



# Douglas Digest

News of the C.T. Douglas School

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Principal: Dr. Christopher Whitbeck

May 2010

## The Road to Hana

Douglas Digest

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It's nine in the morning Maui time during April vacation and I'm up to my waist in a silty rainforest pool. I'm inching ever so slowly, deeper and deeper, wondering when the drop off is going to come and I'm going to slip over my head into the cold, rushing water. John Pacelli told me there were no snakes on Maui but I'm looking above in the hanging trees, into the dense undergrowth beside me and shuffling my feet just waiting for that snaky slither to move across my ankle. *What the heck am I thinking?*

The two guys on the audio CD guide to Hana didn't talk about fording streams to get to the last of the twin waterfalls that were about a mile off the road. They told jokes, sang "On The Road Again," pointed out pineapple fields and nice restaurants, but when it came to the details of how to get to places off the road, they didn't say much. Of course it was "The Road to Hana" CD, not "Stuff Off the Road." And besides, I should have guessed I was getting in over my head when I saw a parking lot full of people, but not a soul on the trail we were following. Where did they go? Why am I the only one here? Why has no one else come to this picture perfect rainforest waterfall?

None of these questions crossed my mind. When my family and I got to this spot, we already had to ford a shallow stream and climb over a slippery dam, and now we had to wade into a river without being able to judge the depth or inhabitants. All I was thinking as I started into the rushing water was, "I can't believe that people don't want to walk this far—they must be lazy." It never crossed my mind that I was nuts until I was in the middle of the stream awaiting the oncoming, invisible snakes.

Suddenly, the water began to get shallower. Soon, only my ankles were covered. (I still couldn't see my feet through the silt, and I knew that snake was coming.) Things seemed to be getting better. I could make it to the pool formed by the waterfall and inched my way around the muddy path that wound along a rock ledge behind the rushing water. I'd made it and went back to drag the other members of my family along. (Check out my blog to see the evidence.)

Yes, it's a good story but what does it have to do with learning? Well, as I stood there wondering about snakes, I began thinking about what we ask children to do. How often do they blindly follow us into the unknown? They trust that we will keep them safe, that we will guide them through tasks so that they can be successful. It's a role that both parents and teachers play. We ask our children to try new things, to stretch their abilities, to leave their comfort zone. They do it because they trust us and know that we won't let them get hurt.

I trusted the two guys who sounded so friendly on the CD. "Thousands of people must have done this," I thought as I waded through the uncharted waters. I guess that it doesn't take much to build that trust—but one snakebite would have ruined it forever! I made it, and was rewarded with a sense of accomplishment and a beautiful experience. I wish the same for our children as they travel the road to adulthood.

*C. Whitbeck*

## April 2010 PTO News

I think that we can safely say spring is officially here, and Douglas looks better than ever! The Douglas gardens are flourishing thanks to our Gardening Committee, led by Jamie Norton and Phoebe Conant, and the school is sparkling on the inside thanks to our wonderful custodians, John Pacelli and Tuey Guarniri. (Dave Bouchard has moved up to the high school.) We thank you all for your continued effort and dedication in helping to make Douglas a cheerful place for our children to learn and play.

On April 30, several seniors from the high school, many of them Douglas alumni, helped out around Douglas during our **Community Service Day**. Once again, with many hands to make work light, they spread a lot of mulch, spruced up our lobby and completed several small projects for our teachers. Thank you to those students for their help, providing a wonderful example of volunteerism and showing how students can make a difference in our community! Special thanks to Todd Brown and Lincoln Tree and Landscaping for providing wood chips for the playgrounds and for their time helping to beautify the Douglas grounds.

Congratulations to all of the Douglas students for meeting their individual, grade-wide and school-wide reading challenge goals as they "Read for the Gold" in the **March Reading Challenge**. Dr. Whitbeck faced his own personal challenge by running against Mr. Bill Rogers, who participated in the Montreal Olympics Marathon. Dr. Whitbeck rose to the occasion and finished strong to a cheering crowd of Douglas students. We are especially proud to announce that because of the generosity of the Douglas families, the Reading Challenge raised \$840 for Haiti!

Thanks to Deanne O'Sullivan for organizing a **Newcomers Playdate** on April 15. A fun time was had by all!

The **Festival of Cultures** is almost here! Come enjoy a trip around the world with your children on Saturday, May 15, 5:30–8:30 PM at the Junior High School. Because of the event's popularity, this year we have even more ambassadors and performers than ever before who will be sharing their heritage with you. We are looking forward to an evening of mouthwatering food, outstanding entertainment, and informative and interactive displays by our ambassadors. Thank you to Maria Albarán and her committee for organizing an event that highlights the Douglas values of diversity, inquiry, growth,

and caring. There are still some volunteer opportunities. Please contact Maria at rivero\_albarán@yahoo.com or 978.263.6807 if you would like to help this year.

