Some people think that Valentine's Day is all about boxes of chocolates, bunches of roses, and fancy parties, but not Mrs. Accorsi's class. This year, they celebrated Valentine's Day in a totally different way. One morning, Mrs. Accorsi read the book *Each Kindness* to her class. The book, written and illustrated by Jacqueline Woodson, stars a young girl who realizes some things about how important it is to be kind after bullying a new classmate. This book inspired the class to take 'The Valentine's Kindness Challenge.' First, they talked about the difference between true acts of kindness and being courteous. For example, picking up someone's pencil, holding the door for someone or saying please and thank you are not acts of kindness, they are just manners. Then they each cut out six hearts. The hearts were for recording their acts of kindness. The goal was for everyone in the class to fill out six hearts, three at home and three at school, before Valentine's Day. The class worked extremely hard to achieve this goal. Some of the kind acts included helping a neighbor move, helping prep dinner while their parents were working late, helping set up for the next gym class, putting the trays away in the cafeteria and helping out with a pet or sibling.

The class met this challenge but still weren't satisfied with what they had achieved. "If everybody in the school did six acts of kindness, we would have a very kind school," said student, Conor Burke. The class agreed. They glued all the hearts (108 total!) to a long banner. They then arranged a meeting with Mr. Mulcahy.

When he arrived, he was extremely impressed with what the class had done and agreed that it would be great to spread this around the school, creating a 'ripple effect' of kindness. Together, they came up with a plan. They would use the banner to decorate a bulletin board downstairs. Students of all ages would write down their acts of kindness on paper hearts, younger students could draw what they did. They would give the hearts to Mr. Mulcahy and he would put them up on the bulletin board. They will inform other students about the HES Kindness Challenge by making announcements over the loudspeaker and going into classrooms to present about it.

Mrs. Accorsi's class would like to say 'thank you' to several people who inspired and supported them throughout their journey. First they would like to thank Jacqueline Woodson for writing the book that started it all. Next, they would like to thank Mr. Mulcahy for accepting their idea and helping them spread kindness throughout the school. Last but definitely not least, they would like to give a BIG thank you to their amazing teacher, Mrs. Accorsi, who thought up the challenge and motivated them so much along the way. Thank you all!!

Let's take this kindness beyond Valentine's Day. Let's make it part of who we are as a school every day throughout the year. Continue to choose kindness even when it is difficult, because that is when it is needed most! Choose kindness by encouraging and supporting others. Choose kindness by befriending someone who seems lonely. Choose kindness by telling those close to you that you love them. In a world where you can be anything...BE KIND!
Interview with Bill Spacciapoli
Founder and Director of J.U.M.P.
Harvard Redline Project  By Gabriella T.

GT: What is the Harvard Redline Project?

Bill Spacciapoli: “Redlining” means hiking every trail in a trail system. The term was born as hikers began to mark all of the trails they had completed on a map with a red marker in hopes that they would be able to mark every trail. A few inspired outdoors people have redlined the White Mountains, meaning that they’ve completed the 1440 miles of trails included in the 29th edition of the AMC White Mountain Guide. The Harvard Redline Project is comprised of the 28 trails in Harvard that are on town owned land. The goal of the project is to get kids and families outside to enjoy the natural environment in our own community! We encourage this in youth by awarding customized trail stickers upon completion of each trail.

GT: Why do you enjoy hiking?

BS: I enjoy hiking for many reasons. What keeps me coming back is the clarity of thought I experience in a natural environment. Of course we try to bring this joy to others as well. With the Redline Project we derive joy from the little things our hikers learn about themselves and the natural environment. Our goal is to see that our hikers internalize the skills required to prepare for and execute a successful hike be it Mount Wachusett or Mount Washington. Our first obligation is safety but within those bounds there is a lot of space for youth to make decisions and learn from them. We have a lot of fun.

GT: What are your favorite trails in the Harvard trail system and why?

BS: Probably Holy Hill though there are several others. The memories of past Holy Hill hikes is as much of a factor as the trail itself. A certain trail I hiked with my wife and our kids when they, and we, were much younger, being one example. You should know I have not yet hiked all 28 trails in the 20 plus years my family has lived in Harvard. That will be remedied in 2019.

GT: Did anyone in your life inspire you to work with kids or pique your interest in nature?

BS: My parents. When I was a kid, my dad would take my brother and me fishing. We would be up at the crack of dawn and head out to various brooks and streams in North Central Massachusetts in search of native brook trout. We would walk up and down streams for miles. Regardless of our fishing success, we always had an adventure. And we learned a lot about patience and persistence. My mother was a kindergarten teacher and very patient herself. She allowed us a lot of latitude to figure things out for ourselves and was always there for us when we needed support, even if we wouldn’t admit we needed it. I guess you could say I had a lot of advantages growing up and the Redline Project is the vehicle that allows me to share that with others.

