



Pathways

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

April 28, 2019

Volume 6, Number 28

Upcoming Dates

- April 29 – (7:30 p.m.) Town Meeting if needed in the Endslo PAC
- April 30 – (6:30 p.m.) RMHS National Honor Society Induction in the Endslo PAC
- May 1 – Elementary Schools Open Houses
- May 2 – (7:30 p.m.) Town Meeting if needed in the Endslo PAC
- May 3 & 4 – (7:30 p.m.) RMHS Spring Show in the Endslo PAC
- May 5 – (2:00 p.m.) RMHS Spring Show in the Endslo PAC
- May 6 – 17 – RMHS AP Testing Period
- May 7 – (2:00 p.m.) RMHS MAJE Jr. Jazz Festival
- May 8 – Grade 6-12 Early Release
- May 9 – (7:00 p.m.) RMHS Band Concert in the Endslo PAC; School Committee Meeting in the RMHS Library
- May 14 – (7:00 p.m.) SEPAC Meeting in RMHS Library (tentative)
- May 16 – (7:00 p.m.) RMHS Choral – Spring into Song in the Endslo PAC
- May 17 – Seniors Last Day of School; (6:00 p.m.) Joshua Eaton Variety Show at the Parker Middle School
- May 20 – 23 – Senior Final Exams
- May 21 – (6:30 p.m.) RMHS Senior Awards in the Endslo PAC

Reading Public Schools is bringing the Farm into the School!

School Nutrition Director Kristin Morello and Nutrition Site Coordinator Karleen Sayman turned an Organic Grow Rack into a garden of opportunity for Reading Public Schools. They spotted EvanLEE ORGANICS' Grow Racks at the School Nutrition Association conference in October and immediately saw the potential of growing food indoors to engage students and increase nutrition education throughout the district. Superintendent John Doherty and CFO, Gail Dowd were immediately on board with the program and scheduled time at a District Leadership Team (DLT) meeting to ensure its launch in school year 2018-2019.



RMHS grow rack after 12 days of growth (left to right- Nutrition Site Coordinator, Karleen Sayman, who spearheaded the addition of Organic Grow Racks to several Reading Public Schools with HS Nutrition Worker John Suda and RMHS Cafeteria Manager, Edra Santos).

With the dedication and commitment of a great group of Reading professionals, Reading Public Schools now have these portable indoor gardens. The schools grow plants like herbs, kale, various lettuce varieties and spinach. The Grow Racks are 4' wide, 2' deep and come on wheels. The Racks do not require any outside light because they are powered by timed LED lightbulbs. This functionality allows schools to have flexibility in where they place the Grow Racks and does not require them to rely on the unpredictable New England seasons and weather conditions. Our indoor grow rack system uses terraponics, not hydroponics or aquaponics to grow plants 25% - 75% faster than supplier estimates. There are some plants that you can't grow hydroponically, but with terraponics almost any plant can be grown. While hydroponics requires technical knowledge and training, terraponics needs minimum instruction.

To get started, Kristin asked for volunteers at a DLT meeting. The response was overwhelming and three (3) schools were selected to pilot the program. Experimenting began with one rack at Reading Memorial High School (Kate Boynton, Principal), Coolidge Middle School (Sarah Marchant, Principal), and Joshua Eaton Elementary School (LisaMarie

- May 22 – Grade 6 – 8 Early Release; (7:00 p.m.) Middle School Open Houses
- May 23 – (6:30 p.m.) RMHS Senior Prom at the Boston Park Plaza

Ippolito, Principal) with support and help from STEM Coordinator, Heather Leonard and Assistant Superintendent, Chris Kelley. After receiving buy-in from the cafeteria managers and school principals and purchasing the racks, each school selected a “school champion” to spearhead their school’s Grow Rack.

One of the many benefits of the grow racks is they are very low maintenance for schools. They just require periodic watering and then the actual harvesting of the produce. The school champion may also need to adjust the height of the lights as the plants grow. There is an initial investment in the structure and the soil but after that Kristin reinforced that, “...you can keep reusing the soil for new plants. You just must buy the seeds to keep planting. Other than that, you just have to water them, and the lights are on a timer, so schools don’t even have to worry about that.”



