

EAGLE EXPRESS

Phone: 413 423-3326

Internet – <http://www.erving.com>



Saturday, September 30th

Erving Fall Festival
(Rain Date October 1st)

Wednesday, October 4th

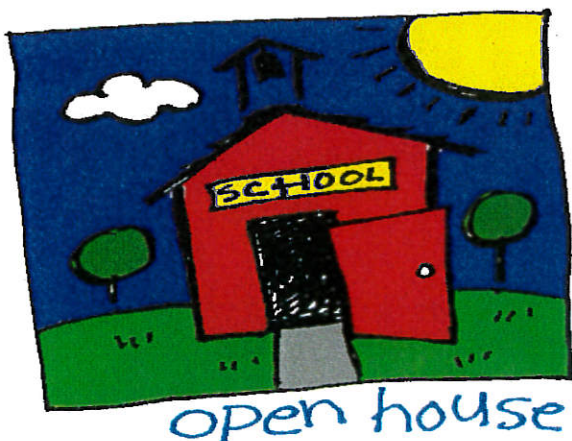
Open House
6:30-8

Monday, October 9th

No School for Columbus Day

Friday, October 20th

No School for Students
Curriculum Day



Save the Date
October 4th, 2017
6:30pm-8:00pm

Potential Skin Irritation/Rash



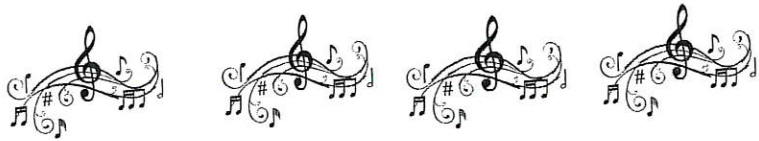
With the coming of fall, you may notice a parade of caterpillars looking for a place to spend the winter. While most caterpillars in Massachusetts are harmless, at least one variety releases a toxic venom if touched that can cause an allergic reaction.

The hickory tussock moth caterpillar is a woolly, white caterpillar with black markings and long white hairs that is found in Massachusetts's forests, according to the Massachusetts Office of Environmental Affairs. The caterpillars prefer hickory trees, but they can also be found on oak, maple, ash and other shrub and trees.

Unlike wasps or bees, caterpillars do not sting intentionally. However, the hairs, such as those in the hickory tussock moth caterpillar, are actually hollow tubes that contain poison. The venom is released on contact.

For some people, touching these caterpillars can result in a mild allergic reaction consisting of a burning, itchy rash. However, "a very few people may experience a more severe allergic reaction such as swelling and nausea," a spokeswoman for the environmental affairs department said. The less severe reaction can generally be treated with soap, water and calamine lotion. The more severe reaction requires medical attention.

Children, who may be curious and pick up the caterpillars, can be especially susceptible to an allergic reaction. The safest way for them to examine the caterpillar is to scoop them up in a clear plastic cup.



Our First All School Sing



The children did an amazing job singing along with Mrs. BC



6th Grade was kind enough to teach us a new beat to "I'm A Little Tea Cup"





News from the Principal's Desk:

Dear Families and Friends of Erving Elementary School,

I look forward to seeing you at our Open House this coming Wednesday, October 4. The evening will begin at 6:30pm in the gymnasium. Please note that classrooms will not be open until the meeting in the gym has finished. We would like to provide parents and guardians with the opportunity to select a teacher conference time by signing a sheet located inside your child's classroom. The sign-up sheet will allow you to sign your name beside a particular day and time. As in past years, Open House is a special event where the whole community turns out to reminisce, share stories about their own time at Erving Elementary School, and of course witness the incredible work of our children.

During Open House we are also requesting your support for our PTO. Located around the school you will find sign-up tables where you can provide feedback about how you would like to support your child's class. The plan is for classes to combine their support around one fundraiser each year. For example:

PK and Kindergarten will organize the school wide sale of Mums in the Fall.

Grades 1 & 2 will organize the sale of Original Artworks in October/November.

Grades 3 & 4 will organize the sale of flower baskets for May.

Grades 5 & 6 will organize the sale of Mo's Fudge for February.

