



Douglas Digest

News of the C.T. Douglas School
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December
2008

ESSENTIALS

Two thoughts - the middle of November was cold and did I make a difference?

This summer, all of the frontier schools (Douglas, Conant, and Gates - schools not on the campus with the Parker Damon building, Jr. High and the High school) had new boilers installed. As with any new system, there was an adjustment period. For a couple weeks in November, the rooms in the frontier were frosty. At one point parents, teachers and kids descended on me to DO something about this. Luckily, at the same time, our school system plumber, the foreman of facilities, a heating contractor and an able-bodied custodian were hard at work fixing the problem. All of the stars aligned and Douglas had warmer rooms. I'm left wondering who made the difference. Was it a phone call I made? Probably not. Was it the kids huddled together in their jackets and scarves, "Please sir, may we have some more heat?" Did that make the service people appear? Probably not. Did an irate parent call the superintendent? Maybe the union president? I don't think so. Did I make a difference? I hope so.

There are many things that seem important to each of us. These are so important that we call them "essential." When essentials don't go the way that we want or expect - we get angry - downright spittin' mad! The cold rooms did it for some people. Rightfully so. For other people, it was the work that the staff did to select new reading programs, the professional day that required the kids to miss school and inconvenienced many families, changes to the wellness policy that will be sure to anger lots of people. Does our anger, yelling, begging, frustration even make a difference?

The building, the text that we used, the math lesson that we taught, the professional development that we did, the snack we ate, the amount of assistant time that we had, how we did on a test, none of these are really important. What IS important is what we do in the world.

I would rather fail a math test than be mean to someone on the bus.

I would rather not have heat in my room than make a colleague feel excluded for any reason.

I would rather lose the championship football game than always pick the same person last at kickball.

That which is essential is invisible to the eye.

Pay attention to the essentials and you will make a difference.

Douglas Digest

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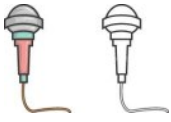
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PTO NEWS



December is a wonderful month to reflect on what has been accomplished and to look forward to what can be accomplished next year. December is also a time for giving and celebrating and we can see the community of Douglas is engaged with giving and celebrating this December.

Our Douglas parents are helping the PTO reach our Direct Solicitation goal. The PTO feels very fortunate in these difficult times that our families continue to show their support for Douglas School. As of the first of December, your contributions total \$12,500, and puts us only \$3,500 away from our goal of \$16,000. Please help us meet our goal before the end of this tax year. One hundred percent of your donation goes to Classroom Assistants, Library Assistants and Technology Assistants. Remember that your donation is tax-deductible and that many companies offer a gift matching program.

Our children are following in their parent's footsteps of giving and making a difference where support is needed. Look for the decorations around the lobby as an example of how our children are helping. Two big efforts are going on in December: Purposeful Change (see the Digest article for more details) and "One for Books". Thank you to all the children who will bring in their pennies and change to make a difference and to those who have contributed towards the "One for Books" effort.

Thank you to all the parents and staff who were able to come to our November 18th PTO General Meeting. It was great to see new as well as familiar faces and have questions asked and answered. The two presentations were engaging. Jayne Carter's initiative, "Up Close and Personal" has generated interest in building cultural connections between families of diverse cultural backgrounds. If you would like to learn more about Jayne's initiative, please contact her at jcarter@mail.ab.mec.edu or leave a note for her in her mailbox in the Douglas office.

Our next PTO General Meeting will be at Douglas on Tuesday, January 13th starting with breakfast breads, coffee, tea and other refreshments **at 8:45 a.m. followed by the PTO meeting at 9:00.** We look forward to hearing from parents at this meeting to know what is important to you as we begin the process of setting PTO goals for 2009-2010.

In future PTO Meetings, we would like to hold presentations that are of interest to you. Feel free to contact us with suggestions and look for upcoming surveys on meeting topics. We look forward to hearing from you!

A SPECIAL THANK YOU TO ALL OUR VOLUNTEERS WHO LED ACTIVITIES IN LATE NOVEMBER AND DECEMBER:

- Laura Fay, Maureen Cannata and their committee of volunteers held a fabulous Book Fair this year.
- Lori Fassman for coordinating the Staff Appreciation Thanksgiving treats for the Douglas Teachers and Staff and the many parents who provided delicious baked goods.
- Julia Kline for organizing Purposeful Change, a project which is near and dear to her heart and inspires others to give.
- Maria Rivero and Kristan Smith-Park for hosting a warm and inviting Newcomers Welcome for our newest Douglas families.
- Lisa Quinn for coordinating our successful November and December Scrip Fundraisers and all those who participated!

We hope you have a wonderful winter vacation connecting with family and friends.

As always, we welcome your questions or comments and look forward to your continued support in 2009.

