



Everyone is Different. Everyone Belongs.



## Singing and Celebrating at the Haggerty Potluck

Story and more pictures on page 2!

# Looking on the Bright Side

Contributed by Jen Costa (Parent of Sam, Grade 2)



"Parenting is the most humbling thing in the world." This is how Deb Levy, life coach and mom

of a sixth grader at Cambridgeport, began last Thursday's PTO-organized workshop on Using Positive Psychology to Improve Your Family Life. The dozen or so parents gathered upstairs in the Petner Library and Media Center laughed and nodded.

Over the next 90 minutes, Deb led us in conversation and through a series of exercises

designed to help us shift our focus and reframe our thinking about everything that goes into being a parent. Deb cited research that suggests that we can all learn to be optimistic and that by practicing these strategies, we can build resiliency in ourselves and in our children.

We started by writing down three things that went well that day. When our two minutes were up, several parents commented that reflecting on the day and searching out the good moments also gave them a chance to revisit (and change their views on) the not-so-great parts. Deb suggested that we make a habit of asking "What went well?" of our

kids—when they come home from school, at dinnertime, or right before bed. One parent

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## Apatosaurus

Written collaboratively by Mrs. Marfione's Kindergarten Class

Apatosaurus was 70 to 90 feet long.

It weighted 33 to 38 tons.

Apatosaurus was an herbivore.

It ate plants.

Their eggs were one foot wide.

It used its tail as an extra leg.

*More kindergarten writing in next issue*

## Book Corner with Sue Fisher



For Haggerty families and teachers  
**ONLY: Thursday & Friday, June 4th & 5th**  
 during the school day (June 5th is also the  
 spring concert!)

**Open to the public: Saturday, June 6th  
 9am-1pm.**

Paperbacks \$1.00, Hardcover \$2.00,  
 for most items

## Fun at the Potluck

On the evening of Thursday, May 7th, many families and teachers gathered in the warm gymnasium to enjoy some home-cooked food, student artwork and student talent, as well as to donate to our raffle and be in great company!

These pictures represent just a few of the wonderful pieces of art work that were hung around the gym and a few of the acts from the marvelous talent show by our students. The night would not have been possible without the help of many, many parents and staff.

Everyone's generosity in every way, helped raise funds for Friends of Haggerty to support all the wonderful enrichment programs and community building activities in our school.

Thank you to: **Kim Bernstein, Pamela Blau, Ulrika Brand, the Burnieka family, Jen Costa, Diane Curry, Millicent Culter, Joe and Christine Di Pietrantonio, Linda Eastley, Robyn Elkins, Michelle Ferrari, Sue Fisher, Kate Ginnis, Bo Harrington, Nancy Hays, Philip Higonet, Deb Jones, Ellen Kiron, Bill Kubicek, Ellen Kurz, Mara Levine, Maureen Manning, Jessica Martin, Lisa Mirra, Kathleen Moore, Amy Munsat, Diane Norris, Jana Odette, Laurie Ostacher, Eric Rosenthal, Kathy Sampson, Jeb Sharp, Anya Stroud, Nedaa Taweel, Ed Tekeian, Tammy Thibault, Erika Wentworth, Debbie White, Ms. Bradshaw, Ms. Kaveney, Ms. Kosko, Ms. Kramer, Mr. Kuo, Mr. McCann, Mr. McGonegal, Ms. Moloney, and Ms. Warlick.**

## Used Book Sale June 4 – June 6

Please donate your family's gently used books, CDs, or DVDs (no VCR tapes) to the sale. Donations may be dropped off in the front hall in sorted bags or boxes on Monday, Tuesday, or Wednesday June 1st-3rd. We especially need small cardboard boxes suitable for carrying books, and shopping bags in which sold books can be carried home. All donations appreciated!

This is a fundraiser for Friends of Haggerty, Inc., who makes possible most of the enrichment activities at the Haggerty School, including field trips, chorus, pot lucks, library visitors, playground toys, and more.

Volunteers are also needed! Reply to Sue Fisher ([susanmfisher@gmail.com](mailto:susanmfisher@gmail.com)) We need at least 3 volunteers for advertising, collecting boxes/bags, sorting, selling, and cleaning up.

## Get Happy!

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said that she planned to start a staff meeting at her job the same way!

