



# Eagle Express

Phone: 413-423-3326

<http://www.erving.com>

SCHOOL WEEKLY NEWSLETTER

GRADUATING EDITION

ERVING, MA

JUNE 9, 2023



Monday, June 19

Juneteenth  
NO SCHOOL

Thursday, June 22

School Committee Mtg  
6 pm

Friday, June 23

6<sup>th</sup> Grade Graduation  
6 pm

Monday, June 26

Last Day for Students  
EARLY DISMISSAL 1:15 pm



# Summer is for Speech and Language Skills!













Here are some ways to support your child's speech and language skills this summer. Check out these fun calendars with suggested activities. Each Sunday, a target skill is introduced with related activities for Monday through Friday. Saturdays have conversation starters to support overall communication skills.



# June 2023



Directions: Keep your speech and language skills sharp! Color in each square as you complete the activity. See how many you can complete this month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 28	29	30	31	JUN 1	2	3
<b>Synonyms</b> Synonyms are words that mean the same thing.	<b>Name another word for...</b> <b>gift</b>	<b>Name another word for...</b> <b>dad</b>	<b>Name another word for...</b> <b>fix</b>	<b>Name another word for...</b> <b>small</b>	<b>Name another word for...</b> <b>ill</b>	Describe your favorite <b>MOVIE</b>
4	5	6	7	8	9	10
<b>Storytelling</b> Narratives are stories with characters, a setting, and a plot.	Write or tell a story about what you did this weekend. 	Write or tell a story about a vacation you would like to go on. 	Write or tell a story about your favorite sport. 	Write or tell a story about where you live. 	Write or tell a story about a dream you had one night. 	Describe your favorite <b>FOOD</b>
11	12	13	14	15	16	17
<b>Articulation - T</b> To make the T sound, place your tongue behind your top teeth.	<b>Say...</b> tooth mountain hot	This animal says "meow"... It is a ____!	<b>Complete the Sentence</b> We went camping in a _____.	<b>Repeat the Sentence</b> <u>T</u> ony talked to a tall man.	<b>Complete the Sentence</b> My towel is not dry, it is _____.	Describe your favorite <b>TOY</b>
Father's Day 18	Juneteenth 19	20	Summer Begins 21	22	23	24
<b>Following Directions</b> We follow directions at home, school, and work.	<b>Spell your first name out loud.</b> 	<b>Stand up and clap your hands.</b> 	<b>Blink your eyes three times, touch your nose, and jump once.</b> 	<b>If you love chocolate, stomp your feet.</b> 	<b>If glue is sticky, pretend to swim.</b> 	Describe your favorite <b>CARTOON</b>
25	26	27	28	29	30	JUL 1
<b>Eye Contact</b> Eye contact is an important social skill to demonstrate attention.	<b>Ask someone a question while making eye contact.</b>	<b>Tell about your day while looking at the listener.</b>	<b>Maintain eye contact while introducing yourself to another person.</b>	<b>Practice looking at a person while he/she is talking to you.</b>	<b>Tell someone what you want for your birthday while making eye contact.</b>	Describe your favorite <b>GAME</b>

\* DIGITAL PRODUCT denotes a product that is not only available in print, but can also be found on the Super Duper Digital Library at www.superduperlib.com



Directions: Keep your speech and language skills sharp! Color in each square as you complete the activity. See how many you can complete this month!