Cassie Stewart cassie_stewart@comcast.net and Cheryl Witty ckwitty@verizon.net
PTO Co-Chairs



Purposeful Change is an honorable tradition at Douglas that raises money for a worthy cause.

Students collect their change and contribute it to a fund used to help families in need.

The money we raise during this event will be used to purchase items for families in the area who are in need of assistance. This is wonderful opportunity to show our kids that donations really can make a difference.

We will be collecting the week of December 8th and the week of December 15th. Donations can be mixed change or just pennies. Children can drop their change off before school in the school lobby. Be sure that the donations are labeled. Top prizes will be awarded for top overall donation and the most pennies by weight.

WE HOPE YOU HAD FUN AT THE DOUGLAS ICE CREAM SOCIAL!!

Thank you to all who came to socialize and play at the 2008 Douglas Ice Cream Social. We played bingo, basketball, Lucky Duck and other games, devoured over 500 ice cream sundaes, and won over 240 cakes in the cake walks. The wonderfully painted, tattooed, and smiling faces were a joy to behold. Thank you to all who participated, helped that night, and brought cakes, some of which were amazing! Thank you to spouses and friends who watched the children of the many volunteers who worked that night. A special thank you to the many Douglas students and alumni who helped out the night of the social, it was great to see you continuing to take an active role in your school and having so much fun doing it, thanks!

Thanks once again to my fellow Ice Cream Social chairs; Dawn Gomez, for coordinating the ice cream and kitchen, Todd Marvin for organizing and running the games. Thank you to Julie Marvin for assisting with games and keeping the fabulous prize buckets stocked all night. Thank you to Pam Cardarelli and Naomi Martin for helping with all ice cream and pizza ticket pre-sales, and to Naomi for helping with fliers and volunteers the night of the social. Thanks to Marne Geller and Betsy Bentley for heading up the famous cake room. Thank you to Corrine Hogseth for handling the finances and to Cheryl Witty for coordinating the pizza. Several businesses made donations towards the social including; Donelan's, Friendly's, Roche Brothers, Stop & Stop, Shaw's of Stow, and Domino's Pizza, we truly appreciate their support of our event and our community.

A big thanks to our hard working kitchen crew for serving up the most delicious sundaes just the way we like them: Lauren Gilman, Linda Gower, Claire Howe, Judith Kaplan, Lisa Kelly, Susan Mathisen, Scott Maylander, Martha Papalia, Xiaojun Qin, Jim Reilly, Elizabeth Reinhardt, Debra Ryan, Liz Schaller, and Melinda Vigolo.

Our own Sandra Pallozzi is going to represent Douglas at the Lucky Ducks Olympics next season, and Las Vegas is looking to recruit Kris Ellicks to deal Black Jack. Maryanne Chase and Catherine Coleman may be on their way to their second careers as Bingo callers along with their fabulous student assistants. Everyone was giving it their all in the games rooms the night of the social, thank you Rich Bizier, Catherine Curran, Anne Fulginiti, Rachel Davidson, Michelle Ellicks, Cam Harer, Anne Heinlein, Lewis Heinlein, Kelly Liu, Michael McGovern, Sarah O'Callaghan, Linda Roberge, Kathleen Shirley, Suzanne Shultze, Santhi Sonthi, Ramona Taylor, Ed Yost, Becca Mullen, Jenna Mullen, Michelle Calvert, Thomas Cotter, Ray Yost, Nick Rowles, Tim Phillips, Andrew Geller, Aaron Witty, Mae Spencer, Ryan Yost, Mike Immerman, Lucinda Gomez, Ethan Marvin, Luke Davidson, Barrett Genovese, Keiran Marvin and everyone else who jumped in to help that night when needed! We could not have done it without you. It was really fun to have the 6th graders and Douglas graduates helping with the games, tattoos, and face painting, thanks!

The event could not have happened without so many volunteers from the Douglas Community. Thank you to Anne Sullivan Soydan, Ellen Schemerhorn, Jennifer Aufiero, Christine Phillips, Judy Rowland, and Pam Curran for helping with ice cream and pizza ticket sales the night of the social.

Thanks to Phyllis Bloom, Kimberly Powers, Susan Triantafillou, Terry Martins, Danny Bloom, Brett Powers, Andrew Geller, Josh Geller, Aaron Witty, Danielle Witty, Jeremy Witty, Sarah Bentley, Shayla Triantafillou for their help in the cake room. Thanks to Ghada Bitar, Stella Ko, Margaret Kohin, Anna Papalia, Eliza Cahill, Becky Nitschelm, Colleen DiPietro and Cassie Stewart for keeping us well fed and hydrated with pizza, water, and cake. Thanks to Alison Bullock, Michelle Deng, Roberta Kilfoyle, Feng Qu, Alison Tobin, Judy White for playing cake walk with the K-2nd graders. Thanks to Jacqui Burak, Terri Carotenuto, Lori Marzullo, Kathleen McDonagh, Karen Sullivan, Hanneke vanWalsem, Tracy West, Jayati Sadhukhan for keeping everyone safe and having a good time with the cake walks for grades 3-6 in the Douglas gym. We also want to thank Bridget Ashton, Meg Howe, Meg Sullivan, and Susie Ellicks for keeping us entertained with great musical selections.

