

# DOUGLAS DIGEST

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## Douglas Digest

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The Douglas School PTO publishes the Digest seven times each school year.

**Next issue: June 6**

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## *The Principal's Chair*

I've been thinking about how much I sit. I'm good for about 30 minutes of sitting, and then I get fidgety. My job asks me to sit in meetings that are sometimes much longer than anyone should sit. Where I sit is very important.

The first seat that I use every day is a wooden kitchen chair with a back on it. I rarely touch the back as I take a moment before the day begins to eat and to collect my thoughts. I have no idea who made this chair, nor do I have any idea of who has made most of the chairs in which I sit. This chair has no nails, just some fancy screws that become loose from time to time. The

chair at the end of the table is "my" seat—the only one I ever sit on—and I am happy to report that my chair screws are never the most loose, which must mean that this is not related to weight.

When the weather is nice, I move out onto my north-facing deck and sit in an Adirondack chair. Rustic in style, it is a deep seat painted blue. There are two of these, neither of them just "mine." I like sitting low to the ground; it's very relaxing for legs and back, and comforting in a primitive way. Sometimes, sitting by the fire, I choose the Adirondack chair again, for thinking and dreaming.

The next chair in my daily habit is in my office. It's a hot-rod of a chair, based on the original Aeron chair first produced in 1994. It is ergonomic, built with extensive research into the nature of the human body. It has several levers and buttons to adjust it to fit my needs: it has a springy seat and back, it swivels, it rolls, it leans back and forward as I lean. It's a "task" chair, for sitting and working comfortably.

For most of human history, chairs were used only by the very rich or very powerful—pharaohs and kings and generals. Ordinary people did not own or start using chairs until the 16th century, hence the notion of a "chairman," one who holds the seat of power and authority. About one quarter of the human population still does not own or use chairs. In much of Asia, South America, and Africa, people sit or squat on the ground or floor.

Then there are ways that chairs and sitting have entered our vernacular:

We say a suspenseful book or film keeps us sitting on the edge of our seat;  
When shocked or surprised we say we nearly fell off our chair;  
The best players in an orchestra are awarded first chair status;  
An endowed position in academia is an endowed chair;  
And there is the game of musical chairs.

Chairs too often are used for punishment. There's the capital crime that results in "getting the chair," or more simply a teacher's voice saying, "Christopher, be quiet and sit down." She said it often. I had the ability to do that, but not the inclination. So I spent a lot of time in and out of a chair she used as a "time out" place for me as punishment for having a big mouth. It didn't work; I still sat down, but being quiet is not in my natural skill set.

That's a whole lot more than you might have ever wanted to know about chairs and sitting down. It's an example of what happens when I have to sit too long in a meeting. Meanwhile, if you need me, I will be imagining myself on my all-time favorite place to sit: a tire swing on my family farm. There you'll find me soaring back and forth up to the sky on a sunny day in summer.

*C. Whitbeck*

## *From the PTO*

We're out of the winter doldrums and into the crazy fun of spring. Hooray! This may mean pulling the baseball mitt out of the garage or planting seeds for the garden—but in PTO land, it means a fabulous time full of fantastic people. Just think of this:

The winningest night of the year (also known as the 19th Annual Spring Social & Auction on March 24) had us bidding, dancing, and chatting with friends all night long. At the end of the night, once the band packed up, Butternut Farm Golf Club was cleaned up, and Shadow the horse (now Doug) was stabled, the Douglas Run for the Roses had tallied over \$22,000! Hats off to our auction tri-chairs—Melissa Gaudette, Tina Leonard, and Laura Schmidt—and their team of helpers who gathered solicitations, arranged classroom projects, oversaw the wine grab, and turned a beautiful space into Churchill Downs! Additionally, a giant shout out to all who came, dressed up, donated, and/or bid on items. Thank you! You are a huge part of what makes our Douglas community so special!

While students aren't in attendance at the auction, they are well entertained in the spring months. Grades 5 and 6 wowed us with their extremely diverse abilities during their talent shows on March 29. We are anticipating more entertainment on May 9 (grades K-2) and May 22 (grades 3 & 4) as they polish up their acts.

Our students had a chance to travel the world, eat delicious food, and enjoy performances from all corners of the world at the Akiko Sensei Festival of Cultures. This annual event, which took place on April 28 and is overseen by Carol Buysse, gives all our students a chance to learn about different cultures and enjoy an event with another school in town, as this is co-sponsored by Conant.

