

Books Enhance Students' Trips on the Trail

By Heather Zimar

This is the latest in a series of articles about Kids Discover the Trail! to mark its 10th anniversary.

When Ithaca City School District (ICSD) kindergartners visit the Tompkins County Public Library as part of Kids Discover the Trail! (KDT) Ithaca, they run into a familiar friend: the Library Lion.

Students often find the oversized stuffed animal lying on a couch behind stacks of books reading or napping. They point and giggle with excitement when they spot the lovable character from the book "Library Lion" that all kindergartners receive as part of KDT.

"They all recognize the lion from the book," says Rocio Zepp, a parent who remembers attending the trip with her daughter in 2012. "I think it is great the connections they make."

KDT is a collaboration between the Ithaca Public Education Initiative (IPEI), ICSD, and the Discovery Trail. This year marks the 10th anniversary of the program, which gives every district student the opportunity to visit a Discovery Trail site each year during elementary school. KDT links all 3,000 Ithaca students in more than 150 classrooms with another classroom at the same grade level for the trips and pre- and post-trip activities.

KDT! Books is an integral component of the program. After KDT's second year, "teachers wanted something else to extend the excitement and joy of the KDT trip and make it long lasting," first-grade teacher Randi Beckmann says. IPEI supported this vision,



Photo by Alexandra Evans

Caroline Elementary School teacher Aileen Grainger reads to her first-grade students.

and teachers began working with the Discovery Trail educators and the KDT steering committee to identify appropriate titles.

"KDT! Books were first added to the program as an important way to re-enforce the content from the trip and add a literacy component," explains Terry Byrnes, IPEI board member and chair of the steering committee. "They also create a connection between the family and the student's KDT experience."

All ICSD students since have received a book each year in pre-K to fifth grade (and a second book in fifth grade since there are two KDT programs for this grade level as part of transition to middle school). The titles are grade-level appropriate and connected to the curriculum and trail site. For example, first-graders receive

"Digging Up Dinosaurs" to complement what they learn through the Museum of the Earth, and fourth-graders visiting the Eight Square Schoolhouse receive "The Secret School."

The books are integrated into the curriculum both at school and during the site field trip. Lesson plans for each book are shared among teachers. Teachers often use the books as whole-class "read alouds" or in small reading groups, Beckmann says. Discovery Trail educators also incorporate the books into the field trip. "Our focus is on educating the kids on what a library is, what they can do at the library and how a library can not only help them in school but is also a fun, welcoming place to visit," said county librarian Sarah O'Shea. "With 'Library Lion,' we

designed a library tour/scavenger hunt based on the story about a lion's visit to the library. The children fill a large bingo card with lion footprints that we find throughout the department, and in the end the children discover an adorable, large, stuffed animal Library Lion. The kids love that!"

KDT! Ithaca Books also provides an additional link to students' homes. An activity flier—created in cooperation with the Family Reading Partnership—accompanies each book, giving families suggestions of how to use the book at home. When students take home "Library Lion," for example, they also receive a list of tips for encouraging love of reading at home and craft activities relating to the book's content.

"Giving a book is a wonderful way to remind the child of their visit, and it is wonderful to be able to give a book to a child to have as their very own to keep," O'Shea says. "Any way we can increase a child's at-home library the better. Children should be surrounded by books! It's also a very concrete sign to the families of what their child did."

"To give a child a book that has been connected to an actual experience in the community is magic, and it anchors their learning experience," Beckmann says.

Donors provide the funding for all students to receive books, and copies are provided for the classrooms and the school libraries. A bookplate in each recognizes the collaborators and the donors.

"Family Reading Partnership is thrilled that books can be used as

Please turn to page 11

JAY ZIMMER & PAUL STAGE, OWNERS

MON-FRI
8AM TO 5:30PM
SAT. BY APPT. ONLY

"COMPLETE AUTOMOTIVE SERVICING"

COME SEE US FOR A FREE ESTIMATE! **COOPERTIRES**

DON'T BE TAKEN FOR A RIDE- JAYZ WILL GET IT RIGHT THE FIRST TIME!

JayZ Auto Repair & Tire Center

NY STATE INSPECTIONS **607-564-9072**

FAX: 564-9072
32 PIPER RD. • NEWFIELD, NY 14867

Tune in to watch

"QUIET ASYLUM"

"Art-o-tainment in beautiful downtown Ithaca!"

Mondays at 7:00 p.m.

PEGASYS CABLE CHANNEL 13

Brought to you by

TompkinsWeekly

GreenStar Members

U-Pick 10% OFF

You pick what day
You want to receive
Your monthly 10% discount

Trumansburg Optical

Neil Heninger, O.D.

Full Service Eye Care

We Welcome

EyeMed VISION CARE

DAVIS VISION THE EYECARE ADVANTAGE

TOTAL CARE

Excellus

vsp.

aetna

Providing optical services for patients of all ages, contact lens services, and a wide selection of frames and accessories.

Please call for an appointment

607-387-7327

11 East Main Street (Rte. 96), Trumansburg

Books

Continued from page 4

part of KDT, giving each book more value by being used in conjunction with hands-on experiences on Discovery Trail," says Katrina Morse, assistant director of the Family Reading Partnership.

