



# EAGLE EXPRESS

SCHOOL WEEKLY NEWSLETTER

Phone:  
413-423-3326

http://  
www.erving

VERY BEST ELEMENTARY SCHOOL

ERVING, MA

OCTOBER 4<sup>th</sup>, 2019



## Veterans Day is coming.

We at Erving Elementary School pride ourselves in honoring all of our local Veterans. We will again be hosting a Veterans Day Celebration. November 8<sup>th</sup> 2019 we invite all veterans to our school to be honored by our students and staff. If you or a loved one is a Veteran and would like to come to our celebration please contact Jennifer Smith at 413-423-3326 ext 222, or email at [jennifer.smith@erving.com](mailto:jennifer.smith@erving.com). Please see the attached flyer for more information.



Class Photo Make-up Day  
Tuesday, October 29<sup>th</sup>  
9:00 am



### Wednesday, October 9<sup>th</sup>

PK & K Field Trip  
Pine Hill Orchard

"Step Squad" starts  
1:30 – 2:30 pm

### Friday, October 11<sup>th</sup>

**No school for students:  
Curriculum Day**

### Monday, October 14<sup>th</sup>

**No School  
Columbus Day**

### Wednesday, October 16<sup>th</sup>

The Secret of Parenting  
5:30 – 7:00 pm  
Please RSVP with Office

### Friday, October 18<sup>th</sup>

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

### Sunday, October 20<sup>th</sup>

CNC Playgroup  
9:30 – 12:00

### Thursday, October 24<sup>th</sup>

All School Sing  
Gym, 9:30 am



### Monday, October 28<sup>th</sup>

Fire Prevention Coffee Hour  
Conference Room, 5:30 pm

### Tuesday, October 29<sup>th</sup>

School Photo Makeups

THE SECRET OF  
PARENTING



FREE six-session series  
Child care is included.

Snacks provided  
Session 1: October 16<sup>th</sup>, 2019  
5:30 – 7:00 pm

See the attached Flyer for more  
info or to **RSVP!**



**Curriculum Day  
Friday, October 11<sup>th</sup>**



**Monday, October 14<sup>th</sup>**

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## ***From The Principal's Desk:***



Dear Families and Friend of Erving Elementary School,

Thank you to all of our families, friends and community members for taking the time to attend our Open House this week. I enjoyed meeting parents, grandparents, great-grandparents, guardians, and Erving community members. It was so fun to walk around the building, watching our students showcase their classrooms and their school work to family members. Thank you to our staff for their hard work and dedication to making last night such a special event. A special thanks to Jane Urban and Jennifer Smith for running the book fair, they had a lot of happy customers.

I would like to invite parents and community members to "The Secret of Parenting", a free workshop series that is scheduled over the course of this year at Erving Elementary School. The program consists of six group-sessions for parents, that will focus on knowing what children at each age are developmentally capable of doing physically, socially, emotionally and cognitively. Participants will be given the book, The Secret of Parenting, and will teach parents a new way to look at their child's behavior. Please see the flyer for this program in this newsletter and register in advance to reserve your copy of the book.

If you were unable to attend Open House this week, please read through this newsletter for announcements and flyers that were presented during the evening. Enjoy the upcoming weekend, fall will be in the air.

Best,

Lisa Candito

School is in full swing and we are crazy-busy in the cafeteria creating salad bars, breakfasts, and lunches for your kiddos. I hope they have been enjoying all of the fresh tomatoes and peppers we purchased from Dan's Veggies here in Erving.



Our baker, Mrs. Porlier, has been busy making homemade whole grain bread for our sandwiches, hamburger rolls, grinder rolls, homemade breakfast muffins, and dinner rolls. The children seem to enjoy them a lot.

There's a new face at the salad bar this week as well! Please say "hi" to Chase & Blake's Grandma, Debbie, if you see her out and about; and thank her for volunteering to help us out.

If anyone is interested in volunteering their time to help with prep on Monday and Thursday, please call the school and let us know. Any help we receive is greatly appreciated!

The Thanksgiving Dinner is fast approaching. Charlene McDonough has graciously offered to help coordinate the volunteers again this year! She has always done a fabulous job so we are so excited to have her help this year.

Thank you for your support of the school lunch and breakfast program.



