



EAGLE EXPRESS

SCHOOL WEEKLY NEWSLETTER

Phone:
413-423-3326

[http://
www.erving](http://www.erving)

BEST ELEMENTARY SCHOOL!

ERVING, MA

JANUARY 17th, 2020

All School Sing is a Hit!



More pictures on page 5.



Monday, January 20th

No School

Martin Luther King Day

Tuesday, January 21st

School Committee
7:00 pm

Wednesday, January 22nd

Secret of Parenting
5:30-7:00

Thursday, January 23rd

Early Childhood
Coffee Hour
8:30 am

Monday, January 20th

No School

In observation of
**Martin Luther
King Jr. Day**



Tuesday, February 4th

PTO Meeting
6:00 pm

Sunday, February 9th

CNC Play Group
10:00-11:30 am

Monday, February 10th

School Committee Meeting
6:00 pm

Tuesday, February 11th

Preschool Registration
6:00-7:00 pm



From The Principal's Desk:



Dear Families and Friends of Erving Elementary School,

It is hard to believe that we are almost halfway through the school year. With that said, the time has come for the mid-year report card to be sent home with your child. Please read through the marking key located on the report card. This marking key describes what the marks stand for on the report card. If you have any questions about your child's report card I encourage you to contact your child's classroom teacher. Report cards will be sent home on Friday, January 17th, so please check your child's backpack.

With our mid-January thaw underway it is important to remember to practice healthy habits, that prevent illness during cold and flu season. School is a place where kids learn and grow, develop social skills, and become independent individuals; but it is also a place where they pick up germs and illnesses. Please take a minute to remind your child of the importance of healthy habits during this time of year.

Here are some great tips on how to keep your kids healthy.

1. Teach your child about proper hand washing
2. Boost your immune system with healthy foods and vitamins
3. Create good sleep habits
4. Flu prevention techniques
5. Drink plenty of fluids

All EES parents/guardians are welcome to attend *The Secret of Parenting* workshop series on Wednesday, January 22, 2020 from 5:30-7:00pm. Feel free to spread the word about the workshop, new participants are always welcome. Light snacks and childcare will be provided. Please just let our office know you wish to attend so we can have enough child-care: call or email jennifer.smith@erving.com.

Enjoy the long weekend in honor of Dr. Martin Luther King. See everyone next week!

Sincerely,

Lisa Candito



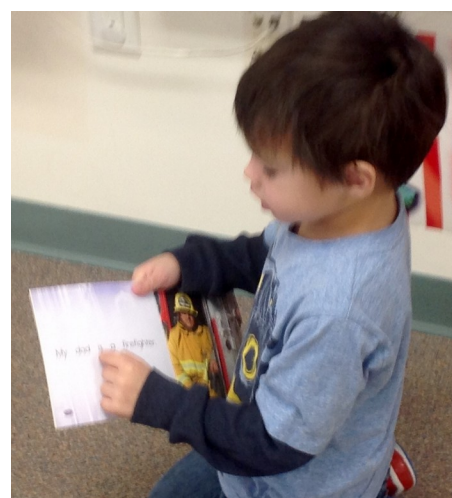
Greetings from Kindergarten!
Reading groups continue to be an
exciting part of our school day.



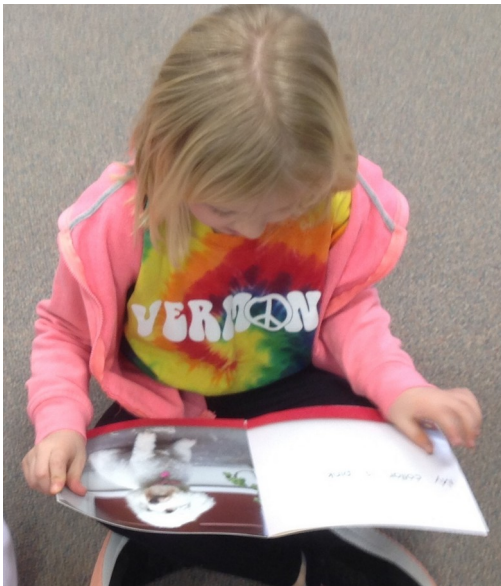
We are isolating and identifying the vowel. Kindergartners love this game!



