

EAGLE EXPRESS

Phone: 413 423-3326

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September

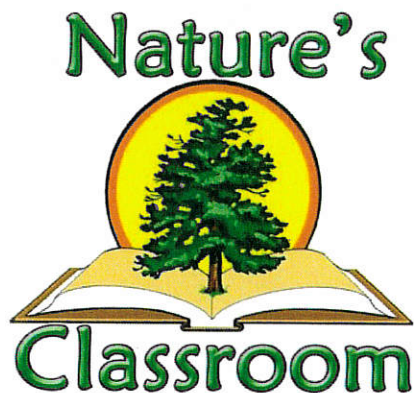
Monday, September 18th-22nd
6th Grade Natures Classroom Trip

Tuesday, September 19th
7pm School Committee Meeting
rescheduled to Sept 26th

Wednesday, September 27th
11:30 Dismissal for Students
Due to Staff Development
No Lunch Served
No After School Program
No 100 Mile Walking Club

Thursday, September 28th
All School Sing 9:30am in the Gym

Saturday, September 30th
Erving Fall Festival
(Rain Date October 1st)



6th Grade
September 18th-22nd

REMINDER **Early Dismissal 11:30** **Wednesday, September 27th**

No Lunch Served
No After School Program
No 100-Mile Walking Club

Mum Fundraiser

Thank you to all of you who were able to support the Pre K and K Class Fundraiser. This fundraiser was a great success because of your involvement.



All School Sing



Come join us if you can ☺
Singing begins at 9:30am in the Gym

News from the Principal's Desk:

Dear Families and Friends of Erving Elementary School,

Life as a New England sports fan seems particularly blessed at this time of the year. The Red Sox continue to roll along, the Patriots should quickly get back on track, the Celtics look like they could go all the way, and the Bruins certainly have higher expectations with a couple of young prospects in the wings. With life seemingly going well on and off the (court, rink, field, diamond) there seems at times to be little time for conversation about events that may not so easily pop up on our iPhones, computers and Facebook pages.

One such event will occur on Saturday September 30, at Stanley Park in Westfield. A team from Erving Elementary School will participate in this year's Western Mass Buddy Walk. The Buddy Walk® was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. Today, the Buddy Walk program is supported nationally by NDSS and organized at the local level by parent support groups, schools and other organizations and individuals. Established in 1999, **Down Syndrome Resource Group of Western Massachusetts** has helped countless families and **educators** discover and embrace the potential of raising a child with Down syndrome. Their mission is to discover, encourage, and embrace the potential of ALL individuals with Down syndrome. They will accomplish this through outreach, unity, resources, community involvement and education. It is a goal of Erving Elementary School to help educate all of our families about the 'Spectrum of Variability' of all people. How each person can contribute to our society and help make our world a better place to live.

Please take a moment to reach out to our team at school and find out how you can take a moment away from the day-to-day activities that seemingly control our lives, and take part in something a little different. I am sure you will love it. I plan on being there with my extended family. The Buddy Walk is approximately two-miles in which anyone can participate without special training. It is an inspirational and educational event that celebrates the many abilities and accomplishments of people with Down syndrome. Whether you have Down syndrome, know someone who does, or just want to show your support, come and join a Buddy Walk in our local community! Registration is at 10am; the walk (fun) starts at 11am.

Along the same lines, this Sunday at 5pm is the 'Autumn Kick-Off' for the 100-Mile Club. The Erving Recreation Commission is sponsoring the 1st Annual Walk, which will be held on the proposed site for our school track. Hot Dogs, chips and drinks will be available for purchase before and after the event, with the proceeds going to the Western Mass Down Syndrome Association. The walk will commence at 5pm. I hope to see all of you in attendance.

Enjoy the weekend.

Sincerely,



Jim Trill



To return all of your forms into the office,
Thank You

BOOKS
aren't just made of
WORDS...
they're also filled with
PLACES
to visit and
PEOPLE
to meet.

First Grade News!

For decades, we've enjoyed a long tradition of raising caterpillars at Erving Elementary School. In the past few years, we've worried about dwindling numbers of local monarchs and the overall health of their population. GREAT NEWS...! This year we've found more than ever! In fact, our local expert, Mrs. Black has 'never' seen so many in one season.

Mrs. Black and Mrs. O, aslo the curators of our astonishing Butterfly Garden, have set up a terrarium in the library for the whole school to enjoy. Students and teachers from across the school have been logging their observations, making predictions, asking questions, and engaging in thoughtful scientific discussion. This week we're releasing our first healthy monarch butterflies. It's pure joy watching them leap off the fingers of our students, freshly tagged with tracking stickers as they embark on their inspiring journey to Mexico.

