



# THE HAPPY HOLLOW HOLLER

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HAPPY HOLLOW SCHOOL & PTO NEWSLETTER  
January 13, 2016

*"We can have skills training in mindfulness so that we are using our attention to perceive something in the present moment. This perception is not so latent by fears of projections into the future, or old habits, and then I can actually stir loving-kindness or compassion in skills training too..." ~Sharon Salzberg~ An American inspirational speaker and writer*

## PRINCIPAL'S CORNER

January, 2017

Dear Friends,

In the midst of the turmoil and turbulent times that often tantalize and term our time on a daily basis, it turns out there is a calm that sits patiently on the sidelines awaiting, as any spectator does, an opportunity to be recognized and to participate with the players. Staff and our School Council have spotted this spectator, embracing all that is there for the offering. In recent years, there has been a concerted effort by our School Committee, administrator and staff to partner on issues related directly to health and wellness ~ more specifically to care for the well being of every child. This means we have placed a greater emphasis on growing our explicit instruction around social and emotional learning. In fact, it has always been a part of what we grade, as one can scan the first items on an elementary child's report card to see that we are looking to report out on the social and emotional aspects of every child's schooling.



To that end, last year we updated the Open Circle curriculum ~ our core curriculum ~ and over the past few years, we have continued to augment this solid scope and sequence with the Social Thinking approach, Zones of Regulation, the Responsive Classroom practices, and the Collaborative Problem Solving Curriculum. In addition, our guidance staff and some special education and regular education staff have been busily at work integrating what is now called "Mindfulness practices" into their direct teaching.

Our School Council jumped on board in collaboration with our in-house Social and Emotional Leadership team, and developed a Social and Emotional Curriculum Principal Coffee Night, aimed at educating parents around all that we are doing in this area of education. On top of that, the School Council ran a pilot program on mindfulness ~ with results from a follow-up survey encouraging us to keep mindfulness alive as part of our overall school improvement plan for this school year.

Why is this so important? Tom Ireland, a writer and journalist wrote an essay/blog for Scientific American in 2014 and his words and research still very much support the response to this question. On mindfulness practices:

"Originally an ancient Buddhist meditation technique, in recent years mindfulness has evolved into a range of secular therapies and courses, most of them focused on being aware of the present moment and simply noticing feelings and thoughts as they come and go. It's been accepted as a useful therapy for anxiety and depression for around a decade, and mindfulness websites like 'GetSomeHeadSpace.com' are attracting millions of subscribers. It's being explored by schools, pro sports teams and military units to enhance performance, and is showing promise as a way of helping sufferers of chronic pain, addiction and tinnitus, too."

Science supports these measures as well. Through the use of MRI scans during an eight-week study where participants were taught and used mindfulness practices, the results showed that the amygdale ~ our brain's "fight-flight" center ~ started to shrink. This part of the brain is a primal region that reacts with fear and emotion crating the body's response to

stress in an instinctual manner. However, when the amygdale shrinks, the pre-frontal cortex takes over. In this part of the brain, we have the control center for higher order brain functions including awareness, concentration and decision-making abilities. (Ireland, Scientific American, 2014.)

When the pre-frontal cortex is in charge, the individual can react to daily trials and complex social and emotional interactions in a purposeful manner. It guides the human being in thinking through a stressful situation, so that a better decision on how to act and react is most often the outcome. Breathing deeply and calming down is essential to ignite and engage the pre-frontal cortex.

In schools, we know that students face many stressors throughout the course of a day. Some say there are even more today than ever. Academic and social situations are often more complex, causing younger children to be exposed to problem solving around issues that were more commonly associated with older-aged children. This means they need tools to navigate their world ~ something education has always found its center and reason for being.

At Happy Hollow, we have added mindfulness to our Social and Emotional (SEL) teaching practices. Staff is using techniques, strategies and language around self-regulation and how to manage and cope with stress ~ both academic and social ~ often those come as partners. Your child may have come home telling you about our all-school moment of mindfulness. It happens each morning after the Pledge of Allegiance. Students across the school are asked to sit straight and tall ~ to think about their breathing ~ and to listen to the sound of a chime. They are to think about their breathing and being calm all while they hear the sound of the chime ~ and to increase how long they can hear the chime tone. After that, they are told to remember how this feeling makes their bodies calm and ready for a productive day of learning and friendship building. They are asked to use this technique during the day whenever they feel they need to do so.

