

# EAGLE EXPRESS

Phone: 413 423-3326

Internet – <http://www.erving.com>



**Wednesday, September 30**  
FAIR Storytelling Night 6:00-7:30  
Free Dinner starts at 5:15

## **October Upcoming Events**

**Wednesday, October 7**  
FAIR Storytelling Night 6:00-7:30  
Free Dinner starts at 5:15

**Monday, October 12**  
Columbus Day- No School

**Tuesday, October 13**  
PTO Meeting 6:15

**Wednesday, October 14**  
FAIR Storytelling Night 6:00-7:30  
Free Dinner starts at 5:15

**Tuesday, October 20**  
School Committee Meeting 7:00p.m

**Wednesday, October 21**  
Open House 6:30

**Friday, October 23**  
Curriculum Day- No School

**Wednesday, October 28**  
FAIR Storytelling Night 6:00-7:30  
Free Dinner starts at 5:15

## **Form Reminder**

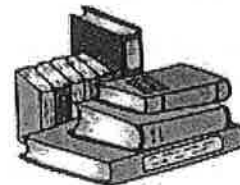
If you have not already done so, please return all forms (Emergency Card, Health History, Fluoride, Permission to Transport, Free/Reduced Lunch Application, Etc.) If you need more copies, please call the school office 413-423-3326

## **Important Deadline for Free/Reduced Lunch**

If you received Free/ Reduced benefits last year and have not returned a new application for this year, please do so ASAP. A new application must be returned and approved each year. Any questions please call Donna LaClaire, Food Service Director at 413-423-3326 ext. 232

## **Breakfast and Lunch Accounts**

The Community Eligibility Provisions (CEP) program, financed through the U.S Department of Education for free lunch and breakfast for all EES students has **not** yet started. We are asking parents/guardians to please keep your breakfast and lunch account up to date. Over the coming weeks we will be sending you more information about this program and when it will become available to EES students.



## **FAIR Storytelling Night**

Mark your calendars for six fun-filled Wednesday evenings coming to Erving Elementary School's Library. Join the fun with a series of special events with renowned storyteller Mary Jo Maichack. A free family-friendly supper is included. Please see the attached flyer for more detailed information.

## News From the Principal's Desk

Dear Families and Friends of Erving Elementary School,

**Please do not forget the 'Free Family Dinner'** – beginning next Wednesday night September 30, at 5:15pm; followed by the Family Reading Program with Storyteller Mary Jo Maichack.

I am currently running up and down to Nature's Classroom, having a blast with our grade 6 students. We are so proud of our students. They are trying their hands on a lot of new outdoor adventures, including high ropes, zip lines, canoeing, Olde Village Life, aquatics, and the occasional indoor activity – Contra-Dancing. The 'Caller' was so impressed that our students knew many of the dances, including the waltz. Bravo Miss B.C. for teaching our students all of the cool moves! More news will follow, including pictures, when Mr. Burnett and Ms. Galvin return.

Please stop by the school to see the new sunshade that has been erected between our playgrounds. The shade brings a welcome relief for our students, who spend a lot of time outside during the hot weather.

I am sure you have heard about, and seen, some of the new math materials that our students are working with. Our new math program 'Investigations' promises to be an exciting part of our daily schedule. Students are exploring math through the use of manipulatives, while working as a team to solve the many solutions to critical math problems. Polly Wagner our math coach will be sharing more information with you as the year progresses.

In finishing, I would like to share with you some of the wonderful beliefs that our students shared with me while visiting their classrooms:

**Our beliefs look like:** Everyone is able to speak his or her ideas. We are role models for each other. We are hard working. A great environment for learning.

**Our beliefs sounds like:** Respectful talking. Relaxed, calm, and controlled fun. Clear responses to each other.

**Our beliefs feel like:** A little like family. Compassionate. Caring about each other's feelings. Wanting to succeed. Happiness. Joyful.

These are powerful words that come directly from our children – and they really mean every word. I am privileged to witness these beliefs in action, every single day. Thank you for taking the time to also share these beliefs with your child at home.

Have a great weekend.

Sincerely,

  
Jim Trill



## Fall Poems from your friends in 3<sup>rd</sup> Grade

Fall is..

Fall has huge, fun leaf piles that I could jump in. Fall also has Halloween in it, it has dark and scary Halloween children dressing up. There is also haunted jack-o-lanterns at Pumpkin Fest. We will be winning prizes. Sugar-filled caramel apples and candy, it's melting in my hands and in my mouth. Excited reflected from other scary children. Children are running from monsters that they think are there.

By: Madison

Fall is...

Picking sweet, juicy apples,  
Tiny, smart kids are jumping in leaves,  
Yummy, sweet pumpkin pie filling my stomach,  
Scary, hyper children trick-or-treating at night

By: Audrianna

Fall is...

