

PARENT & TEACHER INTRODUCTION



Photo courtesy of Donna Vissman

Boiling Spring Academy Primm Historic Park Brentwood, Tennessee

Presented by





*Tell me and I forget,
Teach me and I remember;
Involve me and I learn.*

-- Benjamin Franklin

Note to Parents and Teachers

The Covid-19 pandemic in the spring of 2020 encouraged the development of materials that could be used by students learning remotely and unable to attend Boiling Spring Academy's third grade field trip in person. This packet contains information that will enhance the student's experience to prepare for an off-site experience of a one-room schoolhouse during the 1800s. The information provided is for an at-home or classroom experience.

Students have been learning the same things for hundreds of years. It might look a little bit different, but they're all learning to read, write, do math, and learn history. The on-site field trip day is about half day and this video series is about 30 minutes, allowing the student a quick glimpse into a typical school day and the subjects of reading, 'riting and 'rithmetic (the 3 R's) with a hearty dose of manners thrown in.

The program was designed to have 3 components available:

1. Boiling Spring Academy 360° Tour
2. A series of five videos
3. Accompanying Student Study guides for each video.

We suggest the students first take the time to explore the one room schoolhouse through the [Boiling Spring 360 program](#) and read through the student packet that accompanies it to familiarize themselves with items in a one room schoolhouse.

Student Study Guides

The video series has accompanying student study guides for videos 1-5 which contain optional materials and activities that can be added for additional information of a 1800s school day.

Video 1: A Walk Through History - History of the area's Prehistoric Native Americans, history of Tennessee Pioneers, and History of Boiling Spring Academy from current day perspective.

Video 2: School Introduction and Cardinal Directions - The student can observe a typical one room school and how it was set up quite different than the current educational system. Student's home and school responsibilities were also quite different than today. Basic to the school program was the three "R" s—Reading, 'Riting and 'Rithmetic.

Video 3: Penmanship - A 1800s class of the first "R" -- writing

Video 4: Reading - A 1800s class of the second "R" --reading

Video 5: Arithmetic - An 1800s class of the third "R" -- math

You and your students will be going back in time to the 1800s. You will pretend that you are living in that former historical time. Our goal is to recreate a typical school day from the 1800s to help the students to reflect on what has changed and what has stayed the same from that time. We feel that history comes alive for students when they can envision and engage with it. We encourage students to be as interactive with the videos as possible. At the beginning of videos two through five the narrator will remind you that you have been transported back to the 1800s....

You will often hear Look, Listen and Learn. Our key word for the series is YET. You may not know the answer YET.

The suggested approach is to view the videos two through five together sequentially, but they can also be split up into four different times. Lesson one is a current day history perspective and could also be used at a different time. Each video is around 6 minutes but there are various places during the video, where you can pause the program so the students get the opportunity to do the activities or discuss the topics in more depth. You can also choose to do this at the end of each video by following the post video suggestions in each packet.

If you plan to *make a morning or day as a pioneer*, the following suggestions will be helpful to prepare students not only for their school experience but also a better understanding of what life was like in the 1800s. Period dress, luncheon foods, suggestions for play, and expectation of the time period are included in the Appendices of this packet

Discuss:

1. Vocabulary of the times-**Appendix A**
2. Clothing of the times and thought questions-**Appendix B**
 - a. What are some of the differences you notice in the clothing?
 - b. Do women wear pants? Why not?
 - c. Do you think they purchased their clothing or made it themselves?
 - d. Do you think you would like to dress this way?
 - e. Have the students make some predictions of what clothing will look like in the future and what material will be used.
3. School day lunches-**Appendix C**
 - a. What foods were available in the 1800s?
 - b. Why wouldn't students typically have a banana or orange in their lunch?
4. Chores-Expectations of the time period-**Appendix D**. Also included in Lesson 2 study guide.
5. Manners and school rules-**Appendix D**. Also included in Lesson 2 Study guide.
6. Recess-Games-**Appendix E**

