

EAGLE EXPRESS

Phone: 413 423-3326

Internet – <http://www.erving.com>

March

Tuesday – March 21

School Council Meeting – 3:30 pm
School Committee Meeting – 7:00 pm

Thursday – March 23

Grades K & 1 – Math Night – 5:15-7:00 pm

News from the Superintendent of Schools:

Dear Parent/Guardian:

As we all know, this has been a very snowy and stormy winter!

Due to the inclement weather on Tuesday, March 14th, it was necessary to cancel school. Given the amount of snow days we have had this year, before the 14th, we were up to 6 snow days and our last day was to be Thursday, June 22, 2017. In order not to have to bring students back for an additional day, it was decided to cancel the Union #28 full day professional development day on May 5th. Therefore, Friday, May 5, 2017 will be a regular school day.

Thank you,
Superintendent Jennifer J Haggerty

News from After School

Week #2 of hoola-hooping class was awesome! We learned how to make different designs for our hoola hoops and then got to decorate our own to use and take home! We'll be having a showcase performance of our work on the last day of class. Stay tuned for more details! We hope you can join us!



We also learned how to make super yummy corn dogs from scratch. The whole After School group got to help make the batter and dip the hot dogs. The cooking oil was too hot, so we let the adults do that part!

Here's what's happening next week:

Monday, 3/20: "On the Menu" cooking class:
Potatoes Au Gratin

Tuesday, 3/21: STEM experiment: "How Many Squares" game

Wednesday, 3/22: Week #3 of Hoola Hooping class and free play

Thursday, 3/23: Pony Bead Butterflies

Friday, 3/24: Friday Fun Day

With the return of the snow, we are reminding parents to send your children to After School with the proper winter gear (including an extra pair of gloves, in case the daytime gloves are soaking wet).

See you at After School!



*Hoola-Hoop Fun
at After School!!!*



News from the Principal's Desk:



Teaghlaiigh a chara agus Cairde Erving Elementary School, (Dear Families and Friends)

Happy St. Patrick's Day to our families and friends! Today was a special day in a lot of ways. It seemed that everybody you met today came to Erving from a different location ☺. Plenty of green was splashed around the building as students and staff reached out to share their Irish heritage. It seemed that every corner you turned there was an Irish person, or at least somebody who could point out a family connection to the Emerald Isle. In addition to the 'Sharing of the Green', we had visitors from a school in Northampton who came to Erving to look at the wonderful things that are happening here. We also had the pleasure of the company of Japanese storyteller Motoko, who captured the imaginations of every person who came into contact with her. We are very appreciative of the Erving Cultural Council, which is supported by the Massachusetts Cultural Council, for funding Motoko's visit and demonstrating to our students that they believe it is important for students to experience the arts first-hand. I hope that our students come home to you with a lovely story to tell.



It was wonderful to see so many families turn out in support of our parent/guardian - teacher conferences. We are extremely close to 100% participation, with a few more conferences rescheduled to next week due to the storm. Thank you to our teachers and paraprofessionals who took the time to stay later in the day in order to accommodate schedules.

Along with the storm came an important decision, not to extend the school year past our current last day of June 22nd. Our Superintendent has agreed to reschedule the staff professional development day that was planned for Friday May 5. This date will now be a school day.

As I set off for a family visit to Boston I send you the following Irish words.

There are good ships and there are wood ships,
the ships that sail the sea.
But the best ships are friendships,
and may they always be.



For each petal on the shamrock
This brings a wish your way
Good health, good luck, and happiness
For today and every day.

Be safe and enjoy the weekend.

Sincerely,


Jim Trill



Greetings from the Digestive System

6th grade - In our study of the digestive system, students took on the roll (no, wait, role) of food as it passed through the digestive system. In doing so, they sent personal narrative "postcards" to Mr. Burnett or other pieces of food. The postcards were from the five organs they would pass through, thus sharing their science knowledge, as well as being super creative.

