



# Pathways

*A weekly collection of information, thoughts, reflections, and accolades for the Reading Public Schools Community*

November 12, 2017

Volume 9, Number 11

## Upcoming Dates

- November 12 – (3:00 p.m.) RMHS Musical Pippin in the Endslo PAC
- November 13 – (7:30 p.m.) Town Meeting in the Endslo PAC
- November 16 – (7:30 p.m.) Town Meeting in the Endslo PAC
- November 17 – No School for Students; Teacher In-Service/Conference Day; (7:30 p.m.) RMHS Musical Pippin in the Endslo PAC
- November 18 – (7:30 p.m.) RMHS Musical Pippin in the Endslo PAC
- November 19 – (1:00 p.m.) RMHS Marching Band in Santa Claus Parade in Haverhill; (3:00 p.m.) RMHS Musical Pippin in the Endslo PAC
- November 20 (7:30 p.m.) Town Meeting in the Endslo PAC (if necessary)
- November 21 – (7:00 p.m.) School Committee Meeting in the Endslo PAC
- November 22 – (11:00 a.m.) Early Release Grades PreK – 12
- November 23 – Happy Thanksgiving; (10:00 a.m.) Football vs. Stoneham @ RMHS
- November 24 – No School/Offices Closed
- November 26 – (3:30 p.m.) Annual Downtown Tree Lighting; Cookies & Cocoa after Tree Lighting Ceremony at the First Congregational Church

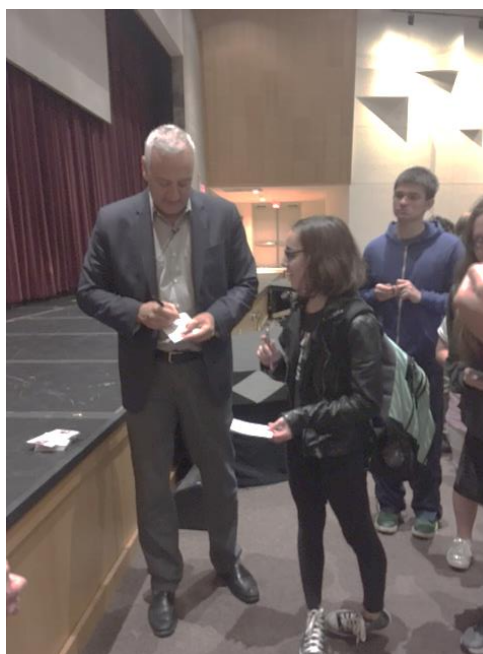
## Astronaut Mike Massimino Presents at RMHS

*Was on the Columbia and Atlantis Shuttle Missions*

Friday was a historic day at Reading Memorial High School as former astronaut Dr. Michael Massimino of Columbia University made an early morning visit to deliver an extraordinary presentation to about 400 students and staff. Dr. Massimino was introduced by Robockets co-presidents Jake Kinsella and Mathias Kools. Mike Massimino shared his personal story and path to STEM. He shared images and videos from his journeys aboard space shuttles Columbia (2002) and Atlantis (2009) to service the Hubble Space Telescope. Dr. Massimino encouraged students to follow their dreams and to never give up. His story truly reflects the Reading Rocket values of respect, responsibility, scholarship and perseverance.

Dr. Massimino was accompanied by Dean of Undergraduate Admissions Jessica Marinaccio who opened the assembly with a brief overview of Columbia University. Following the formal presentation and Q&A, students had the opportunity to meet with Dr. Massimino and Dean Marinaccio to ask questions, take photos and get his autograph. Everyone left the assembly feeling inspired.

A special thanks goes out to RMHS Department Chair Mary Anne Lynn and RMHS Director of Guidance Lynna Williams for coordinating the event.



