



EAGLE EXPRESS

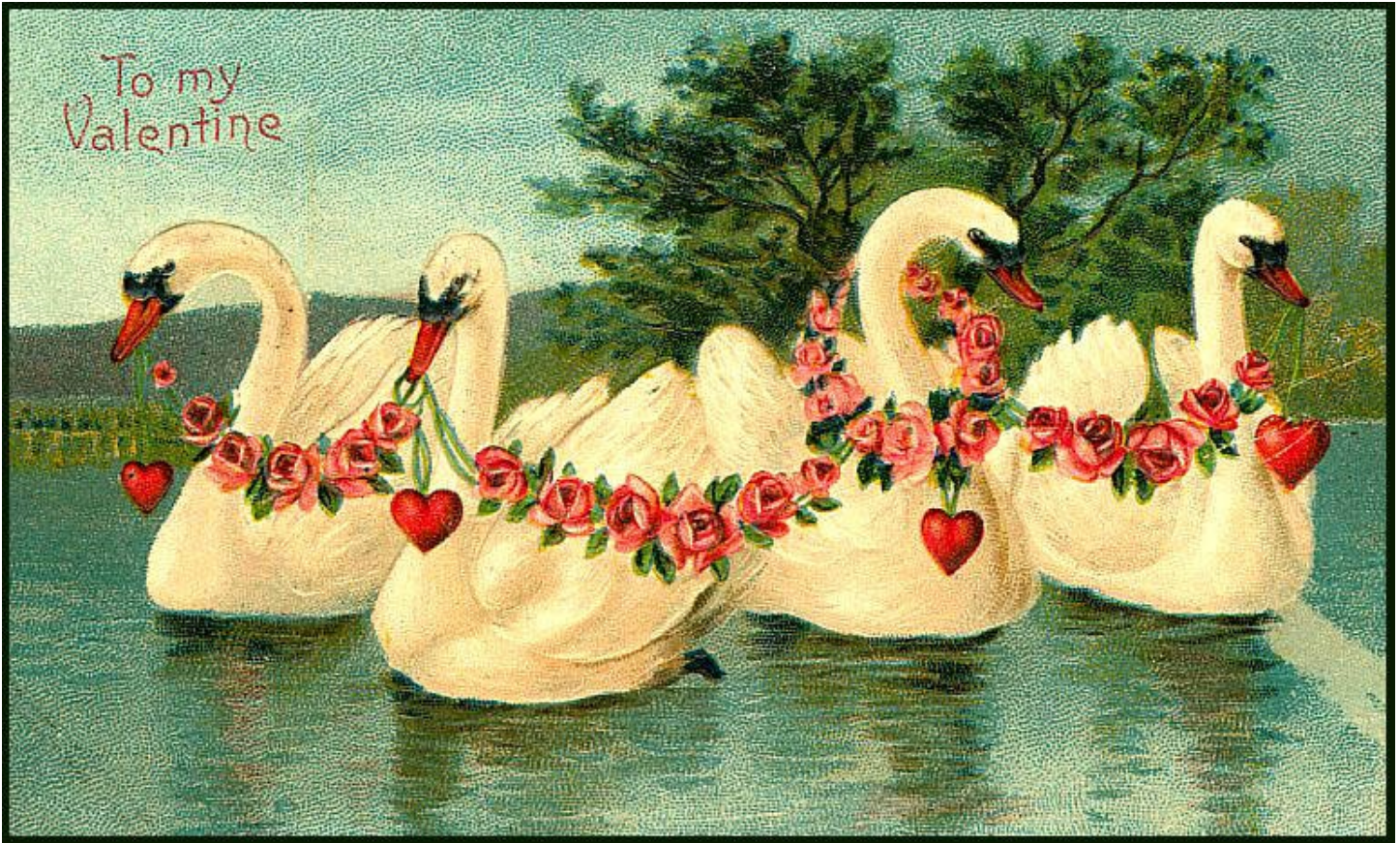
SCHOOL WEEKLY NEWSLETTER

Phone: 413-423-3326
<http://www.erving.com>

HAPPY VALENTINE'S DAY!