Each grade will receive a share of the total monies generated by their event. The profit will be split between the two grades responsible for organizing that particular event and the PTO. Each year the students will see their 'class' deposit account grow. The class goal is to generate

sufficient funds to help offset the cost of the grade 6 field trip to New York City. The trip to New York is a wonderful celebration of a student's journey through Erving Elementary School. Please sign up to share your time and talent for one event each year. As we know, many hands certainly make light work for all. This is a great opportunity for you and your child to team up and make a big difference for all.

It was lovely seeing our whole school come together for the All-School-Sing. Thank you Ms. B.C. for leading us in some well-known songs. Fresh from Nature's Classroom, our grade 6 students, led by Mr. Burnett taught everybody a new version of the Queen song "We Will Rock You", introducing such witty lines as "I'm a little teapot", "Twinkle, Twinkle Little Star", and "Humpty Dumpty". Great fun!

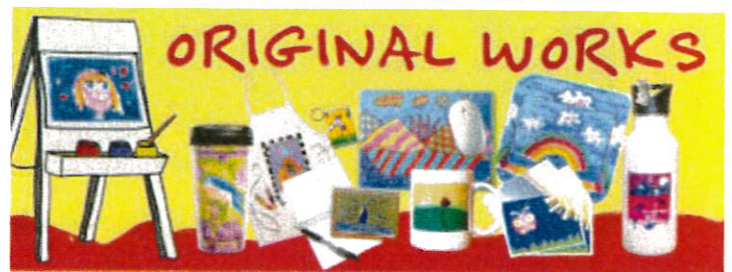
On Saturday, the Erving Fall Festival gives us all the opportunity to gather and support many of the agencies, which work to provide us with such a beautiful place to live and work. Thank you to our Fire, Police, Emergency Service, Recreation and Town Departments for all of your support throughout the year. There are a host of activities running from 11am to 9pm, enough to meet everyone's taste. In the morning, I will be at Stanley Park, in Westfield participating in the Buddy Walk in aid of the Western Massachusetts Down Syndrome Group. I will be back in time to enjoy the Fall Festival later in the day. I hope to catch up with some of you.

Whatever your plans, enjoy the weather.

Sincerely,

Jim Trill

Our Next Fundraiser is...



The kids are working hard on their beautiful Art

6th Grade Spends Week at Nature's Classroom

Our 6th Graders spent an amazing week away at Nature's Classroom last week. A weeklong trip to Sargent Center, in Hancock, NH brought students out of the classroom and into the wilderness to learn cool and interesting information about science, social studies, physical education, and social and emotional growth. Students studied trees and plant life, aquatic bug life, and learned to live like pioneers. They also climbed a three-story tower and zip-lined 200 feet in distance some 35 feet in the air. Their minds and bodies grew through hands-on learning experiences!



The "Chadster Wonkanobies" group with their instructor Trish.



The "Savage Cabbages" with their instructor, Annie.



Ian doing some blacksmithing.



Holly getting ready to climb, with Layla spotting.



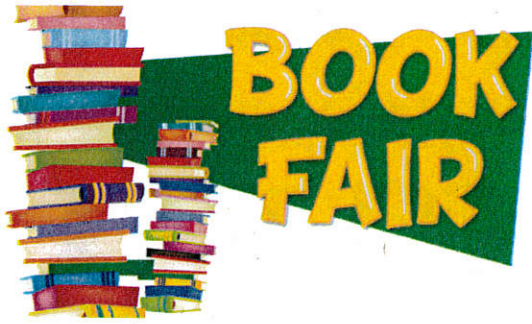
The "Chadsters" making fire.



The "Cabbages" investigating pondlife.



Cam and Deven representing what the week was all about.



*next week in the
Erving Elem. School Library
Monday-Thursday
including OPEN HOUSE*

Here is the schedule for classes to visit the Book Fair:

1st grade: Tuesday 11:00-11:30 am

2nd grade/Barry: Monday 11:30-11:55 am

2nd grade/Graichen: Tuesday 2:00-2:30 pm

3rd grade: Wednesday 11:00-11:30 am

4th grade: Monday 2:20-2:50 pm

5th grade: Tuesday 10:30-11:00 am

6th grade: Tuesday 11:30-12 noon

If you would like to send in cash or a check with your child, that's fine but please give us any special instructions you want us to follow. Checks can be made out to EES with the word "Library" in the memo line; and we can give change from checks.

