



Lead the Change. Be the Change.

"Be the change. Leave a legacy." That is the challenge and opportunity presented to Putnam Ave. students in the newly formed Student Government. An extracurricular activity with Ms. Pierre-Louis (8th Grade ELA) as Adviser, Student Government is intended to be a student-run organization led by student-elected representatives. Elected representatives will have the task of being the voice of their peers, and in taking on the role, plan and implement actions to deal with the concerns and interests of their peers.

Meetings are currently scheduled for Wednesdays from 3:15-4:15PM in room 302. The campaign to elect representatives begins after Thanksgiving break. Students interested in running for leadership roles or in being active members should come to the next meeting on November 28.



Skating around the World

The 7th grade incentive plan which began at the end of October has been successful. Each week the cohorts are evaluated on how they use the school's core values to shape their work ethic and conduct. Those co-

horts that are exemplary receive the title of "pro" or "legend" as well as other forms of recognition. Also, they earn credit towards a monthly incentive. The November incentive will be a trip to

Roller World in Saugus on December 7.



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Eighth Graders on the Move

The 8th graders have been very busy! Students had the opportunity to visit the Cambridge City Hall and the Mayor's Office where they talked with city officials about local government. They also spent a morning at CRLS facing the challenge of the high ropes course.

Some of our 8th graders posed as a Presidential candidate and gave election presentations to the 6th and 7th graders. In math, students worked in small groups to create songs, raps, plays, books and puppet shows to demonstrate their understanding of functions and linear relationships. In science, students have begun to study the Design/Engineering Process and will design and build a robot

prototype out of Lego's Mind storms. Students will attempt to accumulate points while navigating a variety of obstacle courses designed by Harvard students.

We are looking forward to spending the morning with the Boston University basketball team on 11/21. Students will have the opportunity to meet players and coaches, view a modified practice and have a discussion about the demands of being a scholar athlete. Students will then reflect upon our core values of passion, pride, ownership, balance and perseverance.

The 8th grade students and teachers are grateful for the many opportunities available to us for learning outside of the classroom. The teachers are also grateful to have met with so many parents during our conference time.



What we're Made of

During this past month, seventh grade students have been using advisory time to delve into the topics of *compassion* and *obligation*. Students realized several truths. First, compassion is an extension of **pride**, one of the school's core values, since showing compassion is an expression of who one truly is. Secondly, students wrestled with the idea of who they feel a sense of obligation to and came to the realization that their obligation and thus compassion should be extended to all of humanity.

Students in the grade have exemplified compassion in many ways. For example, in one class a study group developed when an advanced student volunteered to work with students who were struggling with the content. In another, class students have been helping those who are running behind during transitions from one class to another. Finally, most teachers have begun to have conversations with students about ways that we can extend our time and

talent to the community at large. One class would like to institute a clothing drive while other classes have talked about donating money to victims of Hurricane Sandy or food to those in need as the holiday season approaches.

As the spirit of *thanks* and *giving* begins to encompass all that we do, the seventh grade students and staff take this time to turn our appreciation into action in order to strengthen our moral character but also to be active members of our community.

"...the highest appreciation is not to utter words but to live by them"

-President John F. Kennedy



Thankfulness Linked to Positive Mental Health

'Tis the season for giving thanks. Interestingly enough, talking about, writing down, or even just thinking about what we are grateful for will not only help us spread good cheer, but it will benefit our health, too!

A little focus on what we are thankful for can go a long way in improving psychological, social, and physical health. While humans have what is called a “negativity bias” where the negative things in our lives outweigh the positive by about 3:1, we are also able to train our brains to focus more on the positive.

Exercises, such as keeping a journal of things, big or small, for which we are grateful, writing letters of gratitude, and meditating on things we are thankful for can all help our brains produce more dopamine, the chemical that translates to happiness.

So, as we take the time to be thankful this season, let us also try to develop good habits of gratitude that will last all year long. Our minds and our bodies will thank us!



