

## Health

Hello Conwell Families,

This will be my second year here at Conwell as the school nurse, and first year as the health specialist. I have my bachelor's of science in nursing from Regis College, and I am currently working towards my master's of science in nursing education from Capella University. I also recently obtained my national board certification in school nursing, a feat in which I am extremely proud.

This 2021-2022 school year, we will be introducing a health curriculum for our students from pre-K to grade 6. This health special will follow the [Massachusetts Comprehensive Health Curriculum Framework](#). Students will learn topics including physical health & fitness, nutrition, social & emotional health, safety, disease prevention, community health, puberty and more. All topics will be adjusted to meet the developmental level of the students in each classroom.

My main goal in this course is for all students to gain the knowledge and skills necessary to understand how their bodies work, recognize how external factors such as exercise and diet affect their bodies, and help them develop healthy lifestyle habits for lifelong wellness.

I will also be sending home a newsletter on a regular basis that will include what topics we are addressing, what health trends we may be seeing in the school, and basic health and disease prevention tips. I am looking forward to getting into the classrooms to help our students learn more about their bodies and how to live a healthy lifestyle.

My schedule will be adjusted as necessary based on the needs of the school each day, and in response to the current Covid-19 pandemic. However, below is my anticipated schedule for Health this school year.

Monday	Tuesday	Wednesday	Thursday	Friday
5/6	3/4	1/2	K	Pre-K

If you have any questions regarding the health curriculum, please do not hesitate to reach out to me.

Sincerely,

Nurse Sam  
spease@hr-k12.org

## Computer Science and Digital Literacy

Hello families!

I hope you have all had a fun-filled and *relaxing* summer break. This was a busy summer for my family and I am looking forward to sharing some of our adventures with students and hearing about some of theirs.

For those of you whom I have not had the opportunity to meet, I have been a member of the R.H. Conwell faculty for a year now. As a Conwell alumni and Worthington resident myself, it has been a pleasure to work in the place of my childhood exploits and to fuel the bright minds that occupy it now. I completed my Associate in Science for visual arts at Holyoke Community College before moving to Portland, Maine where I received my Bachelor of Fine Art for printmaking and my Master of Arts in Teaching for art education from Maine College of Art. Through my career (before, during, and after attending college), I have had experience working with almost every age group in a variety of educational settings including public school classrooms, summer camps, preschools, GED programs, and workshops. I invite all who are interested to take a look at my [resume](#).

This year I am excited to introduce and teach computer science and digital literacy (CSDL) as a Monday specialty class for Conwell students kindergarten through sixth grade. The CSDL curriculum is designed to closely follow the [Massachusetts framework](#) while allowing space for students to explore personal interests and curiosities. Though the content for each grade level differs, all classes share the same four basic units:

- I. DIGITAL CITIZENSHIP AND SAFETY, in which students will learn how to use computers and the internet in a safe and ethical fashion. Each class will participate in the writing and signing of a digital citizenship contract before using their laptops or other technology.
- II. COMPUTER SYSTEMS AND USAGE, in which students will learn about various types of computers or other technologies and why they are used in different settings.
- III. USING DIGITAL TOOLS, in which students learn how to use a variety of tools and applications for research, entertainment, and creative pursuits.
- IV. COMPUTATIONAL THINKING, in which students learn about the workings of a computer's brain and how to use programming language to write codes and algorithms.

Throughout the year, your student(s) will learn basic typing and digital literacy skills and participate in activities such as independent research, 3-D printing, school-based social media, and robot programming. I anticipate that we are at the beginning of a full, but very fun year!

If you are interested in learning more about CSDL yourself or exploring these topics with your child(ren), I encourage you to check out this [resource sheet](#). I will be sending home your child(ren)'s sign-in information for the online resources we use in class to allow you to participate in these activities with your child(ren) as well. Please don't hesitate to contact me if you have any questions, comments, or concerns. Happy school year!

Mrs. Raven Lynn Elizabeth Tumbledown  
[rtumbledown@hr-k12.org](mailto:rtumbledown@hr-k12.org)

## **Music Class**

Dear Conwell Families,

I am excited to begin my third year here at R.H. Conwell as the music teacher. I graduated from Westfield State University with a Bachelors of Arts in Music Education and I am now currently working on my Masters of Music Education at Lee University. I will be at Conwell on Wednesdays.

This year, (COVID pending) I am looking forward to singing with our students, in addition to composing with our students and working on our musical literacy skills, including sight-singing, music note identification, rhythmic notation etc. One goal, coinciding with the state frameworks, is that our students are able to relate artistic ideas and works to societal, cultural and historical contexts to deepen their understanding of the world around them.

Students will be expected to have a welcoming attitude for music and be respectful of their peers as well as the school instruments that may be used. If you have questions, please feel free to email me at [vrovatti@hr-k12.org](mailto:vrovatti@hr-k12.org).

Thanks,  
Ms. V.