Walk Or Bike To School Day  By Helen H.

Upcoming Walk or Bike to School Days:
April 3rd, May 9th, & June 7th

Safety Tips:
• Wear bright clothing.
• Watch out for potential ice on the ground.
• Dress appropriately!
• Look both ways before you turn and make sure drivers can see you.
• Always stay near a trusted adult—don’t wander off!

photo by Harrison B.
**Ask the Editor**

By Lena A.

This month's question took brains to answer! Gian M., a fifth grader from Mr. Cullinan's class asked me, "How does the brain do its job?". The brain is the hard drive of your body. Every move you make, sound you speak, emotion you feel, dinner you taste, pain you experience or sight you see is controlled by the brain sending messages to the rest of your body. As you can see, the brain has a VERY important job. Without your brain, you could not see, hear, feel, reason, think, socialize, move or eat...you couldn't do anything!

How does the brain do all this? Well, your brain has lots of different parts that control different parts of your body. The five main parts of your brain are the cerebrum, cerebellum, brain stem, hypothalamus and limbic system. The largest part is the cerebrum. The cerebrum controls your voluntary muscles; muscles that only move when you want them to. It is also the thinking part of your brain. Without your cerebrum, you couldn't kick a ball, solve a math problem or know to do your homework at 5 because you have to go to Grandma's house at 6.

Another part of the brain, the cerebellum, controls balance and movement. It allows you to stand on your tippy toes, ride a bike, walk or move around and do a perfect pirouette. The cerebellum and in front of the cerebrum. Even though the brain stem is one of the smaller parts of your brain, it is mighty! It is responsible for functions your body needs to stay alive, such as breathing, blood circulation, keeping your heart rate up and digesting food.

The hypothalamus controls your temperature. If your temperature is too high or too low, your hypothalamus tries to get your temperature back to normal. It does this by sending out messages for your body to sweat or shiver to get your temperature back to normal. The limbic system is responsible for telling your body that you are hungry and thirsty or tired and weary and controls your emotions and memories. All these parts of your brain work together with something called the nervous system, a chain of nerves that your brain uses to send messages to the rest of your body. When all parts of your brain and your nervous system work together, your brain does its job.

Since your brain is such an important part of your body, you need to keep it healthy! You can do this By

- Eating healthy foods.
- Getting plenty of exercise.
- Wear a helmet when you ride your bike or scooter or play sports that require head protection, like football.
- Don't smoke, vape, take drugs, drink alcohol, or chew tobacco.
- Use your brain by doing activities that make you think or reason. Puzzles, reading, word problems, board games, playing an instrument or making artwork are great ways to exercise your brain.

I would like to thank Gian M. for asking this month's question. Keep reading and keep wondering.

*Factual information in this article was provided by kidshealth.org*

**Science Spotlight**

Enjoying Nature in Harvard's Scenic Trails

By Gabriella T.

As some of you may know, Harvard has a trails system. There are 28 trails in Harvard, including Mirror Lake (in Devens).

If you have hiked any of Harvard's trails, you might have noticed that there are more than one color blaze. Blazes mark trails and can include a stripe of paint on the bark of a tree, or a thin, colored metal rectangle nailed to a tree. Yellow blazes mark the primary trails. Blue blazes mark the secondary paths. A few of the trails have a portion that is "unmarked," meaning that there are no blazes on that section of the trail.

Almost all of the land in the trail system is owned by the town of Harvard. Access to the all of the trails is free but hikers have to follow a few guidelines (including no disturbing or removing anything living there and nobody is allowed dusk to dawn). The Harvard trails book has a description and map of each trail, as well as all of the rules for the trails. You can find this information on the Harvard Conservation Trust's website (harvard-conservationtrust.org).

Enjoy Harvard's scenic trails this spring and summer. Not every community has this natural resource and we are lucky have it!
Miraculous March Word Search  By Saara P.

Words to find!

Clover  Leprechaun
Green   Rainbow
March   Shamrock
Ireland Holiday
Lucky  Gold

Pot of Gold illustration by Zoe C
Spring is Here  

By Harrison B.

Do you like dogs? Well, if you do, you should see the next play! It’s called 101 Dalmatians and it is all about dogs. There are two casts, one with just third graders and one with fourth and fifth graders.

The dates for the third grade cast are April 5th at 7:00 PM and April 6th at 2:00 PM. The dates for the fourth and fifth grade cast are April 6th at 7:00 PM and April 7th at 2:00 PM. Please come and watch your classmates perform in the HES cafeteria! We will love to see you there!

