



Douglas Digest

News of the C.T. Douglas School

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Douglas Digest

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Tag, You're Flexible

On the playground this month, a group of third graders were playing tag. Suddenly, the panting children stopped.

An out of breath girl yelled, "I want to be the father."

"OK, I want to be the Big Bad Wolf," said a boy.

"It's not that story," replied the girl.

"I want to be the princess," said the other girl.

"Then I want to be the King," said the first girl."

"I want to eat you up," said the Big Bad Wolf. "Can't catch me," said the King, rising to run, and tag resumed.

How easy their play was. They drifted from tag, to pretend, flexibly included diverse characters using their imagination and drifted right back into tag. Sometimes tag isn't tag. Sometimes it is a lesson in negotiation, sometimes it is a fairy tale, and sometimes it's therapy. Sometimes it's just tag and I make too much of it.

When was the last time that you tried to play like a child? If you're anything like me, you can't think of it. I'll bet that it's not because you haven't had the time, I bet that when you really think about it, you haven't played like these children because it's hard. Not everyone can do it because playing tag in their world requires flexibility.

"It's not that story," did not end up with a dissertation about the rules of fairytale tag. The girl really said, "You're not playing by the rules." The princess replied, "That's OK, I've always wanted to be the princess so he can be the Big Bad Wolf and you can be the father or anything that you want." She modeled flexibility and problem solving. Bravo princess, you've taught us a lot.

So here's your summer homework, moms and dads, play like a child. Build a sandcastle with your child, kick a ball, race matchbox cars down your driveway. See where the game takes you. Don't play by the rules—let your child's imagination guide you. Model flexibility and problem solving in an unconventional way.

These skills are as important as knowing your math facts or spelling words. It's easy for adults to forget them and hard for children to learn them. So practice over the summer and share what you've learned on my blog (www.cwhitbeck.wordpress.com). I'll share what I learn over the summer too. Maybe we'll all return to school a little more flexible!

C. Whitbeck

June 2010 PTO News

This month, the PTO article is a long one, as this is the time of year that we are able to thank the many people who have helped the PTO run smoothly. Please take a moment to read the names of those who have contributed their time and talents this year to help make Douglas the wonderful place that it is!

With just weeks before school ends, the PTO has been busy wrapping up the school year and even preparing a bit for next year!

Our last PTO General Meeting will be on **Tuesday, June 8, 7:00 PM** in the Cafetorium. At the meeting, we will introduce the incoming Board and Committee Chairs, and we will vote on the PTO Budget for 2010–2011. Dr. Whitbeck will announce new hires as well as some exciting news about some building updates. Following the meeting, we will hold a reception at Douglas to thank the parents who have volunteered their time on committees this year. Please join us on June 8 to celebrate the year.

On April 30, about 20 ABRHS seniors visited Douglas as part of Community Service Day to help with a variety of projects on the grounds of Douglas as well as painting the lobby. Thanks to the seniors and to Phoebe Conant and Cheryl Witty for coordinating this effort.

Thank you to Maria Albarran for organizing yet another successful Festival of Cultures on May 15. It was wonderful to see families from Douglas and Conant come together to share their diverse cultures through hands-on displays, food and entertainment.

Thank you to Mr. Broggi for leading our Memorial Day celebration. It was meaningful to hear our speaker, Col. Andrew Barclay, remind us of the importance of this holiday. Thank you also to Phoebe Conant for her help with the celebration.

Thank you to Erica Cannarozzi and Candace Doncaster for organizing the Staff Appreciation Luncheon held on May 26. Special thanks to the Cannarozzi family and Serafina's for the wonderful food and to all of the parents who helped that day as well as to those who provided desserts. This luncheon enables the parents of Douglas to show how much we appreciate our teachers and staff at Douglas!

Thank you to Jen Aufiero and Michele Walsh for coordinating the Box Tops program and the Donelan's Tapes for Education Grocery Receipts as well as a new program at Stop and Shop. Points earned with these programs will be used to purchase special extras for the school. Thank you also to those who collected and turned in receipts and box tops.