Student Preparation for a Virtual 1800s Visit to Boiling Spring Academy

- Students are encouraged to dress up like in the 1800s to add some fun and authenticity to their learning experience. A costume is not necessary and can be as simple as a boy's bandana or girl's long skirt. Don't go to any bother for these outfits. See **Appendix B** for period dress.
- Have the children pack their lunches before the school day begins as in the 1800s. Try to avoid modern-day snack foods. Some examples of a typical pioneer lunch are included in **Appendix C**.
- Help the students gather school supplies including writing materials that might approximate as to what would be used at the one room schoolhouse. In the schoolhouse they would use a lap slate and slate pencil/chalk. If the student doesn't have access to a small chalkboard then a white board & dry erase marker or even paper & pencil will do.
- Assign them a chore to complete at home "before they go to school".
- They should be reminded and encouraged to follow 1800s school manners and rules. See **Appendix D**. Teachers spent time teaching about manners and correct etiquette. Reinforce that while the program is going on they are in the past and must follow those rules that may be different from their current classroom rules-no talking, raise hand to speak and stand up when called on; always good manners-yes sir, yes ma'am; ladies always go first.
- Have fun with the day. Encourage imagination. Instead of going to the sink for a glass of water suggest they use a gravy ladle, or a clean tin can and that the sink is a well or a stream they are going to get a dipper of water. Be creative!
- ***Most importantly enjoy the day in the 1800s***

If you have not said a kind word to someone today, or you have not done a kind deed, consider it a day lost and do better tomorrow.

APPENDIX A

Vocabulary from the 1800s

- **Arithmetic:** Another name for math. Also known as ciphering. The study of numbers, addition, subtraction, multiplication and division
- **Board:** To live with a family and eat meals with them in exchange for work
- **Blackboard:** Individual slate boards were replaced with a large blackboard in the front of the room so the whole class could view
- **Bonnet:** A female's hat tied under the chin, typically with a large brim to keep the sun off
- **Cipher:** To do arithmetic/math problems
- **Dipper:** Cup with long handle used to dip water from a bucket.
- **Dunce Cap:** A tall, pointed hat, worn as punishment by students who misbehaved
- **Elocution:** The study of how to speak clearly and in a way that is effective and socially acceptable; skill of pronouncing words correctly
- **Fables:** A short story, typically with animals or inanimate objects as characters, teaching a moral lesson
- **Knickers:** Loose-fitting short pants gathered at the knees worn by young men
- **Kerchief:** Another name for bandana
- **Maxim:** Sayings that were memorized and used to teach a general truth, fundamental principle, or rule; giving a guide to good behavior
- **McGuffey's Reader:** A series of reading books that were widely used in American schools beginning in the 1830s
- **One-Room Schoolhouse:** A school consisting of one room where a single teacher taught children grade levels 1 to 8 at the same time
- **Orthography:** Another term for spelling
- **Outhouse:** An outdoor toilet that usually consisted of a deep hole in the ground and a seat, which was inside a small structure for privacy. Also called Privy
- **Pantaloon:** Leggings worn under a girl's dress
- **Penmanship:** Another term for handwriting
- **Pinafore:** A large white apron that covers a dress
- **Porridge:** A soft food that is made from cornmeal or beans that is boiled in water until thick
- **Pot-Bellied Stove:** A short, rounded stove that burns wood or coal for heat
- **Privy:** Another name for outhouse or toilet
- **Quill:** Quill pens were made from feathers, had to be regularly whittled to sharpen and lasted about a week before they had to be replaced. Quills had to be repeatedly dipped into an ink bottle to pick up ink for writing
- **Recite/Recitation:** To speak out loud in public from book or memory
- **Rod:** Board or stick used in punishment. Also called Switch or Paddle
- **School Bell:** Some schools had bells that hung in alcoves on the school roof. Sometimes there were hand-held bells in the school to signal different activities
- **Slate board:** Piece of stone that could be written on with slate pencils or chalk as a writing tablet. A small rag was used to wipe the board clean
- **Spelling Bee:** Competition to correctly spell words
- **Suspenders:** A pair of elastic straps that pass over the shoulders and fasten to the waistband of a pair of pants at the front and back to hold up the pants. Children often received hand-me-down clothing that didn't fit properly, and the suspenders would keep the pants up in place