Below are samples taken from different students' projects:

Dear Percilla Pancake,

I just visited the mouth! It was so cool! I got a cool souvenir pin. It says "Mouth" on it. I learned about and experienced chemical and mechanical digestion. Chemical digestion happens when saliva makes food all mushy and watery. Mechanical digestion is when teeth crush food. Don't worry, I didn't get crushed! Tonight I'm going to sleep at the Healthy Gum Inn. I hear they have good breakfast there, and it's free! I hope they don't think I'm breakfast! I'm just kidding. I didn't mean to scare you. Tomorrow, I'm going to visit the esophagus.

See you soon,

Barry Bacon

P.S. - The esophagus is a green syrup waterfall!

Dear Mr. Pinky,

I am now in the esophagus. It is better than the mouth, but still really disgusting. I'm getting sprayed from the mucus and getting pushed down by the muscles here. It's a fun ride because of the thick mucus lining. Save me Mr. Pinky! I see hot, bubbling acid from the stomach ahead...

From,

Berry

Hey Sam,

I am now at the hottube/stomach. I am getting squished inside and all the chemicals are making me fall apart. The rice that came on the journey with me is now everywhere. I am about to go into the small intestine. Got to go.

From,

Fish

Dear Mr. Burnett,

Today I went falling down the small intestines. I fell behind other pieces of me that had already broken off while I was in the stomach. I feel really sick because the small intestines are taking out all the nutrients in me, which, by the way, does not feel pleasant! I'll tell you about my last trip tomorrow. Bye.

Sincerely,

Apple Slice

Hello Brooke,

I'm in the large intestine now, where all of the water gets taken out of food. Hey, I think I see fish over there. Let me get closer. Now I can see Fish, Sam, Berry, Perry, Apple Slice, and last but not least, Barry Bacon. Let's Party!!!

See you soon,

Susy the Sushi

Laini the Library Lion



says we all had lots
of fun at the
Dr. Seuss Birthday Party!

Approximately 75 people showed up on March 3 to help us celebrate reading, books and birthdays! But this event could not have happened without the help of many EES staff people, so a special thanks goes out to: Gillian Budine, Deb Maslauskas, Mary Glabach, Lisa Nuttelman, Laura George, Melissa Martin, Pam Ososky, our kitchen staff Donna LaClaire & Yvonne Johnson, Jill, Anne & Ella Kolodziej and an extra-big thanks to Mackensey Bailey and her two "sidekicks" Mercedes and Aiden!

We are also very grateful for the funding provided by the Erving Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.



NIH News in Health

National Institutes of Health · Department of Health and Human Services · newsinhealth.nih.gov

Inside News: 3 Screening Tests... 4 Recovering from Sports Concussions... Low Vision... Bone Health Resources

Understanding Food Allergies

How to Prevent Peanut Allergy and More

Have you noticed food allergy warnings at restaurants? Maybe you've heard about peanut-free classrooms and flights. People who have serious reactions to certain foods must be careful about what they eat, and what others eat around them. There's no cure for food allergies. But researchers are learning more about how to prevent and treat this condition.

Allergic reactions happen when your immune system—your body's defense against germs and foreign substances—overreacts to something that's normally harmless. In the United States, most food allergies are caused by peanuts, tree nuts, fish, shellfish, eggs, milk, wheat, and soy. Allergies show up most often in children. But they can develop at any age.

Food allergy symptoms can range from mild to severe (see Wise Choices box). Some people experience a life-threatening reaction called



anaphylaxis. Symptoms may include trouble breathing, dizziness, and fainting. When you have a food allergy, there's no way to predict how your body will react when you're exposed. You might have a mild reaction one time and a severe reaction the next.

If you think that you or your child may have a food allergy, see your health care provider. Your doctor will take a detailed medical history and perform a physical examination. If a diagnosis of food allergy seems likely, they may recommend a blood test or **skin prick test**. These results will help determine if you or your child has a food allergy.

