



Pelham Press

Vol. 21, No. 24, March 10, 2011

<http://pe.arps.org>



Dates to Remember:

Wednesday, May 23
 Tuesday, March 22-April 6
 Monday, April 4
 Thursday, April 7
 Friday, April 8
 Friday, April 8
 Monday, April 11-13
 Wednesday, April 13
 April 18-April 23

Pelham Visioning Committee 6:30 pm
 MCAS English Language Arts testing window
 PTO Meeting 6:30 pm
 School Committee Meeting 6:00 pm
 ARMS Registration Packets due
 PTO Variety Show
 Kindergarten Registration 9:00-2:00
 Pelham School Open House 7:00-8:00 pm
 Spring Recess



Dear Pelham School Families,

At Pelham School, we are always looking for opportunities to enrich classroom instruction and engage students in interesting and meaningful ways. During this past week, we were very fortunate to have Tina McPherson from the U.S. Fisheries and Wildlife visiting the second grade classroom for a hands-on presentation about endangered animals and connecting it with their continent geography unit of study. Tina's area of expertise within this federal organization is endangered animals, and she shared items that were brought illegally into the United States. The primary focus of this presentation is to educate children about the different endangered species and to raise students' levels of awareness, and Tina provided specimens from each continent. Seeing and handling the various animal skins and products created out of these species not only helps students to make better connections, but also serves to help children identify them as they encounter them in their travels. The students were quite excited about looking at the items, and had excellent questions.



We invite any parents with areas of expertise to connect with either the Principal or the classroom teachers. We welcome visits or presentations that enrich and extend our students learning experiences.

In preparing your student for the upcoming MCAS testing sessions, please ensure that they are well rested and have something substantial and healthy to eat before coming to school, as these sessions last the entire morning.

Sincerely,
Lisa Desjarlais

Spring 2011
English Language Arts MCAS Testing Schedule

March 22-April 6 English Language Arts- Grades 3-6				
Monday	Tuesday	Wednesday	Thursday	Friday
	22 Grade 4 Long Composition 9:00	23	24	25 Grade 5 ELA 9:00
28 Grade 4 ELA 9:00	29 Grade 5 ELA 9:00 Grade 3- ELA 9:45	30. Grade 6 ELA 9:00	31 Grade 6 ELA 9:00	April 1 Grade 4 ELA 9:00
4 Grade 3- ELA 9:45	5 Makeups as needed	6 Grade 4 Composition Make-Up Date Makeups as needed		

Dear Pelham Parents,

Hello and welcome to spring.

As the crocuses outside of the school softly emerge through the snow, the promise of spring is everywhere. The children are looser with their coats and there's a different excitement to going outdoors. The light is brighter and we are all of course, suffering from the time change before we will reap the rewards. Who can believe that we are two – thirds through school ?

However, as we are busy and active with our Pelham School concerns, we know that on the other side of the world, there has been a massive disaster. The news of the tsunami and earthquake disaster has affected us all. As adults we are having trouble processing the enormity of the situation; imagine how difficult it must be for children to understand this event. Whether you know someone directly affected or whether your family has seen details of the disaster on the television set, children will ask a lot of tough questions about it. Please note that children's age and temperaments influence their reactions to the information they may hear. You will need to adapt your responses to their level and needs,

You may find the following suggestions helpful:

- Monitor your children's exposure to reminders of this disaster. 24 hour newscasts present images and words that may frighten children. Depending on the age of the child, limit TV viewing.
- Be careful about discussing the disaster with your spouse or other adults. Children hear more than we think they do.
- Tailor your responses to the individual child. If they voice concerns, understand that they are serious.
- Encourage your children to help the survivors of the tsunami and /or earthquake through personal actions, such as donating coins from their piggy banks or other items that are needed. Both adults and children often feel powerless during such disasters. Making donations help all of us feel that we are making some kind of contribution.
- Share your opinions and feelings (as appropriate for your child's level) and allow them to express their feelings. More importantly, children may not be aware of how they are being affected by the news of the disaster. Children show anxiety in different ways. They could become more active and agitated or quiet and withdrawn. Adults may feel at risk also and need to recognize their own feelings.
- Calmly, let you children know that they are safe, and you are in control. Maintain family routines particularly around sleeping, eating and extracurricular activities. Younger children may confuse fact and fantasy and need reassurance that their parents are there to protect them. Older children are more at risk for strong emotional reactions, such as aggression or withdrawal. They may recognize the capriciousness of nature and cannot handle the feelings that recognition arouses.

If you have any questions about what is in this letter or want to speak specifically about your children's reactions, please contact me. We all need support when there is such stress and devastation in the world.

