

PS Backpack87News

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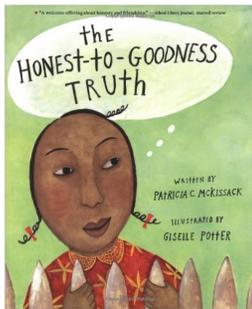
From the Desk of the Principal

Dear Families,

January's book of the month is *The Honest to Goodness Truth* by Patricia C. McKissack. This book is certainly about telling the truth, but it's also about being kind and wise.

After getting in trouble for lying, Libby decides that she is going to always tell the truth. She tells the truth about everything, often hurting others. By the end of the book, she learns that it is important to tell the truth, but there are right and wrong ways to do it.

In the book, her mother says, "Sometimes the truth is told at the wrong time or in the wrong way, or for the wrong reasons. And that can be hurtful. But the *honest to goodness truth* is never wrong."



While being honest can be one of the easier tenets to explain to our children, being wise isn't always as easy. Thinking about what we are going to say, how we are going to say it, and if those words will make a situation better is being wise.

As adults we are more aware of the wise decisions we make every day, especially when we think about what to share with the children in our lives. This month's book of the month can help us teach our children to do the same.

My nephew goes to school in Charlotte, NC where they use this book to illustrate how our words can affect others. They explain that the "ugly truth" is delivered in a manner that is purposefully hurtful or embarrassing to others. The "honest to goodness truth" is delivered in a caring way and with good intentions.

As we continue to discuss our four tenets, my hope is that we will continue to grow closer as a community. And that is the honest to goodness truth.

— Monica Berry, PS 87 principal

NO SCHOOL MLK Day Jan. 16

No plans over the long weekend? Here are some FREE family events in our neighborhood that honor Dr. Martin Luther King Jr.'s amazing legacy of civil rights and service:

Assemble Food & Toiletry Packages @ JCC Harlem

Families assemble shelf stable food & toiletry packets for Community Pantry. Jan. 16, different time slots available. Sign up at <https://timeforgood.org/agency/jcc-manhattan>

MLK Carnival at the Police Athletic League II Volunteers lead kids ages 5–12 in MLK-themed art projects. Jan. 16, 11:30 a.m. – 2 p.m. 441 Manhattan Ave at 119th St.

2017 MLK Commemorative March Manhattan Country School leads this annual march starting at Riverside Church @ 122nd Street, 10 a.m. Jan 16. Ends at MCS @ 85th Street. Stops include iconic landmarks and political discussion.

87 after school Afterschool registration continues

Registration for 87Afterschool spring semester is ongoing until Jan. 20! Winter Camp registration begins Friday, Jan. 13 at 9 a.m. and runs through Feb. 13 at 11 p.m. By Friday, there will be detailed descriptions of all the trips, including modes of transportation, on the website, 87afterschool.org.

Pitch In: Volunteer Opportunities

Family Fitness Night: This night of active fun will take place on Friday, Jan. 20, 6:30–8:30 p.m. Like last year this event will be free to all PS 87 families. We again will have a number of physical fitness activities geared toward parents and children, and will end the evening with a healthy dinner.

Volunteers are needed to head fitness activities. We are also looking for donations of healthy snacks. If you are interested in helping out, please contact pa-wellness@ps87.info.

Gear up for Spirit Day 2017!

PS 87's third-annual SPIRIT DAY is coming up on Friday, Jan. 27! You can purchase shirts and other 87 gear at the PA meeting on Jan. 19 and the morning of Spirit Day in the lobby. Homemade 87 gear is also always encouraged. More fun details coming soon!

—Jaime Abrams & Wendy Schnierow



Treats for all!

One in every 13 children in the U.S. has a food allergy (that means two per classroom!). Bringing snacks to school that include everyone can present a challenge, but it can make a world of difference. If you're in a pinch and looking for a classroom treat that all the kids can enjoy, try dark chocolate pretzels or Abe's mini-muffins, or bake these delicious chocolate cupcakes that are nut, dairy, egg and soy free!