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUL 2	3	Independence Day 4	5	6	7	8
<b>Functions</b> Functions are the actions an item performs.	<b>What does a shovel do?</b> 	<b>What do scissors do?</b> 	<b>What does a car do?</b> 	<b>What does a ruler do?</b> 	<b>What do goggles do?</b> 	Chat with 
9	10	11	12	13	14	15
<b>Articulation S-Blends</b> S-Blends include SK, SL, SM, SN, SP, ST, and SW.	<b>Say These Words Five Times</b> small slow stand	<b>Repeat the Sentence</b> The <u>s</u> neaky cat <u>s</u> tole the <u>s</u> wearer.	<b>Say These Words Five Times</b> skate slime swing	<b>Repeat the Phrases</b> skirt is yellow smoke in the air spill the milk	<b>Say These Words in a Sentence</b> spoon snake slide	Chat with 
16	17	18	19	20	21	22
<b>Occupations</b> An occupation is a job or profession.	 I make animals feel better when they are sick. <b>What is my job?</b>	<b>ABC</b> I teach children their ABC's. <b>What is my job?</b>	 I make your food at a restaurant. <b>What is my job?</b>	 I perform in a play. <b>What is my job?</b>	 I tell you the news on TV. <b>What is my job?</b>	Chat with 
23	24	25	26	27	28	29
<b>Voice</b> Hoarseness can be a sign of a voice disorder.	<b>Voice Tip</b> Drink water to hydrate your voice. How many times did you drink water today?	<b>Voice Tip</b> Speak at a comfortable volume. How many times today did you hear someone speaking too loudly?	<b>Voice Tip</b> Don't talk over the TV or radio. What can you do instead of talking over the TV or radio?	<b>Voice Tip</b> Speak softly instead of whispering. Tell a parent what you did at recess today.	<b>Voice Tip</b> Rest your voice. Name some times during the day when you don't have to talk.	Chat with 
30	31	AUG 1	2	3	4	5
<b>Fact or Opinion</b> Something known to be true is a fact. What you think about something is an opinion.	<b>Fact or Opinion?</b> The sky is blue. 	<b>Fact or Opinion?</b> Pizza is the best food ever. 	<b>Fact or Opinion?</b> Batman is the best superhero. 	<b>Fact or Opinion?</b> Jose's new shirt is colorful. 	<b>Fact or Opinion?</b> Roses are prettier than daisies. 	Chat with 



# August 2023



Directions: Keep your speech and language skills sharp! Color in each square as you complete the activity. See how many you can complete this month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUL 30	31	AUG 1	2	3	4	5
<b>Fact or Opinion</b> Something known to be true is a fact. What you think about something is an opinion.	<b>Fact or Opinion?</b> The sky is blue. 	<b>Fact or Opinion?</b> Pizza is the best food ever. 	<b>Fact or Opinion?</b> Batman is the best superhero. 	<b>Fact or Opinion?</b> Jose's new shirt is colorful. 	<b>Fact or Opinion?</b> Roses are prettier than daisies. 	What would it be like to live on the moon? 
6	7	8	9	10	11	12
<b>Inferencing</b> Inferencing means drawing conclusions.	Grant was in the bath. The water was brown. <b>Why was he in the bath?</b> 	Steve put something round, flat, and silver on the counter. The cashier gave him candy. <b>Why did the cashier give Steve candy?</b> 	It was chilly. The leaves were yellow, orange, and on the ground. <b>Why were the leaves on the ground?</b> 	Jayvon looked sad as he carried his bat back to the dugout. His team looked sad, too. <b>Why were they sad?</b> 	Jenn's hands were sore and sticky. The orange rinds were everywhere, but now she had orange juice. <b>How does Jenn have orange juice?</b> 	What would it be like to live under water? 
13	14	15	16	17	18	19
<b>Articulation - K</b> There are two letters in the alphabet that can make the K sound: "K" and "C."	<b>Answer the Riddle</b> A king and queen live in me, a great big house for all to see.	<b>Complete the Sentence</b> You carry school supplies in a ____!	<b>Answer the Riddle</b> "Quack, quack," is what I say, in the water every day.	<b>Repeat the Sentence</b> Carla located her car keys in the cabinet.	<b>Answer the Riddle</b> I will go up to the moon, 10 - 9 - 8, I blast off soon!	What would it be like to live in a tree? 
20	21	22	23	24	25	26
<b>Storytelling</b> Narratives are stories with characters, a setting, and a plot.	Write or tell a story about what you did this past weekend. 	What would you do if you had one million dollars? 	If you could be any animal, what would you be? Why? 	Write or tell a story about where you live. 	Write or tell a story about a place you would like to go. 	What would it be like to live in a cave? 
27	28	29	30	31	SEP 1	2
<b>Phonological Awareness</b> is the ability to manipulate or "play" with sounds in words.	Give a word that rhymes with: <b>can</b> <b>bat</b> <b>sock</b>	Tell the sound you hear at the beginning of: <b>banana</b> <b>napkin</b> <b>pencil</b>	Clap once for each word in the sentence. <b>The bear loves to eat honey.</b>	Put these sounds together to make a word: <b>d - i - ce</b>	Tell me each sound you hear in... <b>tiger</b>	What would it be like to live outside? 

