

Parents...did you know...immediately!!!

- Echalk can be translated into many different languages by a touch of a button. Go to the SALK home page and scroll down where you will see a little box on the bottom left that says English, click on it and you will see a list of languages. When you click on a language, the home page will be translated immediate
- Students' parents/guardians or people on the blue card must pick up their kids from the office if they need to leave early.
- Salk and the teachers consider students late at 8:01, not 8:05.
- You can look at past homework for the whole year on echalk, by going back in the calendar.
- Parents can contact Pauline by phone (212.614.8785) or email (Pauline.david@salkschool.org) to excuse their kids from extended day either before or after the absence and it will be marked as excused. (Only for the kids who are mandated to go to extended day). —NN

MyLunchMoney.com

To parents of students who qualify for reduced lunch and/or full price lunch students, the New Point of Service Lunch program is simpler then you think:

1. Go to **myLunchMoney.com**
2. **Enter your 6 digit pin code** to access your account (if you can't find the code, call Phil at 212.614.8785 and he will be able to provide you with your child's pin number).
3. **Enter your credit card number (It's a secure website!)** to make prepayments for your child's lunches and your kid will be able to access their lunch money 24 hours later.
4. If you prefer **to do the transaction over the phone** call the toll free number, **800.479.3531**.
5. Monies not used during the school year will be available to the student the next year all the way through high school. **You will not loose a dime!**

Please don't hesitate to use this service; it will provide your child with a faster lunch and will allow the school administrative staff to be more efficient at their jobs! —NN



Salk School of Science
320 East 20th Street
New York, NY 10003



Salk School of Science

SALK NEWS

Volume 4, Issue 2
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Letter from Jennifer

March 1, 2010

Dear Families,

We have reached the mid-point of the school year and there are many exciting projects and activities going on around the school. Exploratorium projects have started. Math videos are being made in the 6th and 7th grades. The 6th grade just had their Athenian Assembly. The 8th graders are finalizing their humanities projects for their American Dream unit. Our hallways are filled with wonderful two and three dimensional artwork. Throughout the building there is a buzz of activity.

I am often asked about the various partnerships that Salk has with organizations. So I thought I would use this opportunity to tell you about some of the organizations we partner with around the city. These partnerships support our work in a variety of ways and help us to provide a rich curriculum and variety of opportunities for students.

As you are probably aware, the NYU School of Medicine was instrumental in the founding of Salk and continues to be our main partner. Through their BASIS (Brothers and Sisters in Schools) program we are able to provide support for our science and health classes. NYU students work with our teachers on the HIV/AIDS curriculum as well as the new Heartbeats program for the 7th grade that started this February. Through the BASIS program some medical students serve as after school mentors for some of our students. Additionally, we have students from the NYU College of Dentistry partnering on our health program.

In the late spring, our Passions in Science day has been a forum for doctors, professors and other scientists from NYU to share their work and passions with our students. On this day, students rotate between three sessions each highlighting a different field in science. Throughout their three years at Salk, our students learn about a variety of professions in science.

And finally, through NYU we also have student teachers in our math and humanities classrooms and about a dozen America Reads tutors.

cont'd. on page 3

PARENTS ASSOCIATION UPDATE

February is Phonathon month and the Parents Association really needs everyone to participate by making a donation. Remember, your contribution is 100% tax deductible and no amount is **too large** or **too small**. Please help us support the outstanding staff and administration in providing essential services and programs.

To make it easier, you can make your donation in installments. Also, if your company has a "Matching Gifts" program, you can make your donation go even further.

You can find the direct appeal form online on the Salk Website, under PTA business. You can also make a donation through NY Charities:

http://www.nycharities.org/donate/c_donate.asp?CharityCode=2659

We have already raised \$28,000 toward our goal of raising a minimum of \$41,000 by direct appeal. Every dollar of the direct appeal goes to the children at Salk School to provide class room enrichment and supplies, afterschool programs, and school-wide upgrades. **Thank you all for your support!**

—Jill Tapia, Parent Assoc. Pres., as told to Nava Namdar

Auction Alert

This year we celebrate 'New York, New York' at the Salk Silent Auction. Please join us on June 8, 2010 for an evening of eating, drinking, mingling, and bidding.

A lot of work goes into the auction but with everyone helping it is sure to be a success. We are looking for volunteers to solicit donations, help with setup and cleanup, graphic design and any other talent you may have to make this night a winner. If you are a caterer or in the restaurant business, we could use your expertise and/or your delicious food for the night of the auction.

