



the **Change** Agent

An Adult Education Magazine
for Social Justice



Using the “Hair” Issue in the Classroom



New England Literacy
Resource Center



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Education

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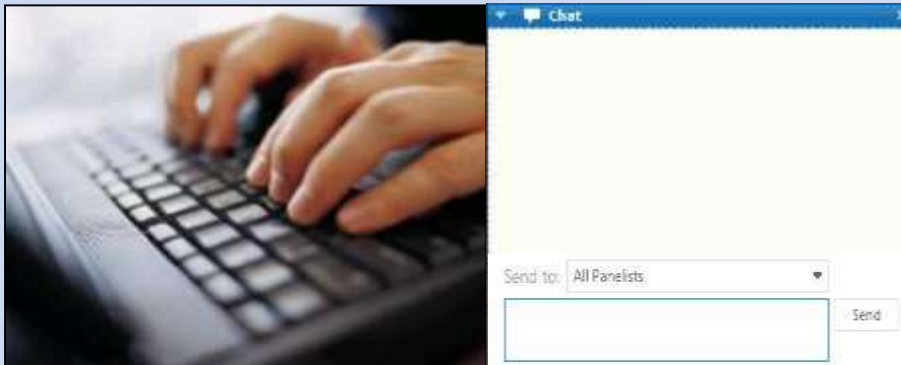
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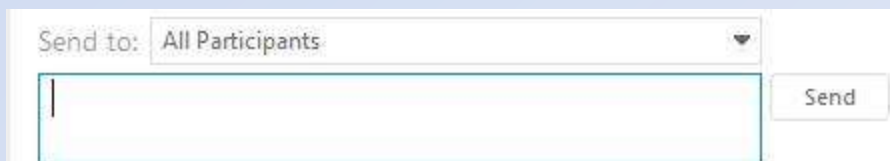


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Write your questions in the chat
box.

*Please remember to please send chats to “**all participants**” **NOT** “all attendees.”*



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For Funding for materials, check out the Tina B. Carver Fund at TESOL

<http://www.tesol.org/enhance-your-career/tesol-awards-honors-grants/teaching-materials-grant>



The screenshot shows the TESOL International Association website. The header includes the TESOL logo, the tagline "Advancing Excellence in English Language Teaching", and navigation links: "Read & Publish", "Connect to TESOL", "Attend & Learn", "Enhance Your Career", and "Advance the Field". Social media icons for Twitter, Facebook, LinkedIn, YouTube, and a share icon are in the top right, along with a search bar and "Print" and "Email" options.

On the left, the "In This Section" sidebar lists "Donate", "Sponsor", and "Volunteer" with corresponding green buttons. The main content area features a photo of three people in front of a chalkboard, followed by the heading "Teaching Materials Grant". Below this is a breadcrumb trail: "Home > Enhance Your Career > TESOL Awards, Honors, & Grants > Teaching Materials Grant".

The section is titled "Tina B. Carver Fund". The text describes the fund's purpose: "The Tina B. Carver Fund was established by her family and colleagues to honor the life and work of [Tina B. Carver](#), longtime member of TESOL and the ESL/EFL community. Grants are available for funding the purchase of student classroom learning materials and/or teacher-related materials (e.g., ancillary materials that can be used in conjunction with textbooks or other instruction materials) to support adult ESL education programs in the United States. [Donations to the fund](#) are gratefully accepted."

In this webinar, you will:

1. Get a broad sweep: See how we cover
 - a) Hair and civics
 - b) Hair care products
 - c) Hair and identity
2. Then focus in on a couple of key pieces and the learning activities that go with them.
3. Learn about our Call for Articles and how to support students to write for *The Change Agent*.



Mundan Ceremony

A Sacred Ritual. A Chance to Bond with Family.

by Priyanka Singh

BEFORE YOU READ: What rituals do you practice? What rituals help you connect with your family?

In Hindu tradition, babies go through a hair removal ceremony called *mundan*. Hindus perform this ceremony because we believe that the hair from birth is associated with undesirable traits from past lives. In this ceremony, the priest shaves

In this ceremony, the priest shaves off a part of the child's hair while chanting sacred hymns.

off a part of the child's hair while chanting sacred hymns. After that, the barber shaves off the rest of the hair. The shaved hair is either offered to a deity or

to a sacred river like the Ganga. We perform this ceremony for both boys and girls.