Making our Mark

In this month of gratitude, the sixth grade team has much to be thankful for. To start, we are thankful for the opportunity to work with your children. They are full of life, imagination, questions and excitement, and it is humbling to think about how much we learn from them each day. We appreciate the relationships we are building with the sixth graders, and know that these relationships are truly the backbone of what is shaping up to be a great year. We recognize that the relationships we are building with you, the parents, guardians and care providers, help us to learn about the sixth graders and how to support and challenge them, and we are thankful for all of the effort you have put in to getting to know us and share with us, and the ownership you have taken for helping to make the Putnam Avenue Upper School the great school that it is.

It is hard to believe that school started only three months ago. We have packed a lot into such a short

amount of time! Recently, sixth graders hosted a school-wide election, with the goal of helping our entire school community to learn about the presidential election. Mrs. Worsham set up polling booths in her classroom, and kids voted on official Putnam Avenue ballots. From the candidates' platforms to the electoral college, the sixth graders learned about all that goes into the election process in the USA. It was exciting to see students running the show, debating about issues such as immigration and the economy, and taking pride in their knowledge!

Speaking of pride, we want to close by reemphasizing how proud we are of the sixth graders. From using lockers to doing homework, and debating political platforms to using new tech-

“Voting gave me a sense of power, a sense that I could change what happens around me. I could speak out and have my voice heard. I wish I could vote in a real election.” – Maya Parry

nology, we are reminded daily of how much effort the kids are putting into their sixth grade year. Thank you again for all of your support and enthusiasm!



High ropes at CRLS

On November 9, half of the 8th grade (8-1 and 8-4) went on a field trip to CRLS, and the other half of the students (8-2 and 8-3) went to City Hall. I was part of the group that went to do high-ropes climbing in the field house at CRLS. We left the school immediately after the first bell, and we were able to enjoy the field trip for the first two periods of the day. When we got to CRLS, we met Ms. Davis, who was in charge of the climbing for that day. She had a couple of students there who were helping her out.

We had many choices on what we could do for climbing. First of all, we could go on the Flying Squirrel, where you would get connected to a rope with your harness. Then, some of your classmates would take the rope and run back a few steps, which would pull you high up into the air. Each

person would almost be able to touch the ceiling, which I'm sure was probably around 30 feet up from the ground. Some more options at CRLS were that you could climb up a rope ladder into the "crow's nest", which was some yellow netting that was nearly at the ceiling. The ladder was dangling and not supported by anything, so it wasn't as easy to climb as a normal ladder might be.

Also, you could climb up a slim wooden pole with some footholds sticking out of it, which would also lead you up to the crow's nest. There were many other options, and you could tell that everyone was enjoying themselves.

I think that 8-2 and 8-3 will enjoy climbing at CRLS as much as we did.

By: Will Telingator (Grade 8)



PAUS Students have a Voice in the 2012 Election

On Election Day, November 6th, Putnam Avenue Upper School students joined the rest of the nation in making their voices heard. Over the course of the day, students from 6th, 7th, and 8th grades filed through the PAUS Polling Station, hosted by Mrs. Worsham's Academic Challenge class, to cast their ballots for President and for Senator. The results from the 93% turnout were as follows:

Obama/ Biden : 206

Romney / Ryan: 9

Brown: 33

Warren: 175

Disqualified Ballots: 11



- "When I voted, it gave me a sense of pride. I felt ... older. It made me feel like I had some say in the U.S.A."-Lucas
- "The way I felt on Election Day is brave. I also felt like I had a voice." - Dennis
- "When I was voting I felt like this is a good privilege. I was happy knowing that I was helping to contribute to elect the person who I want. I loved voting and I hope I get to vote again."- Elisabeth
- "When I voted I felt something. I felt like I did something I never did before. I felt like a real man." -Mohamed