*Astronaut Dr. Michael Massimino*

- November 27 – (7:30 p.m.) Town Meeting in the Endslo PAC (if necessary)



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## RMHS Drama Club Production of Pippin is a Tremendous Success

*More Shows Next Weekend*

This past weekend and continuing on to next Friday (7:30 p.m.), Saturday (7:30 p.m.), and Sunday (3:00 p.m.), the RMHS Drama Club, under the direction of Director Natalie Cunha, Music Director Kristin Killian, and Choreographer Katie Donovan is performing Pippin. Pippin teaches us that the challenge of accepting yourself while discovering your own worth. As Director Natalie Cunha puts it, “Pippin’s quest for himself, purpose, and meaning bring him down many paths many of you may recognize. Pippin follows along, avoids, charges recklessly ahead, overindulges, lashes out and even despairs as he pursues what he imagines to be an extraordinary life.”

The leads include Isabel Molettieri and Ryan Norton as Leading Player 1 and 2, Wyatt Mittnight as Pippin, Aymon Langlois as Charlemagne, Josh Lannon as Lewis, Natalie Mendez as Fastrada, Megan Coram as Berthe, Phoebe Singer as Cathering, and Jason Kapodistrias as Theo. There are several other students who are part of the amazing singing and dancing ensembles.

Below is a video clip that was produced by our RMHS and RCTV Studio TV Production class. This is a show that you do not want to miss. Congratulations to the cast and crew on a job well done!

## Kudos and Accolades

- Congratulation to RMHS swim team for winning the League Meet and Middlesex League Championship.
- Congratulations to Andrew Yatsuhashi and Emma Johnson for being named Daily Times Chronicle Cross Country All-Stars.
- To the RMHS Marching Band, under the direction of Joseph Mulligan for placing third yesterday at the NESBA State Finals. Drum Major Rebekah Gernert received the Best Drum Major Award along with a Scholarship from the New England Scholastic Band Association.



<https://youtu.be/Y559JpLg0-U>

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## Fifteen Websites with Leveled Texts

In their book, *Making Teacher Evaluation Work: A Guide for Literacy Teachers and Leaders* (Heinemann 2017), Rachael Gabriel and Sarah Woulfin list online sites that provide leveled reading texts:

- New York Times Kids Blog: <http://www.nytimes.com/section/learning>
- Tween Tribune: <http://tweentribune.com/>
- Epic Books: <https://www.getepic.com/>
- Kids Discover: <http://www.kidsdiscover.com/quick-reads/>
- Common Lit: <http://www.commonlit.org/>
- ReadWorks: <http://www.readworks.org/>
- Starfall: <http://www.starfall.com/n/level-c/index/play.htm?f>
- Breaking News English: <http://www.breakingnewsenglish.com>
- For the Teachers: [http://www.fortheteachers.org/reading\\_skills/](http://www.fortheteachers.org/reading_skills/)
- ThinkCERCA: <http://www.thinkcerca.com/>
- NewsELA: <https://newsela.com/>
- News in Levels: <http://www.newsinlevels.com/>
- Unite for Literacy: <http://www.uniteforliteracy.com/>
- Bookbox: <https://www.youtube.com/user/bookboxinc>
- Center for the Study of Adult Literacy: <http://csal.gsu.edu/content/are-you-learner>

*Making Teacher Evaluation Work: A Guide for Literacy Teachers and Leaders* (Heinemann 2017), Rachael Gabriel and Sarah Woulfin (Appendix 3F, p. 127). Reprinted from Marshall Memo 710.

## Superintendent's Office

### Hours this Week

*All are welcome*

- 11/15 Coolidge  
(2:30 – 3:30 p.m.)
- 11/16 Birch Meadow  
(2:30 – 3:30 p.m.)
- 11/20 Parker  
(7:30 – 8:30 a.m.)

## Tree Donors Needed for Festival of Trees



**Reading Education Foundation** is preparing for our **16th Annual Festival of Trees!** Our annual holiday fundraiser is a great family event that helps raise funds to provide teacher grants that go beyond the regular scope of the classroom. Visitors will be delighted and inspired by a winter wonderland of decorated holiday trees that are raffled off to lucky winners! **We need your help to make this event better than ever!**

Our decorated trees and silent auction items are donated by local families, businesses, sports teams, social organizations and schools. With a wide variety of trees and holiday items to choose from, there is something for everyone!