Please take a moment to enjoy observing them in the library, and if you find an opportunity please thank Mrs. O and Mrs. Black for sharing such a special gift with our school.



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Taylor
Jonathan

LALA



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100 Mile Club® Wednesday Afternoon Walking Club

Every Wednesday through November the Erving Recreation Committee is offering an opportunity for students to gain miles for the 100 Mile Club®. Every Wednesday afternoon from 1:30-2:30 will be designated to allow kids to walk and log miles toward their incentives! 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 walking on Wednesday afternoon, please complete the permission slip below and have your child turn it in to the office no later than Wednesday morning. Children cannot participate without a signed permission slip. Participants will meet in the gym at the end of the day for instructions from the adult responsible for the group. The plan is to walk outside whenever possible so please be sure that your child comes dressed appropriately. A water bottle is strongly encouraged. New this year, students can be picked up at 2PM or 2:30PM. Students must remain with the walking group until an adult picks them up. They will not be allowed to play on the structures or blacktop due to limited adult supervision in these areas.

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 September 20, 2017 from 1:30-2:30PM.

I will be joining my student in the afternoon walking.

My student will be picked up at by _____ (name of adult) at 2:00PM or 2:30PM (please choose a time)

Parent Signature:



The Erving Recreation Commission presents...

September 17

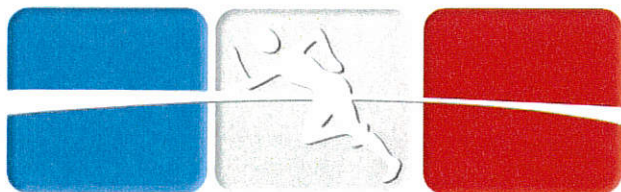
5pm - 7pm

AUTUMN

Erving Elementary

Kick-off

Join the EES Preschool at 5:00 for a hot dog, chips and drink for \$3. All proceeds benefit the Western Mass Down Syndrome Association.



100 MILE CLUB

UPCOMING DATES:

October 15, 29 at EES
November 12, 26 at EES
and every Wednesday
at EES 1:30-2:30

NIH News in Health

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

Inside News: 3 Self-Harm 4 Flu Vaccine Patch 4 Trusted Health Resources 4 Alzheimer's Disease

Positive Parenting Building Healthy Relationships With Your Kids

Parents have an important job. Raising kids is both rewarding and challenging. You're likely to get a lot of advice along the way, from doctors, family, friends, and even strangers. But every parent and child is unique. Being sensitive and responsive to your kids can help you build positive, healthy relationships together.

"Being a sensitive parent and responding to your kids cuts across all areas of parenting," says Arizona State University's Dr. Keith Crnic, a parent-child relationship expert.

"What it means is recognizing what your child needs in the moment and providing that in an effective way."

This can be especially critical for infants and toddlers, he adds. Strong emotional bonds often develop through sensitive, responsive, and consistent parenting in the first years of life. For instance, holding your baby lovingly and responding to their cries helps build strong bonds.

Building Bonds • Strong emotional bonds help children learn how to manage their own feelings and behaviors and develop self-confidence. They help create a safe base from which they can explore, learn, and relate to others.

Experts call this type of strong connection between children and their caregivers "secure attachment." Securely attached children are more likely to be able to cope with challenges like poverty, family instability, parental stress, and depression



A recent analysis shows that about 6 out of 10 children in the U.S. develop secure attachments to their parents. The 4 out of 10 kids who lack such bonds may avoid their parents when they are upset or resist their parents if they cause them more distress. Studies suggest that this can make kids more prone to serious behavior problems. Researchers have been testing programs to help parents develop behaviors that encourage secure attachment.

Being Available • Modern life is full of things that can influence your ability to be sensitive and responsive to your child. These include competing priorities, extra work, lack of sleep, and things like mobile devices. Some experts are concerned about the effects that distracted parenting may have on emotional

bonding and children's language development, social interaction, and safety.

If parents are inconsistently available, kids can get distressed and feel hurt, rejected, or ignored. They may have more emotional outbursts and feel alone. They may even stop trying to compete for their parent's attention and start to lose emotional connections to their parents.

"There are times when kids really do need your attention and want your recognition," Crnic explains. Parents need to communicate that their kids are valuable and important, and children need to know that parents care what they're doing,

he says.

It can be tough to respond with sensitivity during tantrums, arguments, or other challenging times with your kids. "If parents respond by being irritable or aggressive themselves, children can mimic that behavior, and a negative cycle then continues to escalate," explains Dr. Carol Metzler, who studies parenting at the Oregon Research Institute.

