

# Growing by Leaps and Bounds

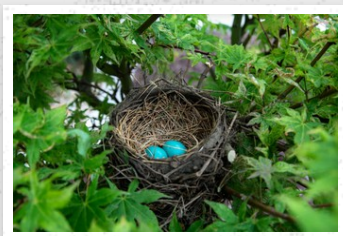
Martha Jones School - Westwood, MA

[Westwood Public Schools](#) | [Martha Jones School](#) | [Martha Jones PTO](#)

Issue 14 - March 17, 2023

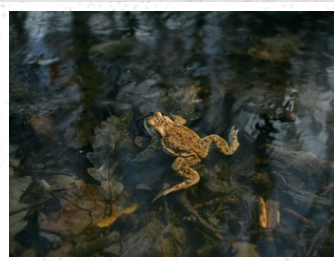
*Spring March 20th-June 21st, 2023*

*"In the spring, at the end of the day, you should  
smell like dirt." - Margaret Atwood,  
Bluebeard's Egg*



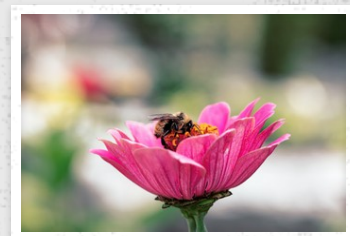
*Birds nesting*

Click [here](#) for a lesson on making nests.



*Tadpoles to frogs*

Fun lesson on frog life cycle [here](#).



*Spring needs bees!*

Find a great bee teaching resource [here](#).

*Principal's Message*

Dear Martha Jones Families,

It's been quite a wild weather week, but that can be March weather in New England! It has been very busy at Martha Jones. We welcome spring on Monday!

Thank you to all of our PTO and staff who have worked hard to facilitate the Book Fair and Read-a-thon. Jim James does a great job and Park Street books is an awesome book store. It's great to see such enthusiasm for reading!

We continue to move through March and we persevere! It's along month of teaching and learning and our students are developing stamina and and perseverance, our character word for March.

There are so many March holidays. Ramadan begins on March 22nd. To our families who observe Ramadan, I wish you a peaceful month. St. Joseph's Day is celebrated on March 19th. If you celebrate, I hope you enjoy!

For today, Happy St. Patrick's Day!

Enjoy the weekend,  
Donna

Donna Olson  
Interim Principal  
Martha Jones School



*Ramadan -Evening of Wed, Mar 22, 2023 - Evening  
of Fri, Apr 21, 2023*

"Nearly 1 in 4 people in the world are Muslim, making Islam the second biggest religion. The five countries with the largest Muslim populations are Indonesia, India, Pakistan, Bangladesh, and Nigeria."

Ramadan, the ninth month of the Islamic calendar, is the holiest month for Muslims. Muslims fast during Ramadan, which means they usually don't eat or drink anything from dawn until dusk for 30 days. The fast also includes moral goals, like no lying, gossip, or treating others badly.

It's also a time for Muslims to think about their relationships, how to become a better person, give to people in need, do good deeds, gather for extra prayers at nighttime, and spend time with family and friends.

After the last day of Ramadan, there's a three-day festival called Eid al-Fitr (sometimes just called Eid) to celebrate and break the fast. There may be gatherings, gift giving, decorations, and of course lots of food."

To our Muslim families, we wish you a peaceful Ramadan.

## *More Cultural Awareness from the Office of Equity, Integration & Community Partnerships*

[Click the link](#) to learn more about Women's History Month and March celebrations.