Douglas Day, held on June 7 this year, was once again a day that Douglas students will remember for a long time. The children enjoyed activities and games and had the opportunity to dunk their favorite principal and enjoy a barbecue picnic lunch with friends and family. We had a Frisbee show as a special treat to end the day. Thank you to Erika Cormier for coordinating Douglas Day and to Terry Martins and Linda Skolnik for organizing the cultural enrichment entertainment for the day!

Special Thanks

This year has been an exceptional year! Thank you to our entire parent population and staff who have participated in the many Douglas PTO events, in the classroom and around school. We have an amazing community that provides time and energy to support the children, teachers, and staff of Douglas.

Thank you to:

- ◆ Susan Kelly for employing her talents as keeper of the Douglas Album.
- ◆ Santhi Sonthi for hosting the Alumni Reception and the 6th Grade Graduation.
- ◆ Lori Fassman and volunteers for providing baked goods during the year for our meetings and events.
- ◆ Michelle Daniell for keeping the Douglas Calendar in the lobby current and to Julie Russell for updating the Birthday Board.
- ◆ Jen Aufiero and Michele Walsh for collecting box tops, labels for education, and grocery store receipts.
- ◆ Peter Broggi and Terri Carotenuto for producing two performance-packed Talent Shows.
- ◆ Erika Cormier for putting together an extra special Douglas Day!
- ◆ Anya Fillion and Naomi Martin and their committee for their hard work planning the successful and fun Spring Social and Auction. Thank you also to all of the Douglas families and staff who contributed and attended the auction.
- ◆ Sheryl Fox for promoting and managing the Scrip program.
- ◆ Lori Fassman for taking care of our school's publicity.
- ◆ Amy Austin, Lori Fassman, Sharon Metzger, and Martha Papalia for creating the Douglas Directory this year with the special ad program.
- ◆ Sharon Kautz and Terry Martins for coordinating the Teachers Back to School Luncheon at the beginning of the school year.
- ◆ Deanne O'Sullivan for another successful Douglas Spiritwear Sale.
- ◆ Donna Yost, Dawn Gomez, Naomi Martin, Todd and Julie Marvin, and the many families who contributed to the memorable Ice Cream Social.
- ◆ Barbara Rennert and Cheryl Witty for bringing back and managing the Ink Jet Recycling program.
- ◆ Deanne O'Sullivan for serving as the Douglas Newcomer Representative and to Maria Albarran and Sonal Keswani for serving as the Douglas International Representatives.
- ◆ Maria Albarran and Kristan Smith-Park for coordinating the Festival of Cultures.

- ◆ Kristan Smith-Park and Jennifer Zobair for representing Douglas at the Kindergarten lottery.
- ◆ Sara Junghans and Kim Shamah for being the Kindergarten screening coordinator this fall.
- ◆ Christine Phillips for sharing her knowledge of the school as she led the Kindergarten tours.
- ◆ Terry Martins for being our Kindergarten Tour Greeter.
- ◆ DeDe Guba for keeping track of the Lost and Found all year and for organizing the donation of items at the end of each season.
- ◆ Candace Doncaster for organizing the Lowell Devils Hockey outing, and Julie Marvin for arranging the Lowell Spinners night for the enjoyment of Douglas families that will be held on June 25.
- ◆ Sara Junghans and Susan Haverstock for managing School Picture Day.
- ◆ Laura Fay and Nancy Young and all their volunteers for the school-wide organization of Nature Walk.
- ◆ Thank you to Anya Fillion, the parent volunteers, and the third grade students for running the Douglas Post Office.
- ◆ Laura Fay and the parent volunteers for organizing a successful Book Fair.
- ◆ Lori Fassman and Roberta Bizier for coordinating the Veterans Day Celebration.
- ◆ Sue Cudmore for being the PIP representative for Douglas.
- ◆ Maria Albarran and her volunteers for all their work on the Recycling Program.
- ◆ Marcia Towe and Kim Shamah for organizing Read-Aloud Day.
- ◆ Tanaz Hashemi and Kim Shamah for managing the March Reading Challenge.
- ◆ Paula Conquest and Julia Kline for coordinating Purposeful Change and to the students for contributing change so we could donate to Cradles to Crayons and purchase headsets and microphones for the Computer Lab.
- ◆ Ellen Hurley and her volunteers for manning the Safe Arrival line every morning.
- ◆ Patti Babcock, Maureen Cannata, Sara Levine, and Michele Walsh for coordinating this year's 4th grade School Store.
- ◆ Scott Howe, Kathleen McDonagh, Lisa Racie, Tamara Ricciardone, and Judy Rowland for their work as School Council Parent Representatives.
- ◆ Tamara Ricciardone for handling the School Supply Packets, which will be waiting for the children when they return to school.
- ◆ Linda Borghesani for maintaining the Science Kit Program.
- ◆ Dawn Gomez for coordinating the TAP volunteers who helped the teachers and staff throughout the year.

