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The Mighty Milers



On January 12th, Grade 5 students were treated to a special presentation by New York Road Runners representative, Mr. Derek Adkins. Mr. Adkins has the distinct honor of being a gold medal winner in hurdles during the 1996 Atlanta, Georgia Olympic Games. He won first place in the 400 meters competition representing the United States.

Mr. Adkins talked about the benefits of the Mighty Milers Program and how it encourages healthy living. This program is designed to get kids moving and prevent illness and obesity. Participation in Mighty Milers helps scholar/athletes learn reach personal goals of achievement. It's not about winning but just doing your best.

New York Road Runners is the world's premier community running organization. Through this program, our grade 5 students are having fun engaging in running laps and meeting goals. Students self-monitor their performance on a daily basis and receive many incentives and awards for their participation. Mrs. Brenda Zuckerman, our physical education teacher, leads this initiative.

We are proud to have this amazing program available to PS 139 students. Together with New York Road Runners, we are building healthy minds and bodies.



What's Cooking at PS 139?



CookShop Classrooms are thriving at P.S. 139. We proudly have ten classrooms in grades K-2 participating in this school wellness venture.

Students learn about the five food groups through hands-on lessons designed to build awareness of whole foods and the importance of exercise. Children learn where food comes from, how plants grow, why whole foods are good for the body, and how to prepare simple, healthy recipes. Students learn how to make healthy choices and have fun in lessons that reinforce reading, writing, science, and math skills.

Every week, students participate in Explorer and Chef lessons. Students help the teacher prepare nutritious salads and learn in subtle ways the benefits of fruits and vegetables. If it's Friday, it's CookShop Day!



Science Outreach Program STEMS Education at Work



PS 139 is pleased to receive from the City Council a CASA grant. CASA stands for Cultural After School Adventures. How delighted we are to partner with the New York Hall of Science!

Our students will have an opportunity to participate in a series of after school workshops facilitated by Hall of Science instructors. These instructors will co-teach their fascinating lessons with PS 139 classroom teachers. Our budding scientists will explore topics such as Bounce, Balance and Play, Microscopes and Microbes, and The Eyes Have It.

Bounce, Balance and Play will give our curious students experience learning about the relationship between kinetic and potential energy in a fun way. Our learners will investigate the composition of various balls to see what makes them roll, bounce, or fly as far as they do. Students will make predictions and conduct trial experiments.

In the workshop **Microscopes and Microbes**, students will learn how to use a microscope and investigate the world of microorganisms. Our budding scientists will analyze the shapes, colors and sizes of live microbes and how they move and eat.

In the workshop **The Eyes Have It**, students will have fun experimenting with various optical illusions and learn how the brain can deceive the eye. Finally, students will create their own optical illusion toy.

Finally, PS 139 will partner with the New York Hall of Science for five Family Days.

Join us also on Wednesday, February 11th from 6:00-7:30 p.m. for Crazy Scientist Night. Come one, come all as families investigate states of matter and have fun exploring FOSS investigations. Learning stations will be established and facilitated by our upper and lower grades science teachers. A good time will be had by all at PS 139!

**PS 139 Presents the Community Read,
I Wish I Were a Butterfly by James Howe**



In a poignant manner, this book tells the tale of friendship and addresses the importance of self-esteem. In the story, the littlest cricket is told by frog that he is ugly. Now the cricket wants to be a pretty butterfly, until a spider teaches the cricket that all friends are beautiful.

The text takes children on a journey with the littlest cricket as he discovers the true meaning of his hidden talent. Being special has nothing to do with physical appearances, shimmering wings, or flashy colors. Confidence comes from being the best learners you can be and by making the world a better place to live. At PS 139, we teach our students that they are special and valuable.



Please enjoy this powerful text and peruse the amazing opinion essays K-5 students developed about this book. As you meander the hallways, you will see whimsical butterflies adorning writing pieces showcased on the bulletin boards.

CookShop for Families



We've all been hearing the statistics about childhood obesity and how it impacts our health as we get older. At P.S. 139, we've been fortunate to have CookShop for our Kindergarten – Grade 2 students, where health and wellness is introduced to the kids in a fun, innovative way.

For the past several years, we've also been stressing health and wellness with our parent body. We began with "What's on Your Plate", facilitated by Mrs. Nina Lipton, Parent Coordinator, who is trained as a Professional Chef. Well developed recipes are prepared stressing healthy nutrition while incorporating the diverse backgrounds of our community. These delicious and nutritious recipes can be prepared at home with their children.

In addition to "What's on Your Plate"; CookShop for Families is now being introduced to our parent body. CookShop will help reinforce the importance of healthy eating while emulating what their children are doing in their classrooms. This partnership helps build stronger family-

community ties in a creative fashion. Our parents love learning what is done in the classroom. They love finding out ways to save while shopping, but most of all they love being able to have a conversation with their child about what they did in school today!

Physical activity is an important part of health and wellness and this year we'll be hosting our third annual Family Fitness Night, "P.S. 139, On the Move". Our families rotate through different stations participating in Yoga, Zumba, Basketball, Volleyball and Line Dancing. These activities complement our School Wellness initiative and introduce our community to activities they have never experienced. We always begin our evening with Move-to-Improve which is a great ice breaker!

We are always looking for new ways to foster the Home-School connection and these are just a few.



Dancing Classrooms

P.S. 139 is excited to announce the return of our partnership with Ballroom Dancing. The 5th grade students are being swept off their feet as they experience dances from different countries! Some dances included in their repertoire are: The Foxtrot, Merengue, Swing, Tango, Salsa, and Rhumba. They will certainly have wonderful exposure and learn an appreciation for different cultures, while focusing on what makes each dance so unique!

The Dancing Classrooms program is a 10-week residency, with two sessions every week. Each residency includes a video lesson and a guest artist visit, and culminates in a showcase for all participating classes, where every child performs.

Dancing is a highly physical activity. It helps to increase a student's flexibility and physical strength. Dancing can help to develop concentration and stamina. In addition, dancing is an important social activity, instilling a sense of trust and cooperation. Students will ultimately learn how to compose themselves as mature, elegant, young ladies and gentlemen.

The highlight of the residency is the culminating event that will take place on March 13th. The school community and parents get to celebrate the social development of their students and enjoy a fantastic dance performance as well! Finally, our shining stars will participate in the Colors of the Rainbow Team Match.

Last year, P.S. 139 is proud to announce that we won the Silver Medal in the quarter finals. However, this year, we are going for the GOLD!