REF will be hosting the celebration on **Saturday, December 2 & Sunday, December 3**, at Parker Middle School. Set up is Friday, December 1 and trees are dropped off between 3:00 p.m. - 6:00 p.m.

Please consider donating a decorated tree! Creativity is encouraged! In the past, donors have decorated a tree in memory of a loved one, as a family project, to promote a cause or to advertise a business, etc. Neighborhood trees have also been popular. Trees must be artificial and tree size may range from tabletop to 11 feet. Visit our [website www.readingef.org](http://www.readingef.org) for more ideas!

Please [email](mailto:FOT@readingef.org) us at [FOT@readingef.org](mailto:FOT@readingef.org) if you or a group are interested in donating a tree this season. Be sure to include the name of your tree and the name and email address of the contact person dropping off the tree during set up on Friday, December 1.

Thank you for your continued support!

Sincerely,

**Festival of Trees Committee Chairs**

**Laurie Hilliard, Laura O'Neill and Andrea Nelson**



Reading Education Foundation  
Outside the box ~ Inside the classroom.



## Quote of the Week . . .



Whenever you feel weak,  
remember the things that  
made you strong;  
whenever you start to  
doubt yourself, remember  
those who believe in you.

## Inclusive Schools in December

### *A Message from the Anti-Defamation League*

With the December holidays right around the corner, public schools face the annual challenge of acknowledging the season without making children of minority faiths feel like outsiders or indoctrinating religion. **It's called the December Dilemma, and ADL is an expert on the topic.**

To help create welcoming and inclusive learning environments for all students, we are sharing the following ADL resources with you:

- **A webinar for educators on navigating the December holidays in public schools**
- **Considerations for creating inclusive holiday programs**
- **Answers to common legal questions about the December Dilemma**

For more information about ADL's education programs in New England please contact our education department at [boston@adl.org](mailto:boston@adl.org) or 617-406-6300.

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## How Making Art Helps Teens Better Understand Their Mental Health

By Juli Fraga for **Mindshift**

The benefits of art in a child's education are widespread. Art can help kids express themselves and understand the world around them. Art is usually a hands-on experience and fun. For low-income students, studies have found that kids who have more arts education in school see **long-term benefits** by both academic and social standards.

Tori Wardrip, an art teacher at **Lewis and Clark Middle School** in Billings, Montana, wanted to explore the benefits of art more deeply while addressing some of the mental health issues she saw students experiencing.

Last year, Wardrip launched **Creative Courage**, a school-based support group for students struggling with mental health concerns. Similar to individual counseling, support groups often encourage individuals to speak about their struggles. But talking about mental health can make people feel vulnerable, especially adolescents. This is why Creative Courage uses nonverbal tools, like mindfulness, journaling and art activities, to help kids identify and express their emotions.

"Students can be closed off, especially if they feel like outcasts," says Wardrip. "I wanted to create a 'safe' space where they could express what they're going through."

While the creative process in Wardrip's group is an open canvas, each self-expression exercise teaches the students an emotional skill, like self-awareness, social skills and self-acceptance.

For example, students may create "mood mandalas" by drawing and coloring symbols to convey their inner worlds. They can also paint their worries on small

## Disney Tweet of the Week



"Life's not a spectator sport. If watchin' is all you're gonna do, then you're gonna watch your life go by without ya."

-- Laverne (The Hunchback of Notre Dame)

"comfort" boxes and fill the container with personal items that bring solace. Others list their insecurities in "place book" journals, including healing words, like "Learn to accept your flaws and learn to accept beauty." All group members receive "place books" where they privately record their thoughts and feelings.