The EvanLEE ORGANICS “Grow Rack” at Joshua Eaton Elementary School with Cafeteria Manager, and School Champion Roberta Ferrari and Joshua Eaton 5th grade students

To promote these Grow Racks to students and to make the produce exciting, the schools will use these vegetables on the lunch menu with signs that say things like, “Try some lettuce from your very own grow rack.”



Caption (image to the right): Earth Day planting at Coolidge Middle School with Manager and School Champion, Hilary McCarthy, Karleen Sayman and students Emma Kester, Hope Duffy, Ellie Schanck, Ryan Faris, and EvanLEE ORGANICS own Kelly Passerini.

This collaborative effort has been one that has included a long list of supporters and volunteers. Everyone offered their help to ensure this vital program would offer the opportunity for students to connect their curriculum to this amazing product. Our wonderful custodians ensured that the watering continued over school vacation, Laura Vlasuk from the local Board of Health visited and allowed us to offer these organic greens on our menus, our principals and teachers offered to lead the charge by educating themselves and each other so they could master and manage this program as part of their day-to-day curriculum, and the School Nutrition Professionals attended the Farm to School

Kudos and Accolades

- Congratulations to boys & girls lacrosse, boys track, boys & girls tennis, baseball and softball for wins recently.

conference (Karleen Sayman, Diane Feely (Parker), and Roberta Ferrari) and championed this project.

Long-term, Kristin shared that she has a vision for phase three of these efforts. The first phase was buy-in and the second phase was to get everyone planting and using the Grow Racks. For the third phase, she would like to incorporate the Grow Racks in ongoing school curriculum and provide more educational material and resources for teachers to be able to do just that. She also sees a huge opportunity to use the school's harvest in fundraising efforts like selling fresh grown herbs to the school community.

If you're interested in starting or expanding your school garden, whether it be a Grow Rack or another vehicle for growing fresh produce, Framingham State University offers a 4-week online graduate course called "Growing Your School Garden." [Sign-up today](#) and enjoy the convenience of online learning and help prepare for the school year ahead.

For additional resources on school gardening and "going green," visit the [JSI Resource Center](#).



Superintendent's Office
Half-Hours this Week

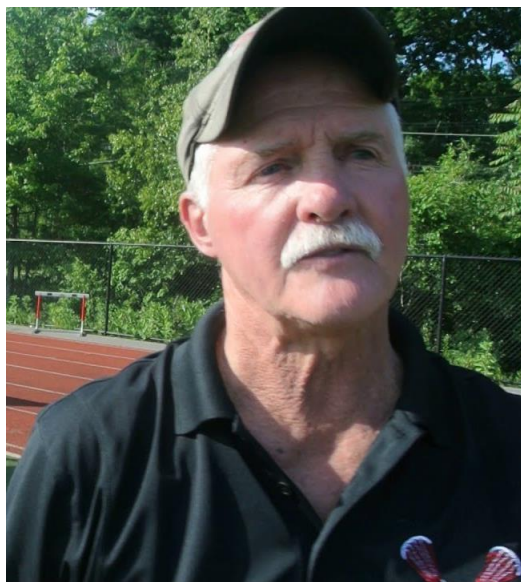
All are welcome

*There are no office half
hours this week.*

Two RMHS Coaches Receive MIAA Coach of the Year

Charles Hardy and Lois Margeson capture top honors

RMHS Principal Kate Boynton and RMHS Assistant Principal for Athletics and Extracurricular Activities have announced that RMHS Boys Lacrosse Coach Charlie Hardy and RMHS Girls Swim Coach Lois Margeson have been awarded the prestigious Coach of the Year Award by the Massachusetts Interscholastic Athletic Association (MIAA). This award is given annually to a coach in each sport based upon excellence of character, impact upon students and community, and your coaching credentials. Each recipient is selected from all nominations by a screening committee of MIAA Coaching Education Instructors.



Charlie Hardy



Lois Margeson

Reading Police to Hold Teen Dating Violence Awareness Workshop

May 8 event will focus on teaching young people about healthy relationships.

READING - The Reading Police Department will host a workshop on teen dating violence this May according to Deputy Chief David Clark.

