



# EAGLE EXPRESS

Phone: 413-423-3326

<http://www.erving.com>

SCHOOL WEEKLY NEWSLETTER

FINAL FEBRUARY EDITION

ERVING, MA

FEBRUARY 28<sup>th</sup>, 2020

## EES PTO TO HOLD ANNUAL CALENDAR RAFFLE



The EES PTO is holding their 3<sup>rd</sup> all school fundraiser: a cash and prize calendar raffle in April. We have received over \$3,000 of in-kind prize donations from 65 overwhelmingly generous local businesses and families.

Calendars will go home with students on Friday, February 28<sup>th</sup>, and the deadline to return money and calendar stubs is March 27<sup>th</sup>. The first tickets will be pulled at the All School Play; however, we will accept tickets through April 13<sup>th</sup>, if wanted.

The more tickets which are sold, the more money we will have to support all 132 students in enrichment activities: such as field trips, PTO Scholarships, school-wide community events, staff support, and more!



### Monday, March 2<sup>nd</sup>

DARE Graduation  
5:30 – 7:30 pm

### Tuesday, March 3<sup>rd</sup>

PTO Meeting  
6 pm

### Wednesday, March 4<sup>th</sup>

Savings makes "Cents"

### Friday, March 6<sup>th</sup>

Books-in-Action Party  
5:45 – 8:15 pm

### Tuesday, March 10<sup>th</sup>

School Committee Mtg  
7 pm

### Thursday, March 12<sup>th</sup>

CNC Parent Workshop  
5:00 – 8:00 pm

### Sunday, March 15<sup>th</sup>

CNC Play Group  
10:00 – 11:30 am

### Tuesday, March 17<sup>th</sup>



### Tuesday, Wednesday, & Thursday

### March 17, 18, & 19<sup>th</sup>

Teacher / Parent /  
Guardian Conferences  
Early Dismissal 1:15 pm

### Wednesday, March 18<sup>th</sup>

Savings makes "Cents"

### Friday, March 20<sup>th</sup>

Math Coffee Hour  
8:30 – 9:30



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## From The Principal's Desk:



Dear Families and Friends of Erving Elementary School,

This has been a busy week at Erving Elementary school after a relaxing February vacation. On Monday, February 24th, visitors from Great Falls Middle School (GFMS) came and met with grade 5 and 6 parents and students to discuss the transition to middle school. The Principal of Secondary Education, Joanne Menard, and Director of Pupil Services, Dianne Ellis; as well as a panel of former EES students, did an informative presentation regarding life as a 7th grader at GFMS. Students and family members had an opportunity to ask the student panel questions about life at GFMS, and learned a lot of great information about the school district, academic programs, after school clubs, and sports activities and enrichment offerings at the school.

Our first Tech Free Tuesday Challenge event took place Tuesday, February 25th. Parents and guardians attended *Children and Technology: Benefits, Risk and Healthy Screen Time Guidelines*, a discussion presented by Speech and Language pathologist, Andrea Elson, while students had an opportunity to participate in a variety of technology free art activities. Students were able to create glow in the dark art projects, dream catchers, bookmarks, and much more. Many thanks to Mrs. Elson for her informative presentation and to Emily Stuart and all of the EES staff for organizing Tech Free Tuesday activities for our students.

I am thrilled to announce that phase I of the carpet upgrade project at EES took place during February vacation. Many thanks to Eric Harris, Collin Mailloux, Tom and Jennifer Smith, Patricia Winn and the 5<sup>th</sup> and 6<sup>th</sup> grade students for their help packing boxes and moving furniture. The project would not have been able to happen without you.

Have a wonderful weekend!