### *Important Dates*

March 17 - St. Patrick's Day

March 19 - St. Joseph's Day

March 22 - Gr 1 - Food Webs

March 24 - K Field Trip: Discovery Museum

March 27 - Grade 5 Program with Sara Monteiro

March 29 - Early Release 11:50

-Parent Conferences Evening also

March 30, 31 - Gr 3-5 MCAS ELA

April 5 - Gr 5 Field Trip - [Broadmoor Wildlife Sanctuary](#)

April 7 - No School - Good Friday

April 9 - Happy Easter

April 12 - Early Release 11:50; Parent/Caregiver Conferences; Math League Meet

April 13 - School Committee - 7:00pm

April 15-23 Spring Vacation

### **Save the Dates**

Apr. 26 - Art Show

April 27- Peter Reynolds: K-2, 3-5

April 28 TFAC

May 2 - Asian/Pacific Islander Heritage Month - Traditions of Chinese Acrobatics 1:30; Grade 3 Enrichment- Pierce Museum, Colonial Trades; School Council 3:30

May 5 - All School Meeting 2:20 (Staff/students)

May 9 & 11 MCAS Math 3-5

5/10 Early Release Day

May 15- Welcoming Schools 6:00pm Zoom

May 16 - Gr 3 Enrichment - Engineering and Design

May 17 Gr 3 Recorder Concert combined practice in the cafeteria/stage 2:30-3:00; Grade 4 Field Trip Moose Hill

May 17 & 18 MCAS Science Gr 5

May 18 Gr 1 & 2 Enrichment - Helen Keller

May 21 Gr 3 Recorder Concert with parents invited 2:15-2:45

May 23 Kindergarten Parent Night 6:30

May 24 Early Release Day; Kindergarten Open House

May 25 STEM Fair 6:00-7:30 PM

May 31 Gr 3 Recorder Concert 2:15; Gr 2 Enrichment Animal Adaptations; Gr 4 Enrichment - Sound Waves

June 1 - Grade 4 Music Concert; Grade 3 FieldTrip - Plimouth Plantations

June 2 - Field Day; rain date June 9th

June 5,6 Gr 5 Enrichment - Water Education

June 7 Early Release Day; Grade 5 PTO Activity 1-3; All Grade 5 Band Concert WHS 5:30 meeting 7:00pm concert

June 8 School Committee 7:00pm

June 13 Wheels on the Bus WHS Little Theater 6:00pm

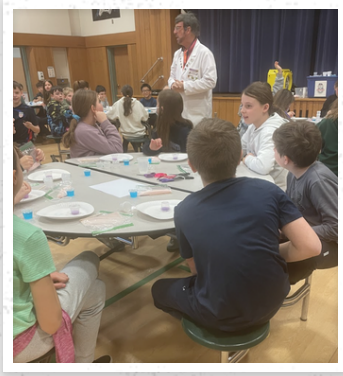
June 14 Last All School Meeting 2:20 (Staff and Students)

June 15 Gr 5 Visit to Thurston Middle School

June 16 Gr 5 Moving Up Ceremony 10:00AM

**PTO Movie Night - TBD**

*Top Secret Science was back to visit Grade 5 and present a States of Matter program. Thank you, PTO!*



*Happy St. Patrick's Day!*

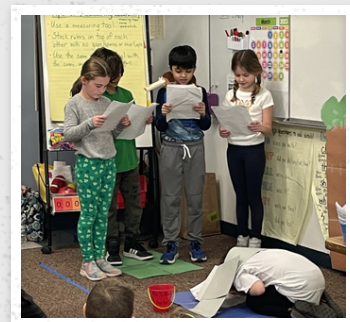
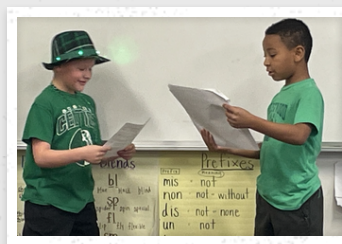
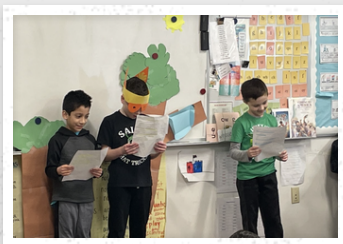
We had a lot of St. Patrick's Day enthusiasm today!