We are looking forward to our **Teacher's Appreciation Luncheon** scheduled for May 26 and coordinated by Erica Cannarozzi and Candace Doncaster. Please contact Erica at ecannarozz@aol.com or Candace at caster326@aol.com if you are able to help with setup or cleanup, or if you can provide a dessert that day to complement the luncheon. This is a great opportunity for parents to be able to thank our wonderful, hard-working Douglas staff.

The **Memorial Day Celebration** is scheduled for Friday, May 28. This is a special occasion highlighted by a guest speaker, the music of the Douglas School Band, and the audience singing along with Mr. Broggi. Thanks to Mr. Broggi for coordinating this event.

**Douglas Day 2010** is scheduled for Monday, June 7 (rain date June 9). Douglas Day is a great day of fun and games for the kids. If you would like to help out this year, please contact Erika Cormier at erika.cormier@comcast.net.

We would also like to thank again, Anya Fillion, Naomi Martin, and their amazing committee for organizing another fun and successful **Spring Social and Auction**. After the delicious dinner, socializing, and exciting auctions, the Douglas All-Star Band helped us dance the night away. What a great way to raise money for our students!

Finally, our next **General PTO Meeting** will be held on Tuesday, May 25, at 7:30 PM at Douglas. At this meeting, the Board nominations will be voted on, and the budget will be presented for the 2010–2011 school year. Our final PTO General Meeting will be Tuesday, June 8, 7:30 PM when we will vote in the 2010–2011 budget and welcome the new Board members to the PTO Board. Please join us!

*PTO Co-Chairs*

*Cheryl Witty, ckwitty@verizon.net, 978.266.0177*

*Kristan Smith-Park, ksmith068@gmail.com, 978.263.3514*

## ***11th Annual Spring Social and Auction Exceeds Goals***

On April 10, the Wedgewood Pines Golf Club in Stow came alive with the upbeat music of the Douglas All-Star Band and well over 200 Douglas parents and staff socializing, dining on great food, milling around the silent auction bidding tables, and taking in the beautiful display of classroom auction items. It was a wonderful night, not only because the party itself was such a fun adults-only night out for busy Douglas parents and staff, but because as a result of the help and participation of the ultra-supportive Douglas community, we exceeded our fund-raising goals. All money raised goes directly to our children's education.

Now is our chance to properly thank everyone who played a part in this success. As you can imagine, a lot of hard work went into preparing for and running this event. The auction committee collected more than 240 wonderful auction items including contributions from parents, teachers, and local businesses, organized three different types of raffles that awarded great prizes to more than 25 lucky participants, helped the classrooms make their fabulous contributions, and worked with Wedgewood Pines to plan the many details needed to make the event smooth and memorable.

Thank you to this year's auction committee for their active participation, including:

Linda Ahern  
Jennifer Aufiero\*  
Amy Austin  
Linda Borghesani  
Nancie Boudreau  
Shana Brown\*  
Jill Buonomo  
Jacqui Burak\*  
Erica Cahill  
Pam Caliskan  
Maureen Cannata  
Maryanne Chase

Sarah Clabault  
Paula Conquest  
Marina Cronin  
Darlene Crowley  
Kim Davis  
Candace Doncaster  
Casey Eaton  
Michelle Ellicks  
Lori Fassman  
Laura Fay  
Larry Fillion  
Sheryl Fox  
Anne Fulginiti\*  
Laurel Ghose  
Valerie Gore  
Ann-Marie Hanley  
Heather Harer  
Anne Heinlein  
Corinne Hogseth  
Torri Horovitz  
Jen Hennessey\*  
Sharon Kautz  
Lynne Kondracki\*  
Lori Krinsky  
Lisa Magliozzi  
Stephanie Margolien  
Terry Martins\*  
Eileen Matarese  
Laurie Maylander  
Kathy McCullen  
Karen McGinty  
Diane O'Hara  
Deanne O'Sullivan\*  
Sheri Palazzo\*  
Martha Papalia\*  
Kristan Smith-Park  
Christine Phillips\*  
Rheta Roeber  
Sue Ropiak  
Elaine Rowles\*  
Liz Schaller  
Suzanne Schultze  
Kim Shamah  
Linda Skolnik  
Cassie Stewart\*  
Heidi Streeter  
Michele Walsh  
Chris Whitbeck  
Cheryl Witty\*  
Donna Yost

\* Auction Sub-Committee Chair

Special thanks to Chris Whitbeck for his creativity and enthusiasm, and to the Douglas School staff for their ongoing support and participation, including: Sharon Armistead, Sharen Crooks, and Nancie Boudreau, and Douglas School's teachers and staff. Thanks also to the PTO co-chairs Cheryl Witty and Kristan Smith-Park, to PTO treasurers Claude and Erika Cormier, and to Sarah Clabault and Maryanne Chase (the 2009 Auction Chairs) for their invaluable help, insight, support, and encouragement. And a big thank you to the Douglas All Star Band (Chris Whitbeck, Peter Broggi, Ed Yost, Bill Brandon, Andrew Meglis, Lori Fassman, Roseanne Keefe, Craig VanderAa, and Joe Carotenuto), who jazzed up the party with a great variety of live music.

