



## IMPORTANT DATES AND REMINDERS

Monday, April 29 - Friday, May 3  
**Screen Free Week**

Thursday, May 2, 6:00pm - 7:30pm  
**Family Council Family Game Night**

Monday, May 6 - Friday, May 10  
**Teacher Appreciation Week**

April 24, 2019

Volume 22, Issue 25

## Educadores Sin Miedo

Estimados estudiantes, personal, familias y amigos de la escuela Mission Hill,

Del 29 de abril hasta el 3 de mayo es la Semana de Acción de Unafraid Educators (Educadores Sin Miedo) que apoya a los estudiantes y familias inmigrantes e indocumentados. Somos parte de una red de educadores que trabajan para crear Escuelas Santuario en donde los estudiantes y familias inmigrantes e indocumentados son bienvenidos, respetados, apreciados y protegidos. Todos los estudiantes inmigrantes e indocumentados tienen derecho a todas las oportunidades educativas y servicios de salud, independientemente de su estatus migratorio, identidad de género, orientación sexual, religión, antecedentes socioeconómicos, habilidades e identidad racial y étnica.



En la escuela Mission Hill, hemos preparado una carpeta de recursos para las familias, ubicada en la oficina principal. Si tiene un amigo o familiar que necesita ayuda, visite nuestra oficina principal para obtener información importante como "Planificación para una emergencia familiar", "Qué hacer si ICE llega a su puerta", servicios legales y más. Recursos adicionales están disponibles en línea en [BPSwedreamtogether.org](https://BPSwedreamtogether.org) y [UnafraidEducators.org](https://UnafraidEducators.org).

Una forma de ayudar a los estudiantes indocumentados es mediante la contribución a la Beca Sin Miedo. Esta beca ayuda a los estudiantes indocumentados de Boston que no califican para recibir ayuda financiera federal y matrícula universitaria en el estado. Puedes contribuir en [bit.ly/unafraid donate](https://bit.ly/unafraid donate). ¡Esté atento a más acciones en la escuela Mission Hill durante toda la semana!

Leila Parks  
Unafraid Educator

## ***Unafraid Educators***

*Dear Mission Hill School Students, Staff, Families and Friends,*

*April 29-May 3 is the Unafraid Educators Week of Action supporting immigrant and undocumented students and families. We are part of a network of educators working to create Sanctuary Schools where immigrant and undocumented students and families are welcomed, respected, cherished and protected. All immigrant and undocumented students are entitled to all educational opportunities and health services, regardless of immigration status, gender identity, sexual orientation, religion, socio-economic background, abilities and racial and ethnic identity*



*At the Mission Hill School, we have prepared a resource binder for families, located in the main office. If you have a friend or family member who needs support, please visit our main office for important information like “Planning for a Family Emergency,” “What to do if ICE comes to your door,” legal services, and more. Additional resources are available online at [BPSwedreamtogether.org](https://BPSwedreamtogether.org) and [UnafraidEducators.org](https://UnafraidEducators.org).*

*One way to help undocumented students is by contributing to the Unafraid Scholarship. This scholarship helps undocumented Boston students who don’t qualify for federal financial aid and in-state college tuition. You can contribute at [bit.ly/unafraiddonate](https://bit.ly/unafraiddonate). Be on the lookout for more actions at the Mission Hill School throughout the week!*

*Leila Parks  
Unafraid Educator*

### **Leadership Transition Update**

In an earlier newsletter I described what the transition to the new leadership team would look like. It included Restorative Justice Circles, time with classrooms, celebration of our time together before final events of the year, and gradual release of my responsibilities to the new team in June. However like life, things have not gone exactly as planned. GERALYN and JENERRA, the candidates we recommended, are still awaiting their interview with central office staff and the superintendent. The Restorative Justice Circle facilitator I reached out to has not responded. The final Governance Board meeting of the year is May 30, and the weeks are passing by quickly. So I'm offering an adjustment. I will run a restorative justice circle with students on my own, and I will seek a new facilitator for an adult group. Stay tuned for an invitation. Special Projects, field trips, etcetera, with students in classrooms will start during the first week of May. Thank you for your patience and understanding during this time.