Sincerely,

Lisa Candito



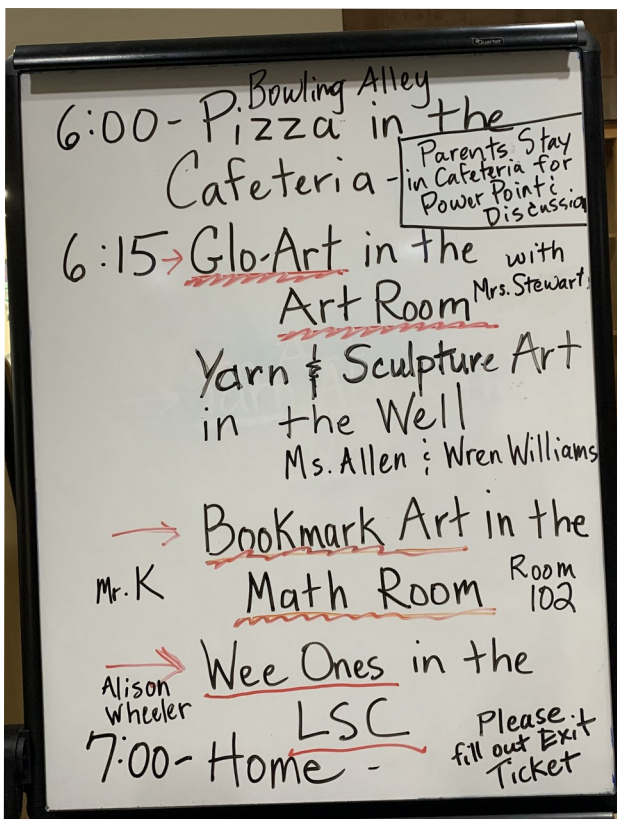
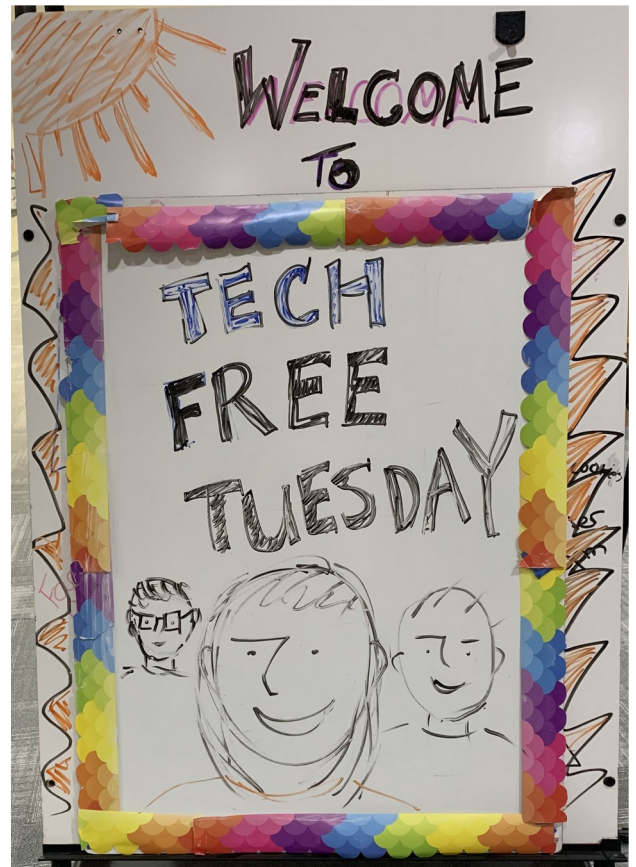
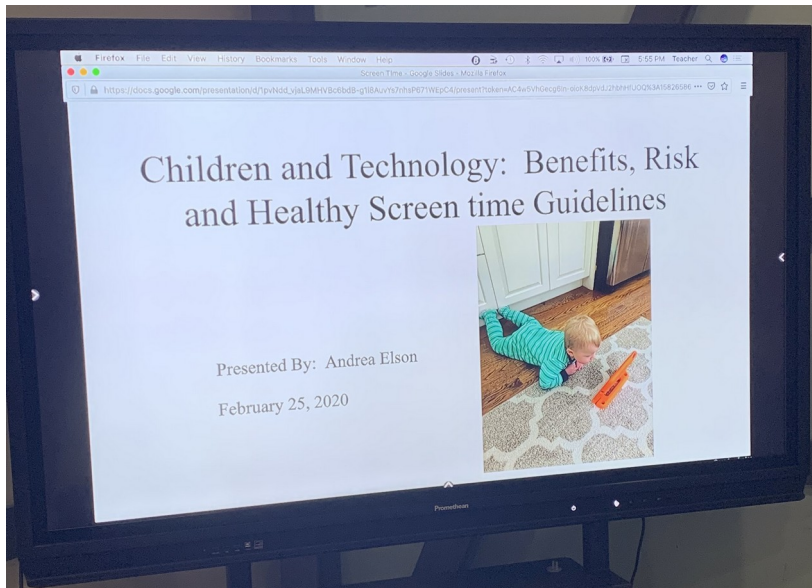




## TECH-FREE TUESDAY LAUNCHES WITH EVENT!

On Tuesday, February 25<sup>th</sup>, EES held its first Tech-Free Event with an educational lecture for parents, and fun crafting events for the kids! Pizza was served, and a good time was had by all, as they learned tips and tricks for having tech-free family time. Just look at all these pictures!

More events will be announced!



