

EAGLE EXPRESS

Phone: 413 423-3326

Internet – <http://www.erving.com>



Monday – January 23
School Committee Meeting – 6:15

Wednesday – January 25*
Mo's Fudge Factor Fundraiser due back
***Please note date change**

Wednesday – February 1
"Savings Makes Cents"

Wednesday – February 15
"Savings Makes Cents"

Thursday – February 16
All-School Sing – 2:30 pm – gym
Preschool Coffee Hour – 5:30 pm

Reminder from the Cafeteria

During the days that we have inclement weather and there is a 2 hour delay, the cafeteria will not serve breakfast.

Mo's Fudge Factor Fundraiser

Please remember to return your Order Forms by **Wednesday, January 25th**. Thank you for all of your support.

News from the School Nurse What's Going Around?

The New Year has, unfortunately, begun with an increase in illness at Erving Elementary School. Besides the expected cough and colds we are also seeing the stomach bug and, separately, a fever.

As a reminder, the school policy requires that children remain at home until they are fever-free (without the use of Tylenol or ibuprofen) for a full 24 hours. Likewise, a child should not return to school until they have not vomited for more than 24 hours and have returned to eating normally.

How can you decrease the chances of your child (and the rest of the family) getting sick? Simple steps can help you avoid most communicable disease:

- Wash your hands – frequent and thorough handwashing is the best way to avoid illness. Teach your children to wash with soap and water after using the bathroom and before eating, for starters.
- Eat a well-balanced diet – bodies need fuel to fight off illness and that can only be found by eating a variety of fresh fruits, vegetables, whole grains, lean meats and fish. Limit the amount of high fatty, fried, and processed foods.
- Increase your water intake – water is the magic drink. More water and less of every other drink makes a body happy.
- Get plenty of sleep – sleep reenergizes the body. Elementary-aged students should get an average of 10-12 hours of sleep a night.



100 Mile Club® Update

The program is progressing well. We already have 6 students and 4 staff that have reached the 25-mile mark and 2 students who have reached 50 miles! Great job everyone and keep up the good work!

Is your child looking for more opportunities to walk and gain miles? Members of the Erving Recreation Committee are offering a walking time every Wednesday afternoon from 1:30-2:30 PM. Families are also strongly encouraged to join their student and log their own miles. Remember that incentives are given for walking 25, 50, 75 and 100 miles.

If your child is interested in joining the Wednesday afternoon walking group, please complete the permission slip below and have your child return it to the office no later than Wednesday morning each week. Please note: parents will have to **sign a new permission slip each week**. Check in Friday's Erving Express Newsletter for the weekly permission slips.

The plan is to walk outside whenever possible so please be sure that your child comes dressed appropriately - sneakers, winter jacket, hat and mittens. In the event of inclement weather, the group will walk in the school. A water bottle is also strongly encouraged. All students must be picked up by 2:30 PM.

Additional community/family walking dates are planned for the first Saturday of the month starting with February 4th. Please see next week's newsletter for more details!

If you have any questions please contact Gail Dubreuil, School Nurse at (413) 423-3326.

I give permission for my child, _____ (please print student's name), to participate in the 100 Mile Club® Wednesday afternoon walking group on **January 25, 2017** from 1:30-2:30 PM.

I will be joining my student in the afternoon walking.

My student will be picked up at 2:30 PM by _____

My student will be going to the After School program at 2:30 PM

Parent Signature:



Preschool News



Our January coffee hour on The ABC's of Speech and Language Development was fantastic. Our own speech and language pathologist, Andrea Elson, presented a very interesting PowerPoint presentation on all aspects of the development of speech and language in children. I think it's safe to say that everyone there learned something new. Mrs. Elson stressed the important link between reading to your child and their language development, and the research that shows that the use of pacifiers and sippy cups can hinder the rate of language development and may cause some speech problems.

Our school librarian, Jane Urban, mentioned that all parents are welcome to take books out of the school library as well as the town library.

Our book raffle winner was the father of an incoming preschooler next year.

Please mark your calendar, our next coffee hour will be on **February 16th at 5:30pm** and our presenter will be one of our preschool teachers, Mrs. Glabach, talking about self-help skills.



2016-2017 STUDENT READING LOG

Complete and return this sheet to ~~your teacher~~ by:
EES
Monday, Feb. 27, '17
 (Teacher/Coordinator to fill in due date)

Student Name (first and last name): _____

School: _____

Grade: _____ Teacher: _____

Welcome to the Six Flags® Read to Succeed Six Hour Reading Club!

To participate, you need to read for fun for a total of 6 hours or 360 minutes. You can read books, magazines, newspapers, eBooks or comic books. Reading for homework or a class assignment does NOT count.

This log will help you keep track of all your reading. List what you read and the time you spend reading (use the back of this sheet if necessary). Have a parent or teacher initial this log. When you reach the goal, return this log to your teacher by the date listed above in order to qualify for a free ticket to a Six Flags® theme park. Your ticket will be given to you by your teacher/school coordinator.

Date	What I Read	Time	Parent/Teacher Initials
Total Amount of Time Read (Must be at least 6 hours or 360 minutes)			

Please use the back of this page or additional sheets, if needed.

