



EAGLE EXPRESS

SCHOOL WEEKLY NEWSLETTER

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FAMILY CONNECTION EDITION

ERVING, MA

APRIL 20th, 2020

From The Principal's Desk:



Dear Families and Friends of Erving Elementary School,

As we finish up the second week of our remote learning experience, I want to share that I am very impressed with our students, as they have worked hard to stay engaged and keep up with their learning. This type of learning environment is very different and might be difficult to navigate for some families. Remember, you are doing the best you can during a challenging time, and I am encouraged by everyone's ability to adapt to this situation.

I know it is hard, but I encourage everyone to stay home and practice social distancing when you leave your house. Even though we need to keep our distance, I am aware how important it is for students and families to stay connected to friends and loved ones. In my house, my children are practicing social connectedness by participating in Google Meet with their teachers, Facetiming their grandparents in North Carolina, talking on the phone and sending letters to friends in the mail.

A great way to stay connected to the EES staff is the new "School Video" link on the website. Click on the link and you can continue to listen to Ms. Urban reading Poppy and you can also see Mrs. Martin reading stories as well. Rumor has it that there will be more Divo stories posted there next week. Stay tuned for more details.

For those of you that may have missed Superintendent Culkeen's letter posted on ClassDojo earlier this week, I want to share that Union 28 schools have adjusted their 2019-2020 academic calendar. Earlier this week, the School Committee voted to change the school calendar to continue with remote learning for the four days of April vacation, April 21st – 24th and to cancel the Union 28 teacher professional development day on May 22nd, so students can continue with their learning. With these adjustments made to the school calendar, the last day of school for EES students is Friday, June 12th.

Please take a moment to complete the Erving Elementary School "Remote Learning Plan Feedback" survey. I would like to hear what's working at home and how EES staff can lend more support to you and your child. Family feedback plays an important role as we continue to make revisions and modifications to our remote learning plan to meet the needs of all of our students.

I hope everyone enjoys the long holiday weekend and has a nice day off on Monday.

Sincerely,
Lisa Candito

Owen FaceTiming with
his grandparents



Zoey meeting
with her class



We want to hear from you more!



Thank you for your patience, flexibility, and extraordinary collaboration as we work together to keep the love of learning alive for the children of Erving Elementary School. We have made adjustments to our delivery, created structures and set up learning routines for students. We would like to hear what's working at home and what you might want more of. Family feedback plays an important role as we continue to make revisions and modifications.

Click **HERE** to take a short survey.



Dear Families,

What a difference a sunny day makes! When the sun comes, take advantage of it and get outside! I especially appreciate there are no bugs this time of year. (:

As I mentioned in my newsletter last week, I'd like to share more tips for coping with these times:

- During this time of uncertainty it's important to help children feel a sense of control. They can do this by having an active role at home (and by taking actions to be safe like washing hands) or helping the community (volunteer to write letters, sharing supplies, for example).
- Recognize and validate children's emotions.
- Help children self-regulate by:
 - exercising,
 - eating healthy nutrition,
 - practice deep breathing,
 - practice mindfulness, and
 - sleeping enough.
- Keep children busy! Our website and remote learning plans have lots of extra ideas.
- Exercise every day.
- Emphasize hope, strengths, and positive thinking!
- Be gentle with yourself and take good care of yourself.

With best wishes to you and your family,

Dr. Molly Alvin
School Psychologist



From the (Remote) Health Room: How to Treat a Tick Bite

Remove the tick as soon as possible:

On a calendar, note the date and where on the body the tick was removed.

Use fine-tipped tweezers to grasp the tick as close to the skin as possible.

Pull upward with steady, even pressure. Don't twist or jerk the tick. It can take a few minutes of pulling before the tick releases.

After removing the tick, wash the bite area with soap and water. You may also want to apply a thin layer antibiotic ointment.

Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, seal it in a Ziploc-style bag.



Consider calling your healthcare provider if, within 30 days of a tick bite, you experience any of the following symptoms: rash, fever, fatigue, headache, muscle pain or joint swelling and pain. Your risk for Lyme disease is low if a deer tick has been attached for less than 36 hours.

For more information go to www.cdc.gov/ticks/pdfs/FS_TickBite.pdf