And of course, we can't forget to thank everyone who purchased raffle tickets, auction items, or attended the event. Finally, we would like to thank the many businesses who donated auction items, event accessories and printed materials, and help with our classroom items.

Together, we've proven how much the Douglas Community cares! Congratulations all!

*Anya Fillion and Naomi Martin,  
Auction co-chairs*

### ***Douglas Day is Coming!***

Make sure your calendars are marked for a day of fun at Douglas Day, **Monday, June 7** (rain date Wednesday, June 9). We have planned the usual assortment of games and barbecue lunch for all to enjoy! Please fill out your volunteer form that was sent home.

*Erika Cormier, Douglas Day Chair,  
erika.cormier@comcast.net*



## ***The Festival of Cultures is Finally Here!***

Join us on **Saturday, May 15**, 5:30–8:30 PM, at the R.J. Grey Junior High School for a wonderful opportunity to celebrate our rich ethnic and cultural backgrounds, socialize with friends and meet new ones, learn about various cultures, and watch our talented children perform.

The highlights of the evening are:

- ◆ Obtain a world map, travel to various countries, get your map stamped, and answer trivia questions. Visit all countries and win a prize!
- ◆ Visit activity tables representing Belgium, China, England, Ghana, India, Ireland, Korea, Mexico, Peru, and Russia. Ambassadors will share with you the culture and history of their countries.
- ◆ Savor our “International Potluck Meal” (5:30–6:45) in the cafeteria. An array of mouth-watering foods contributed by attending families as well as local merchants will be served.
- ◆ Enjoy a multicultural show (7:15–8:30) featuring dances and music from around the world performed by our students from Conant and Douglas and friends.
- ◆ Douglas’s Japanese and Chinese classes will perform as well as a choral group led by Mr. Broggi and Dr. Whitbeck. We have a rich and full night of performances!

To defray some of the costs of running this event, there is a small entry fee of \$3 per person or \$10 per family.

As there will be many people to feed, we ask each family to bring a main dish that can feed 6–8 people (some examples: pasta, bagels, rice, ethnic dishes, etc). Please write down the name of your dish along with the ingredients of your meal with special attention to common allergens.

To volunteer please contact Maria Albarran (978.263.6807 or [rivero\\_albarran@yahoo.com](mailto:rivero_albarran@yahoo.com)).

We look forward to sharing a most eventful and enjoyable evening! Thank you! This event is sponsored by Douglas and Conant PTOs.

*Maria Albarran, 978.263.6807, [rivero\\_albarran@yahoo.com](mailto:rivero_albarran@yahoo.com)*

## ***Garden Committee: Thanks for Clean-up Day***

The Garden Committee is grateful once again to those of you who were able to come and help prepare the garden beds for spring! April 15 was a lovely day, and together we managed to get quite a few items off of our to-do list, including raking, pruning, edging, and general clean-up. Thanks so much to Lisa Munson and son Lars (and Lars’ Uncle Scott!), Stacey Smith and her daughter Sarah, Olga Filatova, Kristen Harrigan, and Eileen Matarese. Thanks also to those of you who answered the call for tools, and for the many kind words (and job offers) from those of you who passed by on the way to Expert Day.

Also, we would like to say thanks to Mr. Pacelli for his role in the dramatic rescue of a baby rabbit from the driveway catch basin! Is there anything Mr. P. can’t do?

*Phoebe Conant and Jamie Norton,  
Garden Committee Co-Chairs*

## ***Douglas at Dawn/Dusk Vacation Programs a Success!***

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.

***This month's recipe from Eating Well Magazine:  
Southwestern Omelet Wrap***

Folding a flat omelet in a whole-wheat wrapper makes a high-protein breakfast that is portable and fun.

**Ingredients:**

- 1 large egg
- 1 large egg white
- 1/2 teaspoon hot sauce
- freshly ground pepper, to taste
- 1 tablespoon chopped scallions
- 1 tablespoon chopped fresh cilantro, or parsley (optional)
- 2 tablespoons prepared black bean dip
- 1 9-inch whole-wheat wrap
- 1 teaspoon canola oil
- 2 tablespoons grated pepper jack or cheddar cheese
- 1 tablespoon prepared green or red salsa (optional)

**Instructions:**

Set oven rack 6 inches from the heat source; preheat broiler. Stir eggs, hot sauce and pepper briskly with a fork in a medium bowl. Stir in scallions and cilantro (or parsley), if using.