*Sincerely,  
Ayla*

### **Learn Coach News:**

#### **Joel, grades 1-4**

Electives started today at Mission Hill. For the past five or six years I've run an Ultimate



*Students in the 'Ultimate Frisbee' elective with Joel.*

Frisbee elective. This started as a way to engage students in outdoor, intense and competitive play. Not to mention, I think it's a fantastic game that supports athleticism, independence and good sportsmanship. For example, Rule 9 states:

"Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes."

This year, I wrestled with the idea of going in a different direction. I thought and I surveyed. I was bombarded weekly by "Joel. Are you doing Ultimate again this year?" I told students I wasn't sure yet. I told students I was still deciding.

Ultimately (pun intended) I decided this was not the year for

a change. Maybe next year. For now, we have another season of going out each Friday clean and energetic and coming back exhausted, full of stories, some rivalry and plenty of mud. I can't see anything wrong with that.

*-Joel*

### **Information from SPED PAC**

Autism was the topic for March's Boston SPED PAC meeting. Presenters included AANE (Aspergers/Autism Association of New England), with service for individuals with higher-functioning autism. Coaches help clients use their strengths to identify and overcome the particular barriers they face. They "[work] with individuals, families, and professionals to help people with Asperger Syndrome and similar autism spectrum profiles build meaningful, connected lives. They currently offer free phone or email consult, along with some coaching services (free for a limited time because of a grant!), in addition to billable services. Their services include areas such as: college, teen needs, work, interview prep, dating, and other more individually tailored needs.

In addition, Zachary Houston, BPS's assistant director of ABA (Applied Behavior Analysis) gave an overview of services available

with ABA in Boston Public Schools. Finally, parents and caretakers were presented with listing of services with Special Education and additional resources for individuals with Autism, including financial help. (Parents, please note that Autism is a topic addressed by SPED PAC every year, and the information may be very helpful for families. Parents and caregivers interested are encouraged to attend and learn more.)

-Kristen  
*MHS SPED PAC Rep*

### Theatre

Ciao! Paul is writing this article while sitting in the kitchen of a little condo in Castellammare di Stabia, Naples, Italy. My wife and I spent April Vacation here with friends, in the Cilento and Naples regions of Italy. Yes, we did see the ruins of ancient theatres (in Pompei!). Theatre at MHS: Room 215 will be presenting performances of EMPEROR STUMP'S NEW CLOTHES, an original play which is a rewriting of the familiar EMPEROR'S NEW CLOTHES story. There will be two performances: Thursday, May 2 at 2:00pm, and Friday, May 3 at 6:30pm. Admission is free! The Production Team class has begun adapting THE BANZA, based on a Haitian folktale. Drama classes for all other grades continue to explore theatre games; and a unit in

Classic Pantomime is just beginning. Grazie! --Paolo

-Paul

### SLP/OT News:

#### Marion, Alexia & Jackie

Collaboration is a key part of providing quality services for students with special needs. It allows for ongoing dialogue about student strengths and needs, effective strategies, and areas that need problem solving. We have the 3 and 1 model of service delivery here at MH. That means that for 3 weeks of the month direct services of OT, Speech and PT are delivered in the classroom or quiet therapy space. The 4th week is "consult week", spent mostly consulting with classroom teachers and learning coaches, contacting parents, observing students in different settings, planning and creating materials. In most schools, services are delivered every week and consultation is scattered around the schedule. Having a concentrated amount of time set aside gives us the opportunity to think deeply and plan thoughtfully with all service providers. It also gives more ability to work with teachers and staff to support all student, not just those on IEPs.

