



Eagle Express

Phone: 413-423-3326

http://www.erving.com

SCHOOL WEEKLY NEWSLETTER

BACK TO SCHOOL EDITION

ERVING, MA

SEPTEMBER 8, 2023



Tuesday, Sep 19
School Committee Meeting
7 pm at EES

Monday, Oct 2
School Pictures

Wednesday, Oct 4
Open House
6-7 pm

Friday, Oct 6
Curriculum Day
No School for Students

Monday, Oct 9
Columbus Day
No School

COUGH, SNEEZE, SNIFFLE!

Welcome to fall and back to school germs. Please carefully assess whether or not your child is well enough for school. Do they have a fever? Are they coughing/sneezing non-stop? Are they too tired to participate in a full day of academics?

Please review the symptoms of Covid below and consider testing your child (and yourself) if they meet any of the criteria. If you need some at-home rapid tests, please contact the school - we would gladly share from our supply!



Covid-19 Symptoms:

- Fever (100.0 degrees +), chills or shaking
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known causes, such as chronic cough)
- Sore throat, when in combination with other symptoms
- Nausea, vomiting or diarrhea when in combination with other symptoms
- Headache when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other know causes, such as allergies) when in combination with other symptoms

Finally, please remember to call the school when your child will be out sick and/or has tested positive for Covid.

- Gail Dubreuil, School Nurse

Erving School Union #28 Community Network for Children Program

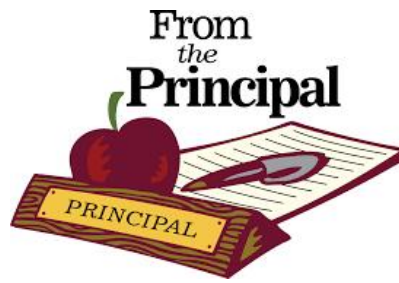


The Union #28 Community Network for Children program is funded by the Coordinated Family and Community Engagement (CFCE) grant awarded to the Union #28 Schools by the Massachusetts Department of Early Education and Care, and donations from the Community.



CLICK
HERE





Hello EES Families,

This is a great opportunity for me to introduce myself to the entire school community. My name is David Krane, and I have the pleasure of serving as the Interim Principal at the Erving Elementary School for this academic year. I have already learned that this is a wonderful school, fully supported by all of the families here. The faculty and staff members have been incredibly welcoming to me, which is just one indication of the strength and pride of this school and the community surrounding it. Last but not least, the children here have been so welcoming and so eager to share their school with me. Their pride in this place is overwhelmingly apparent, and I am delighted to be a part of it!

I will continue to connect with families through this newsletter, and through other communications, and I encourage you to reach out to me and share thoughts and ideas.

I am looking forward to a great year working together!

Thanks to all,
David Krane, PhD



Kitchen Corner

Don't forget that milk is 50 cents if no lunch is taken. Please send milk-money with your kids!



We are currently interviewing for a Preschool Teacher and a Librarian, as well as other vacancies. We will announce our newer staff members, to introduce whomever we hire.



Hello Erving families!

I'm so happy to be back in school and seeing your amazing students each day! For anyone who doesn't know me, my name is Jess Galvin and I teach PE and Health for all grades, PreK through six. Yes, the preschoolers have Health class and I bet you'd be amazed at some of the really great conversations we have. DESE has been working on new Health education standards for some time. The last PE/Health standards were from 1999! Antiquated for sure. You can view the up and coming standards on DESE's site as a draft at the moment. Life has changed and children have changed since 1999 for sure. Children have so many different challenges than we did as students. This is why Health class is so important-to help them through these challenges. Students from Prek up will learn about emotions, compassion, empathy, sympathy, and kindness as well as hygiene and nutrition. Older students will learn about their skeletal system, organ systems, peer pressure, resistance strategies to peer pressure, bullying and how to be an up-stander and not a bystander, how to be a good friend, how to manage stress, proper nutrition, how to read nutrition labels and how to make the healthier choice, and so much more. All lessons will be age appropriate, I assure you. If you ever have any questions or concerns about what your child is learning in Health, please feel free to reach out to me via email at galvin@erving.com.

