Advancing Vocational Ed at Somerville High: A Tufts Tradition

Tufts University has a long-standing partnership with Somerville High School’s Career and Technical Education Department (CTE), one of the jewels of the school system. Students from CTE’s Culinary Arts program have interned and worked in Tufts’ Dining Services for many years. In the last year, this partnership has blossomed. Dining Services hosts four paid high school internships annually. CTE proactively recommends culinary arts students for the positions. One of the first Somerville high school interns to participate in the program is now a Lead Second Cook at Tufts Central Culinary Services. Another dining hall cook spoke at a dinner for the Somerville vocational program last spring. Tufts also conducts an annual tour of their dining operations for the Culinary Arts students.

In the upcoming academic year, Tufts Dining will partner with the Somerville Board of Health and Somerville High School Culinary Arts to institute a new program at the Somerville Farmers’ Markets. Culinary Arts students will develop a product and standardize the recipe, then produce, wrap, label, market and sell the product at the Farmers’ Markets. Students will learn the very practical skills of developing and marketing products. A member of Tufts Dining Services who sits on the vocational program’s Advisory Committee will be involved in the implementation.

The Tufts School of Engineering has developed valuable partnerships with the Engineering Program at Somerville High School. Mike Maloney, the high school’s Honors Engineering and AP Physics teacher, and Professor Doug Matson, of the Mechanical Engineering Department at Tufts, have collaborated over the past two years to establish a Visiting Engineer Program at the high school.

Through this program, Tufts graduate and doctoral engineering students develop lessons and associated projects related to their real-world work. The Tufts students visit the high school regularly to lead Somerville students through the lessons and teach related engineering techniques. Recent lessons include...
Tufts University is truly fortunate to be part of the City of Somerville. This is a remarkable, thriving community. During the two years since my own arrival here, I have been pleased to work with Mayor Curtatone and Somerville elected officials. I always look forward to meeting our campus neighbors at the annual Community Day in the fall.

Tufts is an outward-looking university that is committed to active citizenship and encourages faculty, staff, students, and alumni to make engagement an important part of their lives. It is a perfect match with Somerville—a community that shares the value of active citizenship.

We are proud of the hundreds of students who engage in the community, learning to be good neighbors and civic leaders by tutoring local children in the schools and hosting Kids Day on the campus. Our faculty are also engaged on important community issues—studying air quality for people who live near highways, participating in the public schools through SomerPromise, and developing a new dental assistant program at the Somerville Vocational High School. We also work hand in hand with Somerville non-profit organizations that are so vital to our shared community.

We will continue to look for ways to strengthen our partnership with the City of Somerville and our community partners. I hope to see you around campus on Community Day or in the city that we all treasure.

The Office of Community Relations at Tufts is pleased to present this report to the Somerville community. It is a snapshot of the many partnerships and events that bring Tufts and Somerville together. Tufts University, through its Office of Community Relations and many other departments, works with neighbors, organizations, city government, and the public schools to be a good neighbor and build strong partnerships with the community.

**From President Monaco**

**HEALTHIER AGING, FIT-4-LIFE**

In 2012, the Somerville Council on Aging (COA), in conjunction with the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University, developed the Somerville Fit-4-Life program. Through the efforts of Dr. Simin Meydani of Tufts and Mayor Joseph Curtatone, the Somerville Fit-4-Life program was introduced as part of the city's Shape Up Somerville program.

By providing twice-weekly exercise sessions and weekly nutritional counseling classes to the local seniors, Fit-4-Life hopes to reduce the frequency and severity of age-associated chronic disease, resulting in a healthier aging process.

Seth Coburn, a Friedman School of Nutrition graduate student from the Tufts’ Nutrition, Exercise, Physiology & Sarcopenia Lab, leads each weekly nutrition class.

**MASSACHUSETTS REGION IV SCIENCE FAIR**

Tufts University is a strong supporter of the Massachusetts Region IV Science and Engineering Fair held every year at Somerville High School. Each year, Tufts faculty and students volunteer to judge the fair and the university contributes financially to help defray the costs of hosting it. Last year, Tufts offered a $250 prize for the first time, and in March, 2013, President Anthony Monaco personally presented the award to Nicole Gouveia of Somerville High School for her research on Kefir fermentation.

The School of Medicine, the School of Dental Medicine, the Sackler School of Graduate Biomedical Sciences and The Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, occupy a campus in Chinatown. The Medford/Somerville campus houses the School of Arts and Sciences, the School of Engineering, the Jonathan M. Tisch College of Citizenship and Public Service, and the Fletcher School. The Cummings School of Veterinary Medicine is located on a campus in Grafton, MA.
learning how to design and laser-cut objects out of acrylics, as well as creating a unit to test their own water-filtration systems, similar to a system being used in developing countries.

