



Welcome Spring

Erving Elementary
School
Eagle Express

Issue #12

March 29, 2019 Important Dates

Wednesday, April 3rd

No CNC Playgroup
All School Play
10am & 6:30pm

Monday, April 8th

MCAS Testing begins for
Gr 3-6

Wednesday, April 10th

Savings Makes "Cents"

Monday, April 15th-Friday, April 19th

No School- April Vacation

Friday, April 26th

Math Coffee Hour 8:30-9:30

Sunday, April 28th

CNC Playgroup 9:30-12

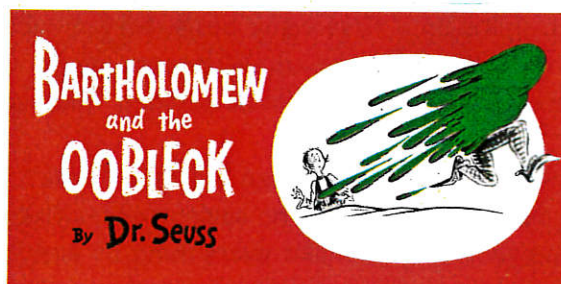
Weekly Parent/Guardian School Newsletter

The Tale of the Oobleck 2019 Synopsis

The big all school play is next week. The play will be held on April 3rd at 10 AM and 6:30 PM. This year students will be performing an adapted version of "The Tale of the Oobleck" (with special permission from Dr. Seuss Enterprises!)

After an introductory song, and a dance (*Bedtime Dance, 1st Grade*), our story will begin in the home of a family whose children are hoping for a snow day. Mom and Dad tell their children a story about a magical kingdom far away with a king who is trying to change the weather. (*3rd Grade Groups: Rain Dance, Sun Dance, Fog Dance, Snow Dance*) The king summons his royal magicians to create something new, something no one has ever seen fall from the sky before. The magicians work their magic (*Magicians' Spell, 2nd Grade*) and a strange gooey substance starts to take over the kingdom. At first everyone is overjoyed and the king proclaims a holiday (*Servants Parade, K & PK*). It soon becomes clear that this new gooey substance is taking over and sticking to everything (*Oobleck Dance, 4th Grade*). Soon after, the king realizes the error of his ways and apologizes to his kingdom for all of the terrible mess he has made. A real holiday is declared in honor of the perfect things that normally fall from the sky (*Proclaim A Holiday, 5th & 6th Grades*) and all ends well!

All students should have come home with information on each class's costume needs. The dress rehearsal will be Monday April 1st. Please let us know if your child does not have the right color clothes. There is no need for you to make special purchases for this. We look forward to seeing you all on the big day!





The Tale of The OObleck

"Be Careful What You Wish
For!"

Wednesday, April 3, 2019

10:00am & 6:30pm

Morning Performance

Doors to the gym will be open at 9:30am for families attending the morning performance. School is in session until that time so please plan on entering the building at 9:30am or later.

Evening Performance

Doors to the gym will be open at 5:30pm for families attending the evening performance.

Student Arrival (evening performance)

Grades 5 & 6 – students should arrive at school at 5:30pm and report to their classrooms. They will receive make-up instructions there.

Kindergarten – Grade 4 – students should arrive at school at 6:00pm and report to their classrooms. They should not arrive before 6:00pm because it's just too long to wait. If parents have two student arrival times, please keep your K-4 students with you until it is time for them to go to their classrooms.

Parents, please meet your child in his/her classroom when the evening performance is over.

Seating

Seating is always tight and is on a first come basis. No one will be allowed to save seats with the following exceptions: (1) the family of make-up volunteers may save one seat for the volunteer. (2) the family may save one seat for the driver who is parking their vehicle at the Bowling Alley.

Family members become very frustrated when blocks of chairs have signs and/or belongings on them. It's just not fair; we simply must insist on no saving seats. Thank you so much for your help. We all love our children and we're trying to make everything as enjoyable as possible.

Additional Parking

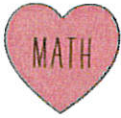
Thanks to Eric at the French King Entertainment Center, additional parking is available in the side lot.

Hope to see you there!!



Math Coffee Hour!

Join the math team and teachers for coffee and a fun, informal conversation about math teaching and learning. Last month's coffee hour was great -!

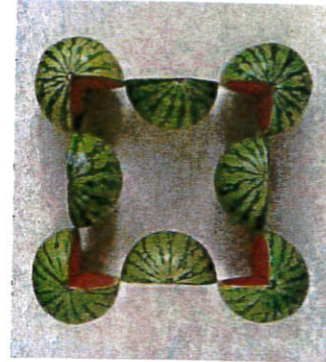


When: Friday, April 26th, 8:30-9:30 am.

Where: Conference Room

Who: Families and community members

All ages are welcome!