APPENDIX B

CLOTHING

DRESS

- Children up to age six all wore similar clothing. They wore a dress. The dresses made it almost impossible to distinguish whether the child was a boy or a girl, only being able to tell by a square collar that boys often wore.
- Once a little older, some little boys wore short pants in the summer. After they reached the age of about 8, they dressed much like their fathers. Girls dressed much like their mothers, although young girls wore loose, calf-length dresses until they reached their mid-teens.
- Those that lived on the fringe of an isolated new frontier were likely not keeping up with fashion trends. Most settlers only had one or two changes of clothes.
- Pioneer style was considered simple, plain and very functional.
- Children often wore clothes that had been cut down for them from worn-out grown-up clothing.
- Most children, and many adults, went barefoot whenever it was warm enough, even to school, as most only had 1 pair of shoes to make last.

Girls

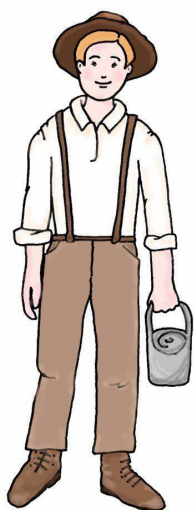
- During the early 1800s girls wore dresses of printed cotton or wool in the colder months, with some gathering at the waist. Young girls wore pantalets under their dresses made of matching fabric or white cotton and a small straw hat or bonnet. Girls also wore long stockings or leggings, so bare legs were not visible
- By the mid-1800s girls were wearing cotton dresses worn mid-calf length with a half or full apron pinafore; button or lace fronted shoes; their hair was often worn in long braids with ribbons or a bonnets/straw hats. Dresses became shorter over time.



Boys

During the early 1800s boys wore loose-fitting white or printed long sleeve shirts with long trousers, suspenders, short jackets, a ribbon tied at neck and a cap.

By the 1870s boys were wearing cotton or flannel long sleeved shirts, long or mid-calf trousers known as knickers, suspenders, boots or shoes, a hat and a kerchief around the neck. Levi's became available after 1850 when some men began wearing jeans or overalls.



Here's a [website](http://www.Americancenturies.mass.edu/activities/dressup/index.html) where you get to dress a figure in layers of historical and special occasion clothing [www.Americancenturies.mass.edu/activities/dressup/index.html].

By Marian Dautel





APPENDIX C LUNCHEON FOOD



Pack a 19th Century Lunch

- Lunch is part of this learning experience. Your child should prepare a lunch from home the day of the field trip.
- Pioneers gathered fruits and berries that grew wild. Corn was also a main food. Indians had taught settlers how to grow and use the corn. They would grind it into meal. From cornmeal they would make corn bread mush.

How to make **Fried Mush/Johnny Cakes:**

Johnny Cakes were originally an Indian food known as Shawnee Cakes. Sometimes they were known as “Journey cakes” because travelers often took packages of them on long trips.

Ingredients:

1 cup white corn meal	1 teaspoon salt
1 teaspoon sugar	1¼ cups boiling water

Directions: Combine corn meal, salt, and sugar. Stir in water until mixture is smooth but very thick. Drop by tablespoons onto a well-greased griddle and fry over moderate heat for six minutes. Turn and cook the second side for five minutes. This recipe makes 8-10 cakes. You can bring these in lunches to eat cold, use them like bread with butter or jelly or eat them just as they are.

- There were no nearby groceries; no cafeterias or food served at school. Students ate anything that they had made or grew at home and that often depended greatly on the season of the year.
- Students would have brought their lunch in a basket, small metal pail, large cloth/bandana or even their pockets.
- They would have a very limited choice in beverages. Most would simply drink water from the nearby spring, and some might bring a jar filled with milk or apple cider.
- Lunch items would have been simple. There were no baggies, aluminum foil or paper towels.
- Listed below are a few examples of what might have been in a typical lunch.
 - Simple sandwich of homemade bread & cheese/meat (pork, chicken, wild game-deer, rabbit or squirrel); Jelly sandwich (peanut butter was very rare)
 - Corn bread/Mush
 - Leftovers such as fried chicken, cold pancakes from breakfast
 - Biscuit with jam or butter or cornbread
 - Porridge
 - Beef jerky
 - Baked potato
 - Hard boiled eggs
 - Fresh or dried fruit: apple, pear, peach, or plum. Few had access to oranges or bananas.
 - Fresh vegetables: carrot, cabbage wedge, or tomatoes
 - Pickles
- NO juice boxes, chips, packaged cookies, bottled drinks or any item that needs refrigeration.

