



PUBLIC SCHOOLS

MILTON, MASSACHUSETTS 02186

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To: Milton Public Schools Parents, Guardians, Faculty & Staff
From: Mary C. Gormley, Superintendent of Schools
Re: E-Update, Friday, February 5, 2010

As part of my goals and responsibilities for 2010, our school district will be undergoing evaluations from outside sources over the next few months.

First, the process of re-accreditation of Milton High School is currently underway. Milton High School will be evaluated by the New England Association of Schools and Colleges (NEASC), of which Milton High School is a participating member. This is a private, non-profit, accrediting association for the region.

As part of the process, Milton High must undertake an exhaustive self-study involving the participation of faculty, administrators, staff, students, and community members. The self-study is designed to draw and substantiate conclusions about how well the school has met each Standard for Accreditation. The self study portion typically takes a year and a half and concludes with a visit from a team of educators, which is expected to take place in October of 2011.

At the end of the process, the outcome would be the awarding of accreditation. This would signify that Milton High has met Commission Standards at an acceptable level and is willing to both maintain and to improve its educational program by implementing the recommendations of the visiting committee and the Commission. We recognize that our voluntary participation in NEASC is important to maintaining Milton High's role as a leading educational institution in the 21st century.

Secondly, the Milton Public Schools are also due for our district review. Every six years, the Massachusetts Department of Elementary and Secondary Education's Program Quality Assurance (PQA) division conducts a Coordinated Program Review to ensure that all school districts are in compliance with the array of state and federal laws which regulate special education, civil rights, English learner and career and vocational education programs.

Our district will undergo such a review in 2010. In particular, there are some major changes to the way the PQA will be conducting the special education portion of that review. Because Milton is on track for its regularly scheduled review in 2010, we will be one of the first districts required to participate in these major revised changes to the way the review is conducted.

For the first time, districts will be required to participate in an extensive web-based self-assessment for the special education portion of this review. This assessment will be completed by May 1, at which time the PQA Team will analyze the data, send out a parent survey for their review and begin preparation for an onsite visit to Milton. This visit will last several days and include further student file reviews, interviews with targeted staff and a physical inspection of our facilities and selected classrooms.

A final written report will be issued to the district and publicly posted to the Department of Elementary and Secondary Education's web-site.

Both of these systems for evaluation are very important, not only to the students and faculty directly affected, but for our entire district. We will continue to keep the community updated as to the status of these reviews. – Mary C. Gormley

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School Committee Update

The next School Committee meeting will be on February 9th at 7pm. A School Committee meeting was held on Tuesday, January 26th in the Milton High School Auditorium. Below is a summary:

A presentation was made by the Milton High School Site Council. The presenters were Dr. John Drottar, parent Rachel Shanor and Milton High senior Jay Rosenberg. The presentation included data on the MHS School Improvement Plan. The site council discussed the success of the science lab program, which has a “teacher’s aid” element. This program could be expanded to other departments at MHS.

The next issue was a discussion of the budget for FY11. An explanation of the difference between level service and level funding was given, and the different scenarios for each budget were outlined. The school department has prepared an FY11 budget proposal of \$35,533,107, which would be a level service budget.

For a one-page summary of the FY11 budget, please click the following link:

<http://www.miltonps.org/documents/MicrosoftWord-budgetintrofinal.pdf>

The difference between the FY10 and the proposed FY11 Level Service and Level Funded budget was discussed. School Committee Member Mary Kelly pointed out that the FY10 budget also reflected staff reductions, so further staff cuts would be deeply felt. To see the different budgets for the current year and for FY11, click this link:

<http://www.miltonps.org/documents/FY10AppropriationHistory-FY11Budget.pdf>

Next, school committee members discussed the potential cuts and reductions that the Administration has proposed if the school system is only level funded. A total of 24.4 FTEs (full-time equivalent) positions or staff members could be cut. To see a list of proposed staff cuts and/or budget reduction, please see below:

<http://www.miltonps.org/documents/RIFImpact12710.pdf>

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A previous school committee meeting was held on January 19th. Below is a summary of that meeting.

Two Milton High School seniors, David Corbett and Samuel Shepard, were presented with a Certificate of Academic Excellence at this School Committee meeting.

Every year we award this certificate to one student, but this year, these young men tied for this honor, with the exact same grade point average. As a result, both students received the award.

