



EAGLE EXPRESS

SCHOOL WEEKLY NEWSLETTER

Phone:
413-423-3326

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

VERY BEST ELEMENTARY SCHOOL

ERVING, MA

SEPTEMBER 27, 2019

From The Principal's Desk:



I look forward to meeting Erving families at our Open House on Wednesday, October 2nd! This is a special event where the entire community comes together to celebrate Erving Elementary School, and the evening will start in the gymnasium at 6:30 pm. I will use our time in the gymnasium to share school-wide initiatives and information about The Secret of Parenting book workshops, math nights, playgroups, coffee hours, and much, much more. The teachers will be with us in the gymnasium and will then head to their classrooms; where families are invited to visit with them, once the meeting in the gymnasium concludes. Please plan to visit our Book Fair, as well!

It was a very special day at EES when many of our students chose to participate in the worldwide Youth Climate Strike on Friday September 20th! Several students created signs that represented climate change ideas that were most important to them, and they walked around the school: having a mini-rally on the front lawn. Afterward, everyone took a moment to think and share how to make the world a healthy, safe place for everyone.

Don't forget to attend the Erving Fall Festival on Saturday, September 28th. This is an opportunity for folks to celebrate the community and support Erving Elementary School.



Sincerely,
Lisa Candito

September



Saturday, September 28th

PTO Welcome Back Event
Fall Festival
3:00 – 8:00 pm
Veteran's Park (see flyer)

Monday, Sept. 30th

- Thursday, Oct. 3rd
Book Fair in the School Library

October

Tuesday, October 1st

PTO Meeting 6pm

Wednesday, October 2nd

Open House 6:30-8

Friday, October 11th

No school for students:
Curriculum Day

Monday, October 14th

No School for Columbus Day

THE SECRET OF
PARENTING



Wednesday, October 16

"the Secret of Parenting" Session 1
5:30 – 7:00 pm
Cafeteria

EES is offering a free, six-session series called "the Secret of Parenting". A book will be given to all participants to work with throughout the six sessions: which are 5:30 – 7:00 pm, and dates are:

October 16th, 2019

December 11th, 2019

January 22nd, 2020

February 12th, 2020

April 15th, 2020

June 3rd, 2020

See the attached Flyer for more info or to RSVP!

HAPPY
Columbus
Day

Monday, October 14th



5th Grade Welcomes 2nd Grade Reading Buddies!



It's almost here...



in the School Library
Mon., Sept. 30 -
Thurs., Oct. 3
Watch for more info coming,
and yes, once again, the
Book Fair will be open for
business during the
OPEN HOUSE!





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 8th 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. Please see the attached flyer for more information.

A BIG SHOUT OUT THANK YOU TO E.E.S. Community Helpers ELP/ LSC



SOF, LUCAS, BROOKE, DANIEL AND JACKSON!



HARVESTING GARDEN, PLANTING LETTUCE
AND CLEANING RAVINE



The PTO is holding a fundraiser to raffle off themed-baskets created by each class. The baskets will be on display at Open House, October. 2 and tickets will be for sale then. The drawing will be Friday, Oct. 4. Thanks for your support--the funds raised from these baskets will benefit all the kids at EES!

Here are the class themes:

Glabach: Spa Basket
(lotion, eye mask, etc.)

Parse: Gardening

Kindergarten: Car Detailing

First Grade: Snow Day Basket

Second Grade: Gift-giving (wrapping paper, cards, etc.)

Third Grade: Family Fun for the Fall (Halloween, S'mores, Books, Crafts)

Bartlett: Games

George: Movies

Fifth Grade: Baking

Sixth Grade: Outdoor Toys

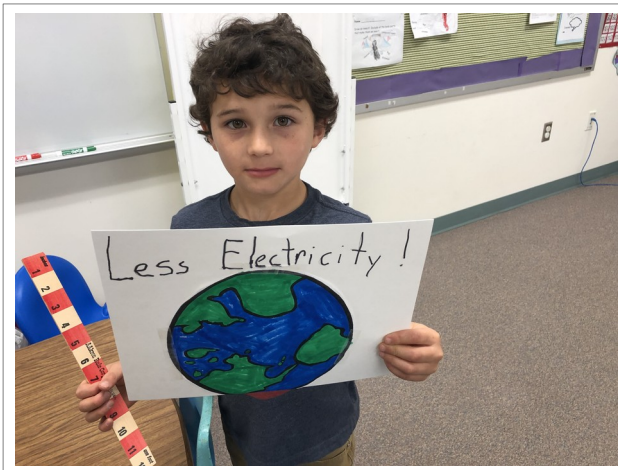




16TH ANNUAL WESTERN MASS BUDDY WALK Date: September 28, 2019

This weekend first grader Ben Johnson, and his team Benjamin Buttons, will walk for the fifth time in the Annual Buddy Walk of Western Mass to raise awareness for Down Syndrome. The Walk is organized by the Down Syndrome Resource Group of Western Mass. Members of the EES community are invited to again participate and can register by following the link below:

<https://www.downsyndromewm.org/causes/16th-annual-western-mass-buddy-walk>



Erving Elementary School Students Participate in Worldwide Youth Climate Strike!



EES Students made us proud as they discussed the issues of Climate Change, made signs, and thought of ways that they could make the world a better place!

But it didn't stop there!