APPENDIX D

Typical chores for pioneer children

At Home Daily Tasks:

- Cleaning, washing clothes and cooking
- Caring for younger sister and brothers
- Gathering eggs, milking cows, churning butter, feeding animals, cleaning the animal stalls
- Tending the fire and cutting the firewood; carrying water home from nearby creeks or rivers
- Helping in the fields and with planting and harvesting of crops

Student School Chores:

- Bring in firewood and place beside the stove
- Empty the ashes from the wood stove
- Go to the nearby spring and collect water for drinking and washing of hands.
- Straighten out the benches and tables; tidy the room
- Sweep the schoolhouse
- Clean the blackboard and erasers
- Set the mousetraps

One Room School Rules and Etiquette--Manners First!

Once the teacher rings the small hand bell all students must be seated silently, their feet flat on the floor, backs straight in the seats, and hands folded neatly on top of their desks. Teachers were strict in the one room school in order to keep harmony in the classroom. Dealing with misbehavior was part of the teacher's job. Rules were well known to everyone and enforcement of the rules were quick and firm.

School Rules

Here are some rules that the students would have to follow....

1. Students who break the rules can expect consequences
2. Respect and obey the teacher at all times.
3. All students will behave as young ladies and gentlemen at all times.
4. All students will assume good posture. Feet will be flat on the floor and when not working on lessons, hand folded and placed on top of the desk. Students should face forward at all times.
5. Silence is Golden! Students will not speak unless spoken too. There will be no giggling, whispering, or squirming in the desks.
6. When you wish to speak, you must raise your hand and wait to be recognized, and then stand beside your desk before speaking.
7. When speaking, complete sentences and proper language will be used at all times.
8. Gentlemen will remove their hats before entering the schoolhouse. Ladies may wear their bonnets as part of the fashion.
9. Ask for permission to go to the outhouse or leave the schoolhouse.
10. Enter and exit in a quiet manner

Punishments

Punishments took numerous forms. A rod or ruler about 18 inches long was commonly used by a teacher on students who had bad behavior and included sharp slaps with the rod. Lesser punishments included things such as:

1. Wearing a dunce cap while sitting on a high stool
2. Standing for long periods with arms outstretched palm up while holding a heavy book on that hand for a long period of time
3. Standing with one's nose inside a circle drawn on the blackboard for long period of time
4. Loss of recess
5. More after school chores
6. Writing assignments—"I shall not....." 100 times

APPENDIX E

Time for Fun



Games from the 1800s

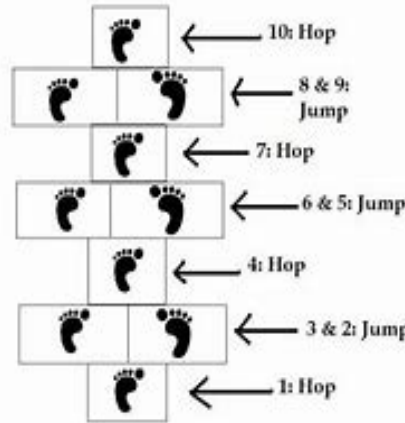
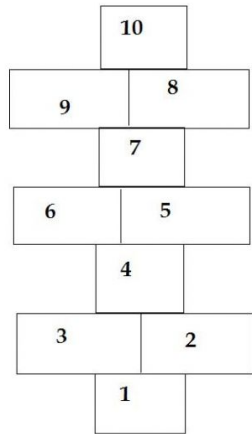
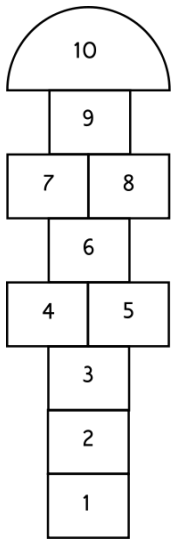
Life wasn't all work during this time. Children, much like today, liked to play but there was no playground equipment. They played simple games made from any available materials such as stones, rope, pieces of wood and scraps of material. The following list of games were popular in the 1800s and many are still played today. Several games have instructions included.