Please check the Salk website for donation letters/forms and ideas on what kind of donations we are looking for. Look out for emails/flyers for information on auction meetings. If you would like to volunteer and/or have any questions please contact Mindy Garelick, Auction Chairperson at m.mindyg@verizon.net or 212-633-1495.

—Mindy Garelick, Parent Assoc. Exec. Board Member



UPCOMING EVENTS

March/April 2010

March 8 - Monday

School Leadership Team Meeting
4:30-6:00

March 9 - Tuesday

Class Parent Meeting
8:00 a.m./room #300

March 24 - Wednesday

Parent Assoc. General Meeting
6:30 p.m.

Student Council sponsored Talent Show
Time TBA

SPRING VACATION

March 29 - Monday thru April 5 - Monday
School Closed

March 24 - Wednesday

Parent Assoc. General Meeting
6:30 p.m.

April 13 - Tuesday

Class Parent Meeting
8:00 a.m./room #300

April 14 - Wednesday

6th Grade "Scenes from Ancient Egypt"
5:00 p.m.

April 26, 27, 28

6th Grade EIA State Tests

April 26-27

7th and 8th Grade ELA State Tests

April 28 - Wednesday

Parent Assoc. General Meeting
6:30 p.m.

TEACHER PROFILE



Ling Teo

Ling believes that kids can do amazing things when they are motivated to do so, and she is certain that Salk students have no limits to their achievements.

Following her education in the UK, Ling moved to Washington DC and taught English and Mandarin for two years. In 2004, she became a New York City Teaching Fellow and began her teaching career with middle school students. Ling is certified to teach English Language Arts Grades 7-12, and she also received a Gifted and Talented Education Extension from Hunter College. She is excited to be applying her knowledge to teaching Salk students and finds working with children and helping them discover their voices as young adults to be extremely rewarding. Students say she is kind and shares her wisdom and experience with them. Parents receive the benefit of her experience too, as she is reassuring and supportive, often understanding what her students need better than their parents do. Ling is a tireless advocate for her students, encouraging them to enter their work in the Scholastic Art and Writing Awards competition or phoning their parents to let them know that the deadline for submission is coming up. She doesn't believe in letting obstacles get in the way of achievements—and that is a winning legacy for our children. — Christine Rhodes

Ling Teo's route to Salk was a circuitous one, but her students agree that her stops along the way have provided the wisdom and patience to really understand kids. Ling arrived at Salk in 2007 to teach grade 7 Humanities following a three-year stint as an English Language Arts teacher for grades 7 and 8 at Inwood Intermediate School (IS 52). There, she taught students with a range of abilities and developed an assortment of techniques for dealing with young teens. Ling believes that kids can do amazing things when they are motivated to do so, and she is certain that Salk students have no limits to their achievements. Ling says they are great kids to begin with and she has seen them become even greater with the right balance of prodding and encouragement.

One of the keys to Ling's success is her ability to relate to all kinds of people. Born in Singapore, she left along with many of her peers in the early 1990s to study in other countries. She attended college at the University of Bristol in the UK, majoring in English Literature, and was awarded a BA with Honors. During the summers she came to the United States to work at a resort in Yellowstone National Park, where she met people from all over Europe and the United States. This experience was a defining one and completely expanded her outlook on the world. Ling went on to receive a Master's degree in 1996 in Postmodern Literature, Theory and Contemporary Culture and, in 2001, a Doctorate in English and American Literature at the University of London, where she also tutored undergraduates in English. That year, she was a runner up for an Asham Award for Women Writers, the only competition for female writers in the UK, and the next year was short-listed for a fellowship to write about the Far East while in residence at the University of East Anglia in the UK.

GETTING INVOLVED

Parents, are you longing for a chance to get more involved at Salk? Would you like the opportunity to come in and spend some time with the students? If you love your work or have a special skill, it might benefit the kids to learn about it. Perhaps you could share your knowledge with them through a one-time volunteer visit or through an on-going project.

Here's how to make that happen: Look at the curriculum guidelines for the Salk classes that are relevant to your skill. You will find these online at www.salkschool.org under School Resources, as well as in the materials that were distributed at Back-to-School Night. If you see an opportunity to enrich the curriculum with your experience, please email the teacher of that class; teacher emails can be found on the Salk E-Chalk website. The teacher will determine if there is time in the schedule to bring you in.

