



SCALE SCOOP

Volume 11, Issue 2
Spring/Summer 2016

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2016 WALKATHON

Drizzle on May 6th did not dampen the spirits of the staff and students who took to the streets of Somerville for SCALE's annual walkathon, a fundraiser for student scholarships.



Prior to the walk, SCALE Supervisor Janice Philpot presented Doreen Curreri with an award for her many years of service organizing the walkathon.

This year's event earned over \$2500 for the scholarship fund. Thanks to all the donors and participants!



The Superintendent Visits!



In May, Superintendent Mary Skipper visited the morning ELL D class with Assistant Superintendent Vince McKay. Mary captivated students with stories of her childhood, education, and jobs as a cashier, teacher, and principal. Afterwards, students wrote thank you letters to the superintendent and also wrote about their reactions which are excerpted below.

The visit of Mary Skipper was very important for me because I learned something that will help me to get my goals. She said, "If you want to get your dreams, it's important to be hardworking and to have faith." I believe that those two things are the keys that will help me to get success. Her visit at SCALE inspired me to keep dreaming.

— Jose Monge



I learned a lot from her. She is a very humble person. I was so impressed. — Gregory Parent

When she came to our classroom visiting, I was so happy to see her, because this is the first time I met a superintendent in my life. She gave me motivation to do better in my life. — Dickey

SUPERINTENDENT'S VISIT (Continued from pg. 2)

The superintendent's visit was very amazing. It was a very exciting visit. I learned many things about her. She is a very diligent person. She is generous. She is the person who never stops. Her personality explains that she is very simple, but her thought is very high. She accomplished success in her life. — Sangita

I will always remember this visit. I felt very comfortable with Mary Skipper because she gave positive energy. She is a nice person. Mary answered all our questions. Mary gave me new goals in my life. I understand if I want to have a good life, I need to study hard. — Olena Tkachenko

I was curious about her, and it is interesting when you are prepared for something new and the final results can be good or not. So, it was amazing. I could see clearly a gifted person. It is not about position, but love. She is a regular person. It was a long way, but for her, you have to use all opportunity and work hard. Having an opportunity to meet her and hear her stories definitely inspired me to focus on my goals. For sure she will be good for the city of Somerville. — Vera Santos

She is a friendly person. When she talked to us, she was nice. I think she likes to help others, because one of her dreams was to be a teacher. She is a good example to inspire others to move forward step by step. — Ana Guevara

I was excited to hear her interesting story. Her story is a good motivation for everybody. I learned that if you have a dream, you need to work hard. I'm going to keep learning English and improve my skills. It's necessary for my life. — Natallia Nedbailava

My thoughts and feelings after listening to Mary's life and what she went through — she inspired me to keep doing well at school and to succeed in my dreams. — Betty

I think that Mary Skipper is a hardworking person.

She believes education is the most important for everyone. She's a very clear and very positive woman. — Manuel Hernandez



SUMMER CONVERSATION CLASS



This summer's ELL Conversation Class kept students talking with a variety of activities, field trips, and presentations. Students learned about food, nutrition, and exercise.

The group did some form of exercise every day, monitoring their pulse and heart rates. Students learned about stretching, aerobics, and strength training. Lori Segall, SCALE's morning ELL C teacher, came and led students in a session of yoga.



Along with exercise, the class focused on healthy eating. They visited the Somerville Growing Center, where Lisa Brukilacchio led an informative tour of the garden. After the tour, students made drawings of a variety of plants.



Kristin Cunningham, from the University of Massachusetts Boston Extension's Nutrition Education Program, came to the class several times. Kristin talked about portion size and food assistance programs. Students cooked with Kristin and invited SCALE staff to partake of the resulting healthy meal. On another day, Kristin helped students prepare healthy snacks such as humus, carrot and celery sticks, and herbed popcorn, which they also shared with staff.

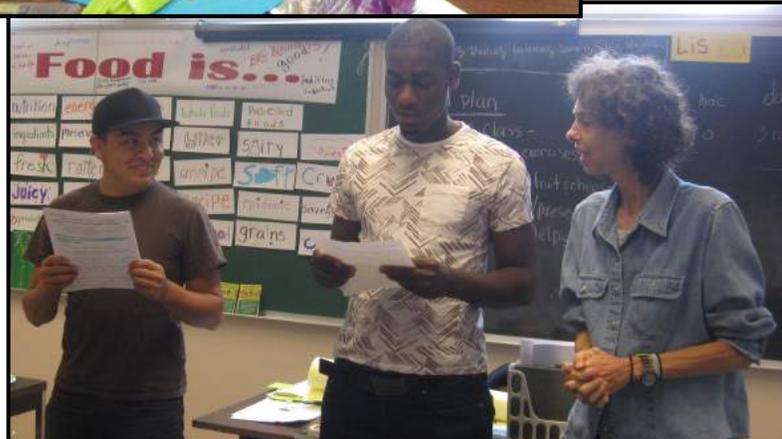
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CONVERSATION CLASS, Continued from pg. 4



Students created dialogs in which they made three-point arguments for exercise and healthy diet choices. They presented these for staff and volunteer, Barrie Gleason.

The class culminated in a field trip to Market Basket, where Alicia McCabe from Cooking Matters led the group, helping students compare unit prices, as well as teaching students to read labels to find whole foods and healthy ingredients. Alicia pointed out that it's best to shop on the periphery of the supermarket — focusing on produce and other



NEXT STEPS EVENTS

The Next Steps info-session series for the 2015-2016 school year concluded with two key events focused on community resources and personal wellness.

The community resources fair held on May 4th, 2016 featured



providers such as WIC (Somerville office), Riverside Early Head Start, Catholic Charities, CHA's Doctor Finder program, Respond and the Cambridge Economic Opportunity Council, who offer services ranging from assistance securing benefits to job training and placement.