## *Amazing Acting in Ms. LeBlanc's Class*

Ms. LeBlanc's class performed plays based on books or folktales. They did a great job!



## *Important & Noteworthy School and District News*

### **D.A.R.E.**

Grade 5 D.A.R.E. (Drug (Substance) Abuse Prevention Education) began today. Officer Brad Pindel, our Community Resource Officer, will be working with our fifth graders through the spring. D.A.R.E. was founded in 1983. D.A.R.E. is a police officer-led series of classroom lessons that teaches children how to resist peer pressure and live productive drug and violence-free lives.

### **Welcoming Schools Update**

The Welcoming Schools Committee met on March 14th. Please click the link to read an [update](#). Thank you to all of our committee members for their hard work on behalf of Martha Jones.

### **Driving in the Bus Lane**

Just a friendly reminder that no vehicles other than buses belong driving in the bus lane. Parents have reported seeing many cars speeding down the bus lane when coming to pick up students from after-school programs. Our students do not expect anyone to be in the bus lane

and may not be cautious about stepping into that area. I know we all want to keep our students safe, so please use good judgement when driving on school grounds. Thank you.

### **Mental Health Awareness FYI**

#### **DMH Behavioral Health Help Line**

The Department of Mental Health launched a new [Behavioral Health Help Line](#) that people can call or text at 833-773-2445. It is available 24 hours a day, seven days a week in more than 200 languages. The help line can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services. District and school leaders are asked to please share this resource with staff, families, and students, where helpful. For more information, please see the [FAQ](#). Anyone with questions or concerns about the help line can email the help line director at [Mio.Tamanaha@mass.gov](mailto:Mio.Tamanaha@mass.gov).

### **Important Preschool News**

Re: Change in Enrollment Practice

Enrollment in the Westwood Integrated Preschool takes place via an annual lottery of interested families. Starting with the enrollment process for the 2023-2024 school year, the District is changing how the lottery is conducted. Specifically, new families who are enrolling in the Preschool for the fall of 2023 will no longer be guaranteed future slots for siblings. (Families who previously enrolled students in the Preschool with the expectation that siblings will be guaranteed a slot will be “grandfathered.”) This change in practice reflects feedback we have received from the community and our desire to create more equitable access for all residents we serve. We understand that decisions about preschool involve many factors and want to make sure that families have this information now to assist with future planning.

Please see [WIP Enrollment and Tuition Guide](#) for more information about the Westwood Integrated Preschool.

Westwood High School Presents



A combination of Shakespeare's Script and an original score, this adaptation of Twelfth Night is a delightful show for you and the whole family.

The soundtrack is on various streaming platforms. Feel free to check it out.

Information (including the Cast List) is available at [WestwoodStage.com](http://WestwoodStage.com)

For rehearsal clips and photos, follow WestwoodStage on Instagram.

Performances are March 16 - 18.  
Evening performances at 7:30.  
Saturday Matinee at 2:00

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*MCA'S Calendar*



**WESTWOOD PUBLIC SCHOOLS  
Elementary MCAS Schedule 2023**

ELA: March 27 - April 28 (2 sessions, grades 3, 4 & 5)  
Math: April 24 - May 26 (2 sessions, grades 3, 4 & 5)  
STE: April 25 - May 26 (2 sessions, grade 5)

