



## Erving Elementary School Eagle Express

Issue #10

## March 15, 2019 Important Dates

### Wednesday, March 20<sup>th</sup>

No CNC Playgroup  
Savings Makes "Cents"

### Thursday, March 21<sup>st</sup>

Rock Your Socks day  
See flyer in the newsletter

### Sunday, March 24<sup>th</sup>

Spring Into Reading Event 2:00-4:00  
See flyer in the newsletter

### Wednesday, March 27<sup>th</sup>

No CNC Playgroup  
Parent and Community Forum  
Meet the EES Principal Candidates  
See flyer in the newsletter

### Friday, March 29<sup>th</sup>

Math Coffee Hour 8:30-9:30

### Wednesday, April 3<sup>rd</sup>

All School Play 10am & 7pm  
No CNC Playgroup

# Weekly Parent/Guardian School Newsletter

Dear Families and Friends of Erving Elementary School,

*"For our kids to get their needs met and experience deep-rooted happiness, they must be engaged in real-world activities. Their engagement in real-world activities will reduce the pull of the screens and will decrease the likelihood of problems that can arise from excessive screen use."*

Over the past few weeks we have been drawing attention to the value of reading (books), issues around Internet safety, and how we occupy our free time. This week we got the opportunity to explore a little deeper into the subject of technology. On Monday, Andrea Elson (EES Speech Language Pathologist) presented a coffee hour session for parents and members of our community. The presentation focused on the topic of Children and Technology: Risks, Benefits, and Guidelines. If you were not able to attend, let me assure you, this was a session not to be missed. Andrea will be presenting this topic to the Union 28 staff at their Professional Development Day in May.

In the meantime, please allow me to quote a few lines from the session:

#### Benefits Of Screen Time

- Access to Information
- Greater Capacity to Communicate
- Educational Tools/apps to support learning
- Increase Productivity/Work
- Entertainment (Streaming, Netflix, Hulu)
- AAC
- Connection with family far away
- Track health/fitness
- Creating media-photos and movies

With just 60 minutes of screen time per day, young children show

- Increased anxiety
- Increased depression
- Decreased curiosity
- Reduced persistence
- Reduced self control

#### Cons of Screen Time

- Decreased attention
- Decreased social connection
- Decreased sleep
- Decreased physical activity
- Decreased productivity
- Decreased memory
- Impact on aggression

"What the net seems to be doing is chipping away my capacity for concentration and contemplation. Once I was a scuba diver in the sea of words. Now I zip along the surface like a guy on a Jet Ski."

Nicholas Carr

With spring weather on the way, our hope is that our children will be able to spend a lot more time exploring the outdoors, involved in healthy activities that stimulate and develop their brains and social skills. If you would like to receive more information on this topic, please feel free to reach out to Andrea at school. Thank you Andrea for this stimulating workshop.

Have a great weekend.

Jim





## Erving Elementary Principal Search

### Parent and Community Forum

Erving Elementary School – Wednesday, March 27, 2019

❖ Megan Desmarais – 5:30 p.m.

❖ Lisa Candito – 6:30 p.m.





## 6<sup>th</sup> Grade Is Heading to "The Big Apple" Tuesday May 7, 2019

Fun, culture, learning! A busy day is scheduled, for sure. Plans have been finalized for our sixth-graders who will be heading out on an 18-hour journey from little ol' Erving, Ma. (population 1,767) to our country's most populous area, New York City, population 8,623,000. Here are some of the sites that await us:

### 1. National Museum of Mathematics

<https://momath.org/>

The National Museum of Mathematics (MoMath) is an [award-winning museum](#) that highlights the role of mathematics in illuminating the patterns and structures all around us. Its dynamic [exhibits](#), [gallery](#), and [programs](#) are designed to stimulate inquiry, spark curiosity, and reveal the wonders of mathematics. The Museum's innovative exhibits will engage folks from 105- to 5-years-old — and even younger!

