

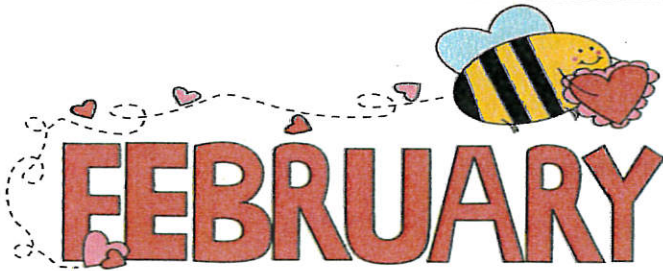


# EAGLE EXPRESS



Phone: 413 423-3326

Internet – <http://www.erving.com>



**Monday, February 12<sup>th</sup>**

School Committee meeting 6pm

**Tuesday, February 13<sup>th</sup>**

Jeff Mack, Author/Illustrator coming

**Thursday, February 15<sup>th</sup>**

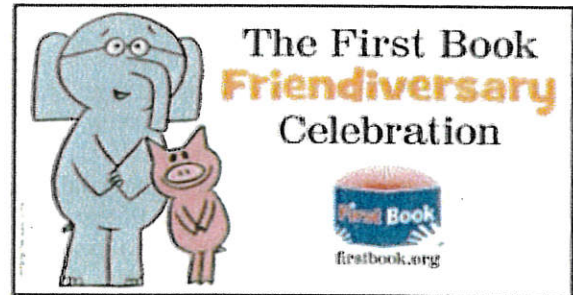
PK Coffee Hour – 8:30am in conf rm

All School assembly: Motoko's Origami Adventure  
2 pm in the gym

**NO ALL SCHOOL SING**

**Monday 19<sup>th</sup> – Friday 23<sup>rd</sup>**

No School for Vacation Week



**MARK YOUR CALENDARS FOR**

A very special FREE event at the Eric Carle Museum

Saturday, February 10<sup>th</sup>

10am-4pm

An annual celebration of reading and friendship, with a

FREE Mo Willems book for every child who attends,

thanks to First Book—[www.firstbook.org](http://www.firstbook.org)

While supplies last!

King Ward Coach Lines will provide free bus service

from Greenfield, leaving the public parking lot behind

Wilson's at 10 am and leaving the museum at 2 pm.

Seating is limited, so call 413-559-6301 or email

[info@carlemuseum.org](mailto:info@carlemuseum.org) for reservations.

**Eric Carle Museum of Picture Book Art**

[www.carlemuseum.org](http://www.carlemuseum.org)

125 West Bay Rd., Amherst, Ma

100 Mile Club® Upcoming Morning  
Walking Dates

February 9<sup>th</sup> and 15<sup>th</sup> at 8am ☺

**Please Note**

**This months All School Sing has been canceled and in its place we will have a presenter by the name of Motoko.**

**PTO Movie Day Fundraiser**



**Save the date!!!!**

February 10, 2018

9:30 am at Greenfield Cinemas

**Movie Fundraiser:** Peter Rabbit will be showing at the Garden Cinema on Saturday 2/10 at 9:30am. Tickets are \$5 at the door and seats fill up quickly! Total proceeds will go directly to the PTO and filter to each class equally.



## News from the Principal

### Dear Families and Friends of Erving Elementary School,

A recent broadcast on Channel 22 news highlighted a number of health and safety violations in school cafeterias across Western Massachusetts. The news reporter requested the 2013-2017 health and safety records from every school in Western Massachusetts. I am proud to say that during the period of the news reporters' investigations, Erving Elementary School did not receive any violations. Our cafeteria staff - Donna LaClaire, Yvonne Johnson, and Gloria Churchill make sure that every regulation is applied and followed when dealing with health and safety. The regulations are in place for a reason. Hygiene, storage of food, temperature guidelines, and a plethora of other items are checked every 6 months. Inspectors drop in unannounced! When it comes to the menu, all school meals (breakfast and lunch) must meet federal, state, and local requirements. Decisions about specific foods to serve, and the methods of preparation, are made by our cafeteria staff in conjunction with school nutrition guidelines. School meals are healthy meals that are required to meet the *Dietary Guidelines for Americans*. To receive federal reimbursements, school meal programs must offer "reimbursable" meals that meet strict federal nutrition standards. These standards, also referred to as "the meal pattern," require schools to offer students the right balance of fruits, vegetables, low-fat or fat-free milk, whole grains and lean protein with every meal. All of the meals served at Erving Elementary School are free to every student. In order for us to keep providing free meals, we must meet the minimum threshold for students who qualify for free and/or reduced meals. Every 4 years we must recertify our student numbers, asking parents to complete eligibility paperwork. If you qualify for free or reduced meals we need you to complete the paperwork so that we can continue to meet the threshold for **free meals for all**. Please contact Donna LaClaire to find out if you qualify. Thank you in advance for your help.

