

January 2018

# The Nightingale-Bamford School Library Newsletter

Your monthly connection to what's new in the libraries!

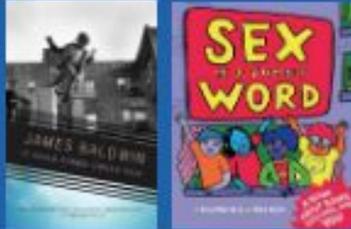
## New & Noteworthy



Welcome to our first library newsletter of 2019!

In the spirit of our collective resolution to make health and wellness a priority here at Nightingale, we join forces with our [colleagues](#) to shine some light on specific resources that support the physical and emotional wellbeing of our entire Nightingale community.

As always, print titles can be found through the [patron's catalog](#), and our eBook collection on [Sora](#). You can see our newest acquisitions and health/wellness titles [here](#), representing topics such as nutrition, sleep and rest, non-toxic skin care and self-care. Additionally, [the Health and Wellness tab](#) accessible from our [library resources webpage](#) will bring you to the databases [Health Reference Center Academic](#) and [Health Reference Center](#), ideal resources for up-to-date information on a complete range of health care topics such current issues, major diseases and conditions, treatments, procedures and nutrition.



On the same [library resource page](#), check out [Flipster](#), our digital magazine newsstand. Browse through *Yoga Journal*, *Runner's World*, and *Mindful* as well as a selection of general news and literary publications. To access, simply download the [Flipster app](#), select our school and gain entry to both current and past issues.

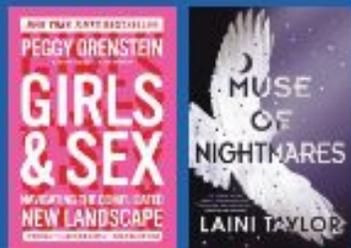


For easy access to our curated list of both print and digital recommendations, bookmark the [Health and Wellness Community LibGuide](#). Here you will find relevant books, databases, apps, magazines and blog postings. The [LibGuide](#) also features the frequently updated feed from [New York Times Well Blog](#), as well as links to the following apps: [HeadSpace](#) and [Calm](#) for meditation; [Bellabeat](#) (similar to a Fitbit) that track steps, sleep, stress levels; and [Zocdoc](#) to find doctors in your network, read reviews, make appointments.



For students looking for sanctuary during the hectic period leading up to and during exam week, we have added a cartful of stress relieving tools in the Middle/Upper School library with activities and props to aid in mindful relaxation.

And last but not least, allow me to introduce the inaugural column by Katie Bednark, school archivist, which will appear monthly as part of our library newsletter. In keeping with this month's theme, Katie will explore the history of health and wellness at Nightingale through archival photos and text. Check out Katie's first *From The Archives* here.



Here's to a year filled with health, wellness and support from your Nightingale community!

See you in the stacks,

Elizabeth, Kristyn, Megan and Patti



Find these books and more using the library catalog.

January 2018

# From the Archives

Katie Bednark, School Archivist

Nightingale recently reevaluated its archives management and brought me on as school archivist to implement a more sustainable long-term plan for storage and access and to assist with use of the archives for the school's upcoming Centennial celebrations in 2019 and 2020. As an archivist, my job is to preserve, arrange, describe, and make accessible materials of historic value to the school. Since May 2018, I've immersed myself in Nightingale's history and am excited to showcase some items and stories from the school's archival collection with the school community. You'll be able to see even more of the archives over the next year, as we roll out a webpage with text-search capabilities and digital images of some highlights in the collection.

This month, we consider what early Nightingale girls did in the past to aid in health and wellness. Staying active through athletics and physical movement, seeking fresh air outdoors, and choosing healthy foods were some of the ways students chose to be healthy (sound familiar?!).

Health and wellness was clearly a priority from the very beginning years of Nightingale. A 1922-23 catalog for the school lists Dr. Anna Platt as medical director and advisor, with medical exams conducted at the beginning of the school year, and monthly inspections of posture along with ergonomic review and adjustment of students' desks and chairs! Miss Nightingale's School (as it was called at that early time) did include two backyards behind the townhouses that comprised the Schoolhouse. The catalog states that, "every girl, unless excused, is required to go there during the short mid-morning recess." In 1929, a new schoolhouse was built in place of the townhouses, and daily outdoor play areas were moved to the school's rooftop. This photograph from the archives shows girls sometime in the early 2000s playing on the roof top's monkey bars.



Older Nightingale girls also had plenty of opportunities for physical movement. This 1922 photograph indicates that girls played basketball under the direction of Miss Grace Yates, who was in charge of athletics and outdoor games for the school.



The girls utilized playgrounds at Fifth Avenue and 102<sup>nd</sup> Street, where they also could partake in tennis or field hockey in warmer months, and ice skating in the winter.

Nutritious food was an early priority, as well. Before the school had a designated cafeteria, students staying for afternoon activities were brought to local restaurants by teachers, where they received a hot lunch. After the first school re-building, students could purchase a hot lunch at school for seventy-five cents. Today's students have even more options and can choose from hot entrees, salad bar options, soups, and fruits for lunch at school. These students from the early 2000s enjoy their healthy food choices!