As for PE, we are already into our HIIT workouts in grades 3-6, beginning yoga and plyometrics in grades PreK through two, and games, games, games. Every class begins with a couple of laps around the gym to warm up our bodies and be ready to listen at the circle. Grades 3-6 then does a 5-8 minute HIIT workout with me prior to playing two games typically. PreK through grade two will either do some yoga to warm up with me or I will take them through some plyometric exercises to work their muscles and coordination. Butt kickers always seem to be a crowd favorite.

One thing to know about me is that I don't typically play "sports" in PE class. I am a firm believer that every student should have fun and love PE and not all students love sports. We will certainly play games that incorporate sports skills, but I do not force children to learn all the rules to sports they have no interest in whatsoever. That is what youth leagues are for if parents/guardians so choose. I do know that all children love games though, so we play lots of those. We play games like Pins Galore Soccer that uses soccer skills, but instead of having to get the ball into a goal, students have to knock the other team's bowling pins down. There is no stoppage in play which keeps students engaged and having fun. This past week, we played scooter basketball with the little hoops. There is no dribbling involved, just passing, shooting, and of course using their hamstring, quadricep and gluteal muscles to move those scooters. Legs are tired after that game. I will regularly have pictures from PE classes in the newsletter so you can see what fun students are having in class. As always, if you ever have any concerns, please reach out to me. Here's to an amazing school year!

Check out the photos on the following pages!















Aug/Sept-Breakfast 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal, fruit & milk			Aug. 30 Assorted cereal, fruit & milk	Aug. 31 Assorted cereal, fruit & milk	Sept. 1 Assorted cereal, fruit & milk
	Sept. 4 Labor Day No School	Sept. 5 Pancakes, syrup, juice, fruit & milk	Sept. 6 Bagel w/cream cheese, fruit & milk	Sept. 7 Assorted cereal, juice, fruit & milk	Sept. 8 Assorted muffins, yogurt, fruit & milk
	Sept. 11 Assorted cereal, fruit & milk	Sept. 12 Waffles, syrup, juice, fruit & milk	Sept. 13 Bacon, egg & cheese on an English muffin, fruit & milk	Sept. 14 Assorted cereal, juice, fruit & milk	Sept. 15 Assorted muffins, yogurt, fruit & milk
	Sept. 18 Assorted cereal, fruit & milk	Sept. 19 French toast, syrup, juice, fruit & milk	Sept. 20 Bagel w/cream cheese, fruit & milk	Sept. 21 Assorted cereal, juice, fruit & milk	Sept. 22 Assorted muffins, yogurt, fruit & milk
	Sept. 25 Assorted cereal, fruit & milk	Sept. 26 Pancakes, syrup, juice, fruit & milk	Sept. 27 Egg & cheese on an English muffin, fruit & milk	Sept. 28 Assorted cereal, juice, fruit & milk	Sept. 29 Assorted muffins, yogurt, fruit & milk

All sandwiches are made using whole grain bread. Each lunch is served with a choice of 1% white, skim, 1% milk & low fat chocolate (children 5 & under can only be offered white milk skim or 1%). All meals are subject to change without notice.

All meals are served w/fruit. Breakfast requires grain, fruit & milk. Lunch is served with a grain, protein, fruit, vegetable & milk. **If your child requires milk for a home meal the charge is .50 cents.**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*WG = whole grain
 *WW = whole wheat
 *HM = homemade