NIH researchers have been working to better understand food allergies. "There has been a lot of research on peanut allergy because it is often severe, lifelong, and has a huge impact on quality of life," explains Dr. Scott Sicherer, a pediatric food allergy expert at Mount Sinai's Icahn School of Medicine. Scientists hope the progress they make on peanut allergy will help guide how to handle other food allergies.

Researchers recently carried out a large clinical trial called Learning Early About Peanut Allergy (LEAP). The study looked at infants' chances of developing an allergy if they ate peanut-containing foods at an early age. Six hundred and forty infants who were at high risk of developing a peanut allergy were enrolled in the trial. The infants were randomly placed in either a peanut-eating or peanut-avoiding group. They continued these diets until they were 5 years old. Infants who ate peanut-containing foods beginning early in life had an 81% lower chance of developing a peanut allergy.

continued on page 2



Definitions

Skin prick test

Your skin is pricked with a needle to allow a tiny amount of a substance into your skin. If you are sensitive to the substance, the area will immediately swell.

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continued from page 1

"Based on the strength of these findings, an expert panel sponsored by NIH recently issued updated guidelines to help health care providers work with families to introduce peanut-containing foods to infants to help prevent the development of peanut allergy," Sicherer says.

The panel provided 3 guidelines that describe when and how to give these foods. The recommendations are based on how likely a baby is to develop peanut allergy. Talk with your doctor before you introduce any peanut-containing foods to your



Wise Choices Food Allergy Symptoms

Pay attention to how you feel after you eat and learn how to recognize the symptoms of a food allergy. Symptoms may include:

- coughing
- tingling in the mouth
- skin reactions like hives or itching
- nausea and vomiting
- stomach pain
- diarrhea

If you have a potentially life-threatening reaction—trouble breathing, dizziness, and fainting—seek immediate medical care by calling 911.

infant. The doctor may tell you when and how to start feeding peanut to your baby or recommend doing allergy testing first.

"It's important to understand that these guidelines are about preventing peanut allergy, not treating an existing peanut allergy," Sicherer explains.

The new guidelines may come as a surprise to some people. Almost 20 years ago, experts recommended that babies at high risk for developing peanut allergy avoid peanut-containing foods until age 3. But nearly 10 years ago, experts withdrew this recommendation. There was no proof that it worked.

"The most recent change in guidance was prompted by the very compelling results of the LEAP study," says Dr. Marshall Plaut, a food allergy expert at NIH. "The new guidelines are based on these results and the clinical knowledge of the expert panel who developed them."

Whether this strategy works for other food allergies isn't known. "More research is needed to find out if early dietary introduction of other foods may help prevent allergy to those foods," Sicherer explains.

NIH scientists are also looking at ways to treat people who already have food allergies. One promising strategy is called oral immunotherapy. It involves eating small, slowly increasing amounts of the allergy-causing food. One recent study tried this approach for peanut-allergic preschool children. Almost



Web Links

For more about food allergies, click the "Links" tab at:
newsinhealth.nih.gov/issue/Mar2017/Feature1

80% of children given the treatment could safely eat peanut-containing foods afterward. More studies are being done to improve the safety and effectiveness of the approach. The therapy is also being studied for people with milk and egg allergies in small clinical trials.

There may be other ways to provide this type of therapy. One ongoing study is investigating using a skin patch to deliver small amounts of peanut protein to peanut-allergic patients. Early results have shown some promise among young children with peanut allergy. Researchers will continue to assess this approach.

Food allergy studies have to be done very carefully because reactions can be life threatening. "It's important to understand how much careful thought goes into ethically designing research studies, particularly those involving vulnerable populations like children," Plaut says. "Sometimes answers take longer than we would all like. But it's critical to find them in a way and at a pace that is thoughtful and safe."