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# September 2023



Directions: Keep your speech and language skills sharp! Color in each square as you complete the activity. See how many you can complete this month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	SEP 1	2
<b>Phonological Awareness</b> is the ability to manipulate or "play" with sounds in words.	Give a word that rhymes with: <b>can</b> <b>bat</b> <b>sock</b>	Tell the sound you hear at the beginning of: <b>banana</b> <b>napkin</b> <b>pencil</b>	Clap once for each word in the sentence. <b>The bear loves to eat honey.</b>	Put these sounds together to make a word: <b>d - i - ce</b>	Tell me each sound you hear in... <b>tiger</b>	Frog or flower? 
3	Labor Day 4	5	6	7	8	9
<b>Articulation - D</b> The /d/ sound is made in the front of your mouth.	<b>Fill in the Blank</b> The teddy bear costs five _____. 	<b>Repeat the Sentence</b> <u>D</u> avid is eating a <u>d</u> onut at the <u>d</u> iner. 	<b>Fill in the Blank</b> Give a _____ a bone. 	<b>Repeat the Sentence</b>  Donna <u>d</u> id a spin <u>d</u> uring her dance recital.	<b>Fill in the Blank</b> Children go to the _____ when they feel sick. 	 Bee or tree?
10	11	12	13	14	15	16
<b>Rhyming Words</b> Rhyming words include parts of words that sound the same.	<b>Which Words Rhyme?</b> <b>boat coat</b> <b>cup book</b>	Name a word that rhymes with...  <b>star</b>	<b>Which Words Rhyme?</b> <b>mail pail</b> <b>rock tail</b>	Name a word that rhymes with...  <b>flag</b>	<b>Which Words Rhyme?</b> <b>river money</b> <b>truck honey</b>	<b>Bath or beach?</b> 
17	18	19	20	21	22	23
<b>Basic Concepts</b> Basic Concepts are important for early academic success.	<b>Complete the Sentence</b> I put my clothes _____ my closet.	<b>Complete the Sentence</b> At night you are asleep and during the day you are _____.	<b>Complete the Sentence</b> The ball rolled _____ the hill.	<b>Complete the Sentence</b> An elephant is big, but a mouse is _____.	<b>Complete the Sentence</b> The dog dug a hole _____ the yard.	 Pirate or princess?
Yom Kippur 24	25	26	27	28	29	30
<b>Idioms</b> Idioms are a type of figurative language.	 It's "raining cats and dogs" really means...	 "Hold your horses" really means...	 She "put her foot in her mouth" really means...	 "Mark is a night owl" really means...	 He's "on top of the world" really means...	 Movie or book?

# June-Breakfast 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
	May 29 Assorted cereal, fruit & milk	May 30 French toast sticks, syrup, fruit & milk	May 31 Bagel w/ cream cheese, fruit & milk	June 1 Assorted cereal, fruit & milk	June 2 WG muffin, yogurt, fruit & milk
	5 Assorted cereal, fruit & milk	6 Waffles w/syrup, fruit & milk	7 English muffin w/butter, fruit & milk	8 Assorted cereal, fruit & milk	9 WG muffin, yogurt, fruit & milk
	12 Assorted cereal, fruit & milk	13 Blueberry pancakes w/syrup, fruit & milk	14 Bagel w/cream cheese, fruit & milk	15 Assorted cereal, fruit & milk	16 WG blueberry muffin, yogurt, fruit & milk
	19 No school	20 Cinnamon apple French toast w/syrup, fruit & milk	21 Bagel w/cream cheese, fruit & milk	22 Assorted cereal, fruit & milk	23 WG muffin, fruit & milk
	26 Assorted cereal, fruit & milk	Summer	Vacation	See you all	In the Fall!!!!!!

All sandwiches are made using whole grain bread. Each lunch is served with a choice of 1% white, skim, 1% milk & low fat chocolate (children 5 & under can only be offered white milk skim or 1%). All meals are subject to change without notice.

All meals are served w/fruit. Breakfast requires grain, fruit & milk. Lunch is served with a grain, protein, fruit, vegetable & milk. **If your child requires milk for a home meal the charge is .50 cents.**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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