Crowded, pretty Cape Cod looking colorful with leaves on the ground,  
Happy, loved family eating freshly baked apple pie,  
Colorful, pointy leaves drifting from maple trees to the ground,  
Grand event, squishy Pumpkin Fest walking,  
Fun, energetic Fall Festival jumping

By: Keira

Fall is...

Colorful, orange leaves falling down from trees,  
White and black soccer balls going into goals,  
Happy, joyful kids jumping into a pile of leaves,  
Realistic, cool looking pumpkin and skeleton cupcakes calling me to eat them,  
Friendly, funny cat pumpkin on my step standing with paws in the air.

By: Colby

Fall is...

Happy, cool children falling into a pile of leaves,  
Red, crispy leaves falling to the ground,  
Fast, brown football flying through the air,  
Orange, round pumpkin rotting on my steps,  
Loud, calming children picking apples in orchards.

By: Rylee

Fall is...

Scary, dressed-up pumpkin-man making me jump when I get candy,  
Spooky, carved pumpkins rotting from top to bottom,  
Hot, steamy turkey dinner making me hungry,  
Hard, juicy apples rolling down the path,  
Brown, spikey leaves falling in a pile on the grass.

By: Darien

Fall is...

Foggy, cold wind is blowing,  
Sweet, delicious maple sap sticking to the pot,  
Red and yellow leaves drifting slowly through the air,  
The pretty and crowded Pumpkin Fest is filled with a lot of people walking around from  
place to place,  
The beautiful, red apple orchard is growing apples for the people to pick and eat.  
By: Linley

Fall is...

Laughing, active kids playing on the monkey bars,  
Salty, crunchy pumpkin seeds roasting in the oven,  
Happy, big family picking apples together forever,  
Sugary, candy melts in my mouth,  
Bright, orange leaves falling in my back yard.  
By: Alyssa

Fall is...

Chilly, freezing wind blowing in my hair,  
Spooky and scary Halloween costumes kids are wearing,  
Red, juicy apples being picked by kids,  
Sweet, smooth candy that melts in your mouth,  
Crinkling, brown leaves blow around the air. That's what fall is.  
By: Isabella

Fall is...

Excited and fun football, running down the field,  
Scary and cool Halloween, walking to the candy,  
Fun and wet leaf piles, jumping into the leaves,  
Awesome and cold orchard, reaching for the apples,  
Fun and loud swimming in my pool, at my birthday.  
By: Jonathan

Fall is...

Halloween is scary costumes and funny costumes,  
Pretty and shiny leaves,  
Good- smelling, delicious Thanksgiving turkey filling my tummy,  
Delicious, hot apple pie cooling on the kitchen counter,  
Fun, exciting baseball players, swinging at pitching in my back yard.  
By: Jordan R.

Fall is...

Red, yellow orange leaves falling to the ground,  
Cold, windy breeze blowing in my hair  
By: Lainey

Fall is...  
Creepy, fun Halloween trick-or-treating,  
Crackling, brown leaf piles for jumping in,  
Goosey, squishy pumpkins being carved,  
Juicy, sweet apples for picking from the trees.  
By: Landon

Fall is...  
Spooky, scary Halloween Dance, moving to the music,  
Fun, happy trick-or-treating, walking to houses,  
Colorful, cold apple picking, pulling the apples from the tree,  
Yummy, tasty Thanksgiving, eating the yummy food.  
By: Jordan B.

Fall is...  
Big and small animals hunting for food,  
Loud, long parade making its way through town,  
Scary, sweet Halloween, going trick-or-treating,  
Weird pumpkins at Pumpkin Fest and people wearing spooky costumes,  
Red and orange leaves are falling to the ground and Zoey is raking them to jump into.  
By: Zoey

Fall is...Big, orange pumpkins showing funny faces,  
Chilly, blue skies shining while I reach for apples,  
Scary, spooky Halloween monsters jumping out at haunted mini-golf,  
Fun, exciting fallball, playing with my team,  
Dark, moon-lit Halloween, going trick-or-treating in my costume.  
By: Cordelia

Fall is...  
Carving viney, seedy pumpkins into a cat,  
Knocking on doors and saying, "Trick-or treat!,"  
Getting candy on your street on Halloween,  
Going to an apple orchard and picking apples,  
Raking up leaves and jumping into leaf piles.  
By: Emma

Fall is...  
Spooky, shacking Halloween costumes scaring my friends,  
Creative, imaginative artist painting my face at the Pumpkin Fest,  
Grassy, competitive soccer kicking,  
Smart, fabulous Ally, making leaf-man,  
Tall, orange, yellow, and brown trees standing still.  
By: Ally



Laini is our Erving School Library Lion  
who says "Welcome Back to School!"