If I missed anyone, I apologize, and thank you too!

Special thanks to Dr. Whitbeck, Mrs. Armistead and Mrs. Crooks for their support and help. Thank you to Mr. Bouchard and Mr. Pacelli helping to get the school ready for the social, for setting up and cleaning up after the social. Thanks to Mrs. Bethel and her class for the use of room 12 for the Cakery, to Mrs. Sharp and her class for the use of room 21 for Bingo, and to Mrs. Murphy for her support and to Tuey Guarnieri for her help in the kitchen the night of the social. It was a great evening thanks to all the wonderful families who attended and volunteered.

Sincerely,
Donna Yost, Dawn Gomez, and Todd Marvin
Your Energetic, Inspired, but now tired Ice Cream Social Co-Chairs



GIVING THANKS

The Garden Committee would like to thank all of you who came to help us rake leaves and trim back all the dormant foliage on November 13th. Jennifer Aufiero, Susan Cudmore, Kristen Harrigan, Eileen Matarese, Christine Phillips, Kristan Smith-Park (and Daejin) braved the cooler temperatures to help us get things picked up and ready for winter. Thanks, too, to John Pacelli who is always there to help lend a broom or a cart with a smile.

We wish everyone a peaceful holiday season, and look forward to seeing you all when spring returns!

Phoebe Conant & Jamie Norton, Garden Committee Co-Chairs



SAVE THE DATE FOR THE FESTIVAL OF CULTURES!

We have a date for this year's Festival of Cultures! It will be Saturday, May 16, 2009. This event celebrates our rich ethnic and cultural diversity. We hope to recruit families or "ambassadors" who are originally from all areas of the globe. Ambassadors set up booths, representing countries, where children can visit and learn. The booths typically have items of clothing, books, music, photographs, artwork, and games from the country being represented.

Additionally, the evening includes a program featuring children performing music and dance from around the world. The performance spots go early so please sign up as soon as possible by contacting me at the below phone number or email address.

Finally, if you are willing to help out before or during the event, please let me know. Thanks to all who have already signed up to volunteer!

Kristan Smith-Park (978) 263-3514 ksmith068@aol.com



SELECTED FACTS ABOUT FLU

What is the Flu? The flu is caused by the influenza virus, which infects the lungs, nose and throat. The virus is easily passed from one person to another by coughing and sneezing. For most people, the flu makes them feel very sick, but they generally get better in about a week. In New England, flu season usually begins in December and lasts until April.

Symptoms of the Flu include sudden onset high fever (102-104°F; 39-40°C) lasting 3-5 days, headache, muscle and body aches, exhaustion which can last 2 weeks or more, and dry cough. Some people may be unsure if they have a cold or the flu. Colds are usually milder and do not come on suddenly. Cold symptoms include stuffy nose, sneezing, sore throat and cough.

Treatment of Flu symptoms: Rest in bed. Drink lot of fluids. Take acetaminophen or ibuprofen. Stay home for at least 3-5 days after you get sick so you don't pass the flu to others. Call your doctor for any of the following reasons: fever that does not get better after 3-5 days; difficulty breathing; chest pain; cough lasting 7-10 days and/or accompanied by mucus that is green, rust-colored or bloody; you are not able to drink enough fluids.

Reducing risk: Get a flu shot every year. Wash your hands with soap and water or use an alcohol-based hand sanitizer. Cover your mouth with a tissue or your arm when you cough or sneeze. Avoid touching your eyes, nose or mouth.

Avoid close contact with others who are sick.

-Summarized by APS/AB School Nurses from the Massachusetts DPH website 2007. For more information about the Flu, Please go to www.mass.gov/dph/flu.

SAVE THE DATE FOR THE SPRING SOCIAL AND AUCTION

The 10th Annual Douglas Spring Social and Auction will take place at Wedgewood Pines Country Club in Stow, MA on Saturday, April 4th. The Kick-Off meeting for this event will take place on Tuesday, December 9th at 7:30 p.m. at 59 Lexington Drive, Acton. We still need many volunteers to make this event a success. Please consider joining us to help plan this important fundraiser and fun social event for Douglas parents.

If you have any questions or would like to volunteer to help please contact Maryanne Chase at Maryanne.Chase@verizon.net or Sarah Clabault at S.Clabault@comcast.net

FOOD SERVICE RECIPE OF THE MONTH: *Gingered Cranberry-Raspberry Relish*

Unlike cranberry sauce, a relish involves no cooking. Here, plump raspberries add a juicy freshness, while crystallized ginger provides sweetness and warmth. It is best served cold. Hold the mayo on your post-holiday sandwiches—use this relish instead for a real treat.