You will have to work hard this weekend to avoid the 'Big Game'! Even though this is a different style of *football* game for me, it still provides plenty to get excited about. To me, the Patriots are more than a bunch of individuals. I believe they are successful because they emphasize the importance of teamwork. The Patriots provide a platform for every player to grow and achieve success, no matter what the individual brings to the table. (This could be the motto at EES ☺). As we have witnessed on many occasions, their cooperation has led them to achieve what may seem to others the impossible dream. Great comebacks are built on a belief about each other, and together a team can promote synergy. Enjoy the game,

and let's hope it is one of those incredible events where both teams bring their best to the table.

According to the frenzy of media in attendance at Gobbler's Notch in Pennsylvania, Punxsutawney Phil saw his own shadow. Officials deemed we're in for six more weeks of cold weather! Flipping a coin might be as accurate as Phil. Since 1988, the groundhog was "right" 14 times and "wrong" 16 times. In other words, only 14 times did the national average temperature for the remainder of February match what would be expected based on what the groundhog predicted. I just hope we are in for some consistency, whether it is hot or cold.

Enjoy the weekend.

Sincerely,

Jim Trill  
Principal



## COFFEE HOUR Math Coffee Hour

**When:** Friday, February 9, 2018, 8:30-9:30 am.

This will be the first of what we hope to be a monthly gathering (possibly the second Friday of the month).

**Where:** Conference Room

**Who:** Families and community members, who are interested in learning more about elementary mathematics - all ages are welcome.

**What:** Join us for coffee and a fun, informal conversation about math teaching and learning. We'll think together about ways to help your child at home.

**Be there or be square!**



# After School Program



Belonging • Encouragement • Respect

Hello from After School,

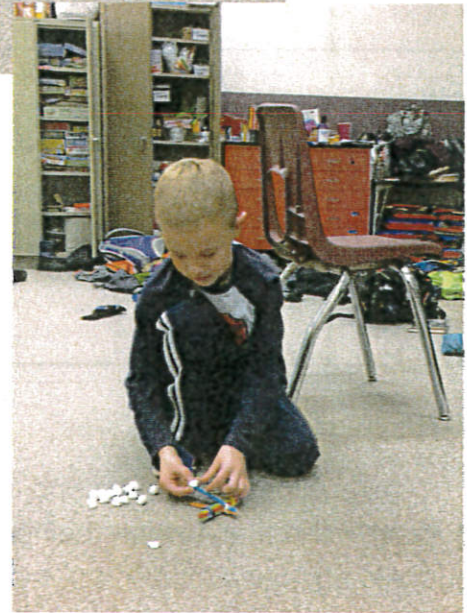
This week the students worked on experiments with magnets. They had a work sheet to select the items that were magnetic and then we talked about why and why not it worked. We also worked on straw rockets, play dough adventures, Steam Catapult building, the human knot game and had a surprise going away celebration for one of our after school students. I think that the



Catapults were their favorites! I was actually able to get everyone involved 😊. Looking forward into next week we will be doing STEAM-how many water drops fit on a penny, build a robot, coffee filter art, indoor soccer and hang man. Hope you all have a great Super Bowl weekend and GO PAT's!










Michelle Fisher



Happy Groundhog Day!!