ERVING, MA

FEBRUARY 7th, 2020



FEBRUARY

Wednesday, February 12th

Preschool Registration
10:00-11:00 am

NO SCHOOL

February 17th - 21st

Sunday, February 9th

CNC Play Group
10:00-11:30 am

Secret of Parenting Workshop
5:30 – 7:00 pm

Thursday, February 27th

All School Sing
9:30 am

Monday, February 10th

School Committee
Meeting
6:00 pm

Friday, February 14th

VALENTINE'S DAY

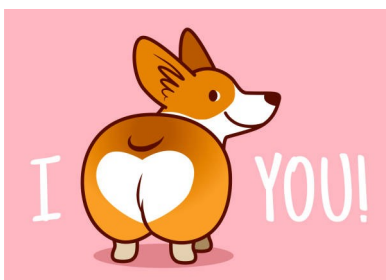
CNC Workshop
5:00-8:00

Tuesday, February 11th

Preschool Registration
6:00-7:00 pm

Friday, February 28

Math Coffee Hour
8:30-9:30 am
Conference Room



From The Principal's Desk:



Dear Families and Friends of Erving Elementary School,

Erving Elementary School is proud to introduce “Tech Free Tuesday Challenge” (TFTC) as our New Year’s resolution for 2020. As a staff, we are encouraging our students and their families to spend less time in front of screens, and far more time pursuing new hobbies and personal relationships that don’t involve technology. We are asking that EES families participate in our “TFTC” and give up technology on Tuesdays during the months of February, March, April, May and beyond. If your kids are having trouble putting the phone, iPad, gaming system, or computer away when you ask, consider instituting the Tech Free Tuesday Challenge for your child. More information will be shared this month so check backpacks and watch Class Dojo.

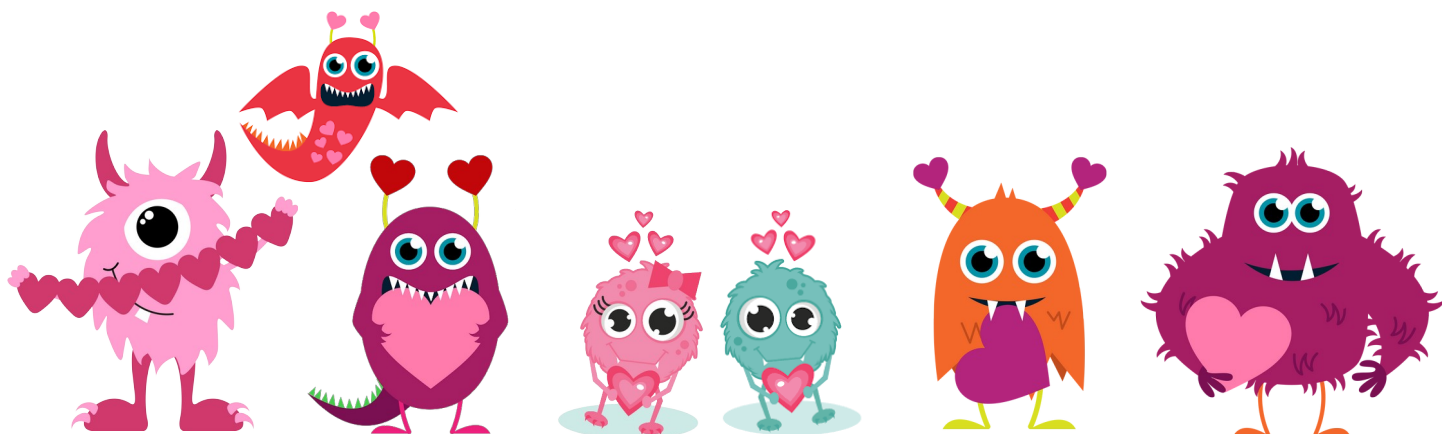
It is once again time for the SIX FLAGS Read to Succeed program at EES. This program is a wonderful way to encourage your child to read and earn a free ticket to Six Flags. The program has changed a bit from last year, so please go to www.erving.com/library or contact Ms. Urban (urban@erving.com), our school librarian for more information.

Many thanks to Ms. Urban and Mr. Smith for coordinating the start of the Sora reading program at EES. This new app will allow our students and staff members to access a collection of eBooks and audiobooks on a daily basis. It empowers students to discover and enjoy eBooks and audiobooks from the iPads at EES, for both pleasure and class-assigned reading. Sora is currently available for our students in 5th and 6th grade but it will be available to students in K-4 grade after February vacation.

Have a wonderful weekend!