My parents performed the mundan ceremony for me and my siblings. I remember my sister's mundan ceremony. The whole family went to Haridwar City, one of the seven holiest places to Hindus. My father contacted a priest and a barber to perform the ritual. In the early morning on the banks of the holy river Ganga, the priest started the ceremony by chanting mantras and

started to shave off my sister's hair, she started crying, and she cried for the entire ceremony. Once her head was completely shaved, we collected each and every strand of hair and immersed them in the river Ganga. After that, all the elder family members bestowed their blessings on my sister, and my mother distributed sweets to everyone. After the ceremony, my grandfather explained to us the importance of mundan ritual. He said, "All the festivals and rituals are important but most important is family bonding."

Many of my friends also performed this ceremony for their kids. But some of them didn't. Even my sister didn't perform the mundan ceremony for her son. When I asked her why, she said, "My son has beautiful hair. He is comfortable with it. Whenever I feel that it is bothering him, I will cut it off."

Mundan ceremony is important to me not just for religious reasons, but also because these kinds of ceremonies connect families.



Caption under Mundan Ceremony photo

- *Study the photo above. Describe what you see. Be as detailed as possible.*
- *For example, notice the hands in the photo. What are the hands doing? Do the hands belong to men or women or both? Explain your opinion.*
- *Describe the child's expression.*
- *After reading the article on p. 10, write a story about the picture. Include details about mundan ceremony.*

The Sadness of My Hair

Melvin Reyes

This is a story about a guy from Nicaragua.

He was born in 1986 during the war in a little state called Estelí. His father was a soldier, and his mamá took care of him and his siblings.

The war ended in 1990.

In the middle of his childhood, in 1995, his parents decided to go live in the capital, Managua. His father started studying, and his mamá worked a lot to provide them with food. Life was hard. They lived in a little house and didn't have electricity or much money for food and clothing. His father got his PhD in Nicaraguan history, but he then abandoned his family.

It was a hard time for his mamá because he and his siblings were going through adolescence. His mamá worked really hard to pay for their education. They were growing up, and he and his siblings started at the University. But his sister got pregnant, and his little brother didn't like to work.

He worked for a company that delivered and helped his mamá with the bills. But, it was not enough. He had a couple of uncles in the U.S. With their help, he could emigrate to

the U.S. He stopped his studies at the University and started enjoying a little bit of life because he and his mamá knew it would be dangerous to take the train across Mexico. When he left, the guy promised his mamá that he would not cut his hair until he saw her again.

That's me. I live in Vermont. I haven't seen my mamá in eight years. My hair is so long. When I look at it and touch it, the sadness is entangled in my hair.

NOTE ABOUT ACCENTS: How do the accents in Estelí and mamá affect pronunciation?



Melvin Reyes was born in Nicaragua and is currently a student at Central Vermont Adult Basic Education in Montpelier. He has been writing poetry in Spanish and English for the last two years.

What is the Main Idea?

Which of the following sentences captures the main idea of this essay? Explain why the one you pick succeeds when the others do not. (See p. 12 for more “main idea” practice.)

1. This is a story about a guy from Nicaragua.
2. He delivered propane, his mamá worked hard, and his sister got pregnant.
3. In this story, Melvin Reyes describes the symbolic act of not cutting his hair to convey the sadness he feels at leaving his mother behind in Nicaragua, where economic hardship forced him to migrate to the U.S.
4. The author, Melvin Reyes, had a hard life in Nicaragua, and now he feels very sad because he hasn't seen his mother or cut his hair for eight years.

Answers: 1. No. This gives little information about what the story is about. 2. No. These are details from the story, but they do not convey the main idea. 3. Yes. This captures the main idea. 4. No. This almost captures the main idea, but it leaves out Melvin's immigration to the U.S., which is a key part of the story.

Hair with a Mind of Its Own?

Kristine Khealie

BEFORE YOU READ: Does the weather affect your hair? If so, how?

At certain times of the year, our hair seems to have a mind of its own. However, this is not the case. The real problem is the climate we live in. A lot of people have bad hair days due to the weather. For some people, the heat and humidity makes their hair frizz up or even curl. When it's cold and dry, their hair might maintain a straighter look.

I myself have struggled with how the weather affects my hair. But now I have a strategy for how to deal with it. I am African-American and Indian, so my natural hair is soft curls. As soon as spring

Heat and humidity makes hair frizz up.

starts, I keep my natural curly hair all the way to the end of summer. I choose to do this because if I were to straighten my hair, it would automatically frizz up and turn into curls. The only time I get to straighten my hair is when it's fall or winter. When the temperatures start to get colder, that's the great time for my hair to stay straight.

AFTER YOU READ: What does the author mean when she says our hair "seems to have a mind of its own"? Try using that phrase in a sentence. For example: "It makes no sense why the car won't start; it seems to have a mind of its own." Explain in your own words when it is appropriate to use that phrase.