## I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching, and/or "crusty" drainage from eye.	Hospital stay and/or ER Visit

## I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school	Released by my medical provider to return to school.
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With so much illness going around, this is a good time to review when your child(ren) should stay home from school and when they can return. As always, please call Gail Dubreuil, the school nurse if you have any questions.

# Jeff Mack

author/illustrator

is coming to Erving Elementary on Tuesday, Feb. 13

[snow date: Feb. 16]

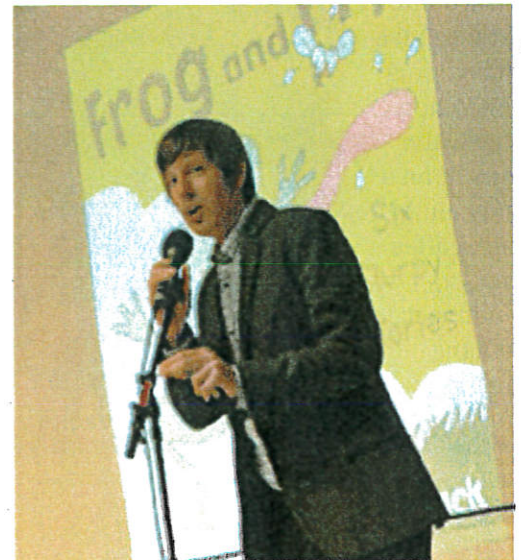
He will be talking about his work and books in the school gym!

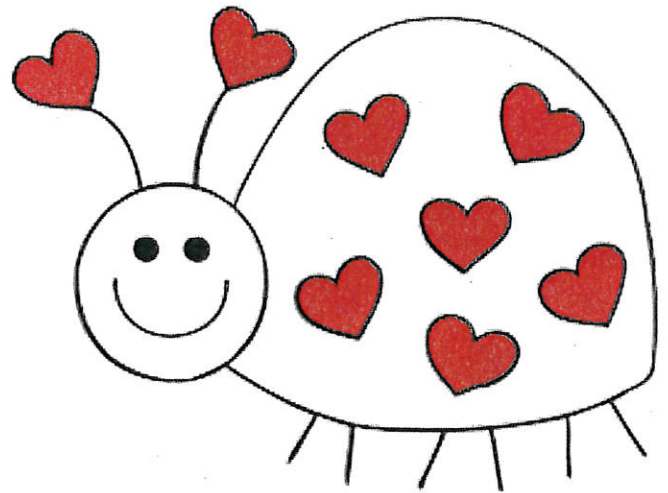
Pre-K to grade 3 will see his presentation at 9:20 am

Grades 4 to 6 will see his presentation at 10:20 am

EVERYONE is welcome: families, friends, neighbors and homeschoolers!

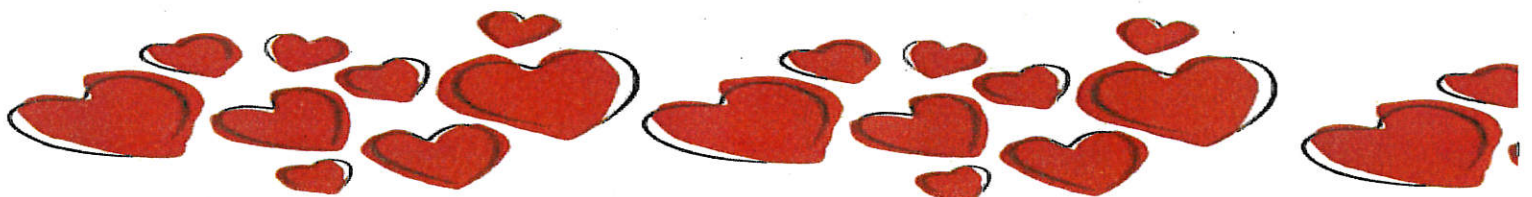
Jeff Mack's visit and author talk is supported by the EES PTO and the Erving Cultural Council, a local agency which is supported by the Mass. Cultural Council.