-Alexia, Marion & Jackie

### Music

Music at Mission Hill is in full swing! We've begun to focus

entirely on the concert and sing-a-long on Wednesday, May 22nd at 5pm. All grades are working hard at singing, playing instruments, and using movement so that we can perform for the Mission Hill community. Kindergarten 0-2 are singing springtime songs since we're so excited that spring has finally sprung! 1-2 classes are were surprised to find out that saying "tag -- you're it!" over and over again can actually make for a pretty good rhythmic accompaniment to Wade in the Water. 3-4 has begun to make some exciting connections between music and our school theme through the song Oh Freedom! 5-6 are working in sections, singing Go Down Moses, and Ain't Gonna Let Nobody Turn Me Around, but who knew that traditional spirituals could inspire a spontaneous freestyle? 7-8 are making incredible music together as a group and independently on piano, and will soon be moving to non-traditional music-making.

### Struggle for Justice Through the African American Artist Experience

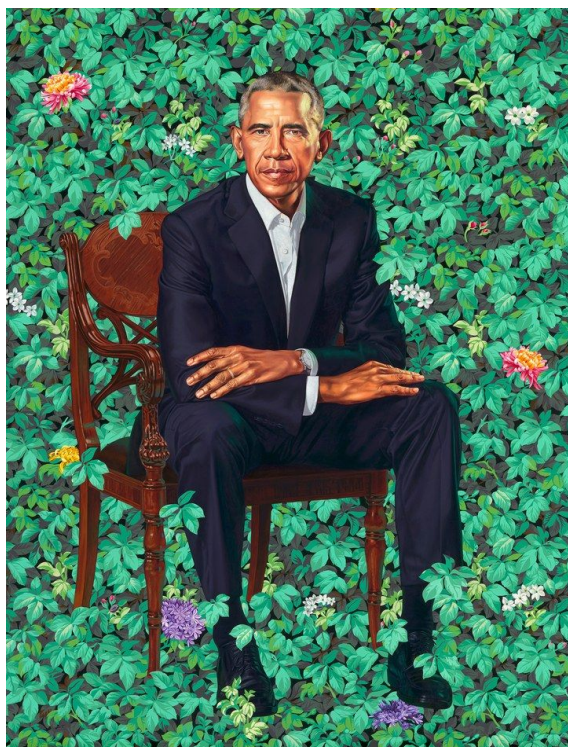
In the art room, we have highlighted the art of Alma Thomas, Romare Bearden, Kara Walker, Bisa Butler and Kehinde Wiley. As well as many other book illustrators, storytellers and witnesses to American history.



Every artist has a story, an experience communicated to us through their art. We started the theme looking at the work of Alma Woodsey Thomas, an abstract painter who was influential during the color field movement. She works in large geometric shapes and bright color. Thomas was a teacher and painter whose life spanned a history in time when she was not allowed entrance into museums. At almost eighty years old she was invited to show her work at the Whitney museum. A first for a female African American artist. President Obama had her work hanging in the oval office. She said "Through color, I have sought to concentrate on beauty and happiness rather than on man's inhumanity to man."

Kara Walker makes intricate silhouettes out of paper depicting a time in history that draws the viewer to witness and confront racism. She said, "The silhouette says a lot with very little information, but that's also what stereotype does." She was part of a movement of black women artists and activists that showcased history through the lense of black and white images and historical subject matter. Her work was influenced by the photographer and filmmaker Carrie Mae Weems.

Romare Bearden put collage on the map and was living and working in New York city during



the Harlem Renaissance. His collages were a tribute to the vibrant neighborhoods, music and rhythm of that time and place. He put collage on the map as a valued art form. He said "Art is the soul of the people."

Bisa Butler is also is a teacher and contemporary artist. She started as a painter and moved to fabric. She uses vibrant colors to create big patterned and textured portraits. Her work is reminiscent of Faith Ringgold.