Next, the School Committee heard a report from the Milton PAC, with Jeff Rubin, Director of Pupil/Personnel Services and Vice Chair of the PAC, Jerry Vittti. For more information on the PAC, please see the item below under “Special Education/PAC Update.”

Next, the Pierce Middle School Site Council presented, with Principal James Jette, Assistant Principal Dr. Karen Spaulding; parent William McCarthy and Community Member Anne Murphy. They discussed the Pierce School Improvement Plan, which focuses on mathematics, where Pierce students need improvement. The Site Council noted that math achievement at these grade levels is an issue statewide and they are actively working towards improvement. They went over steps to be taken to improve achievement and engaging teachers, students and families.

Ms. Bagley Jones updated the committee about the purchase and pending installation of six new defibrillators for the Milton Public Schools. Collaboration between the committee, the school nurses, Milton Foundation for Education and Milton Hospital resulted in the acquisition of six portable defibrillators, which will be installed in the lobby of each school.

Curriculum Information

The Milton Public School system is proud to offer its first Milton Public Saturday Enrichment Program for students in grades four through seven. This year’s pilot program will run March 6th, 13th, 20th, and 27th from 8 AM to 11:45AM at the Pierce Middle School. Students will attend three one-hour sessions and participate in a

fun activity period. The cost for the four week Saturday program will be \$100 per student. The course offerings and registration instructions will be mailed out at the end of next week. This very exciting program has been made possible by the generous funds generated by the Milton Foundation for Education's Celebrations 2009.

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The Milton Public School system is delighted to participate in a program called the Future Problem Solvers. This is a program which begins in fourth grade and is run by our elementary school librarians.

All students are exposed to the FPS program in fourth and fifth grade, but a small team of students is selected to compete in FPS Bowl competitions.

Last month, teams from all four elementary schools met at Glover School to take part in a two-hour problem-solving process as part of the competition.

Terry Deutsch, a former FPS coach, was always amazed by the timeliness of the questions (determined the year before) and this year is no exception. The topics for this year's competition are "Orphaned Children" for the qualifying bowl and "Food Distribution" for the statewide bowl, both of which are currently making headlines with regards to the disaster in Haiti. Results from this qualifying bowl are not yet available, but we are confident that our teams performed well.

The following students from Cunningham and Collicot participated, coached by teacher Marti O'Keefe McKenna: **Cunningham:** Katie Abbott, Mike Murray, Devin Quinlin, Ege Yalcindag. **Collicot:** Julia Mastandrea, Juliana Viola, Mariah Conway, Andrew Arcieri.

Librarian Lori Henry coaches the Glover and Tucker teams, comprised of the following students: **Tucker:** Liam Chase, Andrew Duro, Madison Lipson and Allegra Giddings. **Glover:** Della Jroff, Maggie O'Hanlon, Michael Eberhardt, Maura McLaughlin, Elena Millwood, Colin Carroll, Lucia Hainline and Camille Coutant.

Keep up the good work!

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Several months ago, the World Language Program Committee (WLPC) was formed to analyze the current state of the World Language Program and to produce some information that we can use when making budgetary decisions for upcoming school years.

This committee consists of representatives from the School Committee, the School Administration, the World Language Director, Elementary School teachers, and Milton Public School parents from both the English (FLES) and French Immersion Programs.

The WLPC has had seven meetings and is in the process of collecting and analyzing data to support their recommendations the Superintendent. One tool for the collection data will be a survey to parents and teachers. All Milton Public School parents will receive a survey electronically next week that will ask questions about varying topics related to our elementary world language programs. The teachers will receive a separate survey. The goal of both surveys (which are anonymous) is to collect the thoughts, ideas, perceptions and input of our parents and teachers on this subject and to use that data in our decision making process.

Please be on the alert for this survey in your email "inbox" during the next few days. Each family will be asked to fill out one survey per household. We value and appreciate time, effort and thought put into this process and survey. If you do not get the survey by the end of next week, please contact Sean Walsh at swalsh@miltonps.org.

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Congratulations to MHS Latin Club President Sam Shepard, who earned second place in the annual CANE (Classical Association of New England) Writing Contest. Sam was one of only three students in Massachusetts to be recognized by CANE. He wrote a creative piece on "Floods: Loss and Recovery in the Ancient World." He will receive a certificate and a monetary award. Mirabile Dictu, Sam, for a job well done!