MON. 3/27	TUE. 3/28	WED. 3/29	THU. 3/30	FRI. 3/31
			<b>MJ ELA 3-5</b>	<b>MJ ELA 3-5</b>
MON. 4/3	TUE. 4/4	WED. 4/5	THU. 4/6	FRI. 4/7
<b>MJ ELA Make-up</b>	<b>MJ ELA Make-up</b>			<b>Good Friday (No School)</b>
MON. 4/10	TUE. 4/11	WED. 4/12	THU. 4/13	FRI. 4/14
		<b>Early Release</b>		
MON. 4/17	TUE. 4/18	WED. 4/29	THU. 4/20	FRI. 4/21
<b>School Vacation Week Passover ends 4/23</b>				
MON. 4/24	TUE. 4/25	WED. 4/26	THU. 4/27	FRI. 4/28
		<b>Early Release</b>		
MON. 5/1	TUE. 5/2	WED. 5/3	THU. 5/4	FRI. 5/5
MON. 5/8	TUE. 5/9	WED. 5/10	THU. 5/11	FRI. 5/12
	<b>MJ Math 3-5</b>	<b>Early Release</b>	<b>MJ Math 3-5</b>	<b>MJ Math Make-Up</b>
MON. 5/15	TUE. 5/16	WED. 5/17	THU. 5/18	FRI. 5/19
<b>MJ Math Make-up</b>		<b>MJ STE Gr 5</b>	<b>MJ STE Gr 5</b>	
MON. 5/22	TUE. 5/23	WED. 5/24	THU. 5/25	FRI. 5/26
<b>MJ STE Make-up</b>	<b>MJ STE Make-up</b>	<b>Early Release</b>		

*Save the date for the Art Show!*



# MARTHA JONES ART SHOW 2023

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WEDNESDAY 4.26.23 | 5:30-7:00  
MARTHA JONES ELEMENTARY

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PLEASE JOIN US FOR AN IN-PERSON COMMUNITY  
EVENT CELEBRATING OUR MARTHA JONES  
STUDENT ARTISTS! FAMILIES WILL HAVE THE  
OPPORTUNITY TO VIEW K-5 STUDENT ARTWORK  
AROUND THE BUILDING, AND ENGAGE IN SOME  
ART-MAKING ACTIVITIES IN THE ART ROOM!

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SEE YOU THERE!

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FLYER CREATED BY MRS. FRIBERG USING CANVA



*Don't forget, March is Healthy Habits Month!*

*Here at MJ, March is Healthy Habits Month. This month's Student Council members will be hosting a "Healthy Habits Challenge" in which all students are welcome to participate. During the week of 3/20-3/24, students have the choice to challenge themselves by committing to one of the following habits for the full school week:*

- No TV*
- Exercise 30 minutes minimum*
- Eat a fruit and vegetable*
- No video games*
- Brush teeth 2 times a day*
- Read 30 minutes minimum*
- No candy/junk food*

*Slips were sent home today for parents/guardians to sign each day that the student has successfully worked on their chosen habit. At the end of the week, students will turn in the slips. There will be recognition for those who participate.*

*In addition, March Student Council members will be hosting a Penny Drive. Pennies will be collected in a "pot of gold" in the front lobby and the donations will be given to support those who are affected by the earthquakes in Turkey."*

*Our students also will be hanging some Car Idling posters outdoors on the fence to encourage those who wait in the car line to turn off their engines when they arrive early.*



# Health Office



**Martha Jones**  
Health Office

Spring is quickly approaching and keeping these key tips in mind can be helpful in staying healthy and safe this spring season!

### **Spring Allergies**

Allergies are caused by the body's reaction to substances called "allergens," which trigger the immune system to react to harmless substances as though they were attacking the body.

*Allergic rhinitis* is an inflammation of the nasal membranes and eyes caused by certain particles in our environment (like, pollen and molds, or dust mites and animal dander).

The symptoms of allergic rhinitis

- Runny nose
- Sneezing

- Itchiness of the eyes, nose and throat
- Headache and fatigue can be symptoms sometimes

How can you minimize exposure to seasonal allergy triggers?

- Wash hands and face when coming inside come from playing outside so pollen is not rubbed in eyes and nose
- Take a shower at night before bedtime to wash off any pollen
- Do not bring items from outside into the bedroom
- Keep windows in your home and car closed when possible
- Check the forecast for pollen levels, and limit outdoor activities when pollen counts are higher

For more information regarding Spring Allergies please click [here](#) to [healthy children.org](https://www.healthychildren.org)

### **Time for Tick Checks:**

Everyone living in the New England area where ticks are common should perform nightly tick checks during the warm months. Rapid discovery and removal prevents ticks from transmitting diseases. Keep in mind that ticks are very small and love to be in warm dark places like the armpit, groin, around the ear and on the back of the neck.