- ◆ Erica Cannarozzi and Candace Doncaster for organizing and providing a spectacular and gourmet lunch for the Douglas staff and teachers.
- ◆ To the Room Parents, Nature Walk, Computer Lab, and Library volunteers who support the classrooms all year long.

Thank you to the Douglas Staff for their continued support to all the children of Douglas. Thank you to Dr. Whitbeck for his encouragement of the Douglas PTO in all of its endeavors. We look forward to another wonderful year working with you. Thank you to Sharon Armistead, Sharen Crooks, Paula Seaburg, and Nancie Boudreau for knowing all there is to know about Douglas and being there to help in every way throughout the year.

Thank you to all of the Douglas Teachers, Assistants, and Specialists, SPED Teachers, and Staff for your support of the PTO in handling the varied paperwork and in participating in so many of the PTO events.

Thank you to:

- ◆ Mrs. Murphy, Mrs. Guarnieri, and Ms. Madden for providing hot food to the hungry kids of Douglas all year long.
- ◆ Mr. Pacelli, Mr. Bouchard, and Mrs. Guarnieri for keeping our school in running order.
- ◆ Stacey Waite and JoAnne Chadwick, our school nurses, for being there when the children were not feeling well or just needed a little help getting through their day.
- ◆ Sasha DeMello and Sue Stewart for running the Douglas Library and creating the opportunity for our children to expand their reading abilities and develop their library skills.
- ◆ Janice Ward for keeping the PTO information up to date on the Douglas website.

Thank you to the following Board members for their many, many hours helping the PTO this year:

- ◆ Treasurers Claude Cormier and Erika Cormier for their handling and presentation of the finances during the year.
- ◆ Assistant Treasurer Corinne Hogseth for managing all of the deposits for the PTO.
- ◆ Secretary Jill Wolf for her recording and management of the PTO Meeting Minutes.
- ◆ Technology Secretary Christine Phillips for her up-to-date and informative Constant Contact messages.
- ◆ Scott Anderson and Cassie Stewart for serving on the Interscholar Council.
- ◆ Laurel Ghose and Kathy Quinn for their contributions to the Health and Safety Committee.
- ◆ Sara Junghans and DeDe Guba for their input to the Playground Committee.
- ◆ Terry Martins and Linda Skolnik for researching and showcasing the wonderful Cultural Enrichment programs this year.

- ◆ Sharon Kautz, Lori Fassman, Sharon Metzger, Allen Nitschelm, Jill Maxwell, and Michelle Walsh for producing and distributing the informative monthly *Douglas Digest*.
- ◆ Jamie Norton and Phoebe Conant for their many years heading up the Gardening Committee.
- ◆ Sue Cudmore, Stephanie Margolien, and Karen Dudziak and their volunteers for running the Douglas Snack Cart.
- ◆ Jan Immerman and Ellen Hurley for their hospitality and preparation for PTO General Meeting and other functions.
- ◆ Lori Fassman and Dawn Gomez for their ongoing efforts in managing the volunteer coordination.
- ◆ Jen Aufiero for coordinating the entertaining grade-wide Movie Nights for the Social Committee.