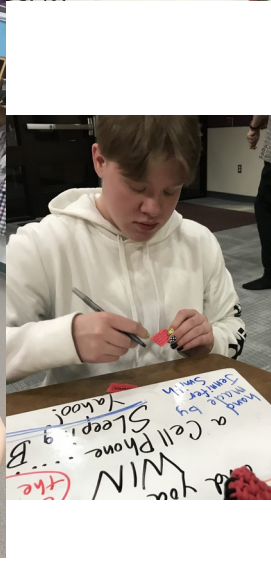
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# Laini the Library Lion



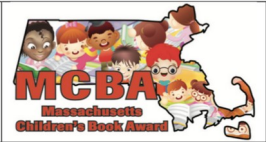
Important Message for any 4th, 5th or 6th grader who has read FIVE MCBA books and is planning to come to the Books-in-Action party: it's next Friday, March 6, 5:45-8:15 pm at EES!

Please return your permission slip ASAP, no later than Tuesday, March 3.

Parents & Guardians--any questions? Contact Ms. Urban at 423-3326 ext. 103 or [urban@erving.com](mailto:urban@erving.com).

If transportation is a problem, contact Ms. Urban for car-pooling information.

Massachusetts Children's Book Award  
Sponsored by Salem State University  
Master List 2019-2020



We would like to acknowledge, and thank Aimee Wood and Katie Stetson for continuing to help us with the salad bar. We appreciate volunteer help, as it allows us to continue to expand our options, which would otherwise be too time- and staff-consuming. If you are interested in being a kitchen volunteer, please contact our kitchen!



## SOARING EAGLES

Our SOARING Eagles  
had a fuzzy visitor!!!





# March - Breakfast 2020

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	
Assorted cereal, fruit & milk	2 Assorted cereal, cheese stick, banana & milk	3 French toast sticks, real maple syrup, pineapple & milk	4 Bagel w/cream cheese, diced pears & milk	5 Assorted cereal, yogurt, diced peaches & milk	6 WG chocolate chip muffin, mandarin oranges & milk	
	9 Assorted cereal, cheese stick, banana & milk	10 Pancakes, real maple syrup, pineapple & milk	11 English muffin w/butter, cheese stick, diced pears & milk	12 Assorted cereal, yogurt, diced peaches & milk	13 WG blueberry muffin, mandarin oranges & milk	
	16 Assorted cereal, cheese stick, banana & milk	17 Waffles, real maple syrup, pineapple & milk	18 Egg & cheese on an English muffin, diced pears & milk	19 Assorted cereal, yogurt, diced peaches & milk	20 WG pumpkin bread muffin, mandarin oranges & milk	
	23 Assorted cereal, cheese stick, banana & milk	24 French toast sticks, real maple syrup, pineapple & milk	25 Bagel w/cream cheese, diced pears	26 Assorted cereal, yogurt, diced peaches & milk	27 WG banana muffin, mandarin oranges & milk	
	30 Assorted cereal, cheese stick, banana & milk	31 Pancakes, real maple syrup, pineapple & 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



# March - Lunch 2020

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	
Chicken noodle soup, cottage cheese, crackers, breadstick, fruit & veg of the day & milk	2 Chicken nuggets, long grain brown rice, broccoli, sliced peaches & milk	3 Cheese Quesadilla w/sour cream & salsa, three bean salad, pineapple & milk	4 Garlic breadsticks w/marinara sauce, carrots, yogurt, diced pears & milk	5 Shepherds pie, sliced bread & butter, mandarin oranges & milk	6 Fish & chips (fries) tartar sauce, wax beans, fresh fruit & milk	
Chicken salad sandwich w/fruit & veg of the day & milk	9 Turkey, cheese & bacon wrap, steamed broccoli, slice peaches & milk	10 Nachos w/ground beef & cheese, corn & black bean salad, pineapple & milk	11 Hamb/cheeseburger on a wg roll, sweet potato fries, diced pears & milk	12 Chicken patty on a wg roll, oven fries, mandarin oranges & milk	13 HM Pepperoni or cheese pizza, green beans, fresh fruit & milk	
Tuna salad sandwich w/fruit & veg of the day & milk	16 Chicken & gravy over rice, broccoli, sliced peaches & milk	17 Soft beef taco w/cheese, salsa, sour cream, three bean salad, pineapple & milk	18 Pasta w/meat sauce, sliced carrots, diced pears & milk	19 Toasted cheese w/oven fries, mandarin oranges & milk	20 HM Pepperoni or cheese pizza, wax beans, fresh fruit & milk	
Egg salad sandwich w/fruit & veg of the day & milk	23 Seasoned chicken fillet, long grain rice, broccoli, sliced peaches & milk	24 Chicken fajita w/sour cream & salsa, corn & black bean salad, pineapple & milk	25 Turkey & cheese sub w/sweet potato fries, diced pears & milk	26 Salisbury steak, mashed potato, bread, mandarin oranges & milk	27 HM Pepperoni or cheese pizza, green beans, fresh fruit & milk	
Ham & cheese sandwich w/fruit & veg of the day & milk	30 Chicken nuggets, steamed rice, broccoli, sliced peaches & milk	31 Chicken & cheese quesadilla, sour cream & salsa, seasoned black beans, pineapple & milk	April 1 Garlic breadsticks w/marinara sauce, carrots, yogurt, diced pears & milk	April 2 Shepherds pie, sliced bread & butter mandarin oranges & milk	April 3 HM Pepperoni or cheese pizza, wax beans, fresh fruit & 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

\*WG = whole grain  
 \*WW = whole wheat  
 \*HM = homemade



## ERVING SCHOOL UNION #28

ERVING, LEVERETT, NEW SALEM, WENDELL, SHUTESBURY

**JENNIFER J CULKEEN**

SUPERINTENDENT OF SCHOOLS

PRUDENCE MARSH, Ed.D.

