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# Hillside News

March 29, 2019



## IMPORTANT DATES

### Rising 6th Grade Parent/Guardian Evening

4/03 -- Introduction to Special Education at High Rock School  
(6:30 PM, High Rock School Gym)

4/02 -- Walk/Bike to School Day, The Spring Saunter

4/09 -- PreK-8 Delayed Opening, School Begins at 10:20

4/15 -- Schools Close for Spring Recess

4/22 -- Schools Reopen

4/24 -- PTC Meeting, 8:45 a.m.



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## PTC Hillside Hornet Buzz

### *PTC Highlights:*

- Join the PTC Board - Co-President and Assistant Treasurer openings
- Talent Show Tickets on Sale [here](#) and Volunteers Needed - [sign up here](#)
- Yearbooks Now on Sale! [Purchase Online](#)
- Seeking Festival of Cultures Participants - share your culture with our community!
- Next Walk To School Day April 2 - the Spring Saunter
- Soliciting donations for the Calendar Raffle
- Sepac Presentation - April 9

## **The Latest Buzz:**

Thank you to everyone who participated in this week's Cyclebar fundraiser! Not only did we get a great workout in, but we raised funds for all the important programming the PTC runs at Hillside. One hundred percent of the proceeds from the evening will be coming back to Hillside. Thank you to Erin Apstein and Betsy Alperstein for organizing this heart-pumping fundraiser!

### **Let the show begin!!!**

Talent show tickets are available for purchase! Tickets are \$5 each. You may purchase tickets [here](#). Performers do not need to purchase a ticket for themselves. More show details are below under Upcoming Events.

**Purchase Your Yearbook Now!** There are two easy ways to order a copy of this year's special book: [Order online](#) by April 12th (see attached flyer for instructions); or complete the form sent home with your child and return to Hillside by April 12th. Please contact Samantha Shapiro at [samshap333@hotmail.com](mailto:samshap333@hotmail.com) with any questions.

**Soliciting Donations for the Calendar Raffle!!** It's feeling like spring and it's time for the Hillside Spring Raffle! This year, the raffle will run from June 3rd – June 7th, with prizes awarded every school day. Raffle tickets will be sold ahead of and during the week, so that everyone in the community will have an opportunity to try and win the donated prizes! The Calendar Raffle Co-chairs **need your help** in *collecting donated gift cards, items or experiences that Hillside students and families would enjoy winning during our raffle week in June*. If you have a connection with any local businesses, please consider donating a gift certificate or prize to our raffle. Neighborhood gifts are also a big hit...consider gathering money with neighbors and purchasing a fun item like movie/dinner gift cards, Beats headphones, sports event tickets, etc. This annual fundraiser helps the Hillside PTC raise much needed funds to support the PTC-sponsored enrichment programs. It also offers participants the opportunity to win some great prizes. Please be in touch with Jen Schaffstein at [leonardschaffstein@yahoo.com](mailto:leonardschaffstein@yahoo.com) with ideas, connections or items.

## **Open positions**

### **We Need Your Help!**

We are looking for our next **Co-PTC President** to join Vanessa Jones next year. If interested, please email Meg Rosenbaum ([megrosenbaum11@gmail.com](mailto:megrosenbaum11@gmail.com)) or Vanessa Jones ([vanessajones694@icloud.com](mailto:vanessajones694@icloud.com)).

**Assistant Treasurer Needed!** Are you looking for a way to get more involved at Hillside but can't make it into the classroom during the day? Are you hoping to find a volunteer position you can do on your own time, either at home or at the office? We have the role for you! Join the Board of the PTC by assisting our Treasurer with various duties, including fulfillment/procurement for enrichment and creative arts grants, as well as reimbursement of volunteer out-of-pocket expenses. The majority of your responsibilities will involve online ordering and email communications with teachers/PTC committee members regarding their PTC funded purchases. No specific financial background is required. This is a great way to be "in the know" about the contributions of the PTC - offer input into how funds are spent, suggest new ideas, and overall have your voice be heard! If you are interested please contact Heidi at [hillsidehornetsptc@gmail.com](mailto:hillsidehornetsptc@gmail.com).