Thank you to all who served on this year's PTO Board. As we transition from this year to the next, we would like to thank several board members in particular who have given so much to help the Douglas community be a better place. Thank you to **Claude and Erika Cormier** for being in charge of managing the PTO finances, preparing the Treasurer's Report and participating in the Budget meeting. Thank you to **Jill Wolf** for attending the PTO general meetings and taking and preparing the minutes for many years. Thank you to **Jamie Norton** for her many years coordinating the Garden Committee. Thank you to **Kathy Quinn** for her time spent on the Health and Safety Committee. Thank you to **Jan Immerman** for her countless years coordinating Hospitality for the PTO. Thank you to **Dede Guba and Sara Junghans** for keeping our playgrounds safe and well-stocked with equipment. Thanks to **Sue Cudmore, Karen Dudziak, and Stephanie**

Margolien for their many years running the Snack Cart. Finally, thanks for **Dawn Gomez** for tirelessly working on making sure all our volunteer positions are filled and ready to go. Please be sure to thank these extraordinary volunteers for the gift of their time and effort given to Douglas!

As we finish up this school year, a special thank you to **Cheryl Witty** for her hard work, dedication and leadership as she has led the PTO in what has been a wonderful year. As Cheryl steps down from her Co-Chair role, she will not be going far as she will continue to help the PTO next year in her new role on the Hospitality committee. We welcome incoming Junior PTO Co-Chair, **Deanne O'Sullivan** who brings a wealth of knowledge and ideas to our PTO for next year. Thank you Cheryl for all you have taught me this year! Welcome Deanne, I look forward to working with you next year!

*Kristan Smith-Park,
ksmith068@gmail.com
Cheryl Witty,
ckwitty@verizon.net
Deanne O'Sullivan,
deannewos@comcast.net*

Douglas PTO Board 2010-2011

Co-Chairs	Kristan Smith-Park Deanne O'Sullivan
Treasurer	Corinne Hogseth
Secretary	Terry Martins
Technology Secretary	Christine Phillips
Interschool Council	Scott Anderson Cassie Stewart
PTO/School Committee Liaison	Heather Harer
Health and Safety	Laurel Ghose
Playground	Stacey Smith
Cultural Enrichment	Linda Skolnik Susan Cudmore
Snack Program	Amy Austin Namita Davé
Volunteer Coordinator	Lori Fassman
Hospitality	Ellen Hurley Cheryl Witty
Gardening	Phoebe Conant Lisa Munson
Douglas Digest	Allen Nitschelm, Sharon Kautz, Sharon Metzger, Lori Fassman
Movie Nights	Jennifer Aufiero Bridget Steinkrauss

Rising Fourth Graders: Physical Exams

State law requires a physical examination for all students entering fourth grade. It is preferred that the child's primary health care provider, who knows the child best, administer the physical exam. If your child does not have access to a private primary care provider, you should contact your school nurse for assistance.

Please forward a copy of your child's physical, completed in 2010, to the school nurse. If you have already done so, thank you!

Board-A-Palooza Coming on June 12!

Douglas and Gates Elementary Schools, along with Friends of West Acton Boardwalk, present Board-A-Palooza, a music festival and craft fair on Saturday, June 12, 10 AM–8 PM (rain or shine). Join us for a fun-filled event, and help us rebuild the boardwalk! Talented musical acts will entertain on two stages, and over 25 local artisans will offer unique handmade arts, crafts, and jewelry. Board-A-Palooza will also feature food and baked goods, face painting, carnival-style games, a bouncy house, kids crafts, and fun for all ages! Cap off the day with a family-friendly movie outdoors at 8 PM (weather permitting—otherwise we'll move it inside).