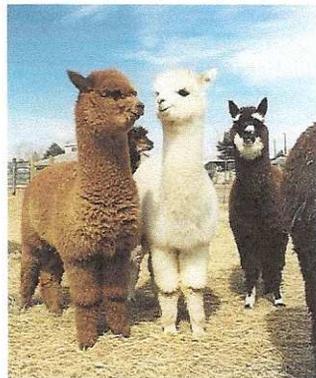
Sincerely,
 Deb King
 School Counselor



Saturday
April 16th
At the Hadley Farm

- We Will Have:
- Miniature Donkeys
 - Alpacas
 - Morgan Horses
 - Boer Goats
 - Dorset Sheet
 - Belted Galloways

76TH ANNUAL LIVESTOCK CLASSIC

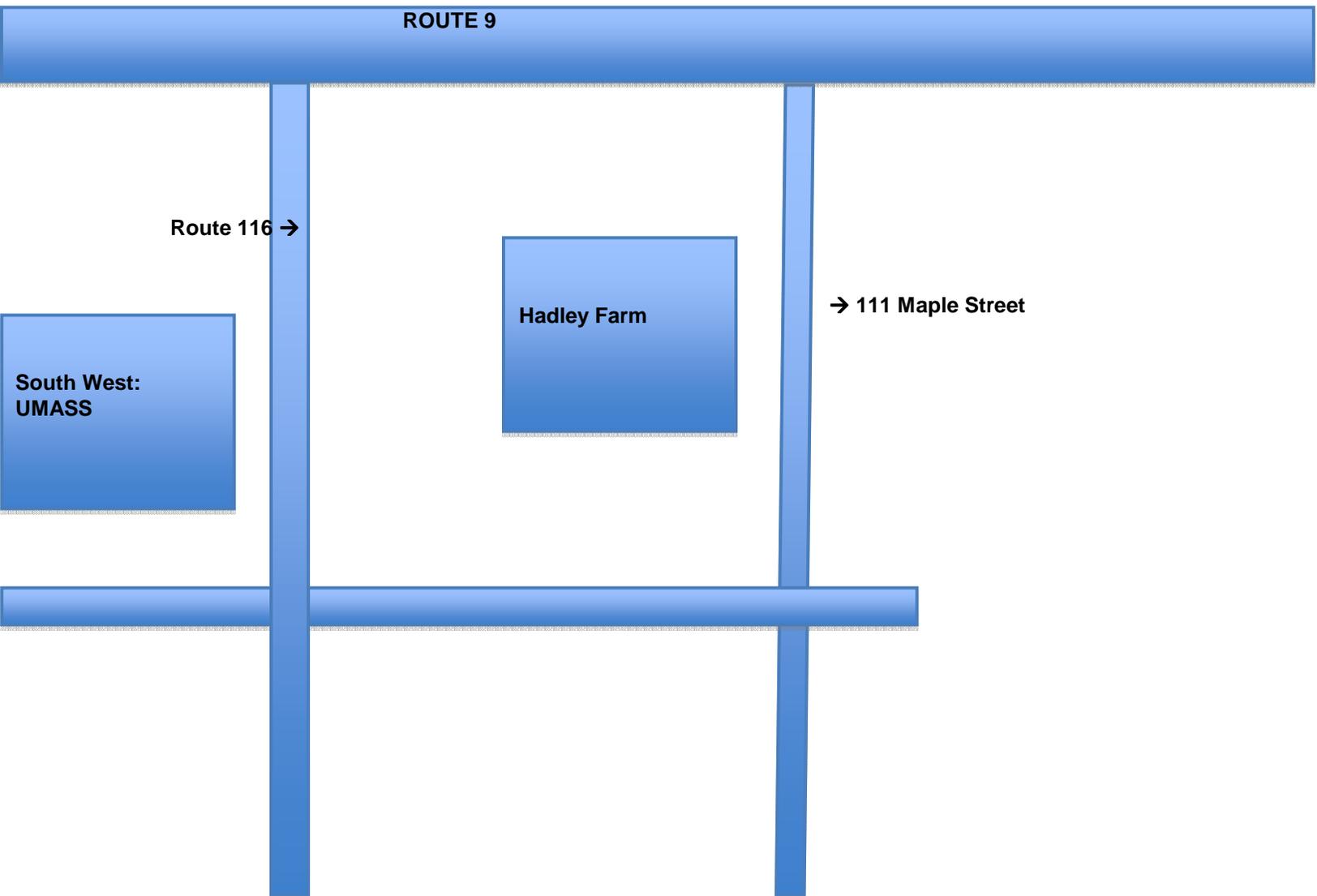


UMass Amherst's Hadley Farm

111 Maple St/Hadley,MA

FROM MASS TURNPIKE (90 WEST): Take exit 8 to Palmer. Turn left at light from exit. At second light take left, bearing right down hill, over RR tracks to end. At stop take right, follow to Belchertown. In Belchertown take left at 2nd light onto Rt. 9 West. Follow through Amherst to Hadley staying straight onto divided highway taking right onto North Maple St. at light at the Verizon Wireless store. Follow as from 91 North.