AJS

SALK NEWS

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Spotlight On Our City

New York is our campus, so let's use it! There is so much going on all the time that middle-schoolers can take advantage of. Here are some of the very accessible highlights in museums, theaters and parks during February, March and April:

AT THE MUSEUMS

Tim Burton, through April 26 at the **Museum of Modern Art (MOMA)** 11 West 53rd St., between 5th and 6th Aves. Museum free on Friday evenings. Children 16 and under always free, adults \$20. Timed reservations are required for this exhibit: www.moma.org, go to "view calender," then "buy tickets."

*A retrospective of the works and inspirations of the visionary director of *The Nightmare Before Christmas*. Colorful and creepy, it's a surefire hit.*

Monet's Water Lilies, through April 12 at **MOMA**, 11 West 53rd St., between 5th and 6th Aves. Museum free on Friday evenings. Kids 16 and under always free, adults \$20.

Find yourself surrounded by these iconic images. Just like visiting old friends.

Paris and the Avant-Garde: Modern Masters from the Guggenheim Collection, through March 10th at the **Guggenheim Museum**, 1071 5th Ave. (at 89th St.) Closed Thursdays. Students with ID \$15, adults \$18 Audio tours free with admission www.Guggenheim.org

Walk the famous spiral and view paintings by Picasso, Braques, Juan Gris and more in this veritable parade of Cubist and Surrealist masterworks.

Journey to the Stars, now showing at **Hayden Planetarium** at the **American Museum of Natural History** 79th St. and Central Park West. Show runs every half hour during museum hours. Admission packages (museum and Journey to the Stars show) \$14 for kids, \$24 for adults (Museum admission is suggested so buying tickets at the museum may cost less).

Narrated by Whoopi Goldberg, this stellar show lets you travel 13 billion years into the past.

COUNTRY TRIPS RIGHT IN THE CITY

Wave Hill Public Garden and Cultural Center, ongoing
Riverdale, Bronx. Just 25 minutes from Grand Central Station on Metro North's Hudson Local, then take the free shuttle to Wave Hill. www.wavehill.org

Open Tuesdays-Sundays 9am-4:30pm through April 14. Until 5:30pm after April 14th. Family Art Sessions on Saturdays and Sundays from 1-4 pm, usually you can just drop in. Admission: Students \$4, Adults \$8, kids under 6 free. Tuesdays free for all.

You don't have to leave the city to feel like you're in the country! This beautiful, old estate on the Hudson has rolling hills, trails, gardens, greenhouses and breathtaking views. Family art classes are free with admission and include topics like spinning wool, making a tabletop garden and doing Native American paper artwork. You'll want to go, and go again.

The Cloisters, ongoing

Fort Tryon Park, Upper Manhattan. Reachable by M4 bus up Madison Ave. The Cloister Museum and Gardens is run by the Metropolitan Museum, so members get in free, as do kids under 12 and students with NYC public school ID. Adults suggested donation \$20.

www.metmuseum.org/cloisters/general for more info

A European castle/cloister in the city, visiting is like stepping into another time. The Cloisters is a glorious collection of buildings and courtyards composed of architectural pieces from the 12th-15th centuries that were brought over from Europe and reassembled. Listen to Gregorian chants as you look at the famous Unicorn Tapestries along with lots of other medieval works of art. The Cloisters is set in Fort Tryon Park, which is a beautiful, woody place to explore (the park is free).

ON STAGE

1/2 Price Broadway/Off-Broadway Tickets at TKTS Booth

Three locations: Times Square, South Street Seaport and downtown Brooklyn

For more info: www.tdf.org, then go to "TKTS Discount Booths."

Times Square location hours: For evening shows, booth is open from 3-8 pm Wed-Sat. (Tuesdays 2-8 pm, there are often 7pm shows that night.) For matinees, booth is open from 10 am-2pm Wednesdays and Saturdays; Sundays 11am-3pm; Closed Mondays

Never pay full price again! TKTS sells steeply discounted tickets for the same day performances. Theaters would rather discount than have empty seats, so they give unsold tickets to the booth every day. Shows that have been available recently that are great for middle-schoolers include: Billie Elliot, In The Heights, Bye Bye Birdie, South Pacific, West Side Story, Mama Mia, Stomp, NYC Ballet.

Theater Discount Web Sites:

www.theatermania.com and www.telecharge.com

It's free to sign up for these sites and they'll send you discount announcements and codes for Broadway, Off-Broadway, and Off-Off Broadway shows.