### 2. SpyScape

<https://spyscape.com/>

Explore spy stories and gadgets. Dodge lasers. Crack codes.  
See yourself and others more clearly.



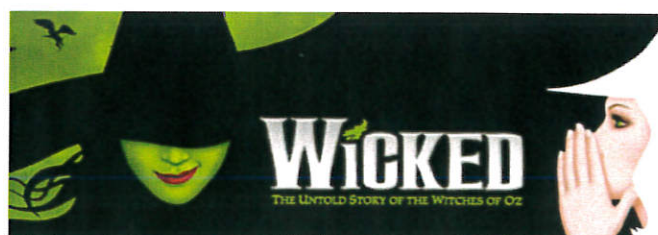
### 3. Visit Times Square and dinner at Planet Hollywood



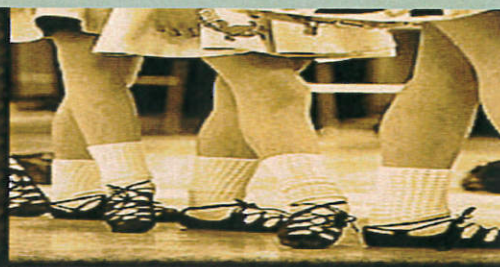
### 4. Broadway performance: "Wicked"

<https://wickedthemusical.com/>

We're going to have a Wicked  
good time, hey!!





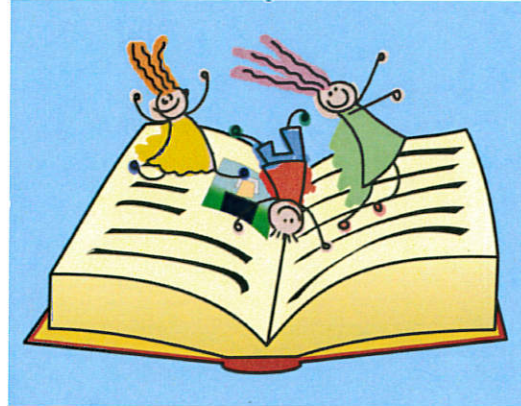


On Monday we had the pleasure of having The Duffy Academy of Irish Dance come to the school and do a presentation. Students and staff enjoyed watching some traditional Irish dancing and music. We even had the pleasure of having a few student volunteers go on stage to be involved with the show.





Spring  
Into  
Reading  
Sunday, March 24  
2-4 pm



with  
Storyteller-  
Musician  
John  
Porcino



**Who:** everyone is welcome, especially elementary-school kids  
accompanied by their grown-ups

**What:** "Stories, songs, music and a playful touch of audience  
participation" with refreshments!

**Where:** Erving Elementary School 28 Northfield Rd.

for more information, please contact Jane Urban, EES Librarian  
at 423-3326 x 103 or [urban@erving.com](mailto:urban@erving.com)



[massculturalcouncil.org](http://massculturalcouncil.org)

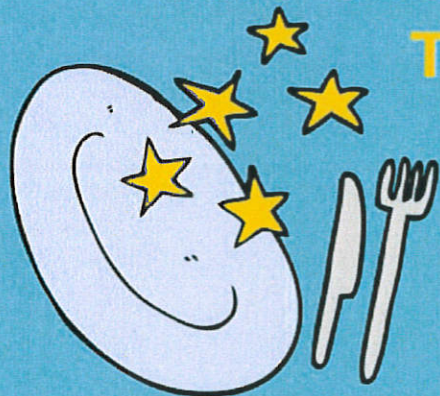
This program is free and open to the public, thanks to the  
financial support of the EES PTO and the Erving Cultural Council,  
a local agency which is supported by the  
Massachusetts Cultural Council.



# THE COMMUNITY NETWORK FOR CHILDREN PROGRAM IS OFFERING **FAMILIES CONNECTING**

A discussion group with a family meal, child care and facilitated discussion time.

