



Erving Elementary School Eagle Express

Issue #16

May 3, 2019 Important Dates

Thursday, May 9th

Parse: Breakfast with someone
special 8:30

Friday, May 10th

Math Coffee Hour 8:30-9:30
Glabach: Muffins for someone
special 8:30

Monday 13th – Friday 17th

MCAS Testing Resumes

Tuesday, May 14th

PK Coffee Hour 8:30-10:00
café

Chip Wood Presentation:
Teaching Social
Competencies 5-7:30

Wednesday, May 15th

Savings Makes "Cents"

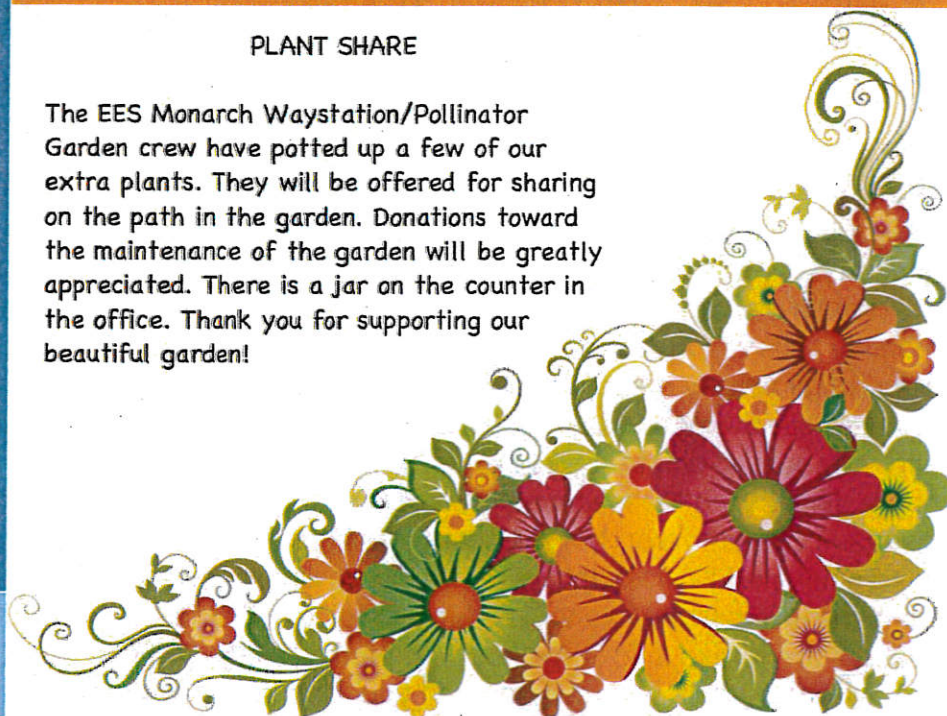
Sunday, May 19th

CNC Playgroup 9:30-12:00

Weekly Parent/Guardian School Newsletter

PLANT SHARE

The EES Monarch Waystation/Pollinator Garden crew have potted up a few of our extra plants. They will be offered for sharing on the path in the garden. Donations toward the maintenance of the garden will be greatly appreciated. There is a jar on the counter in the office. Thank you for supporting our beautiful garden!



Erving Elementary School PTO Presents "Aladdin"

When: Saturday May 25th 2019

Time: 9:00am

Where: The Garden Cinema
361 Main Street
Greenfield Ma

Cost: \$5.00 per person (tickets) CASH ONLY

Concessions sold separately, all ticket proceeds will go to the Erving PTO

Public health officials say tick season has arrived in Massachusetts

Department of Public Health
4/24/19

BOSTON — Massachusetts Department of Public Health (DPH) officials recommend that residents be mindful of ticks while taking part in spring and summer outdoor activities, as tick season has arrived. At this time of year, healthcare visits related to ticks begin to increase and will remain elevated through the summer. This year, DPH will track those trends and post a monthly ticks report [online](#). Ticks are tiny bugs most likely found in shady, damp, brushy, wooded, or grassy areas (especially in tall grass), including backyards. The most common ticks are black-legged (deer) ticks and dog ticks, which are found throughout Massachusetts and may spread different disease-causing germs when they bite. The most common tick-borne diseases in Massachusetts are Lyme disease, babesiosis, and anaplasmosis. Other diseases that are rarer, but still occur, are tularemia, Rocky Mountain spotted fever, *Borrelia miyamotoi*, and Powassan virus. "Tick-borne illnesses can be severe and taking steps to avoid tick bites is important," said State Epidemiologist Catherine Brown. "The best ways to protect yourself are to use a tick repellent with permethrin or DEET when you are outdoors, do tick checks on yourself, your children and your pets every day, and remove any attached ticks promptly." Favorite places ticks like to attach themselves to on the body include areas between the toes, back of the knees, groin, armpits, and neck, along the hairline, and behind the ears. Ticks are tiny and may appear as "freckles" on the skin. Health officials say finding a tick is no cause for panic. A pair of fine point tweezers can be used to grip the tick as close to the skin as possible and pull straight out with steady pressure.

People should call their health care provider if they have been bitten by a black-legged tick, or have a rash or symptoms such as fever, headache, fatigue, or sore and aching muscles, especially after a tick bite.

Health officials recommend appropriate bug repellents on skin or clothing and remind parents never to use insect repellents on infants. The Department has also produced a video, found at the top of this release, depicting the simple steps people can take to prevent tick bites and the illnesses they can cause. Tick bite prevention messages will also run on billboards across the Commonwealth throughout the month of May.

For more information about ticks and tick-borne illnesses, visit the DPH website



Western black-legged tick
Ixodes pacificus



Pacific Coast Tick
Dermacentor occidentalis



American Dog Tick
Dermacentor variabilis

Images from www.sgvmosquito.org

May-Breakfast 2019

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal, fruit & milk	Bagel w/cream cheese, fruit & milk	HM pancakes w/real maple syrup, fruit & milk	Bacon, egg & cheese on an English muffin, fruit & milk	Waffles, syrup, fruit & milk	Peach smoothie, graham crackers, fruit & milk
	Yogurt, fruit, graham crackers & milk	French toast sticks, syrup, fruit & milk	Deb's sweet rolls, cheese stick, fruit & milk	HM Pancakes w/real maple syrup, fruit & milk	Blueberry smoothie, graham crackers, fruit & milk
	English muffin w/butter, yogurt, fruit & milk	Waffles, syrup, fruit & milk	Sausage, egg & cheese on a biscuit, fruit & milk	French toast stick, syrup, fruit & milk	Strawberry smoothie, graham crackers, fruit & milk
	HM breakfast muffin, cheese stick, fruit & milk	HM pancakes w/real maple syrup, fruit & milk	Scrambled egg w/English muffin, fruit & milk	Waffles, syrup, fruit & milk	Curriculum Day
	Memorial Day	French toast sticks, syrup, fruit & milk	Oatmeal muffin squares, yogurt, fruit & milk	HM pancakes w/real maple syrup, fruit & milk	Mixed berry 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

May - Lunch 2019

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	Salad Bowl
Chicken noodle soup w/cottage cheese, crackers, breadstick, fruit & veg of the day & milk	April 29 Chicken nuggets, rice, seasoned broccoli, pineapple & milk	April 30 Ham, turkey & cheese grinder w/lettuce, three bean salad, fresh apple & milk	1 Cheese quesadilla, salsa, sour cream, sliced carrots, mandarin oranges & milk	2 Salisbury steak, mashed potato, sliced bread, diced pears & milk	3 Cheese or pepperoni pizza, wax beans, diced peaches & milk	Crispy chicken salad w/cukes, tomato, black beans, shredded mozzarella cheese, fruit & veg of the day & milk
Egg salad sandwich, fruit & veg of the day & milk	6 Turkey, cheese & bacon wrap, steamed broccoli, mandarin oranges & milk	7 Chicken taco w/lettuce, salsa, sour cream, corn & black bean salad, diced pears & milk	8 Hamb/cheeseburger on a wg roll, sweet potato fries, fresh apple & milk	9 Seasoned chicken breast on a wg roll w/potato salad, diced peaches & milk	10 Cheese or pepperoni pizza, green beans, pineapple & milk	Grilled chicken salad w/kidney beans, fruit & veg of the day & milk
Ham & cheese sandwich w/fruit & veg of the day & milk	13 Chicken nuggets, rice, seasoned broccoli, pineapple & milk	14 Soft bean taco w/sour cream, salsa, cheese, lettuce, corn & black bean salad, diced pears & milk	15 Toasted cheese, tomato soup, fresh apple & milk	16 Chicken & gravy over mashed potato, ham dinner roll, diced peaches & milk	17 HM cheese or pepperoni pizza, wax beans, mandarin oranges & milk	Mandarin chicken salad w/**Cranberries, chick peas, fruit & veg of the day & milk
Chicken salad sandwich, pickles, fruit & veg of the day & milk	20 Hamb/cheeseburger on a roll, steamed broccoli, sliced peaches, fresh baked cookie & milk	21 Turkey & cheese grinder w/pickles, three bean salad, fresh apple & milk	22 Mac & cheese, sliced carrots, pineapple & milk	23 Ham & cheese bagel melt w/oven fries, diced peaches & milk	24 Curriculum Day	Taco salad w/black beans, salsa, cheese, sour cream, fruit & veg of the day & milk
	27 Memorial Day	28 Chicken fillet on a wg roll, corn & black bean salad, diced peaches & milk	29 Pasta & meat sauce, carrot coins, mandarin oranges & milk	30 Chicken patty on a wg roll, oven potato, fresh orange wedges & milk	31 HM cheese or pepperoni pizza, green beans, diced pears & milk	Southwest salad w/fajita chicken, black beans, corn, salsa, fruit & veg of the day & milk