All families are welcome to stop by when your child's class is scheduled to visit the Book Fair--but know that your child can also bring home a wish list for Open House, if that works better for you.

Any questions? contact Jane Urban, librarian: my email is urban@erving.com and library phone is 423-3326 ext. 103





The Erving Recreation Commission presents....



THE ERVING FALL

FESTIVAL

itinerary

11AM - 3PM

- EPD-COTTON CANDY
- EUROBOUNCE
- ROCK WALL
- BOOT CAMP CHALLENGE
- BABY DINO LAKE
- FACE PAINTING
- PHOTO BOOTH
- BUILD A TOWN
- FOOD VENDORS
- Poplar Mountain Maple
- Sweets by Team Effort
- Erving FD Grill
- BAREFOOT BOOKS
- BATTING CAGE

WHEELS FIELD
18 MOORE ST



1PM - 3PM

BALLOON
SCULPTURES



5PM - 9PM

LEFTY'S BEER GARDEN

5PM - 7PM

LIVE BAND
Friday Night Radio



7PM - 9PM

BONFIRE

September 30TH



THE PTO NEEDS YOU!



We need more parents to get involved with the PTO. There are several ways you can help: you can come to meetings and help make the decisions, you can volunteer for fundraisers and/or you can work from home putting information on the PTO Facebook page. We need everyone's help to continue the great work of the PTO. Our EES PTO raises money for school events that are not funded in the school budget as well as supporting activities such as The Giving Tree during the holidays. We can't do it without you. Everyone is welcome whether you have a preschooler or a 6th grader. Please fill out the form below and send it back to school by Open House on Oct 4th.

Thank you!

Please return to school by Oct 4th

Name _____

Contact phone/email _____

I would like to help the EES PTO by:
(Choose as many as you like)

_____ Volunteering for fundraisers

_____ Updating the PTO Facebook page

_____ Coming to the PTO meetings

This day(s) works the best for me to attend meetings:

_____ Monday

_____ Tuesday

_____ Wednesday

_____ Thursday

_____ Friday

October - Lunch 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Sun butter & jelly sandwich w/fruit & veg of the day & milk	2 Meatball sub w/cheese, steamed broccoli, fresh apple & milk	3 Toasted cheese, chicken noodle soup, corn & black bean salad, pineapple & milk	4 Teriyaki chicken, brown rice, buttered baby carrots, diced pears & milk	5 Turkey & bacon wrap w/cheese, lettuce, oven fries, mixed fruit & milk	6 Pizza Friday-cheese or pepperoni, green beans, diced peaches & milk
Sun butter & jelly sandwich w/fruit & veg of the day & milk	9 Columbus Day No School	10 Nacho's w/ground beef, sour cream, corn & black bean salad, mandarin oranges & milk	11 Ham & cheese bagel melt, carrot coins, fresh apple & milk	12 Chicken filet w/bacon & mozzarella cheese on wg roll, oven potato, diced peaches & milk	13 Pizza Friday-cheese or pepperoni, wax beans, diced pears & milk
Sun butter & jelly sandwich w/fruit & veg of the day & milk	16 Chicken nuggets, brown rice, seasoned broccoli, diced peaches & milk	17 Soft beef taco w/sour cream, shred ched, lettuce, salsa, three bean salad, diced pears & milk	18 Turkey & cheese sub, sweet potato fries, mixed fruit & milk	19 Hamb/cheeseburger on wg roll w/oven fries, applesauce & milk	20 Curriculum Day No School
Sun butter & jelly sandwich w/fruit & veg of the day & milk	23 Whole grain pasta w/meat sauce, steamed broccoli, diced pears & milk	24 All beef hot dog on wg roll w/baked beans, fruit cocktail & milk	25 Garlic breadsticks w/marinara sauce & cheese, yogurt, banana & milk	26 Ham & cheese sandwich w/chicken noodle soup, peas, fresh apple & milk	27 Pizza Friday-cheese or pepperoni, green beans, diced peaches & milk
Sun butter & jelly sandwich w/fruit & veg of the day & milk	30 Chicken fajita w/sour cream, salsa, lettuce, broccoli, fresh apple & milk	31 Chicken patty on wg roll, corn & black bean salad, mixed fruit & milk	1 Nov. Wg spaghetti w/meatballs, carrots, diced peaches & milk	2 Nov. Salisbury steak, mashed potato, sliced bread, pineapple & milk	3 Nov. Pizza Friday-cheese or pepperoni, wax beans, diced pears & 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.