We've also begun our new math unit – two-dimensional and three-dimensional geometry! Kindergartners are looking for three-dimensional shapes that have a circle, rectangle, or square face.



Check out these
readers!



The Cafeteria is excited to announce the return of the salad bar within the next few weeks! Our hope is that we will begin making salads available again the week of February 3rd. To start, Mondays & Thursdays will be the only days offered.

Produce will be purchased through Simos; out of Springfield, MA. They have been providing fresh produce in the area since they began in 1934. We are proud to be able to work with someone who sources local and delivers in season when available, as it is very important to us as a community.





All School Sing!







February - Breakfast 2020

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal, fruit & milk	3 Assorted cereal, cheese stick, banana & milk	4 French toast, real maple syrup, pineapple & milk	5 English muffin w/butter, cheese stick, diced pears & milk	6 Assorted cereal, yogurt, diced peaches & milk	7 WG pumpkin bread muffins, mandarin oranges & milk
	10 Assorted cereal, cheese stick, banana & milk	11 Pancakes, real maple syrup, pineapple & milk	12 Bagel w/cream cheese, diced pears & milk	13 Assorted cereal, yogurt, diced peaches & milk	14 WG orange cranberry muffins, mandarin oranges & milk
	17 Winter Recess	18 Winter Recess	19 Winter Recess	20 Winter Recess	21 Winter Recess
	24 Assorted cereal, cheese stick, banana & milk	25 Waffles, real maple syrup, pineapple & milk	26 Turkey sausage, egg & cheese on a WG English muffin, diced pears & milk	27 Assorted cereal, yogurt, diced peaches & milk	28 WG blueberry muffins, mandarin oranges & 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. Muffins & breakfast breads are made with a blend of whole grain & white flour.

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

February - Lunch 2020

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Tomato soup, cottage cheese, crackers, breadstick, fruit & veg of the day & milk	3 Chicken nuggets, long grain rice, broccoli, sliced peaches & milk	4 Cheese Quesadilla w/sour cream & salsa, seasoned black beans, pineapple & milk	5 Garlic breadsticks w/marinara sauce, carrot coins, yogurt, diced pears & milk	6 Shepherds pie, sliced bread & butter, mandarin oranges & milk	7 Fish & chips (oven fries), tartar sauce, wax beans, fresh fruit & milk
Egg salad sandwich, fruit & veg of the day & milk	10 Chicken & gravy over rice, steamed broccoli, sliced peaches & milk	11 Soft beef taco w/sour cream, salsa, three beans salad, pineapple & milk	12 Hamb/cheeseburger on a wg roll, sweet potato fries, diced pears & milk	13 Sloppy Joe on a wg roll, oven fries, mandarin oranges & milk	14 HM Pepperoni or cheese pizza, green beans, fresh fruit & milk
	17 Winter Recess	18 Winter Recess	19 Winter Recess	20 Winter Recess	21 Winter Recess
Turkey & cheese sandwich, fruit & veg of the day & milk	24 Chicken filet on a wg roll, seasoned broccoli, sliced peaches & milk	25 Chicken fajita w/sour cream, salsa, cheese, corn & black bean salad, pineapple & milk	26 Pasta w/meat sauce, sliced carrots, diced pears & milk	27 Salisbury steak, mashed potato, slice bread & butter, mandarin oranges & milk	28 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

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

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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**



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**



coffee hour



All parents/guardians are invited to our next coffee hour on Thursday, January 23th at 8:45am in the conference room.

The theme for this coffee hour will be fire safety. We will have Erving firefighters join us to talk about smoke and carbon monoxide detectors, having a safety plan for your home, how to safely use a wood stove and tips for keeping your family safe in case of a fire in your home or vehicle.

Please join us for this important topic especially now that the weather is cold and more wood stoves and furnaces are being used.

There will be coffee and baked goods available and a **free book raffle**

Please RSVP by January 21, 2020

(Cut and return the bottom half)

Name_____

_____I will be attending the coffee hour on January 23rd

SNOWTUBING AT BERKSHIRE EAST



Erving Recreation Commission

invites you to a morning of
snowtubing in Charlemont, MA



February 21, 2020

10 am – Noon

Limited to 60 participants

Minimum height 42 inches

No tandem riders

Children must be accompanied by an adult

Transportation not provided



**Registration required
at <http://ervingma.myrec.com>**

\$5 Erving residents

\$15 Non-residents



TIME TO MAKE ROOM FOR WARMER WEATHER CLOTHES!

CNC CHILDREN'S CLOTHING SWAP

Saturday, January 25th, 2020
1:00-3:00pm

Bring clothes
to SWAP
or just come
SHOP!

4 Montague Rd, Leverett
@ the Dixon House

CLOSET
CLEAN OUT!

Our closet is BURSTING!

**FREE! Open to all with young children,
Newborn-Elementary Age
Questions? Contact budine@erving.com**

Thank you to the First Congregational Church of Leverett!

The CNC Program is funded in part through the Coordinated Family and Community Engagement Grant by the Massachusetts Department of Early Education and Care, Community Donations, and the Union#28 Schools.





Northampton Area Pediatrics Parenting Workshop

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

Come gather with other parents of medically complex children as we discuss the challenges of care coordination. We will particularly focus on points of transition in your child's life including moving from early intervention into your local school system and from pediatric to adult care. This will be a chance to meet our care coordinators and to connect with other parents as we talk about accessing resources and supports to help navigate caring for a child with special health care needs.

**Sunday, January 26th
4pm to 5:30pm
193 Locust St., Northampton**

Childcare will be provided at this workshop. Please RSVP for the workshop and childcare. Call us at 413-584-8700 or email contactus@napeds.com

Parenting workshops are open to the community and free of charge.



UNION #28 COMMUNITY NETWORK FOR
CHILDREN PROGRAM OFFERS:

LOVE ROCKS!



A family program to create together.



**SUNDAY, FEBRUARY 2, 2020
10:30 AM TO 11:30 AM
ERVING ELEMENTARY SCHOOL
28 NORTHFIELD RD
ERVING**



- *Love rocks are little tokens of love made on smooth river rocks. In this workshop, children attach bits of color, texture, and shape to rocks.*
- *Children leave with gifts of the heart to give to people they love.*
- *There will be a circle time with Emily and she will read a picture book about love..*
- *Free book and small snack for each child!*

*Best for families with children 3 years of age and older.
Space is limited.

**Pre-register by January 31st, contact Gillian at
budine@erving.com**



Emily Neuburger is an art teacher, author, and artist with a particular interest in story telling, imperfection, and artistic experimentation. She is the author of the award winning books *Show Me a Story* (Storey 2012) and *Journal Sparks* (Storey 2017)



"Funded by a grant from the Erving Cultural Council, a local agency supported by the Massachusetts Cultural Council, offered in collaboration with the Community Network for Children a program funded by the CFCE grant from the MA Department of Early Education and Care and the Erving Elementary School.





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:

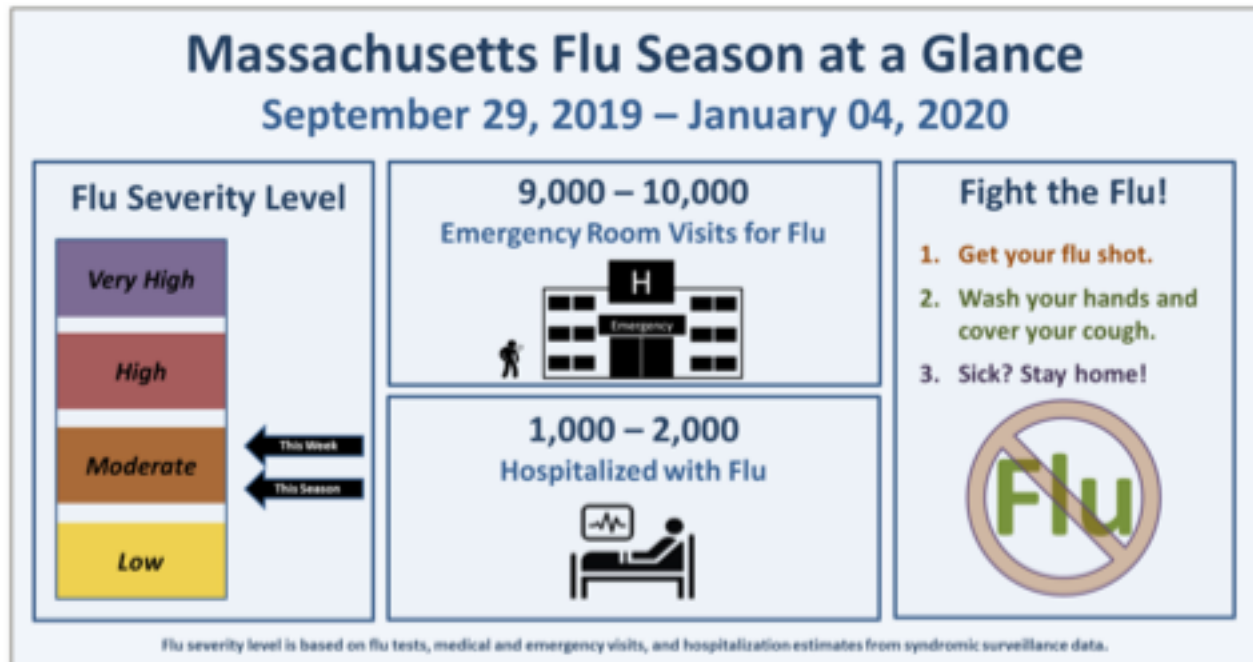
www.mass.gov/flu
www.cdc.gov/flu
www.immunize.org

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

What's Going Around EES?



We are currently experiencing a higher than usual occurrence of illness at Erving Elementary School. Viruses are knocking us down and causing fevers, vomiting, the common cold, RSV and even the flu! If your child has a fever or is vomiting, they must remain home until they are fever- and vomit-free for a full 24 hours without the help of medication. If they are recovering from any of the respiratory ailments please be sure they are feeling well enough to engage in a full day of academics and physical activity before they return.

As you can see from the above graphic pulled from the MA Department of Public Health website, Massachusetts is currently experiencing a moderate level of influenza. There is still time to get your flu vaccine! Doctors' office and clinics as well as pharmacies and Walmart are offering the vaccine so there are plenty of places to choose from to allow you to fit getting a flu shot into your busy schedule.

What can you do to help your family stay healthy this season? Handwashing is one of the most effective ways to avoid illness. Soap and water is still the best way to rid yourself of the germs that cause illness. Hand sanitizer can be used when soap and water are not readily available. Cover your mouth and nose with a tissue when you cough or sneeze. Don't forget to properly dispose of the tissue and wash your hands with soap and water when you are done. Get plenty of rest, eat a well-balanced diet with an emphasis on fruits and vegetables and drink plenty of water. And remember, if you or your family member is ill, stay home and rest. By taking time you not only reduce the chance of exposing others to illness but recovery will be quicker.



Union #28 Schools Community Network for Children PROGRAM SCHEDULE

July 1, 2019 - June 30, 2020

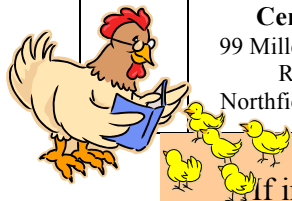
Call 978-544-5157 for more info or find us on 

All programs suitable for newborns through preschool age.

Combination of free play, music, movement, books, and nursery rhymes at all programs!

Come join us!

	FRIDAY SUMMER Outdoor PLAYGROUP Northfield 10:00-12:00pm	MONDAY Shutesbury TALES & TUNES 9:30 - 11:00am Katie T.	TUESDAY New Salem PLAYGROUP 8:45 - 10:15am Emily J.	WEDNESDAY Erving PLAYGROUP 10:00 - 11:30am Emily J.	WEDNESDAY Wendell PLAYGROUP 10:00 - 11:30am Sylvia W.	WEDNESDAY Leverett TALES & TUNES 10:30 - 12:00pm Heleen C.	FRIDAY Shutesbury PLAYGROUP 8:45-10:15am Joie C.	SUNDAY Erving Family Playtime 10:00- 11:30 Gillian B.
JULY	12,19,26	1, 8, 15, 22, 29	NONE	NONE	10, 17, 24, 31	10, 17, 24, 31	NONE	NONE
AUG	2	5, 12, 19, 26	NONE	NONE	7, 14, 21, 28	7, 14, 21, 28	NONE	NONE
SEPT	X	9, 16, 23, 30	10, 17, 24,	11,18, 25	4, 11,18, 25	4, 11,18, 25	13, 20, 27	NONE
OCT	X	7, 21, 28	1, 8, 15, 22, 29	2, 9, 16, 23, 30	2, 9, 16, 23, 30	2, 9, 16, 23, 30	18, 25	20
NOV	X	4, 18, 25	5, 12, 19	6, 13, 20	6, 13, 20	6, 13, 20	1, 8, 22	17
DEC	X	2, 9, 16	NONE	4, 11,18	4, 11,18	4, 11,18	NONE	8
JAN	X	6, 13, 27	7, 14, 21, 28	8, 15, 22, 29	8, 15, 22, 29	8, 15, 22, 29	10, 17, 24, 31	12
FEB	X	3, 10, 24	4, 11, 25	5, 12, 26	5, 12, 26	5, 12, 26	7, 14, 28	9
MAR	X	2, 9, 16, 23, 30	3, 10, 17, 24, 31	4, 11	4, 11, 18, 25	4, 11, 18, 25	6, 13, 20, 27	15
APR	X	6, 13, 27	7, 14, 28	8, 15, 29	1, 8, 15, 22, 29	1, 8, 15, 22, 29	3, 10, 17	5
MAY	X	4, 11,18	5, 12, 19, 26	6, 13, 20, 27	6, 13, 20, 27	6, 13, 20, 27	1, 8, 29	17
JUNE	X	1, 8, 15, 22, 29	NONE	NONE	3, 10, 17, 24	3, 10, 17, 24	NONE	NONE
	Northfield Mt. Recreation & Environmental Center 99 Millers Falls Rd. Northfield, MA	M.N. Spear Memorial Library 10 Cooleyville Rd. Shutesbury, MA 413-259-1213	Swift River School 201 Wendell Rd. New Salem, MA 978-544-5157 (CNC Office #)	Erving Elementary School 28 Northfield Rd. Erving, MA 413-423-3326	Wendell Library 7 Wendell Depot Rd. Wendell, MA 978-544-3559	Leverett Library 75 Montague Rd. Leverett, MA 413-548-9220	Shutesbury Elementary School 23 West Pelham Rd. Shutesbury, MA 413-259-1212	Erving Elementary School 28 Northfield Rd. Erving,MA



Please note: Ongoing programs may not occur during school vacations or holidays. Please check the schedule!

If inclement weather is a concern, call the CNC office for message/update, check Facebook or the CNC Website for info.

All programs are supported in part by the Coordinated Family and Community Engagement grant from The Massachusetts Department of Early Education and Care.

Programs also supported by the Friends of the M.N. Spear Memorial Library, Friends of the Leverett Library, Friends of the Wendell Free Library,

Shutesbury Elementary School, Erving Elementary School, Swift River School, and donations from friends in the community.

Updated 9/5/2019