## **Upcoming Events**

The **2019 HILLSIDE TALENT SHOW** will be held on Friday, **April 5th at 6:30pm** at the Newman Elementary School. The show is guaranteed to be lots of fun! **We can't run this event without your help.** If you can help at the rehearsals or on the night, please sign up [here](#). If you have any questions please contact the committee via our email box: [hillsideptcshow@gmail.com](mailto:hillsideptcshow@gmail.com).

**FESTIVAL OF CULTURES** - Hillside is celebrating our 4th Annual Festival of Cultures on Friday, May 17th at 6:30pm in the Hillside gym. Come along to this fun event to see the creative displays from the participating countries. Please return the attached flyer if you would like to join in and share your country and culture with the Hillside community. We had 18 countries represented last year and would love to have a few more this year! If there are any questions please contact [hillsidefestivalofcultures@gmail.com](mailto:hillsidefestivalofcultures@gmail.com).

**Mark your Calendars!** The next **PTC Meeting** is **April 24th** at 8:45am in the Hillside Cafeteria. Come for coffee and hear about the latest happenings from our PTC co-presidents and Mr. K! At this meeting we will also be electing a PTC co-president. We hope to see you there!

### Hillside Cares

**Please help us collect for Cradles to Crayons!** Cradles to Crayons is collecting gently used clothes, shoes, coats, small toys and books for kids ages 0-14 for their annual **Needham Gives Back** event being held on **April 6**. C2C is always in need of NEW socks, underwear and pajamas as well!!! Please bring any donations you have to the bin in the Hillside lobby anytime during the month of March. Also, see the flyer attached below for information on volunteering at the event - and get your whole family involved in this great cause!

### PTC Fundraisers

**Amazon Smile:** When you shop Amazon, be sure to shop via the Amazon Smile link and designate the Hillside Parent Teacher Council Trust as your charity of choice. Amazon will donate a portion of their proceeds back to the PTC every time you purchase eligible items. It takes very little effort, but the pay-off for the PTC is great!

### Bulletins

**CALLING ALL PHOTOGRAPHERS:** The Yearbook Committee is in desperate need of MORE pictures for the yearbook. The Yearbook Committee needs them for all future and past events including First Day of School, Hillside Back-to-School Picnic, Family Fun Night, and classroom holiday celebrations. Please follow the instructions below and start submitting your photographs TODAY!!! Any questions, please contact Sam Shapiro @ samshap333@hotmail.com.

- Go to: <https://images.memoryebooks.com/login>
- If it does not automatically log you into the site, enter username: 410593679
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

You can also submit by downloading the **Replayit App** on your smartphone and upload your photos directly. It's that easy! Submit your photos today!

### Seeking Volunteers

The PTC depends very heavily on parent volunteerism and cannot operate without volunteers. We are fortunate to have many very dedicated parents who step up each year to run committees, but **we are always looking for more help!** Below are some great volunteer opportunities we hope you will consider:

**More 1st Grade Cafeteria Volunteers Needed:** We have many gaps in cafeteria volunteer coverage for First Grade lunch. If you do have any daytime availability (even if it is just once this whole spring), please consider signing up for a shift. It makes a huge difference for the cafeteria workers and first graders, and provides a great opportunity to interact with your student and all their classmates during the day. If you are able to sign up, please do so for the soonest dates you are available, so we can ensure the rest of March has proper coverage.

Thank you to all of you that have volunteered so far! To sign up, either contact Ilana Kaufman at [kaufman.ilana@gmail.com](mailto:kaufman.ilana@gmail.com) or go to the Sign up Genius [link](#).

The **Calendar Raffle** committee is looking for help. If you would like to be involved please contact April Crawford ([aacrawford44@gmail.com](mailto:aacrawford44@gmail.com)).

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## More Hillside News...

### 3rd and 5th Grade Gymnastic Sentence Sharing

As many of you know, for the past several weeks our students here at Hillside have been tumbling, balancing, jumping/landing, and traveling in a variety of ways through a very exciting educational gymnastics unit with Mr. Tatro in PE.

Some of our students are getting ready to show off the fruits of their labor and will soon begin creating and practicing gymnastic sentences which utilize skills learned in class. Gymnastic sentences are routines that students create on their own which combine their creative thoughts and ideas along with their physical ability to move through space. Each grade level is different and unique.

This table shows when some of my classes will be sharing their gymnastic sentences:

Monday April 8th	Tuesday April 9th	Wednesday April 10th	Thursday April 11th	Friday April 12th
	<b>Mr. Franks</b> 8:45 - 9:25	<b>Mrs. Fuller</b> 8:45 - 9:25		<b>Mrs. Shea</b> 9:30 - 10:10
	<b>Ms. Mahoney</b> 9:30 - 10:10			<b>Mrs. Santaniello</b> 10:15 - 10:55
	<b>Mrs. Miller</b> 10:15 - 10:55			<b>Mrs. Everts</b> 11:00 - 11:40
	<b>Mrs. Roberts</b> 11:00 - 11:40			

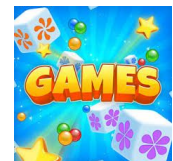
Parents are welcome to attend sharing sessions if they so choose. Follow Mr. Tatro on Twitter @MrTatro\_PE for up-to-date information on what's going on in Physical Education or visit our website at [www.hillsidepe.weebly.com](http://www.hillsidepe.weebly.com)

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The Student Council is working with Cradles to Crayons to collect items for families in need. We are collecting from Monday, March 18th to Friday, April 12th. There will be a box in the lobby for the items. The following items are what we are collecting (All Items must be new or gently used):

- PJs- size 2T and up
- Boys jeans and khakis- size 10
- Shoes-Boys and girls- size 0-12
- Boys coats- size 10-12
- Boys clothing- size 1
- Hygiene Items
- Games-board games
- Books





## Helpful Advice From Mrs. Greiff

### Spring Has Sprung... Here are a few helpful reminders:

Many of our students are starting to feel some effects of seasonal allergies. There are a broad range of symptoms which may include:

- Sneezing
- Runny nose (Clear)
- Nasal congestion
- Itchy, watery, red eyes
- An itchy throat
- Dry cough
- Disturbed sleeping patterns
- Loss of taste and sense of smell

If your child has experienced any of these symptoms in past years, this may be a good time to check in with your pediatrician to discuss a treatment plan for seasonal allergies.



### Tick Removal

Examine your children frequently for ticks, especially after they have been out in wooded or grassy areas. If you find a tick attached, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

### How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

### Signs and Symptoms of Lyme Disease

If you had a tick bite, live in an area known for Lyme disease or have recently traveled to an area [where it occurs](#), and observe any of these symptoms, you should seek medical attention!

- Red, expanding rash called erythema migrans (EM)
- Fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes

Some people may get these general symptoms in addition to an EM rash, but in others, these general symptoms may be the only evidence of infection. Some people get a small bump or redness at the site of a tick bite that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.



## Erythema migrans (EM) or "bull's-eye" rash

- Rash occurs in approximately 70-80% of infected persons and begins at the site of a tick bite after a delay of 3-30 days (average is about 7 days).
- Rash gradually expands over a period of several days, and can reach up to 12 inches (30 cm) across. Parts of the rash may clear as it enlarges, resulting in a "bull's-eye" appearance.
- Rash usually feels warm to the touch but is rarely itchy or painful.
- EM lesions may appear on any area of the body.



## Bike Safety Tips

We can make bicycling safer for all by observing the following safety tips:

- Always wear a helmet
- Obey all traffic controls
- Ride your bicycle near the right-hand edge of the road
- **Never carry another person on your bicycle**
- Always use hand signals when turning or stopping
- Look out for cars at cross street, driveways, and parking places
- Be careful when checking traffic and don't swerve when looking over your shoulder
- Give pedestrians the right-of-way
- Keep your bicycle in good condition
- Always ride carefully



### Needham Junior Football

Bring your friends and experience what it's like to "Play for a Day" as a Needham Junior Football player on **April 7** from **3:00 to 4:30** p.m. (see attached flyer for more information).

**Growing up Other in Suburbia -- A different kind of forum.** Young adults return to Needham to share their personal stories on how they navigated living and attending school while being other.

**April 7, 4-6** p.m. First Parish UU, 23 Dedham Avenue, Needham

### SEPAC Educational Presentation:

**"Don't Rush to Soothe! Practical Strategies for Stress and Anxiety Management"**

**Tuesday, April 9**

7:00pm – Networking & Refreshments

7:30 pm – Program Begins

Broadmeadow School Media Center

When we see our children experiencing distress, our impulse is to “swoop” in and soothe them. While this might be a short-term solution, it’s critical that we also build skills to help children manage their own stress and anxiety more independently over time. In this workshop, we’ll review the core concepts behind stress and anxiety, and learn practical strategies to support children of all ages.

*Presenter Elise Wulff, MEd, has more than a decade of experience working with the neurodiverse population and their families. With MGH Aspire since 2008, Elise oversees MGH Aspire programming for individuals ages 5-16 and related services, and also provides personalized parent coaching, school-based consultation, and professional development for providers.*

### **SEPAC Coffee with Superintendent Dan Gutekanst**

**Wednesday, April 10th, 9:00 am**

Emery Grover Building, 1330 Highland Avenue

Dr. Gutekanst will join us to exchange ideas and answer questions. Don't miss this great annual event!

**The Plugged In Band Program** is offering an April Vacation Camp for kids ages 11-18 of all skill levels. The camp will take place April 15-19 from 9:00-3:00 (with optional extended day). For more information, please call 781-444-1879 or visit [www.pluggedinband.org](http://www.pluggedinband.org).

### **Parent Talk Spring Used Clothing, Toy & Equipment Sale**

Saturday, May 5 8:30am-12:45pm at the Eliot Elementary School, 135 Wellesley Avenue, Needham

For more info email [clothingsale@parenttalk.org](mailto:clothingsale@parenttalk.org) or go to <http://www.parenttalk.info/community/used-clothing-toy-sale.php>



### **STEAM Center Hours**

Mon-Wed 3:30-8:30

Thursday - 3:30-5:30

Friday - 3:30-5:00

Saturday - 9:00-4:30

Sunday - 1:00-6:30

Drop in to program a robot, build a marble run or snap some circuits together. Explore robotics, computer coding, electricity and engineering using our toys, games and equipment.

### **Chinese Storytime**

Saturday, April 6th, 10:00 AM

Children in Kindergarten are invited to drop in to enjoy stories in Chinese followed by a craft project. A great storytime for native speakers and children interested in learning about Chinese language and culture.

### **Family Book Club**

Saturday, April 6th, 2:30 PM

Children in Grades K-2 and their adult share nonfiction picture books, a video and a related craft. This month's books are *A Boy and a Jaguar*, *The Watcher* and *Mrs. Harkness and the Panda*. Reading ahead is not required, but copies of the books are available at the Children's Desk. Registration is required. To register, please call 781-455-7559 x 204 or visit the Children's Desk.

### **Read to Tucker the Dog and Read to Panda the Dog**

Monday, April 8th, 4:00 PM - Tucker

Saturday, April 27th, 2:30 PM - Panda

The Needham Free Public Library now has TWO trained therapy dogs children can practice reading to. Children in grades 1-5 can sign up for a 15 min time slot to read to one of the therapy dogs. They are great listeners. To sign up, visit the Children's Desk or call 781-455-7559 x 204.

### **Plumb Landing**

Saturday, April 13th 10:00 AM

You have seen it on TV on WGBH Channel 2. Now you can come do it at the Needham Free Public Library! Plumb is a friendly alien who has landed on Earth. She is trying to find out how nature works on Earth so she can report it back to her planet - Blorb. Children ages 6 and up are invited to come for hands-on activities, games and more that help us learn about nature. Participants will receive a free Amazon gift card from WGBH. Registration is required. To register visit the Children's Desk or call 781-455-7559 x 204.

All Elementary Schools

### **School Vacation Week Program**

#### **Free Movie Showing**

**Mary Poppins Returns** (Rated PG, 131 Minutes)

Jane and Michael Banks grew up into loving and responsible adults. When Michael becomes a single father of three children after the death of his wife, Mary Poppins revisits the Cherry Tree Lane home to try to help Michael and his family cope and move beyond their grief. Mary Poppins' message to Michael, Annabel, John, George and Ellen, the family's housekeeper, about enjoying life and loved ones is still the same as it was when Jane and Michael were children.

### **School Vacation Week Program**

#### **Magician Robert Clarke**

Wednesday, April 17th, 2:30 PM

Robert Clarke will perform amazing magic tricks and astounding juggling feats in a high energy, fast paced, fun-filled family show appropriate for children ages 4 and up. Be ready to clap, cheer and enjoy this interactive performance.

### **Yoga for Children**

Saturday, April 27th, 10:30 AM

Children ages 5-9 years old are invited to come stretch out and relax with a professional children's yoga instructor.