The Reading Police Department has partnered with RESPOND Inc., a New England domestic violence agency, to hold a workshop for the parents and guardians of pre-teens and adolescents on Wednesday, May 8, from 6-7:30 p.m. at the Reading Police Station at 15 Union St.

This is the second workshop the department will hold on teen dating violence this year, after a February workshop was met with significant public interest.

"We had great success with this workshop earlier this year, and are holding a second session to allow more people to come and learn the signs of teen dating violence," Deputy Chief Clark said. "It's important to teach young people about healthy relationships, and to continue these conversations to keep our teens safe."



A RESPOND Domestic Violence Counselor who works with the Reading Police Department will give a presentation at the workshop. Members of the Reading Police Department will

also be present, including officers that work with families and children. Light refreshments will be served at the event.

According to the Centers for Disease Control and Prevention, a 2017 survey found that approximately one in nine female teenagers and one in 13 male teenagers had experienced physical dating violence in the past year. The same survey found that one in seven female teenagers and one in 19 male teenagers had experienced sexual dating violence in the past year.

Parents and caregivers interested in attending the workshop can RSVP by emailing sammy@respondinc.org.

Teen DATING VIOLENCE Awareness




Did you know?
1 in 10 high school students has been purposely hit, slapped, or physically hurt by a boyfriend or girlfriend.

RESPOND and the Reading Police Department invite you to attend a workshop geared towards parents and caregivers of pre-teens and adolescents.

Teen Dating Violence is far too common. 1 in 3 teens in the U.S. is a victim of physical, emotional, or verbal abuse from a dating partner.

Only 33% of teens who are in an abusive relationship ever tell anyone about the abuse. At this workshop you will learn the warning signs of abuse and how to talk to your kids about healthy relationships.

Come and meet the RESPOND Domestic Violence Counselor assigned to the Reading Police Department and officers of the Police Department that work with families and children.



Wednesday,
May 8th

6:00 - 7:30 PM

Reading Police
Department
15 Union Street

Please RSVP to
Sammy@
respondinc.org

Quote of the Week . . .



“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.”

-James Allen

Reading Memorial High School Drama Club Production of ‘Don’t Touch That Dial!’ Runs May 3-5

Reading, Mass. – April 24, 2019 – The RMHS Drama Club’s final production of the school year, ‘Don’t Touch That Dial!’ will take place at the William E. Endsloew Performing Arts Center at Reading Memorial High School on May 3, 4 and 5.

‘Don’t Touch that Dial!’ is a live radio play. Travel back in time to October 30, 1938 and take a peek inside the CBS radio station in the midst of radio’s golden age. See two radio shows come to life: an authentic episode of every kid’s favorite, The Adventures of Superman, followed by the radio presentation that terrorized America so many years ago, WAR OF THE WORLDS (a recreation of Orson Wells and the Mercury Theatre’s original production). You don’t want to miss this thrilling time capsule.

The May 3 and 4 performances will take place at 7.30pm, and the May 5 matinee takes place at 2pm.

Tickets are currently available via Ticketstage.com, or at the box office (open Sunday, April 28 from 12.30-2pm and Wednesday, May 1 from 6-7pm) which also opens on hour before each show.

“This is going to be a rare experience” said Natalie Cuhna, director of the RMHS Drama program. “Our cast and crew have been working hard to prepare for this unique and thrilling show – which has been adapted from authentic source material, and will truly be a one-of-a-kind show.”

Combatting “Precrastination”

In this *New York Times* article, Juno DeMelo confesses to being a precrastinator – she hands in work before it’s due and arrives at the grocery store before opening time. It turns out that a lot of people have this syndrome, and it has evolutionary roots: grab the low-hanging fruit because it might not be there tomorrow. Precrastination is also a form of worried conscientiousness – we’re eager to please and concerned that there won’t be enough time to do the job well unless we start immediately. And of course there’s great satisfaction in checking things off a to-do list.

