



# Pelham Press

Vol. 23, No. 10, January 11, 2013  
<http://pe.arps.org>



## *January Dates to Remember:*

*1/14/13- UMass Dance Performance 1:30 p.m. Parents welcome  
Students please wear t-shirts!!*

*1/21/13- No SCHOOL- MLK Day*

*1/30/13- Band, Orchestra, and Chorus Concert- 9 a.m. & 7 p.m.*

*2/1/13-NO SCHOOL- Teacher Workday*



Dear Pelham School Families,

We are back in full swing now that the holiday season has ended and it is hard to believe that the school year is nearly half over! On Tuesday, staff and students were treated to an amazing performance by Greg professionally trained actor, in an entertaining one-man show. He has been in several movies and numerous theatrical productions, commercials, and print ads. As part of the Educate Us Production Group, he portrays Afro-American characters that are notable in terms of their contributions to society. For this show, he portrayed Bill Cosby, local comedian and actor. For this coming Monday, January 14, the UMass Dancers will be coming to entertain students. This year's tour includes a wide variety of dance styles and includes modern dance, jazz, fusions, and ballet. We are fortunate to have these opportunities to bring theater, dance, and music into Pelham School to enhance our programs and build awareness of the arts for our students.

Now that the wet and cold season is upon us, we are in need of extra pairs of snow pants and unisex sweatpants in sizes 6-12 youth. If your child arrives to school in boots, please send in a pair of shoes as well, as boots are often too warm to wear for the entire day. Sneakers are a must on Fridays, as students are not allowed to participate without them. Please help your child to remember to come to school in weather appropriate clothing, as we will not allow students out at recess without a winter coat if it is really cold outside. Mrs. Scott would like to express her thanks for the generous donations of mittens and gloves for the office.

Have a great weekend!

Sincerely,

*Lisa Desjarlais*

## **From the Nurse**

As most of you have heard, the flu season has started early this year, and there is a particularly aggressive flu virus affecting the whole country. Boston is currently experiencing an epidemic flu outbreak.

At Pelham we have seen some flu cases with high fevers, achiness and dry cough. To prevent your child from getting the flu and to contain the spread of the flu, we are encouraging anyone who is above 6 months of age to get the flu vaccine. It is not too late to be vaccinated as the season continues until March.

All students with flu like symptoms, especially fever, will be sent home until they are free of fever for a full 24 hours without the use of Tylenol or ibuprofen. If your child has a runny nose or persistent cough, we also ask that you keep your child at home, as they can spread the virus to the rest of their fellow students.

Although there is no absolute prevention for the flu or the common cold, frequent good handwashing, cleaning of toys and common surfaces, and covering coughs and sneezes with tissue greatly reduces your exposure to the flu virus. If you have any questions or concerns, you can always call “Nurse Paula” at 362-1103.



# Community News

## **Message From Pelham Student:**

Hi Everybody - This is Avery Gwyther from Ms. Quinlan's class. This coming Feb. 2nd I will be participating in the American Lung Association's 2013 Race Up Boston Place. This is a fundraising event in which I will be climbing the 41 floors / 82 flights / 789 steps up Number One Boston Place in downtown Boston. If you are interested and able to make a donation on my behalf to the American Lung Association I would really appreciate it. Donations can be made on-line by going to my participant page at

[http://action.lung.org/site/TR/Climb/ALANE\\_Northeast?px=5096038&pg=personal&fr\\_id=6610](http://action.lung.org/site/TR/Climb/ALANE_Northeast?px=5096038&pg=personal&fr_id=6610) or by going to 2013 Race Up Boston Place, click on "more information" then on the left hand margin select "sponsor a climber" and type in my name. **Thank you very much for considering supporting me in this climb.**

## **Camino De Santiago Sampler Tour Offers Pilgrimage and Spanish Study**

Walk the last section of the Camino de Santiago and study Spanish as part of a small group Camino de Santiago Sampler Tour, June 26 – July 3, 2013. For 8 days/7 nights, step back in time to experience the history and culture of this ancient pilgrimage route.

Alessandra Mucci-Ramos and Judith Northup-Bennett will lead the group through the green Galician countryside and medieval villages, past Romanesque churches, monasteries, old Pilgrim hospitals that tell the age-old story of "The Way." The two are co-teachers of a multi-level adult education Spanish course in Amherst, MA based on the Camino(LSSE).