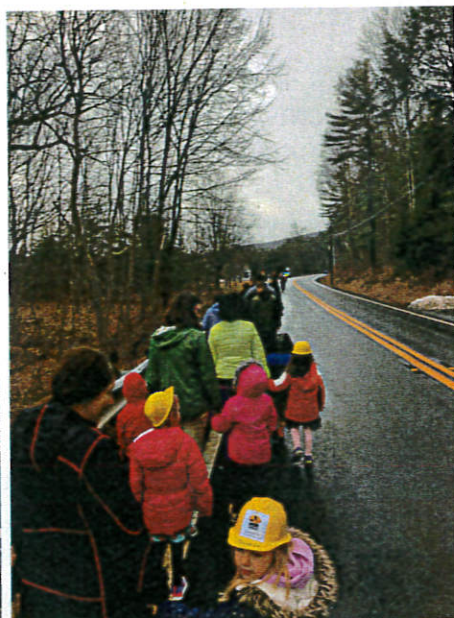
MCAS Testing will begin April 8th and run through until May 21st. Testing will be for students in 3rd – 6th. Please help your student perform to the best of their ability by encouraging them to get a good night's sleep and have a healthy breakfast. Below is some information found on the Valley Sleep Center Website. <https://valleysleepcenter.com>



Everyone knows that you function better when you get a good night's sleep. It doesn't matter how old you are or what you do, getting the sleep you need boosts your productivity, improves your mood, and enhances your performance. This is because of what happens when we sleep; our body and brain perform important functions that support our ability to learn, our long term memory, and even our immune system.

Given what we know about sleep, it shouldn't be surprising that researchers have found that there is a link between adequate sleep duration and good grades. When students don't get enough sleep, their performance suffers and their grades drop. If you expand those findings to include other areas of academic performance and measurement, it is reasonable to assume that not getting enough sleep would have a similar impact on a student's performance during standardized testing.

Today the entire school walked to watch the groundbreaking of the NEW Public Library. The children were escorted shortly after 930 this morning and returned to the school shortly after 1030. The students enjoyed hearing from Barbra Freedman about future library plans and seeing the big "digger" waiting to break the ground.



3rd grade is having a Carnation Sale!!!

Everyone loves flowers!



Carnations will be on sale during the evening performance of the play. Flowers will be sold for \$1.00 each. They will be wrapped with tissue paper and tied with ribbon.

Thank you for supporting the 3rd grade!



Erving Elementary All School Play

The Tale of The Oobleck

Erving
Elementary
School



10am &
6:30pm



April 3,
2019

Special Pre-Sale Tickets to the May Calendar
Raffle Fundraiser to be sold

65 Community Donors! • Over \$3,000 in prizes!
Winners drawn daily the month of May

Bonus drawing the night of the play:
4 tickets to Ja'duke's production of Winnie the
Pooh and \$25 Terrazza gift certificate

April - Breakfast 2019

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	
Assorted cereal, fruit & milk	1 Bagel w/cream cheese	2 HM pancakes w/real maple syrup, fruit & milk	3 Scrambled eggs & toast, fruit & milk	4 Waffles w/syrup, fruit & milk	5 Blueberry smoothie, graham crackers, fruit & milk	
	8 HM breakfast muffin made with whole grains, yogurt, fruit & milk	9 French toast sticks, syrup, fruit & milk	10 Egg & cheese on an English muffin, fruit & milk	11 HM pancakes w/real maple syrup, fruit & milk	12 Strawberry smoothie, graham crackers, fruit & milk	
	15 Spring Recess	16 Spring Recess	17 Spring Recess	18 Spring Recess	19 Spring Recess	
	22 Banana bread muffins, cheese stick, fruit & milk	23 Waffles, syrup, fruit & milk	24 Scrambled eggs & toast, fruit & milk	25 French toast sticks, syrup, fruit & milk	26 Mixed berry smoothie, graham crackers, fruit & milk	
	29 Bagel w/cream cheese, fruit & milk	30 HM pancakes w/real maple syrup, fruit & milk	May 1 Bacon, egg & cheese on an English muffin, fruit & milk	May 2 Waffles, syrup, fruit & milk	May 3 Peach smoothie, graham crackers, fruit & milk	

Breakfast is served with a choice of 1% or skim milk. Water is available during meal times, but must be taken in addition to the milk