Place book courtesy of *Tori Wardrip (Tori Wardrip)*

During each gathering, Wardrip shares phrases like, "Remember, you don't feel better by feeling less" and "Your thoughts are always valid." Using these prompts, she invites students to begin a discussion. Although they're not required to participate, most of them do. For many students, being surrounded by a community of nonjudgmental listeners helps them open up, and kids who once felt afraid begin to feel brave, according to Wardrip.

### Mental Health is Personal

Mental illness is a topic Wardrip knows intimately. For nearly a decade, she silently battled depression, hiding her psychological pain from family and friends.

"My depression never made sense to me," she says. "I didn't understand why I felt hopeless when I had a good life. I stayed quiet because I didn't want people to think less of me."

It wasn't until Wardrip began a graduate school program, *Creative Pulse* at the University of Montana, that she began to heal from her depression. Creative Pulse is a master's program, teaching educators how to integrate art, creativity, movement and mindfulness into the classroom.

"In my program, I was challenged to do the most important thing I could do for myself, which helped me open up about my depression and suicidal tendencies. I firmly believe the program saved my life," says Wardrip.

During her graduate studies, she relied on art and mindfulness to help her access and express emotions she had kept bottled up for years. Eventually, Wardrip opened up to close family and friends. Her journey taught her that shame often prevents people from seeking psychological care.

Unfortunately, Wardrip's experience is not unusual. Although depression and anxiety are the most common mental health concerns, surveys have found that **80 percent** of adolescents with a diagnosable anxiety disorder and **60 percent** of depressed kids do not receive treatment. In fact, a recent survey conducted by *Kaiser Permanente* found 60 percent of people view depression as a personal weakness, and 24 percent of **millennials** believe most people can recover without psychotherapy.

"I realize how stigma is silencing, especially for adolescents. I want to be a role model for our students, which is why I began Creative Courage," says Wardrip.

## Important Websites

### RPS District Website

[www.reading.k12.ma.us](http://www.reading.k12.ma.us)

### Interface Health Services

<https://interface.williamjames.edu/community/reading>

#### Need help finding mental health care?



WILLIAM JAMES  
COLLEGE

INTERFACE Referral Service

The Town of Reading has contracted with a unique **HELPLINE** service staffed by licensed clinicians that can help children, teens, & adults in Reading become connected with mental health care. Get provider matches that meet your specific needs, accept your insurance & has available appointments.

Call 1-888-244-6843 (toll free) • M-F • 9am-5pm

<https://interface.williamjames.edu/>

Many of the kids in Wardrip's 10-week group struggle with depression, anxiety and gender dysphoria. Others feel lonely and out of place. All of these students are searching for someone who can understand their suffering.

To help create a safe space, Wardrip begins each meeting with a wellness check-in, followed by a guided meditation and an art-related activity. Her group combines creative process with psychological theory.

## Art Equity

According to the **American Art Therapy Association**, artistic expression may decrease anxiety, feelings of anger and depression. This **creative process** can also enhance cognitive abilities, foster greater self-awareness and help students regulate their emotions.

Despite these findings, there's an **equity** gap in arts education. A survey conducted in **2012** by the Department of Education discovered students in low-poverty schools were more likely to receive art instruction than kids attending high-poverty schools. While **proposed** federal cuts could eliminate art education in many schools, teachers like Wardrip advocate for art inclusion.

"Art teaches kids problem-solving and decision-making skills," says Wardrip. "Creativity also promotes identity development, helping students find their 'place' in the world."

Wardrip finds that by the end of the 10-week course, students begin to heal. Her data from last year's group suggest participants' symptoms of anxiety and depression lessened by 40 percent. To measure this change, each group member completed an anxiety and depression questionnaire: one before the group began, and another after completing the course.

For many of these kids, art becomes a tool, helping them to share their authentic selves in a community that understands.