—Alice Jankell Shatkin

Hydrangeas

Hydrangeas aren't a small flower; they're sort of big. Many teeny-weeny petals on a thick stem. Different colors, but my favorite is blue. The blue is a chalky color. A pastel version of sky blue. It has a faded feel to it. Hydrangeas look old-fashioned; outdated, like they came out of an old color photograph. The scent is distinct. Sharp but sweet. No matter the color, size or shape, they are gorgeous. Whenever I see this flower, time takes me back awhile. Not just hours or months, but years; eight of them. Time takes me back to a special memory.

I was four, and sitting in my family's garden. Colorful flowers surrounded my big, blue house in Atlanta, Georgia. That day, the air was warm and the wind was cool. I sat on the porch, watching my mom plant several blue hydrangeas. I admired the petals from the porch steps, watching them sway with the wind. My dad sat on the bench swing, looking up at the soft blue sky. Things were perfect and content in that noiseless, peaceful area. No cries of babies or exaggerated honking of horns. I loved moments like these. None of us talked, yet even a little four-year old felt the happiness.

Today I realize that we don't need to talk to be happy. We don't need to be having a conversation 24/7 to be happy. Living in New York City, we hear people on their phones all the time. Phones are just a modern way to talk. Phones distract us from real life. They get us so caught up in our social lives that we lose our focus on the other important things in our day. At the age we are now, we have many social networking accounts. Facebook gets us so interested and caught up in other people's lives that we forget about our own. Teenagers will just sit at their laptops and stare at the screen, waiting for a friend to come online. This frustrating routine will not keep you happy. After spotting a hydrangea on the way home from school, I realize that phones and facebook both have one thing in common: they try to fulfill us by talking. Being silent can have the same effect as these things; it can make you feel good too. It makes you feel content, like you are re-energizing yourself.

As I think further, I realize how often people try to sell you things. Many times we give in. Advertisements are everywhere! Television and subways. Websites and magazines. They all try to sell us things we don't need. They try to make us happy. But merchandise can only satisfy us for so long. When we buy the items advertised, they are never as good. They won't give you that warm, whole, happy feeling that sitting down with the people you love will. The satisfaction of a purchased outfit will wear out quickly.

Sometimes I try to remember a time when I was happy. I think to myself, "Does it include a cellphone? A computer? A shopping experience?" The truth is, it doesn't have to. People all over the world live without material objects and noise, so why can't I? I can be content, satisfied and joyful without them.

Now, when I hold a blue hydrangea in my hands, I know that I don't need to talk about how happy I am. I can just smile, and let others figure it out themselves. If a four-year old can be happy in silence, then others can too. —*Isabella Picallo, 7th grade*

Another of our science focused partnerships is with Urban Advantage, a City Council program supporting middle school science. This program provides intensive professional development for our science teachers, all of whom have participated. Several of our teachers are lead teachers and now lead some of the professional development for other teachers. Through this program we have a close partnership with the American Museum of Natural History, where our 8th graders have traditionally presented their Exploratorium projects. Urban Advantage also provides a link to other science rich cultural institutions in the city such as the New York Botanical Garden, the Hall of Science and the Bronx Zoo. It is through Urban Advantage that we receive family trip vouchers.

Teachers College Reading and Writing Project is renowned for its work in the teaching of reading and writing. For the last two years, we have worked with the Project more closely by having a consultant work at Salk with all our teachers to integrate literacy practices across the curriculum. The Project also provides workshops for our teachers to attend which often feature nationally known literacy specialists.

Lincoln Center Institute is our newest partner supporting our curriculum. We have started our partnership with a collaboration involving our drama teacher, Aliza Mendelewicz, who has been training in the LCI approach to aesthetic education. This year 7th grade drama has been collaborating with the Lincoln Center Institute on a photography unit connecting drama and photography. As a part of this unit, the students are studying directing and photography, staging photographs and taking pictures of each other. The emphasis is the expansion of theatre techniques and concepts into varying artistic media, particularly tableaux and storytelling.

We also partner with several organizations to support our afterschool program. One of these organizations is LEAP (Learning through an Expanded Arts Program). LEAP provides us with our guitar teacher. As we plan for next year, we are working with them to see if they have other offerings that might interest our students. Chess in the Schools has had a long time partnership with Salk providing chess instruction during Extended Day and Electives. Visual Education Media provides us with our robotics class in the fall and a new program this spring called game design.

