
North River School News

Spring 2021

Spring Has Sprung at NRS!



The North River School staff and I continue to be amazed at the resiliency and perseverance of our students during this unprecedented time. Last term we had 4 students with perfect attendance!

As we head into the final term of the school year we are looking forward to better weather, the opportunity to take learning (and basketball) outdoors, and the optimism of a more “normal” school experience in the coming months.

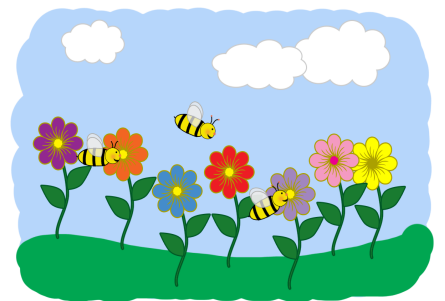
Thank you again for your ongoing support of the students at North River School. We are all grateful for your efforts to keep our students and staff safe as we navigate this unusual time.

Lauren Enos, Program Coordinator

Spring forward in good health

Christine Ettridge, RN

As we get closer to warmer weather it is important to spend more time outdoors. Walking, running, or hiking are just a few activities that allow you to take in the fresh air and get your heart pumping. Working out is also known to be a mood booster. The other added benefit is Vitamin D which is needed after long winter months where we do not see as much sun and especially after the year we have endured with this pandemic. Most of us have been stuck indoors more than we would have liked, so get outside. Spring is also a good time to increase fruits and vegetables which are enriched with vitamins and minerals. Spring salads and bright vibrant foods replace all the comfort of warm heavy dishes that we tend to eat more of in the colder months.



Therefore, my advice is to Spring forward into good health. Try to take a moment for yourself to get your daily dose of daylight. Drink plenty of fluids, eat fresh foods and get out and move your body.

Chocolate Chip Cookies

Hilary Parker, Chef Instructor

Pre-heat oven to 300*

Ingredients

1-pound softened margarine or butter
13 ounces shortening
3 cups white sugar
3 cups brown sugar
7 eggs
1 Tbsp + 1 tsp vanilla extract
7 cups flour
1 Tbsp + 1 tsp baking soda
1 Tbsp +1 tsp salt
5 cups chocolate chips



Method of Prep

Cream together the margarine, shortening and both sugars using the paddle attachment on your mixer.

Crack all the eggs in a bowl, add the vanilla extract, then add both slowly into the mixing bowl on low.

In a separate bowl, mix the flour, baking soda and salt together. Add this to the mixer.

Add the chocolate chips, mix lightly because they can melt quickly.

Use an ice cream scoop to portion the dough and bake on a paper lined baking sheet pan in a 300* oven for approximately 15 minutes or until lightly brown.

The Innovation Studio

Mona Boulrisse, Technology Instructor

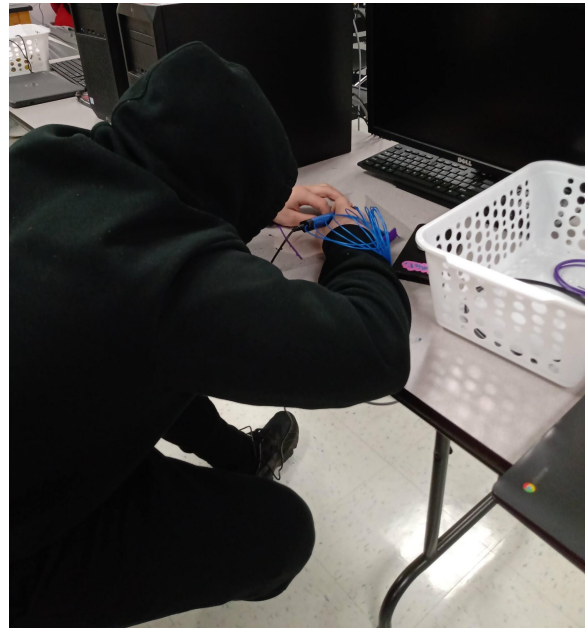
Students in the Innovation Studio have had the opportunity to work with various types of plastics. The plastics that were worked with had low melting points. This allowed students to use them to make things.

Some students used the 3D printer to print models. Some models were small and only took a short period of time to build while others were several pieces that had to be printed individually over the course of several days. Some students chose to paint their 3D models to enhance their appearance.

The Innovation Studio has 3D pens for students to use as well. Some used them to create something to satisfy a shop challenge while others used them to show off their creative sides. These tools are favorites of Innovation Studio students.

InstaMorph is a thermoplastic that grades 9 and 10 students had the opportunity to experience. It is made of plastic granules that when placed

in hot water, change into a moldable, pliable substance. Students used InstaMorph to create things like a cell phone holder and a wall hook.



Career Readiness

Dianne Sammon, Job Coach

Recently Discussed Topics in the Classroom:

- Handling conflict resolution with coworkers, friends and family.
- Customer Service in both retail and private businesses.
- The Hospitality Industry - what it is and what are some careers that don't require a degree.
- The Healthcare Industry - possible job opportunities and career options for those not choosing to go to college.
- The Construction Industry - what the job growth rate is post-Covid and job opportunities starting at age 18.
- The Manufacturing Industry - what it might be like to work in a factory or on an assembly line and job opportunities starting at age 18.



During Term 4 we will once again look at conducting online job searches, resume writing, and how to apply for a job. Please encourage your student to share with you what they have learned.

English: What is the 11th grade doing?

Leo DeCosta, ELA Teacher

The 11th graders are finishing up a unit on Satire. Their culminating activity is a close view of Taika Waititi's film JoJo Rabbit. The plot of the movie centers on Johannes "Jojo" Betzler, a 10-year boy in 1945 Germany. Unknown to everyone JoJo has an imaginary friend, Adolph Hitler. This Hitler is as a 10-year-old sees him.