The **event** is at Douglas School, but **parking** will be at Gates School, 75 Spruce St. Tickets are \$5 each—\$20 per family max—and all proceeds will go to rebuild the wetlands boardwalk between Douglas and Gates over Fort Pond Brook. More information: <http://boardwalk.westacton.net/festival2010.html>.

And we are offering a new program—Buy A Board! You can purchase a board that will be used to construct the boardwalk—imagine having your family's name engraved on a board, or engraving a milestone message for someone special! Special price through June 12: \$80 per board! You can use the form below, or place your order and pay online: <http://boardwalk.westacton.net/buyaboard.html>. There will be a sample board on display at Board-A-Palooza—come check it out!

If you are willing to donate a baked item for us to sell at the bake sale during the festival, please contact Cheryl Witty at ckwitty@verizon.net.

If you have questions about the festival, contact Lori Fassman (lori@fassman.com) or Christine Phillips (hylandphillips@verizon.net). For information about Buy A Board, contact Jill Maxwell (jillhmaxwell@gmail.com).

Last Snack Cart Day: June 10

Thank you for making Snack Cart a success this year through your donations, purchases, and volunteer efforts. The proceeds funded many educational and entertaining cultural enrichment programs that were enjoyed by the entire Douglas Community.

We appreciate your efforts to send in healthy snacks and baked goods. Popcorn proved to be a popular treat once a month and we will continue ordering pretzels as long as we receive the required minimum number of orders.

A big thank you to Amy Austin and Namita Davé for stepping up to chair Snack Cart next year. They can always use extra help, so please contact them if you are interested in coordinating the popcorn or pretzel days or sending donation reminders.

The last Snack Cart will be June 10. Please remember to send a snack with your child on June 17.

As always, please feel free to contact us with questions, comments or concerns.

Stephanie Margolien, Karen Dudziak, and Sue Cudmore, Snack Cart Chairs

BUY A BOARD ORDER FORM

Take this once in an elementary school lifetime opportunity to engrave your family's special message on one of the boardwalk's boards! You may have up to three lines, 24 characters per line. We are offering a special price of \$80 per board through the Board-A-Palooza festival. After the festival the price will be raised to \$100. This makes a wonderful graduation present, milestone, or remembrance gift!

Board owner's name _____

Youngest child at Douglas _____

Email or phone (email preferred) _____

How many boards? _____

Make check payable to the Acton Public Schools with the Boardwalk indicated in the memo section. Please return your information and payment to the Douglas School Office in an envelope marked "Buy A Board, c/o Jill Maxwell." Please return this request by backpack express by June 17. When we receive it, we will contact you asking what you want engraved on each board.

Remember the price goes up to \$100 per board after June 12! You can still purchase boards throughout the summer using the online order form (<http://boardwalk.westacton.net/buyaboard.html>) or by contacting Jill Maxwell (jillhmaxwell@gmail.com).

Douglas Day Volunteers

Thank you to all the parent volunteers who made Douglas Day 2010 an enormous success!

Ronald Albuquerque	Sarah Holtz
Jennifer Aufiero	Alex Horovitz
Mansi Bhan-Mehra	Torri Horovitz
Shaun Blake	Jennifer Jaroch
Linda Borghesani	Sharon Kautz
Christine Bourque	Debbie Kerr
Jill Buonomo	Sonal Keswani
Mark Burak	Matthew Kline
Jacqui Burak	Ann Marie Kulsick
Matt Buss	Maureen Latham
Abraham Caliskan	Leanne Layton
Erica Cannarozzi	Melanie Liu
Gary Chase	Marc Martin
Maryanne Chase	Naomi Martin
Sarah Clabault	Terry Martins
Susan Cudmore	Susan Mathisen
Pam Curran	Susan McMahan
Varsha Deokar	Mary Messier
Suzanne Dirstine	Ernest Messier
Larry Fillion	Deanne O'Sullivan
Christine Fox	Sheri Palazzo
Lauren Friedman	Jennifer Patenaude
Irene Georgakoudi	Christine Perraud
Teri Glenn	Christine Phillips
Valerie Gore	Beth Poulton
Kristen Harrigan	Karen Roehr

Sue Ropiak
Kathleen Shirley
Linda Skolnik
Kristan Smith-Park
Heidi Streeter
Karen Sullivan
Lori Tang
Ramona Taylor
Nancy Vaccaro
Judy White
Cheryl Witty
Sandra Wolf
Jeremy Xu
Fang Yang
Donna Yost
Greg Young

...and many more who volunteered at the last minute! Thank you to all the staff who helped—without them, nothing would be possible!