Kristine Khealie, born and raised in New York City, is currently

Your Hair Can Tell You the Weather?

"If you have long hair, you probably don't need to look up a weather report to get an idea of how much humidity is in the air: You can simply grab a fistful of hair and see how it feels. Human hair is extremely sensitive to humidity—so much that some hygrometers (devices that indicate humidity) use a hair as the measuring mechanism, because it changes in length based on the amount of moisture in the air."

—Excerpted



A hair hygrometer. Photo from Museo Galileo catalog, Italy. How do you think a hair hygrometer works? Look up hygro and

LEVEL 5

Gum in My Hair

Ismett Vasquez

When I was a young kid in school, my hair was very long. One day, two classmates put gum in my hair.

That afternoon, when I went home, my mom saw the gum. She got upset and cut my hair short.

Maybe those girls were just playing. But I got hit and my hair got cut.



LEVEL 2

Ismett Vasquez is 47 years old, and she was born and raised in the Bronx. She studies at Lehman College Adult Learning Center. She has six kids and two grandkids, and her fiancé has four kids and 5 grandkids. Her Mom and Dad were raised in Puerto Rico.

Get It?

In English, we use the verb “to get” in many ways. “Got” is the past tense of “get.” In this article, the author uses “got” in two ways:

1. In the first, *She got upset*, “got” means “became.”
2. In the second, the author uses “got” to create passive voice. (Passive voice is when you are not sure who is doing the action. For example: *My car got stolen*. You don’t know who stole it, so you use the passive voice.)

Try writing your own sentences with “get” or “got.”

Recipe Cards for Hair Care

Cynthia Peters

IN THIS SECTION (pp. 28-33), we have compiled recipes for homemade hair care. *The Change Agent* does not have a test kitchen, so we have not tried out these products. However, each writer stands by their recipe!

USE THE ACTIVITIES on this page to build vocabulary and reading, writing, and speaking skills.

BEFORE YOU EXPLORE THE RECIPES, discuss your own family recipes for hair care.

LEARN NEW VOCABULARY. Verbs: massage, wash, rinse. Nouns: ingredient, scalp, follicles, vitamins, tangles, emollient. Adjectives: oily, creamy, thick, shiny, moist, smooth, anti-bacterial, anti-fungal.

REVIEW MEASUREMENTS. Bring in measuring cups and spoons and review the vocabulary for each of them. Learn how to abbreviate teaspoon (tsp) and tablespoon (Tbs or tbsp).

MAKE YOUR OWN RECIPE CARDS. Make copies of the blank recipe card below. For each of the recipes on pp. 28-33, fill in a recipe card. First, make up a name for the recipe. Then list all the ingredients. Finally, list the steps you need to take to make the recipe. The process of reading the recipes and then re-writing each one so that it fits on the recipe card will be a great way to practice reading comprehension, writing, and finding key information.

Recipe Name: _____

Ingredients: _____

Steps:

Questions about this recipe: For example, some recipes don't list quantities.

My Family's Hair Care Recipe

Mildred Sanchez

This recipe has been used in my family for many years. My grandmother used this recipe. My mother used this recipe. I use this recipe. And now my daughters use this recipe on their children, too.

My recipe includes three ingredients: one teaspoon of castor oil, one teaspoon raw honey, and half of a teaspoon of peppermint oil.

Mix the ingredients until the mixture becomes a creamy paste. Then part your hair into 4 sections. Using your fingers, apply the mixture to your scalp and massage. Use the entire mixture. Then put on a plastic shower cap for about 10 minutes. After the 10 minutes, rinse with warm water and

then shampoo like you normally would. Shampoo twice if you feel like your hair is too oily. You can use this hair repair recipe twice a month. You have to use it for at least two months before you can see actual results.

Mildred Sanchez is a student at the Methuen Adult Learning Center in Methuen, MA. She is originally from New York City. She hasn't missed a single day of class and has been on time. Her goal is to have perfect attendance this year.



Learn More about Mildred's Ingredients



The last ingredient is peppermint oil, which

Hair Growth without Chemicals

Serena Cruz-Santiago

When I was a little girl, my hair was thin. It didn't look good, so my father cut my hair short. My mom bought potato "juice" from a neighbor. She poured some onto my head. She massaged my hair and head. Then she peeled and boiled something. She rinsed my hair with that. She did this once a week, many times.

When I was a teenager, my hair started to grow thick and shiny like it is today.

I am thankful for my wonderful parents. With their help, my hair is shiny and thick.