I look forward to seeing you throughout the second half of the school year as we celebrate the exciting work students are doing.

Regards

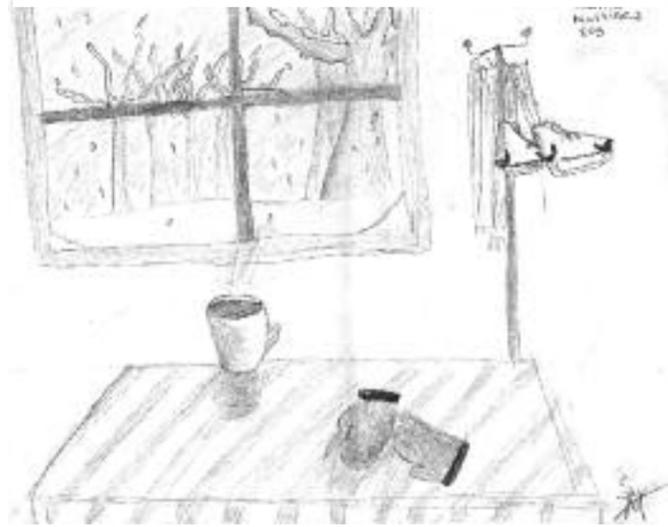
Jennifer

Wellness in Winter:

Tips for Keeping Physically Fit in the Colder Months

Trying to find ways to keep physically active when the temperature outside plummets to 40°F and below can be tricky. Here are some quick and easy ideas for keeping you and your family in shape without freezing your toes.

- 1. Make a small investment in a home gym** With the right tools, it need not take up much space. Some smaller free weights, resistance bands (also known as power bands or stretch bands), and a balance ball can all be kept in a large box. Keep it nearby during these months rather than stowed away in a closet collecting dust. There are many DVDs that will help you set up an appropriate routine.
- 2. Take the stairs** Whenever and wherever possible take the stairs. If you have stairs in your building, put on your sneakers and your mp3 player and get marching. Walking up stairs burns between 500 and 600 calories per hour. Walking down stairs about 150-200 per hour. Spice it up a bit by taking two stairs at time if you have good balance, but remember holding onto the rail will reduce the number of calories burned.
- 3. Throw a daily dance party** Turn on some of your and your kid's favorite music and dance it up. This is a great family activity, especially with younger children.
- 4. Do your spring cleaning in the winter** Emptying out closets, mopping, schlepping, vacuuming, cleaning is great exercise. Put on some music and you'll be getting a workout and a clean house at the same time.
- 5. Take an indoor bike ride** Indoor bicycle trainers, which convert your regular bike to a stationary bike, are great investments. You can watch television or listen to music and take a ride, all in the comfort of your own home.
- 6. Get back to basics with calisthenics** You can easily find books and DVDs with routines to give your push-ups, ab crunches, lunges and deep knee bends the proper structure. They can also help to make sure you have correct form.
- 7. Join a gym with month-to-month membership** More and more gyms are offering this option rather than requiring a one-year commitment. Some even give a free week pass to try their gym out.
- 8. Play video games** Okay, not really the games, but Wii Fit or Dance Dance Revolution offer some decent indoor action.
- 9. Layer up and go outside** Go for a power walk in a nearby park or around the neighborhood. Be sure to wear a fitted inner layer of wool or thinsulate or another fabric that whisks away perspiration, a middle layer



Sabrina Martinez, 8th grade

of insulation such as wool, down or fleece, and a water and wind-resistant outer layer. Protect your extremities. It's helpful to get your body temperature elevated a bit before stepping out to very cold weather by exercising indoors for a few minutes. Try arranging your route to have the wind at your back for the return trip.

- 10. Try outdoor sports in or near the city** Ice-skating is offered at Chelsea Piers, Bryant Park and Central Park. There is skiing in Pennsylvania at Camelback, only 90 minutes away and in the Catskills at Belleayre, which is just over a two-hour drive.
- 11. Stay hydrated** We often forget to drink enough water in the winter because we might not feel as thirsty as we do in the warmer months.
- 12. Eat Well** Of course, eating well will go a long way toward keeping those winter pounds off and insuring steady energy to keep up your activities.

And don't forget to get some sunshine whenever you can too.

—Heidi Vernejoul, *Holistic Health Counselor*



Lilab Burke, 8th grade