*Juli Fraga is a psychologist and writer in San Francisco. You can find her on Twitter [@dr\\_fraga](#)*

**EXPLORE: BIG IDEAS, ART EDUCATION, ART THERAPY, MENTAL HEALTH, MENTAL ILLNESS, MINDFULNESS, NON-COGNITIVE SKILLS**

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## Reading Public Schools Happenings

### RMHS High Fives For This Week

Below are this week's RMHS High Fives for the Class of 2018.

**Sarah Santangelo, Class of 2018**



Sarah is being recognized for her excellence in academics, athletics, and service. Academically, Sarah is in the top 20% of the senior class and has challenged herself this year by taking Honors classes and AP Statistics. She particularly enjoys her business classes—especially Honors Accounting –and is looking forward to a career in business. Sarah has been a High Honors student and was recognized as a Century Club inductee last year. Athletically, Sarah has been a four-year member of the Varsity Cheerleading Team and is one of this year’s captains. Recently, she led the Rocket Cheerleaders to their third straight Middlesex League Title and is very proud to have been a part of such an accomplished group! Sarah also joined her teammates this season to provide cheering instruction to Pop Warner cheerleaders ages 7-11, where they held a stunting clinic for these aspiring Rockets. In addition, Sarah has been an active member in the Leo Club for the past two years, where she takes part in various types of volunteerism including: providing day care during parent teacher conferences and assisting with the craft fair at a holiday party in an elementary school. Next year, Sarah hopes to attend Bentley College where she plans on pursuing a major in finance. Congratulations, Sarah!

**Roberto Jarrin, Class of 2018**





Roberto is being recognized for his excellence in academics, activities, and service. Academically, Roberto is in the top 5% of the Class of 2018 and is a member of the National Honor Society and Spanish National Honor Society. He has earned High Honors throughout his time at RMHS and continues to challenge himself by taking AP Physics, AP Statistics, AP Calculus BC, and AP Spanish. Roberto was also a member of the Century Club during both his sophomore and junior years. In terms of activities, he is co-president of the RMHS Chess Club and is also a member of the newly created Politics Club. Athletically, Roberto was a member of the Boys Outdoor Track Team for the past 3 years. In terms of service, Roberto has contributed his time, guidance, and enthusiasm to the accomplished Coolidge Middle School Science Olympiad Team, assisting kids in the preparation for their various science competitions throughout the year. Additionally, Roberto volunteers his time at the Reading YMCA, providing swimming instruction to children with disabilities. Next year, Roberto is looking forward to attending college and plans to pursue a career in Engineering—most likely Chemical Engineering.

### **November 7<sup>th</sup> Inservice Day**

Tuesday, November 7<sup>th</sup>, was an inservice day for staff in the Reading Public Schools and many other surrounding communities. Reading belongs to a consortium of school districts called the Northeast Professional Educator's Network (NPEN) which coordinates professional development activities for teachers and paraeducators in the region on this November 7<sup>th</sup> day. In addition to NPEN activities, many departments worked together to analyze the MCAS data which was released recently. Reading was also host to the 1<sup>st</sup> annual TEACH, the Next Generation STEM Conference. Below are some photos from the day. A special thanks goes to Assistant Superintendent Craig Martin and Director of Student Services Carolyn Wilson for coordinating the different activities for teachers and paraeducators. Also, a special thanks to Data Coach Courtney Fogarty for organizing the data analysis activities for that day.



