



THE PEABODY PLANET



THE NEWSLETTER OF THE PEABODY SCHOOL

March 29, 2019



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Spaghetti Supper/Math Carnival

Thank you to all for a terrific Spaghetti Supper/Math Carnival! It was a great to spend a fun night with our Community.



Peabody Events

Monday, April 1st

Author's visit
Thanks to Friends of Peabody, the whole school is attending one of three presentations with author Katie Smith Milway and Benjamin Nzobonankira, the boy (now a man) who was the inspiration for Milway's main character (named Deo) in her book *The Banana Leaf Ball: How Play Can Change the World*.

Tuesday, April 2nd

World Autism Awareness Day
The Peabody School will show our support for Autism awareness by wearing blue.

Monday, April 8, 2019

5th Grade Instrumental Concert
9:15AM
Concert dress – black bottoms and white tops.
Black or dark shoes are requested if available.

Tuesday, April 9, 2019

Author Visit
Kathryn Lasky, Newbery Honor winning author.
Her work includes the series Guardians of the Ga'Hoole.

This event is for 4th and 5th grades. The visit is brought to you in partnership with Belmont Books.

Find It

Looking for things to do in Cambridge? Then take a peek at Find It Cambridge! finditcambridge.org

Birds, Birds, Everywhere

The second graders were treated to an amazing presentation by Wingmasters. We learned about owls, hawks, and falcons. Thank you to the Friends of Peabody for supporting this amazing presentation for the second year in a row.

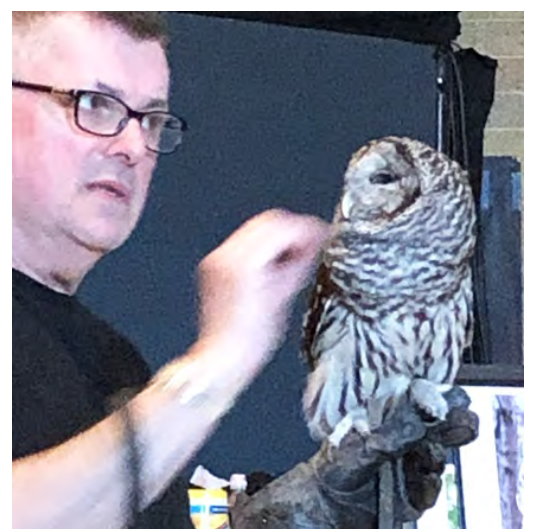


Please take the CPS Family Survey!

We would like to hear from you, to learn more about your experiences in Cambridge Public Schools. Our online survey takes about 15 minutes to complete, and your responses will remain anonymous and cannot be connected to you. Your feedback will contribute to our ongoing efforts to learn, improve, and support better outcomes for all students.

[Click here to take the survey >>](https://www.cpsd.us/familysurvey)

<https://www.cpsd.us/familysurvey>



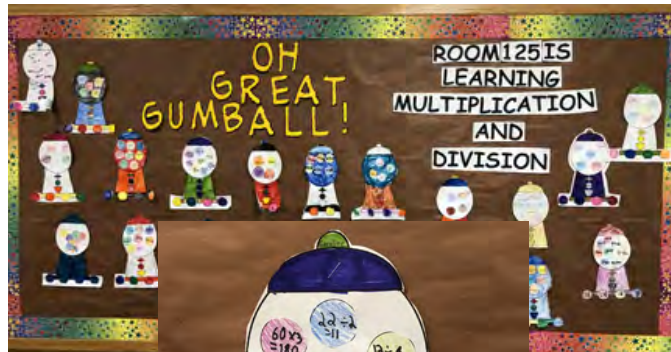
Connect!

Did you know that you can find the Peabody School on Facebook? To keep up with all our news, just follow us on Facebook at:

TheAndrewPeabody
ElementarySchoolCambridgeMa



Around the Halls of the Peabody



eat right. Academy of Nutrition and Dietetics

NATIONAL NUTRITION MONTH[®]

MARCH 2019



Congrats to Katie Bourne

Our fantastic librarian, Katie Bourne was recognized by the District this week for supporting National Nutrition Month. Katie had books displayed to browse and borrow. Ms. Bourne also has had several read alouds with nutrition books. Many students checked out cookbooks to try out recipes at home.

cambridgepublicschools Did you know March is #NationalNutritionMonth? To celebrate, several school libraries highlighted books on nutrition, health, and wellness. Peabody Librarian Katie Bourne displayed options to browse and borrow, and had several read alouds with nutrition books, like Food Truck Fiesta and Alpaca Lunch, among many others. A number of students checked out cookbooks to try out recipes at home! #schoolmealsrock #cambps #cambma @peabodyschoolcps

10 HOURS AGO

Peabody Reminders

We kindly request that for safety reasons, you only enter through the Main Entrance of the building. Thank you for your cooperation!