JoJo is injured in a hand grenade accident at a Hitler Youth training which leaves his face scarred and makes it difficult to walk without a limp. JoJo is in his house alone and upon hearing a noise JoJo investigates and discovers his mother is hiding Jewish girl, Elsa, in the crawlspace off his late sister's room.

JoJo has never met a Jewish person and Elsa does not seem at all like he has been told Jewish people are. JoJo is conflicted. He begins to question what he has been taught. This is the small moment that starts JoJo's journey to learning to think for himself. JoJo goes to elaborate lengths to protect Elsa from discovery.

The director's message is that hatred is learned, and our humanity and compassion need to be nurtured.

Math Notes & Quotes

Elizabeth Darnell, Math Teacher

Math is everywhere. Math is problem solving, thinking and exploring new ideas. Math is in nature, art and science and games. Math is a part of our daily lives. The following list includes just some of the ways we use math regularly.

- Managing money \$\$\$
- Shopping for the best price/calculating discounts.
- Preparing food-measuring and portions.
- Figuring out distance, time and cost for travel.
- Understanding loans for cars, trucks, homes, schooling or other purposes.
- Understanding sports (being a player and team statistics).
- Playing and making music.

Many students underestimate the importance of math in their possible career choices. Contractors, chefs, mechanics, nurses, business owners, musicians and video game developers, just to name a few, use math every day in various ways.

"Math is everything when it comes to games. From having the ability to calculate the trajectory of an Angry Bird flying through the sky, to ensuring that a character can jump and come back down to the ground."

- [Matthew S. Stenquist](#), video game developer



History

Mark Connerty, History Teacher

10 Fun Facts about America

1. The U.S. Supreme Court building has a basketball court upstairs where the justices sometimes play.
2. Arizona and Hawaii do not participate in Daylight Savings Time since they get so much sunlight.
3. Alaska's coastline is longer than the other 49 states COMBINED.
4. The word Pennsylvania is misspelled on the Liberty Bell which is housed in Pennsylvania.
5. The U.S. Postal Service gives each new President their own secret zip code for mail.
6. The Library of Congress contains 838 miles of bookshelves.
7. If California were a country, it would have the 5th largest economy in the world!
8. Indiana, Arizona, and Georgia all have a town named Santa Claus.
9. At any time 5,000 planes are flying above the U.S.
10. South Florida is the only place on earth that has both crocodiles AND alligators.

Middle School Happenings

Colleen Kelly & Tom “Ace” Piesco, MS Teachers
Amanda Carr, Counselor

The Middle School has been learning about the ecosystem over the last month. They learned how ecosystems change over time, by people, and how it causes change in animals. Water in the environment has been a recently covered topic also. Ask your middle schooler about the water cycle. They have learned how temperature affects these bodies of water. They have just transitioned into learning about weather. They will be focusing on clouds, precipitation, how temperature affects weather patterns. With the recent warmer weather we have been enjoying the new picnic tables. Bodie assumed it was a new seat for him to get closer to his friends. In math they have been working with fractions and percentages. Who doesn't love learning about fractions and percentages? It is a very helpful life skill learning how to find the percentage for an appropriate tip on a bill! We also had an intense Monopoly tournament last month.



All Good Things

Phil Buckley, Science Teacher

After 43 years in education, 32 of them at North River School, I have decided to try something new. I'm not sure what it will be just yet, but it will come to me.

Having spent half of my life at NRS, it has always been more than just a job and the staff more than co-workers. The dynamics of the program and the relationships that we develop with the kids make them more than students. I am proud of my time spent at North River and I leave with many fond memories. I count myself blessed to have worked with some of the most talented and caring people I've ever met. I believe our collective efforts have made a difference to our kids and the support that we offer one another helps get us through the sad times and the tough times.

As I think back on my time at North River, I am afforded the benefit of many years of perspective. I've watched the program undergo many changes, some of them innovative and inspiring, some not so much. But at this time, as I make way to say goodbye, I am confident in my school's new leadership and the promising future that awaits the students that we love.

On June 22nd, I will leave North River carrying with me some of the most cherished of memories.



Mindful for a Minute

We have been working with all our students to help them better understand what it means to be mindful and the benefits of incorporating this practice into our daily lives. Put simply, mindfulness is our ability to pay attention to what is happening in the present moment, without rushing to judgement or to react. Practicing mindfulness has several benefits including increased empathy and compassion, improved immune functioning, increased happiness, a greater sense of optimism, improved sleep, greater focus and concentration, and reduced anxiety and stress. As the weather gets nicer and we look for activities to do outdoors, consider doing a Mindfulness Scavenger Hunt, where you look for the items listed below and take note of how you are feeling in the moment.

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|--------------------------|-----------------------------------|--------------------------|----------------------|
| <input type="checkbox"/> | something yellow | <input type="checkbox"/> | a flat stone or rock |
| <input type="checkbox"/> | a flower bud | <input type="checkbox"/> | a y-shaped branch |
| <input type="checkbox"/> | a bird singing | <input type="checkbox"/> | something shiny |
| <input type="checkbox"/> | a cloud that looks like an animal | <input type="checkbox"/> | a ripple in a puddle |

Upcoming Important Dates

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| April 12 | Term 4 Begins |
| April 13 | Spring Conferences |
| April 19 -23 | Spring Recess |
| May 4 | Term 4 Mid Term |
| May 12 | Professional Development/No School |
| May 31 | Memorial Day/No School |
| June 4 | Last Day for Seniors |
| June 9 | Graduation |
| June 22 | End of Term 4/Last Day of School |
| July 6 - Aug 5 | Summer Program |
| Aug 31 | First Day of School for Students 2021-2022 School Year |