There's so much Douglas happiness to share every day, and we're lucky to be part of this amazingly active and fun community. Spring has just begun, so keep an eye out for the many more events on the horizon—band concerts, Memorial Day Program, Douglas Day, Lowell Spinners, and more. See you there!

## Dates to Remember

### April 30–May 2

MCAS Grades 3, 4, 5, & 6

### Thursday, May 3

Douglas Fun Run

### Friday, May 4

ABRHS Community Service Day

### May 7–May 8

MCAS Grade 5

### Wednesday, May 9

Talent Show Grades K–2, 9:15am  
School District Building Committee Meeting, RJ Grey Library, 7pm

### Wednesday, May 16

Staff Appreciation Luncheon

### Thursday, May 17

AB Regional School Committee Meeting, RJ Grey Library, 7pm

### Tuesday, May 22

Talent Show Grades 3&4, 9:15am  
Douglas School Council Meeting, 3:45pm

### Friday, May 25

Memorial Day Program, 9:30am

### Monday, May 28

Memorial Day—NO SCHOOL

### Tuesday, May 29

Kindergarten Screening

### Thursday, May 31

Douglas Alumni Reception, 1:30–2pm

### Tuesday, June 5

Kindergarten Screening  
PTO General Meeting—Board and Budget Presentation

### Friday, June 8

Douglas Day

### Friday, June 15

Last Day of Eagle's Nest School Store

### Monday, June 18

Lowell Spinners

### Thursday, June 21

AB Regional School Committee Meeting, RJ Grey Library, 7pm

### Friday, June 22

Sixth Grade Graduation, 9:15am

### Wednesday, June 27

Last Day of School

### Friday, June 29

Canobie Lake Park



## Snack Cart Donations

See snack details on the PTO website.

**May 3** Popcorn Day; Grade 5

**May 10** Grades 3 and 6

**May 17** Popcorn Day; Grade 1

**May 24** Grades K and 4

**May 31** Grades 2 and 5

**June 7** Popcorn Day, Grade 3



## Spotlight: Lend a Helping Hand

Have you been wanting to dip your toe into the Douglas PTO waters, but weren't sure where to begin? We can help! As we think ahead to next year, we are beginning to fill some very exciting PTO roles. So many options—just keep reading!

### Want to get involved but can't come during school hours?

- Organized and reliable, and wishing you could stay mostly behind the scenes? Help gather information for the Eagle Eye Weekly.

- Are you an ace at typing? We're in need of someone to record minutes at the board and general PTO meetings (two meetings approximately every six weeks).
- Muffins, cakes, and pies, oh my! We are looking for someone to lead the team of bakers that provide goodies for various school functions.
- Is your background in accounting or finance? The assistant treasurer position would be a great fit.
- Love to be in-the-know about what's going on at the district level? Attend the School Committee meetings and provide updates at the board and general PTO meetings.

### All about being in the school with the kids?

- Enjoy the sights and sounds of nature and sharing with others? Help the Nature Walk team schedule and plan the walks for our kids to explore their environment.

### Can't fully commit next year but interested in learning the ropes for the year after? We are looking for shadows for sixth-grade graduation and the Spring Social & Auction!

- Sixth-grade graduation: The reception is organized by a fifth-grade family each year and the person(s) in this role coordinates a reception at the school immediately following graduation.
- Spring Social & Auction: Do you enjoy planning parties and organizing events? Shadow our auction co-chairs for the 2019 auction and then take the lead for the 2020 and 2021 auctions.

To get involved, please contact the Douglas co-chairs at ([cochairs@douglasschoolpto.org](mailto:cochairs@douglasschoolpto.org)). We'd love to have you aboard!



## Gracias! Danke schön! ありがとう! Merci! תודה! Grazie! Thank you!

To all of our amazing volunteers who've clipped box tops, popped corn, checked attendance, solicited items for the auction, helped to plan the auction, helped with the school store, assisted with snack cart, helped with the March Reading Challenge, led prospective kindergarten families around, attended board or budget meetings, tended library-goers, participated in school council, and so much more, thank you! We can't let this opportunity go by without recognizing small and big event-makers as well. Thank you for all of the time and effort you put in. It is you who make Douglas the special place it is!