For details on the tour go to:

[www.caminosantiagosampler.com](http://www.caminosantiagosampler.com) or

email: Judith Northup-Bennett, [connectionswork4u2@gmail.com](mailto:connectionswork4u2@gmail.com)

# First Grade News!!!

First graders welcomed the New Year with new hopes and dreams for the remainder of first grade! We wrote New Year Resolutions which will be posted soon to remind us of what we would like to work on as a student. These included working on reading, writing and everyone decided to work on their PAWS!

In Social Studies we completed the US Symbols unit right before the holiday break. The students really enjoyed learning about all the symbols and we complementing the learning with a craft. Ms. Samuels taught us a Statue of Liberty song, which we sang at assembly. We even had one of our friends wear a crown and hold a torch through the song! Having finished this social studies unit means that we go back to another Science unit! We have started working with Simple Machines. We are learning about the 6 simple machines: wheel and axle, ramp, wedge, screw, pulley, and lever. We have been talking about how simple machines help us do work, and we looked around for examples of these simple machines being used. When you see a good example of a simple machine point it out to your child and ask him/her which simple machine it represents!

For math and ELA just like always we are work, work, working hard! I have been assessing students individually for reading and I am SO HAPPY with how much they have improved their reading and at how many more reading skills and strategies they are using! In math, we continue to learn about coins, their values, how to count them, and we continue learning how to tell time. We just started telling time by the quarter!

I am so proud of this great group of first graders, and I appreciate all the work you do with them at home. Thank you so much!

**Your first grade teacher,**

**Mrs. Gonzalez**

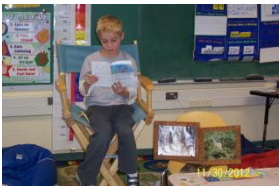
## Second Grade News

Pelham second graders continue to shine in our classroom as they learn so many new things with incredible interest and excitement. In reading, we have explored a number of nonfiction stories that have been connected to our science units and have practiced using important parts of nonfiction books as well, such as the table of contents and the glossary. In the fiction stories we have read, we have also been working on identifying the characters, setting, and plot. Throughout all of our stories, we have been working to read with fluency and expression and have been answering comprehension questions to check for understanding.

In writing, students worked very hard on their first research project, first reading about a specific animal and taking notes and then going through the steps to create a final report that was presented to the class. We are working to wrap up a new writing project, where students have used Tomie dePaola as a mentor author in order to write realistic fiction stories. They have gone through the steps of planning their writing, creating their first draft and are now in the process of editing their work and writing their final drafts. They are becoming more skillful writers as the year progresses.

