



Eagle Express

SCHOOL WEEKLY NEWSLETTER

Phone: 413-423-3326

<http://www.erving.com>

WINTER EDITION

ERVING, MA

DECEMBER 1, 2023



Wednesday, Dec 6

Savings Makes "Cents"

Tuesday, Dec 19

School Committee mtg
7:00pm

Wednesday, Dec 20

Savings Makes "Cents"

Friday, Dec 22

Early release for students
at 11:30am -
* Bagged lunch provided *

Monday, Dec 25 -

Monday, Jan 1

Winter Break

Tuesday, Jan 2

Welcome back to school

Please don't forget to send your kids in with warm winter clothing. They are playing outdoors all year 'round, so they need hats, mittens or gloves, boots, snow pants, and heavy coats. You may want to send in some spare clothing, for if/when they get wet.

Also, don't forget to check out our **LOST & FOUND** if you are missing clothing.



Milk bought a la carte costs \$.50. Please remember to send the kids in with milk money if they want a milk with a breakfast or lunch from home.





Mrs. Barry joined the march in Hadley to represent these amazingly generous kiddos. It felt SO good to share their love with those who marched from Hadley to Greenfield!

Way to use your voice and strive for positive change, Second Grade! 🙌



PE News

In PE, I've started up cooperative challenges again this year. These challenges are a great way for students to learn how to share ideas, listen to other's ideas, and work together to solve a problem and complete a physical challenge. These challenges entail me giving very vague directions with the parameters of the activity, then letting the students problem-solve and work together to complete the challenge.

My favorite part is the screaming and cheers when they persevere and complete it. Obviously you don't get that in photos, but I record these challenges to show the students, at times, if communication was not good and for them to see where they could have improved and worked better as a team. There are a few photos of third grade completing one such challenge. The directions I gave were that the stability ball had to start at one end of the wall and make it to the other end (the long side). The ball was not allowed to touch any part of them but their feet. It had to touch the wall at all times and if it came off the wall at all, they started over. Every person had to touch the ball in order and take a turn. What you can't see is that this is actually the second class that attempted this challenge. The first time was slightly difficult for them to truly work as a team. This gave me the opportunity to talk to them at the start of the next class and ask their opinions of what worked and what they could have done better. They knew the answer right off. They attempted it again and persevered. Their cheers and smiles were a perfect ending to them improving their communication skills and working successfully as a team.

PE is not just playing sports. In fact, in my classes, it's not playing sports. It's working out and learning how to do that properly. It's getting the exercise they need in games that incorporate sports skills. It's learning how to be a good sport and teammate. It's learning how to communicate with their peers and work as a team to complete a challenge. It's so many things-but much, much more than sports.

(continued)







December-Lunch - 2023

Alt	Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & cheese sandwich w/fruit & veg of the day & milk	Nov. 27 Chicken nuggets, WG steamed rice, broccoli, mandarin oranges & milk	Nov. 28 Cheese quesadilla, corn & black bean salad, peaches & milk	Nov. 29 Tomato soup, ham & cheese sandwich, carrots, diced pears & milk	Nov. 30 Breakfast for lunch w/pancakes, syrup, home fries, turkey sausage, fresh fruit & milk	Dec. 1 Sliced pizza, green beans, fresh fruit & milk
Salad bowl w/cottage cheese, breadstick, fruit & veg of the day & milk	4 Chicken & gravy over noodles, seasoned broccoli, diced peaches & milk	5 Nachos w/beef & cheese, 3 bean salad, fresh fruit & milk	6 Ham & cheese bagel melt, carrots, diced pears & milk	7 Salisbury steak w/mashed potato, sliced bread, corn, fresh fruit & milk	8 Make your own pizza, wax beans, applesauce & milk
Ham & cheese sandwich w/fruit & veg of the day & milk	11 Seasoned chicken breast, steamed rice, seasoned broccoli, mandarin oranges & milk	12 Soft beef taco w/salsa, cheese, lettuce, seasoned black beans, pineapple & milk	13 Chicken noodle soup, toasted cheese sandwich, sliced carrots, fresh fruit & milk	14 Chicken patty on a WG roll, oven fries, applesauce & milk	15 Sliced pizza, green beans, fresh fruit & milk
Chicken salad sandwich w/fruit & veg of the day & milk	18 Chicken nuggets, buttered parm noodles, seasoned broccoli, peaches & milk	19 Chicken fajita, salsa, corn & black bean salad, fresh fruit & milk	20 Pasta w/meat sauce, parm cheese, sliced carrots, cinnamon apple slices & milk	21 Hamb/cheeseburger on a WG roll, oven fries, mandarin oranges & milk	22 Bag lunch, chicken salad sandwich, fresh fruit, fresh veggie & milk
	25 Holiday Recess	26 Holiday Recess	27 Holiday Recess	28 Holiday Recess	29 Holiday Recess