## SIXTH GRADE PLANS TO TAKE NEW YORK CITY BY STORM!

### New York City Trip Information For Parents Of All Age Students

The end of 6<sup>th</sup> grade is a time of celebration, as students are finishing up their studies here at Erving. As part of their concluding days here, the sixth grade takes a field trip to New York City.

The trip is not funded through the school budget. Thus, each student is charged a price for the trip. The typical price of the trip is \$280 per student. To offset the cost, sixth grade students and parents fundraise.

The trip consists of stops like a museum, like the Natural History Museum; or places, such as the United Nations, Central Park, Times Square, a visit to the skyscraper at Rockefeller Center, dinner at Planet Hollywood, and/or a Broadway show.



Parents may be chaperones for this trip, and typically have their child and one other student to supervise. Parents pay the same ticket price as students. We do not fundraise for parents.

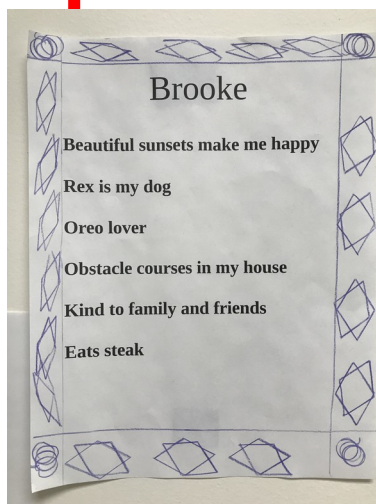
If you are a parent of a younger grade student and you are concerned about needing to begin fundraising, fear not! Most classes do not begin to fundraise until 6<sup>th</sup> grade, and this has always worked out; as classes have always raised close to, or all of, what each student would pay. Also, parents are welcome to make smaller deposits throughout the year.

The biggest expense of the trip is the cost of the bus and the driver, which is the same no matter how many people are on the bus. So, bigger classes will actually see a lower per-student cost, because the cost of the bus is spread to more people.

