



Eagle Express

SCHOOL WEEKLY NEWSLETTER

Phone: 413-423-3326

<http://www.erving.com>

NEW YEAR'S EDITION

ERVING, MA

JANUARY 05, 2024



Friday, Jan 5

School Council Mtg
8:00am

Friday, Jan 19

1st Semester ends

Sunday, Jan 21

CNC Playgroup
10:00-11:30am

Friday, Jan 26

Report cards sent home
with students

Please see the attachment regarding preschool and kindergarten registration for the upcoming 2024-2025 school year

From The Principal's Desk:

Happy New Year, Erving Elementary families! We are looking forward to finishing the second half of our year in the same great way that we have started. I want to thank all of you for all your support and your cheerfulness as we move through the year. It's been really nice for me to return to the school after the recent break and have most of the children actually greet me by name... it makes me feel as though I've finally arrived, at least in the eyes of the kids!

Have a wonderful, snowy weekend,
and thanks again!

David



Erving Elementary School
Preschool and Kindergarten
Registration

Erving Elementary School is beginning to register preschool and kindergarten aged students for the 2024-2025 school year.

Preschool: If you have a child who will be 3 or 4 years old by September 1, 2024 and you live in the town of Erving, they are eligible to attend preschool at Erving Elementary School.

Erving Elementary offers a full day preschool program - Monday, Tuesday, Thursday, Friday 8:50-3:00 and Wednesday 8:50-1:00. *First Year (3-yr old program) students do NOT attend preschool on Wednesday. Preschool is a tuition-based program per the Erving School Committee. We charge \$20 per day for preschool tuition.

Kindergarten: If you have a child who will be 5 years old by September 1, 2024, and you live in the town of Erving, he/she is eligible to attend kindergarten at Erving Elementary School.

**Students currently attending Erving Elementary School are automatically enrolled for their next school year.

All registration packets are due by March 11, 2024

Please contact the school at 413 423-3326 with any questions and to obtain a registration packet.



Your Anxious Child

A Workshop for Parents Using SPACE

Supportive Parenting for Anxious Children's Emotions

SPACE is a parent-based treatment program developed by Eli Lebowitz at the Yale Child Study Center for children and adolescents with anxiety, OCD and related problems. Parents of anxious kids will learn how to reduce their child's anxiety without asking the child to do anything differently.

Dr. Edward Plimpton, who is part of NAP's Integrated Behavioral Health Team, is offering a group for parents of anxious children based on the SPACE model.

The group will meet virtually on

Thursday mornings at 9 AM starting February 1, 2024 for 5 weeks.

Enrollment for this session is limited, but later in the year, the group will be offered again at different times during the day.

Please review the [flyer](#) and the [video](#) that provides an explanation of the group. If you are interested, email Dr. Plimpton at eplimpton@napeds.com and he will schedule a brief phone call to make sure the group is a good match for your situation.

Regular Office Hours

NAP Northampton office, 193 Locust St, is open 7 days a week!

Our Northampton office will continue to schedule well visits, sick visits, nurse visits, newborn visits, lactation services, and behavioral health visits.

**Monday – Friday 8am to 7pm
Saturday, Sunday, Holidays 10am to 3pm**

**NAP Amherst office, 170 University Dr., Suite 101,
is now open for scheduled well visits!
Monday - Friday 8am to 5pm**

Northampton Area Pediatrics Parenting Workshop



Childhood Grief

With Shelly Bathe Lenn, M.Ed., CAGS

Shelly Bathe Lenn, M.Ed., CAGS is the Bereavement Coordinator for Cooley Dickinson VNA & Hospice. Ms. Lenn has worked with grieving children and their families since 2002 at The Garden: A Center for Grieving Children and Teens in Northampton where she leads groups, trains and supervises group facilitators and consults with families, individuals, school districts, clinicians, and pediatricians about all issues related to grief and loss. She plans and leads all bereavement programming for Cooley Dickinson Hospice. Additionally, Ms. Lenn is the Bereavement Specialist for the Massachusetts Center for Unexpected Infant and Child Death at Boston Medical Center. She consults with families and clinicians, speaks on panels at statewide trainings, and attends quarterly Child Fatality Review Team meetings across Massachusetts. She lives in Longmeadow and is a mom, runner and swimmer.

Sunday, January 14th
From 4pm – 5:30pm
Through Zoom

Shhhhh, don't talk about that!

In a culture where we don't talk about death, much less use the word, **Starting a Gentle Conversation about Death and Dying** will help attendees learn ways to talk to children about death and dying. This interactive workshop will talk about the needs of grieving children and teens; and review a range of resources including books and activities.