For now, there are no treatments for food allergies. But avoiding allergy-causing foods can help prevent symptoms. Read food labels carefully. Wash your hands and surfaces you touch to prevent accidental contact.

Sometimes it can be difficult to avoid exposure completely. Carrying an epinephrine auto injector can be lifesaving. This device delivers a hormone that maintains blood pressure and can open your airways.

Talk with your health care provider to learn more about preventing and treating food allergies. ■

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Scholarship Opportunities

Erving Teachers' Association

Erving PTO

The Erving Teachers' Association and the Erving PTO are pleased to announce two scholarship opportunities. Students need only submit one application to be considered for both awards.

Winners of an ETA scholarship of \$300 and a PTO scholarship of \$200 will be chosen after the receipt of a complete application. The scholarship is available to any June 2016 or 2017 high school graduate who has attended Erving Elementary School.

Each application will be judged on academic performance, citizenship, and school and community involvement. Applications are available at the Erving Elementary School office, at your high school guidance office or can be downloaded from the erving.com:website.

Completed applications must be mailed to Erving Elementary School by Friday, April 28, 2017.

EES PTO scholarship

Franklin County Technical School

2017 EES PTO Franklin County Technical School Scholarship

The Erving Elementary PTO will be awarding (1) \$200.00 scholarship to a graduating senior of the Franklin County Technical School. The scholarship is available to any June 2017 graduating senior, residing in Erving, who has attended a minimum of one year at the Erving Elementary School.

Each application will be judged on academic and trade performance, citizenship, school/community involvement, and how they will use the money awarded to purchase tools/materials for their trade/field.

Applications are available at the Erving Elementary School office and at the FCTS guidance office.

Completed application forms must be returned to the Erving Elementary School office by Friday, April 28th 2017.

TINY TYKES

FUNDAMENTAL
SOCCER SESSIONS
FOR AGES 3-6

Erving Recreation is pleased to announce the return of the Challenger Sports' TinyTykes Program in association with Challenger Soccer Academy for Spring 2017.

TinyTykes is a new and exciting program that teaches basic soccer skills while developing strength, balance, coordination, listening skills and teamwork for children aged 3-6. The curriculum has been developed by soccer experts, child development professionals and experienced coaches, ensuring a positive soccer experience for your child!

Join us every Saturday morning for 6 weeks and interact with our licensed & Professional International coaches. Register online today!

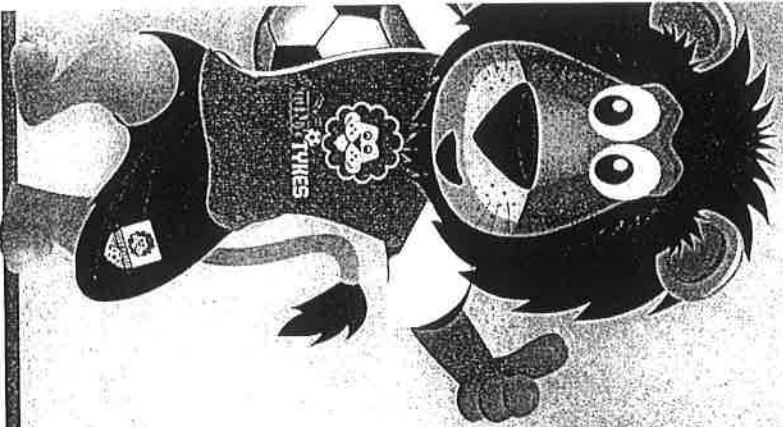
Gain Soccer Skills, Develop Motor Skills, Have Fun, and become a Tiny Tyke for life!

May 6th - June 10th
@ Veterans Field

9am-10am 3-4yrs
10am-11am 4-6yrs

\$80

FREE GIFTS!