Third grade cast:
April 5th at 7:00 p.m. and April 6th at 2:00 p.m.

Fourth/fifth grade cast:
April 6th at 7:00 p.m. and April 7th at 2:00 p.m.

Tips for Contributors

• Use a black pen or marker over pencil marks so drawings, comics, and games can be seen well.
• Bold colors will show up best. Bold colored pencils or markers will work well. Art crafted on a computer or tablet will work well, too.
• Work with a buddy to write a story or article for your illustration! Work with a buddy to make an illustration for your story or article!
• When taking a photo make sure to stand still so your photo is in focus.
• When taking a photo, or a scan of art, leave extra background when possible. The publisher can always zoom in/crop.

All About LEGO

By Saara P. and Annabelle P.

Have you ever played with a lego? A lego is a toy that countless children have played with and still play with today. Children love to experiment with the fun toy and make things with these bricks.

Ole Kirk Kristiansen started out as a poor, wooden toy maker in Billund, Denmark. Unfortunately, his toy business did not take off and he had to dismiss workers. Shortly after, his wife died. He knew he had to keep going so he could feed his four boys, so he started to improve the quality of the toys to get better sales. Sadly, his workshop burned down in 1934. He rebuilt the workshop and kept trying. That same year, he named his company LEGO, which comes from the Danish word leg godt, which means "play well". Little did he know, in Latin it means "I put together".

The sales were getting higher, and his son, Godtfred started to help him produce the toys. One day Godtfred met a man and the man had a great idea. He said to Godtfred that toys needed a system. This made Godtfred think. Ole Krk went to a machine display and saw a plastic maker that made little plastic blocks. He decided to buy the machine. Then he had an idea, what if they made little plastic blocks that you can stack together? It would work with his son's idea of a system. Unfortunately, Ole died shortly after he had the idea but he would've been happy to see the sales the sales going wild. Soon after there was another fire and Godtfred rebuilt the workshop again. Three years later Godtfred had an idea to make a legoland park. People lined up to see the part and Godfred and his family greeted the thousands of people that came. It was success!

If you think that LEGO only helps children develop that is false. There are also a lot of benefits for adults too. Currently LEGO are used by MIT (Massachusetts Institute of Technology) to help communicate. Now in 2019 almost everyone knows what LEGO are. There is also several LEGO movies that are known worldwide with two coming out on May 20, 2014 and February 8, 2019. So next year on January 28 you can celebrate National LEGO Day! The LEGO company has now been passed to Godfred's son, Kjeld Kirk Kristiansen. We hope that you can have lots of fun being creative with legos, just like millions of other kids.

101 Dalmatians

By Helen H.

Do you like dogs? Well, if you do, you should see the next play! It's called 101 Dalmatians and it is all about dogs. There are two casts, one with just third graders and one with fourth and fifth graders.

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How To Make a Glue Yarn Ball

By Saara P. and Annabelle P.

Things You Will Need:
• One balloon, any size
• Glue, about 5oz (150ml)
• Water 2-3 oz about (35ml)
• Yarn bundle (thin yarn works best)
• Gloves are optional
• Mixing tool, spoon or spatula
• Binder Clip to keep the balloon stable
• Newspaper to cover your surface
• Two bowls
• A thin paintbrush

Steps:
1. First, lay down your newspaper.
2. Next, take a bowl, the yarn, and the binder clip and take a strand of yarn and clip it onto the bowl.
3. Third, take your second bowl and put about 5 ounces of glue (150ml) in the bowl.
4. Then, measure out about 2 1/2 ounces of water (75ml).
5. Fifth, take your balloon and blow it up (Make sure it is a roundish shaped).
6. Sixth, take your yarn and dip it in the mixture of water and glue. Then wrap it around the balloon.
7. Keep on repeating the cycle until you are happy with the amount of strands.
8. Let the yarn ball dry overnight and if it’s still wet then wait a day.
9. Once it’s dry, go ahead and take some leftover glue and a thin paintbrush to sturdy the yarn, take the brush and gently glide it over the yarn, making sure not to pop the balloon.
10. Let it dry overnight again.
11. If you feel the yarn is loose then repeat steps 9 and 10.
12. Once you feel you are ready you can pop the balloon.
13. Take out the balloon.
14. Lastly you can trim any extra glue.

Enjoy!

My Inspiration for the Yearbook Cover

By Ellie P.