Parents, if you have any program or ticket questions, you will need to contact your child's teacher or ~~school~~ *Ms. Urban - see other side* →

I certify that student named above has completed 6 hours of recreational reading.

I am aware that the one free admission ticket that my child will receive is valid only at **ONE** participating Six Flags® theme park on **select dates** during the 2017 season. Dates will be included on the tickets. I also understand that late entries will not be accepted, and tickets are NOT valid for anyone over age 13, are not for resale and cannot be replaced if lost, stolen or damaged.

 Parent/Teacher Initials

Once again--it's time to join the
Six Flags READ TO SUCCEED Six Hours Reading Club

Here is what you need to know to earn a **FREE** *Six Flags* ticket:

- This club is open to any Erving Elementary School student in kindergarten through 6th grade--but only EES students.
- Between now and February 27, 2017, students need to read six hours (360 minutes) beyond assigned homework--in other words, reading for fun! This works out to approximately 1 extra hour of reading a week for the next 6 weeks--but we hope you'll get into the habit of reading and want to do even more!
- Students can read to themselves or out loud to someone else OR students can listen to someone read aloud to them or listen to a book-on-CD or e-book or any other type of online book.
- Students and their parents/guardians **MUST** keep track of the minutes spent reading, and what was read. Students can read any kind of book, magazines, newspapers even comic/graphic books--all of those count. What doesn't count? Watching the movie!
- If you run out of room on your log, you can simply write the book titles and minutes on a separate piece of paper--but it must be stapled to the log--all extra pages must be turned in together.
- The tickets will be handed out in June, and are only valid at the *Six Flags New England Park* in Springfield, MA.
- The ticket is only valid for the student who earned it--the ticket cannot be given or sold to someone else, and cannot be replaced if lost.

**If you have any questions, please contact Ms. Urban,
EES Librarian at 423-3326 ext. 103 or urban@erving.com**

**Bring back your reading logs on Monday, Feb. 27, the day we return to
school from February Vacation!**

***Asolutely no exceptions except in case of an illness and/or absence--then
you must contact Ms. Urban in order to be counted!***

PERSONAL HEALTH

How to Cut Children's Screen Time? Say No to Yourself First.

By Jane E. Brody July 13, 2015 6:00 am

PERSONAL HEALTH

Jane Brody on health and aging.

Parents are often at fault, directly or indirectly, when children and teenagers become hooked on electronic media, playing video games or sending texts many hours a day instead of interacting with the real world and the people in it. And as discussed in last week's column, digital overload can impair a child's social, emotional and intellectual growth.

This sad conclusion of many experts in child development has prompted them to suggest ways parents can prevent or rectify the problem before undue damage occurs.

"There's nothing about this that can't be fixed," said Catherine Steiner-Adair, a Harvard-affiliated psychologist. "And the sooner, the better."

As Susan Stiffelman, a family therapist, put it in The Huffington Post, today's parents are unprepared "to deal with the intense pull and highly addictive nature of what the online world has to offer. As parents, we have an opportunity to guide our kids so that they can learn habits that help them make use of the digital world, without being swallowed whole by it."

Two experts at the Harvard School of Public Health, Steven Gortmaker and Kaley Skapinsky, offer a free guide, "Outsmarting the Smart Screens: A Parent's Guide to the Tools That Are Here to Help," as well as healthy activities to pursue to counter the weight gain that can accompany excessive screen time. Young children should not have their own cellphones or televisions in their bedrooms, they say,

adding that even with teenagers it is not too late to set reasonable limits on screen time.

Dr. Steiner-Adair, author of “The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age,” cited two common parental behaviors that can strongly influence a child’s tendency to abuse electronic media. Some parents are perpetually tuned into their own devices, responding to every ping of their cellphones and tablets, receiving and sending messages at times that would enrage Miss Manners. Other parents fail to establish and enforce appropriate rules for media engagement by their children.

Young children learn by example, often copying the behavior of adults. I often see youngsters in strollers or on foot with a parent or caretaker who is chatting or texting on a cellphone instead of conversing with the children in their charge. Dr. Steiner-Adair said parents should think twice before using a mobile device when with their children. She suggests parents check email before the children get up, while they are in school, or after they go to bed.

One girl among the 1,000 children she interviewed in preparing her book said, “I feel like I’m just boring. I’m boring my dad because he will take any text, any call, any time, even on the ski lift.” A 4-year-old called her father’s smartphone a “stupid phone.”

Dr. Jenny S. Radesky, a pediatrician at Boston Medical Center who with two colleagues observed 55 groups of parents and children at fast-food restaurants, noted that 40 of the adults immediately took out mobile devices and used them throughout most of the meal. Often more attention was paid to the devices than to the children.

The researchers also found that when parents were absorbed in their own devices, the children were more likely to act out, apparently in an attempt to get their parents’ attention.

Dr. Steiner-Adair is especially concerned about parental failure to pay full attention to their children “at critical times of the day, like when taking children to and from school. This should be a cell-free zone for everyone — no Bluetooth for parents or devices for the kids. The pickup from school is a very important

transitional time for kids, a time for them to download their day. Parents shouldn't be saying, 'Wait a minute, I have to finish this call.'"