# June-Lunch 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
Toasted cheese sandwich w/fruit & veg of the day & milk	May 29 Memorial Day No School	May 30 Beef & cheese nachos, corn & black bean salad, mandarin oranges & milk	May 31 Salisbury steak w/steamed brown rice, carrot coins, fresh fruit & milk	June 1 Grilled chicken, cheese & bacon on a WG roll w/oven fries, pineapple & milk	June 2 Sliced cheese pizza, wax beans, sliced cinnamon apple & milk
Turkey & cheese sandwich w/fruit & veg of the day & milk	5 Seasoned chicken w/steamed brown rice, broccoli, peaches & milk	6 Cheese quesadilla w/salsa & sour cream, three bean salad, pineapple & milk	7 Pasta w/meat sauce & parm cheese, garlic knots, carrots, pears & milk	8 Chicken patty on a WG roll, oven fries, applesauce & milk	9 Make your own flat bread pizza, green beans, fresh fruit & milk
Ham & cheese on WG bagel w/fruit & veg of the day & milk	12 Turkey, bacon & cheese wrap w/lettuce, broccoli, mandarin oranges & milk	13 Chicken fajita w/salsa, sour cream, shred lettuce & cheddar, seasoned black beans, fresh fruit & milk	14 Hamb/cheeseburger on a WG roll, sweet potato fries, apple slices & milk	15 Chicken nuggets, oven fries, diced peaches & milk	16 Garlic French bread w/marinara, wax beans, applesauce & milk
Turkey & cheese sandwich w/fruit & veg of the day & milk	19 No school	20 Chicken nuggets, steamed rice, broccoli, mandarin oranges & milk	21 Ham & cheese bagels, sliced carrots, pears & milk	22 Breaded fish sticks, seasoned fries, pineapple & milk	23 English muffin pizza, green beans, diced peaches & milk
No Alt served	26 Turkey & cheese sandwich (bag lunch)	Summer	Vacation	See you all	In the Fall!!!!!!

All sandwiches are made using whole grain bread. Each lunch is served with a choice of 1% white, skim, 1% milk & low fat chocolate (children 5 & under can only be offered white milk skim or 1%). All meals are subject to change without notice.

All meals are served w/fruit. Breakfast requires grain, fruit & milk. Lunch is served with a grain, protein, fruit, vegetable & milk. **If your child requires milk for a home meal the charge is .50 cents.**

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# NIH News in Health

National Institutes of Health • Department of Health and Human Services • [newsinhealth.nih.gov](https://www.newshealth.nih.gov)

**Inside News:** 3 Dementias in Midlife 4 Depression in Older Adults 4 Gout 4 Spanish Health Information

## An Uptick in Ticks

### Don't Let Ticks Make You Sick

Warm weather might make you want to get outdoors and enjoy walks in the woods, picnics, gardening, and more. But tiny ticks also emerge when temperatures rise. And they can take a big bite out of warm-weather fun.

Bites from infected ticks are responsible for about a half-million new illnesses each year in the U.S. And those numbers are rising. Lyme disease is by far the most common. It accounts for more

than 80% of tickborne illnesses nationwide. Other tick-related diseases include babesiosis, tularemia, and anaplasmosis.

Symptoms of these infections can range from mild rashes and discomfort to long-lasting health problems. Some tick bites have been linked to a severe allergy to red meat.

There is good news, though—you can take steps to keep ticks from making you sick. And NIH-supported scientists are looking for better ways to diagnose, treat, and prevent tick-related illnesses.

**Risks From Ticks** • The chance that you'll get sick from an infected tick mostly depends on where you live. Different types of ticks live in different parts of the country. Each type can pass on the germs that cause different diseases. Nationwide, more than 17 human diseases are known to be caused by at least nine kinds of



ticks. And all these ticks are moving into new regions.

“As the climate warms and changes, it’s likely that we’ll see more tickborne diseases in more locations,” says Dr. Erol Fikrig, an expert in tick-related diseases at Yale University. He and his colleagues are working to better understand the relationships between ticks, the germs they carry, and the animals they infect.

Ticks might seem easy to avoid. They can’t fly or jump. But they can detect heat, breath, and other signals from warm-blooded creatures. Ticks need blood to develop and to produce eggs. To find meals, they often cling to the tips of grass blades or leaves with their back legs. They wave their front legs if they sense that you or another potential victim is nearby. If you brush against a tick, it can climb on and look for a patch of skin to bite.

Once a tick digs into the skin and starts sucking blood, any germs it carries can enter its victim. But it can take a couple of hours for a tick to choose a spot and begin feeding.

“If you catch and remove a tick early, and it has not yet taken a full blood meal, your chance of getting an infection is greatly reduced,” Fikrig says. If you don’t remove a tick, it can stay attached for several days. As it slowly fills with blood, the tick may swell in

size by 10 times or more.

All known tickborne diseases can cause fever. Other common symptoms include headache, fatigue, and achy muscles. Some diseases can cause distinctive rashes. Lyme disease, for example, often causes an expanding rash that looks like a bull’s-eye. Ehrlichiosis, tularemia, and Rocky Mountain spotted fever can also cause rashes.