### **Bike safety:**

Wearing a helmet is one of the most important ways to stay safe on a bike!

Bike riding is a great way for families to get some outdoor exercise; however, it's also a leading cause of injuries in children.

*Please reach out to the Health Office with any questions! Happy Spring!*

*Thank you, JoEllen Doyle, RN, BSN School Nurse*

*Classroom News*



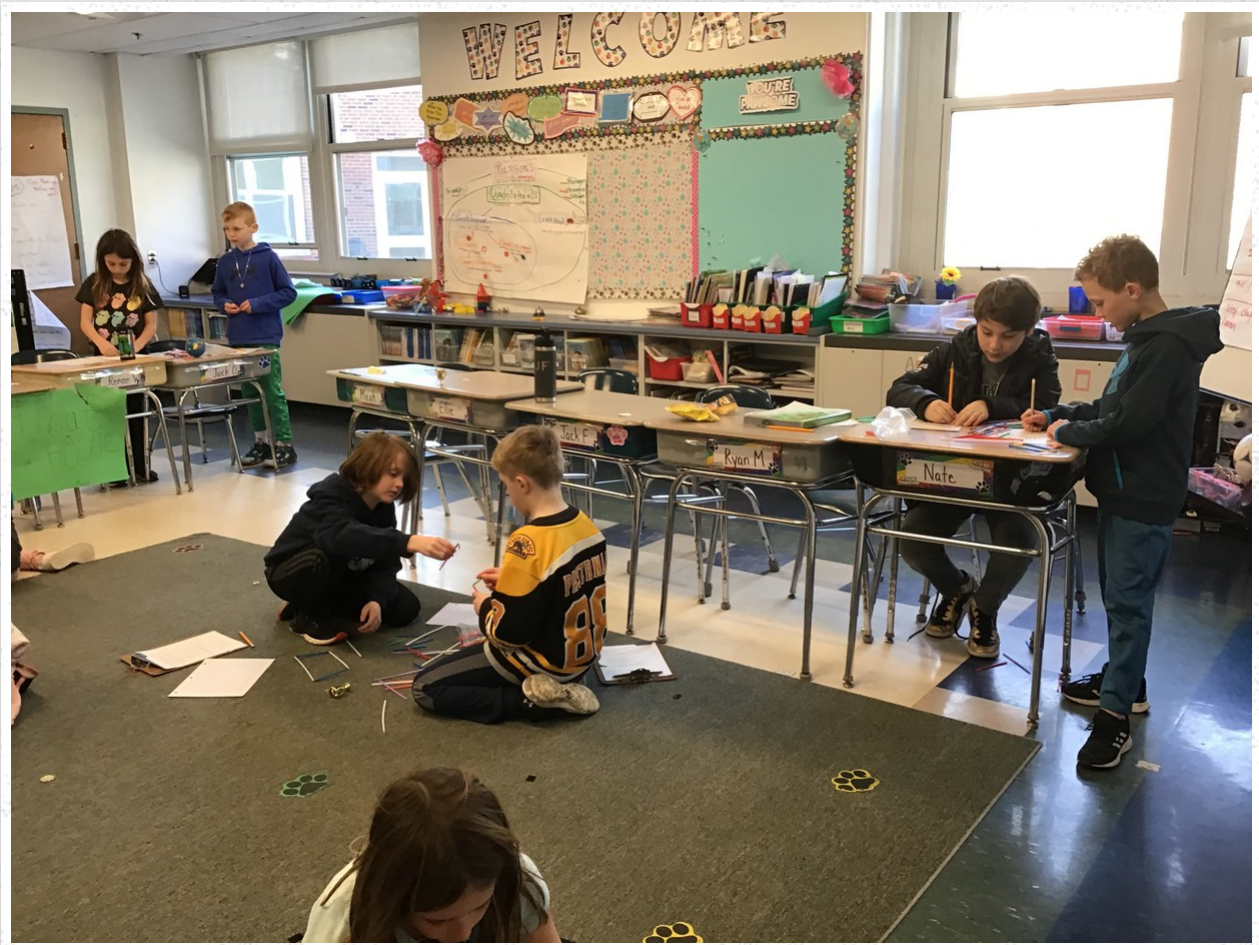
*Enjoyed stopping in to hear some of Mrs. Pickering's students last week!*