Aug/Sept-Lunch 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & cheese sandwich, fruit & veg of the day & milk			Aug. 30 Hamb/cheeseburger, sliced carrots, diced pears & milk	Aug. 31 Chicken patty on a wg roll, oven fries, diced peaches & milk	Sept. 1 Make your own pizza, cottage cheese, fresh fruit, green beans & milk
Ham & cheese sandwich, fruit & veg of the day & milk	Sept. 4 Labor Day No School	Sept. 5 Chicken fajita w/sour cream, salsa, cheese, corn & black bean salad, pineapple & milk	Sept. 6 WG pasta w/meat sauce, parm cheese, sliced carrots, fresh fruit & milk	Sept. 7 Salisbury steak w/mashed potato, wg bread, diced peaches & milk	Sept. 8 Sliced pizza, wax beans, yogurt, mandarin oranges & milk
Chicken salad sandwich, fruit & veg of the day & milk	Sept. 11 Seasoned chicken w/brown rice, seasoned broccoli, diced pears & milk	Sept. 12 Soft beef taco w/fixings, seasoned black beans, diced peaches & milk	Sept. 13 Ham & cheese bagel malt, carrot coins, fresh fruit & milk	Sept. 14 Breakfast for lunch w/home fries, French toast, syrup, turkey sausage, fresh fruit & milk	Sept. 15 Make your own pizza, cottage cheese, fresh fruit, green beans & milk
Salad bowl w/protein, bread stick, fruit & veg of the day & milk	Sept. 18 Chicken nuggets, brown rice steamed broccoli, applesauce & milk	Sept. 19 Nachos w/beef & cheese, 3 bean salad, peaches & milk	Sept. 20 Garlic breadsticks w/marinara, baby carrots, cottage cheese, fresh fruit & milk	Sept. 21 Turkey, bacon & cheese wrap w/lettuce, oven fries, pineapple & milk	Sept. 22 Sliced pizza, yogurt, wax beans, fresh fruit & milk
Turkey & cheese sandwich, fruit & veg of the day & milk	Sept. 25 Chicken & gravy over rice, seasoned broccoli, diced peaches & milk	Sept. 26 Cheese quesadilla, corn & black bean salad, mandarin oranges & milk	Sept. 27 Chicken patty on a wg roll, steamed carrots, fresh fruit & milk	Sept. 28 Hamb/cheeseburger, oven fries, applesauce & milk	Sept. 29 Make your own pizza, fresh fruit, green beans & milk

All sandwiches are made using whole grain bread. Each lunch is served with a choice of 1% white, skim, 1% milk & low fat chocolate (children 5 & under can only be offered white milk skim or 1%). All meals are subject to change without notice.

All meals are served w/fruit. Breakfast requires grain, fruit & milk. Lunch is served with a grain, protein, fruit, vegetable & milk. **If your child requires milk for a home meal the charge is .50 cents.**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*WG = whole grain

*WW = whole wheat

*HM = homemade

*fixings = sour cream, salsa, lettuce shredded cheese

Northampton Area Pediatrics Parenting Workshop



School Anxiety

With Ted Plimpton, Ph.D.

Sunday, September 10th

From 4pm – 5:30pm

Through Zoom

Going back to school can be exciting, scary, and everything in between. Maybe your anxious child is stuck to you like Velcro and you're wondering "how am I going to get them to school today?" Or maybe you've had meetings with your child's school about it that felt unproductive and left you still feeling stuck? This presentation is for you!

Please join NAP IBH clinician Dr. Ted Plimpton, The Campus School's Consulting Psychologist Hannah Lord, PsyD, The Common School's Dana Kadish, M.Ed, and Leeds Elementary School Adjustment Counselor Susannah Bastek, LICSW for our first education series of the year!

[https://us02web.zoom.us/j/81686145504?
pwd=RkFFd0JWZFRXOGN3cHBoUIZ0eVFjdz09](https://us02web.zoom.us/j/81686145504?pwd=RkFFd0JWZFRXOGN3cHBoUIZ0eVFjdz09)

Meeting ID: 816 8614 5504 Passcode: 988608

View our past Parenting workshops on our website below:

<https://www.naped.com/workshops-and-events/>



Union 28 Community Network for Children Program September - December 2023



The Union #28 Community Network for Children program is funded by the Coordinated Family and Community Engagement (CFCE) grant awarded to the Union #28 Schools by the Massachusetts Department of Early Education and Care, Union 28 schools and donations from the community.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shutesbury
Tales & Tunes
@M.N. Spear
Memorial Library
@10am
11, 18, 25

