



Pelham Press

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<http://pe.arps.org>



Dates to Remember:

Monday, February 21-Friday, Feb. 25
Wednesday, March 2
Thursday, March 3
Thursday, March 17
Friday, March 18

Winter Recess- NO SCHOOL
Pelham School Visioning Committee
School Committee- 6pm Community Room
Grade 6 Orientation- ARMS
NO SCHOOL- Teacher Furlough Day



Dear Pelham School Families,

We are in the process of cleaning out a storage closet and have multiple books that we are donating to Reader-to-Reader, a public charity dedicated to bringing books, free of charge, to needy school libraries and public libraries across the United States. It is a big job, and I am looking for volunteers to help box up the books and to drive down to the Reader-to-Reader organization in nearby Amherst. I would like to do this on Wednesday or Thursday of next week, so if you would like to help, please feel free to contact me at desjarlais@arps.org. I will gladly provide a pizza lunch to any hungry volunteers!

The Before School program is asking for any donations of used games that are in good condition. If you would like to make a donation, please either send it in with your child, or bring it to Leanne Hasbrouck in the morning.

We are looking for a home for a popcorn popper that is inside our front door. If you are interested, and know of someone who could use one, please let us know.

On final note, I hope that your child has an enjoyable and restful vacation week. I would encourage to try to keep to a schedule as much as possible so that the transition back into school the following week is not so difficult. I would also encourage your child to continue to practice their math facts and to read daily. It is amazing how just a week away with no skills practice can cause them to lag somewhat in their skills.

Sincerely,
Lisa Desjarlais

Third Grade News

Meg Gallagher

Third graders have completed reading, enjoying, analyzing, and writing poetry. We looked at the themes, structure, and elements of various poems. We used evidence from the poems to support our understanding. This unit emphasized strong word choice. I am very impressed with the students' pieces.

We are also finishing a historical fiction reading unit. Groups read about the Titanic, the Middle Ages, or the early 1900's.

In Math we have begun our multiplication and division unit entitled *Equal Groups*. The benchmarks we will cover are:

- Demonstrate an understanding of multiplication and division as involving groups of equal groups.
- Solve multiplication combinations and related division problems by using skip counting or known multiplication combinations.
- Interpret and use multiplication and division notation.
- Demonstrate fluency with multiplication combinations with products up to 100.

Students are using good problem solving strategies to find the answers to word problems. We are working hard at finding organized ways to state what those strategies are. (That's the hard part!)

We just completed our science unit on simple machines. Students enjoyed the experiments and activity centers involved in this unit. They have cracked nuts, pulled nails out with a claw hammer, used a "fishing pole" to raise a bottle of water off the ground, and experimented with finding the best place to put the fulcrum on a first class lever in order to make the work easy. They also explored ramps, how a screw is really an inclined plane wrapped around and around, and how a helicopter is related to an inclined plane. We ended with drilling holes with a brace and bit, turning gears, and cranking eggbeaters and pepper mills.

Fourth Grade Pelham Press

Students come in first thing in the morning, put their things away, and sign up for lunch. After that, we get right to work. It's a great start when everyone is present and on time. Sometimes there is class work from the day before to be completed. I am also making sure children have silent reading material to read if they are caught up with their work. The fourth grade class has been doing a great job with this morning routine.

At the beginning of the year our cultural focus revolved around Native American culture. We then examined the next wave of permanent settlers: colonists from the Old World, specifically the Pilgrims. Their early interactions with the Native Americans are considered in a generally positive light, and the cultural exchange between the two groups was initially constructive. Our Martin Luther King celebration essentially kicked off our studies of African heritage in the New World. The stories Mildred Taylor's father told her as a child will serve as the backdrop for our look into race relations, and give a beautiful look into the rich culture of the Deep South. We will be looking closely at the development of the main characters: four children, with their own unique personalities that guide the direction of the story. The books are set in the Great Depression, which also plays a significant role in how the story takes shape. Along the way we will make note of challenging words and idiomatic phrases, as well as dig for deeper meaning. The unit will continue for a couple of weeks after vacation, at which time we will begin studying Alaska and the Native American tradition of dog sledding.

We are expecting eggs in the classroom in the early part of March. It's salmon season again. We've been raising them in the classroom for the past two years. As a favor, I am asking if families could help out with the water. Salmon are somewhat fussy about the purity of the water in which they live. That's why they are a good indicator for healthy rivers and streams.

Dress warmly! Winter is not over. Before school recess is generally outdoors unless it is raining or the temperature goes below zero with the wind chill. The same goes for "during school" recess. Students are expected to be outside during those times. Thanks!

Mr. Shaw

News from Physical Education Classes

The goal of the Physical Education Program is: to provide instruction enabling all students to develop basic motor skills, have fun, promote health understanding, an active lifestyle and support development of acceptable social playing skills.

Kindergarten and first graders have participated in a variety of locomotion, non-locomotion, and combination skills in movement patterns. Some of the games we've played this winter include; Imagine, Move like A..., Snakes in the Grass. We focus on pathways, levels and directionality (above, below, behind, etc) Students participate in activities incorporating these concepts as well as a social curriculum. Taking turns, learning game rules and sportsmanship are a focus of every class.