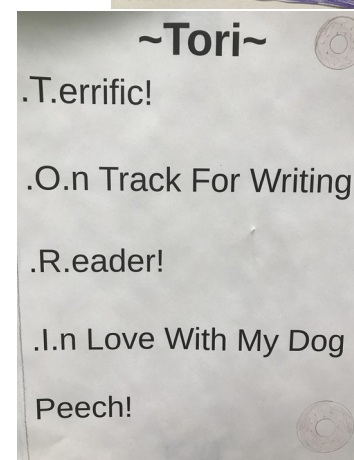
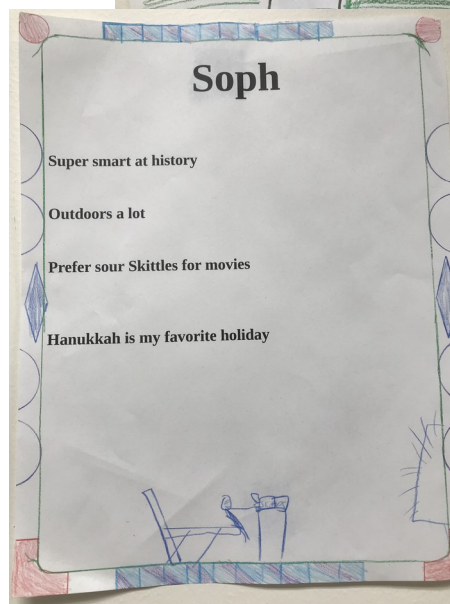
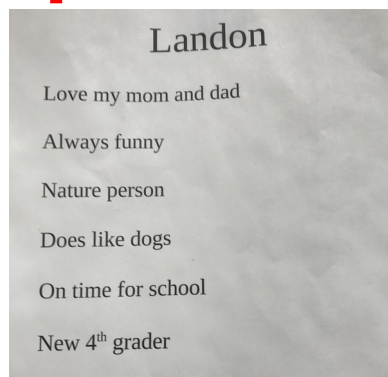
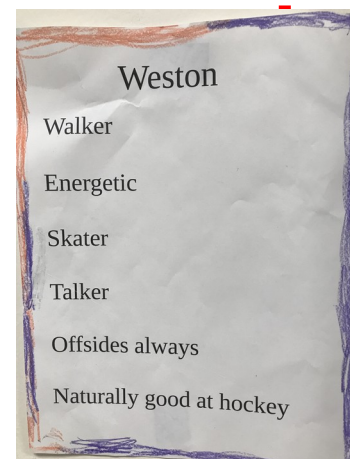
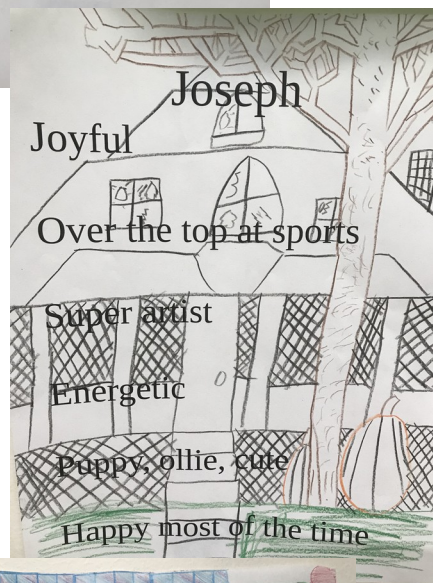
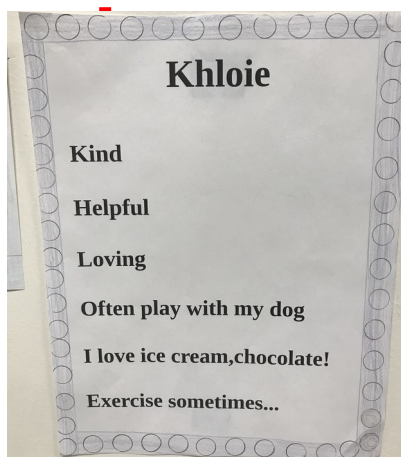
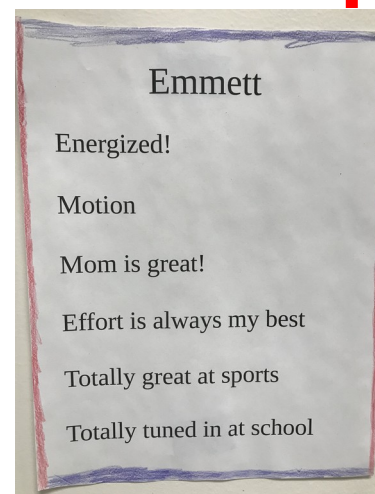
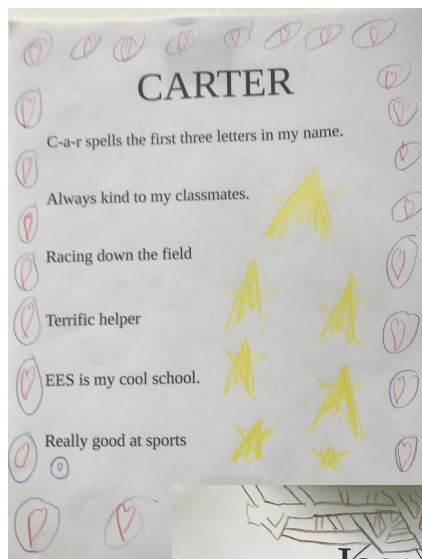
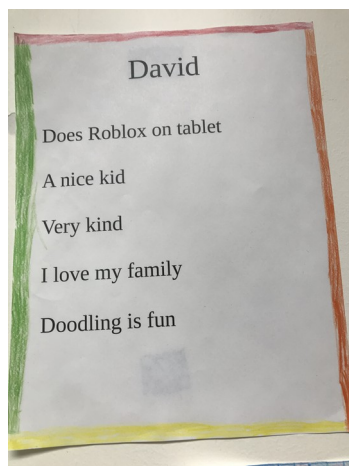
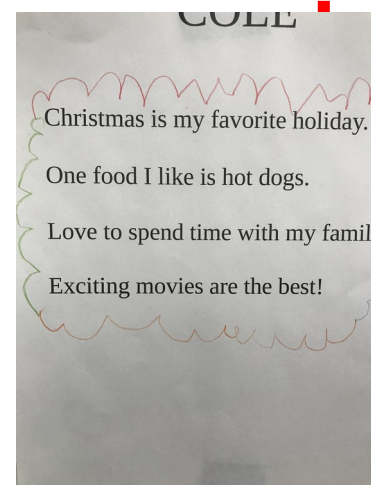
### Key Points about the New York City Trip:

- \* 6<sup>th</sup> grade students attend, in the final weeks of their time at EES.
- \* The typical cost per student each year is around \$280.
- \* Parents may chaperone.
- \* Every 6<sup>th</sup> grade student will go.
- \* The trip is not dependent upon fundraising.
- \* Fundraising offsets the cost for students.