*Erika Cormier,
Douglas Day Chair*

Douglas School Library Wrap-Up

We have had a great year in the library! We extend our deepest thanks to our faithful crew of library volunteers. Special thanks go out to Linda Gower, Suzanne Schultze, and Carol Thaller for running the highly successful Book Benefactor program; to Beth Bennett, Linda Roberge, Pat Jackman, Olga Filatova, Tanaz Hashemi, Natalia Khoudyakov, and Sharon Metzger for repairing books; and to Linda Borghesani and her team of Science Kit volunteers. Many thanks to over 70 faithful library volunteers who shelve an endless stream of books, help students find the books of their dreams, and much, much more!

We still need adult library volunteers through the end of the year, especially on June 7 and 8, to help out with library inventory and book repair.

The last day of library classes is Friday, June 4 and all books are due back to the library by that day. If your child has lost a book, please make a check payable to the Douglas PTO and return the check to the library. If you find the book later, we will be happy to reimburse you.

The Douglas School Library will be sponsoring a Summer Reading Program. This year's theme is "Summer Fun Reading BINGO." Keep an eye out for the Summer Reading Program packet to come home in your child's backpack.

Have a wonderful summer and READ, READ, READ!

Sasha DeMello and Sue Stewart



Douglas at Dawn/Dusk Program Wraps Up a Successful Year!

- ◆ Breakfast Club families loved the flexibility of signing up in advance or being able to drop off their children when they had conferences, appointments and meetings.
- ◆ Work and Play continued to provide the essential service of after-school care available until 6pm every school day. Our high school student volunteers John, Dean, Megan, Rebecca, Brian, and Kathryn added to the fun with arts and crafts and lots of basketball on the courts!
- ◆ Enrichment Classes were held both before and after school this year. We welcomed the wildly popular new class Little Warriors. We always welcome parents who would like to teach a new course!
- ◆ Our first ever February vacation program and our third annual April vacation program were a resounding success with fun activities, special guests and a field trip!

We thank you all for your support and are pleased to be able to offer such a valuable service to you and your families. Remember that now is the time to register for Breakfast Club and Work and Play for next year. Registration forms are available on the Douglas School website and outside the office. All profits from our programs directly benefit Douglas School!

Happy Summer!

Festival of Cultures—Thank You!

Thank you to all who helped to make this year's Festival of Cultures a wonderful event! It was a special evening of talent, culture, and community. The ambassadors did a wonderful job of sharing their family's culture. This year's Douglas ambassadors were Samantha Augst and Penny Seakins (England), George Bamfo (Ghana), Carol Buysse (Belgium), Dorita Cava (Peru), Namita Davé (India), Gie Kerr (Korea), Kathleen McDonagh (Ireland), May Liu (China), Svetlana Emelyanov (Russia), Hugo Rivero (Mexico), Deborah Malloy & Girl Scouts (dolls from around the world).

We want to thank all of the amazing volunteers who helped out during the event. Everyone was extremely capable, organized, and generous in their time. Here is a list of this year's volunteers: Deb Barton, Kaitlin Boheim, Linda Borghesani, Nancie Boudreau, Kathryn Brown, Paula Conquest, Lori Fassman, Jaymi Formaggio, Laurel Ghose, Linda Gower, Mira Greenland, Tanaz Hashemi, Corinne Hogseth, Rosie Lezak, Melanie Liu, Stephanie Margolien, Robin O'Donoghue, Mariana Pettrachi, Hema Sarkarda, Nancy Smith, Stacey Smith, Cheryl Witty, Janice Yee, and Bev Zambarano.