*Parker and Coolidge Teachers Analyzing MCAS Data*

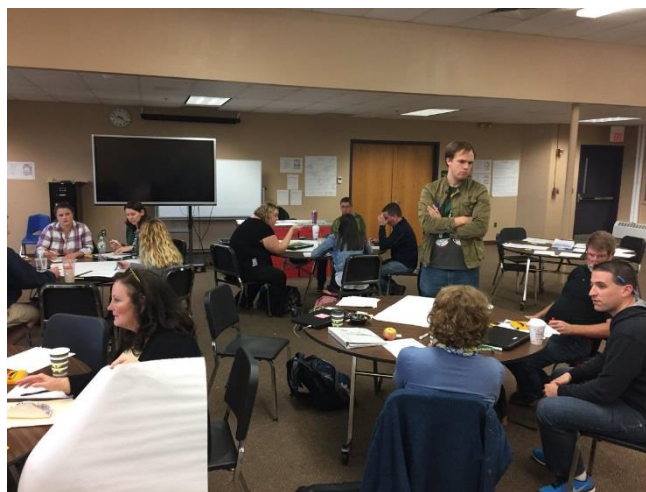
## Contact Us

*The Pathways* newsletter is published weekly for the Reading Public School Community. If you have anything that you would like to share, please email your info to John Doherty at:

[john.doherty@reading.k12.ma.us](mailto:john.doherty@reading.k12.ma.us)



*Teach Conference*



*Coolidge and Parker ELA and Social Studies Teachers Collaboratively Analyzing MCAS*

## **School Veteran's Day Assemblies**

Over the last week, several schools in our district held Veteran's Day assemblies or ceremonies to honor those who have served in our military. Below are some pictures.