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Scores from the recent Continental Math League exams have been reported, with some of the nation's top scores coming from Milton Public School students.

Four students from the fourth-grade class received a perfect score of 6 on their exams at both meets. Congratulations to Abigail Lang and Regina Scott of Collicot; Serena Chen of Cunningham; and William Jrolf of Glover, all of whom scored a 6 on both exams.

In addition, three fourth-grade students obtained a perfect score on the exam at the first meet. Congratulations to: Mackensie Caputo of Collicot; Genevieve Connelly and Nicholas Fahy of Glover.

At the second meet, the following fourth-grade students received a perfect score: James Conley of Cunningham; Malcom Hebert of Glover; and Xavier Fischer of Tucker.

A group of fifth-graders also achieved perfect scores at the second meet: Congratulations to Matthew DiCarlo, Val Ryan Rafanan and Juliana Viola of Collicot; Lucia Hainline and Delphine Jrolf of Glover; Edwin Duprevil, Ariana Boakarie and Liam Chase of Tucker.

Continental Math is designed to improve and assess students' problem solving capabilities. The meet consists of a set of six problems to be solved within a 30 minute time period.

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Congratulations to the nine Milton High students who were selected to participate in the Junior Eastern District Music Festival. **Orchestra:** Joe Cruikshank, Abigail Greenwood, **Chorus:** David Cleckley, Theresa Doherty, Emily Driscoll, John Garland, Bailey McDonnell, Andrew Mowe, Eliza Trickett. Well done!

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We recently had a visit from Daniel Feeney, Director of Juvenile Programs for the Norfolk County District Attorney's Office. Mr. Feeney spoke to a group of parents about some safety tips for children and teens using computers. He also discussed cyber bullying and inappropriate use of cell phones and text messages. We'd like to share some of the safety points Mr. Feeney gave parents at this session:

- No child should have a computer in their bedroom. Computers should be in central and open areas of the home where a parent can walk by and see anything their child has on the screen.
- Social networking sites such as Facebook should only be used by older teenagers. Facebook's terms of use policy requires all users to be over 13 to set up an account. Even for those over 13, social networking sites can be very damaging if not set up with proper privacy controls. Be sure to check your child's Facebook account to see if privacy is maintained – NO hometown, high school or year of birth should be given.
- Every parent/guardian should pay the extra fee required to get their child's cell phone calls itemized on the bills. This way, parents can check the child's telephone calls. Look at time of day to see if they are texting from school or if there are dozens of calls to anyone you don't know.
- Be wary of file sharing software such as Limewire, Bearshare, or Kazaa, which allow trading of music files. These leave an "open door" for strangers to drop viruses or spyware into your computer.
- Security software is a good idea, but it will not always protect your children. Many teenagers know how to bypass the settings and there are no programs which are 100 percent effective. It's up to you to monitor your child's computer use.
- Be sure that you set the "History" or "Browsing History" setting to cover several days or weeks before it is deleted. This way, parents can see what sites their children have visited. This should never be set to zero – or there will be no browsing record.

Upcoming Events

Grade One Info Night was held on **Thursday, February 4th at 7 p.m.** in the Winchester Auditorium at Milton High School. This was for parents of students entering first grade in the fall of 2010. An explanation of both the French Immersion program and the English/FLES program was given, as well as a description of a typical day in a first-grade classroom. For more information, please contact Denise Kelly at 617-696-4470 x5510 or go to www.miltonps.org.

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Kindergarten Information Night was held on January 28th. If you missed the presentation you can view the slideshow by going to the front page of the website at www.miltonps.org. Parents/Guardians of incoming kindergarteners should have filled out a pre-registration form and should have picked up their registration packet and registration appointment from Denise Kelly. If you have not, please contact her at 617-696-4470 x5510.

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Family Movie Nights continue! We are pleased to present *Race to Witch Mountain* on **Friday, February 5th** in the Winchester Auditorium at Milton High School. The doors open at 6:30 p.m. and the movie starts at 7 p.m.

Tickets are \$3 per person and all children must be accompanied by an adult. All proceeds will benefit MHS Clubs and Activities.