My name is Ellie and I’m a fifth grader at HES. My family moved here from Florida in 2015 and I started second grade with Mr. Snell. My hobbies include playing the clarinet, swimming, archery, and most of all, I enjoy creating art. I joined the yearbook committee and was interested about creating a cover for the yearbook. I am so excited that my yearbook cover design got selected for this year’s publication.

There are multiple inspirations for my cover design. I put down on paper most of the experiences that I enjoyed doing during my time here at HES. I fondly remember Field Days where we had popsicles at the end of the day, learning and doing school outside at Nature’s Classroom, joining the Newspaper Committee where we get to be creative in writing and art, and of course, meeting great friends along the way. I hope other kids will be inspired to make their own memories at HES that will last them a lifetime.
My Cat

By Lucas R

I have a cat named Sammy. He is so cute. He is so obsessed with food and cuddles. He is a black and white cat. When he wants food, he meows his head and he keeps doing that until he gets food. He loves to sleep. One time he sat in one spot the whole day. He is so adorable. He sometimes sleeps in my bed. He has a corner that he loves on my bed but he gets his claws stuck on my blankets, which is annoying. He is a cute and funny cat. I love him a lot. Cats are related to wild cats, which is hard to believe because they are so cute.
Sea Turtles

By Jacque W. and Christine T.,
Illustration By Siena C.

One type of sea turtle is dermochelys coriacea, or the leatherback sea turtle. It is the only type of turtle that lacks a hard shell. They can grow from 4-6 feet and weigh anything from 660 - 1100 lbs. They remarkably rely on jellyfish for their only food. They live in Alaska and as far south as Africa and are known to be the least vulnerable to freezing cold weather reptiles in the world. They lay about 110 eggs and lay them every 2-3 years. The eggs incubate for 65 days before hatching and coming out of the sand. Leatherback sea turtles are the most widely distributed of all sea turtles. They are listed as an endangered species and are vulnerable to immediate extinction. Their greatest threat to survival is intake of commercial fishing product and marine pollution. There are estimated between 3,400 and 3,600 leatherbacks in the world.

Another species of sea turtles is eretmochelys imbricata, or the hawksbill turtle. They are some of the smaller sea turtles and are at the edge of extinction. They can be up to 3 feet and up to 154 lbs. They typically eat sponges, shrimp, anemones, and squid. Hawksbill turtles are typically found around coastal reefs, rocky areas, estuaries, and lagoons. These turtles lay an average of 160 eggs in each nest. Hawksbills are the most tropical sea turtles, commonly found near the equator in the Atlantic, Pacific, and Indian Oceans. The are also in danger of extinction in the immediate future. The greatest threat to hawksbill sea turtles is the harvesting for their prized shell, often referred to as "tortoise shells." There is an estimated amount of between 20,000 and 23,000 nesting females.

Another sea turtle is dermochelys kempii, or the kemp's ridley sea turtle. They are on average 2 feet when they are fully grown. They weigh between 70 and 108 lbs. They have powerful jaws that help them to crush and grind crabs, clams, mussels, and shrimp. They also like to eat fish, sea urchins, squid and jellyfish. Kemp's ridley sea turtles prefer shallower areas with sandy or muddy bottoms. Kemp's ridleys nest more often than other species; every 1 to 3 years with about 110 eggs in each nest for 2-3 sessions. The eggs then must incubate for 55 days. Adults are mostly limited to living on the Gulf of Mexico. Juveniles range between tropical and temperate coastal areas of the northwest Atlantic Ocean and can be found up and down the east coast of the United States. The greatest threat to the Kemp's ridley is from human use activities including collection of eggs and killing adults and juveniles for meat and other products. The significant decline in the number of kemp's ridley nests was a result of high levels of incidental take by shrimp trawlers. There are estimated between 7,000 and 9,000 nesting females.

Another type of sea turtle is lepidochelys olivacea, or the olive ridley sea turtle. Adults measure from 2-2.5 feet long, weighing between 70 and 77 lbs. They have powerful jaws that allow for an omnivore diet of crustaceans (such as shrimp & crabs), mollusks, tunicates, and fish. Generally found in coastal bays and estuaries but can be very oceanic over some parts of its range. They typically forage offshore in surface waters or dive to depths of 500 feet (150 m) to feed on deep-dwelling crustaceans. They nests 2 times each season. An average clutch size is over 110 eggs which require a 52 to 58 day incubation period. Olive ridley turtles inhabit tropical and subtropical waters, near where the kemp's ridley turtles roam. They are likely to become endangered, and are threatened to become extinct. Direct harvesting of adults and eggs, incidental capture in commercial fisheries and loss of nesting habitat are the main threats to this species. There are about 800,000 nesting female olive ridley sea turtles still out there.

