade class and our Student Council. Together, they spoke about kindness and standing up for others. Also, we recognized Unity Day with activities involving "buddy" classrooms, where students in younger grades work with students in older grades. Unity Day is observed by many schools nationally, and promotes wearing orange clothing on that day, to serve as a symbol of kindness, acceptance, and inclusion. This year, orange bracelets were distributed to all students to support this. While Unity Day serves as a dedicated event to reinforce important values, we also reminded students that we hope these are practiced and observed every day in our school. We referenced our pillars – Respect, Community, Responsibility, and Compassion – in that effort.

Also last month, our school held its 2nd annual Tiger Trot. Coordinated by the Parent-Teacher Organization (PTO), the Tiger Trot provided a fun activity for all students and a fundraising opportunity for the PTO. Students learned more about all that the PTO does to support our school, and the importance of generous donors who gave money, allowing the PTO to make purchases and hold events that strengthen our school. The PTO reinforced this notion by awarding a trophy to the grade level Tiger Trot Champions – not the grade that finished the trot first, but rather the grade that secured the most donors as part of fundraising. This year, the 3rd grade was presented with the trophy, and their class photo will accompany the trophy, displayed in the gymnasium lobby.

As we look ahead, please note that there is no school on Wednesday November 11 in recognition of Veterans Day. Mrs. Ogden and I will speak to students during lunches about the significance of this day. Also, the PTO is planning a Kids Bingo Night on November 13, in the school cafeteria. School will be closed November 25-29 for Thanksgiving vacation. Please mark your calendars accordingly, and thank you for your continued support of our school.

Sincerely,
John

Tisbury Garden News

Our gardens are still hanging on.
Some flowers are still blooming and there are even a few tomatoes still trying to ripen before the frosty nights ahead.
This month we will put the gardens to bed, leaving some stalks and seed heads behind for the birds and overwintering pollinator insects.

We will move indoors for fun classroom lessons until it's time to plant again in the spring.

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.
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.

The root vegetable trivia question is:
What color were carrots originally? (The Dutch created the orange variety in the 1600s)
Stop in at the 2nd floor library to answer and maybe win a prize.



7th and 8th Grade Science



7th grade science:
The seventh graders are still in the Populations and Ecosystems unit. They are observing the life cycle of milkweed bugs in the classroom, conducting a plant/ photosynthesis experiment and continuing with dissections of fish and frogs to end our study. Looking forward to burning cheeseballs to talk about the measurement and transfer of energy as it moves through the ecosystem!

We also made our first trip out in town to clean the storm drains. This is a project done in partnership with Tisbury Water Ways. We will maintain many drains throughout the year, ending with the installation of the storm drain medallions that you have probably seen in your travels.



8th grade science:
The eighth graders have just finished the Weather and Water unit and are heading into Chemistry. We will begin by discussing the properties of matter. Students will learn about the Periodic Table of Elements including atomic number, atomic mass, neutrons, protons and electrons. This is a challenging unit with lots of engaging lab activities such as Generating Oxygen and Creating Rust, two labs that look at signs of chemical reactions.

Band & Music Production News

Our band students are hard at work preparing for the upcoming Winter Concert! Students are learning and rehearsing their music, and we are looking forward to sharing their progress with family and friends. Consistent practice at home is an important part of their success. Even a little practice each day can make a big difference in building confidence, improving musical skills, and helping the entire band sound its best. As a reminder, our Winter Concert will take place on December 15th at 6:00 PM. We hope to see you there!
In Music Production, students have begun exploring the exciting world of digital music creation using a Digital Audio Workstation (DAW). They have been experimenting with loops to create their own musical arrangements and have recently started learning how to program drum machines to develop original rhythms and beats. It's exciting to see their creativity grow as they explore new ways to make music!

Mike Haas
Instrumental Teacher

Spanish News

Hola, hola!

Our Spanish classes have been full of music, storytelling, creativity, and cultural discoveries!
Kindergarten students continued learning through music and storytelling. First and Second graders enjoyed singing with Rockalingua and began exploring the Spanish alphabet and its sounds.