**Unusual Meat Allergy** • Most tick-related illnesses are caused by infections. But over a decade ago,

*continued on page 2*

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NIH-supported researchers found that certain tick bites might instead lead to a food allergy. The condition is called alpha-gal syndrome (AGS). The allergy is to a sugar molecule called alpha-gal that is found in red meat.

“This includes beef, pork, lamb, venison, rabbit, and even the products from these animals, such as milk and dairy,” says Dr. Scott Commins, an allergist at the University of North Carolina. He worked with the research team that identified the link between red meat allergy and the bite of the lone star tick.

“AGS can cause hives, itching, swelling, shortness of breath, or gastrointestinal distress after eating red meat,” Commins says. AGS can sometimes lead to a severe allergic reaction called anaphylaxis, which can be deadly without emergency care. So affected people must avoid eating red meats.

Most food allergies cause symptoms several minutes after eating. But AGS symptoms tend to appear three to six hours after eating red meat. This delayed reaction

can make it hard to realize that red meat is to blame. Scientists don’t yet understand how the bite of a tick can lead to this allergy.

AGS is relatively rare, but its numbers are rising as the lone star tick spreads to new areas. Today, this tick is found widely from Texas to New England.

“On a positive note, there’s pretty good evidence that over time, the allergy can go away in some people,” Commins says. “We think that avoiding tick bites is key.” A simple blood test can show whether a person still has AGS.

**Blocking Tickborne Illness** • Even though tick-related diseases are becoming more common, you can still enjoy the outdoors if you take some precautions.

“You don’t need to be afraid of ticks,” says Dr. Sam Telford, a tick disease researcher at Tufts University. “Depending on where you live, most tick bites don’t necessarily carry an infection. And even if they do, if you remove the tick promptly—by taking a shower, feeling for ticks, or looking for them—you will greatly reduce your risk.”

To provide even more protection, NIH supports several lines of research that aim to block tick-related illness. Telford and colleagues are focused on stopping the spread of tickborne infections in the wild. They’re testing different ways to keep the disease-causing germs from infecting small creatures that ticks love to bite, like mice.

“The idea is that if you target mice, they will no longer pass infections to ticks. And then presumably there will be fewer infected ticks in the environment to infect humans,” Telford explains.

Fikrig and colleagues are working to create a new type of vaccine



## Wise Choices

### Block Tick Bites

When outside:

- **Treat clothing and gear** with products containing permethrin.
- **Use insect repellents as directed.** Find effective ones from the EPA at [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents).
- **Avoid areas where ticks hide**, including high grass and leaf litter.

When back indoors:

- **Change your clothes when you come inside.** Wash the clothes you used outdoors in hot water.
- **Check your whole body for ticks.** Ticks can be as small as a poppy seed. Remove ticks with tweezers. Pull upward with steady, even pressure.
- **Shower within two hours after coming indoors**, to wash away ticks before they latch on.

*Adapted from the U.S. Centers for Disease Control and Prevention*



that keeps ticks from attaching to the skin long enough to transmit disease-causing germs. Their experimental vaccine has been shown to prevent Lyme disease in animals. They are testing to see if this approach can block other types of tickborne infections.

Fikrig notes that many tick-related diseases can be effectively treated if caught early. “If you’ve been in an area where ticks are common and you develop a fever, it’s possible that you had a tick bite but just didn’t realize it,” he says. “You should seek medical attention to get advice. Early medical attention is always the best.” ■

## NIH News in Health

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## Web Links

For more about ticks, see “Links” in the online article: [newsinhealth.nih.gov/2023/06/uptick-ticks](http://newsinhealth.nih.gov/2023/06/uptick-ticks)



# Community Network for Children Programs



QR CODE TO REGISTER

## REGISTRATION LINK:

<https://form.jotform.com/212215759871158>.

## SPECIALS for MAY and JUNE!

- **NEW! CNC HIKE MEET UP!** Join Leverett Dad, Andrew, and explore local, family friendly hiking trails. Some will be just for the dads and some for all family members **May 9, 16, 31 June 3 and 7**. Register using the JotForm link to be notified of hiking locations!
- **Parent Cafe! Discussion Group for Families with Young Children:** Come join our friendly group of parents for an evening of discussion, connections and exchange of information. Families with children not yet in school are welcome. Help us plan for this group in the coming year! Parent led group. **May 8th at Shutesbury Elementary School 6:00 Dinner/6:30-Child Care/Parent Discussion. REGISTRATION REQUIRED**
- **CNC Children's Closet OPEN HOURS on SATURDAY- May 20th 10:00am -1:00pm.** 4 Montague Rd, Leverett behind the church. **FREE CLOTHES!** We welcome donations of clean, summer clothes in good condition. **ALL WELCOME!**