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

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

Sore, Scratchy Throat?

Soothing Pain From Illness or Allergy

It's a familiar sensation as the days grow shorter and colder: a scratchy, painful feeling when you swallow, talk, or even just breathe. Sometimes, a sore throat is little more than a nuisance. But it can also be a sign of serious infection. So how do you know which is which? And what can you do to soothe a sore throat?

Many things can trigger a sore throat, explains Dr. Alison Han, an infectious disease expert at the NIH Clinical Center. "It can be an **allergen**. It can be an infection, like a virus or bacteria. Sometimes, it's even just dry air," she says.

So, when should you call your health care provider? That depends on how bad the sore throat is and what symptoms come with it, Han explains. "If it's a mild sore throat and a runny nose, some congestion, that's probably a typical cold," she says. But severe pain plus symptoms like a high fever and a loss of interest in eating or drinking may be serious.



Wise Choices

Soothing a Sore Throat

- Warm liquids can help. Try hot tea with lemon or gargling with warm salt water.
- Keep your throat moist with lozenges or hard candies. Do not give these to young kids.
- Ice chips or popsicles may help numb the pain.
- Painkillers like acetaminophen or ibuprofen can reduce throat pain. Read the label to make sure products are safe for children. Never give aspirin to kids.
- Keep the air in your bedroom moist with a clean humidifier or vaporizer.
- Avoid smoking or inhaling second-hand smoke. Smoke can irritate the throat.

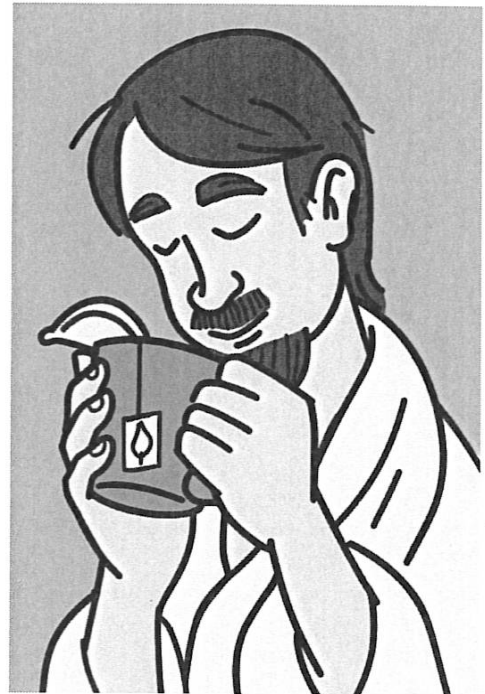
How long a sore throat lasts also matters. "If it's been more than three days, then you might want to seek medical advice," Han says. "But at any time, it's always reasonable to call your doctor and get an opinion."

A very contagious bacterial infection called strep can cause a sore throat, high fever, and swollen glands. Children may also have nausea, vomiting, or stomach pain. Strep can cause other serious health problems. So it's important to see a doctor as soon as possible if you think someone in your household has strep.

If test results confirm strep, your doctor will prescribe antibiotics. Even if you feel better after a few days, it's important to finish the entire prescription. Most causes of a sore throat, though, don't need antibiotics. These include allergies as well as colds, flu, COVID-19, and RSV, which are all caused by viruses. Antibiotics only work against bacteria. Doctors can sometimes prescribe antiviral medication for certain viruses, like flu or COVID-19.