According to Crnic, kids start to regulate their own emotions and behavior around age three. Up until

continued on page 2

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continued from page 1

then, they depend more on you to help them regulate their emotions, whether to calm them or help get them excited. “They’re watching you to see how you do it and listening to how you talk to them about it,” he explains. “Parents need to be good self-regulators. You’re not only trying to regulate your own emotions in the moment, but helping your child learn to manage their emotions and behavior.”

As kids become better at managing their feelings and behavior, it’s important to help them develop coping skills, like active problem solving. Such skills can help them feel confident in handling what comes their way.

“When parents engage positively with their children, teaching them the behaviors and skills that they need to cope with the world, children learn to follow rules and regulate their own feelings,” Metzler says.

“As parents, we try really hard to protect our kids from the experience of bad things,” Crnic explains. “But if you protect them all the time and they are not in situations where they deal with difficult or adverse circumstances, they aren’t able to

develop healthy coping skills.”

He encourages you to allow your kids to have more of those experiences and then help them learn how to solve the problems that emerge. Talk through the situation and their feelings. Then work with them to find solutions to put into practice.

Meeting Needs • As children grow up, it’s important to remember that giving them what they need doesn’t mean giving them everything they want. “These two things are very different,” Crnic explains. “Really hone in on exactly what’s going on with your kid in the moment. This is an incredibly important parenting skill and it’s linked to so many great outcomes for kids.”

Think about where a child is in life and what skills they need to learn at that time. Perhaps they need help managing emotions, learning how to behave in a certain situation, thinking through a new task, or relating to friends.

“You want to help kids become confident,” Crnic says. “You don’t want to aim too high where they can’t get there or too low where they have already mastered the skill.” Another way to boost confidence while strengthening your relationship is to let your kid take the lead.

“Make some time to spend with your child that isn’t highly directive, where your child leads the play,” advises Dr. John Bates, who studies children’s behavior problems at Indiana University Bloomington. “Kids come to expect it and they love it, and it really improves the relationship.”

Bates also encourages parents to focus on their child’s actual needs instead of sticking to any specific parenting principles.

It’s never too late to start building a healthier, more positive



Wise Choices Tips for Connecting with Your Kids

- Catch kids showing good behavior and offer specific praise.
- Give children meaningful jobs at home and positive recognition afterward. Don’t be overly critical; instead, help them improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend some time every day in warm, positive, loving interaction with your kids. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together.
- Set rules for yourself for mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child’s concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys. Help out with and attend their events, games, activities, and performances.

relationship with your child, even if things have gotten strained and stressful. “Most importantly, make sure that your child knows that you love them and are on their side,” Metzler says. “For older children, let them know that you are genuinely committed to building a stronger relationship with them and helping them be successful.”

By being a sensitive and responsive parent, you can help set your kids on a positive path, teach them self-control, reduce the likelihood of troublesome behaviors, and build a warm, caring parent-child relationship. ■

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Web
Links

For more about building healthy parent-child relationships, see “Links” in the online article:
newsinhealth.nih.gov/2017/09/positive-parenting



Health Capsules

For links to more information, please visit our web site and see these stories online.

Flu Vaccine Skin Patch Tested

Each year, millions of people nationwide catch the flu. The best way to protect yourself is to get a flu vaccine every year. But only about 6 out of 10 children and 4 out of 10 adults got the 2015–2016 flu vaccine.

To help increase these numbers, scientists are trying to develop easier ways to give the flu vaccine. A new study shows that a special skin patch may work as well as a shot with a hypodermic needle. The patch is about the size of a dime and has 100 tiny needles that contain flu

vaccine. The needles are just long enough to pierce skin. Once inside skin, they dissolve within minutes.

NIH-funded researchers compared giving the vaccine using the skin patch to the usual flu shot. About 100 people took part in the study. More than 7 out of 10 people who had the patch said they preferred it to the flu shot.

The researchers analyzed blood samples to see how well the vaccine activated the body's protective responses against the flu. The patch

seemed to work as well as the shot.

The people who got the skin patch didn't report any serious side effects. Some described a slight redness or itchiness where the patch had been.

"This bandage-strip sized patch of painless and dissolvable needles can transform how we get vaccinated," says Dr. Roderic I. Pettigrew, director of NIH's National Institute of Biomedical Imaging and Bioengineering. More studies will be needed to test the safety and effectiveness of the skin patch. ■

Health Information You Can Trust

When you're searching online for answers to your health questions, you may feel overwhelmed by the number of websites you come across. How do you know which ones to trust? Which websites have reliable and up-to-date information?

First, consider the source. Government websites end in ".gov" and university or other educational institution websites end with ".edu." These are online sources that you can usually trust. If you see ".org" or

".com" at the end of a web address, it may also be a trusted site. However, check it closely to make sure. The information may not be evidence-based. Or, the site may be trying to sell you a drug or service.