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If you are the parent or guardian of a student in Grades 8 to 11, please make note of the following: Milton High School will present at Program of Studies Night on **Thursday, February 11th at 7 p.m.** in the Winchester Auditorium at Milton High School. This is an informative evening for parents presented by the MHS administration, department heads and the entire Guidance Department. All parents are welcome, but prospective parents of Milton High students are especially encouraged to attend. Students are also welcome to sit in on the presentation or go on a tour of the building. General information about the High School curriculum, program of studies, leveling practices and course recommendations will be presented. A question and answer session will be held in the auditorium for general questions from the audience. Following the presentation, the department heads will be available in the cafeteria for more specific questions. Building tours will also be offered on this night.

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A reminder: Registration for Adult Education will be held from **February 8th – 10th** in the lobby of Milton High School from 6 to 9 p.m. To view the brochure, click below:

<http://www.miltonps.org/documents/MicrosoftWord-AdultEdBrochure-Spring2010.pdf>

Special Education: PAC Update

The following item was written by Milton Public School parent Kimberly Zieselman, who also serves as chairman of the Milton PAC.

Public schools are required by law to have a parent advisory council (PAC) advise its School Committee on matters pertaining to special education, and participate in the planning, development, and evaluation of special education programs in the district. The PAC is comprised of parents of children who are on individualized education plans (IEPS) or 504 Plans, or have any concerns that their child might need special education services. In addition, any person who is interested in special education issues is welcome to join.

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Last month, the Milton PAC was invited by the School Committee to report on the status of special education in our schools. The PAC views its role as providing information and support to Milton families and when necessary, advocating for programs and policies that ensure best practices and the success of our students. Overall, the PAC views its relationship with the Milton Public Schools as one of collaboration and partnership.

At a recent school committee meeting, the PAC praised the district for making many significant improvements over the last few years, but noted several areas in need of improvement, and an overarching concern about the failure of the town's special education student subgroup in three schools to make adequate yearly progress (AYP) under MCAS, as well as the need for better communication.

Superintendent Gormley was quick to respond, inviting the PAC board to meet with her and devoting a regular section of this newsletter to special education and PAC activity. It was a very productive first meeting, and planning is underway to address parent concerns. The Superintendent has embraced the PAC's request for better communication and collaboration -- a very positive relationship has been launched and work has started to implement some changes over the next several months.

Please contact the PAC for more information or join us by emailing MiltonPAC@Yahoo.com. We encourages parent participation and we are open to *all* Milton families of children on IEPs, 504 plans, and those who might need special education services -- as well as anyone who is interested in special education in Milton.

Milton Foundation for Education

As we announced in the last E-blast, the Competitive Grants have been awarded to teachers from all six Milton Public Schools. These grants are used for innovative programs and opportunities that are beyond the reach of the school system's budget.

A total of 24 grants were awarded, enabling our teachers to purchase everything from robotics kits to math magazines to musical software programs.

For a complete list of the grant recipients, amounts and descriptions, please visit the MFE website at <http://www.miltonfoundationforeducation.org/grants-awards.php>

News Around Town

The Forbes House Museum has a long standing tradition of celebrating Abraham Lincoln's Birthday and this year will prove to be a great one.

On Sunday, **February 7th**, a celebration is planned at the FHM, 215 Adams Street. The day will showcase the Navy Band Northeast's Woodwind Quintet playing period and contemporary music.

In addition to concerts throughout the afternoon, the event will feature the Attleboro Lincoln Re-enactors and Mary Todd Lincoln presents the Lincoln Civil War Kitchen. This is the first time the Attleboro group has been a part of the FHM's Lincoln Day Celebration.

They are a delightful group of re-enactors ranging in age from 9 to 85, who portray members of Abraham Lincoln's family, friends, staff and political cabinet from the years of 1860 to 1865, focusing on the personal side of the Civil War instead of concentrating on the actual battles and fighting.

At this year's event, they will entertain with President Abraham Lincoln trivia and interesting Civil War facts. You will be able to taste samples of Civil War cooking and enjoy the amazing display of Lincoln's Civil War kitchen. Mary Todd Lincoln, dressed in her best ball gown, will share stories of the boys, her famous husband, and life in the White House during the 1860s.

Call 617-696-1815 or visit www.forbeshousemuseum.org/events for more details.

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The Milton Public Library will be hosting the following events at the Library in February:

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Tuesday, **February 16th, 7 p.m.** - The Baker Chocolate Company; A Sweet History. Local historian Anthony Sammarco presents the history of the Walter Baker Chocolate Company in his new book. Hot Chocolate will be served!