Somerville High’s CTE has also hosted Jeremy Shaw, a full-time Engineering Education teaching intern from Tufts. Jeremy is assisting a CTE instructor with the conversion of the Center’s drafting program into a Pre-Architecture/Engineering Program. Additionally, Jeremy is also helping out in CTE’s Metal Fabrication Shop and in the Science Department’s Engineering classes.

The Chair of Somerville High School’s Science Department, Karen Woods, is currently working with the Biomedical Engineering departments at Tufts University and MIT to expand the experience and exposure SHS engineering students receive in science. She is also working with the Tufts University chapter of Tau Beta Pi, the undergraduate Honor Society for Engineering, to establish a tutoring program for science and math at SHS.

The School of Engineering donated two milling machines to CTE’s Machine Technology Program. They have the latest safety features and are in excellent condition, replacing machines that were more than thirty years old.

CTE has been developing a Dental Assistant training program. Dorothy Vannah, an Associate Professor at Tufts University School of Dental Medicine, is a member of the Dental Advisory program and joins others whose expertise will help this program come to life. The university donated two dental chairs, X-ray equipment and other materials for the program. Tufts awarded one of its first Neighborhood Service Fund grants to CTE’s Cosmetology Department to help them establish a program that provides cancer patients with wigs.

The collaborations between Somerville High School’s Vocational Program and Tufts University have greatly enhanced the CTE program and will continue to grow in 2013. These partnerships have proven to be mutually rewarding, and bring enriching opportunities to Tufts faculty and students as well.
Dare to DREAM
Tufts students mentor young people at the Somerville Housing Authority

The DREAM Program unites communities of local families and college students as a way of empowering youth living in affordable housing developments to recognize their opportunities, make informed decisions, and achieve their dreams. In partnership with the Somerville Housing Authority, the Tufts DREAM chapter was established in 2011.

SCRATCH JR. PROJECT

The kindergarten classes at the Healey School are participating in the Scratch Jr. Research Project led by Child Development Professor Marina Bers of Tufts and Professor Mitch Resnick of MIT. Scratch Jr. is a three-year research project to develop and study innovative technology to support Science, Technology, Engineering, and Mathematics (STEM) learning in early childhood education.

Since programming tools like Java and C++ are difficult to learn, Scratch Jr. seeks to create a new, accessible programming language that will allow children to do personal, creative work of their own. Using this graphic programming language, children can create animations, stories, and games. The project aims to promote “programming literacy” and “computational thinking” at an early age, in an increasingly technology-based world.

Scratch Jr. uses open-ended and project-based activities to teach fundamental knowledge and complex problem-solving skills, as well as discipline-specific knowledge. Each student is able to use a computer to solve problems and is encouraged to discuss and test possible solutions. Scratch Jr. is funded by the National Science Foundation.

DID YOU KNOW?

Tufts student organizations raise money for Somerville programs through various fund-raising efforts. In addition, students in the Experimenting in Philanthropy course, offered by the Experimental College, have awarded a total of $70,000 to a number of community organizations since 2007. In 2012, the Somerville Homeless Coalition was awarded $8,500 for the installation of a walk-in refrigerator at the Project SOUP food pantry, increasing the amount of fresh produce they can distribute.

If you visit the Campus Center any Friday afternoon during the academic year, you will find about two dozen Tufts student volunteers heading out to Clarendon Hill for their weekly mentor visit. The Tufts mentors arrange a wide range of activities for the children, including scavenger hunts, campus field trips, professional sporting events, and small group and one-on-one activities.

There are currently 18 children, ranging from 5 to 14 years old, from the Somerville Housing Authority community participating in the Tufts chapter’s program.

Tufts volunteers make a commitment to the DREAM program for their entire college career, in order to provide the participating children with a stable environment in which they can learn to thrive and grow.

STRONG WOMEN STRONG GIRLS (SWSG)

SWSG is a mentoring program for girls in grades 3–5 with the goal of helping them to develop skills for lifelong success. College women are trained as mentors and engage groups of girls during after-school hours.

Students from the Tufts Chapter of SWSG meet weekly with nearly 50 young girls at four locations in Somerville: the Healey Boys and Girls Club, Prospect Hill Academy, the Somerville YMCA, and the Elizabeth Peabody House.