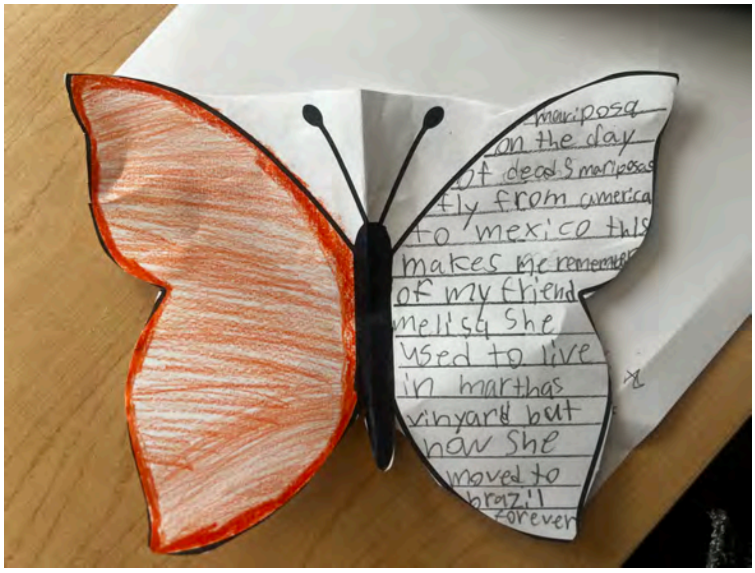
Third and Fourth Graders learned about the amazing migration of monarch butterflies. Fifth Graders had another special class with Sam Green, learning about cempasúchil (marigolds), beautiful flowers used in celebrations in Mexico and Central America.

Sixth Graders practiced Spanish conversations and started watching Coco, which will lead to discussions about family, traditions, and culture. Seventh Graders continued learning through journals and role-playing, showing off some amazing dancing skills along the way!

Eighth Graders began writing biographies about important people from South America.

It was a pleasure seeing you during parent conferences!
Thank you for sharing your amazing children with us. ¡Hasta pronto!

Ms. Crespo
Spanish Teacher



TISBURY SCHOOL PTO NEWS

BOOK BINGO!

Get ready to BINGO, swap, create, and celebrate books!
Join the Tisbury School PTO for a FUN & FREE FAMILY NIGHT on Friday, November 13th from 6:00–7:00 PM in the cafeteria!

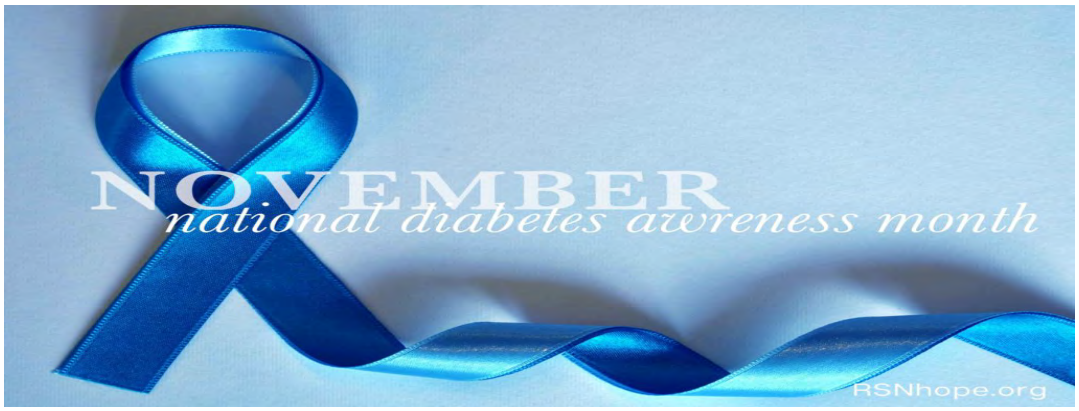
Play Book Bingo for fun, book-themed prizes!

Make a bookmark at our creative craft station!

Swap a book with friends—bring a new or gently used book to donate and take home a new-to-you favorite!

Dress as your favorite book character and enter our costume contest!
Bring the whole family and your love of books! We can't wait to BINGO with you!

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



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

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!!!





ART