Likewise, she said, when parents come home from work, "they should walk in the door unplugged and use the first hour they're home as time to reconnect with the family. Kids hate the phrase 'just checking' that parents frequently use to justify a very rude, infuriating behavior."

Nor should parents or children be using devices when the family dines out, the psychologist said. "The art of dining and the connection between delicious food and nourishing conversation is being lost, not just in restaurants but at home as well," she said.

Dr. Steiner-Adair attributes a recent 20 percent increase in accidental injuries seen in pediatric emergency rooms to caretakers' failure to pay full attention to those they are supposed to be watching, like infants and toddlers in the bathtub or children on the jungle gym. "Your reaction time and attention is not the same when you're texting or talking on a cellphone," she said.

Ms. Stiffelman, author of "Parenting With Presence," realizes that attempts to change digital behavior can meet with resistance. But, she said, it is important to be fearless and decisive, and to avoid negotiations.

"Acknowledge your kid's upset without delivering long lectures about why they can't have what they want," she said. "Children grow into resilient adults by living through disappointment. It's O.K. for your kids to be mad, bored or anxious about missing out on what their friends are up to online."

She and other experts urge parents to establish device-free times of day, like the first hour after school and the hour before bed. Cellphones and tablets should not be allowed at the dinner table.

Ms. Stiffelman suggests parents "make time for real-life activities with your kids that let them know that they're worth your time and undivided attention. Do things together that nourish your relationship."

As for controlling the time children spend on digital media, the Harvard guide states emphatically that it is the parents' responsibility: "Since the devices can be

turned on anytime, you as a parent need to monitor their use, keep track of time, and then make sure the agreed upon rules are followed.”

Related:

“Screen Addiction Is Taking a Toll on Children”

“Do Brain Workouts Work? Science Isn’t Sure”

“Activity Trackers Don’t Sense Everything”

For more fitness, food and wellness news, “like” our Facebook page.

A version of this article appears in print on 07/14/2015, on page D7 of the New York edition with the headline: Limit Children’s Screen Time, and Your Own.

ERVING RECREATION

SNOW TUBING OUTING

10am
to noon

FEB 21

BERKSHIRE EAST

\$10 per person is due by February 17th
Submit payment with signed waivers
in the EES drop box or at Town Hall.
Make checks to the Erving Rec Comm
questions: rec@erving-ma.org

All riders must be at least
42" to participate!
No tandem riders!



Berkshire East LLC Snowtubing Release from Liability

PLEASE READ CAREFULLY BEFORE SIGNING

1. I accept the use of a snow tube and accept full responsibility for the care of the snow tube while in my possession.
2. I understand that there are inherent and other risks involved but are not limited to; variations in snow, steepness and terrain, ice and icy conditions, moguls, rocks, trees, and other forms of forest growth or debris (above and below the surface), bare spots, other forms of natural or man made obstacles on and/or off chutes, as well as collisions with equipment, obstacles or other snow tubers. Snow chute conditions vary constantly due to weather changes and snow tubing use. Be aware that snowmaking and snow grooming may be in progress at any time. These are some of the risks of snow tubing. All are inherent risks of snow tubing present the risk of serious and/or fatal injury.
3. I agree to hold harmless and indemnify Berkshire East LLC, and/or any employee of and aforementioned for the loss or damage, including and loss or injuries that result from damages related to the use of the snow tube or lift.
4. I understand and am aware that snow tubing is a HAZARDOUS ACTIVITY. I understand that snow tubing and the use of snow tubes involves a risk of injury to any or all parts of my body. I hereby freely agree and expressly assume and accept responsibility for any and all risks of injury or death while participating in this activity. I have explained the aforementioned risks to my child and believe that my child has the ability to appreciate these risks. _____ (Please initial).
5. As purchaser of this ticket, I agree that all disputes arising under this agreement and/or from my use of the facilities at Berkshire East LLC shall be litigated exclusively in the Court of Franklin County, Massachusetts.
6. Snow tubes are to be used on designated snow tubing hills only. Anyone using a snow tube outside of the designated snow tubing area will lose his or her snow tubing ticket.

I HAVE READ THE ABOVE PARAGRAPHS AND FULLY UNDERSTAND THEM:

Date: _____ Age: _____

Name: _____

Address: _____

City/Town: _____ State: _____ Zip: _____

Telephone: () _____

Signature: _____

Signature of Parent/Guardian if Under 18 years old:

Free SOUP + GAMES NIGHT

EAT! DRINK! PLAY GAMES + RAISE SOME DOUGH!

MONDAY, FEBRUARY 6th
5:00-7:30

@ Hope & Olive, 44 Hope St, Greenfield, MA

All donations support the School Union #28 Community Network for Children Program (CNC) providing support, resources and opportunities for families with young children to connect with each other in their communities. FREE playgroups, story hours, new baby home visits, meeting basic needs, early literacy programs, community collaborations.

If you would like to support the program but can't attend, please visit the CNC website and make a donation online: Link to CNC website- <https://goo.gl/qj9EZE>



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