**THURSDAYS, 5:30-7:30**



February 28th  
March 14th & 28th  
April 11th



@ Erving Elementary School, 28 Northfield Road, Erving

**"SO HELPFUL TO KNOW YOU ARE NOT ALONE  
ON THIS PARENTING JOURNEY."**

- With each session, we will provide a family meal, followed by child care and an adult discussion group with opportunities to connect, share, and ask questions.
- We will use resources from the Positive Solutions for Families Parent Guide and Engaging Families in Children's Literacy Development to help guide our discussions.
- The focus is on families with children 0-5 years of age.
- Bring a friend!
- **Contact the CNC Program to REGISTER FOR DINNER & CHILD CARE [budine@erving.com](mailto:budine@erving.com) or 978-544-5157**



This program is offered by the Union #28 Community Network for Children Program. Funded through the Coordinated Family and Community Engagement Grant by the Massachusetts Department of Early Education and Care, & community donations. Thank you to Erving Elementary School for hosting this series!





## News from PTO:

Next week we ask that you show your appreciation on Monday, March 18 for Bus Driver Day And your support for World Down Syndrome Day on Thursday, March 21. Show how much you appreciate our three bus drivers, Pat, Beth, or Don, transporting your children safely to school daily by a simple "thank you" or card or treat. Have your student wear their silliest boldest unmatched socks for Rock Your Socks off in support of fellow student, Ben, and World Down Syndrome Day.

We will be celebrating Staff Appreciation Week Tuesday May 28 – May 31. We will be repeating some much appreciated tasks like "sidewalk chalk shout outs" and "Staff Hall of Fame" and are looking for new ideas to support our staff. If you are interested in helping out with this event please attend the Staff Appreciation Meeting Wednesday, April 24 at 6pm.

The Second Annual Calendar Raffle Fundraiser is full swing into phase one. We have secured 45 donors and the equivalent of \$2,200 in prizes to raffle off daily in the month of May. We will continue to accept donations until March 29. Special thanks to parents Jess Allen, Katie McLaughlin, Michelle Fisher, Katie Sadler, Brittanie Mimitz, Kate Gaudet, Aubrey Kocjan and Principal Jim Trill for working effortlessly with local businesses and families to strengthen community ties in this giving campaign.

Last year EES students and families helped to sell 1,000 raffle tickets generating \$5,000!! This year the School Committee will help sell tickets and the Calendar will run in the Greenfield Recorder for one week in April. Calendar packets will go home with students on April 12 with a preferred return on April 29, but we will accept tickets through the month of May.

There will be a pre-sale of raffle tickets, without the published calendars, at the All School Play on April 3. Purchased tickets will be entered into a bonus raffle that night for 4 tickets to Jaduke's production of Winnie the Pooh the weekend of May 17 and a \$25 gift certificate to Terrazza restaurant.

If you are interested in helping out with the Calendar Raffle our next meeting is on Monday, April 1 at 7pm. Please email Jess Allen at [pto@erving.com](mailto:pto@erving.com) for more information.