Deb presented the work of Sonya Lyubomirsky, author of *The How of Happiness*, who asserts that 50 percent of being happy is determined by our genes and 10 percent by our environment, which leaves 40 percent for "intentional" behavior—actions we can take and habits we can form. Playing more, expressing gratitude, exercising, setting goals, rewarding strengths, being kind—this is homework that doesn't feel like work!!

For more information on Deb's work, contact her at [levydebra@gmail.com](mailto:levydebra@gmail.com). A list of books she recommends and her Top 10 Tips to Improve Your Family Life can be found on the Haggerty School website.

**See page 4 for 10 tips!**



# Ways to help



## Kindergarten Open House

Please note the date change: On **Wednesday, May 27**, from **2:30-3:30 p.m.**, Haggerty will officially welcome our incoming Kindergarten and Junior Kindergarten families to the school. All current Junior Kindergarten families and, of course, our sibling families are welcome to attend. If any other parents would like to greet the families and share your excitement about being part of the Haggerty Community or if you would like to make treats, please contact Kathy Sampson at 617 349 6555 X208 or via e-mail at

[ksampson@cpsd.us](mailto:ksampson@cpsd.us).



## quick notes...

### Walk/Ride Day on Friday, May 29th

Get out those sneakers and walk, ride your bike, skip, or scooter to school. Taking the bus and/or carpooling count too. You'll feel great while being kinder to the environment, and we'll give you a cool hand stamp!

### Save the Date Staff Appreciation Lunch

Luncheon on **Thursday, June 11th at 12:30pm**. We'll need your help! Look for a backpack flyer to sign up to make food, help set-up, serve, and/or clean-up. Help us celebrate our super teachers and staff! Questions? Ask Lissa Galluccio ([GPardo1918@comcast.net](mailto:GPardo1918@comcast.net)) or Jen Costa ([costajennifer@comcast.net](mailto:costajennifer@comcast.net)).

### School Council

### Election for Parent Reps

This year we will elect two new parent representatives for our School Council. The Council is as strong as its members. The Council provides an important role as an advisory and

governing body of the school. The main responsibility for the Council revolves around shaping the academic and social aspects of our community. The Council will meet monthly on a **Wednesday evening from 6:30-8:30PM**.

Membership on the council is a two-year commitment.

There are two ways you can help us make this happen. First, we are looking for parent nominees. If you are interested, please complete and submit a Self-Nomination form to the office by **Thursday, May 28**.

We ask every family to participate in the election process by casting a ballot. If you have questions, please ask Kathy Sampson.

### Here is the Election Timeline:

**May 19, 2009** Letter and Self-Nomination Form sent to families

**May 28, 2009** Self-Nomination Form due to office

**June 3-6** Voting

**June 8** Election Results Announced

**June 9** School Council Meeting 6:30PM

## Garden Work

There is a garden work day scheduled for **Monday, June 1st from 2:00 to 7:00 pm**. Help spring the garden into the growing season and install our "FIVE SENSES" garden.

**PLEASE NOTE:** The work day will coincide with regular garden drop-in hours. Also, there will NOT be garden drop-in hours on Memorial day. All hands are welcome; children under ten years of age must be supervised by an adult.

**Tasks include:** spreading compost, tilling beds, weeding, planting, sowing seeds, and other general garden chores.

If you cannot make it on Monday...no worries...there will be plenty of other opportunities to volunteer in the garden. Feel free to email if you have questions or concerns.

If you plan to volunteer, be sure to wear comfortable clothing you don't mind getting dirty and closed-toe shoes. Bringing a water bottle and a snack is also a good idea. For more information, contact **Renee Portanova, Haggerty Garden Coordinator** [rportanova@citysprouts.org](mailto:rportanova@citysprouts.org)

## What's For Dinner?

Contributed by Kathleen Moore



We welcome your recipes each week in this spot. Kathleen Moore (parent of Jackson, grade 3) has graciously agreed to collect and type up recipes as they are submitted. We would love for these recipes to represent the great diversity of our community. Please submit your contribution to [kathleensmoore@gmail.com](mailto:kathleensmoore@gmail.com) by Wednesday at Noon for publication in Friday's paper.

It's not yet strawberry season and these are indeed the perfect biscuit for shortcake, but they are quite delicious as they are, for breakfast with jam. But when local berries appear, whip up some cream and a batch of these.

## CREAM BISCUITS

2 cups flour  
1 teaspoon salt  
2 teaspoons sugar  
1 tablespoon baking powder  
1 to 1 1/2 cups heavy cream  
6 tablespoons melted butter

Preheat oven to 425 F.