Tufts mentors discuss how strong women throughout history can serve as inspiration in the girls’ own personal development. The Tufts chapter also organizes a field trip for local girls to visit the campus each fall.
Several Tufts staff participate in the annual Free Application for Federal Student Aid Day, more commonly known as FAFSA Day, at Somerville High School by offering students and families assistance completing complex financial aid forms for college.

**Citizenship & Public Service**

*Jonathan M. Tisch College prepares lifelong active citizens*

The Jonathan M. Tisch College of Citizenship and Public Service is a national leader in civic education, whose model and research set the standard for higher education’s role in civic engagement. Tisch College prepares Tufts students to be lifelong active citizens. Recent outreach involving the Somerville community includes Scholar projects at the following agencies: Groundwork Somerville, Mystic Learning Center, Somerville Chamber of Commerce, Somerville Department of Health, Somerville High School, Somerville Promise Alliance (SomerPromise), and the Somerville Homeless Coalition.

**Jumpstart**, hosted by Tisch College, has long been active in the Somerville community, placing trained college students in early education classrooms. The Tufts students are trained in both current educational practices and child development, and promote literacy and foundational academic skills at four sites in Somerville. 60 Tufts students serve 180 children in the area. The success of this national program has garnered much attention, including from Tufts president Anthony Monaco, who was a special guest at the Open Center for Children in Somerville.

Tisch College also has a strong partnership with the Somerville Homeless Coalition. A Tisch-sponsored course on Homelessness and Health worked closely with the Coalition, assessing existing resources and identifying needs—for example, the need for fresh vegetables and the refrigeration space to store them. Currently, Tufts students are developing a website to help monitor food resources and distribution across Somerville and beyond.

The Tisch College sponsors the annual Presidential Symposium, which brings together students, faculty and staff, and many community partners from all of the ‘Tufts’ host communities to discuss the status of partnership activities and how they can be improved or expanded. Representatives from the Welcome Project, Somerville Community Corporation and CAAS were among those who attended the 2013 Symposium.

**EASING THE PATH TO COLLEGE**

Junior Achievement is a program whose participants visit local elementary schools to teach basic economic and business concepts. For “JA in a Day,” Tufts students visited the Brown School and taught Junior Achievement lessons throughout the day in various classes.

**BY THE NUMBERS**

366
Number of Somerville residents employed by Tufts in 2012–2013, totaling $20.9 million in annual payroll

650
Approximate number of Tufts alumni living in Somerville and contributing to the local economy

$2 MILLION
Amount of goods and services purchased by Tufts in 2012 from Somerville businesses

$724,000
Amount Tufts paid to the City of Somerville’s Water and Sewer Department

**DID YOU KNOW?**

The Osher Lifelong Learning Institute at Tufts provides older residents the opportunity to return to the classroom with on-campus study groups and online courses. Residents can take courses or teach them! Visit http://ase.tufts.edu/lli
The Tufts Athletics Department has a long-standing commitment to community youth. Between academics and athletics, the coaches and teams invite local youth to campus to practice and learn alongside Tufts student-athletes.

Middle school students from the East Somerville Community School (ESCS) connect with Tufts student-athletes in a volunteer mentor program called “Level The Field.” The program, which was launched in 2011, provides sixth and seventh graders with a powerful mentoring program that includes a sports clinic component and classroom leadership instruction.

The program connects young students with collegiate athletes in an effort to foster leadership, teamwork, sportsmanship, and communication skills. This year, ESCS students in grades six and seven are benefiting from the program, which has expanded to include not only Saturday sports clinics, but also workshops that promote healthy lifestyles. Students participating in the program are also invited to attend Tufts sporting events.

An estimated 130 ESCS students are participating in the program and 40 athletics from Tufts volunteer in some capacity. During the spring of 2013, 24 varsity athletes volunteered their time to visit ESCS classrooms and teach skills such as teamwork, communication, leadership, and sportsmanship.

The Tufts Women’s Tennis Team tutored students at the Healey School during the spring of 2013. Working in pairs, the athletes visited with seventh and eighth graders during their free time once a week, helping with essay writing and homework.

The Tufts Men’s Tennis Team joined the fight against hunger, as a co-sponsor of a canned food drive with Tufts Chabad Jewish Student Center. The team collected canned food items, as well as cash donations that were used to purchase groceries that were donated to the Somerville Homeless Coalition’s food pantry, Project SOUP.