Thanks to the Junior High Boy and Girl Scouts who volunteered their time to help set up, serve food, and clean up.

A big thanks to all of the students who participated in the outstanding performances as well as Douglas teachers Peter Broggi, Chiuling Campo, Akiko Morii, and Dr. Whitbeck. Thanks to Mr. Jeffries, as well, for coming in on his Saturday to help out!

Finally, thanks to all of you who came to the event and contributed to the potluck meal.

It is a rare opportunity to be able to come together with another school and share some of the qualities that makes Acton so rich—its diversity, talented youth, and sense of community.

Thanks again,

*Maria Albarran and Kristan Smith Park,
Festival of Cultures Co-Chairs*

Walking School Bus

Congratulations to the Douglas Walking School Bus! Douglas Elementary celebrated Massachusetts Walk to School Day on May 5!

Congratulations to the prize winners: Keira Cudmore, Aidan Phillips, and Zachary Horowitz!

Kathleen McDonagh

Top: Indian Village walkers

Bottom: Mary O'Brien and K-Mart route walkers

Lost and Found

The next time your children have a minute, please have them check Lost and Found for any items they may have misplaced since February vacation.

Kindergarten–second grade is located downstairs in front of room 5 in two blue containers; lost and found for grades 3–6 is in the cafeteria to the right of the entrance into the gym in two white cabinets. Articles that are not claimed before the last day of school will be donated to Big Brother and Big Sister. Thank you.

DeDe Guba



Notes from the Health Office: Sun Safety for Children



Childhood sunburns can increase your child's risk of developing skin cancer as an adult. Even a sun-tan can be harmful to children. Tanning is an outward sign of internal skin damage. Research shows that much of the damage to skin is done in the first 18 years of life. Protecting skin and eyes during these early years can reduce the risk of some types of skin cancer by up to 78%. Melanoma is a cancer of younger people and can start as early as adolescence.

Youth and Skin Cancer

- ◆ 50% of lifetime exposure to UV light occurs during childhood and adolescence.
- ◆ It can take less than 10 minutes for a child's skin to burn.
- ◆ Children with severe sunburns are at an increased risk for skin cancer.
- ◆ A person born today is twice as likely to develop malignant melanoma compared to someone born only a decade ago and 12 times more likely as someone born 50 years ago.
- ◆ Being sun safe is the first step to reduce the chances of getting skin cancer later in life.

Teach Children Sun Safe Habits

- ◆ Children learn healthy habits best at a young age. Therefore, it is important to begin protecting your children from the beginning and teach them the importance of sun safety. With sun damage accumulating over a person's lifespan, beginning sun safety habits at a young age should be a priority.
- ◆ Maximize protection between the hours of 10 AM–4 PM. During these peak sun hours, seek shade. Remember the shadow rule—if your shadow is shorter than you, the sun's rays are at their strongest and you should seek shade. Encourage children to play in shaded areas, especially during peak sun hours.
- ◆ Wear sun-protective, light-colored clothing including long-sleeved shirts and pants made of tightly woven fabric.
- ◆ Wear a wide-brimmed hat that protects head, face, ears, and neck. If a baseball cap is worn, make sure to use sunscreen on ears and neck.
- ◆ Wear UV-protective sunglasses with 99–100% UV absorption.
- ◆ Use a sunscreen of SPF 15+ and apply a generous amount (about a palmful) 30 minutes before going outside.
- ◆ Re-apply sunscreen every 90 minutes or after swimming, towel drying, or perspiring, even if the label says the product is waterproof. Don't forget the lips and ears—both areas can burn just as easily.
- ◆ Strongly discourage the use of tanning beds.

Further information can be found on the following web sites:

www.shadefoundation.org

www.cdc.gov/cancer/skin/basic_info/children.htm

(Summarized by the APS/ABRHS Nurses, 5/2008)

Report from the Acton Public School Committee

As we come to the end of another school year, we thank an entire community for their efforts to support our students and their education. We thank our dedicated teachers and staff, our parents, our many volunteers and, in particular, our PTO leaders. Without the effort of the whole group, our schools would never have achieved the success we have enjoyed. Without your ongoing efforts, we cannot continue our tradition of educational excellence.