DIRECTOR OF STUDENT SUPPORT SERVICES

BRUCE C. TURNER

DIRECTOR OF FINANCE AND OPERATIONS

18 PLEASANT STREET

ERVING, MA 01344

413 423-3337

FAX 413 423-3236

[www.union28.org](http://www.union28.org)

February 28, 2020

Dear Union #28 Families and Staff:

We understand that many families have questions regarding the recent outbreak of the Novel Coronavirus (2019-nCoV) and how it may impact our local community. The Centers for Disease Control and Prevention is providing daily updates and recommendations. Please click on the following link to stay updated <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

While this is a public health concern, the CDC continues to report that the immediate risk to the general public remains low at this time. Yet, in today's connected world, with a large number of district families traveling during school vacation weeks, the potential for infectious disease is always of concern. As with seasonal flu and strep infections, there are general precautions we can all take to remain as healthy as possible.

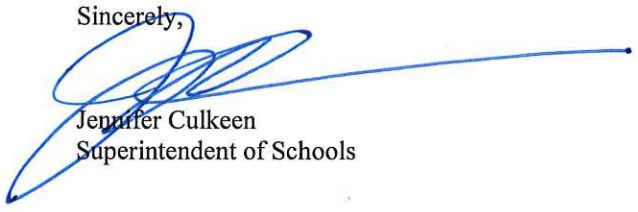
- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands. Use Alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue. You can also cough or sneeze into your sleeve. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.
- Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

It is important to keep children home from school when they are ill. If your child has any of the following symptoms please keep them home from school: temperature greater than 100.4, coughing, vomiting, diarrhea, any rash not yet diagnosed by a physician, red or pink itchy eye, and/or drainage from eye, and any contagious illness such as chicken pox, strep throat or flu. For additional guidance on when to keep your student home, please refer to [School Health Service guidance](#).

The Novel Coronavirus (2019-nCoV) is an evolving situation that we are following closely and will continue to update you as information is shared with us. Please rest assured that we are monitoring student health concerns. We are in close communication with the local Boards of Health, Massachusetts Department of Public Health/School Health Unit, as well as pediatric health care providers in the community. Our custodians are vigilantly sanitizing our educational spaces as we typically do during cold and flu season. We are following all recommended guidelines to ensure the safety of our students and staff.

We remain deeply committed to student and staff wellness and will continue to share new information with you, as necessary, about this evolving situation.

Sincerely,



Jennifer Culkeen  
Superintendent of Schools



WORKSHOP FOR FAMILIES

# TOILETING TIPS

When to start? Are they ready? What to do? When to worry?

THURSDAY, MARCH 12TH, 2020  
AT THE ERVING ELEMENTARY SCHOOL,  
28 NORTHFIELD RD., ERVING

- FREE DINNER & CHILD CARE IF PRE-REGISTERED!
- 5:30-6:00 DINNER
- 6:00-7:30 DISCUSSION FACILITATED BY **SARAH PATTON, LICSW**

BRING YOUR QUESTIONS, CONCERNS AND IDEAS ABOUT WHAT HAS WORKED OR NOT WORKED FOR YOU. APPROPRIATE FOR THOSE WHO ARE JUST BEGINNING OR THOSE STILL 'WORKING ON IT'!

**REGISTER BY CONTACTING THE CNC PROGRAM AT  
BUDINE@ERVING.COM OR (978) 544-5157**

This program is funded in part by the Community Network for Children Program and by donations from our Community!







# **PIONEER VALLEY ADHD FAMILIES**

**1st Monday of Every Month  
6:30pm to 8pm**

**Northampton Area Pediatrics, LLP  
193 Locust St., Northampton  
Conference Room**

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**

# 'MIGHTY' Now Enrolling

**Join MIGHTY – Now Enrolling!**



- Make new friends
- Be physically active
- Develop healthy habits
- Discuss healthy eating behaviors
- Gain new tools to maintain a healthy weight

**MIGHTY is a FREE pediatric weight management program. Ask your pediatrician for a referral to the MIGHTY program in Greenfield or call the program directly at 413-773-3646.**