FROM 91 NORTH: Take exit 19, turn right at end of ramp to Rt. 9 East, going over Coolidge Bridge. Go 3 1/2 miles, to 5th light, left lane. You will pass the Whole Foods grocery store, Dunkin Donuts, Wal-Mart and Jiffy Lube on the right. Turn left at light onto North Maple St. Go straight through the next set of lights. The Hadley Farm entrance is less than one mile down the road on the right. Park in lot at bottom of the hill on the right.





ARPS SEPAC Newsletter

Message from SEPAC Co-Presidents Pat Ononibaku and Melissa Paciulli

Dear Fellow SEPAC Parents,

First we would like to congratulate Ms Maria Geryk for her recent appointment as the permanent superintendent for the school district. It is our hope that SEPAC Parents will continue to support her as she leads the school community. The SEPAC Executive Board has invited Ms Geryk to our upcoming "Meet and Greet" gathering on Thursday March 24, 2011, we hope to see as many of you who are able to join us for an evening of informal networking.

The SEPAC Board has been busy since the beginning of this academic year, from persistent successful advocacy for a new law firm for special education to SEPAC becoming visible in the community as a critical stakeholder in the school district. We are also proud to announce that SEPAC will have funding in the Fiscal Year 2012 Amherst School Budget to continue to increase outreach to the special education community, educate and train parents and provide tools to the Community to support understanding of the special education system.

We would like to thank SEPAC parents who attended this year's events and School Committee meetings. We would also like to express our thanks to the Administration for partnering on these events and to the SEPAC Board for your time and dedication. A special thanks goes out to the School Committee, for their expressed interest in special education issues and concerns – we will continue to welcome their questions and look forward to continuing to work in cooperation to advance the District goals.

We would also like to recognize some individuals for their exemplary service to SEPAC since last year; high school students Grace Fogus, Gloria Boit and Claudia Martins and members of the National Honor Society from Amherst Regional High School for free babysitting service at SEPAC gatherings. Mary Kiely for her flexibility to take on extra responsibilities, to Michael Aronson who helped reactivate SEPAC and his time commitment to the group and finally to Catherine Sanderson for her strong support for SEPAC.

Happy Spring!

Breaking News

SEPAC is partnering with Tim Enfield, a UMass student and founder of the ThinkAlive Foundation, for the purpose of empowering students with special needs through providing funding for individualized educational and leisure activities meaningful to the recipients and purchase of equipment, materials, etc. A limited number of grants in amounts from \$50-\$150 each will be available this spring. Special thanks to Ms. JoAnn Smith for connecting SEPAC to this wonderful young man.

Completed grant applications will need to be submitted by April 8. If you do not have access to a computer, please contact Mary Kiely at (413) 230-3304 SEPAC Co-Vice President who is coordinating this joint effort. Applicants selected to receive grant funds this spring will be notified by the end of April. Additional funding may be available in future.



Visit www.ARPS-SEPAC.info to learn how to apply — Coming soon



WORKSHOP

WWW.ARPS-SEPAC.INFO

Spring 2011

March 24, 2011

Understanding the Transition Process

6:30-7:30 Meet the Superintendent—Ms. Maria Geryk

7:30-9:30 Workshop

The Amherst Pelham Regional Public Schools have initiated a project to enhance qualities of transition planning for special education students. One critical aspect of this project is to enhance parent/guardian knowledge and involvement in the transition planning process.

Through a collaborative approach, the Amherst Pelham Regional Public Schools and the Special Education Parent Advisory Council are co-sponsoring a two-part parent/guardian series on Transition Planning.

The sessions will be held on Thursday, March 24th and Thursday, May 26th from 7:30 to 9:00 in the Amherst Regional Middle School Library. The series will be presented by Dr. Michael Krezmien and Dr. Jason Travers from the University of Massachusetts at Amherst. Dr. Travers is an expert in special education for students with autism and intellectual disabilities. Dr. Krezmien's expertise is in strategies to promote pro-social behavior and academic learning.

All workshops are held in the Amherst Regional Middle School Library. Please let us know if you require childcare and we will be happy to provide it. Contact Mary Kiely (413)230-3304 and let us know. We look forward to seeing you there.