“But all those ticked boxes can, paradoxically, hamper your productivity,” says DeMelo. We might start doing things before stepping back, looking at the big picture, and making better choices about first steps. She has these suggestions for combatting unproductive precrastination:

- *Lighten your load.* “Delete any tasks that are nice but unnecessary,” says productivity expert Julie Morgenstern. Think of ways to make tasks less onerous (for example, ordering take-out versus cooking a meal from scratch) and delegate, delegate, delegate.
- *Integrate your to-do’s into your overall calendar.* That way you can resist responding to every over-the-transom event.
- *Chunk e-mailing.* It’s more efficient to blitz through a bunch of e-mails in a scheduled block of time versus doing them in dribs and drabs throughout the day.
- *Redefine progress.* “It sounds counterintuitive,” says DeMelo, “but slowing down can help you make up time in the end.” This is especially true when there’s a premium on being creative and generating ideas.

Disney Quote of the Week



"When you believe in a thing,
believe in it all the way,
implicitly and
unquestionable."

– Walt Disney

- *Schedule health, family, friends.* These "big rocks" shouldn't be displaced by immediate deadlines and demands.

"When Precrastination Isn't the Right Response" by Juno DeMelo in *The New York Times*, April 1, 2019, <https://nyti.ms/2V2FbFn> Reprinted from Marshall Memo 782.

RMHS Late Start Information

Did you know that we have a link to information about the RMHS plan to start later next year (from 7:30-2:11 to 8:30-3:02)? Please check out: <https://www.reading.k12.ma.us/memorial/reading-late-start-committee-updates/> In addition, we have provided a form to ask for more information or to ask a question. To access the form, head to the site link above and click on the tab marked "Facts and Questions".

You can also contact Kate Boynton (kathleen.boynton@reading.k12.ma.us) as well as Chris Kelley (Christine.kelley@reading.k12.ma.us) for more information.



Did you know that the Town of Reading is becoming a Dementia Friendly Community?

The Reading Public Schools is part of a leadership team to promote support for our community members and relatives who may be living with dementia, or caring for those who are living with dementia.

RPS has an opportunity to have members trained to become a Dementia Friend!

When & Where: Tuesday, May 14, 2019, 9:30 – 10:30 a.m.
@ Peter Sanborn Place, 50 Bay State Road, Reading

RSVP: Email Meagan Putney at meagan.putney@gmail.com

Led by Champion: Beth Soltzberg, Director, Dementia Friends Massachusetts

How do I become a Dementia Friend?

Attend this free, 1-hour session led by a volunteer Dementia Friends Champion! Here you will learn five key messages about living with dementia, and the simple things you can do to make a difference in your community. Come learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia.

Join the global movement to change the way people think, act and talk about dementia!

Participants say:

"This has opened my eyes."

"I wish I knew this five years ago when my family was going through it."

"I will be much more aware at work and out in my community."

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in Massachusetts and across the United States. To learn more, visit www.dementiafriendsma.org or contact Beth Soltzberg at bsoltzberg@jfcsofboston.org



RPS is proud to partner with organizations like Dementia Friendly Reading to support the education needs of our entire community.

Important Websites

RPS District Website

www.reading.k12.ma.us

Interface Health Services

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

Reading Public School Happenings

RMHS High Five For This Week

Below is the RMHS High Five for this week.

Kelly Ward, Class of 2019

Kelly is a high-achieving student who earned entry to the RMHS chapter of the National Honor Society last year. Her course load this year is ambitious, as it currently includes six AP classes: Physics, Biology, Spanish, European History, English Literature, and Statistics. Her Stats teacher, Ms. Theissen, raves about Kelly's approach in class saying, "Kelly cares about her academics because she cares about learning. She has natural curiosity and personal drive that cannot be taught." Kelly's drive is evident across all of her classes. Over the years she has considered Dr. Ryan's AP European History class, Ms. Lynch's Honors British Literature class, and Mr. Buono's AP Chemistry class as her favorites, though she is quick to point out how much she enjoys all of her classes. Kelly is a well-rounded student, but she does have a special interest in the sciences and has been a proud member of the RMHS Science Olympiad team for four years. Ms. Moore, the club's advisor says, "Kelly has been an enthusiastic member of the Science Olympiad team since 9th grade, pushing our team to improve our standings in the statewide competition. As president this year, she has recruited new students to join, encouraged all team members to work hard to prepare for their events, and led by example, showing up for every practice and working hard while she is there." As committed as Kelly is to her studies, she is equally as committed to a number of leadership positions and activities outside the classroom. She is current president of both the National Honor Society and the Science Team. She contributes to *The New Currency* literary magazine. She has trained in dance for fifteen years, most recently at Encore Dance Academy. Last year, Kelly, with help from a number of other students, founded the RMHS Dance Marathon Club. Because of the vision and commitment of Kelly and the other group members, RMHS held its first ever Dance Marathon in support of Boston Children's Hospital and raised a remarkable \$7,800 in the process. The second RMHS Dance Marathon is tomorrow night in the fieldhouse from 6:30 to 10:30. For a \$10 donation you can come play games, listen to music, and eat. Kelly will be attending Northeastern University in the fall, where she will study biochemistry and computer science and pursue her goal of one day working in the field of cancer research. Congratulations and good luck to you, Kelly!