Makes about 4 cups

Active time: 10 minutes

Total time: 3 hours 10 minutes (including chilling time)

Ease of preparation: Easy



1 12-ounce package fresh cranberries (washed)

1/2 cup granulated sugar

1/2 cup minced crystallized ginger (choose soft nuggets over disks, if possible)

3 cups raspberries (2 pints), fresh or frozen (not thawed)

Pulse cranberries in a food processor until coarsely chopped. Transfer to a medium bowl. Stir in sugar and crystallized ginger. Gently stir in raspberries—it's fine to crush some of them. Cover and refrigerate for at least 3 hours to let the flavors combine.

Nutrition information: Per 1/4-cup serving: 58 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 15 g carbohydrate; 0 g protein; 2 g fiber; 2 mg sodium; 53 mg potassium. *Nutrition bonus:* Vitamin C (15% daily value). 1 Carbohydrate Servings, *Exchanges:* 1 other carbohydrate.

Make ahead tip: cover and refrigerate for up to 1 week

(This month's recipe was taken from Eating Well.com)

SCHOOL STORE NEWS

The Eagles Nest is off to a great start so far this year! We've been open now for eight weeks and have definitely identified some popular items such as the cell phone erasers, mechanical pencils and eraser sharpeners. With the holiday season upon us, we are hoping for some good sales and a holiday raffle! First prize will be a gift certificate to Willow Books. Second and third prizes will be a gift certificate to the Maynard Fine Arts Theater good for a movie pass and treat! Raffle tickets are \$0.25/each and will be sold during store hours.

Keep in mind that school store gift certificates make great holiday gifts and goodie bag treats. We've had a number of students use gift certificates that were given to them last year -- that's how big a hit they are. Gift certificates are \$1.00 each and can be purchased either at the store or you can contact me directly cahillhome@verizon.net or 978.635.1093.

The school store raises money to help defray costs associated with the fourth grade field trip in the spring. Money raised is also donated to a local charity chosen by the fourth graders. We appreciate all your support!



Thanks,
Erica Cahill, School Store Manager

WALK FOR PEACE A SUCCESS!

Many, many thanks to our C.T. Douglas community for participating in and supporting our 8th annual Walk for Peace. Parents, students and staff turned out to hear our school officials, our local legislators and Selectwoman Lauren Rosenzweig, and to take steps for peace. We raised a little over \$2700 for Pennies for Peace, and we received from them a certificate of thanks, assuring us that our money would be put to full use in building schools in Pakistan.

If you are interested in learning more about the efforts of Pennies for Peace, you could go to www.ikat.org or you can also read the book written by Pennies for Peace founder, Greg Mortensen, *Three Cups of Tea*. Our efforts are also featured in the Primary Source November newsletter, which you can read at www.primarysource.org and search for newsletter Douglas School.

NEW PRETZEL ORDER POLICY FOR GRADES K-2

After several months of conducting Pretzel Day, we're making a few changes based on the feedback from teachers and volunteers. In grades K-2, it takes quite a lot of classroom time to organize and help children remember which pretzel their parents have ordered. Beginning in December, K-2 children will be ordering only small pretzels. If you think your child will be disappointed, please communicate this change to them ahead of time in order to make pretzel day enjoyable. If you feel that your child needs a larger snack, please send an additional snack with them on pretzel day. And please note that if we do not receive a pretzel order form for your child, they will not receive a pretzel, but will be directed to choose from snack cart or use the snack that you send with them. This change does not apply to grades 3-6 who can still choose a large or small pretzel.

Thank you. Susan Cudmore, susan.cudmore@gmail.com, Stephanie Margolien, smargolien@hotmail.com, Karen Dudziak, karendudziak@yahoo.com, Snack Cart Co-Chairs



Douglas Dates

December 2-5 – Scholastic Book Fair

December 24-January 2 – Winter Recess – NO SCHOOL

January 6 – 7:00 pm - Parent Informational Meeting for Incoming Kindergarten Parents

January 13 – 8:45am and 9:00am - Breakfast Social and PTO General Meeting

SNACK CART DONATIONS

12/4/08 Mrs. Sharp, Mr. Cail, Mrs. Oxnard, Mrs. Kay

12/11/08 **Pretzel Day** – No donations

12/18/08 Mrs. Ingraham, Mrs. Cherkerzian, Mrs. Nadolny, Mrs. Ritter

1/8/09 Mrs. Hubbell, Mrs. Bethel, Ms. Savage, Mrs. Smith (**AM** Kindergarten)

1/15/09 **Pretzel Day** – No Donations