Sincerely,

Lisa Candito





ERVING ELEMENTARY SCHOOL

LISA CANDITO, Principal
28 Northfield Road
Erving, MA 01344
Telephone: (413) 423-3326
Fax: (413) 423-3648

February 2020

Dear Erving Elementary Families and Friends,

Erving Elementary School is proud to introduce “Tech Free Tuesday Challenge” (TFTC) as our New Year’s resolution for 2020. As a staff, we are encouraging our students and their families to spend less time in front of screens, and far more time pursuing new hobbies and personal relationships that don’t involve technology. We are asking that EES families participate in our “TFTC” and give up technology on Tuesdays during the months of February, March, April, May and beyond. If your kids are having trouble putting the phone, iPad, gaming system, or computer away when you ask, consider instituting the Tech Free Tuesday Challenge for your child.

During the months of February, March, April and May, the Erving Elementary School Council will lead the TFTC, by offering several parent information sessions and Tech Free student activities at the school. The parent workshops will focus on the dangers and challenges of too much screen time, gaming, and cell phone safety. The student sessions will focus on activities, games and play that does not involve the use of technology. Two of the evenings will be activities for the entire family to participate in, and these will be announced after the February break.

No one cares more about your child's well-being and success than you do. In today's digitally-fueled times, it is often challenging to guide your children away from the screen, so let us support you and your children in using technology thoughtfully. We all need to give ourselves a chance to unplug and relax from the world around us. Simple changes can go a long way in helping to create these tech free times for you and your family.

Our first Tech Free Tuesday Challenge event will happen on Tuesday, February 25th, from 6:00-7:00pm. On the 25th, Speech and Language pathologist, Andrea Elson, will present a PowerPoint: *Children and Technology: Benefits, Risk and Healthy Screen time Guidelines*, for EES parents followed by a discussion, while students participate in technology free activities. Come and learn some basic parenting guidelines to help you establish ground rules and maintain tech harmony at home.

The staff at EES and the EES Student Council, encourage your family to take the Tech Free Thursday Challenge and sign the attached pledge, and commit to unplugging during 2020.

Sincerely,

Lisa Candito and the Erving Elementary School Council



Technology-Free Pledge

"ALMOST EVERYTHING WILL WORK AGAIN IF YOU UNPLUG IT FOR A FEW MINUTES,
INCLUDING YOU."

- ANNE LAMOTT

From February 2019-May 2019 join families and friends from Erving Elementary School and pledge to unplug from screen-based entertainment on Tuesdays. Let your imagination run wild – there's no limit to what you can do during "Tech Free Tuesdays"!

Connect with the people in your neighborhood, have an uninterrupted meal, read a book with your child or have a board game night! The ideas are limitless! All you need to do is turn off your cell phone, iPad, computer, gaming system, Kindle and anything that requires a charge. You don't have to pledge for all Tuesdays; just do the best you can.

I pledge that on Tuesdays, between February and May, I will:

1. Avoid all technology (Cell phone, television, computer, laptop, tablet, games, etc.).
2. I will connect with loved ones and friends through conversations and activities.
3. I will nurture myself and get outside more.
4. I will give back and do nice things for others.
5. I will read books, and participate fun educational activities.
6. I will learn to do something I have never done before.

Student's Signature: _____

Date: _____

Parent's Signature: _____

PLEASE RETURN THE SIGNED PLEDGE TO YOUR CLASSROOM TEACHER

Our next “**Secret of Parenting**” session will be on Wednesday, February 12th, from 5:30-7:00 pm. All are welcome, whether you have attended previous sessions or not. Participants are asked to review chapters 3, 4, & 5 prior to class: if you do not have a book, or you wish to attend, please contact Jennifer Fay Smith in the office at 423-3326 x222, or by email at Jennifer.Smith@erving.com.

All participants are asked to RSVP, as we will have light snacks and child care provided; and we need to ensure that we have enough for everyone!



THE SECRET OF PARENTING



This week the cafeteria brought back the salad bar! I know, exciting right? The kids enjoyed fresh leafy green & romaine lettuce, shredded baby carrots, fresh broccoli, english cucumbers, celery, red & yellow peppers & cherry tomatoes! They were very happy to see it's return as was the staff.

We will continue to offer the salad bar to our students, but at this time it will be on Monday & Thursday only.

Thank you Amiee Wood for your continued support of our program.

We are also looking for more parents to help out during the serve time of the salad bar: 12 - 1pm. If you would like to volunteer, please contact the kitchen!