**DONOR LIST:**

99 Restaurant: \$25 gc  
 Allen family: young child story time basket (3 books and 3 stuffies)  
 Allen, Debbie: gembox; home spa basket; electronic family games basket  
 Applebees: \$25 gift card  
 Black Cow Burger Bar \$25 gc  
 Budine, Gillian: \$25 Greenfield Farmers Coop  
 Clearys Jewelers: \$25 gift certificate  
 Crooked Tap: \$15 gift card  
 Dunkin Donuts, Erving: mug and coffee  
 Elements Hot Tub and Spa: \$50, 30min hot Tub session for 2  
 Emily Dickinson Museum: 4 passes and poetry book  
 Erving Recreation Commission: 7 youth tees, 4 hats  
 Erving Station: 1lb chocolates  
 Four Leaf Clover: \$25 gift card  
 French King Bowling Alley, Three \$25 gift cards  
 Gerry, Melissa: norwex  
 Great Falls Harvest: \$40 gift card  
 Great Falls Yoga: \$75 gift card, 5 sessions  
 Jaduke: 2 tickets to Winnie the Pooh May 17, 18 or 20  
 Lady Killigrew: \$20 gift card  
 Loynd, Kelly: Doterra Essential Oils  
 Maurice's: \$10 gift card and coupon  
 Mayhew Tools: Screwdriver set and pry bar  
 Megadance: gift card  
 Mystic Pinball: \$20 gift card  
 North Village Smokehouse: \$25 gift card  
 Novak, Jolynn: jumping beans bounce house \$75 gift card  
 Pipiones Sport Shop: \$25 gift card  
 Poplar Mountain Maple: 3 small maple syrup  
 Principal for a Day with Erving Elementary School Principal Jim Trill  
 Prondeckis Store: gift card  
 Red Fire North: \$20 gift card  
 Rendezvous: \$20 gift card  
 Shelburne Falls Coffee Roasters: 2 pastries and 2 drinks of choice  
 Shire Photography: \$50 gift card  
 Snap On Tools  
 Terrazza: \$100, four \$25 gift card  
 Tiny Dinosaur Farm, Sophie and Eli Petreccia: gift basket of handmade body butter and bath salts  
 Town Line Ice Cream, \$10 gift card  
 Towne, Vanessa: Amazon gift card  
 Toy Box: \$20 gift card  
 UMASS Fine Arts Center, 4 passes to the 2019-2020 season


**PRIZES!!**

**WOW!**  
 GREAT PRIZES  
 TO BE WON!

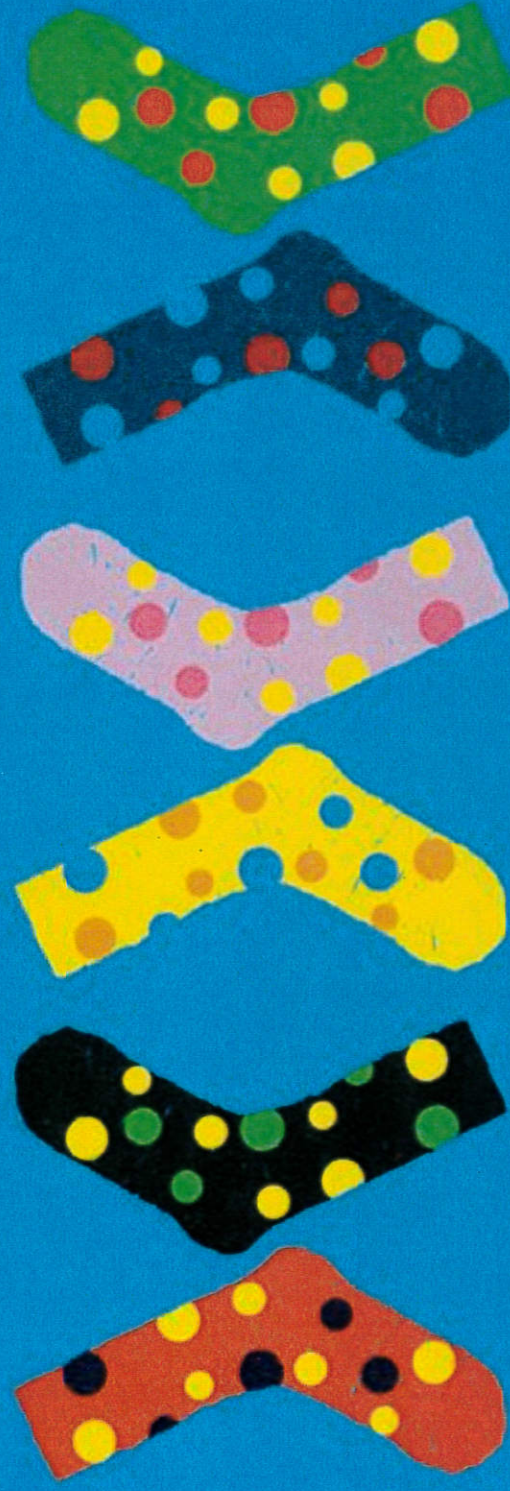

**WIN**  
**PRIZES!!**



# Rock Your Socks

on March 21<sup>st</sup>

For World Down Syndrome Day!