Mark Your Calendars NOW  
for six fun-filled Wednesday evenings  
coming this fall our own  
Erving Elem. School Library

***FAMILY ADVENTURES IN READING***

also known as *FAIR* will be a series of  
special events in the school library with  
renowned story-teller Mary Jo Maichak,  
especially for 1<sup>st</sup>-5<sup>th</sup> graders & their families  
(but everyone is welcome!)

A free family-friendly supper is included, so  
check off these 6 dates: Sept. 30, Oct. 7,  
Oct. 14, Oct. 28, Nov. 4 & Nov. 18  
6:00-7:30 pm, supper starts at 5:15

Be sure to check out the bulletin board  
with all the **STAR** readers, the kids who  
were in the *Erving Public Library's*  
*Summer Reading Program* and anyone who  
read a book over the summer!

Tell Ms. Urban if you think your name should be  
there too!

**KidsHealth.org**

The most-visited site  
devoted to children's  
health and development



## Is the Flu Vaccine a Good Idea for Your Family?

The flu vaccine is a good idea for all families. It does not cause the flu and it helps keep kids and parents from getting sick. Getting the flu is worse than having a cold and can make a person sick for a week or more.

Babies younger than 6 months old can't get the vaccine, but if their parents, other caregivers, and older kids in the household get it, that will help protect the baby. This is important because infants are more at risk for serious complications from the flu.

### Who Should Be Immunized?

The Centers for Disease Control and Prevention (CDC) recommends a flu vaccine for everyone 6 months of age and older.

But it's especially important for those who are at greater risk of developing health problems from the flu, including:

- all kids 6 months through 4 years old (babies younger than 6 months are also considered high risk, but they cannot receive the flu vaccine)
- anyone 65 years and older
- all women who are pregnant, are considering pregnancy, have recently given birth, or are breastfeeding during flu season
- anyone whose immune system is weakened from medications or illnesses (like HIV infection)
- residents of long-term care facilities, such as nursing homes
- anyone (adults, teens, and kids) with a chronic medical condition, such as asthma
- kids or teens who take aspirin regularly and are at risk for developing Reye syndrome if they get the flu
- caregivers or household contacts of anyone in a high-risk group (like children younger than 5 years old, especially those younger than 6 months, and those with high-risk conditions)
- Native Americans and Alaskan Natives

Certain things might prevent a person from getting the vaccine. Talk to your doctor to see if the vaccine is still recommended if your child:

- has ever had a severe reaction to a flu vaccination
- has Guillain-Barré syndrome (a rare condition that affects the immune system and nerves)

## Types of Flu Vaccine

Different types of vaccines are available. One type (called trivalent) protects against three strains of the flu virus (usually, two types of influenza A viruses and one influenza B virus). Another type (called quadrivalent) protects against four strains.

The vaccine can be given to kids in two different ways: by injection with a needle (the flu shot), or sprayed into the nostrils (nasal spray or nasal mist). Both ways of delivering the vaccine are safe and effective, but kids with certain medical conditions or pregnant women should not get the nasal spray.

Some vaccines are approved only for adults at this time, such as egg-free vaccines and intradermal shots, which are injected into the skin (instead of muscle) with a smaller needle.

Vaccine shortages and delays sometimes happen, so check with your doctor about availability and to see which vaccine is right for your kids.

## Egg Allergy and Flu Vaccine

In the past, it was recommended that anyone with an egg allergy talk to a doctor about whether receiving the flu vaccine was safe because it is grown inside eggs. But health experts now say that the amount of egg allergen in the vaccine is so tiny that it (but *not* the nasal mist) is safe even for kids with a severe egg allergy. This is especially important during a severe flu season.

Still, a child with an egg allergy should get the flu shot in a doctor's office, not at a supermarket, drugstore, or other venue. And if the allergy is severe, it might need to be given in an allergist's office.

If your child is sick and has a fever, talk to your doctor about rescheduling the flu shot.

## When Should Kids Get Vaccinated?

Flu season runs from October to May. It's best to get a flu shot as early in the season as possible, as it gives the body a chance to build up immunity to (protection from) the flu. But getting a shot later in the season is still better than not getting the vaccine at all.

Reviewed by: Elana Pearl Ben-Joseph, MD

Date reviewed: September 2015

**Nemours.**

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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## Erving Elementary School PTO Directory Form

If you would like to be included in the Erving Elem. School Directory so that other families can get in touch with you, please fill out this form and return it to the school office or your child's teacher by FRIDAY, OCT. 2!

Please note: this directory will only be distributed to other Erving Elem. School families, but we cannot guarantee privacy--this is a public document, so please keep that in mind when you decide what information you feel comfortable sharing.