Serena Cruz-Santiago is a student at the Adult and Continuing Education Program in Plainville, CT. She was born in Oaxaca, Mexico. Her mom is a lovely person who likes to make everything naturally.



Beauty from Handmade

Ellen Wang

My friend's husband had gray hair when he was 40 years old. One day, they went to a party, and a little girl called her "aunt" but called her husband "grandpa." Another time, someone thought her husband was her father. No one wants to be so embarrassed.

Luckily, we are smart and use natural ingredients to create solutions.

able. Second, I apply the henna paste to my hair, covering it from my scalp to the ends of my hair. I leave it on for 2-3 hours and then rinse until my hair is clear of all particles. Finally, I use a hair oil.

LEVELS 3-7

Coconut Oil Massage

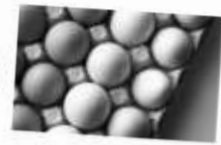
Emily Santos

When I was a child, my mother used to take a coconut and grind it. Then she would put the ground coconut in a clean, thin sock to take the oil out of the coconut.

After my mother washed my sisters' and my hair, she would place some of the coconut oil on her hands and put it on our hair. She then massaged the oil into our scalp, which I loved as a child.

When she was finished, she put our hair in a pony tail.

Emily Santos was born in Brooklyn, NY. She studies at the Department of Education, Office of Adult Education, Alternative Education Complex, School 4 in New York City. She worked as a medical receptionist for 22 years.



Mom's Homemade Hair Care Product

Victor Marrero

My mother used to comb my sister's hair. My sister's hair was tangled and uncontrollable until one day my mother tried a new recipe that included different ingredients: mayonnaise, avocado, one whole egg, and tinfoil.

Once a week my mother used these ingredients to make my sister's hair smooth and shiny with no tangles. It was a miracle.

Mix all the ingredients in a bowl, then take a handful and spread the mixture on your head. Wrap the tinfoil around your head. Rinse with warm water.

I will have

Eliminate Frizz

MacKenna Shea-Smith

BEFORE YOU READ: DIY stands for "do it yourself." What are some other contexts where you might see DIY used?

I've had to deal with having frizzy hair my whole life. I used to just embrace the frizz. But one day, I came across this DIY hair serum, and I've been in love ever since. The only two ingredients you need are coconut oil and avocado oil! Here are the instructions:

1. Melt coconut oil in a microwave-safe bowl.
2. After the coconut oil is melted, add the avocado oil in the bowl and mix.
3. Put the serum in a spray bottle and enjoy. (The avocado oil helps keep the coconut oil from coagulating.)

I really love this serum because it doesn't only eliminate frizz, but it keeps my hair silky smooth! It goes a long way, so I always use sparingly. If I use too much, it can cause your hair to be greasy. Sometimes, I prefer to spray it and then run it through my hair.

This is my go-to solution for frizz and bed head, and now hopefully it's yours too!

AFTER YOU READ:

1. What does the word "embrace" mean? What do you think the author means when she says she used to "embrace the frizz"?
2. Another idiom she uses is, "A little bit goes a long way." Talk about recipes you use that only require a little bit of a certain ingredient. Incorporate the saying, "A little bit goes a long way!"
3. More vocabulary: Find the words serum, coagulate, and sparingly. Using the context for clues, what do these words mean?

MacKenna is an 18-year-old student at Vermont Adult Learning in St. Albans, VT. She is enrolled in the High School Completion Program earning her high school diploma from Bellows Falls Free Academy Union High School. She expects to graduate in June 2028.



Turn a Noun into an Adjective

In this article, MacKenna uses the word "frizzy" (a noun) and "frizzy" (an adjective). By adding "y" to the end of the noun, it becomes an adjective. Try turning some of the nouns into adjectives.

Adjective

Back Issues Still Relevant!



<http://changeagent.nelrc.org/issues/>

Write for *The Change Agent*

- Check out our “Call for Articles” The theme of our next issue is on Math and Numeracy
- Students can write for a national magazine.
- Their story will be read by peers.
- They will experience “the editorial process,” including revisions, etc.
- Next writing deadline is May 3, 2018.
- Students whose pieces are accepted receive \$50.

Download “Call for Articles” at:

<http://changeagent.nelrc.org/write-for-us/>

Submitting Articles to *The Change Agent*



Each submission includes all relevant contact information for the student and the teacher.



Please email submissions as attachments.

Keep the conversation going!

Join LINCS discussion! April 19-20

- Anyone can read the comments posted in LINCS discussions.
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<https://community.lincs.ed.gov/>.
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- Facilitated by Leecy Wise.

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Questions or comments? Contact Cynthia Peters cpeters@worlded.org

Thank you for participating!