Kehinde Wiley is a contemporary painter known for his large vibrant paintings of African American subjects. He is perhaps best known for painting the portrait of President Barack Obama which now hangs in the National Portrait gallery. His work is rich in color, texture and content.

He pays tribute and captures people honoring their presence and essence. He said "My work is a contemporary call to arms. It is time to get our mojo back. To rediscover our true north."

We can glimpse into the African American history through art because its always been with us. It has influenced history of man from the Ancient Nubians to present day artists, activists and witnesses.

*-Jeanne & Meg*

**Learning Coaches:**

**Kathy B & Vanessa, Grades 5-8**

We've been busy these last two months compiling MCAS Alternative Portfolios for some of our students and then supporting the coordination and facilitation of all the MCAS tests grades 3-8. Your students have all worked hard and we are proud of them.

In Word Study with the 7th and 8th graders, we have begun to discuss how words are poetry, the "music of spring". We are integrating the struggle for justice theme into creating different types of poetry. For a unit launching project, students were posed with one of the essential questions of the Struggle for Justice: The African-American Experience -- how does struggle create change? -- and given two different texts to read. The first text was a transcript from "The Danger of Silence" TedTalk [https://www.ted.com/talks/clint\\_smith\\_the\\_danger\\_of\\_silence](https://www.ted.com/talks/clint_smith_the_danger_of_silence) and the second text is John Lewis' speech at the March on Washington. Students read the texts in groups and highlighted words that they felt connected to the posed question. Then they worked as a group to come to a consensus about which words and phrases had the most meaning for all group members. They then chose how to juxtapose the words into a self-selected poetry format.

Before presenting to the whole class, the students arranged their poems on a poster to create a visual display. Each group presented to the whole 7/8. In the coming weeks we'll be encouraging students to use a thesaurus to find synonyms and antonyms to strengthen and diversify their vocabularies. We'll also be encouraging them to use descriptive words to create visual images with words. We'll share poems in our next column!

*-Kathy B. and Vanessa  
Learning Coaches*

**Eye Allergies (Allergic  
Conjunctivitis):**

**From the School Nurse**

It is that time of year when visits to the nurse increase due to eye allergies. In spring and fall, pollen from grasses, weeds, and trees, dander, plants, mold, pet dander are usual triggers. It is estimated that up to 40% of children suffer from allergies or some type. When affected, your body releases histamine, a chemical that causes swelling and inflammation. The blood vessels in your eyes swell and your eyes get red, teary, and itchy.

What are the common symptoms of eye allergies?

Red, watery, itchy eyes  
Running of stuffy nose  
Sneezing  
Sinus pressure

Swollen eyelids  
Sensitivity to light  
Coughing  
Sore throat  
Asthma symptoms  
Treatment for eye allergies usually involved medications that block histamine. Typical over the counter medications are Zyrtec/cetirizine, Benedryl/diphenhydramine, Allegra/fexofenadine or Claritin, Alavert/loratadine to mention a few. There are also antihistamine eye drops available over the counter such as Zerviate/cetirizine and Claritin or Refresh /ketotifen . But, a word of warning, if your allergy symptoms do not subside and you are using over the counter medications for more than 2 -3 days, you should contact your health care provider for professional guidance. Always contact your health care provider right away if you develop severe eye pain or vision loss.

What else can you do to reduce your symptoms? Do not rub your eyes, no matter how much they itch...You can rinse your eyes with water or apply a cold, wet washcloth for a few minutes. You could wear sunglasses when you are outside to block some of the pollen and other allergens from getting into your eyes.

In school we have ophthalmic eyewash solution that can be

used for eye allergies. And, we do stock benedryl but because of **Voices of MHS**

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the drowsiness side effect we do not like to use it during the school day for seasonal allergies. If you want your student to take over-the-counter medications or eyedrops or they have prescription allergy medication, you need to bring it into the school and fill out the consent paperwork for your child to take it during the school day.

Occasionally a student will be sent down to the nurse with red itching eyes and the question is...is it allergies or an infection. It is not always each to diagnose. Many times a person with an eye infection presents with symptoms of swollen painful eyelids, waking up with crusty eyelids or discharge in the corner of the eye, blurred vision and/or persistent itching. . If


you have concerns that your child might have an eye infection, always consult your health care provider right away.

*-Nurse Georgie*

YOU'VE NEVER BEEN CALLED AN  
**ILLEGAL DRINKER,**  
SO WHY CALL ANYONE AN  
**ILLEGAL IMMIGRANT?**

Immigration without proper documentation is not a criminal offense.  
It is a civil offense for doing something without legal authorization — just like drinking underage.

The word "illegal" is often used to add a negative bias to discussions on immigration and to dehumanize a population. Pay attention to the use of "undocumented immigrant" versus the use of "illegal alien."




**WORDS  
MATTER.  
NO HUMAN IS  
ILLEGAL.**

**LESS THAN 10% OF  
UNDOCUMENTED STUDENTS  
GO ON TO COLLEGE**

Undocumented students do not qualify for federal financial aid, and frequently pay out-of-state tuition. They are usually evaluated as international students and face unfairly selective admissions as a result.

With most of these students coming from low-income backgrounds, the undocumented college journey often falls between getting into an elite school that can provide full financial aid, or finding a job to afford community college.



**WORDS  
MATTER.  
NO HUMAN IS  
ILLEGAL.**


**WHY DON'T  
"ILLEGAL IMMIGRANTS"  
JUST GO TO THE  
"BACK OF THE LINE?"**

The U.S. immigration system is as complex as it's ever been. To qualify for most visas you must either:

- Have a relative in the U.S. with a green card
- Have an employer sponsor your application
- Qualify for refugee or asylum status, or
- Win the diversity lottery (0.6% chance)

Many migrants come to the U.S. to escape poverty or violence, do not qualify for refugee status, and face both misinformation and scams.

There is no "back of the line" for most immigrants. Becoming undocumented is often an irreversible status.



**WORDS  
MATTER.  
NO HUMAN IS  
ILLEGAL.**

<b>Ayla Gavins, Principal</b> <b>Deborah Meier, Founder</b> <b>Laura Perille, Interim Superintendent</b>	<b>Mission Hill K-8 School</b> <b>A Boston Public Pilot School</b> <b>WWW.MISSIONHILLSCHOOL.ORG</b>	<b>20 Child Street</b> <b>Jamaica Plain, MA 02130</b> <b>T 617-365-6384</b> <b>F 617-635-6419</b>
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## Screen Free Week

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Dear Families,

Next week,  
April 29th – May 5th, we will be participating in Screen-Free Week!

Screen-Free Week is a nationwide event sponsored by Campaign for a Commercial-Free Childhood and celebrated by schools, families, and other civic and community groups each year. During Screen-Free Week, millions of children and adults pledge to spend seven days screen-free. Instead of watching TV or playing video games, they tend to read, play, think, create, get physically active, and spend more time with friends and family.



Studies show that children who watch less TV are more likely to read well and to be physically fit. Turning off screens also allows for more family time. Each week, American children spend more time in front of a screen than they do in school! Screen-Free Weeks is a great way to jump-start our kids into more reading, learning, and active play. It's also a lot of fun!

Many parents choose to join their children in forgoing screen-based entertainment all week long and engaging in other fun activities. This kind of support is the best thing you can do to ensure that your child will have a successful and beneficial experience.

Please ask Geralyn (Room 108) if you would like more information about the effects of excessive screen time for children and about Screen-Free Week. You can also learn more by visiting [www.screenfree.org](http://www.screenfree.org).

Please return the permission slip below to let me know if your child will be participating.