In the spring of 2012 and 2013, Cousins Gym was filled with the sounds of the enthusiastic Somerville Little Leaguers. Tufts baseball coach John Casey and his team volunteered their time to hold a clinic for the young athletes. Approximately 40 children, ages 9–12, gathered at Cousins Gym to practice batting, fielding, throwing, and base-running activities run by the baseball team. Coach Casey hopes to make the clinic an annual event for the Little League.
Over Fifty Years of Volunteerism
The Leonard Carmichael Society

In 1958 a Tufts undergraduate decided, as an act of community service, to begin visiting a local psychiatric hospital. Those visits were the start of what would become The Leonard Carmichael Society (LCS), named for a Tufts University president in the 1940s who believed that committed volunteers could change the world.

Now, more than fifty years later, LCS is a student-run community service and advocacy organization that serves Medford and Somerville. Each year, LCS places nearly 1,000 volunteers in more than three dozen programs in the following areas: hunger and homelessness, youth development, literacy, education and health. Students volunteer at one-day events as well as in regular programs. LCS highlights include:

- **FOCUS**, an undergraduate pre-orientation program, sends incoming Tufts students into the community for a week of service before school begins.

- **Halloween on the Hill** brings Somerville children to Tufts for a carnival that includes a haunted house, games, crafts, and treats.

- **Homework Help.** Since the spring of 2013, LCS volunteers have offered free homework help for teens at the Somerville Public Library. Dozens more Somerville children receive tutoring on the Tufts campus.

- **Kids’ Day** For more than 40 years, Tufts students have brought Somerville children from kindergarten through third grade to the Tufts campus for this very special event. Kids’ Day features entertainment, games, magic shows, science experiments, and art activities.

- **Traveling Treasure Trunk**, the LCS entertainment troupe, writes, directs, and performs skits for young people. They have performed at the West Somerville Neighborhood School and at Tufts’ annual Community Day.

- **Tufts Food Rescue** works with grocery stores, farmers’ markets, and food pantries in the greater Boston area, and acts as the transport system to get donated food to those who need it. Students deliver produce from the Somerville Farmers’ Market to the Somerville Homeless Coalition’s food pantry, Project SOUP. Produce from the Medford market goes straight to the Community Cupboard at the Unitarian Universalist Church.

Visit [http://ase.tufts.edu/lcs](http://ase.tufts.edu/lcs).

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**THE TUFTS CENTER FOR ENGINEERING EDUCATIONAL OUTREACH**

The Tufts Center for Engineering Educational Outreach (CEEO) teaches kids what science, technology, engineering and mathematics (STEM) are all about. Programs include:

- **STOMP:** The Student Teacher Outreach Mentorship Program is designed to create partnerships between STEM experts and K–12 teachers in developing and implementing interactive STEM lessons. Tufts STOMP is currently in four classrooms at the Argenziano School and three classrooms at the Healey School, working with first, fourth, and fifth graders.

- **W-STOMP:** Women and STOMP, a free week-long summer camp for girls in grades 5–8 that is targeted to Healey and Argenziano School students. The CEEO staff also works with local girls, visiting classrooms a few times during the academic year, and conducts a Saturday STEM workshop.

**Workshops:** Throughout the year the CEEO holds workshops for educators and students in grades 1–10. These workshops range from three hours on a Saturday to weeklong summer programs. The CEEO is committed to improving education in engineering and aims to do so by working with educators in classrooms.

COMMUNITY DAY

Since 2003, Tufts has partnered with the cities of Medford and Somerville to organize an annual Community Day. Local residents are invited to visit the campus and enjoy music and dance performances, educational demonstrations from various Tufts departments, interactive displays from student groups, kids’ activities, and a free lunch. Dozens of community-based agencies and city departments also attend to share information about their work. Community Day is a much-anticipated event at Tufts—a great opportunity to welcome our neighbors to campus. For more information, please visit: http://cday.tufts.edu.

DID YOU KNOW?
When Superstorm Sandy left the Somerville public schools without a concert space, Tufts made Cohen Auditorium available for the schools’ Winter Concerts.

Contact Information and Web Resources
Tufts Neighbors Page  http://tufts.edu/home/neighbors
Tufts Directory  617.627.5000
Office of Community Relations  617.627.3780
Tufts Police (non-emergency line)  617.627.3030
Tufts Website  http://tufts.edu

Facilities Usage
Somerville non-profit organizations can use Tufts facilities for event and meeting space. Recent guests include:
- Brian Higgins Foundation
- City of Somerville: Council on Aging, Mayor’s Office, Traffic and Parking
- Community Action Agency of Somerville (CAAS)
- Elizabeth Peabody House
- Healey Boys and Girls Club
- Somerville Climate Action
- SCM Community Transportation
- Somerville Public Schools
- Somerville Mathematics Fund
- Somerville Youth Soccer

While there are not any rental fees, some other charges may apply.