Staff has supported this approach and we are all asking students to take moments to breathe and to think about how their minds and bodies are reacting to the stimulus they face in the course of a day. We are having excellent results with this approach and it is in keeping with all that we teach around SEL. I hope that this article will help you to coach your child to use a bit of mindfulness during home times that call for such calm.

I will keep you updated as we continue to add these techniques to our teaching practices, and I ask for any feedback that you might have regarding all that we are doing to help our young children in the area of SEL. I wish you all a very happy 2017, filled with all of life's best and many moments that are "mindful". In those moments, we are all at our best and able to work together to solve and accept any challenge that might come our way.

Much peace,



Jim Lee  
Principal



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**This and That from the Principal's Office:**

**Thank you!!!** On behalf of the whole office staff, we wish to thank everyone for the many cards and delicious treats and very thoughtful notes that you so kindly presented to us before vacation. Thank you for each greeting. It is our pleasure to serve you and to work with you on all school-related matters. Each of your efforts remains acts of kindness, deeply touched all of us and is appreciated more than words could adequately describe. Happy 2017 to you all!

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**On the Bus:** It seems that this time of year brings about concerns regarding behavior on our buses. It is the time that we really need your help... the partnership between home and school that makes a huge difference. Toward that end, please review the rules and expectations for proper bus behavior with your children ~ refer to the student handbook and then discuss your expectations. Students not only need to remember the appropriate behaviors, they need to keep in mind that riding the bus is a privilege and that inappropriate actions ~ including acts of bullying ~ on a bus, could lead to a bus suspension. Students must be safe and that includes: sitting flat in a seat, talking in a reasonable voice without shouting, avoiding acts of bullying such as name calling, hitting, pushing or any related behavior. Thank you.

**Dress for the Weather:** Please continue to check the weather each day to ensure that your child is dressed for the day's temperature. We have some fluctuation and it can be really cold on little hands that don't have gloves. Each year, sad faces line the edge of the hot top when snowpants and boots are needed...or worse, some have to stay inside while others go out if they are not ready to play in the climate that defines the New England experience... It's cold outside!

**Remember to check the Lost and Found:** Our Lost and Found is greatly diminished thanks to the efforts of Danielle Agyeman and team ~ and all of you for stopping to look at the well-displayed articles. We will be looking to find homes for the left clothing as we near the February break. Please take a moment to check if you have lost an item.

### January and February at Happy Hollow:

Monday January 16th	<b>No School Martin Luther King, Jr. Day</b>	
Friday January 20th	<b>Martin Luther King Community Celebration</b>	Dinner from 6:00-7:00 p.m., Program 7:15-9:00 p.m.
Monday January 30 <sup>th</sup>	<b>Report Card Distributed</b>	Grades 1-5 HH Students
Thursday February 2 <sup>nd</sup>	<b>Combined Principal Coffee – All three elementary schools</b>	6:15pm – 7:00pm Dinner; 7:00pm – 8:00pm Presentation ~ Location TBA
Friday February 3 <sup>rd</sup>	<b>Middle School Music Ensemble visits HH</b>	HH gym 9:00am
Wednesday February 8 <sup>th</sup>	<b>NAEP Testing for selected 4<sup>th</sup> Graders</b>	90 mins. of testing
Saturday February 11 <sup>th</sup>	<b>Lunar New Year Celebration</b>	WHS 2:00-5:00 p.m.
Monday February 13 <sup>th</sup>	<b>String Jamboree</b>	WHS 7:30 p.m. to 8:30 p.m.
Tuesday February 14 <sup>th</sup>	<b>Kindergarten Developmental Checklist Distributed</b>	For all Kindergarten students across the district
Thursday February 16 <sup>th</sup>	<b>Bandfest</b>	WHS 7:30 p.m. to 8:30 p.m.
Week of February 20 <sup>th</sup> -24 <sup>th</sup>	<b>Winter Vacation</b>	

## **HAPPY HOLLOW SCHOOL HAS NEW PHONE NUMBERS!**

All of the Happy Hollow School phone numbers have changed! We have implemented a brand-new school-wide phone system and the old phone numbers no longer work. Please update your contact lists and directories. Please notify all caregivers, emergency contacts etc. of these changes. A complete phone listing has been posted on The Happy Hollow website.

**Happy Hollow Main Number: [508-358-8641](tel:508-358-8641)**

Fax Number: [508-358-8642](tel:508-358-8642)

BASE: [508-358-8645](tel:508-358-8645)

Cafeteria: [508-358-8647](tel:508-358-8647)

Guidance - Ms. Santomena [508-358-8649](tel:508-358-8649)

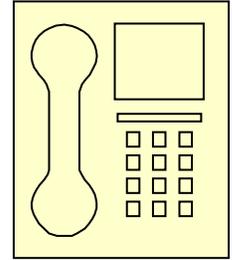
Guidance - Dr. Kline [508-358-8650](tel:508-358-8650)

Nurse: [508-358-8648](tel:508-358-8648)

Resource Room: [508-358-8644](tel:508-358-8644)

Speech and Language: [508-358-8651](tel:508-358-8651)

METCO Coordinator: [508-358-8652](tel:508-358-8652)



## **CURRICULUM CORNER**

### **FROM THE GYMNASIUM**

\*\* For PE information and updates, please visit Mr. O'Connor's classroom [website: http://hhlope.weebly.com](http://hhlope.weebly.com)  
I hope that everyone had a fantastic winter break and enjoyed their holiday!

We are currently in our basketball unit. Each grade is working on age appropriate skills associated with the use of basketballs.

#### **Kindergarten and 1st Grades**

- We have been having a blast with warm-ups, especially with Super Hero Fitness Tag! After warm-ups, we have focused a lot of our time on the skill of dribbling. Using mini basketballs, students have had a lot of practice dribbling in place and while traveling around the gymnasium. We will be practicing short passes and students will also have a chance to work on their shooting skills.

#### **2nd and 3rd graders**

- We have dedicated a lot of our time practicing our dribbling skills. Students are working on looking down the court as they dribble, and are practicing using both right and left hands. We have also practiced basic passing skills, and have played small dribbling and passing games.

#### **4th and 5th graders**

- Fourth and fifth grade students have reviewed dribbling and passing skills. We have run small group drills to practice technique. Offense vs Defense has been a major focus point in our early classes. All students have had the opportunity to play both positions, in various activities.

- As we continue with our basketball unit, classes will be practicing a number of dribbling, passing, and shooting activities.

\*\* During the winter months, I understand that many students will be wearing boots to school. Packing sneakers to the gymnasium during PE days is incredibly important to ensuring that your child remains safe when participating in activities. Boots are not acceptable. Please let me know if you have any questions.

Thank you!

Mr. O'Connor

**REMINDER: Please pack sneakers for your child on their PE class day.**



## FROM THE LIBRARY

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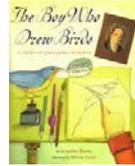
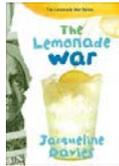


### **Announcing the 2017 MSLA Bookmark Contest**

Students in grades K-5 are invited to participate in the annual bookmark contest, sponsored by the MA School Library Association. This year's theme is "Beyond the Binding." There are prizes at the school and state level for each division (K-1, 2-3, and 4-6.) Please see the [Happy Hollow Library website](#) for more information and for official rules and entry forms, All submissions must be received in the library by this Wednesday, January 11th.

### **Author Jacqueline Davies will visit Happy Hollow on Tuesday, January 7th**

Local author Jacqueline Davies will visit with all Happy Hollow students on Tuesday, January 7th. Her books span all ages, and her talks will be grade level specific. [Please follow this link for more information on Jacqueline Davies.](#) If anyone would like to purchase a signed copy of any of her books, [please click here.](#) **All order forms must be returned to the library by Friday, 1/20.** As always, thank you the PTO for funding this special and exciting experience for all of our Happy Hollow students,



### **Reminder - Library Borrowing Policy**

Grades K-1 may borrow one book each week. Grades 2-3 may borrow two books each week, with an additional week grace period. Grades 4-5 are allowed to check out up to five books, and they may keep them for four weeks.

### **Did you know?**

Did you know that you can view the [Happy Hollow Library Catalog](#) from any computer with internet access? You can see if we have a book before you even come to school!

### **Lost or Overdue Books**

Please try to locate overdue materials and send them in with your child before our February break. Fines are never assigned for overdue books. However, if a book is lost and cannot be found, we ask for a check to cover the cost of replacing the book. Alternatively, we will accept (and actually prefer!) a new copy of the book. Please note that your child may not borrow additional library books if s/he has excessive overdues, Please feel free to email the librarian with any questions or concerns, especially if you feel that your child has received an overdue notice in error.

Keep reading!

Colleen Flannery, Happy Hollow Library Teacher

[Happy Hollow Library website](#)

[colleen\\_flannery@wayland.k12.ma.us](mailto:colleen_flannery@wayland.k12.ma.us)

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## FROM ORCHESTRAL MUSIC

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The Happy Hollow 4th and 5th grader string players are busy preparing for their next concert, the String Jamboree! This performance, featuring all string players in grades 3-12, will take place on February 13th at the High School Field House. Each grade will play a selection, and we will end with a combined grand finale. It's such an exciting event!

Our music is getting more and more advanced as the year progresses. Whether your child is excelling or needs more support, private lessons are the best way to supplement our group work and really fine tune technique and instrument skills. For more information on our lesson program, [click here](#).

Thanks for all you do to support your string player!

Ms. Tandon



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## FROM THE COMEPUTER LAB

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### January 2017

**All classes 1st-3rd and 5th:** Students had a wonderful time participating in the Hour of Code during December's technology classes. Students used a series of puzzles on Code.org. Collectively students programmed about 53,000 lines of code using Code.org. I imagine that number would be well over 75,000 lines if we included all of the other programming resources students used. Great Job Students!

### What's coming up in January?

**1st Grade:** Students are learning how to search for something on the Internet. Students will use the animal picture dictionary on Enchanted Learning to search for a picture of an animal that starts with their assigned letter of the alphabet. We will then compile the printed pictures into a classroom Animal Picture Book.



**2nd Grade:** We began an advertising unit. We will discuss techniques websites use to promote and ultimately sell their products. We will examine several websites to identify these techniques. Then students will design their own product page with features to “sell” their product.

**3rd Grade:** We began the new year with our word processing unit. Students will continue their keyboarding practice using All The Right Type. To access ATRT online - please use the link under the [“For Students” section of the Happy Hollow website](#). At this point, I reinforce accuracy with the children. Speed will come with practice. Later in the month, students will be introduced to Google Apps for Students.



**4th Grade:** Students will participate in Code.org activities since we took December class time to support the students during their cultural/immigration project. Later in the month, students will take the All The Right Type mid-year assessment. Please continue home practice! To access ATRT online - please use the link under the [“For Students” section of the Happy Hollow website](#).



**5th Grade:** Students will go back to their Digital Superhero project. Students designed their own digital superhero who has special powers to protect digital citizens. Most students are working on writing a short story in Google Docs depicting how their superhero would protect digital citizens who might not be following LARK! Lastly students will create a short infomercial for their superhero with a reminder to follow LARK. Students should still continue their

# HEALTHY HOLLER

## FROM THE HEALTH ROOM:

### Flu Information:

- Flu activity is picking up across the U.S. *Flu-like activity is defined if you have a temperature of 100 degrees F/37.8 degrees C or greater, and a cough and/or sore throat.*

### Influenza prevention and control:

- Vaccination – there is still time to get vaccinated.
- Everyday prevention: hand washing, cough etiquette, and staying home when sick.
- Treatment – antivirals like Tamiflu are most effective when started early after symptom onset.

Please read very important information from the CDC about the flu at:

- <http://www.cdc.gov/flu/takingcare.htm>

### Please Remember:

- To keep your children home if they have a fever, have vomited, and/or are not feeling well.
- To make arrangements for your children to be picked up from school in a timely manner if you are not readily available when called by the school nurse.
- Children need to have a coat, snow pant, boots, gloves/mittens, and hat to be able to go to recess safely. For younger children they should have an extra set of clothing in their backpack if their clothes get wet during the school day.
- 4<sup>th</sup> grade students need an updated physical exam, which is required by the Massachusetts Department of Public Health. Please send in your child's updated physical exam to the school nurse if you have not done so in 2016.

### Lice Information:

- Please continue to check your child's head as part of their daily hygiene for possible head lice.
- Early detection is key to prevent additional cases.
- Please review the resources listed for additional information:
  - <http://www.headlice.org/>
  - <http://www.cdc.gov/parasites/lice/head/index.html>

Please call and/or email with any questions/concerns.

Jeanne MacDonald RN

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508-358-8648