These are the books being distributed to Ithaca schools:

- Pre-Kindergarten
- Herbert F. Johnson Museum of Art at Cornell
- Animals in Art, Patrick McDonnell
- "Matthew's Dream," Leo Lionni
- Kindergarten
- Tompkins County Public Library
- Books, Friendship and Family
- "Library Lion," Michelle Knudson
- First Grade
- Museum of the Earth at PRI
- Dinosaur Science
- "Digging Up Dinosaurs," Alik
- Second Grade
- Sciencenter
- Power the Future
- "Our Earth, Clean Energy," Peggy Hock
- Third Grade
- Cornell Plantations
- Wildflower Exploration
- "First Guide to Wildflowers," Roger Tory Peterson
- Fourth Grade
- The History Center in Tompkins County
- Eight Square Schoolhouse: 19th-Century Life
- "The Secret School," Avi
- Fifth Grade
- Cornell Lab of Ornithology
- Exploring Habitats
- "Peterson First Guide to Birds of North America," Roger Tory Peterson
- Cayuga Nature Center
- Ropes Course and Environmental Stewardship
- "The Climb, Book 2," Gordon Korman

Heather Zimar is an ICSD parent and IPEI volunteer who is a higher-education writer and editor

Celebration

Continued from page 5

some of the time," Rosenberg says. Migration Celebration is a one-day event, but activities at the Lab continue throughout the year. Though the facility does not offer regular birding tours, it has new activity kits with features for educators and parents, as well as a self-guided tour of the property.

Because Migration Celebration is held this year in conjunction with Cornell homecoming, there will be regular shuttles running from campus to the Lab for the event. Go to www.birds.cornell.edu for more information.

Wellness

Continued from page 6

larger than the staff backing up a health care professional. For resilient adults this may be 30 to 70 people, near and far, who comprise their informal community regardless of age or culture. Most people initially count only a handful of people, but after careful reflection, they make startling discoveries.

Politicians and the health-care business community tend to support market-based or government-led health care. Neither system addresses the core issue—most care, especially at the end of life, comes from the unpaid efforts of the informal community. We must deal with our real health-care environment and build organically from there.

Informal communities are the

people with whom we voluntarily share our lives. They provide a more realistic, ecologically sound approach than the crisis approach to care. Most people don't see themselves and our informal communities as the primary providers of health care. Nor do they appreciate the degree to which our friends, family and neighbors shape our expectations for health and well-being.

For 20 years, Shared Journeys has fostered the balanced integration of informal community and professional care. We have learned that before the anxiety and fear of a crisis takes hold, healthy informal communities of care can operate as large networks of reciprocal relationships of people with mutual respect and regard, even if there are longstanding conflicts and inequalities among individuals.

When an individual and her or his specific informal community are aware of their roles prior to a health incident, they prevent the occurrence of the incident or minimize the impact of an ongoing health crisis.

Health care professionals promote team approaches to effectively integrate informal and paid professional care with the patient at the center of decision making. Unfortunately, paid professional

care and informal care often function in incompatible ways. Similarly, formally organized volunteers—who are professionally recruited, trained and supervised—often cost almost as much as paid professionals per patient contact and function in the same way.

Informal community care is largely invisible to both health care providers and organized volunteers who enter a person's life at or after the onset of a crisis. Informal care communities develop around individuals over years and decades of interaction.

We have concluded that informal community care is usually too subtle and too fragile to engage with a highly disciplined and regulated health-care industry as an equal care partner, unless the specific individual's informal community is already self-aware and strong before the crisis.

The barriers to interaction are five-fold: Unpaid, informal caregivers choose when and how to care for themselves as well as who and how to assist other individuals.

They cannot be held accountable to employment rules or compensation that defines the provision of paid care or professional standards for volunteers.

Paid professional providers cannot relate to the 30 to 70 people that constitute an informal community, nor can they relate to the many roles a patient plays within that community.

Informal communication requires an openness and discernment about the trustworthiness of individuals in the informal community that is neither possible nor legal due to privacy restrictions for professionals.

In the weeks and months to come, we hope to share with local residents more about the importance of informal care networks, how to identify each individual's informal community and strategies individuals may use to engage it more effectively. For more information, contact eric@sharedjourneys.net.

Eric Clay is co-founder and community coach of Shared Journeys.

"Signs of Sustainability" in Tompkins Weekly is proudly sponsored by



BECOME A MEMBER!

www.alternatives.org • 273-4611



Ithaca Aviation Explorers New Member Event



Sunday, October 19, 2014 from 3-4:30pm
at the East Hill Flying Club

Ithaca Tompkins Regional Airport, 62 Brown Rd. Ithaca NY

Please join us to learn about our group!

If you're someone between 14 and 20 who loves or wants to learn more about the exciting world of aviation then we are for you. Our meetings are on the 2nd Sunday of the month from 3-4:30pm. We visit museums; have talks from professionals about different careers in aviation; visit local airports; go to air shows; do ground school & mapping games and much more!

Our Facebook page: www.facebook.com/aeroexplorers

Our website: www.aeroexplorers.com

East Hill Flying Club's website: www.ehfc.net

Contact us: post62@TCScouts.org or (607)-257-1313