



Pelham Press

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November Dates to Remember:

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| November 22 & 23 | Thanksgiving Recess- NO SCHOOL |
| Friday, November 30 | Grade 6- Mount Holyoke College Art Museum Field Trip |
| Tuesday, December 4 | Picture Day Makeup |
| Thursday, December 6 | School Council – 7:30 a.m. |
| Thursday, December 6 | “Eat Like a Rainbow” all-school assembly |
| Thursday, December 6 | Pelham School Committee- 6:30 p.m. |



Dear Pelham School Families,

We had a terrific all-school assembly last Wednesday with many of the teaching staff (including this Principal!) performing for the students and staff in several skits to highlight some of the lessons from the Pelham PAWS. The program also included performances organized by Emily Samuels, our Music and Movement teacher. First grade students sang a song about butterflies and caterpillars, second grade sang a song called “Precious Friends”, fourth grade students performed a Native American Indian chant, and finally the fifth and sixth grade students sang several songs they’ve been learning in chorus. The assembly ended with everyone learning and singing together our new PAWS song under the guidance of Ms. Samuels. These assemblies help us to celebrate and reinforce the learning that takes place in classrooms as well as to build our school community. It was great to see so many students remembering to wear their Pelham t-shirts on this day!

Thanksgiving for many is a time for family traditions and schools often serve to reinforce some of those traditions, as well as taking an opportunity to teach about the history behind holidays and traditions. I happened upon the kindergarten class today enthusiastically singing “Over the River and Through the Woods” and following that engaged in an “Old Turkey Tom” movement song during their Music and Movement time, which was quite fun to sing, wiggle and move around with as well. Second grade students were also learning about the history of Thanksgiving in the classroom today and first grade has built models of the wigwams that the early Wampanoag Native Americans used.

Have a restful and enjoyable Thanksgiving holiday!

Lisa Desjarlais

Community News

A.B.C. WALK – A GREAT TRADITION

First, we want to thank everyone in the APRS community who participated in our Fall Foliage 5K Walk/Run event on October 20th. Your efforts raised money to support the ABC scholars and the ABC House. It was a beautiful and very spirit-filled day for all.

Second, we may still have uncollected pledges or donations out there in our community. We are writing to remind and encourage all those who have not collected pledges or donations to do so and return those receipts to us as soon as possible. We are coming to the end of our process for tallying all receipts for accounting purposes. If you, as principal, would kindly send a communication from your office to your school community regarding this matter (prior to the Thanksgiving break), it would be greatly appreciated.

When pledges and donations come in, please contact me and I will happily pick them up from your school.

Paul Wiley



News from the Reading Teachers

At Home Help for Reading Comprehension

Good readers constantly monitor their own understanding of the material they are reading. We know as educators that some students need to be explicitly taught strategies for monitoring meaning. One great way to teach students how to self-monitor is by modeling the *thinking about my thinking* strategy yourself. What does it look like? That depends on the age of your child. For a kindergartener it may mean picking up an age-appropriate book and studying the cover, talking aloud about the illustrations, and predicting what the gist of the story might be. The next step might be a discussion of the background knowledge you bring to the story. *“This book is about taking a puppy to the vet. I know that “vet” is short for veterinarian. I bet I might see that big word in this book! A veterinarian is a doctor for animals. I wonder if the puppy is going for a well-check or if the puppy is sick. Will the puppy have to take medicine?”* Then as you read the book, stop and *think aloud* about what you are reading. This does not have to be done for every book or for every thought. Don’t overdo it! For an older child, you may want to spend some time with them reading a chapter book together, either a book of their choice or something they have to read for school. While reading a book with your older child, talk about the *movie* you see in your head. *“It is dusk. That means it is nearly dark outside. I am imagining a narrow dirty lane, it says the house is whitewashed, so I know it must be a pale milky color. The author compares the houses on the lane to the sides of a canyon. So I imagine it might even feel claustrophobic. I bet this makes our main character feel small because the houses are high and the lane is narrow.”*

Happy reading!
Kelly Carlisle



Parents often ask what they can do at home to support their child's progress in reading. While it is important for children to read books at their instructional level every day, it is also important that they see reading as an enjoyable experience. Reading aloud to your child is a great way to foster a lifelong love of reading. Sharing books together also boosts comprehension skills and gives them access to topics they are not yet able to read about independently.