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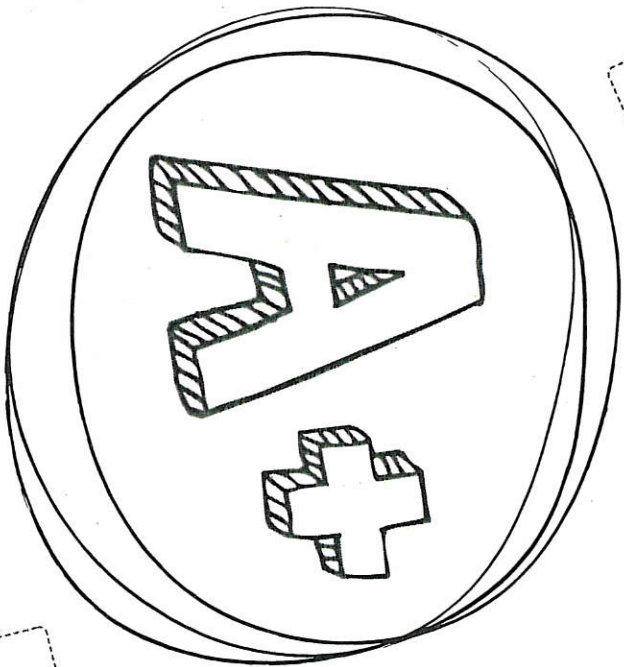
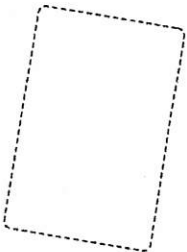
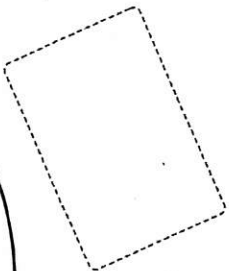
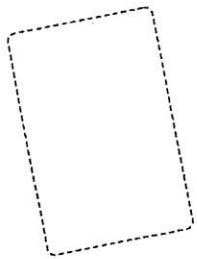
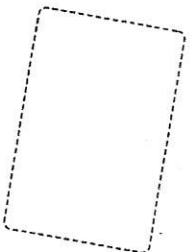
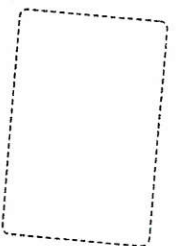
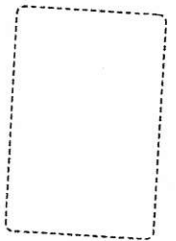
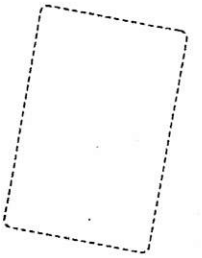
October - Breakfast 2017

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal, fruit & milk	2 Breakfast muffin, yogurt, fruit & milk	3 Waffles, syrup, fruit & milk	4 Egg & cheese burrito w/salsa, fruit & milk	5 Pancakes, syrup, fruit & milk	6 Strawberry smoothie w/graham crackers, fruit & milk
	9 Columbus Day No School	10 French toast sticks, syrup, fruit & milk	11 Scrambles eggs & toast, fruit & milk	12 Waffles, syrup, fruit & milk	13 Peach smoothie w/graham crackers, fruit & milk
	16 Yogurt, banana, graham crackers & milk	17 Pancakes, syrup, fruit & milk	18 Bagel w/cream cheese, fruit & milk	19 French toast sticks, syrup, fruit & milk	20 Curriculum Day No School
	23 English muffin w/sun butter, fruit & milk	24 Waffles, syrup, fruit & milk	25 Sausage egg & cheese sandwich, fruit & milk	26 Pancakes, syrup, fruit & milk	27 Strawberry banana smoothie w/graham crackers, fruit & milk
	30 Breakfast muffin, cheese stick, fruit & milk	31 French toast sticks, syrup, fruit & milk	Nov. 1 Scrambled eggs w/1/2 english muffin, fruit & milk	Nov. 2 Waffles, syrup, fruit & milk	Nov. 3 Blueberry 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