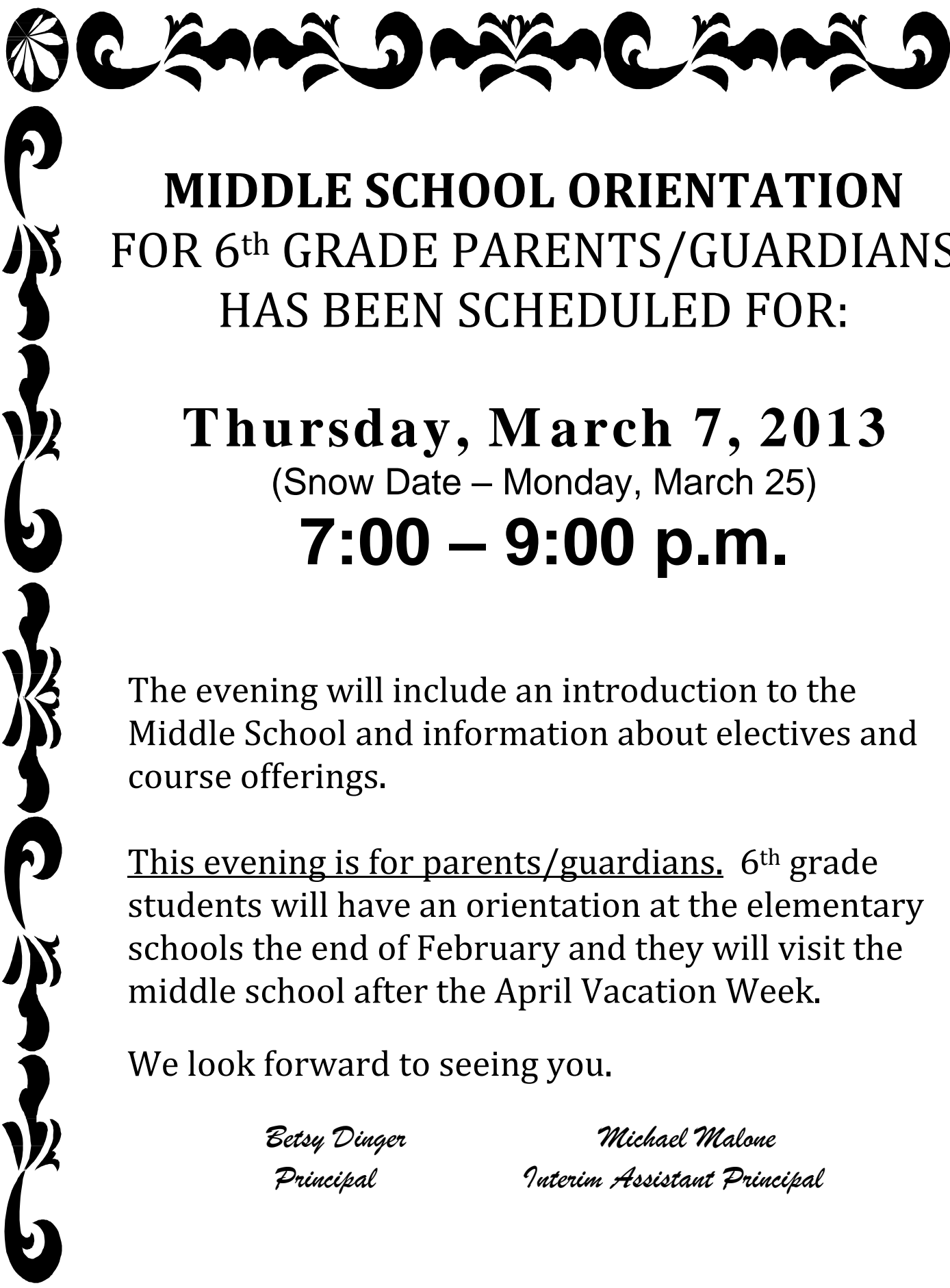
In our Everyday Math program, we have completed Units 2 and 3 and are reaching the end of Unit 4. Students have been practicing concepts including addition and subtraction with up to 2 digits, place value, telling time, counting money, reading graphs, solving number stories, and measuring weight, length, and temperature. Don't forget that the Everyday Math website is a great resource for students to have extra practice of the concepts that we cover in school. ([www.everydaymathonline.com](http://www.everydaymathonline.com)).

Science continues to excite us as we've covered several units over the past few months, including our study of animal habitats and rocks, including pebbles, sand and silt. Our rocks unit ended with a visit to our very own "rock museum" where we explored rock samples from our school collection and from students' personal collections as well. We also sang a rock chant for the school at our last assembly about the three different types of rocks. The students were awesome! We just completed a unit on nutrition, where students followed the adventures of the Royal Food Family to learn about the five major food groups and what they do to help our bodies stay strong and healthy. Over the next seven weeks, we will be traveling around the world to the seven continents and the major oceans, mountain ranges, landforms, and rivers to explore how people live in different parts of the Earth.



**Animal Reports**

**Rock Museum**



**MIDDLE SCHOOL ORIENTATION  
FOR 6<sup>th</sup> GRADE PARENTS/GUARDIANS  
HAS BEEN SCHEDULED FOR:**

**Thursday, March 7, 2013**

(Snow Date – Monday, March 25)

**7:00 – 9:00 p.m.**

The evening will include an introduction to the Middle School and information about electives and course offerings.

This evening is for parents/guardians. 6<sup>th</sup> grade students will have an orientation at the elementary schools the end of February and they will visit the middle school after the April Vacation Week.

We look forward to seeing you.

*Betsy Dinger*  
*Principal*

*Michael Malone*  
*Interim Assistant Principal*

## **Pelham Elementary School PTO Minutes**

November 13, 2012 Meeting

In attendance: Tracy Farnham, Sage Scott, Lisa Candito, Lisa Desjarlais, Jessica Hanson, Emily Marriott, Amy Wasserman, Jennifer York, Elise Stromgren

Treasurer's Report (Sage Scott): current balance \$8,914.68

Principal's Report: The laminator is very old and needs replacing. Lisa estimates it would cost approximately \$600-\$800 and asks if PTO would fund the purchase. Tracy will check on the cost of the laminator at her school (newer than Pelham's). Lisa suggests that Pelham families keep an eye out for information about regionalization in upcoming school committee meetings. The current student body make up at Pelham school is about 1/2 school choice and 1/2 Pelham residents. The school choice funds aren't enough to sustain the school. If the school closed, the town would need to pay for approximately 60 students into neighboring communities. A poll last year showed that Pelham school families do not support mixed-grade classrooms.