### **Needham Free Library at Science on State Street**

Saturday, April 27th 11:00 - 3:00

At the Christie McAuliffe Center at Framingham State University  
100 State Street, Framingham, MA

Science on State Street is a science festival for families with 50 exhibits, hands on activities for children and free shows in the planetarium. Visit the Needham Free Public Library table at this event to make a pinhole telescope to take home; learn how lenses and telescopes work and use a digital microscope.

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# ORDER YOUR HILLSIDE ELEMENTARY YEARBOOK ONLINE TODAY

**Step 1:** Visit <https://www.memorybook.com/online-pay/parent-pay/>

**Step 2:** Enter the Hillside code: 026532 and go to your “school store login/registration”

**Step 3:** Click on the hyperlink below the school name

**Step 4:** Where it says “new user?” Click Register. Create a user ID and password.

**Step 5:** On the Product page click “Standard Yearbook” and follow the ordering process, including the “add child” prompt.

**Each yearbook is \$15.**



ORDER  
ONLINE  
THROUGH  
FRIDAY,  
APRIL 12TH.

Contact the Hillside Yearbook  
Committee with any questions at:  
[hillsideyearbook2019@gmail.com](mailto:hillsideyearbook2019@gmail.com)

**Cradles  
toCrayons**

Providing the essentials for childhood.

# NEEDHAM GIVES BACK!

OUR 11<sup>TH</sup> ANNUAL DAY OF SERVICE AND GIVING!

**Saturday, April 6**

**10:00a – 1:00p**

## WE NEED YOUR STUFF!

Bring your gently used or new items to the Needham High School Cafeteria on Saturday April 6<sup>th</sup>, drop off hours are from 9am – 12pm\*

*\*you can also drop off on Friday eve April 5, from 5-6p*

## DONATE!

We need your gently used clothes, shoes, coats, small toys, and books for kids, ages 0-14

**Clean out your closets for a good cause!**

## VOLUNTEER!

Come with your family!

Sort, organize and pack donations.

10a-1p

## WE NEED YOU!

It takes an army of volunteers to get the job done! So come, help, and bring your kids....

Everything will be delivered to C2C and distributed to children in need all over Massachusetts!

If you would like to help, families participate together!

To volunteer, please email us at:

**[Needham@CradlesToCrayons.org](mailto:Needham@CradlesToCrayons.org)**



## LET'S BUILD: ENGINEERING FUN FOR KIDS

*Hillside Families and Friends (with CORI forms) are invited to volunteer with Let's Build, a fun, in-classroom engineering opportunity!*

Grade					
K	KD PM 4/1 12:15 - 1:30	KM PM 4/1 1:30 - 2:45	KM AM 4/3 8:30 - 9:45	KD AM 4/3 10 - 11:15	
2	2G 4/8 10:15-11:45	2D 4/8 12:45-2:15	2H 4/10 10:15-11:45	2W 4/10 12:45-2:15	
1	1T 6/3 9:00-10:15	1B 6/3 12:30-1:45	1A 6/4 10:15-11:30	1F 6/5 12:30-1:45	
4	4H 6/12 9:00-10:30	4K 6/12 12:30-2	4B 6/13 9:00-10:30		

Grade K – Bears Across the Atlantic (Sink Float)

Grade 2 – Puff Mobiles (Wind/Air)

Grade 1 – Waterwheels (Properties of Water)

Grade 4 – Circuit Challenge! (Electricity/Circuits)

# Calling Hillside Volunteers!



To volunteer  
email

Liz Lee at

[info@letsbuildengineering.org](mailto:info@letsbuildengineering.org)

LET'S BUILD:  
ENGINEERING FUN FOR  
KIDS



Needham, MA

[www.letsbuildengineering.org](http://www.letsbuildengineering.org)  
[info@letsbuildengineering.org](mailto:info@letsbuildengineering.org)

# **PLAY FOR A DAY**



Bring your friends and  
experience what it's like to  
**PLAY FOR A DAY**  
as a Needham Junior Football Player!

**APRIL 7, 2019**

**3:00-4:30**

**NEEDHAM HIGH SCHOOL  
MEMORIAL FIELD**

**Run drills on the field  
Raffle prizes, free food,  
and MORE!**

**[www.NeedhamFootball.net](http://www.NeedhamFootball.net)**