Pat Ononibaku and Melissa Paciulli—SEPAC Co-Presidents

ARPS SEPAC, PO Box 2132 Amherst, MA 01004-2132

NORTON, JEANNE & mo :*The Wily & Wondrous World
of Children's Book Writers*

Norton Juster



Jeanne Birdsall



Mo Willems

Thursday, March 24, 7 - 9 p.m.**Cole Assembly Room, Converse Hall, Amherst College**

Family Outreach of Amherst presents its ninth annual "Salute to Families" event with this panel of three local, immensely popular and award-winning childrens' book writers. Join **Norton Juster** (*The Phantom Tollbooth*), **Jeanne Birdsall** (*The Penderwick Series*), and **Mo Willems** (*Knuffle Bunny*) with moderator **Greta Wilcox**, Amherst kindergarten teacher extraordinaire. A book signing and reception will follow the program.

"It is largely through reading that children escape from us and begin to create a world that is their own."

Tickets available at the door, or call 413-549-5999

Benefactors: \$25 · General Admission: \$10 · Students and Seniors: \$5

Family Outreach of Amherst · 401 Main St. Suite 12 · Amherst, MA 01002

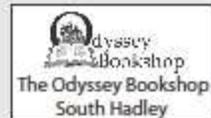
www.chd.org/familyoutreach

Family Outreach of Amherst would like to thank everyone who has helped make this event possible:

Underwriters:



Co-Sponsors:

The Creative Writing Center
at Amherst College

theater • fashion design • art

Fort River Elementary School • Amherst



Multi-Arts



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grades K to 6 • groups organized by age
www.multi-arts.org • (413) 584-7951

Fridays: March 25th - June 3th: 10 classes
theater and fashion show: June 3th

Please, return with the FULL PAYMENT to:

Multi-Arts
P. O. Box 108
Hadley, MA 01035

Name Age

Parent/Guardian

Address

Telephone

E-mail address*

Note: All communications will be conducted by email

fashion - art 3:30 p.m. - 4:30 p.m. \$120

theater 4:30 p.m. - 5:30 p.m. \$120

all workshops 3:30 p.m. - 5:30 p.m. \$240

not a school sponsored event
financial aid available



Refresh Spring Activities

Spring has arrived! Now that the weather is nicer, it is time to gear up for all those outdoor activities. Getting your bike out of storage and cleaning up the yard can be hard work. Stay healthy and enjoy a lighter fare this spring. Try veggie or chicken burgers, chef's salad with zucchini and broccoli and whole wheat pasta primavera.

LUNCH PRICES

Type A Lunch Price	\$2.50
Reduced Lunch Price	\$.40
Milk/Chocolate Milk	\$.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 LUNCH 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 Trimley 413-362-1839

WE PURCHASE LOCAL!

Produce 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 café 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
	 Hamburger, Cheese-burger or (V) Veggie Burger on a Whole Wheat Bun Green Beans	 (V) Spaghetti (With Meatballs or Plain) Green Beans Garlic Bread	 Hot Dog on a Whole Wheat Bun Potato Rounds Fresh Apple	 (V) Whole Wheat Classic Cheese Pizza Tossed Side Salad With L Fat Dressing
	 Manager's Choice Assorted Entree, Vegetable, Fruit & Bread	 Fish Patty on a Whole Wheat Bun Butternut Squash Assorted Fruit	 Crispy Nacho Chips Seasoned Meat or (V) Beans Cheese Sauce Steamed Rice Salsa	 (V) Whole Wheat Classic Cheese Pizza Veggie Sticks With Low Fat Dip
	 Tomato Soup Toasted Cheese Sandwich Baked Fries	 Baked Chicken Mashed Potatoes Butternut Squash Dinner Roll	 St. Patricks Day 17 Shepherd's Pie (Lean Beef, Mashed Potatoes, Corn) Irish Soda Bread Holiday Cookie	No School
	 Crispy Nacho Chips Seasoned Meat or (V) Beans Cheese Sauce Steamed Rice Salsa	 Brunch For Lunch French Toast Sticks Omelet Potato Rounds Applesauce	 Breaded Chicken Patty on a Whole Wheat Bun Steamed Carrots	 (V) Whole Wheat Classic Cheese Pizza Tossed Side Salad With L Fat Dressing
	 Manager's Choice Assorted Entree, Vegetable, Fruit & Bread	 Turkey/Gravy over Rice Butternut Squash Dinner Roll	 Macaroni & Cheese Green Beans Whole Wheat Bread	 Veggie of the Month Squash

DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fat - Milk & Chicken Products are hormone & antibiotic free - All dressings & toppings 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 - Bread, bread, hamburger buns & hot dog buns are 100% w/ grain & contain no HFCS - Breads, tortilla wraps, food 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 100% 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. All be used when given, occasionally not available - All cheese is low fat - Donuts & bagel/paninis have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS

HAPPY ST. PATRICK'S DAY