Genevieve's Fundraiser: Sage reports that we took in \$2,517.45 in orders and got back \$1,496.70 in profits.

Wreath Sale: the sixth grade will not be taking on this fundraiser this year. There were (this year and have been in previous years) comments from parents who feel a wreath sale does not include all families as not all families observe the Christmas holiday. The PTO decides not to take on this additional fundraiser at this time but to revisit it next year as it is/was a popular fundraiser with many families participating.

Pelham School "Spirit" t-shirts: a drop box will be located in the school entrance for families to recycle shirts and/or to swap out a small shirt for a larger one. Lisa C. and Emily will work on an order form and flyer for the shirts and to describe the drop box. Amy asks about the use of the word "bully" in the shirt and expresses concern about using the word "bully." The PTO may want to consider this next year as the shirt design is in place and an order for more shirts has been placed. Sage notes that the t-shirt company has yet to cash the check from the PTO to pay for the new shirts this year.

Halloween Party: Nora Marolis coordinated the party; it was a success. PTO paid about \$260 for supplies for the party and we took in about \$100 in food and other sales, UMass volunteers were excellent, everyone seemed to have a good time and the party seemed to be calmer than other years.

Shed Staining: Elise reported that the shed was stained Sunday October 20 and in early November, volunteer stainers were Ruth Carolan, Chelsea Gwyther, Lennie Ware, Lindsay Stromgren, Hattie Carolan, James Kurpaska, Emma Gwyther, Merissa Stromgren, Lily Plotkin and Merrick Stromgren. Cost of staining supplies was approximately \$140; Elise will get receipts to Sage for reimbursement.

Next meeting: Monday January 7, 6:00 pm



# Art Classes For Children!

With Tina Clark

## Look What I Can Draw!

ages 5-7

In this introduction to contour drawing, children learn to sketch fun and familiar things, such as owls, trucks, and butterflies.

Saturday, 10:45 am-12:00 pm  
January 26 - March 23  
Bangs Community Center  
\$124



## Messy Art

ages 3-5

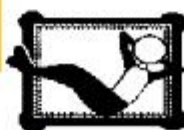
Each class, an exploration—painting with a toothbrush, sponge, hands and even foam—making party hats—and other activities.

Saturday, 9:30-10:30 am  
January 26 - March 23  
Bangs Community Center  
\$124

To register, call LSSE at 413-259-3065  
or visit our website at [www.LSSE.org](http://www.LSSE.org)

*\*Not a school-sponsored event\**

TOWN OF AMHERST



**LSSE**

Leisure Services and  
Supplemental Education



Like us on Facebook at LSSE- Town of Amherst Leisure Services





## Children's Art Classes with Carolyn Toomey!

### **WATERCOLOR AND DRAWING**

Ages 7-10

The perfect class for the budding artist to experiment with a myriad painting and drawing materials and techniques; chalk and oil pastels, charcoal, pencils, salt painting and wax resist painting.

Tuesdays  
January 15– March 12  
4:00-5:30 PM

Bangs Center  
Price: \$131;  
\$12 materials fee



\*Not a School-Sponsored Event\*



Like

For more information about these classes call  
Amherst Leisure Services (413)-259-3065 or  
go online to [www.lsse.org](http://www.lsse.org)



### **CLAY ANIMALS, CREATURES & THINGS**

Ages 5-7

Kids explore their imaginations through basic hand building techniques in Sculpey, modeling clay, and earthenware.

Thursdays  
January 17– March 14  
4:00-5:00 PM

Bangs Center  
Price: \$99;  
\$12 materials fee



TOWN OF AMHERST



**LSSE**  
Leisure Services and  
Supplemental Education



# LUNCH January 2013

Did you know... Our menus represent the most healthy, nutritious, wholesome and flavorful food made from the best ingredients available. We utilize regional, seasonal & sustainable food whenever possible. All of our purchases comply with farm-to-table, to less naturally occurring. The majority of the food served by Whitsons contains No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. Our milk and chicken products are free of added hormones and antibiotics at the time of processing. Our meals, condiments and choices are all lean or low fat. Most entrees contain between 500-600 mg of sodium. We also always offer whole grain pastas, rice and bread products. All of our menus meet or exceed the Healthy Hunger-Free Kids Act Standards.