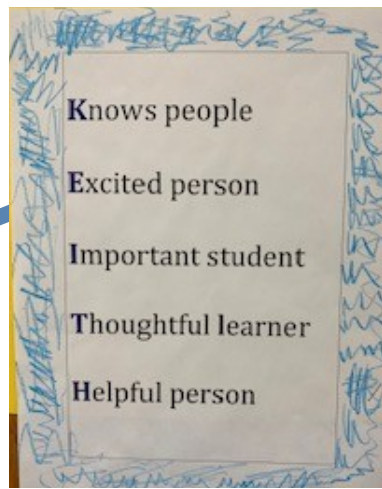
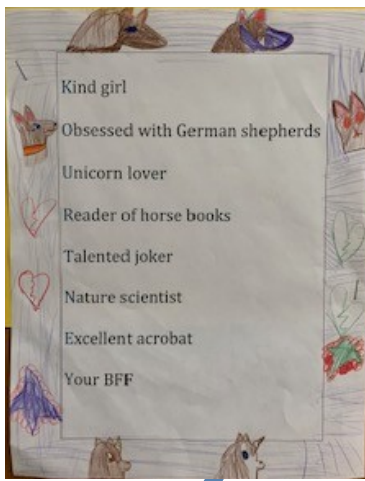




Erving Elementary School's fourth grade class had fun creating acrostic poems using their names. They brainstormed words and phrases that described themselves. Try to write an acrostic poem with your name and share it with the fourth grade class.







# October-Breakfast 2019

Alt	Monday	Tuesday	Wednesday	Thursday	Friday	
Assorted cereal, fruit & milk		1 Pancakes, real syrup, mandarin oranges & milk	2 Bagel w/cream cheese, diced pears & milk	3 Assorted cereal, yogurt, diced peaches & milk	4 Assorted cereal, cheese stick, mandarin oranges & milk	
	7 Assorted cereal, cheese stick, banana & milk	8 Waffles, real syrup, diced pineapple & milk	9 English muffin w/sun butter, diced pears & milk	10 Assorted cereal, yogurt, diced peaches & milk	11 Curriculum Day	
	14 Columbus Day	15 French toast sticks, real syrup, pineapple & milk	16 Scrambled eggs & toast, diced pears & milk	17 Assorted cereal, yogurt, diced peaches & milk	18 Strawberry smoothie, graham crackers, mandarin oranges & milk	
	21 Assorted cereal, cheese stick, banana & milk	22 Pancakes, real syrup, pineapple & milk	23 HM breakfast muffin, cheese stick, diced pears & milk	24 Assorted cereal, yogurt, diced peaches & milk	25 Blueberry smoothie, graham crackers, mandarin oranges & milk	
	28 Assorted cereal, cheese stick, banana & milk	29 Waffles, real syrup, diced pineapple & milk	30 Bagel w/cream cheese, diced pears & milk	31 Assorted cereal, yogurt, diced peaches & milk	Nov. 1 Peach smoothie, graham crackers, 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

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

# October - Lunch 2019

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	
Turkey & cheese sandwich, fruit & veg of the day & milk		1 HM beef chili, crackers, breadstick, diced peaches & milk	2 Toasted cheese sandwich, sweet potato fries, orange wedges & milk	3 Sloppy Joe on a WG-HM roll, over potato, pears & milk	4 Cheese or pepperoni pizza, wax beans, fresh apple & milk	Salad Bar on Tues & Thurs only
Ham & cheese sandwich, fruit & veg of the day & milk	7 Chicken nuggets, long grain brown rice, broccoli, diced peaches & milk	8 Chicken fajita w/sour cream, salsa, ched cheese, three bean salad, diced pineapple & milk	9 Garlic breadsticks w/marinara sauce, carrot coins, yogurt, diced pears & milk	10 Shepherds pie, sliced bread & butter, mandarin oranges & milk	11 Curriculum Day	
Chicken noodle soup w/cottage cheese, crackers, breadstick, fruit & veg of the day & milk	14 Columbus Day	15 Soft beef taco w/sour cream, salsa, cheese & lettuce, corn & black bean salad, pineapple chunks & milk	16 Pasta w/meat sauce, baby carrots, diced peaches & milk	17 Hamb/cheeseburger on a WG HM roll, oven potato, mandarin oranges & milk	18 HM cheese or pepperoni pizza, green beans, diced pears & milk	
Chicken salad sandwich, fruit & veg of the day & milk	21 Turkey & bacon wrap, steamed broccoli, diced pears & milk	22 Nachos w/ground beef & cheese, three bean salad, fresh oranges & milk	23 Cheese quesadilla, salsa, sour cream, sliced carrots, mandarin oranges & milk	24 Ham & cheese bagel melts w/oven fries, diced peaches & milk	25 Cheese or pepperoni pizza, wax beans, fresh apple & milk	
Egg salad sandwich on toast, fruit & veg of the day & milk	28 Chicken gravy over rice, steamed broccoli, pineapple & milk	29 HM beef chili, HM cheesy garlic bread, diced pears & milk	30 Toasted cheese sandwich, sweet potato fries, orange wedges & milk	31 Chicken patty on a WG HM roll, oven potato, mandarin oranges & milk	Nov. 1 HM cheese or pepperoni pizza, wax beans, fresh apple & 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

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

Erving Elementary School  
Presents:

# The Secret of Parenting

In conjunction with professional development for school staff, we are offering a free six group-session evenings to parents in the community at no cost! There will be childcare available, and snacks will be served! There will be a book given to participants of this series, and sessions are all 5:30 pm – 7 pm, and fall on the following dates:

October 16<sup>th</sup>, 2019  
December 11<sup>th</sup>, 2019  
January 22<sup>nd</sup>, 2020  
February 12<sup>th</sup>, 2020  
April 15<sup>th</sup>, 2020  
June 3<sup>rd</sup>, 2020

For more information you can call 413-432-3326. If you would like to attend, PLEASE R.S.V.P. with Jennifer Smith in the office. You can send this form in, or you can email all information to her at [jennifer.smith@erving.com](mailto:jennifer.smith@erving.com). We are asking for email addresses so that we can send reminders for the next sessions, what will be covered, and sharing other pertinent information.

Please let us know the following by October 9<sup>th</sup>:

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

I would like to attend, there will be \_\_\_\_\_ people: \_\_\_\_\_ adults \_\_\_\_\_ children

I will need childcare (ages) \_\_\_\_\_



# STORY | HOBGOBLIN | SNACK | MINI PARADE



AUTHOR ILLUSTRATOR DAVID H. COSTELLO  
READS HIS CHILDREN'S BOOK

# Here They Come!

**FREE!**

**SATURDAY**

**10/26/19**

**3:30PM**

**WENDELL LIBRARY, 7 WENDELL DEPOT RD,  
WENDELL MA**

***Wear costumes if you'd like and join us  
for a small snack and mini parade after  
the book reading and hobgoblin visit***



Funded in part by a grant from the Wendell 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, community donations, the Wendell Library, and the Wendell Recreation Committee.





# PIONEER VALLEY ADHD FAMILIES

*Next meeting:*

**Monday, October 7th**

**1<sup>st</sup> 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**



# 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](http://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](http://www.mass.gov/flu)  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
[www.immunize.org](http://www.immunize.org)

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





## *coffee hour*



**All parents/guardians** are invited to our next coffee hour on Monday, October 28<sup>th</sup> at 5:30pm 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 getting colder 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 October 23, 2019**

(Cut and return the bottom half)

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Name \_\_\_\_\_

\_\_\_\_\_ I will be attending the coffee hour on October 28th

\_\_\_\_\_ I can't attend this coffee hour



# Math Coffee Hours

**All meetings are held in the Conference Room 8:30-9:30**

## **What you can expect:**

- A chance to raise questions;
- To have lively conversations about teaching and learning mathematics;
- To see mathematics come to life with visits from students, watching videos, trying out some of the curriculum activities;
- **With the goal of helping you support your child!**

**Hosted by:** Classroom teachers and The math team:

Mrs. Desorgher, Mrs. Graichen and Polly Wagner

## **Math Coffee Hour Dates - Mark your calendars:**

1. **Friday October 18**, 8:30-9:30
2. **Friday November 22**, 8:30-9:30
3. **Friday January 17**, 8:30-9:30
4. **Friday February 28**, 8:30-9:30
5. **Friday March 20**, 8:30-9:30
6. **Friday May 15**, 8:30-9:30

# **ALL ARE WELCOME!**





# Union #28 Schools Community Network for Children PROGRAM SCHEDULE

July 1, 2019 - June 30, 2020

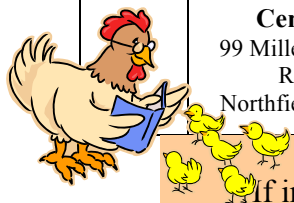
Call 978-544-5157 for more info or find us on 

All programs suitable for newborns through preschool age.