Combine dry ingredients in a mixing bowl and whisk thoroughly. Slowly add one cup of the cream, stirring constantly with a fork. Gather the dough together. When it holds together and feels tender it's ready to knead. If it's shaggy and pieces are falling away, gradually add enough cream to make it hold together. Place the dough on a lightly floured surface and knead for about one minute. Pat the dough into a square about 1/2 inch thick and cut into 12 squares and dip each one in butter so all sides are coated. Place biscuits 2 inches apart on an ungreased baking sheet. Bake for about 15 minutes or until lightly browned. Serve hot.



## We Want to Hear from You!

Send all newsletter submissions to: [haggertynewsletter@gmail.com](mailto:haggertynewsletter@gmail.com)

Rachael Cobb, [racvac@gmail.com](mailto:racvac@gmail.com)  
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Lissa Gallucio, [gparado1918@comcast.net](mailto:gparado1918@comcast.net)  
Parent of 1st Grader  
Louie Pardo (Hassett, 106)

# 10 Tips to Improve Your Family

**Know Your Strengths:** Use your strengths more often! Take the VIA Strength Finder at [www.authentic happiness.com](http://www.authentic happiness.com) and find new ways to apply your strengths at home.

**Become a Merit Finder:** Write three good things that happen every day; Ask "what went well?" after every interaction and focus on your children's strengths instead of their faults.

**Be Optimistic:** Expect good things to happen to you and your family. Celebrate hard work and effort. Learn to recover from setbacks and be confident that you will make it through hard times.

**Set Goals:** Make 30-day and 3-month family goals and outline how you will get there. Make a chart or a to-do list to keep yourself on track. Set goals in areas of your life that you can control; tell others, reward success.

**Practice Kindness:** Perform random acts of kindness every day. Plan to do something extra kind for someone you love. Pick one day a week for family kindness day and do something kind together.

**Play More:** Make a commitment to having more fun! Play silly tricks on your kids. Do something new and spontaneous. Play

with your kids. Watch funny movies. Laugh more. Dance in the house and watch your kids laugh.

**Express Gratitude:** List the things you are grateful for one week. Write gratitude letters and thank you notes as a family. Start your meals and holidays sharing what you are grateful for. Create new family gratitude rituals. Count your blessings and don't take things for granted.

**Exercise: Start exercising 10% more this week!** Use exercise to alter your mood and create calm and focus during anxious times. Walk, dance, stretch, hula-hoop, skip to school with your kids. Be more active.

**Create a Positive Environment:** Prime your home environment with inspirational quotes and pictures of your family at your best. Redecorate a room so it makes you smile. Hang posters of leaders you admire. Play music that you love.

**Hire a Coach to Help You Meet Your Goals:** Call me for a free initial coaching session and find out how coaching can provide you with the support and structure you need to meet your personal and family goals. Contact Deb Levy, Business & Life Coach @ [levydebra@gmail.com](mailto:levydebra@gmail.com).

## Community Notes



### Calling all Proud Parents

Cambridge Public Schools Department of Visual and Performing Arts is looking for proud parents and their children at the

### Cambridge River Festival

**JUNE 13, 2009**  
**12:00-6:00 pm**

PARENTS AND STUDENTS are needed for our

exhibition at the Cambridge River Festival celebrating the many and wonderful arts opportunities available to children in the Cambridge Public Schools.

The Haggerty School has always had a strong presence. Come out and show your school pride!

Could you and your child give us an hour (or more) between 12:00 and 6:00 pm?

We need your help with student artwork displays, student performances, hands-on workshops, and an interactive puzzle. Parents and students will pass out puzzle pieces and act as good will ambassadors,

helping the public put together a more informed picture of the our schools.

Please join us!

We'll be having fun and doing something important.

To help with the festival, please reply to Susan Holm at [sholm@cpsd.us](mailto:sholm@cpsd.us).

All volunteers will receive an "I love my Cambridge Public School" t-shirt. Parents will get to wear parent hats, and everyone will get a bragging sheet in advance with a list of great things about his/her school. This is your chance to meet terrific parents and children from around the city!

### Curious George Bookstore

**Sunday May 31, 12 - 1pm**  
Young Adult novelist **Sonya Sones** will present her first picturebook, *Violet and Winston*, co-written by Bennett Tramer.

**Sunday June 7, 1 - 2 pm**  
Author and illustrator extraordinaire **Grace Lin** will present her new middle grade novel, *Where the Mountain Meets the Moon*.