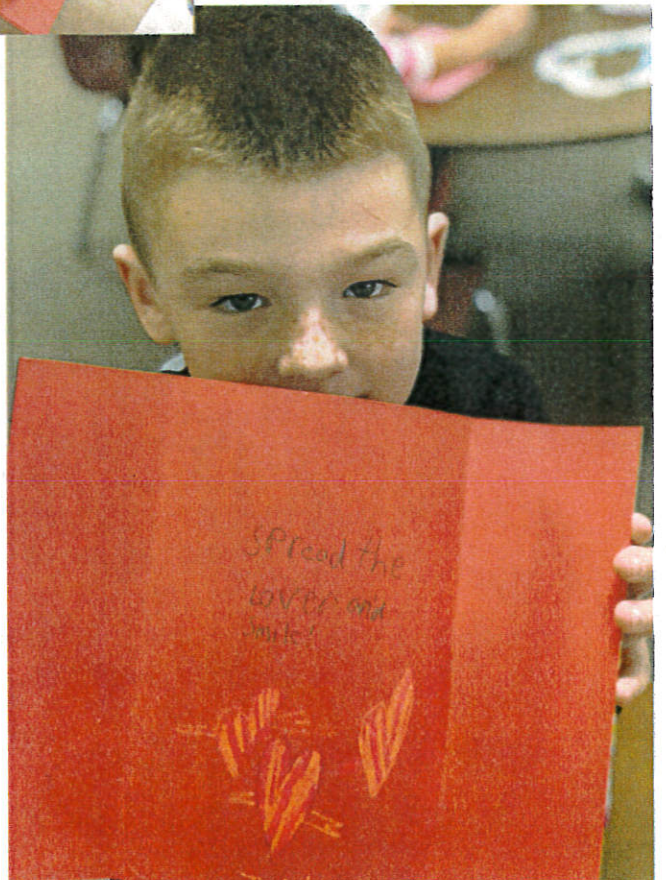
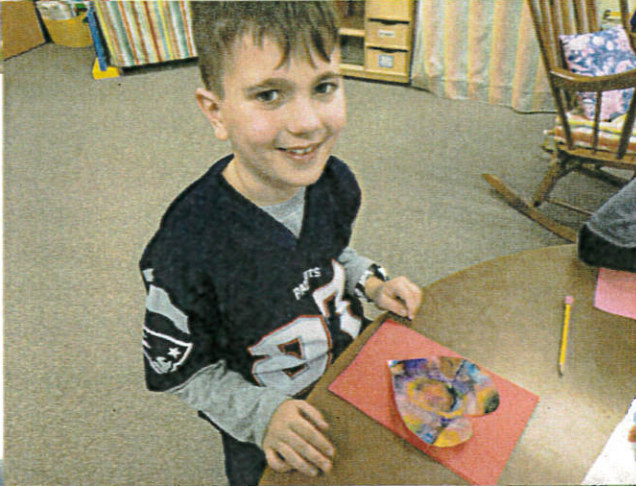
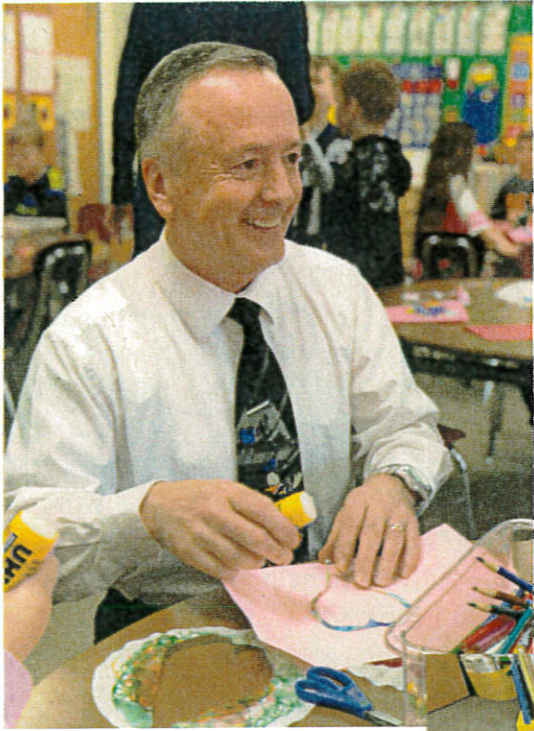