New Salem Tales
& Tunes @ New
Salem Library
@10am
12, 19, 26

Wendell Library
Playgroup @10am
6, 13, 20, 27
Leverett Library
Playgroup
@10:30am
6, 13, 20, 27

CNC Children's
Closet
8:00am-Noon
7, 14, 21, 28
PJ StoryTime @
Erving Public Library
6:00-6:45pm
14th



Open Closet Day
10am-1:00- **9th
Leverett**
Erving Fall Fest-
visit the CNC
table!- **23rd**

Visit the **Erving
Public Library** on
Sundays from
10-4!

OCTOBER

Shutesbury
Tales & Tunes
@M.N. Spear
Mem Library
@10am.
2nd

New Salem Tales
& Tunes @ New
Salem Library
@10am
3, 10, 17, 24, 31

Wendell Library
Playgroup @10am
4, 11, 18, 25
Leverett Library
Playgroup
@10:30am
4, 11, 18, 25

CNC Children's
Closet
8:00am-Noon
5, 12, 19, 26
PJ StoryTime @
Erving Public Library
6:00-6:45pm
12th

Shutesbury
Tales & Tunes @
Shutesbury
Elementary
School @9am
13, 20, 27

Visit the **Wendell
Free Library** on
Saturdays from
10-3!

Family Playtime
10:00-11:30
@Erving
Elementary
School
22nd

NOVEMBER



New Salem Tales
& Tunes @ New
Salem Library
@10am
7, 14, 21, 28

Wendell Library
Playgroup @10am
1, 8, 15, 29
Leverett Library
Playgroup
@10:30am
1, 8, 15, 29

CNC Children's
Closet
8:00am-Noon
2, 9, 16, 30
PJ StoryTime @
Erving Public Library
6:00-6:45pm
16th

Shutesbury
Tales & Tunes @
Shutesbury
Elementary School
@9am
3, 17

Visit the **Leverett
Library** on
Saturdays from
10-3!

Family Playtime
10:00-11:30
@Erving
Elementary
School
19th

DECEMBER



Visit the **M.N.
Spear Memorial
Library** on
Mondays from
11-1 and 3-6!

New Salem Tales
& Tunes @ New
Salem Library
@10am
5, 12, 19

Wendell Library
Playgroup @10am
6, 13, 20
Leverett Library
Playgroup
@10:30am
6, 13, 20

CNC Children's
Closet
8:00am-Noon
7, 14, 21

Shutesbury
Tales & Tunes @
Shutesbury
Elementary
School @9am
1, 8, 15, 22

Visit the **New
Salem Library** on
Saturdays from
10-2!

Family Playtime
10:00-11:30
@Erving
Elementary
School
17th

M.N. Spear
Memorial Library
10 Cooleyville Rd
Shutesbury

New Salem Library
23 S Main St
New Salem

Leverett Library
75 Montague Rd
Leverett
Wendell Library
7 Wendell Depot
Rd Wendell

Children's Closet
4 Montague Rd,
Leverett
Erving Public
Library
2 Care Drive, Erving

Shutesbury
Elementary School
23 W Pelham Rd
Shutesbury

We love our local
libraries!

Erving Elementary
School
28 Northfield Rd
Erving



QR Code
Registration

Contact the Community Network for Children. 413-422-0170 call/text
budine@erving.com Most programs are drop-in with registration optional. Special events marked with an * require registration.
<https://form.jotform.com/212215759871158>

Please note: Ongoing programs may not occur during school vacations or holidays. Please check the schedule!
If inclement weather is a concern, contact CNC, check Facebook or the CNC Website for info.