## WEEKLY PROGRAMS

- **TUESDAY - New Salem Tales & Tunes with Katie at the New Salem Library - 10:00-11am June 6 and 13.** Music, books and playtime!
- **WEDNESDAY-Wendell Playgroup with Sylvia Wendell Library Playgroup - 10:00-11am May 3, 10, 17, 24, 31 and June 7** Free play, socialization and story time. Thank you to the Friends of the Wendell Free Library for supporting this program!
- **WEDNESDAY - Leverett Library Playgroup on Wednesdays at the Leverett Library - 10:30am. May 3, 10, 17, 24, 31 - June 7 and 14** Playgroup for children and their grown-ups 0-5 years of age. Free play time with a short circle time and books to wrap up!
- **FRIDAY- Shutesbury Tales & Tunes with Katie at Shutesbury Elementary School 8:45-10:00am . May 5, 12, 19 and June 2.** Music, books and playtime! Thank you to the M.N. Spear Memorial Library and Shutesbury Elementary for supporting this program!

## WEEKLY STORYWALKS - Please be sure to check for ticks!

- Erving Public Library- Posted on Mondays around the outside of the library.
- Leverett Library- Posted on Thursdays on the trail behind the library.

## CNC CHILDREN'S CLOSET: 4 Montague Rd, Leverett

- Open Thursdays by appointment or drop-in from Noon-3:30. Text or call to confirm schedule has not changed. **CLOSED June 22-July 6.** Free clothes, diapers and more!

**CONTACT Gillian with questions at CNC 413-422-0170 call/text or [budine@erving.com](mailto:budine@erving.com)**

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

Erving Public Library's

# Paws to Read

Know a shy reader  
still trying to  
find their voice?

Read to one of the world's least  
judgmental listeners:  
a trained & certified therapy dog.



**Sign up in advance  
highly suggested.  
15-minute slots  
are limited!**



**With Rio**  
Sunday, July 2nd  
2-3:30 p.m.



**With J-lo**  
Sunday, July 23rd  
2-3:30 p.m.

2 Care Drive, off Route 63, Erving MA 01344  
413-423-3348      library@erving-ma.gov  
erving-ma.gov/library

Erving Public Library

# Music & Movement with Tom & Laurie

**DATE CORRECTED!**  
Sunday, July 30th

11:00 a.m.

Come join local musicians, "Tom & Laurie," on a highly interactive bilingual program for families with young children.

Check out the rest of the "Tom & Laurie" summer series on our website: [www.erving-ma.gov/library](http://www.erving-ma.gov/library)



Bring a blanket or chair if the weather is nice!



2 Care Drive  
(right off Rt. 63!)  
Erving, MA 01344



Organized by the Community Network for Children. This program is supported by a grant from the Erving Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Mass  
Cultural  
Council

**ERVING PUBLIC LIBRARY**



# **THE PINEAPPLE PROJECT**



**Theater experience that  
explores gender, creativity,  
and each child's freedom to  
be who they are. Best suited  
for families with kids**

**3-8 years old.**

**TUESDAY  
JULY 18TH  
1 PM**

**IN THE COMMUNITY ROOM**

**2 CARE DRIVE, ERVING, MA 01344  
413-423-3348  
LIBRARY@ERVING-MA.GOV**

# ERVING PUBLIC LIBRARY

FAMILY MUSIC  
PARTY BAND!



TEEN  
MUSICIANS!

## CARRIE FERGUSON

&

## THE GRUMPYTIME CLUB BAND

AT THE  
SUMMER READING PARTY



Playing original music from Carrie Ferguson's award-winning 2021 album, *The Grumpytime Club*, they spent 2022 rocking fairs and festivals with their high-energy funky folk-pop. Featuring a shifting pallet of horn, violin, guitar, mandolin, keys, bass and drums, their music is highly danceable and truly fun for all ages, highlighting themes of inclusivity, social justice, Earth stewardship and LGBTQ youth/family pride.

This program is supported by a grant from the Erving Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

THURSDAY,  
AUGUST 3RD

5:00 p.m.

TIME CORRECTED!