- Sack races or three-legged races
- Tag
- Leapfrog
- Hide & Go Seek
- Checkers
- Ball and jacks
- Graces
- Tug of War
- Jackstraws' Pick-up-Sticks

- **Skipping Rope**-1 person or with 2 others to hold the rope
Try jumping to a rhyme.
Teddy bear, teddy bear,
Turn around. (turn)
Teddy bear, teddy bear,
Touch the ground. (touch ground)
Teddy bear, teddy bear,
Show your shoe. (kick)
Teddy bear, teddy bear
That will do. (run out)

- **Simon Says**-3+ players. One person is chosen as leader. Players face the leader and must do what the leader says if the leaders says, "Simon says". If the leader does not say the words "simon says" the players should do nothing. Anyone who is tricked by the leader must become the next leader.

- **Hopscotch Game**-2+ players
These are classic rules but there are lots of variations to this game.
 - Draw a traditional hopscotch diagram like the one below. (Chalk is best for asphalt and pavement outdoors. If you're playing inside, use masking or painter's tape.)
 - Throw a small stone, twig, beanbag, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)
 - Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.
 - At the pairs (4-5 and 7-8), jump with both feet.
 - At 10, hop with both feet, turn around, and head back toward the start.
 - When you reach the marked square again, pick up the marker—still on one foot! — and complete the course.
 - If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number.
 - If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins. Your goal is to complete the course with the marker on each square. The first person to do this wins the game



- **Marbles-2+ players**

There are lots of ways to play marbles.

1. Draw a big circle (about 3 foot across) on the ground or make a circle of string on a floor.
2. Pick your shooter marble. It is usually bigger than the rest.
3. You and your friend put some of your marbles in the circle
4. Take turns knuckling down and shooting marbles out of the ring.
5. Your turn is over when you don't knock any marbles out.
6. You keep the marbles you knock out of the ring.
7. Play until the ring is empty.

- **Blind Man's Bluff-Group**

There are different ways to play the game. A blindfolded player stands in middle of a circle and is turned around a few times then let go to catch one of the players. The blindfolded player must guess who they have caught. If he/she succeeds, the player caught is it.

- **Drop the Handkerchief- Group**

Players join hands and form a circle while "it" holds a handkerchief and runs around the circle. "It" drops the handkerchief behind one of players and keeps running. The player then picks up the handkerchief and runs around the circle in the opposite direction. They race to see who reaches the empty spot first. The loser is the next "it".

- **Andy, Andy Over-2 or more**

One needs a building over which a soft ball can be easily thrown and sufficient space on either side to make good playing territory. Choose two teams and place one team on each side of the building.

A player starts the game by throwing the ball over the building, shouting, "Andy, Andy, over!". The team on the opposite side tries to catch the ball. If someone does, all run around to the opposite side of the building. The one with the ball tries to tag as many of the other players as possible, but all on the other team try to escape to the other side of the building without being hit by a ball. Those who are caught become players for the side catching them. If the ball is not caught, the side missing it must return it across the building, calling out, "Andy, Andy, over!" as a signal to the other side. The ball must be caught on the fly and not on a rebound.

The game ends when one team has captured all the members of the opposing team.

Additional Resources for Boiling Spring Academy

City of Brentwood, Tennessee

Website page: <https://www.brentwoodtn.gov/boilingspringacademy>

Overview Video: <https://www.youtube.com/watch?v=FAEb30A0ICE>

Facebook Live school day: <https://www.facebook.com/CityBrentwoodTN/posts/10156568821884161>

Tennessee Crossroads

https://www.tennesseeecrossroads.org/program-info/?selected_segment=boiling-spring-academy