Sincerely,  
Mission Hill School

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Screen-Free Week: April 29th – May 5th, 2019

Student's Name:

Teacher's Name:

Please check the appropriate box(es):

- ☐ Our whole family will participate in Screen-Free Week.
- ☐ Let me know how I can support the group effort!
- ☐ Just our child will be participating. We will help him/her complete the program.
- ☐ Thanks, but we will not participate this year.



Estimados Familias,

29 de Abril - 5 de Mayo, 2019, el salón de su estudiante estará participando en la Semana Libre de Pantallas. Semana Libre de Pantallas es un evento nacional patrocinado por La Campania de Una Niñez Libre de Comercial y será celebrado por las escuelas, familias, y otros grupos cívicos y comunitarios durante este año.



Durante la Semana Libre de Pantallas, millones de estudiantes y adultos se comprometen pasar siete días sin pantallas. En vez de ver la tele, o jugar videojuegos, trataran de leer, jugar, pensar, crear, ponerse activos físicamente, y pasar más tiempo con las amistades y la familia.

Estudios enseñan que los niños que ven menos tele son más probables de leer bien y estar bien físicamente. Apagando las pantallas también permite que haya más tiempo en familia. Cada semana, los niños de América pasan más tiempo frente de una pantalla que lo que pasan en la escuela! Semana libre de pantalla es una forma buena para darles un empujón a nuestros hijos para que lean, aprendan, y sean más activos. También es mucha diversión!

Muchos padres escogen acompañar a sus hijos en entretenimiento continuo toda la semana y involucrarse en otras actividades toda la semana. Este tipo de apoyo es lo mejor que usted pueda hacer para asegurar que su hijo/a tenga una experiencia exitosa y beneficial.

Por favor díganme (Geraldyn en salon 108) si gustan más información de los efectos de tiempo excesivo en las pantallas para niños y sobre la semana libre de pantallas. También pueden aprender más visitando [www.screenfree.org](http://www.screenfree.org) . Por favor regresen la forma de permiso que viene abajo para dejarnos saber si va estar participando.

Sinceramente,  
Mission Hill School

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Semana Sinantallas: 29 de Abril – 5 de Mayo, 2019

Nombre del estudiante:

Nombre de maestra/o:

Favor de checar la línea/s correcta:

- ☐ Nuestra familia va participar en Semana Libre de Pantallas 2018
- ☐ Déjame saber cómo puedo apoyar el esfuerzo del grupo!
- ☐ No mas que mi nuestro hijo/a va participar. Le ayudaremos completar el programa.
- ☐ Gracias, pero no vamos a participar este ano.

IN CELEBRATION OF SCREEN FREE WEEK  
**FAMILY GAME NIGHT**

SPONSORED BY  
THE FAMILY COUNCIL



**THURSDAY, MAY 2ND**  
**5:45 PM - 7:30 PM**  
AT MHS LIBRARY



Game Night & Pizza will be provided.  
Please RSVP to [familycouncil@missionhillschool.org](mailto:familycouncil@missionhillschool.org)  
by Tuesday, May 1st





2019 MISSION HILL  
SCHOOL STAFF  
APPRECIATION WEEK



# *BECAUSE YOU LIFT US UP*

Hello Families,

We will celebrate Mission Hill School Staff Appreciation Week **Monday, May 6 - Friday, May 10.**

Please see below for the designated day for your classes.

Grade	Responsible for
Monday, May 6th: Grades 7-8	Breakfast
Tuesday, May 7th: Grades 5-6	Refreshing drinks and Snacks
Wednesday, May 8th: K-Quad Families	Lunch
Thursday, May 9th: Grades 1-2	Healthy Snacks (Fresh Fruit, Granola, etc.)
Friday, May 10th: Grades 3 & 4	Desserts (cupcakes, cookies, etc.)

Let's show the Mission Hill School staff how much we appreciate them!

If you have any questions/suggestions or need support, please reach out to the family council at [familycouncil@missionhillsschool.org](mailto:familycouncil@missionhillsschool.org)

Thank you!

Family Council Team