- 1 1/2 cups flour (all-purpose)
- 3 Tbsp. cocoa (unsweetened)
- 1 cup organic sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. white vinegar (apple cider is fine too)
- 1 tsp. pure vanilla extract
- 5 Tbsp. vegetable oil (coconut or olive oil work great too)
- 1 cup purified water

Preheat oven to 350 degrees F. Mix first five dry ingredients in a large bowl. Make three depressions in dry ingredients—two small, one larger. Pour vinegar in one depression, vanilla in the other and the oil in third larger depression. Pour water over all. Mix well until smooth. Line cupcake tin with liners. Fill 3/4 of the way with batter. Bake on middle rack of oven for 15–20 minutes. Check center of cupcake with toothpick to make sure it comes out clean. Cool. Top with powdered sugar or your favorite frosting. Enjoy! For other allergy friendly recipes and more visit www.appletozucchini.com.

—Natalya Murakhver, PS 87 parent and food & wellness consultant



The PS 87 Auction, *City of Dreams*, is coming up on April 1! Here are some ways you can help:

Event planners needed

The Auction Team needs event planners! Please join our brainstorming session next Friday Jan. 20 where we'll start to dream up this amazing evening. E-mail pa-auction@ps87.info, for details!

Dreaming of donations

Have access to event tickets, unique experiences, vacation stays, retail or dining gift certificates? We're dreaming big and the more donated items and services you contribute the more funds we can raise for our school. Dream Big! Reach Out! Donate Now!

Go to <https://ps87.ejoinme.org/2017DonationForm> for the online form or stop by Officer Ayala's desk to grab paper donation forms.

PS 87 CALENDAR

JANUARY 2017

13	Winter Camp registration starts, 87afterschool.org
16	NO SCHOOL , Martin Luther King Jr. Day
19	GENERAL PA MEETING, 8:30 a.m.
20	Family Fit Night, 6:30 p.m.
23–27	Afterschool Open House Week
23	SLT Meeting, 4:15 p.m.
27	Spirit Day
27	Girls on the Run lottery opens, gotrnyc.org

FEBRUARY 2017

1	PA Executive Board Meeting, 6:10 p.m.
3	87Afterschool Family Event, 6:30 p.m.
7	Dual Language Committee Mtng, 8 a.m., library
8	Dual Language Social
9	Pan Asian Lunar New Year rehearsal
10	Pan Asian Lunar New Year Celebration, 6:30 p.m.
13	SLT Meeting, 4:15 p.m.
14	Valentine's Day (school day)
16	GENERAL PA MEETING, 8:30 a.m.
20–24	Mid-winter Recess
27	School resumes

MARCH 2017

1	PA Executive Board meeting, 6:10 p.m.
3	87Afterschool Family Event, 6:30 p.m.
4	Broadway Night, 6:30 p.m.
7	Dual Language Committee Mtng, 8 a.m., library
7	Report cards go home
9	HALF DAY , dismissal 11:30 a.m., parent-teacher conferences
16	GENERAL PA MEETING, 8:30 a.m.
16	Rehearsal for Black History Celebration, 5:30 p.m.
17	Black History Celebration, 6:30 p.m.
20	SLT Meeting, 4:15 p.m.
27–31	NY State ELA Exams

APRIL 2017

1	PS 87 AUCTION!
4	Dual Language Committee Mtng, 8 a.m., library
5	Executive Board Meeting, 6:10 p.m.
7	87Afterschool Family Event
10–18	Spring recess

Girls on the Run returns this spring— Register now!

Girls on the Run NYC is a program that uses running and physical activity to inspire girls to be joyful, confident and healthy. Online lottery registration for PS 87's two spring teams opens at 10 a.m. Jan. 27. Visit gotrnyc.org to register.

PS Backpack87News

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Deadline for Jan. 19 issue: Sunday, Jan 15, at midnight

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