If black bean dip is cold, warm it in the microwave on high for 10–20 seconds. Place wrap between paper towels and warm in the microwave on high for about 10 seconds. Spread bean dip over the wrap, leaving a 1-inch border all around.

Brush oil over a 10-inch nonstick skillet; heat over medium heat. Add the egg mixture and cook, lifting the edges with a heat-resistant rubber spatula so uncooked egg will flow underneath, until the bottom is light golden, 20–30 seconds. Place the skillet under the broiler and broil just until the top is set, 20–30 seconds. Immediately slide the omelet onto the wrap. Sprinkle with cheese. Fold the edges over the omelet on two sides, then roll the wrap up and around the omelet. Serve immediately, with salsa, if desired.

***Spinners Outing:  
Take Me out to the  
Ballgame***



This year's Douglas School Lowell Spinners night will be held **Friday, June 25**, 7:05 PM, versus the Connecticut Tigers. Start your summer off enjoying some great baseball with this Red Sox Single A farm team, and sit with your Douglas friends. Ticket order forms will be sent home via your child's backpack at the beginning of May. Mark your calendars! Please email Julie Marvin with any questions.

*Julie Marvin, marv711@comcast.net*

***Board-a-Palooza Coming Soon!***

Join us for a music festival and craft fair at Douglas on **Saturday, June 12**, 10 AM–8 PM (rain or shine)! This event is a fundraiser to help rebuild the boardwalk that runs between Douglas and Gates. There will be two stages of music, local artisans selling their unique handmade crafts, lots of food, hands-on crafts, and games all day long. After the festival, we'll show a family-friendly movie on our giant inflatable screen. See the festival website for details: [boardwalk.westacton.net/festival2010.html](http://boardwalk.westacton.net/festival2010.html)

There are a lot of volunteer opportunities before and during the event. If you'd like to help, please contact Lori Fassman ([lori@fassman.com](mailto:lori@fassman.com)) or Christine Phillips ([hylandphillips@verizon.net](mailto:hylandphillips@verizon.net)). Also, please contact us if you have a canopy or cooler you'd be willing to lend!

***Notes from the Health Office: Ticks***

With spring comes rain and an influx of ticks. Ticks bites are usually harmless, but they may carry diseases including Lyme Disease. Protect yourself and your children from tick bites by making a habit of thoroughly checking yourself and your children for ticks after outdoor activities and vacations. Also remember these tips:

1. Always wear shoes and wear long pants tucked into socks while in the woods and long grass.
2. Use a EPA approved tick repellent and follow the directions before and after using.
3. If you do have to remove a tick, watch the bite site and call your doctor if you notice anything unusual about it.

Visit these sites for more information:

<http://www.healthsquare.com/mc/fgmc1408.htm>

[http://kidshealth.org/parent/firstaid\\_safe/sheets/tick\\_bites\\_sheet.html](http://kidshealth.org/parent/firstaid_safe/sheets/tick_bites_sheet.html)

### ***Dates to Remember***

Saturday, May 15	Festival of Cultures, 5:30–8:30 PM, RJ Grey Junior High
Thursday, May 20	Alumni Reception
Tuesday, May 25	PTO General Meeting at Douglas, 7:30 PM
Wednesday, May 26	Teacher Appreciation Luncheon
Friday, May 28	Memorial Day Program, 9:45 AM
Monday, May 31	Memorial Day—No School
Monday, June 7	Douglas Day (rain date Wednesday, June 9)
Tuesday, June 8	PTO General Meeting at Douglas, 7:30 PM
Thursday, June 17	Sixth grade graduation
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

### ***Snack Cart Donations***

May 6	<b>Pretzel Day</b>
May 13	Mrs. Christensen, Mrs. Breslin, Mrs. Littlefield, Mrs. Tajima
May 20	Mrs. Sharp, Mr. Cail, Mrs. Oxnard, Mrs. Kay
May 27	Mrs. Ingraham, Mrs. Cherkerzian, Mrs. Claffie, Mrs. Ritter
June 3	<b>Pretzel Day</b>
June 10	Mrs. Hubbell, Mrs. Bethel, Mrs. Savage, Mrs. Smith (PM Fall/AM Spring K class)

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### ***MCAS Dates—2010***

Dear Parents of 3rd, 4th, 5th, and 6th grade students:

Your children will be taking the MCAS tests on the following dates:

Grade 3: May 10, 11, and 12

Grade 4: May 10, 11, and 12

Grade 5: May 10, 11, 12, 17, 18, 19, and 21

Grade 6: May 10, 11, and 12

Please make every effort to have your children attend school on these dates and arrive promptly by 9:15 AM; tests will begin shortly after the start of school.

Your support is appreciated.

Dr. Christopher Whitbeck