Lost and Found Items

Our collection is growing!

Lost and Found items will be on display in the Main Lobby until Fri., February 14th. At the end of the day they will be bagged up and given to a local charity. If you are missing items, please come by and take a look at what is there. You might be pleasantly surprised.



Teachers at EES worked with new standards for Science by building science projects! The new standards are written to help students:

- Develop a deeper understanding of science beyond memorizing facts
- Experience similar scientific and engineering practices as those used by professionals in the field.



Science, Engineering, and Math Challenge

- ③ Build a successful **space lander**.
- ③ Perform drop testing . Measure and record several drop times.
- ③ Find the *average* of the times you've recorded.
- ③ Calculate corresponding times as they would occur if you dropped your lander -without wind interference - from 10, 50 and 200 feet.

Extra Challenge:
The gravitational pull on the moon is 0.165 that of ours on Earth. If you performed your testing on the moon, how would your times differ? How would the lack of atmosphere impact your drop times on the moon?

Super Bonus Challenge:
If the moon had our atmosphere, what would your times have been?

Important Information:
What will you use to measure your drop? Make sure you think about this and confirm your tool with your teammates.

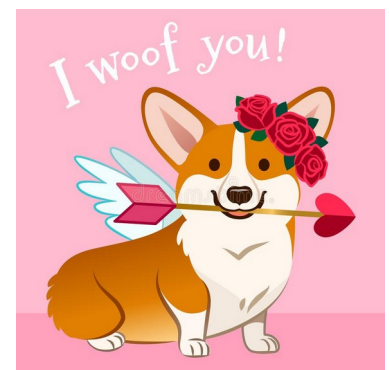
A **meter** is only slightly **longer** than a **yard**, as 1 **meter** equals 39.37 inches, or 1.0936 yards. Alternatively, one **yard** is equal to 91.44 centimeters, whereas a **meter** is 100 centimeters.



SOARING EAGLES



Our adventurous afterschool SOARing Eagles built a fort in the woods. These intrepid Eagles are exploring their world and creating fun wherever they go! Afterschool continues to be a place of fun and discovery!





Erving Elementary School Kindergarten Registration

Erving Elementary School is beginning kindergarten registration for the 2020-2021 school year.

If you have a child who will be 5 years old by September 1, 2020, and you live in the town of Erving, they are eligible to attend kindergarten at Erving Elementary School.

Please pick up a registration packet at the school or contact the school at (413) 423-3326 to have a registration packet sent to you.

Any child currently attending preschool at Erving Elementary School that will move on to kindergarten next year is automatically enrolled for next year and a registration packet will be sent home with your child in February.

All registration packets need to be returned by March 30, 2020.

If your child is kindergarten eligible but will not be attending Erving Elementary School, please call the school and let us know.

If you have any questions, please email Mackensey Bailey, Early Childhood Coordinator, at **bailey@erving.com**



Erving Elementary School Preschool Registration

Erving Elementary School is beginning to register preschoolers for the 2020-2021 school year.

If you have a child who will be either 3 or 4 years old by September 1, 2020 and you live in the town of Erving, they are eligible to attend preschool at Erving Elementary School.

NEW THIS YEAR

There will be two opportunities to register your child at school:

Tuesday, Feb 11th 6:00pm-7:00 (tour and meet staff)

Wednesday, Feb 12th from 10:00-11:00 (tour and meet staff)

More information about these events will be mailed to each family

Families that currently have a child attending preschool at Erving Elementary School are automatically enrolled for next year and a registration packet will be sent home in February.

If your child is preschool eligible but will not be attending Erving Elementary School, please contact the school at (413) 423-3326 and let us know.

If you have any questions, please email Mackensey Bailey, Early Childhood Coordinator, at **bailey@erving.com**



Northampton Area Pediatrics Parenting Workshops 2019-2020

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

All parenting workshops
are free of charge and
open to the public.

We offer childcare for some
of the workshops.