COMMUNITY NETWORK FOR CHILDREN

Find us on

ERVING PUBLIC LIBRARY
2 CARE DRIVE, OFF ROUTE 63, ERVING, MA 01344



PJ STORYTIME

WITH U28 COMMUNITY NETWORK FOR CHILDREN

2nd Thursdays*

6-6:45 pm:

- September 14:** Dinosaurs After Dark
- October 12:** Elephant, Piggie & Pigeon Too!
- November 16:** Pete the Cat and friends
- January 11:** Hurry, Hurry Drive the Fire Truck
- February 8:** Let It Snow
- March 14:** Teddy Bear Picnic

Registration
requested for
planning
purposes



*except for November
due to the holiday

Use QR Code to Register or
[https://form.jotform.com/
231995324350154](https://form.jotform.com/231995324350154)



Come join us in your favorite
pajamas for an evening storytime!
Young children and their families are
welcome! Story themed-activities
sponsored by CNC.



Contact the Erving Public Library or
CNC at budine@erving.com with any questions



THE UNION #28 COMMUNITY NETWORK FOR CHILDREN PROGRAM IS FUNDED BY THE COORDINATED FAMILY AND COMMUNITY ENGAGEMENT (CFCE) GRANT AWARDED TO THE UNION #28 SCHOOLS BY THE MASSACHUSETTS DEPARTMENT OF EARLY EDUCATION AND CARE, AND DONATIONS FROM THE COMMUNITY.



Pants, shirts & More!

COATS
SNOW PANTS
BOOTS



COLD WEATHER IS COMING!
CNC
Children's
Closet
OPEN HOURS

Saturday, September 9th, 2023

10:00am - 1:00pm

4 Montague Rd, Leverett@ the Dixon House
RAIN OR SHINE!

Come "SHOP" for FREE! Donations accepted, but not necessary.
Open to all with young children, Newborn-Elementary Age

Questions? contact budine@erving.com/413-422-0170 call/text
Thank you to the First Congregational Church of Leverett
for collaboration and support! 



The CNC Program is funded in part through the Coordinated Family and Community Engagement Grant by the Massachusetts Department of Early Education and Care and Community Donations and the Union#28 Schools.





Families in Nature with the Hitchcock Center

Interactive, in-person family program providing inquiry based environmental and outdoor education for small groups to explore nature in the fall. Each session includes movement, song, nature exploration and a story book with a focus on learning from nature. Program best for children 2 - 6 years of age with an adult.

Katie Koerten, Educator at the Hitchcock Center will be facilitating the programs. This program will include 3 sessions:

****REGISTRATION REQUIRED- Group size limited.**

Registration link: <https://form.jotform.com/212215759871158>

Wednesdays, 1:30pm

We will meet at the Quabbin Overlook, BEHIND the New Salem Fire Station at 33 South Main St, New Salem. FOLLOW the signs!

- September 13th, Colors of Nature
- October 18th, Squirrel Stories
- November 1st, You Are A Raccoon!



Contact Gillian @ CNC with any questions 413-422-0170 (call/text)

"Funded by a grant from the New Salem 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 New Salem Library.



Hitchcock Center
EDUCATION FOR A HEALTHY PLANET





ACCIDENT INSURANCE PROTECTION FOR STUDENTS

Parents & Guardians: Do you have adequate insurance coverage for your child in the event of an unforeseen accident?

If not, Bob McCloskey Insurance has Got You Covered!

Depending on which program your child's school offers, you may be able to purchase one or more of the following insurance products on a voluntary basis with easy online enrollment and purchase.

- **At-School Student Accident Coverage – Limits as high as \$500,000**
- **Around the Clock – 24 Hour Accident Coverage - Limits as high as \$500,000**
- **Accident Dental Coverage – Limits as high as \$50,000**

Please visit www.bobmccloskey.com/K12Voluntary to review your school's available options and purchase coverage with ease.

When on the site, please search for your school system to view the plan options, plan brochures, and purchase coverage. Should you have any questions, you can contact our office at 800.445.3126 or BMI@bobmccloskey.com.

P.O. Box 511 Matawan, NJ 07747
Phone: 800.445.3126 | Fax: 732.583.9610
www.bobmccloskey.com

Leaders in Student & Sports Insurance Administration Since 1975