Please remember safety rules in the playground apply for afterschool as well as during school. We certainly do not want anyone getting hurt. Please have fun and be safe!



Some of Peabody's Artists from the Multi-Cultural Art Show



Recess Fun



Poetry and Newspaper Club Schedule

Poetry Club Schedule:

4/3, 4/10, 4/24/, 5/8, and 5/15

Newspaper Club Schedule:

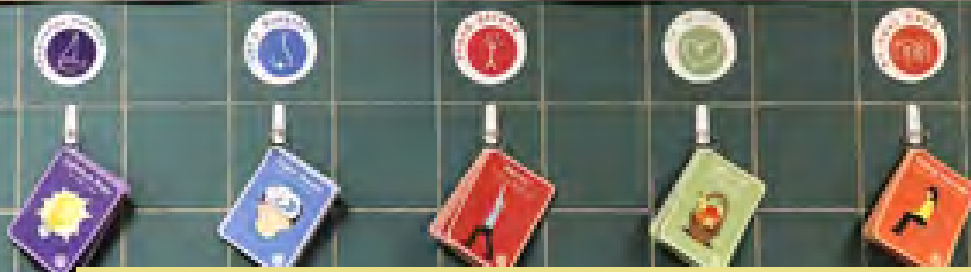
Revision - NO CLUB 4/5

Club meets: 4/12 and 4/26

Minutes of Mindfulness

Tools for learning. Lessons for life.

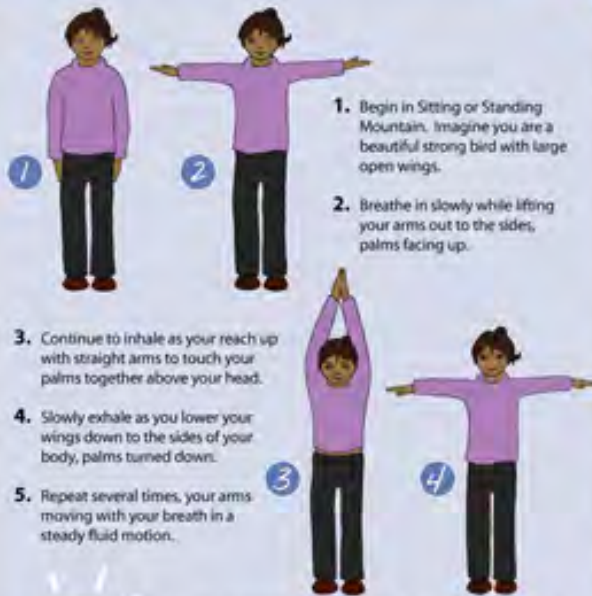
Mindful Minute of the Week



Please notice our Minutes of Mindfulness wall located outside of the Family Room. As a school, we will be practicing different yoga poses each week as a way to either relax, recharge, find calmness or find tools to take the best care of ourselves. Thank you to Leslie Nilsen, our Physical Therapist for introducing us to this fabulous program and thank you to the Friends of Peabody for sponsoring it.

Flying Bird Breath

Calm. Focus. Grace. Center.



1. Begin in Sitting or Standing Mountain. Imagine you are a beautiful strong bird with large open wings.
2. Breathe in slowly while lifting your arms out to the sides, palms facing up.
3. Continue to inhale as your reach up with straight arms to touch your palms together above your head.
4. Slowly exhale as you lower your wings down to the sides of your body, palms turned down.
5. Repeat several times, your arms moving with your breath in a steady fluid motion.

here's an idea!

- **Flying adventure.** While practicing Flying Bird Breath, close your eyes and imagine yourself taking flight as a bird. What do you see on your journey? Stay with this breath and visualization for at least a minute or two. Write a story about your flying adventure. Exchange stories with your classmates. Notice how many different and interesting adventures were created.
- **Share it.** Teach Flying Bird Breath to a family member. Have them close their eyes and go on a flying adventure for one minute. When finished, have your family member share about their flying adventure with you.



Peabody Garden Drop-In Update

On Monday April 1st, come to the school garden right after dismissal to investigate signs of spring. Enjoy a quick look or stay to a bit longer to make a miniature greenhouse of your very own, including seeds to sprout at home.

No need to sign up, just pop in and join your friends for some fun in the dirt!

Upcoming Family Garden times:

Monday, April 8th

Friday April 26th

Monday, May 6th

Monday, May 13th

Monday, May 20

Monday, May 27th

Grownups: if you'd like to help out, please email Aimee Moreno (mom of Elliott, 3rd and Carson, K) at aimeejmoreno@gmail.com.

More Pictures from the Spaghetti Supper/Math Carnival