**LUNCH PRICES**  
 Reimbursable Lunch Price \$2.75  
 Reduced Lunch Price \$1.40  
 Milk/Chocolate Milk \$.50  
 100% Juice \$.50

**PREPAID LUNCHESES AVAILABLE**

10 Lunches	\$27.50	20 Lunches	\$55.00
30 Lunches	\$82.50	40 Lunches	\$110.00

**LUNCH INCLUDES**  
 Skim Milk, 1% Milk or Fat Free Chocolate Milk / Vegetable Choice / Fruit Choice

**AVAILABLE DAILY**  
 Whole Grain Bagel w/ Yogurt / Sunflower Butter & Jelly Sandwich / Assorted Meat Sandwiches / Salad

**Above Lunches Include:**  
 Vegetable choice, Fruit choice, Low Fat Milk & Mozzarella Cheese

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

**WE OFFER BREAKFAST DAILY**  
 Don't forget to stop by the café for breakfast.

Monday Muffins  
 Tuesday French Toast Sticks  
 Wednesday Bagel  
 Thursday Cereal  
 Friday Breakfast Sandwich

**Legend:**  
 V Vegetarian      H Healthier      P Pork Choice

If you have any questions or would like additional information regarding this menu please contact your food service director, Rebecca, at 413-362-1839.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HAPPY NEW YEAR	Cheesy Nachos w/ Pico de Gallo Corn Black Beans Celery Sticks w/ Ranch Dip Applesauce	Meatball Hero Romaine Salad w/ Tomato Baby Carrots & Celery Peach Cup Banana	WG Pizza Wedge Broccoli Tips w/ Ranch Dip Fresh Cucumber Salad Mixed Fruit Orange
Chicken Nuggets Oven Baked Fries Three Bean Salad Cucumber Coins Peach Cup	Homemade Mac & Cheese Broccoli Spinach & Tomato Salad Applesauce Banana	Mozzarella Stks. & Sauce Peach Cup Carrots Pear	Whole Grain Fish Sticks Herb Roasted Potato Wedges Peas Dinner Roll Mixed Fruit	WG Pizza Wedge Carrot Sticks w/ Ranch Dip Pineapple Cup Apple
Chicken Nuggets Sweet Potato Puffs Apple Cucumber Coins Diced Pears	Beef Burger* Vegetarian Beans Veggie Dippers Romaine Salad w/ Tomato Peach Cup Pear	WG Pasta w/ Meat Sauce* Green Beans Romaine Salad w/ Tomato Cinnamon Applesauce Pear	Crispy Beef Taco Spinach Salad Rice & Beans Orange Strawberry Cup	WG Pizza Wedge Romaine & Chickpea Salad Applesauce Green Grapes
MARTIN LUTHER KING JR. BIRTHDAY	Fish Sandwich Cream of Tomato Soup Diced Pears Cucumber Coins Green Grapes	French Toast Sticks w/ Sausage Hash Browns Mixed Fruit Cup Celery Sticks Orange	Crispy Chicken Sandwich Oven Baked Fries Corn Strawberry Cup Banana	WG Pizza Wedge Romaine Salad w/ Tomato Green Grapes Carrot Sticks Mixed Fruit
Mozzarella Stks. & Sauce Peach Cobbler Carrot Sticks Apple Slices	Chicken Soft Taco Black Beans Spinach Salad Orange Strawberry Cup	Meatball Hero Romaine Salad w/ Tomato Baby Carrots & Celery Peach Cup Banana	Beef Burger* Vegetarian Beans Veggie Dippers Romaine Salad w/ Tomato Apple Cobbler	

**WE PURCHASE LOCALLY!** (Products purchased through regional suppliers when seasonally available)

**DOES YOUR CHILD HAVE A FOOD ALLERGY?** Please notify your food service director in advance of all special meal accommodations. We can provide special dietary packages; common allergens include milk, but do not forget to notify your school!



\*\*\*Seasonal menu is subject to change based on availability. All items are prepared fresh daily. All eggs may contain a small amount of shell. All products are prepared fresh daily.

\*\*\*\*Menu is subject to change and is not available when unavailable.