

EAGLE EXPRESS

SCHOOL WEEKLY NEWSLETTER

Phone: 413-423-3326

http:// www.erving

BEST ELEMENTARY SCHOOL!

ERVING, MA

JANUARY 31st, 2020



SORA HAS COME TO ERVING ELEMENTARY SCHOOL!

Sora is a new reading and listening app from OverDrive. With Sora, students and staff can access a large collection of e-books and audiobooks for independent, self-directed, or teacher-assigned reading. What does this mean for Erving Elementary students? This means that, just like their parents, they will have an online library from which to borrow, and they will have access to books appropriate for their age and grade. They can borrow e-books to read for themselves, audio books which will read aloud to them, or read-along books which will read the book while highlighting the words being read. We are very excited to have this new technology available to students, both at school and at home; and we are very hopeful that this will encourage more students to read and expose themselves to literature.



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

Wednesday, February 12th

Preschool Registration 10:00-11:00 am

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

Friday, February 14th





Thursday, February 27th
All School Sing

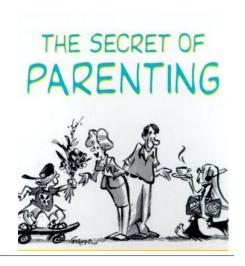
9:30 am

CNC Workshop 5:00-8:00

Friday, February 28th

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



SixFlags®
READ
TO SUCCEED®

If you have a student in grades K to 6th, watch for info coming home about this year's Six Flags READ to SUCCEED program. Kids were given a paper flyer about it and you will also see the info on Class Dojo very soon. Families can also go to www.erving.com/library and scroll down to the Six Flags logo: that will link you to the online info for this year's program.

This is an <u>optional</u> program that encourages our students to read by rewarding extra reading with a free ticket this summer to the Springfield Six Flags Amusement Park.

Questions can be directed to Ms. Urban, Librarian: email urban@erving.com or call her at 423-3326 ext. 103.



I would like to remind our families that the school cafeteria will be offering an optional salad bar starting on Monday & Thursdays only. Salad is "in addition to" the meal not replacing it. Please plan accordingly.

We would like to thank Amiee Wood and Debbie Allen for their continued support. They have graciously offered their time to help prep and serve the salad bar for our students. Amiee is Jude, Grace & Max's mom and Debbie is Chase & Blake's grandmother. Thank you both for your time.



The Second and Fifth Graders are participating in the Life Path Love Letters Campaign!







We created valentines and heartfelt cards for our neighbors in need of a smile during this winter time and February holiday. Our cards will be distributed to elders who receive services through *Life Path*. Over 1,500 cards were distributed throughout the valley in 2019 through this campaign! We are happy to have supported this caring agency once again this year. A big thank you to our giving students for wanting to share their kind words and illustrations to brighten the day of others!





















Breakfast 2020 February

Friday	7 WG pumpkin bread muffins, mandarin oranges & milk	14 WG orange cranberry muffins, mandarin oranges & milk	21 Winter Recess	28 WG blueberry muffins, mandarin oranges & milk
	, k	13	. 50	11, 27
Thursday	Assorted cereal, yogurt, diced peaches & milk	Assorted cereal, yogurt, diced peaches & milk	Winter Recess	Assorted cereal, yogurt, diced peaches & milk
Wednesday	English muffin w/butter, cheese stick, diced pears & milk	12 Bagel w/cream cheese, diced pears & milk	19 Winter Recess	26 Turkey sausage, egg & cheese on a WG English muffin, diced pears & milk
Tuesday	French toast, real maple syrup, pineapple & milk	11 Pancakes, real maple syrup, pineapple & milk	18 Winter Recess	25 Waffles, real maple syrup, pineapple & milk
	m	01	11	24
Monday	Assorted cereal, cheese stick, banana & milk	Assorted cereal, cheese stick, banana & milk	Winter Recess	Assorted cereal, cheese stick, banana & milk
Alternative	Assorted cereal, fruit & 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.

test scores as well as decreased tardiness. Students who eat breakfast also show greater improvements in math scores, attendance, punctuality, depression, anxiety According to the Food Research and Action Center students who participate in school breakfast show improved attendance, behavior, standardized achievement and hyperactivity than children who don't participate in a school breakfast program.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

February - Lunch 2020

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

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



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 vear 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**

UNION #28 COMMUNITY NETWORK FOR CHILDREN PROGRAM OFFERS:

LOVEROCKS!

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.



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



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



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





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?

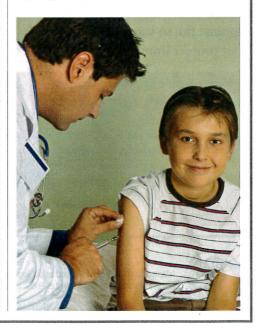
Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

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 longterm 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:

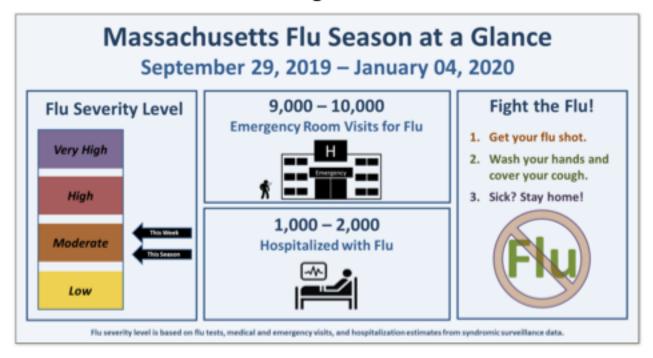
www.mass.gov/flu www.cdc.gov/flu www.immunize.org

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





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!

				Come Join us	3 •			
	FRIDAY SUMMER	MONDAY Shutesbury	TUESDAY New Salem	WEDNESDAY Erving	WEDNESDAY Wendell	WEDNESDAY Leverett	FRIDAY Shutesbury	SUNDAY Erving
	Outdoor	TALES &	PLAYGROUP	PLAYGROUP	PLAYGROUP	TALES &	PLAYGROUP	Family
	PLAYGROUP	TUNES	8:45 - 10:15am	10:00 - 11:30am	10:00 - 11:30am	TUNES	8:45-10:15am	Playtime
	Northfield	9:30 - 11:00am	Emily J.	Emily J.	Sylvia W.	10:30 - 12:00pm	Joie C.	10:00-
	10:00-12:00pm	Katie T.	J	Ziiiij v.		Heleen C.		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.	M.N. Spear	Swift River	Erving	Wendell Library	Leverett	Shutesbury	Erving
	Recreation &	Memorial	School	Elementary	7 Wendell Depot Rd.	Library	Elementary	Elementary
	Environmental	Library	201 Wendell Rd.	School	Wendell, MA	75 Montague Rd.	School	School
	Center	10 Cooleyville	New Salem, MA	28 Northfield Rd.	978-544-3559	Leverett, MA	23 West Pelham Rd.	28
	99 Millers Falls	Rd.	978-544-5157	Erving, MA		413-548-9220	Shutesbury, MA	Northfield Rd.
i wish	Rd. Northfield, MA	Shutesbury, MA	(CNC Office #)	413-423-3326			413-259-1212	Erving,MA
312	Northineta, WA	413-259-1213						21,1118,1111

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.