Wednesday, February 17th, 2 p.m. - "The Singing Ringing Tree" - a children's program. Children in the audience play all the parts in this engaging story adapted from a fairy tale. This performance is presented by Take A Bow Productions and is recommended for ages 5-14.

Fundraising/Grant News

Our tireless volunteers from Milton Outdoor Classrooms recently received some good news. With help from grant writer Chris Masalsky, the Pierce Middle School has been selected to receive a \$5,000 Lowe's "Toolbox for Education" grant from The Lowe's Charitable and Educational Foundation.

The grant will be used to create a Butterfly Garden and Community Garden at Pierce Middle School. Great news!

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We are anxiously awaiting an award announcement from the Massachusetts Department of Education, as we recently submitted a \$30,000 request for funds through their Collaborative Partnerships for Student Success program. If we are successful, funds will be used to enhance our Saturday School and summer program.

Mr. Masalsky also worked on a proposal to the Massachusetts Promise Fellowship, requesting an Americorps Fellow to help build our Community Service and Work-Study programs at Milton High School.

As noted in last month's blast, we also have a proposal in to the Wal-Mart Foundation and will submit soon to Bank of America. Thank you to the members of the Milton school community who responded to our call for support letters. Mr. Masalsky will be following up with you shortly!

In February, we are looking for employees of **Citizens Bank** who have children in the Milton Public Schools. We're hoping to marshal employee support for a grant request to the Citizens Bank Foundation. Please contact cmasalsky@miltonps.org and he will be happy to fill you in on the details of our proposal to Citizens, and help you to write a letter of support. As always, it's an easy, no-cost way to support the Milton Public Schools and we greatly appreciate your help!

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An upcoming fundraiser for the Milton High Boosters promises to be a lot of laughs.

The "Comedy in a Comfort Zone" fundraiser, sponsored by William J. Sullivan Insurance Agency, will be held on **Friday, February 12th** at the Milton Hoosic Club.

Local comedian Michael Petit will be the evening's headliner. A soup and bread buffet will be available and a one-hour open bar courtesy of Esprit du Vin will be held from 7 to 8 p.m. Cash bar after 8 p.m.

In addition to live comedy, the fundraiser will also feature raffles and bingo (with a "comedic twist!") Dress is casual (red and white encouraged); and tickets are \$40 per person. For more information, please contact Leslie Durgin at 617-696-1001 or itsawrapdurgin@hotmail.com

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An Irish-themed fundraiser will be held next month at the Common Market in Quincy. The Milton Swing into Spring fundraiser will be held on **Friday, March 12th** from 7 p.m. to midnight. Tickets are \$20 and are available at Corcoran Brokerage offices.

This event will feature a cash bar, complimentary hors d'oeuvres, live entertainment by Old Brigade, a performance by Clifden Academy of Irish Dancers and a singer Pauline Wells.

The event is sponsored by Corcoran Brokerage and Common Market. All proceeds will benefit Milton High School athletics.

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It's not too late to order an outdoor banner for your business, non-profit or personal message. Outdoor banners will be placed in and around Brooks Field at Milton High School this spring. For more information on size, price or placement, please contact Kate Sumner at 866-748-3700 or email kate@gofullcontact.com or view this link:

http://www.miltonps.org/documents/outsideorderform_000.pdf

Athletics

The MSTCA Coaches' Invitational Meet was held recently at the Reggie Lewis Center in Boston. Girls Indoor Track runner and Milton junior Olivia Beaulieu was named the top female of the meet after placing fourth in the high jump with a jump of 5 feet and first in the 55-meter hurdles with a time of 8.91 seconds.

Two days earlier, both the Girls and Boys Indoor Track team won the Herget Division of the Bay State Conference. Great job!

Ambassador Page

As part of our E-Update, we highlight students, teachers, parents, and members of the community whose hard work deserves recognition. Please read about some of their outstanding accomplishments below:

Students: Several Students who submitted work to the Boston Globe Scholastic Art Awards program won awards for their efforts. The contest is open to art students in grades 7 – 12 throughout Massachusetts. Congratulations to the following students and their teachers:

- **From Milton High School:** Gold Keys were won by Rachel Lipton, James Quach and Lauren Stafford. Silver Keys were won by Alexander Jamal and Caeleigh MacNeil; Honorable Mentions were given to Ardara Berry, Dana Hankard, Alexandria Hutchinson, Alexander Jamal and Graham Strang.
- **From Pierce Middle School:** A Gold Key was won by Elizabeth Magnuson, Silver Keys were won by Cate Pappano and Shanaz Mahmood; Emma Greenawalt received an Honorable Mention.