Wear your **colorful, mismatched**, or **unique** socks on March 21 in celebration of people with Down syndrome and the joy of diversity! Show off your socks! Tell others how people with Down syndrome make the world brighter!

#wdsd18 #rockyoursocks #321soar





# Northampton Area Pediatrics Parenting Workshops 2018-2019

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.

## **September 30<sup>th</sup>**

How to Teach (and Learn From) Our Kids about Sex with Jane Fleishman, MD

## **October 14<sup>th</sup>**

Parenting Preschoolers with Confidence, Clarity and Empathy with Sarah Abel, LICSW

## **November 18<sup>th</sup>**

An Introduction to Counseling and Mental Performance Skills Training for Young Athletes with Ben Thompson, LICSW

## **December 2<sup>nd</sup>**

When Worrying Takes Over: Managing Anxiety in your Child or Teen with Sharon Saline, PsyD and Jonathan Schwab, MD

## **January 13<sup>th</sup>**

Autism Spectrum Disorders from Toddlers to Teens with David Kieval, PsyD, BCBA, Peter Everett, MD, and NAP Care Coordinators Jill Quinn and Jacqueline Riel

## **February 10<sup>th</sup>**

Picky Eating from Toddlers to Teens with Ana Maria Moise, MS CNS LDN, Michele LaRock, MS RDN LDN and Kristen Deschene, MD

## **March 3<sup>rd</sup>**

Everything You Want to Know about Parenting an ADHD Child or Teen with Sharon Saline, PsyD and Jonathan Schwab, MD

## **April 7<sup>th</sup>**

Marijuana and Vaping: Are They Really Harmless? with Jonathan Schwab, MD

## **May 5**

Raising Digital Kids: How to Manage Screens in your Family with More Cooperation and Less Yelling with Sharon Saline, PsyD



**RSVP**  
**contactus@napeds.com**  
**(413) 517-2226**



# Erving Eagles

# BASEBALL



# & SOFTBALL

Y BATTER BATTER SWING HEY BATTER BATTER SWING HEY BATTER BATTER SWING HEY BATTER BATTER SWING HEY BATTER I

## Sign up and pay online!

[www.erving-ma.gov/recreation-commission](http://www.erving-ma.gov/recreation-commission)

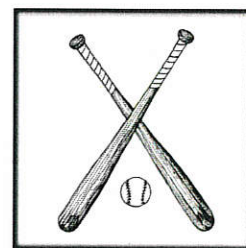
Tball - Beginner Ages 4+

Minors Baseball Grades 1 - 4

Girls Softball Grades 3 - 6

5<sup>th</sup> & 6<sup>th</sup> Grade boys should contact  
Newt Guilbault or Greenfield Youth Baseball  
to sign up.

**\$25**



### Playing with the home team means...

Your child has the great opportunity to learn skills and teamwork.

The classroom community is supported on the field.

Our teams stick together for the duration of Elementary School.

Everyone plays in a fun, stress-free environment, with parent coaches who  
are invested in their team and Erving Residents.

You'll get to meet and build friendships with other parents in the community.

**Sign Ups End March 22nd.**





# SUMMER PARK

**July 1  
thru  
August 9**

**2019**  
**FREE breakfast & lunch**

**8:30am  
to  
3:15pm**

The Summer Program is held at EES, indoors and outside. Activities consist of Sports, Arts & Crafts, Entertainment, Field Trips and Lake Days. We accept age FIVE and entering Kindergarten through ANY AGE and entering 6th Grade. Weekly rate for Erving residents is \$75, and \$150 for out of town. Registration is ONLINE ONLY, and is open exclusively to Erving Residents until April 30.

[www.ervingrecreation.com](http://www.ervingrecreation.com)