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

April - Lunch 2019

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	Salad Bowl
Ham & cheese sandwich w/fruit & veg of the day & milk	1 Diced ham & scallop potato, steamed broccoli, fresh fruit & milk	2 Soft chicken taco w/salsa, sour cream, cheese, corn & black bean salad, pears & milk	3 Chicken salad sandwich, sweet potato fries, orange wedges & milk	4 Chicken nuggets, dinner roll, oven fries, mandarin oranges & milk	5 Cheese or pepperoni pizza, wax beans, diced peaches & milk	Grilled chicken salad w/kidney beans, cucumber, tomato, fruit & veg of the day & milk
Turkey & cheese sandwich w/fruit & veg of the day & milk	8 Boneless chicken w/brown rice, seasoned broccoli, applesauce & milk	9 Nachos w/ground beef & cheese, three bean salad, mixed fruit & milk	10 Tomato soup, toasted cheese, diced peaches & milk	11 Hamb/cheseburger, oven fries, hm oatmeal raisin cookie & milk	12 HM cheese or hamburger pizza, green beans, pineapple & milk	Mandarin chicken salad w/**cranberries, chick peas, fruit & veg of the day & milk
Egg salad sandwich, fruit & veg of the day & milk	15 Spring Recess	16 Spring Recess	17 Spring Recess	18 Spring Recess	19 Spring Recess	
Chicken noodle soup w/cottage cheese, crackers, breadstick, fruit & veg of the day & milk	22 Pasta w/meat sauce, steamed broccoli, diced peaches & milk	23 Soft beef taco w/sour cream, salsa, cheese & lettuce, corn & black bean salad, pineapple & milk	24 Garlic breadsticks w/marinara sauce & cheese, mandarin oranges & milk	25 Chicken patty on a wg roll, oven potato, diced pears & milk	26 HM cheese or bbq chicken ranch pizza, wax beans, fresh apple & milk	Southwest salad w/fajita chicken, black beans, corn, salsa, fruit & veg of the day & milk
	29 Chicken nuggets, rice, seasoned broccoli, pineapple & milk	30 Ham, turkey & cheese grinder w/lettuce, three beans salad, fresh apple & milk	May 1 Cheese quesadilla, salsa, sour cream, sliced carrots, mandarin oranges & milk	May 2 Salisbury steak, mashed potato, sliced bread, diced pears & milk	May 3 Cheese or pepperoni pizza, wax beans, diced peaches & milk	Crispy chicken salad, cucumbers, tomato, shredded mozz cheese, fruit & veg of the day & milk

All sandwiches are made using whole grain bread, salad 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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*WG = whole grain

*WW = whole wheat

*HM = homemade

*NO CRANBERRIES FOR PREK-K

YANKEE
CANDLE®

VILLAGE

93.9 and 101.5 The River proudly present
Meltdown 2019, Saturday March 30th, Smith Vocational
High School, Northampton MA.

Music, authors, puppets and storytellers.
Petting farm, bounce house, circus, food court, vendors
and so much more.

And it's all FREE!



PHOTO: 93.9 & 101.5 THE RIVER

Meltdown 2019: a festival for kids and their grown-ups!

Saturday, March 30, 2019. 9:30 am – 3 pm.

Smith Vocational High School, Northampton

not a school-sponsored event

5TH ANNUAL GREAT FALLS MIDDLE SCHOOL PTO SPONSORED PASTA DINNER AND TALENT SHOW



Thursday, April 4, 2019

6:00 p.m. in the Cafeteria

Dinner is open to all current GFMS families as well as families of prospective 5/6 Grade students from Erving, Gill and Sheffield.

There is no cost to attend this event.

GFMS Talent Show will take place immediately after dinner in the auditorium.





Northampton Area Pediatrics, LLP PARENTING WORKSHOP

Vaping Facts: Why It's Not a Harmless Vapor
with Melinda Calianos, Director of Hampshire Franklin Tobacco Free
Community Partnership, and Jonathan Schwab, M.D., Medical Director
of Northampton Area Pediatrics

Parents and teens are welcome to hear this presentation and
open discussion about vaping which has now become the
most common way for teenagers to use substances.
Come and see these devices and find out what we know
and don't know about the health consequences of vaping.

**Sunday, April 7th
4:00 p.m. to 5:30 p.m.
193 Locust St., Northampton**

RSVP by calling 413-517-2226 or email contactus@napeds.com

Parenting workshops are open to the community and free of charge.



***NAP presents a
Special Parenting
Workshop with
Sarah Abel, LICSW***

**Using Mindfulness to be the Best Parent
for Yourself and Your Child**

Parenting is hard work- there are so many needs to balance. Parents are sometimes given the metaphor of being on an airplane, and told that in the event of an emergency, place the oxygen mask over their own mouth first before attending to their children. How do parents achieve the ability to be aware of their own needs when there is a toddler screaming, a preschooler throwing a tantrum, an elementary school child demanding more screen time? This workshop will give parents tools to settle themselves in these tough parenting moments and respond rather than react to their child.

The workshop will be comprised of:

- mindfulness to aid you in self-regulating and increasing self-awareness
- developmental frame to understand your child
- reflective parenting in order to support your relationship with your child
- discussion and questions

This workshop will be geared towards parents of young children,
however all are welcome.

**Sunday, March 31st
4:00 p.m. to 5:30 p.m.
193 Locust St., Northampton**

Childcare will be provided but must be reserved.
RSVP by calling 413-517-2226 or email contactus@napeds.com

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