



Eagle Express

Phone: 413-423-3326

<http://www.erving.com>

SCHOOL WEEKLY NEWSLETTER

NEW YEAR'S EDITION

ERVING, MA

JANUARY 12, 2024



Monday, Jan 15

No School in observance of MLK Day

Tuesday, Jan 16

Back to school

Tuesday, Jan 16

School Committee Mtg
7:00pm

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

Wednesday, Jan 17

Savings Makes "Cents"

Friday, Jan 19

1st Semester ends

Sunday, Jan 21

CNC Playgroup
10:00-11:30am

Friday, Jan 26

Report cards will be sent home with students





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.

Sports Drinks



Sports drinks are advertised to replenish glucose, fluids, and electrolytes (sodium, potassium, magnesium, calcium) lost during strenuous exercise as well as to enhance endurance. [1] Some brands also contain B vitamins associated with increased energy (not to be confused with [energy drinks](#), which are a different product entirely). Sports drinks contain carbohydrate in the form of sugar (e.g., glucose, high-fructose corn syrup, sucrose) or contain no sugar and are flavored instead with [low-calorie sweeteners](#). The specific amount of sugar and electrolytes in sports drinks is intended to allow for quick hydration and absorption.

This type of nutrient depletion generally occurs only with high-intensity exercise that lasts an hour or more. For the non-athlete, a sports beverage is just another [sugary drink](#).

Sports Drinks and Health

Research has shown benefit of sports drinks in adult athletes (though not conclusive as some studies show no benefit), but research in children is lacking. [2] Children sweat at highly variable rates, so it is more difficult to establish an amount of exercise time that the drinks may be useful. [1] However, with monitoring by coaches or parents, providing these drinks to children and adolescents who are exercising vigorously for more than 60 minutes may help to prevent dehydration. For children who are engaged in routine or play-based physical activity, these drinks are usually unnecessary. [1]

Estimates show that sports drinks comprise about 26% of total sugar-sweetened beverage intake in adolescents. [2] Sports drinks contain less sugar than soda and energy drinks, but still contain simple sugars. For example, a nutritional comparison shows that a 12-ounce cola drink contains about 39 grams of sugar, compared with 21 grams of sugar in a popular sports drinks. Drinking too many of these, especially when not performing vigorous exercise, can increase the risk of overweight/obesity and other **health problems** such as type 2 diabetes, cardiovascular disease, and gout. There is also a risk of dental caries.

- A study following more than 4,100 females and 3,400 males for 7 years as part of the Growing Up Today Study II found that the more frequently sports beverages were consumed, the greater the association with an increased body mass index leading to overweight/obesity, especially in boys. [2] The authors cited endorsements of the drinks by sports celebrities as a strong influencer in young male athletes. The drinks may also be perceived as healthy because they are allowed to be sold in schools and sporting events, so may be consumed in excess.

Bottom Line

Water that is calorie-free and accessible without cost to most people is the beverage of choice taken with and between meals. A sports drink may be used by people engaging in exercise of vigorous intensity for more than one hour, especially if sweating heavily. Perhaps of greater importance in athletes of any age, but especially youth, is to encourage a **balanced diet**, snacks as needed, and adequate water that will best enhance physical and mental performance. Pediatricians should discuss the use of sports drinks with their young patients and parents to ensure that all are aware of the health risks, and if used, are monitored carefully. [3]



ADVANCE
PSYCHOTHERAPY PRACTICE

Mental Health Services at Erving

Advance Psychotherapy Practice (APP) is a proud partner of Erving Elementary School, allowing us to offer exclusive access to psychotherapy services for students, parents and families, and staff. The school welcomes two experienced and specialized psychotherapists who will be providing therapy in a private setting on location. Most insurances are accepted.

MEET OUR THERAPISTS

EILEEN NAUGHTON, LICSW



ANA SHERWOOD, MSW



Since 2019, APP has served the greater Amherst area both for in-person and remote psychotherapy services. Due of the current demand for pediatric mental health treatment in the community, APP and Erving Elementary School have teamed up to provide services on-site in the school during (and after) the school day. Students (and even staff) can have direct access to therapeutic services without ever leaving the building.



How to get Started:

Scan this code with your phone's camera or visit us online at advancepsychotherapy.org to read our therapists' bios, learn what insurances are accepted, and book a session.