There is no treatment for the common cold, but over-the-counter products for symptom relief may help. For example, acetaminophen, ibuprofen, or aspirin (not for kids) can reduce pain. Mild allergies can be treated using over-the-counter antihistamines, decongestants, or nasal sprays. But you may need prescription medication or allergy shots for severe allergies.

A sore throat is a common symptom for the current variants of COVID-19. "If you have a sore throat and some other cold-like symptoms, it's reasonable to do a COVID-19 test," Han says. This can help you stop spreading the disease to others.



For most causes of a sore throat, time is the best healer. Lozenges, lollipops, or other hard candies can help soothe your throat. Experts now recommend that children under the age of 4 don't use any over-the-counter cold and cough medications.

For young kids who might choke on candy, cold liquids or popsicles can help numb the pain. See the Wise Choices box for other tips.

The best way to prevent a sore throat is to avoid the germs that cause them. Wash your hands or use hand sanitizer often. Steer clear of other people who are sick. And stay up to date with the vaccines recommended for your age group, including flu, COVID-19, and RSV. "These shots can help protect ourselves and our loved ones," Han says. ■



Definitions

Allergen

Substance that produces an allergic reaction when a person comes in contact with them, like pollen or dust.



Web Links

For more about sore throats, see "Links" in the online article: newsinhealth.nih.gov/2023/11/sore-scratchy-throat



Health Capsules

For links to more information, please visit our website and see these stories online.

Insights Into Long COVID

Some people end up with long-lasting illness after being infected with SARS-CoV-2, the virus that causes COVID-19. This is called Long COVID. Symptoms can include extreme tiredness, difficulty thinking or concentrating, and breathing problems. Researchers are trying to understand why some people get Long COVID and others do not.

To learn more, a team of scientists compared blood samples from more than 250 people. Some had been infected with SARS-CoV-2 and some

had not. Among those who had been infected, some had Long COVID and some did not.

The team found that people with Long COVID had different amounts of germ-fighting immune cells and antibodies than those without Long COVID. Those with Long COVID had more antibodies that attack SARS-CoV-2. And they had stronger responses to an unrelated virus called Epstein-Barr virus (EBV). EBV is a common virus that causes mononucleosis. After infection,

EBV remains in the body and can be inactive or reactivate. The researchers suggest that EBV might reactivate in some people who have Long COVID.

The study's findings could lead to ways to help diagnose Long COVID. They also shed light on factors that could affect Long COVID.

"These findings can inform more sensitive testing for Long COVID patients and personalized treatments for Long COVID," says study co-lead Dr. David Putrino of Mount Sinai. ■

Helping a Child Who Is Overweight

Children naturally gain weight as they grow and develop. Some kids may gain extra pounds, but lose them as they develop and grow taller. For others, gaining too much weight may lead to obesity. Children with obesity are more likely to have obesity as adults. Over time, excess weight may lead to health problems like heart disease, joint pain, or type 2 diabetes.

Genes and family history can affect a child's weight. Other factors include getting too little physical activity or having too many high-calorie foods

and drinks. Not getting enough sleep and too much screen time may also contribute to excess weight.

Adopting healthy lifestyle habits can help your child reach and stay at a healthy weight. Help them learn healthy habits by being a good role model. Encourage your family to do the same. Replace processed foods with fruits, vegetables, and whole grains. Instead of sugary drinks, serve water or low-fat milk. Encourage fun activities like running, biking, dog-walking,

or dancing. Keep bedrooms and mealtimes screen-free. Listen to your child's concerns and reward your child's healthy choices with praise and love.

If you're concerned about your child's weight, talk with a health care professional. Some kids who are overweight don't need to lose weight. They may just need to gain weight more slowly as they grow taller.

Learn more about children and weight gain at go.nih.gov/NIHNiHNov23ChildhoodWeightGain. ■



Featured Website

Genetic and Rare Diseases Information Center

rarediseases.info.nih.gov

Scientists have discovered more than 10,000 rare diseases. These include cancers, blood diseases, and genetic diseases passed from parent to child. This website has

easy-to-understand information about rare diseases. Get help with information in English or Spanish by calling 1-888-205-2311 or submitting a request on the website.



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