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/meal 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
*NO CRANBERRIES FOR PRE-K

**ERVING ELEMENTARY SCHOOL
PRESENTS**

CHIP WOOD

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.

2 SESSIONS

Tuesday, April 30 – Child Development

Tuesday, May 14 – Social Competencies

Dinner - 5:30pm, Session starts at 6:00pm

PLEASE TEAR OFF AND RETURN TO EES BY APRIL 26TH

THE FOLLOWING # OF PEOPLE WILL BE ATTENDING THE CHIP WOOD PRESENTATION:

_____ Tuesday, April 30 – Child Development

_____ Tuesday, May 14 – Social Competencies

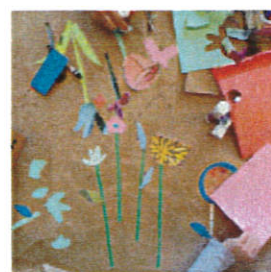
ADULTS: _____ CHILDREN: _____ WE WILL NEED CHILD CARE: AGES: _____

DINNER SELECTION: PASTA & MEATBALLS: _____

PASTA & SAUCE (VEG): _____

* SALAD, BREAD, & DESSERT WILL ALSO BE AVAILABLE.

**THE COMMUNITY NETWORK FOR CHILDREN
PROGRAM OFFERS A FAMILY ART PROGRAM:
STORYTELLING NEIGHBORHOOD
WORKSHOP**



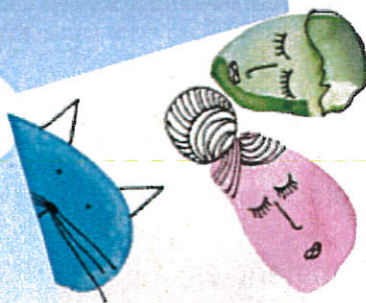
with Emily Neuburger
Sunday, May 19th

**1:00-2:30PM AT THE LEVERETT LIBRARY
75 MONTAGUE RD, LEVERETT**

Limited space, Please RSVP to budine@erving.com

Children will work together as a community of artists to create a neighborhood with buildings, homes, people, creatures, and curious objects live happily. Much emphasis is placed on igniting the imagination and encouraging creative thinking.

- *Children begin by working on a community collage project where they create a neighborhood using shapes.
- *While collage dries, Emily will read picture books that focus on the themes of community and neighborhood.
- *Participants return to their community artwork to add people, things, creatures to their neighborhood.



Emily Neuburger is an art teacher, author, and artist with a particular interest in story telling, imperfection, and artistic experimentation. She is the author of the award winning books *Show Me a Story* (Storey 2012) and *Journal Sparks* (Storey 2017)



"Funded by a grant from the Leverett 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 and the Leverett Library."



Northampton Area Pediatrics, LLP PARENTING WORKSHOP

Raising Digital Kids: How to Manage Screens in your Family with more Cooperation and Less Yelling with Sharon Saline, Psy.D.

Overwhelmed by technology and struggling to set limits? Dr. Saline will discuss how to raise kids in today's digital world with more cooperation and less yelling. You'll learn how to create a balanced relationship to electronic devices and social media.

**Sunday, May 5th
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.



CHILDREN AND ADULTS WITH
ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

Valley ADHD Parent Support Group

CHADD CARES

CHADD works to
improve the lives of
people affected by
ADHD through:

Collaborative
Leadership

Advocacy

Research

Education

Support

www.chadd.org

1st 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

*Next
Meeting:
May 1st*

Questions? Please contact:

ValleyADHDFamilies@gmail.com