Teacher: There was sadness mixed with joy at the news of Dan Cooper's retirement. Sadness that we will be losing such a gifted educator and joy that he will finally have some "down time" after decades of work in education.

Mr. Cooper worked as an adjustment counselor at Milton High School since 2000. Before coming to Milton, he had already worked for 24 years as a special education teacher and a counselor.

Mr. Cooper was truly an advocate for our students. His calm demeanor and great listening skills inspired students to seek him out for advice and support. He had great insight into a student's needs and helped them learn how to advocate for themselves and strive to achieve their full potential. We will miss Mr. Cooper's talents and wish him well in his retirement.

Volunteer: Every school has an unsung hero and in Milton, we are fortunate to have many, many of these wonderful people. This week, we would like to recognize Jean Graham, who has been a tireless advocate both for the Milton Public Schools and for an organization called the Haitian Health Foundation.

Jean Graham, mother of two Milton High graduates and one MHS junior, is closely involved with Designs by Ruth, a charitable jewelry company started by another former Milton Public School parent, Ruth Adomunes.

The women work together to create and sell beautiful beaded bracelets and all proceeds are donated to charity. Over the years, proceeds from Designs by Ruth (www.designsbyruthjewelry.com) have resulted in

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nearly \$30,000 to various charities, with the bulk going to the Haitian Health Foundation. The money has been used to build homes and even a school in rural Haiti.

“She (Jean) has been the wind beneath my wings,” said Ruth Adomunes, who began the jewelry company. “She volunteers all of her time making these bracelets and I could never have done it without her.”

In addition to her work for the Haitian cause, Mrs. Graham also volunteers many hours in the Milton High School guidance office, where she helps with the piles of paperwork necessary for college applications. When her children were students at Pierce Middle School, she volunteered to help set up the library. We are very grateful for all the help and support Mrs. Graham has given – both locally and globally. Thank you.

Special Program Offering

On February 3rd, Channel 5 News presented a Health Alert segment that highlighted the Milton School System and a program that we have implemented at the Glover School called CATZ PLAY.

<http://www.thebostonchannel.com/video/22425576/>

We have been offering this volunteer-parent led program since the beginning of the school year in order to create a productive and beneficial recess period. CATZ PLAY engages our children with a variety of games that are accessible and fun for all students regardless of their physical prowess. The results have been outstanding and we will now be offering CATZ PLAY at the Cunningham and Collicot Elementary Schools starting in the spring.

CATZ was founded in 1996 to train professional athletes. In fact, CATZ athletes won 15 gold medals at the Summer Olympics in Beijing. While training elite athletes is part of the company’s DNA, its real strength lies in helping children embrace physical activity as a way of life. CATZ was recently named by Men’s Health Magazine as one of the “Top 10 Gyms in America”, with 14 facilities nationwide. Locally, CATZ is currently working with schools and/or community programs in Wellesley, Needham, Newton, and Hingham as well as specific private schools including Noble & Greenough, Dexter School, Dana Hall, and Babson College.

In addition to the PLAY program at the elementary schools, we are excited to be engaging CATZ in a number of new initiatives throughout the Milton Public Schools. The following is an outline of the various programs:

Enrichment Program

Offered at the Pierce Middle School starting in March. CATZ will be included as a physical education component. The goal is to develop competent movers and healthy kids. By making the process of exercise engaging and fun participants are more likely to make physical activity a lifelong habit.

Teacher Wellness Program

The Milton Public Schools will be offering on-site CATZ fitness programs for teachers district-wide. This will be an opportunity for our staff to get physically fit and start off each day in the right frame of mind.

Faculty Development Days

CATZ will provide in-service programming with teachers to teach them how to bring fitness right into their classroom. Recent research shows a correlation between physical fitness/physical activity and academic achievement. In his book, **Spark**, Dr. John Ratey of Harvard Medical School, calls exercise “Miracle-Gro” for the brain.

Performance Training

Milton High School will be offering CATZ in an after-school on-site program for its athletes to be better prepared for their sport. CATZ will bring its performance training program, typically delivered at its 14 training centers across the country, to Milton High School. This is the same methodology used by professional athletes to get in shape for their season and to help reduce the risk of injury.