## News from 4B (Ms. Bass)

Last week, the fourth graders enjoyed a visit from "Top Secret Science," a STEM program that combines hands-on learning with an opportunity to engage in critical thinking and reasoning

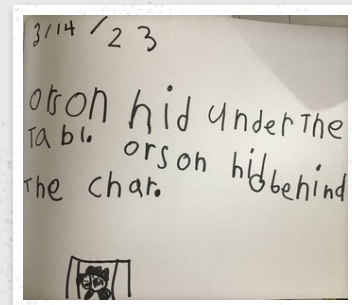
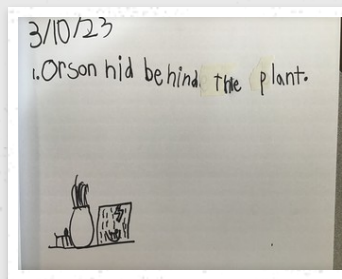
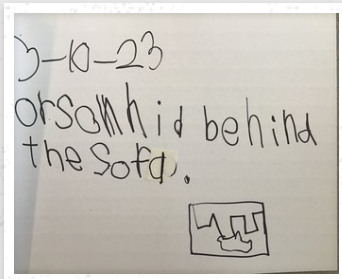
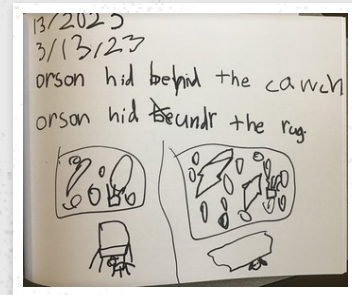
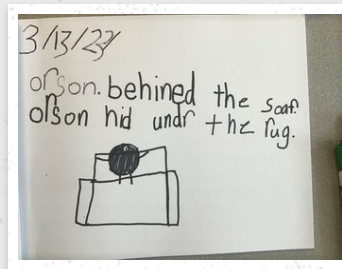
skills. Fourth graders learned about electricity by experimenting with magnets, creating simple circuits, and participating in enthusiastic discussion. Thank you to the PTO for organizing and funding this enrichment experience for our fourth grade scientists!



### *News from 3ML (Mrs. Lane)*

In this geometry lesson, students in 3 Lane are using building kits to construct 2-dimensional figures. This helps them notice that shapes have certain attributes which are used to classify the shapes into categories polygon, triangle, quadrilateral etc.). They compare and classify shapes by their sides (e.g., 4 sides) and angles (right-angle/non-right angle) to recognize examples of quadrilaterals and the relationship between squares and rectangles.





## News from Literacy (Mrs. Child)

First Graders Write about Reading!

First grade readers read for meaning! This week first grade readers read a story called *The Big Storm* by Charlot Wilson. This story is part of the Orson and Taco series and features our two favorite characters, Orson the big dog, and Taco the little dog. In *The Big Storm*, Orson is afraid of the loud sounds that come with a rainstorm, while Taco is happily looking out the window. First grade readers loved this story! After reading, students had a chance to write about all the places Orson tried to hide during the storm. Writing about reading gives students an opportunity to use letters, sounds and syllables, *and* allows them to demonstrate their understanding. Take a look at this amazing writing!

From Jen Child, Literacy Specialist



## *News from PE (Mr. Foley)*

What's Happening in Physical Education!

