

January 14, 2010

# Hardy Herald



## CALENDAR

**Jan. 18** – Martin Luther King, Jr. Day – **NO SCHOOL**

**Jan. 19** – Special Election & Bake Sale

See the full calendar on the Hardy website:  
[www.HardySchool.com](http://www.HardySchool.com)

## IMPORTANT PHONE NUMBERS

**Deborah D'Amico**  
Principal  
**Linda Garrity,**  
Secretary  
781-316-3782

**Claire Lewkowicz,**  
Nurse  
781-316-3788

**Todd Morse, HASP**  
781-316-3734

**Safe Arrivals**  
Call 781-316-3780  
or  
e-mail:  
[Safe@HardySchool.com](mailto:Safe@HardySchool.com)

*to report your child's absence, tardiness or dismissals before 8:30 a.m.*

## A message from the principal

As the Hardy Herald goes to press, the school community awaits an update on the budget for fiscal year 2011. As you are aware, the difficult economy has resulted in drastic cuts in federal, state, and local funding. These cuts will affect the town's ability to fund programs at the levels to which we have become accustomed. Difficult decisions lie ahead as we struggle to put together a school budget that meets our needs.

At Hardy we know what those needs are. At this, the mid-point of the school year, we have already celebrated our first round of Collaborative Learning Team work. Beginning in October, grade-level teams of teachers have worked together to identify essential learning, assess students on this learning, group and share children across classes, and provide instruction targeted to meet students' learning needs. The results we celebrated before the December break showed impressive gains in learning for ALL students at every grade level. This is very exciting! We are preparing to begin our second round of this collaborative work, this time focusing all our efforts on math.

This is how we work and learn together. It is our intent to continue to strengthen this collaborative work so that it becomes the standard of how we do business. It will take time, resources, and a talented, dedicated staff. Our teachers hold themselves to very high standards, so it is easy to imagine this collaboration becoming part of our culture. It is also easy to imagine how this type of work will be affected by shrinking resources.

At this time, the school administration is being asked to find \$7 million in reductions for FY11. That will inevitably mean that classroom teaching positions will be cut and class sizes at the elementary level would average in the high 30s. This is a reality that is hard to imagine, especially when we know what we need to be able to do to meet our children's learning needs.

We are facing very difficult times. Our challenge as a staff is to keep our spirits up and live in the present as much as we can. To me that means to continue the good work we are doing collaboratively right now and not worry about how we will continue this in tougher times; to appreciate each other and the stellar support staff we have this year; to learn and grow together as educators, holding fast to our vision of what is best for children; and to celebrate and take care of each other.

I urge you to keep yourselves informed about the budget situation. Check the Arlington Public Schools website ([www.arlington.k12.ma.us](http://www.arlington.k12.ma.us)) for budget updates. Watch the School Committee meetings on cable or attend and let your voices be heard. Speak with your local and state representatives, your school committee members, and each other. Your voices will be important as this process unfolds.

The Hardy Herald is published every other week on Thursday, taking vacations into consideration. The deadline for submitting articles is Tuesday, two days before publication. The Herald will be distributed via Hardy Parents e-mail group AND available on the Hardy website.

Please submit your article in the text of an e-mail to: Herald@hardyschool.com  
If you don't get a reply that it's been received, please re-submit!

Next Deadline:  
**Tuesday, January 26**

### **IMPORTANT DATES**

**Monday, Jan. 18:**  
**NO SCHOOL - Martin Luther King, Jr. Day**

Find the entire APS 2009/2010 school calendar at:  
[http://www.arlington.k12.ma.us/news/09-10schoolcalendar\\_redirect.asp](http://www.arlington.k12.ma.us/news/09-10schoolcalendar_redirect.asp)

## **PTO Bake Sale on Election Day**

The PTO will be hosting a bake sale from 7am-7pm on Tuesday January 19th.

We will be set up outside the gym, during the special Senate election.

Volunteers to staff table and or bake are welcome.  
Contact Suma Greenwald at [sumanara@comcast.net](mailto:sumanara@comcast.net)

## **Community News**

**SATURDAY, January 16th, 2 p.m.**

"Cow and Mouse's Picnic" and "Mathilda's Bath"

Galapagos Puppets presents two lighthearted shows for children ages 4 to 7 and their families. All tickets \$5. Please stay for coffee and puppet-play afterwards.

Arlington Center for the Arts Theater  
41 Foster Street

More information? [www.galapagospuppets.com](http://www.galapagospuppets.com), or call Margaret at 781-643-1228

**Missed an issue of the Herald?  
Read it online at:**

**<http://www.hardyschool.com/herald.html>**

# **“GOOD STRESS/BAD STRESS HOW TO RECOGNIZE AND MANAGE STRESS IN OURSELVES, OUR FAMILIES AND OUR STUDENTS. APRACTICAL AND POSITIVE APPROACH TO DEALING WITH THE PRESSURES OF LIFE”**

For parents of children, grades pre-school –12

**Monday, January 25, 2010**

**7-9 p.m.**

**Ottoson Middle School**

Stress has been increasingly recognized as a critical element in keeping children healthy, and the incidence of childhood stress appears to be on the rise in our increasingly complex society. Parents consistently report high levels of stress in their children and in their families as a major concern. Significant stress triggers the classic “fight or flight” response, in which our bodies produce hormones that help get us out of tough spots. When we encounter situations over which we have little control, or when stress continues despite our best efforts, too many of these hormones are released. Learn about the neurobiology of stress and why too much is bad for your brain and your body.

In this session, which is liberally laced with stress-reducing cartoons and funny anecdotes, you’ll learn the difference between stress and “anticipatory readiness.” You’ll find out why and when “good stress” turns bad and what parents, teachers and kids can do about it. Does stress kill creativity? Can creativity reduce stress? Want to know why kids with learning difficulties are so vulnerable? Take a deep breath (let it out), mark this event on your calendar, and come find out the answers to these and other important questions about stress.

**Presenter: Dr. Jerome Schultz**, a Clinical Neurophysiologist and Consultant started out his professional career as a middle school special education teacher. He subsequently directed several hospital or university-based clinics for children and families. He is now on the faculty of the Harvard Medical School in the Department of Psychiatry, and teaches psychologists and psychiatrists about students with special needs.