They went on to make a stand by joining the Youth Climate Strike! They circled the school building with their signs, and made their opinions known!



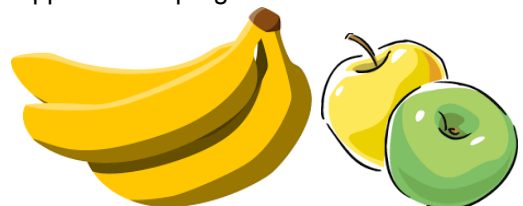
Kitchen Corner

This week in the cafeteria we ate 12 heads of Romaine & dark leafy green lettuce; 2 quarts of cherry tomatoes; 5 English cucumbers; 4 large green, yellow & red peppers, and 2 ½ lbs of celery. Wow! That's a lot of veggies! It seems like Salad Bar 2 days a week is a good fit for us as of this time. We will continue to monitor it.

Also on the menu this week were homemade grinder rolls for the turkey & cheese grinders, and fresh homemade hamburger rolls for our chicken patties! The school smelled delicious.

We would welcome a parent or two that would like to volunteer their time helping to prep the salad, and maintain the salad bar, during the 2nd & 3rd lunch. If interested, please stop in to see us or call the school and ask for the kitchen.

As always thank you for your continued support of our program.





6TH GRADE

NATURE'S CLASSROOM

Last week, 6th grade students spent an engaging week at Sargent Center, in Hancock, NH. Fun was had by all as students worked together solving challenges and learning new concepts about nature. Most importantly, each of the 18 students learned a lot about themselves.

A huge thank you to Mrs. Flaherty for spending the week with our students!



Making Memories



The Erving Recreation Commission invites you to the

ERVING FALL FESTIVAL

Enjoy fun fall activities and events with your family and neighbors

Something for grown ups and kids of all ages

Come say hello to our local businesses too!

Music

Obstacle Courses

Crafts

Face Painting

Games

Food

Where: Veteran's Park

When: Saturday, September 28

Time: 3 - 8 PM

If your grade would like to fund-raise at the Festival, please contact Breta Petraccia, Recreation Assistant, at breta.Petraccia@erving-ma.gov or at (413) 464-1734. Breta is maintaining a list of classes and their fundraising activity at the Festival!

We are thrilled to be collaborating with the Erving PTO to welcome the new school year in style!



Can Raffle to Benefit Erving Elementary's First Grade Class

Rugged Racer Deluxe Unicorn Youth Scooter:
Thanks Blake's Grammy



Children's Basket: Thanks Ben's Mom



Includes hand sewn leggings, sized for winner. Thanks Sigurd's mom

\$10 itunes: Thanks Helen's Mom



Snap On Tools Apparel: Thanks Blake's Papa



Gravity Falls Bracelet: Thanks Helen's Mom



Snap On Flood Light: Thanks Blake's Papa



15 Free Bowling Passes: Thanks Erik Semb



Christmas Lights: Thanks Blake's Grammy



\$15 World Eye: Thanks Blake's siblings



4 Tickets, Night for Jill Betters: Thanks Lori Gates



All proceeds from this raffle prize will go to the Cancer Benefit for Jill Betters on 11/2/19 at French King Restaurant

Handsewn 42"x41" tabletopper and two 30"x19" runners/napkins: Thanks Dominic's Grammy



\$1/ticket; \$5 for 10 tickets
Drawings 9/28 at Erving Fall Festival, Vets Field at 7pm

Presale tickets available at
jesslicswmom@gmail.com

Erving Elementary School
Presents:

THE SECRET OF
PARENTING



In conjunction with professional development for school staff, we are offering six group-session evenings to parents in the community over the course of the school year! There will be childcare available, and snacks will be served! There will be a book given to participants of this series to be worked through during sessions, which are all 5:30 pm – 7 pm, and fall on the following dates:

October 16th, 2019
December 11th, 2019
January 22nd, 2020
February 12th, 2020
April 15th, 2020
June 3rd, 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. 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 Wednesday, October 9th:

Name: _____ Email address: _____

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

I will need childcare (ages) _____

Sessions are facilitated by Chip Woods. For forty-five years, Robert (Chip) Wood has worked on behalf of children from preschool through eighth grade as a classroom teacher, teaching principal, and teacher educator.

After studying at the Gesell Institute of Human Development early in his career, Chip made developmentally based teaching the center of his educational practice. His core belief: knowing what children at each age are developmentally capable of doing physically, socially, emotionally and cognitively enables respectful, successful teaching of all children no matter their life circumstances or cultural background.

A co-developer of Responsive Classroom and co-founder of Northeast Foundation for Children (now Center for Responsive Schools), Chip has served as principal of two public schools and was co-founder of Greenfield Center School. He is a facilitator for the Center for Courage & Renewal and co-creator of Leading Together, focused on strengthening the adult community of schools.



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.





ERVING ELEMENTARY SCHOOL

LISA CANDITO, Principal
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Erving, MA 01344
Telephone: (413) 423-3326
Fax: (413) 423-3648
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 9th**, 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

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

We thank you for your service.



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 

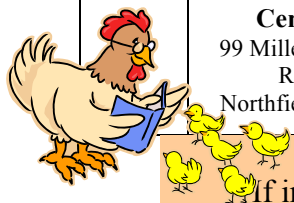


All programs suitable for newborns through preschool age.

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