The Martha Jones students have been very busy learning about Fitness! This unit introduced fitness concepts such as: stretching, target heart rate, proper form and safety. The activities performed were: circuit training, fitness challenges, and fitness games. These activities emphasized the importance of keeping physically fit. The students also learned about the importance of keeping their heart and other body muscles strong! A variety of highly active games were introduced to teach and re-emphasize fitness concepts. The kids had a blast! Learning to enjoy physical fitness activities is one the most important motivational factors for staying physically fit!

The pictures featured are from our K-2 PE Open House! We had a HUGE turnout!

I hope you are well!

Pat Foley

Physical Education Teacher



**MARTHA JONES ELEMENTARY SCHOOL  
PTO**

*Be Kind. Be Curious. Be Courageous.*

*PACK YOUR BAGS & GRAB YOUR PASSPORT*

This year's Read-a-thon "Read Around The World" started March 10th and will be ending on March 17. All reading must be logged by **9:00 PM on Friday, March 17**. Reading progress can be logged via [Membership Toolkit](#) and selecting "My Account/Read-A-Thon."

The students in the classes that log the most hours/books throughout the one week period will receive individual \$10.00 gift certificates to Park Street Books. The teachers in those classes will also receive a gift certificate. There will be one winning class for Grades K & 1, one winning class for Grades 2 & 3 and one winning class for Grades 4 & 5. The winning classes will be announced on Monday, March 20th.



## *SQUARE 1 ART FUNDRAISER STARTS NEXT WEEK*

Our Square 1 Art fundraiser kicks off next week! Custom catalogs and stickers with a sample of your child's artwork will be sent home in backpacks on Monday – keep an eye out for them. Martha Jones art teacher, Ms. Friberg, and the PTO have partnered with [Square 1 Art](#) to transform your little artist's masterpiece into coffee mugs, note cards and much more. Orders are due by Friday, March 31, and these special keepsakes will be delivered in plenty of time for Mother's and Father's Day. These make great gifts!

## *EDDIE'S FOOD DRIVE*

MJS is participating in Eddie's Food Drive, which will take place from **March 27-April 15**. We will have a bin in the Martha Jones lobby for students and families to drop off items for the Westwood Food Pantry.

Providing meals was an important cause to Eddie Thomson of Westwood, who passed away at the age of 6 on November 21, 2017. In Eddie's honor, we continue the tradition of an annual food drive, with proceeds benefiting the Westwood Food Pantry. The Westwood Food Pantry

currently needs: Rice (bags/boxes); Pasta sauce (cans/plastic); Olive/Vegetable Oil; Flour; Sugar; Cookies; Crackers; Canned Fruit & Vegetables; Peanut butter; Salsa; Oatmeal; Cereal; Toiletries; and Cleaning Products.



## *PARENT SOCIAL: THANK YOU!*

We held our Parent Social this past Saturday and had lots of fun! In addition to bringing our community of parents and caregivers together, we collectively raised **\$18,002** for Martha Jones' PTO. We appreciate your generous contributions! With these funds, we are able to continue to fund enrichment programs, technology equipment, recess supplies, art programs, classroom supplies, and so much more.

## *More PTO News*

### SAVE THE DATES:

- Art Show: Wednesday, April 26
- Talent for a Cause: Friday, April 28
- PTO Meeting: Tuesday, May 9
- STEAM Fair: Thursday, May 25
- Family Movie Night: TBD
- Field Day: Friday, June 2 (Rain Date is June 9)

### VOLUNTEERS NEEDED

Have some free time or a special skill set? Volunteers are needed for all events. We are still looking for 6 volunteers to help out before and during the Art Show on April 26th. [Sign up today!](#)

### PTO OFFICERS NEEDED

We are looking to fill the following roles for next year: Co-President, Co-Secretary, Co-Treasurer, and Co-Social Media Manager. If you are interested in learning more about these positions or ways to get involved in the PTO, please reach out to Lauren Bent ([laurengbent@gmail.com](mailto:laurengbent@gmail.com)) or contact any of the other PTO officers. We will vote for officers at our final meeting on May 9th.