2 CARE DRIVE (RIGHT OFF OF RT. 63), ERVING, MA 01344

[WWW.ERVING-MA.GOV/LIBRARY](http://WWW.ERVING-MA.GOV/LIBRARY)



# ERVING PUBLIC LIBRARY

## SUMMER READING 2023

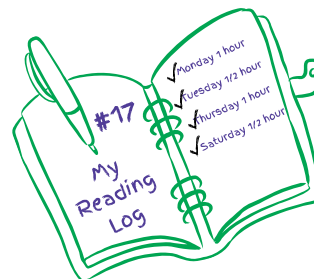
FOR ALL AGES

# "Find your voice"



## HOW TO PARTICIPATE: ★★

- **Sign up at the library starting & anytime after June 29!**
  - Pick up a reading log, write your number on your log!
- **Track the time you spend reading!** ⌚⌚⌚
- **Check in with a librarian to choose your weekly prize!**
  - Earn a raffle ticket for each HOUR spent reading!
  - Enter to win one of the BIG raffle prizes!
- **Attend the final celebration on August 3! Everyone who participates in Summer Reading gets a *special limited-edition 2023 color-your-own t-shirt!***



## SCHEDULE OF EVENTS: ★★

\*You do not have to be present to win the big prizes or collect your t-shirt

### **Book Club & Summer Reading Kickoff Pizza Party** – Thu. June 29, 5:30pm

Get your reading log, enjoy some pizza and chat with book club about a something you read that is "set in a country you've never visited"! RSVP suggested for pizza party.

### **Paws to Read** – Sundays, July 2 & 23, 2:00pm

Kids read to a dog! Dog handlers present at all times. Sign-up highly suggested, space limited.

### **Writing Workshop** – Tue., July 11, 18, 25, Aug. 1, 5:00pm

Follow the weekly prompts and find your voice through writing! For teens and adults.

### **Tattoo & Piercing 101** – Thu., July 13, 5:00pm

Informational session only. For teens and adults.

### **Tell, Create, Connect** – Sun., July 16, 11:00am

Storytelling workshop for families to find their voice with Rona Leventhal. Funded by Erving CC.

### **Pineapple Project** – Tue., July 18, 1:00pm

Theater experience that explores gender, creativity, and each child's freedom to be who they are. Best suited for families with kids 3-8 years old.

### **Book Club & Make Your Own Sundae** – Thu., July 27, 5:30pm

Theme: "Read a book borrowed from your local library"! Chat with other readers & have ice cream.

### **Music and Movement with Tom and Laurie** – Sun., July 30, 11:00am

A highly interactive bilingual program for young children, funded by local cultural council grants.

### **Summer Reading Celebration** – Thu., Aug. 3, 5:00-7:00pm

Party with prizes, popcorn, popsicles, and cake! Raffle drawing!

*Special limited-edition color-your-own t-shirts* for all summer reading participants!

### ★★ **PLUS: Carrie Ferguson & the Grumpytime Club Band** ★★

Concert with teenage musicians funded by the Erving Cultural Council!

The Grumpytime Club Band is a red and gold family music party band including costumed dancers. Playing original music from Carrie Ferguson's award-winning 2021 album, *The Grumpytime Club*, spent 2022 rocking fairs and festivals with their high-energy funky folk-pop. Featuring a shifting pallet of horn, violin, guitar, mandolin, keys, bass and drums, their music is highly danceable and truly fun for all ages, highlighting themes of inclusivity, social justice, Earth stewardship and LGBTQ youth/family pride.

**MORE INFO ONLINE: [WWW.ERVING-MA.GOV/LIBRARY](http://WWW.ERVING-MA.GOV/LIBRARY)** ★★

# THURSDAY, JUNE 29 - THURSDAY, AUG 3



# Northampton Area Pediatrics Parenting Workshop



## Healthy Sleep During Childhood and Adolescence

With Wendy Chabot, MD

*Wendy Chabot, MD is a pediatrician with a special interest in behavioral sleep medicine.*

**Sunday, June 11<sup>th</sup>**

**4pm to 5:30pm**

**Via Zoom**

Sleep is one of the pillars of mental, emotional, and physical well being. Yet many school aged children, particularly adolescents, do not receive adequate sleep. In this workshop we will share about the function of sleep, the consequences of inadequate sleep, and how best to support healthier sleep during childhood and adolescence. There will be ample time for Q & A.