The second and third grades have focused on throwing and catching skills. Direct instruction, stations and games have incorporated this focus in February. Games of Newcomb and Asteroids have been a fun way to practice these skills.

The fourth and fifth grades have participated in skills and games of basketball and volleyball this December and January. We have move onto a cooperative games unit. This includes activities such as Toxic Transfer, Ant and Anteater and Titanic. The focus is on working cooperatively and productively in a group to accomplish a goal.

The sixth grade has participated in a basketball unit this winter. This February and March we have focused on cooperative skills. Students must demonstrate fair play, act responsibly and respectfully in physical activity. Game skills concentrate on applying offensive and defensive strategies in group cooperative and competitive activities.

Please help your students come ready for fun and success by providing sneakers on PE days. It is difficult to participate in boots. (Fridays for 1-6 grades and Wednesday for kindergarten.) Enjoy sledding and skiing this winter. We've got the snow for it!

Grant's Chocolate Secrets

Enjoy sweet snacks that satisfy. Try one of these tasty recipes: mix 2/3 plain raisins with 1/3 chocolate covered raisins for a healthy snack; make a trail mix of dried fruits, nuts and semi sweet chocolate morsels; hide a single Hershey's kiss in a cup of rice pudding; jazz up your banana by drizzling a small amount of melted chocolate on top.

Pelham
Elementary
February 2011

LUNCH PRICES
 Type A Lunch Price \$2.50
 Reduced Lunch Price \$1.40
 Milk/Chocolate Milk \$1.40
 Adult \$3.25

PREPAID LUNCHES AVAILABLE
 10 Lunches-\$25.00 20 Lunches-\$50.00
 30 Lunches-\$75.00 40 Lunches-\$100.00

ALL STUDENT LUNCHES INCLUDES
 Skim Milk, 1% Milk or Low Fat Chocolate Milk /
 100% Juice/ Fresh Vegetable / Fresh Fruit

Lunch Alternatives
 Monday-Italian Combo Sandwich
 Tuesday-Veggie Wrap/Chefs Choice
 Wednesday-Tuna Sandwich
 Thursday-Turkey Sandwich
 Friday-Ham & Cheese Sandwich
 Daily Alternative-Sunflower Butter/Jelly Sandwich w/Cheese Stick
 Yogurt/Bagel Lunch

SENSIBLE SNACKS CONTAIN
 Fat=7g or less - Sat Fat=2g or less
 Sodium=360mg or less - Sugar=15g or less

*"If you have a food allergy, please speak to the Director or Lead Server. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director
 Rebecca Threlley 413-382-1838"*

WE PURCHASE LOCAL!
 is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V=VEGETARIAN SELECTION
 ♥=HEALTHIER CHOICE
 P=PORK PRODUCT

WE OFFER BREAKFAST DAILY
 Don't forget to stop by the cafe for breakfast (cereal, fruit, juice & milk available daily)

Monday- Warm Muffin
 Tuesday- French Toast Sticks
 Wednesday- Wheat Bagel, Cream Cheese
 Thursday- Pancakes
 Friday- Ham, Egg, Cheese Sandwich
 Breakfast-\$.50
 Reduced Breakfast-\$.30
 Adult-\$1.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Veggie of the Month Cauliflower	1 Baked Chicken Nuggets w/ Dipping Sauce Corn Baked French Fries Whole Wheat Bread	2 (V) Spaghetti (With Meatballs or Plain) Green Beans Garlic Bread	3 Turkey/Gravy over Rice Raw Cauliflower w/ Dip Dinner Roll	4 Safari Day (V) Whole Wheat Classic Cheese Pizza Veggie Sticks With Low Fat Dip Dried Fruit & Chocolate Morsel Mix
7 Hard Shell Beef or (V) Bean Tacos w/Cheese, Salsa Steamed Rice Corn	8 Breaded Chicken Patty on a Whole Wheat Bun Steamed Carrots	9 Brunch For Lunch (V) Whole Wheat French Toast Sticks w/ 'Syrup' (P) Sausage Potato Puffs	10 Baked Chicken Mashed Potatoes Steamed Green Peas Dinner Roll	11 (V) Whole Wheat Classic Cheese Pizza Tossed Side Salad With L Fat Dressing
14 Valentines Day (V) Vegetable Soup Heart Shaped Toasted Cheese Sandwich Baked Fries Valentine Cookie	15 Baked Chicken Nuggets w/ Dipping Sauce Corn/Rice Whole Wheat Bread	16 (V) Egg & Cheese Omelet (P) Sausage Potato Puffs Whole Wheat Roll	17 Hamburger or (V) Veggie Burger on a Whole Wheat Bun Raw Cauliflower w/ Dip	18 Lucky Fruit or Veggie Day (V) Whole Wheat Classic Cheese Pizza Veggie Sticks With Low Fat Dip
21 WINTER RECESS	22 WINTER RECESS	23 WINTER RECESS	24 WINTER RECESS	25 WINTER RECESS

♥ Crispy Nacho Chips²⁸
 Seasoned Meat or (V) Beans
 Cheese Sauce
 Steamed Rice
 Salsa



Happy Valentine's Day

DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS