

The Baldwin Broadside

VOLUME 5

NOVEMBER 8, 2013

No School Monday, November 11 - Veteran's Day

Principal Corner

Dear Parent/Guardians,

I am writing to you about the importance of sleep. Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits.

With the start of a new school year, I encourage you to make sufficient sleep a priority for your family. Please think about your child/children's bedtime and consider what changes you could make to allow more time for sleep. Creating a home environment conducive to healthy sleep habits can be challenging, but it is very important. If you would like support for making any changes, please feel free to contact our school counselor, Ellen Wingard.

Let us all work together to help children do better in school by ensuring that they get enough sleep each night. Below is some information on sleep.

Sincerely,

Nick Leonardos, Principal

The Importance of Sleep

How much do we need?

Children 1-3 years old: 12 - 14 hours

Children 3-5 years old 11 - 13 hours

Children 5-12 years old 10 - 11 hours

Teens: 8 - 9.5 hours

Adults: 7.5 - 8.5 hours

Lack of sleep in children contributes to

Learning problems in school:

- Difficulty concentrating
- Trouble remembering what they have learned
- Impaired attention span
- Trouble absorbing new information

Behavior problems in school:

- Feeling moody, cranky and irritable
- Impaired judgment

Tips for a Good Night's Sleep

Establish a regular sleep & wake schedule.

Create a bedtime ritual.

Maintain a quiet sleep environment.

Dim lights & turn down music.

Teach children to recognize the signs of sleepiness.

Drink less fluids before going to sleep.

Avoid caffeine drinks and heavy meals close to bedtime.

Exercise regularly, but do so in the daytime.

Grade 5 Focuses on GRIT

The primary focus of the year is building "grit", the ability to stick with a task even when it gets hard. Students learn that grit, or persistence and determination, is important when a task gets challenging. Success requires dedication and effort. An important part of success is knowing how to respond to frustration. The focus on getting through a tough task will help students learn to cope with difficult issues that they will face in life. Resilience and tenacity are a key part of grit, the ability to keep moving forward despite facing obstacles along the way. They are learning that the most successful people achieved their success because of GRIT. This picture shows this student's interpretation of GRIT:

keep **G**oing, get **R**ight back up, be **I**nspired, **T**ry.





Math Works at Baldwin!

At Baldwin we work hard to ensure that all students reach the

arithmetic benchmarks set out for us by the Massachusetts Education Department. Below you will find a brief summary of what we expect all students to be able to do easily and efficiently by the end of each grade. These are by no means all that is expected of our students. The list below just details the math skills students should be able to do automatically. Please look over these benchmarks and think about ways you can support your child at home. If you need suggestions please consult your child's teacher or email me, Ben Geiger at bgeiger@cpsd.us

Basic Computational Fluency Levels for Massachusetts State Frameworks

- Kindergarten

Mentally add and subtract numbers up to 5. Know without counting, math facts like $3+2$ and $5-2$.

- Grade 1

Mentally add and subtract numbers within 10. Know without counting, math facts like $4+6$ and $10-4$.

Mentally add and subtract 10 more to any number within 100 without counting, for example, $78+10=88$.

- Grade 2

Mentally add and subtract numbers within 20. Know without counting, math facts like $8+6$ and $14-8$.

Mentally add and subtract 10 or 100 to numbers between 100 and 900.

- Grade 3

Know from memory all the basic multiplication facts up to 9×9 .

Quickly divide within 100 by knowing the relationship between division and multiplication ($8 \times 5 = 40$ therefore $40 \div 8 = 5$)

- Grade 4

Use the U.S. standard algorithm to add and subtract (many of us grew up learning the algorithm by using words like "carry" and "borrow").

Know from memory all the basic multiplication facts up to 12×12 .

Efficiently multiply two digit by two digits numbers and divided three digit by one digit numbers.

- Grade 5

Use the U.S. standard algorithm to multiply.

Efficiently divide four digit by two digit numbers. The algorithm for "long division" is mastered in Grade 6.



Meet Our Music Teachers

Megan Ankuda and Sharon Hamel

Megan and Sharon are dedicated to helping each student experience the joy of music by providing them with a quality musical experience that they will take with them, and remember throughout their lives. Kodaly is our concept of education and a philosophy of teaching. Singing is the essence of this concept, along with learning to listen (the development of the inner ear). Learning to sing tunefully is the overarching goal of the elementary music curriculum. Kodaly improves a child's motor skills and perceptual functioning needed in academics. Last spring, Megan and Sharon attended the National Conference for the Organization of American Kodaly Educators.

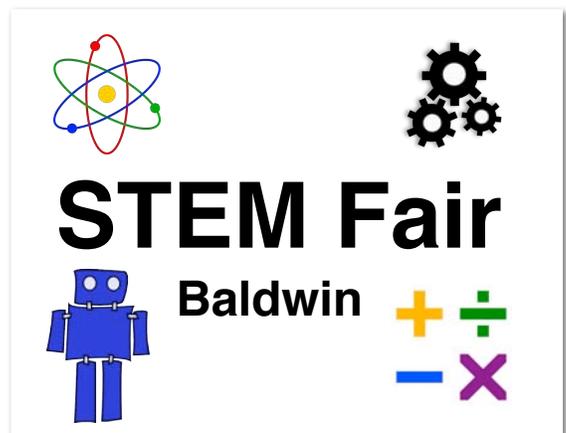
Sharon teaches our students in grades K and 3. Megan teaches our students in grades 1, 2, 4 and assists the 5th grade instrumental team.

Don't Miss It - STEM Fair!

Thursday, November 21

6:00 p.m. in the Cafeteria

STEM is a night of fun activities that celebrate creative thinking. Mixing science, math and engineering into a play space, the Fair will offer excitement and challenges with lots of take home projects. There will be activities suitable for K-5 and STEM Club ambassadors to assist with introducing you to the activity's question, such as "How many pennies can you float on your aluminum boat?" or "How tall can you make your cup tower?" Come hungry as the evening's food sales will benefit K215.





We all know that math is calculation--adding, subtracting, multiplying and dividing and it is. What we forget sometimes as parents and teachers is that calculation is useful only in how it allows us to solve problems. Math is problem solving. It is thinking. Just as reading is not just saying the words on the page but understanding what those words go together to mean. A mentor, I had as a beginning teacher in Ohio, used to say to first graders, just before they were about to read a new book, "Let's read to find out." He wanted first graders to know that reading was about uncovering a mystery--appreciating a story that you hadn't known about before. We are working to arm our students with a similar curiosity about math. We want them to think, "What's this problem about? How can I figure this out?" They need to know that math is about puzzling and gaining satisfaction from working to arrive at a solution.

One hallmark of a good problem solver is the ability to tinker with possible answers, to try out different numbers, and then find a pattern that allows you to solve a complex problem more easily. Recently, I was in a third grade classroom, watching students work in pairs, or alone as they experimented with different numbers to find a pattern that made a seemingly hard problem a little easier.

Here's one example of a third grade problem that is just simple arithmetic but also encourages the students to look for a pattern and therefore becomes a problem solving puzzle.

Find the sum of the numbers. Use number bonds to help you find a number pattern.

$$360+645+720+285+430+575+810+195=$$

Here's what the student noticed about the numbers and a record of the steps she took to find the sum.

"I saw that each number pair added up to 1,000 with a left over 5. So there are four 1,000s and four 5s."

$$360+645=1,000+5$$

$$720+285=1,000+5$$

$$430+575=1,000+5$$

$$810+195=1,000+5$$

$$4,000+20=4,020$$

By noticing the repeated addition pattern of 1,000, this third grader was able to find a sum in about a minute. How many of you look for patterns? How many of you could have done this sum in your head? By learning that math is using calculation in order to problem solve, this student is becoming a more adept thinker.

November's Problem of the Month, "Squirreling It Away" contains four problems that encourage kids to experiment with numbers in order to find a solution. At home, try solving problem levels B through D by yourself first. Try to find a pattern in the numbers that will allow you to solve the problem more efficiently. Then solve the problem with your Baldwin student(s). Encourage them to draw a picture, try different numbers, and make an organized list of numbers in order to discover a pattern. If your child gets frustrated or bored put the problem away and try again later. Puzzles don't have to be finished in one sitting. It's okay not to know the answer right away. It's the puzzling to finally figure out an answer that's rewarding. We are trying to help increase our students' ability to puzzle independently. Some have more patience for it than others. I hope that by doing these Problems of the Month together with your child, you can help us with this goal.

The problem is attached to this Broadside or your child can pick up a copy from his or her classroom teacher. You may also get hard copies at the front desk.

- Ben Geiger, Baldwin Math Coach

ATTENTION PARENTS ...

Progress Reports

Progress reports will be sent home on Monday, November 18 for students in grades 1-5.

Do you have a child that will be ready for Kindergarten for the 2014-2015 school year?

Any child who will be four years old on or before March 31, 2014 is eligible to enter kindergarten in September 2014. Please contact Susan and she will make sure you receive the Kindergarten registration packet. 617-349-4377 or stiersch@cpsd.us.

About School Emails

The school sends information to families via Blackboard Connect. Every Friday, you will receive email correspondence via Blackboard Connect. The correspondence is sent to the email address you provided at registration or the address on your child's emergency card. If you are not receiving a Friday email with the subject *Baldwin Broadside* or *Baldwin Brief*, please contact Susan with your email address. The school also uses the yahoogroup *BaldwinPTO* to email information about what is happening on the weekends and in our community. If you would like to receive those emails, please send your request to Susan and she will add you to the yahoogroup.

Attention 5th Grade Families

You are invited to an event at Rindge Avenue Upper Campus hosted by Friends of RAUC

November 13 at 6:30 p.m.

Dr Richard Weissbourd is the guest presenter and he will talk about his new research and his book regarding healthy relationships for teens.

Thank You

Thank you! Thank you! Thank you!

Thank you to Ms. Kugel for arranging such a nice evening for our students and families. Pajama Storytelling Night was so much fun. Thank you to the *Friends of Baldwin* for funding Tony Toledo. Thank you to our 4th and 5th grade readers. Thank you to Suzette,

Kerrin, Jacqui, Lynne and Nick, our VIP readers.

Thank you to the incredible team of 2nd grade parents, headed up by Judith, who hosted the food sale.

Thank you to the many students who collected for Unicef. We will get you a tally soon of how much Baldwin raised for Unicef.

Thank you to the families who bring in their box tops for **Box Tops for Education**. Thanks to parents Laura Grego and Trish Marti for organizing the box tops, the fall collection will bring the Friends of Baldwin School a check for \$124.20! Thank you!



Here are some simple ways you can earn money for Baldwin School: Look for the bright pink Box Tops on over 200 products. Clip them and send them in to school. The container can be found at the front desk in the lobby.

Check your receipts at Shaw's--there are sometimes bonus "Box Tops" there.

Shopping online--see over 300 participating stores at BTFE.com/marketplace.



Friends of the Baldwin School

Friends of the Baldwin School News

- New opportunity at Friends of Baldwin!

Assistant Treasurer

The Friends of Baldwin (FOB) is looking for a detailed-oriented volunteer to assist with managing and updating the accounts for the organization. This person would update the FOB book (located in the main office) and help with the tracking and payments for FOB activities at the school, like enrichment grants to teachers and class fund raisers. Please expect to spend 1 to 2 hours a week. One of central tasks of the FOB is to bring transparency and security to the extra curricular finances. This position is important to providing the teachers with up to date account balances and keeping the Baldwin

community informed about how much is raised and how it is being spent. Please consider volunteering to help make the Baldwin community even stronger. Please contact Susan Tiersch for further information.

- Baldwin Spirit Wear - Get Yours Now!

Show your Baldwin pride with sweatshirts and sweatpants. Order forms have been sent home with students. There is a sample size youth medium sweatsuit in the office if you want to check out the size. All proceeds will help the fourth grade go camping in June.



COMING UP AT THE BALDWIN ...

- Baldwin Hosts C-PAC Coffee Friday, November 15

8:20 a.m. in the Conference Room
C-PAC is the Cambridge Parent Advisory Council on Special Education. Their mission is to educate and support parents in advocating for children with special needs. All are invited.

- STEM Fair

Thursday, November 21, 6:00 p.m.

- Annual Wreath Sale

Starting Monday, December 2

- Book Fair

December 16 - 19

BALDWIN CALENDAR

November 11, Monday	NO SCHOOL - Veteran's Day
November 13, Wednesday	Baldwin School Council Meeting, 6:00 p.m.
November 15, Friday	C-PAC Parent Coffee @ Baldwin 8:20 a.m., Conference Room
November 21, Thursday	STEM Fair. 6:00 p.m.
November 27, Wednesday	Early Release Day School dismissed at 12:55 p.m.
November 27, Wednesday	Spirit Day - Wear your Baldwin Gear / Green
November 27, Wednesday	All-School Meeting, 9:00 a.m.
November 28, Thursday	NO SCHOOL - Thanksgiving
November 29, Friday	NO SCHOOL - Thanksgiving
December 2, Monday	Start of the Annual Wreath Sale
December 6, Friday	Friends of Baldwin Meeting 9:00 a.m.
December 11, Wednesday	Baldwin School Council Meeting, 6:00 p.m.
December 16, Monday - December 19, Thursday	Book Fair in the Library

December 17, Tuesday	Hat Day
December 17, Tuesday	All-School Meeting, 2:15 p.m.
December 23, Monday - January 1, Wednesday	NO SCHOOL - Winter Break
January 10, Friday	Movie Night
January 20, Monday	NO SCHOOL - Dr. Martin Luther King Jr. Holiday
January 30, Thursday	Museum Night
February 28, Friday	Movie Night
March 13, Thursday	Math Carnival
April 10, Thursday	Poetry Night

IN THE DISTRICT

Bullying Prevention and Intervention Plan Review for Parents/Caregivers Tuesday, November 12

4:00 - 5:00 p.m.
CRLS War Memorial Room 115
A Review of the Cambridge Public Schools Anti-bullying Policy and the Bullying Prevention and Intervention Plan.
Free parking in the CRLS garage on Ellery Street.

Food Service Advisory Meeting Wednesday, November 13

9:00 - 10:30 a.m.
Morse School Cafeteria

Parent Workshop - Mindset Wednesday, November 13

6:30 p.m. at CRLS
The Office of Student Services, the Office of Academic Challenge and Enrichment, and the Citywide Advisory Group are collaborating on this workshop. The topic is Mindset and how important it is to learning, how we are using it at school and how parents can help their children develop a growth mindset. Jessica Huizinga, the Assistant Superintendent for Curriculum and Instruction, Victoria Greer, the Assistant Superintendent of Student Services, and Paula Feynman, Academic Challenge and Enrichment Manager will convey the importance of recognizing effort and appreciating setbacks as opportunities for growth.

CSAG Meeting

Wednesday, November 20
6:30 p.m. at Graham and Parks, 44 Linnaean Street
Agenda: Q & A with Jeff Young.

OPPORTUNITIES FOR YOUR CHILD

Cambridge YMCA Youth Basketball
Registration November 18 - December 2
Session starts December 7

YMCA Youth Basketball is an 8-week session that focuses on teaching children the fundamentals of basketball and teamwork.
Rookies - ages 5-8 - 10:00 a.m.
Juniors - ages 9 - 12 - 12:00 p.m.
Please contact Nicole at nnardone@cambymca.org or 617-661-9622 x 708.

Annual Kids Only Holiday Sale

Calling all kids! Come to this December's Kids Only Holiday Sale to buy fun and inexpensive gifts for your family and friends.
Wednesday to Friday, December 4 to 6 **and** Monday to Tuesday, December 9 & 10th, 3:00-6:00 p.m.
Maud Morgan Arts, 3D Studio, 1st Floor, 20A Sacramento Street.

Cambridge Recreation Winter Registration

Online registration for the winter session begins on November 11. Options include many classes for children, adults and seniors, including swimming, tennis, aqua aerobics and zumba.
Register at www.cambridgema.gov/dhsp.

OPPORTUNITY FOR ADULTS

Cambridge Community Free Yoga

Free for all residents of Cambridge, weekly 60 minute classes.
Every Friday at 6:30 p.m.
Sheila Russell Youth & Community Center
680 Huron Avenue (across from the Golf Course)
Class dates: November 8, 15, 22 (no class on the 29)
December 6, 13 & 20.
Classes are slower moving vinyasa style (linking breath and movement) with a focus on alignment. Please bring a small towel, water and mat (if you have one). If you have any questions, please contact Jennifer Miles 617-501-4402.

IN OUR COMMUNITY

Harvard University Community Hockey Game Saturday, November 9

Harvard University Men's Hockey vs. Clarkson
7:00 p.m.
Harvard Athletics Complex, 65 North Harvard Street, Allston
All Cambridge residents receive free admission with proof of residency.

Sister to Sister: Community Conversations

Exploring Health Issues Affecting Black Women with Health Care Experts of Color

Sunday, November 10

2:00 - 4:00 p.m.
Simply Erinn's Unisex Salon, 268 Brookline Street
Topic: Sickle Cell - What's New in Treatment & Care

Visiting Author at the Cambridge Public Library

Thursday, November 21

7:00 p.m., Main Library Lecture Hall
Meet Matthew Quick, author of *The Silver Linings Playbook*, is visiting the Cambridge Public Library to talk about his powerful new young adult novel, *Forgive Me Leonard Peacock*.

Agassiz Baldwin Community 42nd Annual Thanksgiving Potluck Feast

Tuesday, November 26
5:30 - 7:30 p.m. in the Baldwin School Cafeteria.

16th Annual FAT Chain Reaction (Friday After Thanksgiving)

Friday, November 29
1:00 - 4:00 p.m.
See this Rube Goldberg machine, assisted by teams and participants who range from families to Girl Scout troops to artists and engineers. Spectators can meet the teams, and engage in hands-on activities while waiting for the magic moment when all the machines are linked up to set off a chain reaction with a surprise ending.

Family Flu Clinics

Cambridge Public Health Department
King Open School
850 Cambridge Street (East Cambridge)
Thursday, November 14 | 5:00 – 6:45 p.m.
Pisani Center
131 Washington Street (Cambridgeport)
Thursday, November 21 | 5:00 – 6:45 p.m.

City of Cambridge Community Development Department presents -

Affordable Housing Information Sessions

Learn about the city's rental and home ownership programs.
Information sessions:
- Monday, November 18
6:00 - 8:00 p.m.
North Cambridge Senior Center, 2050 Massachusetts Avenue

Falling Leaves

Poem read by our first grade students at the last all-school meeting.



Little leaves fall softly down
Red and yellow, orange and brown
Whirling, twirling round and round
Falling softly to the ground.
Little leaves fall softly down
To make a carpet on the ground
Then, swish, the wind come whistling by
And sends them dancing in the sky.

Pictures from Pajama Storytelling Night

Ms. Jacqui, Mr. Leonardos and Tony Toledo