8TH Grade PAUS students visit City Hall

On Friday, November 9th, Ms. Chung took us to Cambridge City Hall to let us meet some city officials. We met Lisa Peterson, Gerry Reardon, Ellen Semonoff, Rich Rossi, Mayor Henrietta Davis, and some police department representatives. They talked about their jobs and what they do. For example, they told us how they get interested in their jobs. They also told us what it is like to work their jobs. They told us what degrees and amount of training we needed for each job, so we got a feel of what we might need for the jobs we might do in the future. It was an enriching experience because we got to learn about public service and how people help run our city. This expanded our horizon and view on what we could do in the future. After we met with the city officials, we went to the mayor's office, where the mayor talked about herself and her job, as well as listening to requests, complaints and suggestions by the students. We got to see the mayor's office, which was beau-

tiful and nicely furnished with big comfy couches and a big wooden table, where important decisions are made. The mayor listened to the students' complaints and said "I'll look into it." for everyone's suggestions/ requests.

It was really nice of Henrietta Davis to take the time out of her day to talk to us, because that wasn't planned in the beginning. She never once

seemed like she wanted to get away from us, or acted like she was frightened of us touching things. She was very nice and welcoming, and it made us feel good about her being our mayor.

Thank you Ms. Chung, Mayor Henrietta Davis, Lisa Peterson, Gerry Reardon, Ellen Semonoff, Rich Rossi, and police department representatives for taking the time out of your day to talk and educate us on jobs in city services! It was an incredible experience.

~Written by Celeste De Lancey and John Lee IV



8th grade students paying close attention to speakers on our City Hall field trip

Model UN travels to Northeastern University

Bukhaari Farah (gr.8) and Varune Sharma (gr.7) received a award at the Middle School Model United Nations Conference at Northeastern University on Saturday, November 17th. They were representing Norway on the Human Rights Council committee discussion the rights of prisoner. All of the students did a tremendous job. We are looking forward to more awards and more debates.



PAUS students Invite you to their First Play

Hello,

We would like to invite all families to come out and watch an amazing play. The students have worked hard and your support will be greatly appreciated. Hope to see you there.

Thanks,

Jania Bell

**Putnam Avenue Upper School
and the
Department of Visual and Performing Arts**

Present

Wiley and the HAIRY MAN

**158 Spring Street
Dec. 6, 7:00pm
Dec. 7, 7:00pm
For Info: 617-349-0241**

by Susan Zeder

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 8th gr. visit to CRLS, 12-2pm & Play 7PM	7 7th gr. Roller World Play 7PM	8
9	10	11 8th Gr. info CRLS 6-8Pm	12	13	14	15
16	17	18 Winter Concert 10:04-10:54AM	19	20	21	22
23	24 Winter Break (No School)	25 Winter Break (No School)	26 Winter Break (No School)	27 Winter Break (No School)	28 Winter Break (No School)	29
30	31 Winter Break (No School)					



PUTNAM AVENUE UPPER SCHOOL

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Core Values

Passion

Pride

and

Ownership

with

Balance

and

Perseverance

Message from the Principal

Dear Putnam Ave. Community

In the midst of what can be the busiest time of the year, the holiday season offers a wonderful opportunity to pause and time to reflect. I am thankful to be the leader of such a wonderful school community. As our first trimester quickly approaches its end, I am pleased to say that the launch of our school and beginning of this school year have been amazing. I am thankful for both the support and critical feedback that parents and families have provided; I am thankful for our dedicated, hardworking staff, and I am thankful for our wonderful, diverse and amazing student body.

Highlights from of our 1st trimester have included field trips to Biogen Labs, the Cambridge Creativity Com-

mons, and to City Hall where students met with Mayor Davis and other city officials, as well as Camp Becket overnights, participation in Model UN Conferences, and great electives and afterschool offerings.

Our teachers are working hard, teaching our new curriculum based on the new common core standards. They have had time to get to know their students and have started to develop ways to challenge all students. As I walk the hallways and visit classrooms, I am impressed by the quality of discussion taking place and the high level of engagement I see taking place in our classrooms!

We are off to a great start!

Mirko J. Chardin
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