Suggestions for Reading Aloud

- 1. Sit close together with the child so the child can feel the rhythm of your breathing as you speak.**
- 2. Be sure the time you select for reading aloud will promote a relaxed and enjoyable experience, a special time you can share with the child.**
- 3. Be sure the child can see the illustrations as you read.**
- 4. Direct the text to the child, as if personally telling the child a story, rather than simply addressing the words on the page.**
- 5. Read dramatically, with inflection, and feeling. Change your voice to fit the characters.**
- 6. Make the story enjoyable and exciting for the child. Draw out suspenseful parts. Pause once or twice and ask, "What do you think will happen?"**
- 7. Read slowly. Pause. Let the child have plenty of time to enjoy the story.**
- 8. Allow enough time to finish the book in one sitting. Stopping before the story is finished does not provide completion to the child's involvement with the book.**
- 9. Interrupt the flow of the text only at appropriate intervals. For example, comment or ask a question at the end of the text, before turning the page, unless the flow of the verse will be ruined.**
- 10. Don't ask questions on each page. Let the child get carried away by the story for a while.**
- 11. Never turn reading together into a drill session.**
- 12. Enjoyment of the story and your time together is the most important thing.**

**Happy Reading,
Deb Fulcher**

Amherst/Pelham Elementary Schools

LUNCH November 2012



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 contain zero trans fats, unless naturally occurring. The majority of the food sourced by Whitson's 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 meats, condiments and cheeses are all lean or low fat. Most entrees contain between 500-900 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 \$4.00
 Milk/Chocolate Milk \$.50
 100% Juice \$.50

PREPAID LUNCHES AVAILABLE
 10 Lunches \$27.50 20 \$55.00
 Lunches
 30 Lunches \$82.50 40 \$110.00
 Lunches

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-350mg or less Sugar-15g or less

WE OFFER BREAKFAST DAILY
 Don't forget to stop by the café for breakfast during the hours of 6am to 10am. Daily choice:
 Bagels, Muffins, Fruit, Juice, Hot Breakfast

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

Vegetarian Healthier Pork Choice

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ Hamburger on a Bun* Vegetarian Beans Apple Peach Cup Romaine Salad w/ Tomato Veggie Dippers	² WG Pizza Wedge Three Bean Salad Mixed Fruit Cup Orange Carrot Sticks
¹ Grilled Cheese WW Bagel Cream of Tomato Soup Broccoli Apple Diced Pears	⁴ NO SCHOOL ELEMENTARY	⁷ Cheesy Nachos w/ Pico de Gallo Corn Black Beans Celery Sticks w/ Ranch Dip Applesauce	⁵ Meatball Hero Romaine Salad w/ Tomato Baby Carrots & Celery Peach Cup Banana	³ Broccoli Tips w/ Ranch Dip WG Pizza Wedge Fresh Cucumber Salad Mixed Fruit Orange
^{2,2} VETERAN'S DAY	^{2,3} Homemade Mac & Cheese Broccoli Spinach & Tomato Salad Applesauce Banana	^{3,4} Mozzarella Sticks w/ Sauce Peach Cup Carrots Pear	^{1,5} Roast Turkey Breast w/ Gravy Mashed Potatoes Peas Dinner Roll Mixed Fruit	^{2,5} WG Pizza Wedge Carrot Sticks w/ Ranch Dip Pineapple Cup Apple
^{2,6} Chicken Nuggets Sweet Potato Puffs Apple Cucumber Coins Diced Pears	^{2,6} Beef Burger on WW* Vegetarian Beans Veggie Dippers Romaine Salad w/ Tomato Peach Cup Pear	^{2,3} WG Pasta w/ Meat Sauce* Green Beans Romaine Salad w/ Tomato Cinnamon Applesauce Pear	^{1,2} THANKSGIVING	^{2,5} THANKSGIVING RECESS
^{2,6} Chicken & Cheese Quesadilla Rice & Beans Broccoli Tips w/ Ranch Dip Diced Pears Apple	^{2,7} Fish Sandwich Cream of Tomato Soup Diced Pears Cucumber Coins Green Grapes	^{2,7} French Toast Sticks w/ Sausage Hash Browns Mixed Fruit Cup Celery Sticks Orange	^{2,7} Crispy Chicken Sandwich Oven Baked Fries Corn Strawberry Cup Banana	^{2,6} WG Pizza Wedge Romaine Salad w/ Tomato Green Grapes

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

DOES YOUR CHILD HAVE A FOOD ALLERGY? If we are not by your local school or in our district school associations. We can provide special dietary packages; common allergens include: milk, eggs, wheat, soy, and nuts.

WW 2012 **WW 2012** **WW 2012** **WW 2012**