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

Come join us!

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



**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



# ERVING ELEMENTARY SCHOOL

**LISA CANDITO**, Principal  
28 Northfield Road  
Erving, MA 01344  
Telephone: (413) 423-3326  
Fax: (413) 423-3648  
[www.erving.com](http://www.erving.com)

## **Step Squad Wednesday Afternoon Walking Club**

**The Erving Recreation Commission invites you and your kids to join the Step Squad!**

### **\*\* NEW THIS YEAR \*\***

Each week, you can earn miles walked by walking, running, biking, playing a sport, in PE class, or going on a hike.

Kids turn in their activity log, certified and signed by a parent, coach, or teacher, each week to earn the equivalent miles-walked for their non-walking activities. For example, 1 PE class counts as 1 mile walked.

**Regular incentives:** For each goal mile reached (5 or 10 mile increments), kids will earn a small reward as an incentive while they continue to rack up miles toward an ultimate goal of 100 miles. At the end of the school year, Squad members will celebrate their achievements with 100-milers taking home a special Squad t-shirt!

**Wednesday afternoons:** The Rec Commission and Erving Afterschool Program are teaming up to offer an opportunity for students to gain miles for the Step Squad. Every Wednesday afternoon from 1:30-2:30 will be designated to allow kids to walk and/or run to log miles. Families are also strongly encouraged to join their student and log their own miles.

If your child is interested in walking on Wednesday afternoons with the Step Squad, please complete the permission slip below and have your child turn it in to the office no later than Wednesday morning each week. There will be a permission slip and log in the Erving Eagle every Friday as well.

**Children cannot participate without a signed permission slip from that week!**

Each Wednesday, **beginning October 9<sup>th</sup>**, participants will meet in the gym at the end of the day for instructions from the adult responsible for the group. We walk outside whenever possible so please be sure that your child comes dressed appropriately. A water bottle is strongly encouraged!

Afterschool students will return to afterschool until their usual pick-up time. Other students can be picked up at 2PM or 2:30PM but must remain with the walking group until an adult picks them up. They will not be allowed to play on the structures or blacktop due to limited adult supervision in these areas.

If you have any questions please contact Gail Dubreuil, School Nurse at (413) 423-3326.

**We hope to see you stepping up a storm!**



## Step Squad Wednesday Walking Club Permission Slip



☐ I give permission for my child, \_\_\_\_\_ (please print student's name), to participate in the Step Squad Wednesday afternoon walking group on \_\_\_\_\_ (this Wednesday's date) from 1:30-2:30PM.

☐ I will be joining my student in the afternoon walking.

☐ My student will be picked up at by \_\_\_\_\_ (name of adult) at 2:00PM or 2:30PM (please circle a time)

Parent Signature: \_\_\_\_\_

## Step Squad Weekly Activity Log



Please return your completed weekly log to Gail Dubrueil, School Nurse, at the EES Main Office. Note: Activities will not count toward miles unless each activity and honor statement is signed.

Squad Member's Name: \_\_\_\_\_ Week starting: \_\_\_\_\_  
(please print) (date)

Activity	Time Spent or Miles Travelled	Day of week (MTWThFSaSu)	Coach/parent signature

Honor Statement: I promise that the activities and times listed on this log are accurate and true.

Squad Member's Signature: \_\_\_\_\_

# An Invitation To All Of Our Dedicated Veterans

The staff and students of Erving Elementary  
would like you to be our honored guest at our  
Veterans' Day Program  
On November 8, 2019 @ 8:30am

Breakfast will be served

Assembly will start at 9:30am

Our assembly will include students escorting our honored guests  
to the gym, Pledge of Allegiance, performance by our chorus, as  
well as, various other selections that honor our guests.

RSVP to Jennifer Fay Smith at 413-423-3326 x222  
Or email to [Jennifer.smith@erving.com](mailto:Jennifer.smith@erving.com)

Please let us know if there are any special  
accommodations you may need

We thank you for your service.