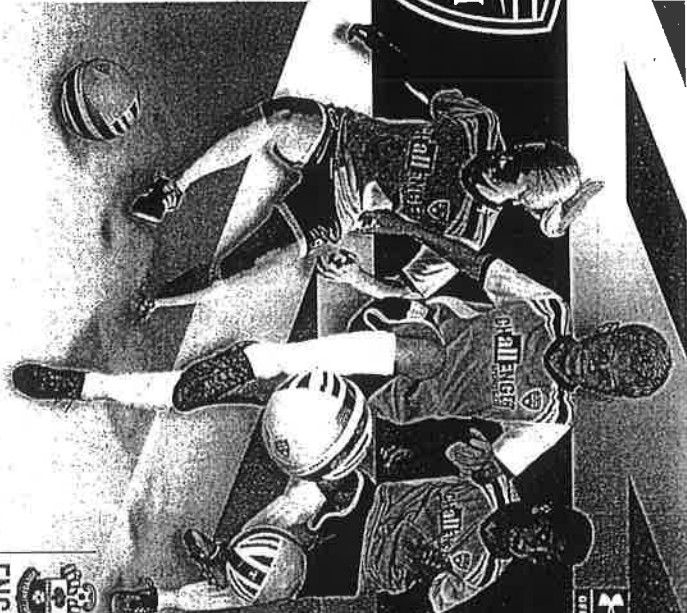
REGISTER AT WWW.CHALLENGERSPORTS.COM



SOCCER CAMP



The Most Popular Soccer Program in North America!



Erving Recreation

July 24th - July 28th
@ The Erving Elementary School, Erving, MA

Mini Soccer:	8am-9am	3-5yrs	\$85
Half Day:	9am-12pm	7-14yrs	\$145
Full Day:	9am-3:30pm	8-14yrs	\$190
High School:	5:30pm-7:30pm	13-18yrs	\$100

FREE GIFTS!
This camp includes a FREE Soccer Ball, Camp T-shirt, poster and access to TheChallengerWay.com

FREE SOCCER JERSEY!
Register online before June 9th to receive a FREE British Soccer Jersey (S&H fees apply)
REGISTER ONLINE AT
WWW.CHALLENGERSPORTS.COM

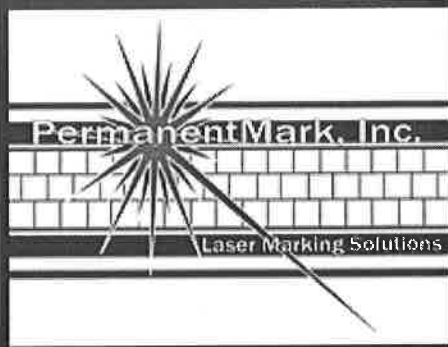


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A TRIP TO
ENGLAND TO
WATCH PREMIER
LEAGUE TEAM
SOUTHAMPTON FC!

For more information
please contact your local
Challenger Sports Regional
Director, Mo Abarak:
P: 401-219-0465
mabarak@challengersports.com

"This Camp must comply with
Massachusetts State Law and be
licensed by the local Board of Health
Department."





UMRC Brick Fundraiser Order Yours NOW!

Our unique brick engraving process uses a laser beam to melt the surface of bricks and tiles, producing a very durable, glassy image.

This creates a mark so hard and durable it is harder than the brick itself. The advantage here in the Northeast is obvious; weather conditions require us to use various types of ice melts and endure extremes in temperature.

The clay paver and the glass mark, which is created is impervious to these compounds and conditions.

All proceeds Support Improvements for the **“ERVING RIVERFRONT PARK”**

The Erving Riverfront Park is under construction (Phase1). Staying within budget required “scaling back” some features from our original design. Please help us fund additional improvements by buying a “Commemorative Engraved Brick”.

Bricks sold will be installed in a commemorative “Walkway” at the entrance to “The Great Lawn”.

Buy one with the name of a “loved one” who has passed as a memorial, or engrave the names of your family members on a larger brick. Buy 1 or more. (Information form below. Brick Order forms on next 2 pages. One for Clip Art Bricks and one for Text Only Bricks)

Cost is \$35 for a 4” x 8” brick & \$70 for a 8” x 8” brick. Clip Art can be viewed at the Erving Town Hall in the upstairs hallway.

PLEASE RETURN THIS FORM
AND YOUR CHECK PAYABLE TO:

The Town of Erving

In Memo: “Erving Riverfront Park”

SEND CHECK BY MAIL TO:

**Erving Town Hall
12 East Main Street
Erving, MA 01344**

INFORMATION FORM (Please PRINT)

Name: _____ Phone: _____

Address: _____

Town/City: _____ State: _____ Zip: _____

Number of 4” x 8” Bricks Ordered: _____ Number of 8” x 8” Bricks Ordered: _____

Email Address: _____ Total Amount Paid: _____

* Please include your “**Brick Order Form**” (1 form per brick) with this Information Form & Check

BRICK ORDER FORM

4" x 8" Brick Template (FOR TEXT ONLY)

COST: \$35.00 per brick (Fill out separate order form for each brick)

You can have 1, 2, or 3 lines of text.

To leave space between lines, LEAVE a line BLANK. If using only 1 line, fill out Line 1.

Only 20 characters per line.

(Characters include blank spaces and punctuation such as: () , (!) etc.).

All Upper Case can be used or a combination of Upper and Lower Case.

Line 1																				
Line 2																				
Line 3																				



BRICK ORDER FORM

8" x 8" Brick Template (FOR TEXT ONLY)

COST: \$70.00 per brick (Fill out separate order form for each brick.) You can have 1, 2, 3, 4, 5, or 6 lines of text.

To leave space between lines, LEAVE a line BLANK. If using only 1 line, fill out Line 1.

Only 20 characters per line.

(Characters include blank spaces and punctuation such as: () , (!) etc.).

All Upper Case can be used or a combination of Upper and Lower Case.

Line 1																				
Line 2																				
Line 3																				
Line 4																				
Line 5																				
Line 6																				

*PLEASE NOTE: If you wish to order a "Specialty Brick" with clip art that you can choose, please contact:
 Bryan Smith, Administrative Coordinator for the Town of Erving at 413-422-2800 Ext. 101

Clip Art BRICK ORDER FORM

4" x 8" Brick Template (FOR Clip Art ONLY)

COST: \$35.00 per brick (Fill out separate order form for each brick.)

You can have 1, 2, or 3 lines of text.
Only 13 characters per line.

To leave space between lines, LEAVE a line BLANK. If using only 1 line, fill out Line 1.
(Characters include blank spaces and punctuation such as: (), (!) etc.)
All Upper Case can be used or a combination of Upper and Lower Case.

Specify: Clip Art Number

* CLIP ART WILL BE ADDED TO THE
RIGHT OR LEFT SIDE OF TEXT

PLEASE SPECIFY:
(by a check mark) LEFT

RIGHT

Line 1																				
Line 2																				
Line 3																				

-----CUT HERE AND INCLUDE WITH INFORMATION ORDER FORM-----

Clip Art BRICK ORDER FORM

8" x 8" Brick Template (FOR Clip Art ONLY)

COST: \$70.00 per brick (Fill out separate order form for each brick.)

You can have 1, 2, 3, or 4 lines of text.
Only 20 characters per line.

To leave space between lines, LEAVE a line BLANK. If using only 1 line, fill out Line 1.
(Characters include blank spaces and punctuation such as: (), (!) etc.)
All Upper Case can be used or a combination of Upper and Lower Case.

Specify: Clip Art Number

Line 1																				
Line 2																				
Line 3																				
Line 4																				

* CLIP ART WILL BE ADDED TO EITHER: 1. The TOP of text and CENTERED
OR

2. The BOTTOM of text and CENTERED

PLEASE SPECIFY:
(by a check mark)

TOP BOTTOM