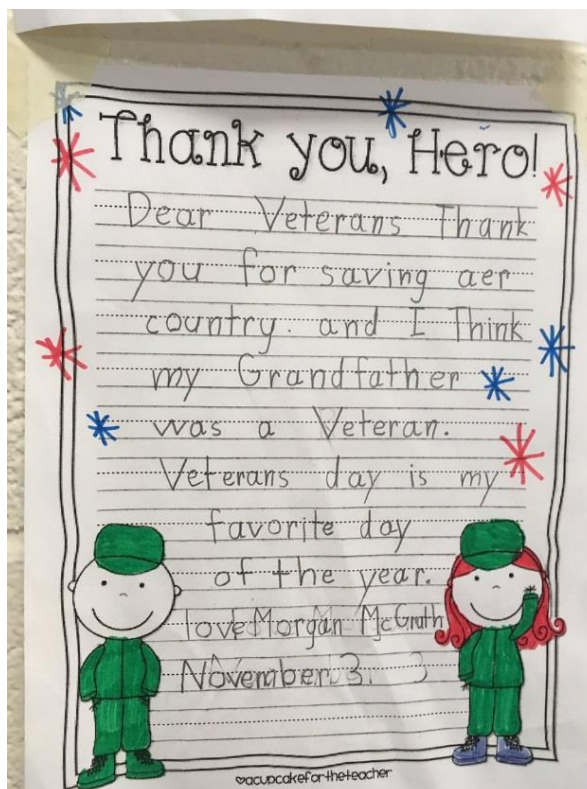
*Wood End*



**Wood End**

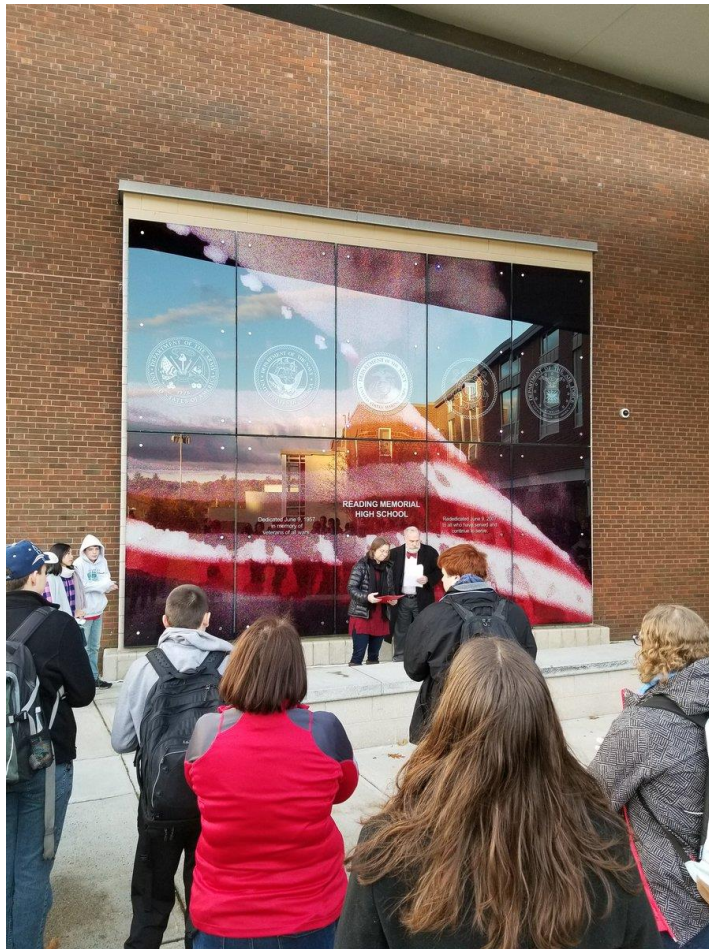


**Barrows**



**Barrows**





**RMHS**

### **Parker Students in A World of Difference Program**

This past week, students at Parker Middle School were receiving training from the Anti-Defamation League for the A World of Difference Club, a club that will lead the student response in creating a culture that promotes respect and embraces diversity.





## Stepping Stones...

- Congratulations to Director of Nurses **Lynn Dunn** on the birth of her second grandchild Maren Elizabeth on November 7<sup>th</sup> weighing 7 lbs. and 20 in. long.
- Our thoughts go out to RMHS Science teacher **Beth Dalby** who lost a close family member recently.
- Our thoughts go out to Wood End paraeducator **Barbara Mulvey** who had surgery recently.
- We welcome the following new staff to the Reading Public Schools:
  - Michael Donnell, Long Term Substitute Chemistry Teacher, RMHS
  - Stefanie Sweeney, Grade 5 Teacher, Barrows
  - Alexa Hingston, Girls Hockey Coach, RMHS
- **We have posted** a new position. If interested, please visit
- <https://reading.tedk12.com/hire/index.aspx> to view the job detail

Girls Ice Hockey Assistant Coach, Reading Memorial High School <a href="https://reading.tedk12.com/hire/ViewJob.aspx?JobID=400">https://reading.tedk12.com/hire/ViewJob.aspx?JobID=400</a>
Boys Lacrosse Coaching Assistant, Reading Memorial High School <a href="https://reading.tedk12.com/hire/ViewJob.aspx?JobID=401">https://reading.tedk12.com/hire/ViewJob.aspx?JobID=401</a>

## Blazing Trails...

**"Citizens in the Making."** What can schools do to prepare young people to be engaged and responsible citizens? The November issue of ASCD's Educational Leadership Magazine offers insights in how schools can help students acquire the knowledge, dispositions, and skills that are essential for participation in a diverse democracy. [Read More](#)

**"Massachusetts Area Schools Look for Ways to Deal with Social Media Positively."** Leaders in some local Massachusetts school districts are working to develop policies that account for social media use. Joseph Baeta, superintendent of the Norton Public Schools, has launched a district wide Twitter page to share updates and information. [Read More](#)

### **"The 6 Drivers of Inquiry-Based Learning."**

In this ASCD Edge post, author and educator Ross Cooper talks of six drivers for having inquiry infused in our classrooms. "Some may look at the six drivers and be ready to implement them all tomorrow (if they're not all already being used). At the same time, by default, with six drivers comes six entry points to inquiry. In other words, nobody is saying, 'You must start here!' But, start *somewhere*- based on where you and/or your students are most comfortable. Then, before you know it, it'll be second nature to integrate all six drivers into your teaching and learning on a regular basis." [Read More](#)

**"Why One School Aims to Develop Curiosity in Teachers."** The British International School in Shanghai has introduced an approach to coaching that is designed to help teachers rediscover their curiosity, Principal Neil Hopkin says. Hopkin and other school leaders highlight what the approach looks like in practice. [Read More](#)

**Have a Great Week Ahead!**