On June 3rd, Shape-Up Somerville and CHA's community health workers team encouraged students to strive for wellness by eating a healthy balanced diet, and by getting regular activity and sleep.



During both events students had the opportunity to interact with providers individually to get advice on their particular needs and get advice regarding follow up. In addition, being able to link a specific individual to a service increases the likelihood that students will in fact reach out and utilize community resources when needed.



MANUFACTURING PROGRAM GRADUATES BENEDICK CHARLES and JOELSON CARDOSO

SCALE ELL students Benedick Charles and Joelson Cardoso participated in an Advanced Manufacturing program for Somerville residents. This program was funded through a competitive grant given by the Commonwealth of Massachusetts' Office of Housing and Economic Development to train adults in the Somerville High School's machine technology shop in the evening. Students completed 150 hours of manual machining training, CAD software training, OSHA-10 training, and basic welding. Both Benedick and Joelson graduated from the program.

Graduates are qualified to enter jobs in the advanced manufacturing industry. While the manufacturing industry has been in decline over the past several decades, it is still the fourth largest employment sector in Massachusetts. In the next decade there is an estimated demand for 100,000 new employees across the State.



DREAM

I have a dream that one day in the United States racism will disappear like coffee steam. I dream this even for the most notorious states where people are still devoid of certain rights because they are immigrants or black. I have a dream that one day in the United States the statistics regarding the number of black people in jails will change. I have this dream because the end of racism in all parts of America will put the USA at the top as the greatest country in the world. Finally, if this dream comes true, humankind can say America is the place where people are living well, and equality is a reality.

I have a dream that one day in my native country of Haiti that those words: *Liberty –Equality – Fraternity* (Brotherhood), which are at the top of all Haitian official documents, become a reality. I dream to be proud of Haiti as the first independent black country in the world. I have this dream because Haitian people immigrate to other countries permanently looking for a better life. Haiti can't expand because we are still under guardianship of the international community. For example, when there is an election in Haiti, the international community imposes who they want in government, not who we want. They do this because of the geostrategic position of our country in order to defend their political and economic interest. I have this dream because more than 90% of people in Haiti live in the poverty.

I have a dream that one day the Haitian community will be united in order to be as strong as a rock. I have a dream that one day my community will realize that our country could be a dream on earth if we believe in rules. I have this dream because I realize that American people are united and they believe in rules. That makes this country one of the greatest countries in the world. Haiti can do this too.

I have a dream that one day in the world humankind will have only one religion where love will be the credo for all. I have a dream that one day nuclear weapons will be destroyed and replaced by dialogue. I have a dream that one day all of the children in the poor countries will be fed and educated. I have this dream because one of the biggest motives for war is religion. While the wealthy countries are investing in nuclear weapons, millions of children are starving. By educating those children, they can have a better future and be hopeful as precious creatures of God.

I have a dream that one day in my life I will see my lovely daughter in order to share every little thing with her, help, and give her all my support as a good Dad. One day my daughter can graduate in high school and college. I have a dream to be successful in US as a comedian and write a book about my life. I have this dream because all day and all night I can't stop thinking about my only daughter who is actually living in Haiti with her mother. I have this dream because I need a better life for my daughter and for the whole family.

I am hopeful these dreams will come true because positive thinking is the only way to project good things for my country, community, humankind, and for my present and future life. I believe that these dreams are relevant because they would change my country and bring happiness in all over the world. Finally, I can I have a better life. — Maxime



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SCALE

Where knowledge blooms

My name's Deqo. I live in Somerville. I am married. I have one child, and we live together – my husband, my child, and me. My child goes to child care, and I go to school three days a week. I also go to work another day. I didn't have a job before, but now I have a job. I really like the United States of America, and I am working hard. Since I started SCALE, I have succeeded in a lot of things, for example, my citizenship and my driver's license, also my home health aide certificate. I really changed a lot of things in my life because of SCALE. I also encourage myself to improve my education, to get my HiSET, and to improve my writing and speaking. I will try my best. I say thank you to my teachers.

DREAMS

I have a dream that one day in the United States, Congress will finally reform immigration. I have this dream because many people from different countries need to fix their situation or status. They only want the opportunity to work in order to take care of their families and live in dignity. We cannot forget that the United States is known as a nation of immigrants. We can help people make this dream come true by telling our senators and representatives that we need to fix immigration law.

I have a dream that one day in my native country of El Salvador all people will be subject to the same laws and protected by the same laws. The situation right now in El Salvador is not good. We have a lot of crime and the government and the police are corrupt. The government doesn't apply justice equally for everyone. We still have discrimination. The government promises rights, freedom, and an equal salary for everyone, but this is not happening.

I have a dream that one day in my community of Somerville, there will be jobs for people in the local area. I have this dream because residents of Somerville need to work sometimes far away from home. If we work near home, it will improve the quality of life, because we will have more time to spend with our families. Sometimes we spend more than two hours to get home. Plus, crime is increasing. We need Somerville to be safer in order to live better. We need the community, the government, and the police to work together to solve the problems.

I have a dream that one day in the world, there will be peace for everyone in every country. That would be wonderful. For this goal, we can start to change ourselves. For example, we can try to stop discrimination and forgive each other. I have this dream because it is time to live better and forgive. We can start improving day by day, little by little.

I have a dream that one day in my life I will be healthier. Right now, I am overweight. I believe health is the key to continue working and supporting my family. I try to eat healthy food, walk more, and keep myself busy.

I am hopeful that these dreams will come true, because around the world there is a lot of injustice and oppression. I hope it will transform into freedom and justice for everybody. – Julio