RMHS High Five Kelly Ward

Grace Hudson, Killam Principal for the Day

On Thursday, April 25th, second grader Grace Hudson was the Killam Principal for the Day. This day was made possible thanks to the generosity of the Hudson family who participated in the Women's League auction. Throughout her day, Principal Hudson made sure that the Killam School was running smoothly, checking in with each classroom individually. She even had the opportunity to lead the school in morning announcements, supervise the lunch room, and sing happy birthday to a staff member. Working with the kindergarten classrooms during literacy time, Principal Hudson made sure to listen attentively to the students as they read aloud to her, asking questions about the characters in the book. Finally, Principal Hudson held a meeting with Dr. Doherty, learning more about the Reading Public Schools and asking probing questions about the schools. When asked by Dr. Doherty what is one thing that she would like to see changed at Killam, Principal Hudson said, "bring back the talent show!" The boss has spoken!



Killam Principal for the Day Grace Hudson and Superintendent of Schools John Doherty

Reading Police Serve Lunch at Barrows

Over the next several weeks, the Reading Police Department will be serving lunches in our schools. Below is a picture of some members serving lunch to students at Barrows.

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



Stepping Stones...

- Congratulations to Barrows/Joshua Eaton teacher **Dan Htoo-Levine** on the birth of his son on April 22nd weighing 7 lbs., 1 oz. and 20 in. long.
- Our thoughts go out to RISE Paraeducator **Jenn Tesoro** who lost a loved one recently.
- We welcome the following new staff to the Reading Public Schools:
 - ✓ Pam Sinclair, Regular Education Paraeducator, Birch Meadow

Blazing Trails...

"Report Lists Skills the Class of 2030 Will Need." The education system must change in three key ways if the class of 2030 -- today's kindergartners -- are to succeed in the workplace, according to results from a report conducted by Microsoft. Schools should focus on social and emotional learning, personalized instruction and using technologies such as artificial intelligence and collaborative platforms, the report finds. [Read More](#)

"Study Finds that Principals Can Boost Student Achievement." Providing support for principals can improve student achievement, according to a report by RAND that studied a five-year effort led by the Wallace Foundation in six school districts. The study focused on effective ways to train and retain school leaders through a "principal pipeline initiative." [Read More](#)

"The Top 10 Takeaways from the 2019 Visible Learning World Conference, Edinburgh." The conference made it clear that there is now a distinct model for education with learning at the center. It is extremely powerful. It builds on what schools are already doing and allows them to scale up. By building an evidence base at the center, all schools and school systems can become the improvement that they want to see. [Read More](#)

"How to Apply SEL in High School." Teenagers may benefit from a different approach to social and emotional learning than younger students, writes Amy Eva of the University of California at Berkeley. Eva shares three strategies to engage high-schoolers in SEL, including approaches that tap into students' need for respect. [Read More](#)

"Japanese Practice Could Boost US Schools." The Japanese art of self-reflection, called hansei, could have applications in US education, writes Christine Powell, a special-education teacher from California who learned the practice while attending a conference in Japan. Powell shares four steps to adopting hansei, including reflecting on actions and behaviors and questioning assumptions. [Read More](#)

Have a Great Week!