[Click this link to join the Zoom](#)

Meeting ID: 811 4867 3950 Passcode: 722633

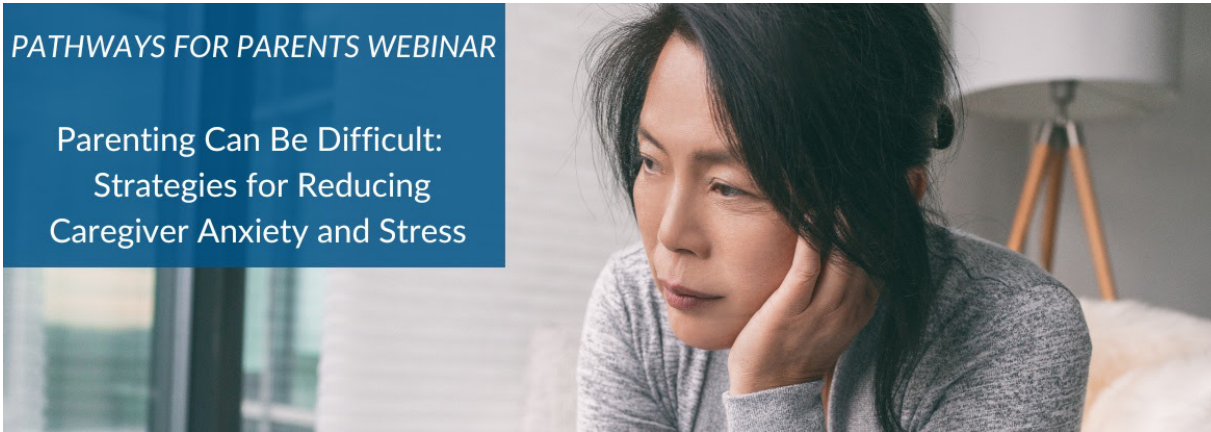
View our past Parenting Workshops on our website below:

<https://www.napeds.com/past-parenting-workshop/>

Questions, please contact us at:
contactus@napeds.com

PATHWAYS FOR PARENTS WEBINAR

Parenting Can Be Difficult:
Strategies for Reducing
Caregiver Anxiety and Stress



You are invited to join us for this free webinar for parents and caregivers of children with autism. Register today by clicking the link below!

Parenting Can Be Difficult: Strategies for Reducing Caregiver Anxiety and Stress

Thursday, January 25, 2024

5:15pm - 6:30pm ET

Presented by [Abigail Rix, M.A., M.B.A, LABA, BCBA](#)

This is the fourth of a 10 month webinar series provided virtually by experts at the [National Autism Center](#) at May Institute. Please stay tuned for future webinars.

ABOUT THIS WEBINAR: Parenting is often wonderful, but it can also be challenging. This is especially true for many parents of autistic children. If you often feel overwhelmed, stressed, or exhausted by parenting responsibilities, you are not alone. During this webinar, we will discuss proven and practical strategies for reducing stress and anxiety.

ABOUT THE PRESENTER: [Abigail Rix, M.A., M.B.A, LABA, BCBA](#)

Program Director, May Center for ABA Services, West Springfield, Mass.

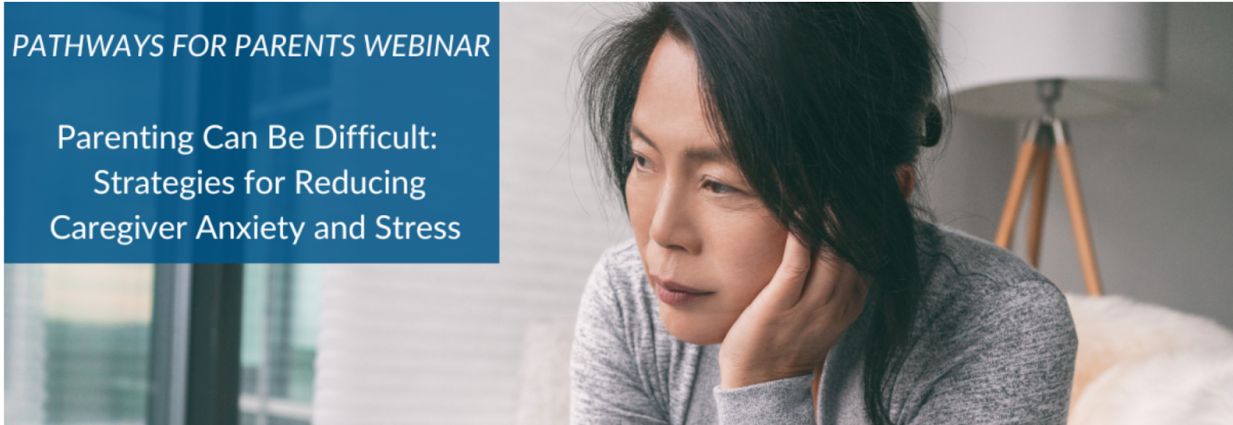


Once you register, you will receive an email to confirm your attendance and more information about the training.

Free Autism Webinar

PATHWAYS FOR PARENTS WEBINAR

Parenting Can Be Difficult:
Strategies for Reducing
Caregiver Anxiety and Stress



Event Details:

Thursday, January 25, 2024, 5:15pm EST - 6:30pm EST

Pathways for Parents: Parenting Can Be Difficult: Strategies for Reducing Caregiver Anxiety and Stress

Free autism webinar

Thursday, January 25, 2024, 5:15pm - 6:30pm

<https://www.mayinstitute.org/events/pathways-for-parents-parenting-can-be-difficult-strategies-for-reducing-caregiver-anxiety-and-stress/>