I personally would like to thank Xuan Kong for his service as Chair of the Acton Public School Committee this past year and his commitment to serve on the school committee for the next three years.

On behalf of the SC, we also appreciate the energy, enthusiasm and leadership Dr. Chris Price has provided to the Conant School over the past three years. We look forward to the new perspectives and ideas of Damian Sugrue who will be the Principal at Conant School this fall.

Recognizing the challenges of the managing our large elementary schools—there are about 500 students in each of our five elementary schools—the school committee has supported Dr. Mills' efforts to provide assistant principals on an interim basis this Spring. Dr. Mills has re-organized staff so that, in the fall, Priscilla Kotyk will be an Assistant Principal shared between Conant and Gates, and we will hire an Assistant Principal for Merriam and McCarthy-Towne. Dr. Whitbeck will continue to lead Douglas without an Assistant Principal.

The School Committee relies on your input to guide our decisions. We look forward to your involvement and support next year.

John Petersen, Chair

Dates to Remember

Monday, June 7	Douglas Day (rain date Wednesday, June 9)
Tuesday, June 8	PTO General Meeting at Douglas, 7:00 PM
Thursday, June 10	Last day of snack cart (Mrs. Hubbell, Mrs. Bethel, Ms. Savage, Mrs. Smith)
Thursday, June 10	Spring band concert
Saturday, June 12	Board-A-Palooza, 10:00 AM–8:00 PM
Thursday, June 17	Sixth grade graduation, 9:45 AM
Thursday, June 17	Last Day of School—1:00 PM dismissal (regular Thursday schedule)
Friday, June 25	Lowell Spinners vs. Connecticut Tigers, 7:05 PM
Friday, August 20	Class placement available online after 3:00 PM at https://absis.ab.mec.edu . After you complete the emergency information and PTO information, class placement should appear.
Monday, August 30	Back to School Teachers Luncheon
Monday, August 30	Kindergarten Orientation
Tuesday, August 31	First Day of School!

Goodbye and Thank You

As the school year approaches its end, there are many sixth grade families that will be leaving the Douglas community. On behalf of the PTO, we would like to say a final goodbye and thank you for all the contributions and support these families have provided to the Douglas School over the years.

Lisa Kelleher and Michael Aiken
Kim and John Appelmans
Robyn and Dana Barnard
Laura Benkov
Roberta and Richard Bizier
Padmaja and Chakra Bokkisam
Sharen and Michael Crooks
Pam Curran
Anne Fulginiti and David Davidson
Varsha and Vishwas Deokar
Ginny and Ken Dow
Michele and Kris Ellicks
Julie and Eric Forgo
Dawn and Joseph Gomez
DeDe and Steven Guba
Ningjun Tu and Liang Han
Jiamin Feng and Tian Hao
Jan and Jim Immerman
Roseanne and Jerry Keefe
Kelley and Jeff Kiley
Louise and Joe Loblundo
Terri and Michael Margolis
Miriam Lezak and David Martin

Kathleen and Tom McDonagh
Susan and Steven McMahon
Barbara and Andrew Meglis
Ellen Schemerhorn and Tom Moser
Irene Elsinovsky and Dmitri Mossessian
Rute and Jose Carlos Motta
Ramaa and P.V. Prakash
Kathy and James Quinn
Lisa and Howard Quinn
Elizabeth and Michael Reinhardt
Frank Reis
Sue and Gary Ropiak
Julie and Dana Russell
Xiaojun Qin
Janice and Craig VanderAa
Hanneke and Johan vanWalsem
Anna and Patrick Webb
Tracy and Michael West
Jill and Phil Wolf
Yanbing Liu and Junnan Wu
Meiyi Yin and Anlu Yan
Donna and Ed Yost