## "Love Letters for Elders" Campaign

Earlier this week, our second graders took part in a very special activity to help spread compassion throughout our community. They created handmade Valentine's Day cards to donate to Lifepath's "Love Letters for Elders" campaign. LifePath is an "institution that provides a wide array of critical services to an extended community of residents in Franklin, Hampden, Hampshire, and Berkshire Counties and in the North Quabbin Region." This campaign provides more than a thousand handmade Valentine's Day cards to elders and people with disabilities. These cards are a simple, yet effective way to brighten the lives of LifePath's clients, and remind them that they are not alone. As you can see from the pictures below, our students were happy to share their time and talents to support such a beautiful cause. We hope everyone has an opportunity to spread the love and show their appreciation for others this Valentine's Day.





# February - Breakfast 2018

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal, fruit & milk				Pancakes, syrup, fruit & milk 1	Blueberry smoothie w/graham crackers, fruit & milk 2
	5 Yogurt, graham crackers, fruit & milk	6 Waffles, syrup, fruit & milk	7 Scrambled eggs w/1/2 English muffin, fruit & milk	8 French toast sticks, syrup, fruit & milk	9 Strawberry smoothie w/graham crackers, fruit & milk
	12 Breakfast muffin, cheese stick, fruit & milk	13 Pancakes, syrup, fruit & milk	14 Egg & cheese Fajita w/salsa, fruit & milk	15 Waffles, syrup, fruit & milk	16 Peach smoothie w/graham crackers, fruit & milk
	19 Winter Recess	20 Winter Recess	21 Winter Recess	22 Winter Recess	23 Winter Recess
	26 Bagel & cream cheese, fruit & milk	27 French toast sticks, syrup, fruit & milk	28 Yogurt, graham crackers, fruit & milk	March 1 Pancakes, syrup, fruit & milk	March 2 Berry smoothie w/graham crackers, fruit & milk

Breakfast is served with a choice of 1% or skim milk. Water is available during meal times, but must be taken in addition to the milk

According to the Food Research and Action Center students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness. Students who eat breakfast also show greater improvements in math scores, attendance, punctuality, depression, anxiety and hyperactivity than children who don't participate in a school breakfast program.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# February - Lunch 2018

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	Salad Bowl
Sun butter & jelly sandwich w/fruit & veg of the day & milk	5 Wg pasta w/meatballs, broccoli, pineapple & milk	6 Nachos w/ground beef & cheese, corn & black bean salad, diced pears & milk	7 Hamb/cheeseburger on a wg roll, pickles, sweet potato fries, orange wedges & milk	8 Turkey & bacon wrap, lettuce, cheese, oven potato, mixed fruit & milk	9 Pizza Friday – cheese or pepperoni, green beans, diced peaches & milk	Greek salad w/black beans, chicken, black olives, fruit & veg of the day & milk
	12 Meatball sub on a wg roll, seasoned broccoli, mixed fruit & milk	13 All beef hot dog on a wg roll, baked beans, mixed fruit & milk	14 Garlic bread sticks w/marinara sauce, yogurt, sliced carrots, fresh apple & milk	15 Ham & cheese bagel melt, corn, diced pears & milk	16 Pizza Friday – cheese or pepperoni, wax beans, mandarin oranges & milk	Southwest salad w/black beans & corn, salsa, chips, fruit & veg of the day & milk
	19 Winter recess	20 Winter recess	21 Winter recess	22 Winter recess	23 Winter recess	
	26 Chicken fajita w/sour cream, salsa, lettuce, broccoli, diced peaches & milk	27 Soft beef taco w/sour cream, shred ched, lettuce, salsa, corn & black bean salad, diced peaches & milk	28 Toasted cheese & tomato soup, pineapple & milk	March 1 Chicken patty on a wg roll, oven fries, mandarin oranges & milk	March 2 Pizza Friday – cheese or pepperoni, green beans, diced pears & milk	Chicken Caesar salad w/parm cheese, chick peas, fruit & veg of the day & milk

All sandwiches are made using whole grain bread, salad is served with a whole grain breadstick & whole grain croutons. Each meal is served with a choice of 1% white, skim, 1% choc or fat free strawberry milk. Water is available during meal, but must be taken in addition to milk. All meals are subject to change without notice. All salads are served with a protein such as yogurt, meat/meat alternative, cheese or egg. Salad is made with romaine lettuce. \$.50 for milk w/home lunch

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



**EARN FREE EQUIPMENT FOR  
YOUR SCHOOL!**



it's  
elementary.