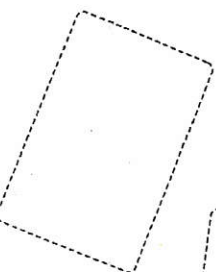
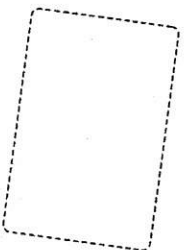
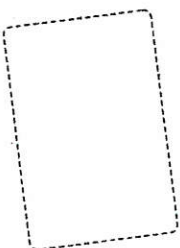
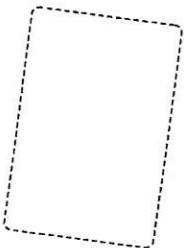
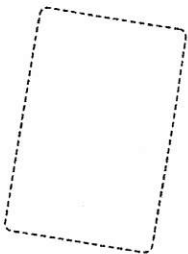
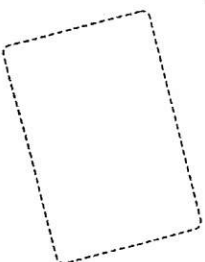
According to the Food Research and Action Center students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness. Students who eat breakfast also show greater improvements in math scores, attendance, punctuality, depression,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

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**BOX TOPS
CLIPPER!**

BE AN



Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school.
Bonus certificates should not be attached to this sheet – please submit them separately.
To see more ways to earn cash for your child's school, go to BTFF.com.



Northampton Area Pediatrics Parenting Workshops 2017-2018

October 15th

Parenting Preschoolers with Compassion and Consistency with Jonathan Schwab, M.D. and Sharon Saline, Psy.D

November 5th

Healthy Choices for Healthy Lives – Achieving Weight Goals Through a Loving Approach to Nutrition with Kristen Deschene, M.D., Meg Colenback, LICSW, Michele LaRock, MS RDN LDN, and Ana Maria Moise, MS, CNS, LDN

December 3rd

Let's Talk: Everything you want to know about parenting an ADHD child or teen with Jonathan Schwab, M.D. and Sharon Saline, Psy.D.

January 21st

Marijuana: Now it is legal, but is it safe with Jonathan Schwab, M.D.
(Parents and adolescents welcome!)

February 11th

Yuck! Do I have to eat that? Tips for working with picky eaters and how to get your kids to eat healthier foods with Ana Maria Moise, MS CNS LDN from The Nutrition Center and Michele LaRock, MS RDN LDN

March 11th

Divorce: Supporting Children During Challenging Times with Kerry Lusignan, MA, LMHC, Director, Northampton Center for Couples Therapy

April 8th

When Worrying Takes Over: Managing Anxiety in your Child or Teen with Jonathan Schwab, M.D. and Sharon Saline, Psy.D.

May 13th

What about Sleep: It's more important than you think! Everything you wanted to know about how to help babies and young children learn to go to sleep and stay asleep on their own with Beth Grams Haxby, Ed.M

June 3rd

Understanding Transgender Children with Jennifer Nesteby, MSN, FNP

Join pediatrician, Jonathan Schwab, M.D., and clinical psychologist, Sharon Saline, Psy.D, and invited guest speakers for a short presentation and Q & A. Gain insights and ask your questions!

Sundays
4pm to 5:30pm
193 Locust St.
Northampton

RSVP

contactus@napeds.com

(413) 517-2226

NOT A SCHOOL SPONSORED EVENT



ERVING ELEMENTARY SCHOOL



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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 October 4, 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:

