



Eagle Express

Phone: 413-423-3326

<http://www.erving.com>

SCHOOL WEEKLY NEWSLETTER

BACK TO SCHOOL EDITION

ERVING, MA

SEPTEMBER 22, 2023



Monday, Oct 2
School Pictures

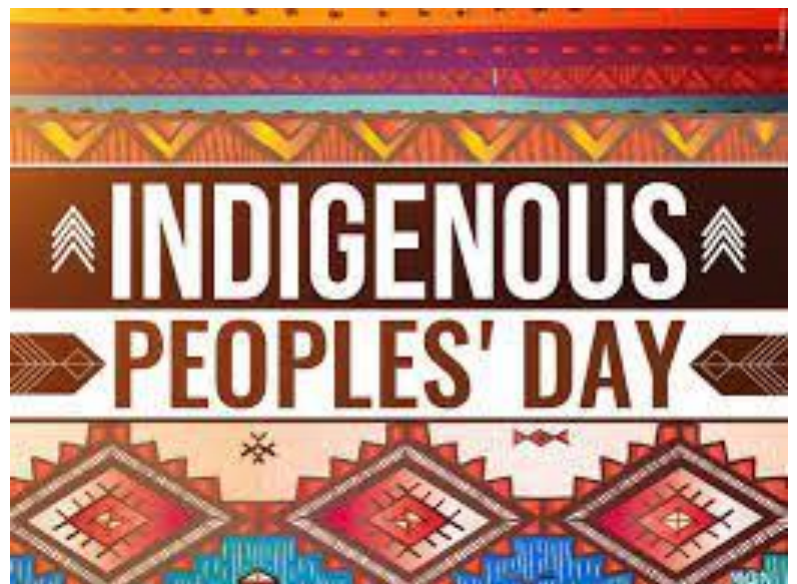


Wednesday, Oct 4
Open House
6-7 pm

**OPEN
HOUSE**

Friday, Oct 6
Curriculum Day
No School for Students

Monday, Oct 9
Indigenous Peoples' Day
No School



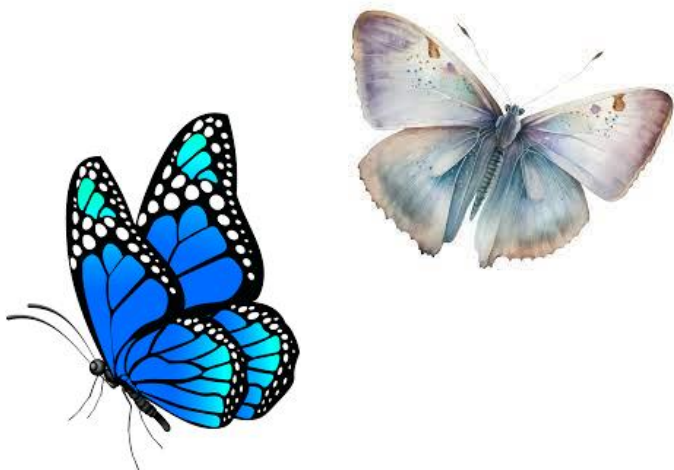


Kindergarten Field Trip To The Butterfly Conservatory



Riding the bus...





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Listening about how to be careful in the conservatory...



Checking out lizards, insects, and amphibians...



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Exploring the conservatory...



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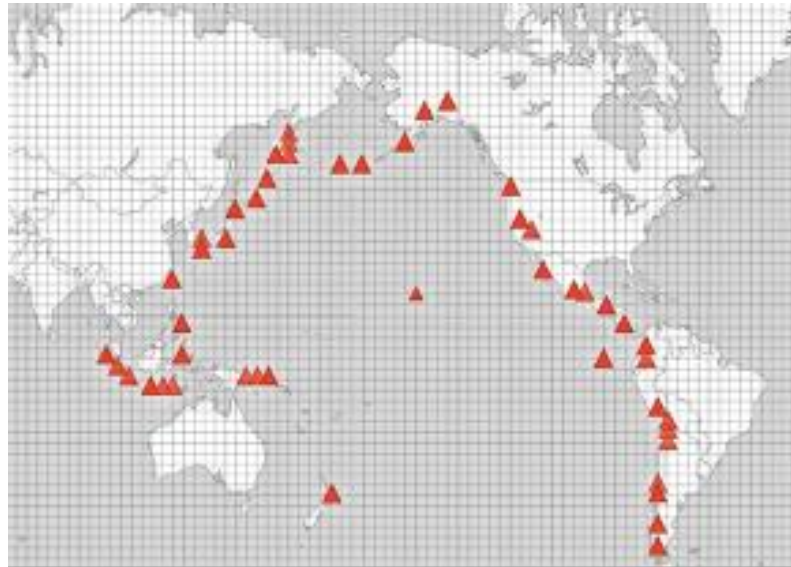


Lunchtime and games...



WHY DO SOME VOLCANOES EXPLODE?

4th graders are off to an explosive start! We studied the past and present pattern of where volcanoes exist on the earth. Using a world map to plot volcano locations helped us discover a "Ring of Fire" pattern around the Pacific Ocean.



Next, we investigated how the differences in lava types explain differences in the shape and eruption patterns among volcanoes. Our experiment, Bubble Trouble, compared two different types of 'lava' - thin and thick. We discovered why volcanoes have different shapes and how the type of lava explains why some volcanoes explode.



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October-Breakfast 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal, fruit & milk	2 Assorted cereal, banana & milk	3 French toast, syrup, assorted fruit cup, juice & milk	4 Bagel w/cream cheese, apple & milk	5 Assorted cereal, assorted fruit cup, juice & milk	6 Curriculum Day No School
	9 Indigenous Peoples Day No School	10 Waffles, syrup, assorted fruit cup, juice & milk	11 Bacon, egg & cheese on an English muffin, apple & milk	12 Assorted cereal, assorted fruit cup, juice & milk	13 Assorted muffins, yogurt, assorted fruit cup, juice & milk
	16 Assorted cereal, banana & milk	17 Pancakes, syrup, assorted fruit cup, juice & milk	18 Bagel w/cream cheese, apple & milk	19 Assorted cereal, assorted fruit cup, juice & milk	20 Assorted muffins, yogurt, assorted fruit cup, juice & milk
	23 Assorted cereal, banana & milk	24 French toast, syrup, assorted fruit cup, juice & milk	25 Bacon, egg & cheese on an English muffin, apple & milk	26 Assorted cereal, assorted fruit cup, juice & milk	27 Assorted muffins, yogurt, assorted fruit cup, juice & milk
	30 Assorted cereal, banana & milk	31 Waffles, syrup, assorted fruit cup, juice & milk	Nov. 1 Bagel w/cream cheese, apple & milk	Nov. 2 Assorted cereal, assorted fruit cup, juice & milk	Nov. 3 Assorted muffins, yogurt, assorted fruit cup, juice & 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

*HM = homemade

*fixings = sour cream, salsa, lettuce shredded cheese

October-Lunch 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
Salad bowl w/turkey, bread stick, fruit & veg of the day & milk	Turkey, bacon & cheese wrap w/lettuce, broccoli, pineapple & milk ²	Nachos w/beef & cheese, 3 bean salad, fresh fruit & milk ³	Hamb/cheeseburger, sliced carrots, diced pears & milk ⁴	Chicken patty on a wg roll, oven fries, fresh fruit & milk ⁵	Curriculum Day ⁶ No School
Ham & cheese sandwich, fruit & veg of the day & milk	Indigenous Peoples Day ⁹ No School	Chicken fajita w/sour cream, salsa, cheese, corn & black bean salad, pineapple & milk ¹⁰	WG pasta w/meat sauce, parm cheese, sliced carrots, fresh fruit & milk ¹¹	Salisbury steak w/mashed potato, wg bread, diced peaches & milk ¹²	Sliced pizza, wax beans, yogurt parfait w/fresh fruit & milk ¹³
Salad bowl w/chicken, bread stick, fruit & veg of the day & milk	Seasoned chicken w/brown rice, seasoned broccoli, diced pears & milk ¹⁶	Soft beef taco w/fixings, seasoned black beans, diced peaches & milk ¹⁷	Ham & cheese bagel melt, carrot coins, fresh fruit & milk ¹⁸	Breakfast for lunch w/potato puffs, pancakes, syrup, turkey sausage, fresh fruit & milk ¹⁹	Make your own pizza, cottage cheese, fresh fruit, green beans & milk ²⁰
Chicken salad sandwich, fruit & veg of the day & milk	Chicken nuggets, brown rice steamed broccoli, applesauce & milk ²³	Nachos w/beef & cheese, 3 bean salad, peaches & milk ²⁴	Toasted cheese sandwich w/tomato soup, fresh fruit & milk ²⁵	Hot open faced turkey sandwich w/gravy w/corn, diced peaches & milk ²⁶	Sliced pizza, yogurt, wax beans, fresh fruit & milk ²⁷
Salad bowl w/cottage cheese, bread stick, fruit & veg of the day & milk	Chicken & gravy over noodles, seasoned broccoli, diced peaches & milk ³⁰	Cheese quesadilla, corn & black bean salad, mandarin oranges & milk ³¹	Nov. 1 Chicken patty on a wg roll, steamed carrots, fresh fruit & milk	Nov. 2 Hamb/cheeseburger, oven fries, applesauce & milk	Nov. 3 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.**

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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

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**

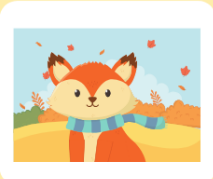
CNC Children's Closet 8:00am-Noon **5, 12, 19, 26**
PJ StoryTime @ Erving Public Library 6:00-6:45pm **12th**

Shutesbury Tales & Tunes @ Shutesbury Elementary School @10am **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 @10am **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 @10am **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
Wendell Library 7 Wendell Depot Rd Wendell

Children's Closet 4 Montague Rd, 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.

Find us on

North County Vaccine Clinics Fall 2023



Current CDC Vaccine Recommendations

Everyone aged 6 months and older should get an annual flu vaccine and up to date with COVID-19 vaccines.

- Everyone aged 5 years and older should get 1 dose of the updated (2023-2024) COVID-19 vaccine.
- Children aged 6 months - 4 years may need multiple doses to be up to date.
- People who are moderately or severely immunocompromised may get additional doses of the vaccine.

Though some walk-in vaccine will be available, we recommend you **Register in advance to reserve your dose(s)**

To register, click the location links below or visit <https://frcog.org/covid>

High dose vaccine will be available for seniors who register in advance

If you have insurance, you must bring your card with you

Schedule

Tuesday, October 17 th	Gill Elementary School	3:30 - 6:30 p.m.
Thursday, October 19 th	Northfield Senior Center	11:00 a.m. - 2:00 p.m.
Friday, October 20 th	Pioneer Valley Regional School	3:00 - 6:00 p.m.
Monday, October 23 rd	Bernardston Senior Center	10:00 a.m. - 1:00 p.m.
Thursday, October 26 th	Erving Senior Center	12:00 - 3:00 p.m.
Sunday, November 12 th	Erving Public Library	12:00 - 3:00 p.m.

Vaccine eligibility information & additional clinic dates in Franklin County can be found & scheduled at <https://frcog.org/covid>



COVID-19 QUICK REFERENCE

WATCH FOR SYMPTOMS

Symptoms may appear as early as the day after exposure, or as late as 10 days after exposure. Common signs and symptoms of COVID-19 include:

- Congestion or runny nose
- Sore/scratchy throat
- Cough
- Fatigue
- New loss of taste, smell or appetite
- Fever or chills
- Headache, muscle, body aches
- Difficulty breathing
- Nausea or vomiting
- Diarrhea

IF YOU TEST POSITIVE, ISOLATE (VACCINATED OR NOT)

Stay at home for a full 5 days after symptoms start/positive test (day 0 is positive test or symptom onset). Keep your household safe: wear a high-quality mask and stay in a separate room. Rest and stay hydrated. Manage symptoms using over-the-counter medications. Stay in touch with your doctor. Time-sensitive treatments are available to decrease the severity/duration of the virus. You may leave isolation on day 6 if your symptoms are improving and you wear a mask around others, including at home, through the end of day 10.

SEEK EMERGENCY MEDICAL ATTENTION IF YOU HAVE:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion, weakness
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

IF YOU HAVE BEEN EXPOSED TO COVID

Wear a mask any time you are around others inside your home or indoors in public for the 10 days following your last day of exposure. (Consider your last date of exposure as day 0.) Even if asymptomatic, take a rapid antigen or PCR test on day 6 or later. Do not go anywhere where you cannot wear a mask and take precautions around others who may get very sick from COVID-19. If you develop symptoms at any time, stay home until you feel better and take a rapid antigen or PCR test. If symptoms persist, repeat rapid tests 48 hrs apart.

RESOURCES

Evaluation for treatment is available for anyone over the age of 18 by phone at 1-844-352-6567 online at <https://www.mass.gov/info-details/free-telehealth-for-covid-19-treatment-with-paxlovid>

For additional current information on COVID treatments, local testing locations/hours, and vaccine/booster information, visit frcog.org/covid

For additional info, visit vaccines.gov (vaccines) & mass.gov/covid-19-testing (testing)

CONTACT INFORMATION

If you have needs or questions about a positive test, and live in: Ashfield, Bernardston, Buckland, Charlemont, Colrain, Conway, Erving, Gill, Hawley, Heath, Leyden, Monroe, Northfield, Rowe, or Shelburne, please contact:

FRCOG Public Health Nursing team at 413-774-3167 ext 206 or visit www.frcog.org/covid

Residents of the following towns can direct questions, needs, and positive at-home tests results to:

Greenfield • Megan Tudryn, RN • 413-824-5855 **Deerfield/Sunderland** • Mary Ellen Sloan, RN • 413-772-9350

Montague • Robin Neipp, RN • 413-824-5854

Updated Sept 2023

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.

ERVING PUBLIC LIBRARY

TEENS:

Come tell us what
YOU want here at the library...
while enjoying a FREE
ice cream sundae!



Looking for YOUR ideas on:

- future teen events
- stuff you can check out at the library
- how the Teen Room should work

**MONDAY,
NOVEMBER 13TH
3:30-5PM**

If coming from TFHS,
take Bus Route A with a
parent/guardian note if needed!



The Library's
Teen Webpage



2 Care Drive, Erving, MA 01344
library@erving-ma.gov
413-423-3348

ERVING PUBLIC LIBRARY

Afterschool Activities

Any day we're open, you can find:

- Coloring activities
- A scavenger hunt
- Board & card games
- Video games in Teen Room for kids 11+
- Research help from a librarian
- Access to computers & printing
- Snacks provided by community members and the Friends of the Library



Wednesdays Afternoons:

**A family movie & crafts
in the MakerSpace with Jean**



*Caregiver supervision required for
all kids 10 years old and younger.*

2 CARE DR. OFF ROUTE 63 ERVING-MA.GOV/LIBRARY



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