Please fill in what you would like included in the school's directory:

Name(s) of child/children/siblings who attend EES:

child's name, first & last	child's grade/child's teacher
1. _____	_____
2. _____	_____
3. _____	_____

Name(s) of parent(s) and/or primary caregiver(s) and contact information:

parent/caregiver's name & relation to child	email address
phone number(s)	street address
1. _____	_____
_____	_____
2. _____	_____
_____	_____
3. _____	_____
_____	_____

## Thirdhand smoke: A Threat to Child Health

Thirdhand smoke is a danger to children. People with respiratory illnesses, pregnant women, the elderly, and animals are also vulnerable to thirdhand smoke. This fact sheet offers some information and offers suggestions to prevent exposure to thirdhand smoke.

### What is Thirdhand Smoke?

- The left-over contamination that persists after the cigarette is extinguished
- The smoke residue can stick to dust, furniture, carpeting, car seats, hair or clothes
- Homes and cars in which people have smoked may smell of cigarettes for long periods
- Secondhand smoke particles are released into the air, combine with particles normally in the atmosphere (ie, nitrous acid or ozone) and forms a new compound called nitrosamines
- The nitrosamines released into the air are carcinogens, or cancer-causing substances

### Facts about Thirdhand Smoke

- 43% of smokers (65% non-smokers) believe that thirdhand smoke causes harm to children
- The 2006 Surgeon General's report on involuntary exposure to tobacco tells us that there is **no** safe level of exposure to tobacco smoke
- Thirdhand smoke contains more than 250 chemicals
- Decontaminating a home or car that was used by a smoker may require expensive professional cleaning as it can stain walls, floors, and the smell can remain in dry wall, insulation, and other building components
- Smoking in different rooms, using fans to blow the smoke, or smoking in front of an open window, does not prevent the formation of thirdhand smoke
- Babies and children can be harmed because they breathe or eat the toxins when they crawl on floors, sit on car seats, or cuddle adults, where toxins may have built up over time
- Pets are also at risk because the carcinogens linger on their fur or feathers

### How to Protect against Thirdhand Smoke

- Do not allow smoking inside your home or car
- Do not allow smoking near you, your children, or your pets
- Ask anyone who cares for your child or pet to abide by these rules as well- and tell them why

# Erving Elementary School PTO Fall Festival Sign-ups

Hello EES Families

So it is that time of year when the Erving Recreation Commission has their annual Fall Festival at Veteran's Field in Erving. Every year the PTO has a booth selling lots of yummy baked goods. In addition to this year's booth we will be selling popcorn, and snow cones. This is your opportunity to be a part of a great fall tradition in Erving. We are looking for volunteers to help set up, work the booth without the day, clean up, and to bake yummy treats. Please consider donating your cooking skills or your time to make this year a great success. Please check off what you would be willing to help with.

Volunteer's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Set-up

9:00-10:00 \_\_\_\_\_

Working Shifts

10:00-11:00 \_\_\_\_\_

11:00-12:00 \_\_\_\_\_

12:00-1:00 \_\_\_\_\_

1:00-2:00 \_\_\_\_\_

2:00-3:00 \_\_\_\_\_

3:00-4:00 \_\_\_\_\_

Clean-up

4:00-5:00 \_\_\_\_\_

Donations:

**Baked Goods** \_\_\_\_\_

(Please precut and bag up individually)

Juice Boxes \_\_\_\_\_

Water \_\_\_\_\_

Popup Tents \_\_\_\_\_

Kool aide packets \_\_\_\_\_

Lunch size Brown

Paper Bags \_\_\_\_\_

Regular Popping Corn \_\_\_\_\_

(NOT MIRCOWAVED)

Please email the PTO with any questions or concerns at [ervingpto.ma@gmail.com](mailto:ervingpto.ma@gmail.com)

Thank you for your support and donation.

# ERVING EXPLORERS

Some of our fun activities will include:

- ☀ Enjoying the great outdoors.
- ☀ Map and compass skills.
- ☀ Backpacking, camping, hiking.
- ☀ Outdoor survival skills.
- ☀ Boating and fishing.
- ☀ Skating, skiing, and snowshoeing.
- ☀ Learning to be involved with our community.
- ☀ Having fun with your friends.
- ☀ Weekend field trips and camping trips.

Meetings will be held the 1<sup>st</sup> Tuesday of the month at our new recreation center. This is a free program for Erving residents ages 6 to 12, accompanied by a parent or guardian.



Starts October 6, 2015 6:00 to 7:30 pm

At 18 Pleasant Street.

Please email [chad.gagne@comcast.net](mailto:chad.gagne@comcast.net)

for more information and to get signed up!