Did you know Martha Jones PTO has its own Facebook group page? Join the Facebook group to get the latest PTO news and updates delivered right to your news feed! Click [here](#) to join!

#### MARTHA JONES PTO WEBSITE

We have our own website at [mjspto.membershiptoolkit.com](http://mjspto.membershiptoolkit.com). Log in to stay informed on all PTO related news and events. All current events are posted on the Homepage for easy access. Volunteer, learn about our programs and events, purchase a membership, provide feedback, and much more.

#### PTO CONTACT FOR EVENTS, NOTICES:

If you have an event or notice for our PTO update, please email it to: PTO Co-Secretary Beth Klaene at [baklaene@gmail.com](mailto:baklaene@gmail.com) or Mary Jason at [maryjason06@gmail.com](mailto:maryjason06@gmail.com).



Join Westwood Special Education Parent Advisory Council (SEPAC) for our upcoming parent groups and meetings! You may be just starting your journey or be years into an IEP/504. All are welcome.

Visit us at [www.westwoodsepac.org/events](http://www.westwoodsepac.org/events) for more information.

SEPAC Liaison for Martha Jones: Frank and Caitlyn Jurczak [caitlynp82@yahoo.com](mailto:caitlynp82@yahoo.com)



**Registration for Spring Programs begins Monday, January 30th at 9:00 am.**

Structured Play Group - Kindergarten/1st Graders - Mondays, March 20-May 15th - 4-5 p.m.

Register [here](#) beginning 1/30

Girls Group - 4th/5th graders - Tuesdays, March 21-May 16th - 4-5 p.m. Register [here](#) beginning 1/30.

Tackling Our Troubles - 2nd-3rd graders - Thursdays, March 23 - May 18th - 4-5 p.m. Register [here](#) beginning 1/30.

For more information on any of our services including counseling, mentor programs, community programming and other resources please contact us at [youth@townhall.westwood.ma.us](mailto:youth@townhall.westwood.ma.us) or (781) 320-1006. Follow us on social media for programming updates and parenting resources.

*Westwood Public Schools*

**VISION:**

Graduates of the Westwood Public Schools are skilled, confident, curious, and kind: excited for their futures and ready to contribute to their communities.

## MISSION:

To prepare students for college, career, and civic life by providing rich and challenging curriculum, high-quality instruction, and authentic educational experiences.

## CORE VALUES:

Academic excellence and a commitment to improvement

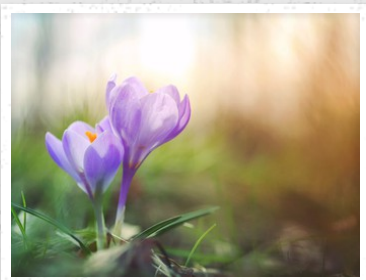
Curiosity and tenacity

Respectful relationships in a caring, collaborative community

## How Spring Got Its Name 🌸 🌱 🐣

- 🌱 The spring season gets its name from the verb "spring." It's a nod to the flowers and plants springing up, springing open, and bursting into blossom.
- 🐣 The word itself comes from the Old English word "springan," which means "to leap, burst forth, fly up; spread, grow."
- 🌸 During the 14th century, the word came to describe the spring season, the time when plants wake from their winter sleep and bloom.
- 📅 Before that, the word "Lent" was used to describe the season: "In the past it was the main word for 'spring.' Lent surfaced as 'lencten,' that is, 'lengten': the season got its name because in spring days lengthen." (full article [here](#))

*"Is the spring coming?" he said. "What is it like?" ... "It is the sun shining on the rain and the rain falling on the sunshine..." — Frances Hodgson Burnett, The Secret Garden 📎*



Smore ❤️ Spring 🐝

Facebook @smorenewsletter

Marshmallow Hill Road

kara@smore.com

smore.com