The last type of sea turtle is natoror depressus, or the Australian flatback. Adults are up to 3.25 feet in carapace length, weighing an average of 198 lbs. Apparently eats sea cucumbers, jellyfish, mollusks, prawns, bryozoans, other invertebrates and seaweed. They prefer living in turbid inshore waters, bays, coastal coral reef and grassy shallows. They nest about 4 times per season, lay an average of 50 eggs at time, but these are comparatively quite large. The eggs incubate for about 55 days. When the hatchlings emerge, they are larger than most species' hatchlings. They are only found in Australia and Papua New Guinea. They are very vulnerable to extinction. Sea turtles are threatened with capture, harvesting of eggs, destruction of nesting beaches, ocean pollution, oil spills and entanglement in fishing and shrimp nets. There are between 20,000 and 21,000 nesting females.

Although threats to sea turtles and destruction of their habitats seem almost too big to overcome, there are many things within our control that can be changed. Greater public awareness and support for sea turtle conservation is the first priority. By learning more about sea turtles and the threats they face, you can help by alerting decision-makers when various issues need to be addressed.

You can take a sea turtle quiz online at: https://conserveturtles.org/information-sea-turtles-sea-turtle-quiz/
Interview with Mrs. Bassage

By Bilal T.

Bilal: What made you want to become a teacher? Did you always want to be a teacher for your whole life?

Mrs. Bassage has always liked working with kids. As a teenager, she taught swimming, sailing, and babysat a lot. And yes, she even played school with her stuffed animals.

BT: What is your favorite part of the job? Do you have any free time in school?

She likes that no two days are ever the same, that working with kids is fun, and that the day flies by. As for free time...lunch.

BT: Why do you give kids prizes sometimes?

She believes it is a good way to get rid of toys around the house and it motivates her students.

BT: Why did you switch to 3rd grade? What are your favorite subjects to teach?

She likes the new challenges. Her top two subjects to teach are reading and history.

BT: From 1 to 10, how much do you enjoy your current class?

Mrs. Bassage: Without hesitation, 10!!

Staff Unmasked: Mrs. Hershberger

By Lena A., Saara P., and Laci O.

Although Mrs. Correnty could not join us for the first couple months of our school year, we were very fortunate that we could have such a great art teacher like Mrs. Hershberger until Mrs. Correnty returns.

Mrs. Hershberger started making art before preschool. From the beginning, she had a deep passion for art. When she was 6, her mother got tired of her drawing on the walls and sent her to art lessons. She grew up in Wakefield, Massachusetts and attended St. Joseph’s School. She enjoyed playing soccer, basketball and running track. After her high school graduation, she went to Boston College and Leslie University to study art and earned her undergraduate degree and two graduate degrees. She graduated in 1989. She also worked at Boston College for a period of time.

Mrs. Hershberger has lived and taught in Europe and serves as an officer in the US Army Reserves. She lives with her three sons, Matthew, Michael, and Joe. She also has an English Bulldog, Lucy. She is an art therapist, a person who helps people relax through art, and enjoys cooking for her family and painting outside (en plein air). Her favorite food is peanut butter and she can’t decide on her favorite color (she loves them all!). She is a huge fan of the Boston Red Sox and will be rooting for them to get into the World Series! She is inspired by the artist Monet and loves the contemporary artist Cy Trombley and the fiber artist Moy McKay. She also admires the artists Chagall and Matisse.

Mrs. Hershberger is not just an artist or a substitute for Mrs. Correnty, she is an amazing person who has an interesting life out of school and has inspired the creativity of the students of HES. Thank you Mrs. Hershberger. We hope that this article gave you a better look at Mrs. Hershberger, unmasked!!

By Zachary H.
Here we have one of the Student Leadership Group's projects. Even though it is part of the Student Leadership group, Mrs. Ayles is leading it. This project is to paint the stairs with Math Facts (in Black). This will help younger and older kids memorize Math Facts while climbing the stairs.

And here we have the Immigrant Project (in Second Grade). Based-on how it looks so far, they have done well! Keep it going Second Grade! (This Picture was in front of Mrs. Steve’s Class but the same credits go to every class in Second Grade).
Some NBA news you just have to know is that on March 10 Kyle Lowry of the Raptors scored 24 points to beat the Heat. More news around the NBA is that the Lakers are almost guaranteed to not make the playoffs. And Lonzo Ball and Brandon Ingram [two Lakers players] are hurt.

Some exciting College Basketball news is March Madness! March Madness is when 68 College Basketball teams have a tournament with 6 rounds. It starts with 68 teams and then 32, Sweet 16, Elite 8, Final 4, and then the championship game or THE BIG DANCE!!!!!