September 15th

Childhood Safety: Tips on Car Seats and Boosters, Prevention of Drowning, What You Should Know about Choking Accidents and Gun Safety, with pediatrician, Catherine Bartlett, MD

October 20th

Parenting Preschoolers with Confidence, Clarity and Empathy with Sarah Abel, LICSW

November 10th

Striking the Right Balance: How to Make Healthy Eating and Exercise a Part of your Busy Life with Jennifer Allen, Director of Wellness & Community Engagement at the HRYMC and pediatrician, Kristen Deschene MD

December 1st

When Worrying Takes Over: Managing Anxiety in your Child or Teen with Sharon Saline, PsyD and Jonathan Schwab, MD

January 26th

Navigating the care of your Medically Complex Child and Finding the Supports you Need with Alana Kaczmarek, CPNP

February 9th

Substance Abuse: Why Does it Happen and How Can Parents and Medical Providers Help with Jonathan Schwab, MD

March 1st

Everything You Want to Know about Parenting an ADHD Child or Teen with Sharon Saline, PsyD and Jonathan Schwab, MD

April 19th

Picky Eating from Toddlers to Teens with Ana Maria Moise, MS CNS LDN, Michele LaRock, MS RDN LDN and Kristen Deschene, MD

May 3rd

Navigating Gender Identity Development in Children and Adolescents with pediatrician, Jana Cable, MD

June 7th

Helping Your Infant and Toddler Sleep Through the Night with Wendy Chabot, MD



ERVING PUBLIC LIBRARY
INVITES YOU TO
CELEBRATE

*The Last Day at
17 Moore Street*



FEBRUARY 14TH (FRIDAY)
3 PM – 5 PM

CAKE | CHECKOUT DVDS & BOOKS | SAY GOODBYE

The Erving Public Library is opening at its new location at 2 Care Drive on March 1st.
The Library will be closed from February 15th to February 29th.



The Flu:

A Guide for Parents

Flu Information

What is the flu?

Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that

has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with flu will not have a fever.

How long can a sick person spread the flu?

People with the flu may infect others from 1 day before getting sick to 5-7 days after. Children and people with weakened immune systems can shed virus for longer, and might still be contagious past 7 days, especially if they still have symptoms.

IMPORTANT:

Can my child go to school, daycare or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or to caregivers.

When can my child go back to school after having the flu?

Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

Protect Your Child

How can I protect my child against flu?

The first and most important thing to do is to get flu vaccine for your child, yourself, and everyone else in your household **every year**. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.



About Flu Vaccine

What are the benefits of the flu vaccine?

- Flu vaccine helps protect the person vaccinated from the flu.
- Flu vaccine can make your illness milder if you do get sick and reduces the risk of hospitalizations and deaths.
- Flu vaccine keeps you from spreading the flu to your family and friends. This is particularly important to protect those who are most vulnerable, such as:
 - » Those at greatest risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children.
 - » Infants younger than 6 months old who are too young to get vaccinated.

Is influenza vaccine effective?

Yes. While no vaccine is 100% effective, influenza vaccine is the best protection against getting the flu.

Influenza vaccine tends to be most effective in people who are younger and healthy. It takes about two weeks after vaccination to protect against flu, so vaccination does not protect immediately. Also, flu

viruses are always changing, so the vaccine needs to be updated every year, before flu season starts. When the vaccine isn't a good match with flu viruses that are circulating, it offers less protection.

Are there any risks from flu vaccine?

Vaccine reactions, if they occur, are usually mild and can include soreness, redness and swelling where the shot is given. Some people have experienced fever, body aches, headache and fatigue. These reactions usually begin soon after the vaccine is given, and last 1-2 days.

A vaccine, like any medicine, could possibly cause more serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm is **extremely small**.

Life threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.

More detailed information about flu vaccine is available at www.immunize.org/vis. At this site you will find Vaccine Information Statements about influenza vaccines designed to educate and inform in many languages.



Other Steps to Take

What else can I do to protect my child?

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after use.
- Stay away from people who are sick.
- Wash hands often with soap and water.
- Use an alcohol-based hand rub if soap and water are not available.
- Contact your healthcare provider if your child gets sick, especially if the child is very young (under 5) or has long-term health conditions.
- Seek emergency care if your child has trouble breathing, fast breathing, turns bluish or gray, has severe or persistent vomiting, has trouble waking up, or doesn't interact normally.

Much more information is available at:

www.mass.gov/flu
www.cdc.gov/flu
www.immunize.org

Or call (617) 983-6800 or your local board of health.



Adapted from CDC and developed as per legal requirements pursuant to An Act Relative to Annual Immunization Against Influenza for Children, MGL Chapter 111, Section 229, Amended 2012. Massachusetts Department of Public Health, 2016