<https://www.doe.mass.edu/frameworks/current.html>

# Art Class

Hello families,

I am Carolyn Hawthorne and I will be teaching visual art on Fridays. This is my 6th year at Conwell. I have a Bachelors of Fine Art in ceramic sculpture and graphic design and I have a Masters in Visual Art Education specializing in arts integration. I worked as a graphic designer for many years before becoming an art teacher. When I first started in education, I also worked as a special education teaching assistant. I am now a full time traveling art teacher, as I also teach art at two other elementary schools.

My teaching philosophy is that everyone can make a joyful mark and think creatively when imagination is given the space, time, and a spark to grow into new ideas. I provide my students with a supportive environment and with diverse experiences that enable them to explore, play, make mistakes, and build skills. The state visual and performing arts standards emphasize that artistic expression is a language. The goal of arts education is to build a student's fluency in the languages of the arts so they develop the ability to "create, perform or present, respond, and connect through symbolic and metaphoric forms that are unique to the arts."

I am so excited that students will be traveling to the Specials room for art this year (although, PreK will have art in their classroom). We will be able to get a bit more messy and use more materials that were restricted last year. In fact, thinking of Friday as the messy day would be so helpful. Please have students save the special clothing for other days of the week, especially brand new white clothes!! I have had students ask to sit out of art because their clothing or shoes or nail polish was too new and special. Miss Frizzle is my idol, we "make mistakes and get messy!"

The arts curriculum for each grade will focus on four goals. First is to give students developmentally appropriate experiences with different materials and tools to build skills. We will explore drawing, painting, printmaking, 3-D art, fiber art, and land art (with natural materials). There will also be an opportunity for some grades to explore paper making, clay and encaustic painting this year. The second goal is to have students learn about visual art from many different cultures and times in history. I like to focus on Indigenous art from around the world, especially our next door neighbors: Canada and Mexico. I also introduce students to contemporary art of this century. I am on the educator advisory board for Mass MoCA and they have developed some exciting virtual resources to use in the classroom this year. The third and fourth goals go back to the idea of art as a language. Students will learn to interpret, analyze, and describe the art of others. Last, students will use their fluency in the language of art to create their own work with artistic intention; to communicate an idea, an experience, an emotion, or an understanding of something they have learned. Students will also expand their use of a sketchbook this year to learn to document ideas and observations and use it as a planning tool for each project. This year, I will be holding on to some of the students' artwork in hopes that we will find some way to have an outdoor art show in the late spring. I hope to return to photographing their work to be able to share it with families through Artsonia.

In the first few weeks of school we will go over rules and routines for the specials classes. We will talk about what being safe, respectful, and responsible will look like in each class. We will work hard to create a safe supportive environment where everyone can take risks, make mistakes, and learn new things. If you have any questions about art class this year, please reach out to me. I can always be contacted by email:

[chawthorne@hr-k12.org](mailto:chawthorne@hr-k12.org). If you want to speak on the phone, please email me and we can arrange a time as I am only available on Fridays.

In closing, I want to let you know about a very generous donation to the art program at Conwell. The Hilltown 6 Pottery group made a very generous donation last year from their 2020 virtual pottery tour. I have just been notified that they would like to make another donation this year from their 2021 tour. If you know any of the artists from this group, please extend the Conwell community's gratitude for their support. [Here is a link to their website](#) to learn more about their incredible ceramic work.

Looking forward to a spectacular year,

Carolyn Hawthorne  
Art Teacher

## Physical Education Special

Hello Conwell Families!

My name is Holland Gage and I am a certified Physical Education teacher. This year will be my fourth year teaching at RH Conwell. Prior to teaching PE at Conwell. I have been a classroom teacher for seven years as well. I am excited for the year ahead and look forward to connecting with the families in our learning community!

In our PE classes we will continue working on movement concepts to improve physical performance. Students will participate in many types of activities like team games, partner games as well as independent skill building activities. We will discuss and identify the benefits of physical fitness in a healthy lifestyle as well as discuss the major behaviors that contribute to wellness (exercise, nutrition, rest, etc.) Another major component to PE class will be working to consistently demonstrate personal responsibility and to learn about and practice appropriate social conduct in the physical activity setting. We will work on mindfulness, constructive peer feedback, self evaluation, and receiving teacher feedback.

Here you will find the link to the Massachusetts State Frameworks that are the guide to our lessons: [Massachusetts Comprehensive Health Curriculum Framework - October 1999](#)

Our three main expectations in PE will be Be Safe, Be Respectful, and Be Responsible. We will discuss what this looks like in our class and I encourage you to have conversations with your kids about what we come up with. In my class students need to come ready to participate the best they can and to have fun. In order for that to happen they need to be dressed ready for activity. We will be outside as much as possible. Rain, snow or shine students will need clothing and shoes they can run, jump, skip, roll, sprint, catch, throw, wiggle, dodge, and gallop in. Students should have water bottles they can fill before class. In the colder months we will continue to be outside and students can wear their recess gear like their hats, gloves, boots, snow pants, and coats. PE will happen on Tuesdays this year.

Throughout the year if you have any questions or need any assistance from me you can email me at: [Hgage@hr-k12.org](mailto:Hgage@hr-k12.org). I look forward to our year ahead!

Warmly,

Ms. Gage