Also, find out who is reviewing the health information before it's published. A trusted, credible source will often describe how they review information. For example, NIH's National Cancer Institute (NCI) website says, "Medical experts,

cancer researchers, and editors review the content before it is published to the website."

Third, look for the date. Online health information sources should show when the information was posted, reviewed, or last updated.

NCI's recently updated *Using Trusted Resources* webpage has tips to help you find reliable resources. To read more about trusted resources, visit www.cancer.gov/using-trusted-resources. ■



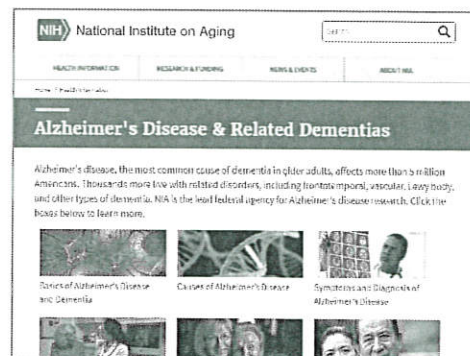
Featured Website

Alzheimer's Disease Resources

www.nia.nih.gov/health/alzheimers

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills. Learn about symptoms, diagnosis, and treatment. Caregivers can also

find advice on how to provide everyday care, make the home safer, and respond to changes in communication and behavior.



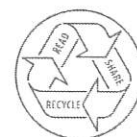
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Hurtful Emotions

Understanding Self-Harm

People deal with difficult feelings in all sorts of ways. They may talk with friends, go work out, or listen to music. But some people may feel an urge to hurt themselves when distressed. Harming or thinking about harming yourself doesn't mean you have a mental disorder. But it is an unhealthy way to cope with strong feelings. Finding new ways to cope can help you get through difficult times.

Some unhealthy ways people may try to relieve emotional pain include cutting, burning, or hitting themselves. These behaviors can be difficult to detect. People usually keep them a secret. Wounds can often be treated at home and covered with clothing or jewelry.

"The largest percentage of people who engage in non-suicidal self-injuring behaviors are teenagers," says Dr. Jennifer Muehlenkamp, an NIH-funded psychologist at the University of Wisconsin-Eau Claire. Around 2 out of 10 teens and college-aged students report trying this behavior at least once.



Wise Choices Ways to Cope

There's no right or wrong way to deal with intense emotions. If you're feeling distressed:

- Talk with friends.
- Watch a funny movie or read a comforting book.
- Listen to music.
- Get active. Go for a walk or get some exercise.
- Distract yourself with any activity or hobby you love.
- Avoid smoking, drinking, and other risky behaviors.
- Take care of your body. Eat and drink well. Get enough sleep.
- Realize it's okay to cry it out.

Those are the key ages because youths are changing environments, Muehlenkamp explains. "Transitioning into college or from junior high into high school creates a lot of potential change. You lose the familiarity of your social group, and your social support might shift. There's a lot of new stress and pressures."

People who are anxious, are depressed, or have an eating disorder are also more likely to turn to self-injuring behaviors. So are those in sexual minority groups who experience discrimination and bullying, such as those who identify as gay, lesbian, bisexual, or transsexual.

"Self-injury is a sign that someone is struggling," says Muehlenkamp. "Many youths transition out of it. But those who engage in it more repetitively and chronically may benefit from a direct clinical intervention."

If you're a parent or caregiver who's concerned, look for frequent unexplained injuries and clues like bandages in trash cans. Watch to see if the person wears appropriate clothing for the weather. Someone who is self-harming may wear long pants or sleeves to cover their injuries, even when it's hot.

"The way most people find out is the person who is self-injuring will disclose it," Muehlenkamp says. They often tell a friend or a sibling first.

If someone confides in you, "your first reaction is essential to whether or not they will seek help,"



Muehlenkamp explains. "Be as nonreactive and nonjudgmental as possible."

Not everyone who self-injures is suicidal. But the only way to know is to ask. If they express any suicidal thinking, get them connected with a mental health provider. You can also call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for advice.

Parents can open conversations with their kids by asking them if they've heard of self-harming behaviors or if they know friends who do it. If a friend has confided in them, they can offer to go talk to a trusted adult with their friend to get them help.

There are no medications for treating self-injuring behaviors. But some medications can help treat mental disorders that the person may be dealing with, like depression or anxiety. Mental health counseling or therapy can also help you learn new ways to cope with emotion. See the Wise Choices box for tips on handling strong emotion. ■



Web Links

For more about self-harming behaviors, see "Links" in the online article : newsinhealth.nih.gov/2017/09/hurtful-emotions