<https://us02web.zoom.us/j/89738577662?pwd=WVUvT3pwVWc2bmlqTTB5aHRoRk5Udz09&from=addon>

**Meeting ID: 897 3857 7662 Passcode: 098335**



## Foundation for Community Justice

PO Box 1266  
Greenfield, MA 01302  
[www.healingfranklincounty.com](http://www.healingfranklincounty.com)

### **2023 Summer Camp Scholarship Program**

#### **Program Outline**

Through generous grants from the Opioid Task Force and the Massachusetts Rural Vaccine Equity Initiative, the Foundation for Community Justice has funding to provide families in Franklin County and the North Quabbin Region with summer camp scholarships. Grants will be made on a first-come, first-served basis until the funds are spent. **The application deadline is Friday, June 16, 2023.** If scholarship funds remain after the initial applications are filled, the Foundation may be able to offer a second week of camp to enrolled families.

Local organizations and agencies (schools, libraries, food pantries, churches, social services, support groups and other community organizations) can refer Franklin County families who are working on healing and/or recovery. (Post pandemic, many children and families fit in this category.) No documentation about the family's need is required, but on the application form the representative of the referring group will be required to attest that the scholarship will promote healing and recovery. For families in rural areas, the Foundation can provide a \$50 gas card if the cost of transportation is a barrier to a child's participation in summer camp.

Families are to be residents of Franklin County or the North Quabbin Region.

Organization staff and the family will fill out the one-page application and submit it to the Foundation, either by mailing it to The Foundation for Community Justice, PO Box 1266, Greenfield, MA 01302, or by emailing a scan of the application to board member Lucinda Brown at [Lbrown1st@aol.com](mailto:Lbrown1st@aol.com).

Families will make arrangements directly with the camp of their choice. The Foundation will give the family a check, made payable to the camp, to cover the expense of one week of camp per child, and the family will make the payment directly to the camp(s). Once the Foundation receives an application, a board member will contact the family to confirm the specifics of their scholarship.

For families with more than one child, the Foundation will cover the costs of one week of summer camp per child, up to \$600 per family.

Questions? Email board member Lucinda Brown at [Lbrown1st@aol.com](mailto:Lbrown1st@aol.com).

4.24.2023

*Anne Diemand Bucci, President*  
*Josephine Burnett, Clerk*  
*Andrea Carlin, Treasurer*

*Members at Large*  
*Ricky Baruc*  
*Lucinda Brown*  
*Court Dorsey*  
*Sherry Guyer-Woods*  
*Susan Mailer*  
*John Paganetti*  
*Jamie Woods*



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*Anne Diemand Bucci, President*  
*Josephine Burnett, Clerk*  
*Andrea Carlin, Treasurer*

## 2023 Summer Camp Scholarship Application Applications due by June 16, 2023.

The mission of the Foundation for Community Justice is to promote healing and recovery in Franklin County. In 2023, we are offering scholarships for Franklin County families who are referred by local organizations or groups and who fit within the Foundation's mission. Scholarship funds are limited and will be awarded on a first come-first awarded basis until the funds are depleted. Applications are due by June 16, 2023.

The Foundation will pay up to \$600 per family for a week of summer camp for children who qualify. Parents/guardians make arrangements directly with the camp of their choice, including the medical forms necessary to enroll. The Foundation will give the parent/guardian a check made out to the camp, and the parent/guardian will make the payment.

**The Foundation for Community Justice will pay for one week of camp, up to \$600 per family. For rural families where transportation is a barrier, the Foundation will give the family a \$50 gas card to help with expenses. If funding remains, the Foundation may be able to offer a second week's scholarship to enrolled families. To apply, mail applications to the Foundation for Community Justice, PO Box 1266, Greenfield, MA 01302, or email scan of application to [Lbrown1st@aol.com](mailto:Lbrown1st@aol.com).**

*Members at Large*  
*Ricky Baruc*  
*Lucinda Brown*  
*Court Dorsey*  
*Sherry Guyer-Woods*  
*Susan Mailler*  
*John Paganetti*  
*Jamie Woods*

### Organization/Agency/Group Referral

Name of Agency/Organization/Group: \_\_\_\_\_

Person, title, making the referral: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Family Information

Name of parent/guardian: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address for check: \_\_\_\_\_

Rural families: Check here  to request a \$50 gas card for  Mobil  Shell

### Camp Information for each child

Name/location of camp: \_\_\_\_\_

Name of child who will be attending: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Dates of camp week: \_\_\_\_\_ Cost of camp week: \_\_\_\_\_

Name/location of camp: \_\_\_\_\_

Name of child who will be attending: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Dates of camp week: \_\_\_\_\_ Cost of camp week: \_\_\_\_\_

**\_\_\_\_\_ I attest that the Foundation for Community Justice will be promoting healing and recovery by awarding this scholarship.**

**Signature of group/agency representative: \_\_\_\_\_**