Sign Up Today at [bigy.com](http://bigy.com)  
Program Begins February 2018



**EARN GOLD COINS**

**FEB. 1 THROUGH APR. 25, 2018  
FOR EVERY 500 EDUCATION POINTS  
YOU EARN, YOU GET A GOLD COIN!**

**Visit [bigy.com](http://bigy.com) for details.**



**NEED HELP SIGNING UP? SEE REVERSE SIDE FOR STEP-BY-STEP.**

oh,  
my  
stars...  
it's  
here.



## IT'S A FAMILY PROGRAM FOR EVERYONE!

GOT KIDS? GRANDKIDS? NIECES OR NEPHEWS? NEIGHBORS?  
WITH **EDUCATION EXPRESS**, YOU CAN EARN **FREE**  
EQUIPMENT FOR ANY SCHOOL ENROLLED IN THE PROGRAM!

Sign Up Today at [bigy.com](http://bigy.com)!  
Start Earning Points Feb. 1, 2018!

Not a **myBigY** member? Here are some tips to get started!

1. Go to [bigy.com](http://bigy.com).

2. Click » Don't Have a myBigY Account? Get One Here!

3. Next Click 

4. Fill in Your Last Name  
& Card Number.  
Click **CONTINUE**.

Form fields: Last Name, Big Y Card Number. A button labeled 'CONTINUE' is visible at the bottom.

5. Fill in all required (\*) fields.  
Password must be 6 to 12 characters  
with at least one number and one letter.  
Click **CONTINUE**.

6. Choose your store. Click **CONTINUE**.

7. Sign Up for any or all of our  
eNewsletters, for great savings, holiday  
tips and more. Click **CONTINUE**.

8. View your  
myBigY Account  
Information.  
Click **CONFIRM**.

- Big Y eNewsletter
- Fresh Acres eNewsletter
- Table & Vine eNewsletter
- Baby Y Club

**CONTINUE**

9. Check

- Join Education Express

10. Fill in Your State,  
City & School.

**DONE!**





CHILDREN AND ADULTS WITH  
ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

# Valley ADHD Parent Support Group

**1<sup>st</sup> Monday of Every Month**

*next meeting:*

**Monday, February 5<sup>th</sup>** *(due to holiday)*

**6:30pm to 8pm**

**Northampton Area Pediatrics, LLP**

**193 Locust St., Northampton**

**Conference Room**

## CHADD CARES

CHADD works to improve the lives of people affected by AD/HD through:

Collaborative  
Leadership

Advocacy

Research

Education

Support

[www.chadd.org](http://www.chadd.org)

Join other area parents and caregivers to...

- Receive ADHD information and support
- Be heard without being judged
- Hear how others cope with similar issues and challenges
- Learn about local resources for families
- Hear from area specialists on pertinent topics
- Learn new strategies to try at home
- Leave feeling empowered and hopeful

Questions? Please contact:

**[ValleyADHDFamilies@gmail.com](mailto:ValleyADHDFamilies@gmail.com)**





## Northampton Area Pediatrics Parenting Workshop

***Yuck! Do I have to eat that?***

**Tips for working with picky eaters and how to get  
your kids to eat healthier foods!**

*Join this lively workshop as our speakers demonstrate  
some cooking techniques and other creative ways to get  
your picky eaters to enjoy nutritious foods  
with Ana Maria Moise, MS CNS LDN from The Nutrition Center,  
Michele LaRock, MS RDN LDN and Kristen Deschene, MD*

**Sunday, February 11th  
4:00 p.m. to 5:30 p.m.  
193 Locust St., Northampton**

Childcare can be provided but must be reserved.  
RSVP by calling 413-517-2226 or email [contactus@napeds.com](mailto:contactus@napeds.com)

Parenting workshops are open to the community and free of charge.