



Pelham Press

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<http://pe.arps.org>



Dates to Remember:

Wednesday, December 21
December 26-January 2
Wednesday, January 4
Thursday, January 5

All school assembly- 12:30
Holiday Recess
School Council- 7:30 a.m.
School Committee Meeting- 6:30 p.m.



Dear Pelham School Families,

A huge thank you to all of those families that have been sending in donations to help our families in need. We will continue to take in donations through next Wednesday, December 21. We have received several donations from families and staff already and we really appreciate their support in making a difference in a child's life. If you are interested, please send in your donation to your student's teacher or drop off in the office.

Pelham School is registered in the Stop and Shop Rewards program and I am very sorry to say that at my last check of the account balance, **we have a dismal balance of \$5.79 in our rewards program. We can do better than that, but we need your help!!** If you shop at all at Stop and Shop, please take a couple of minutes to register your card. The link is:

<http://www.stopandshop.com/aplus>

Go to "Designate Your School" and locate Pelham School on the list of schools. You will need your Stop and Shop card to register and the card number can be located on the backside of your card by the bar code. Even if you registered last year, **you must register every year.** These funds are sent to the school via check at the end of the year and directly support students. These funds are used to pay for special events, performances, and field trips for our students. Thank you in advance for taking the time to list your cards on the site.

If there are notifications sent to the school via email regarding attendance or dismissal plans, please remember to include both Janet Scott and Lisa Desjarlais in on the message. This is very important so that we both have the same information to document absences accordingly and children are dismissed to the correct place. Your attention to this request is very much appreciated and helps us all to be on the same page. You can reach us at scottj@arps.org and desjarlaisl@arps.org.

The Pelham Council on Aging will be visiting the school next Wednesday to attend an all-school assembly. Grade 5 & 6 chorus students will be performing, in addition to several other presentations by students. The Council has generously offered to provide cookies and punch for students at the closure of the program. As always, parents are welcome to attend.

Sincerely, *Lisa Desjarlais*

Kindergarten News

We have had quite a week! I think my conversation with Ms. Desjarlais last week about what health units we do in Kindergarten came to life this week.

It started Monday morning when 14 out of 18 children, and 1 out of 2 teachers came to school with the start of a cold, the middle of a cold, or the ending of a cold. As we went around the circle sharing what we do when we have a cold, it came to my mind that our writing workshop program has a section on writing lists, another form of writing that is important for us to learn. So, we made a list of three things that we do when we have a cold, and then illustrated them. This being a great way to reinforce good health habits!

The second health issue came upon us on Tuesday. We discovered some very unwanted critters had visited our classroom, lice. The children were very upset, and very anxious about these critters. We had to have head checks, which many of the children had never experienced. We also had to do a sweep of our classroom, removing our rest blankets, fuzzy friends, etc... I realized that the children were somewhat confused when they were running around at recess shouting, "there are no more mice in our hair". It was at this point that I asked Nurse Paula to come in the next day to teach us more about these very unwanted critters, and what we needed to do to help everyone to keep clean and critter-free.

Thursday and Friday proved to be very uneventful health wise, thank goodness. I think we had enough excitement for the week. The good news is that Pelham K will be prepared in the future for any unwanted germs or critters(lice) visiting our classroom.

Have a wonderful holiday season with your families,

Debbie Jacque

*****REMINDER: PELHAM SCHOOL IS A FRAGRANCE FREE ZONE*****

We have several staff members who are allergic to fragrances.
Please refrain from using perfumes or heavily scented lotions or detergents.

Community Notes

Champions Night at Amherst Regional High School

Friday, Dec 23rd at 6:30 PM

2010 D-1 State Finalists Amherst Girls Varsity Basketball

Vs.

2010 D-1 Vermont State Champions Rice Memorial from Burlington, VT.

Free Admission to all elementary school students when accompanied by an adult

Special half time presentation for the three State finalist Amherst Girls teams from 2010(softball, tennis, basketball)

Come on down for this night of excitement and celebration of girls athletics!

*** this event is not sponsored by this elementary school

The Revolution Continues

**KIDS DAY
AT THE MULLINS CENTER**



Friday, December 30th, 2011

Doors Open: 5:15 PM

Tip-Off: 7:00 PM

All ARPS faculty, staff, students and families are invited to attend the UMass Men's Basketball game on Friday, December 30th as the Minutemen take on Central Connecticut State at 7:00 PM.

COME EARLY TO EXPERIENCE THE FUN AND EXCITEMENT OF KIDS DAY!
Local businesses and museums will set up stations on the concourse featuring interactive and educational activities.

Participating organizations include:



AND MORE!!!

Tickets are only \$6 per person!

Discounted general admission tickets can be purchased at the Mullins Center Box Office from 5:15- 6:00 PM the day of the game or by calling 413-577-0340 .

Celebrate Heidi's Happy Dairy Days all month long. Did you know that delightful dairy products help keep your bones strong? Just remember to try and select the low fat kind for the best results.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



1 Whole Wheat Rotini w or w/o Meatballs Green Beans Whole Wheat Dinner Roll	2 Heidi's Happy Dairy Days (V) Cheese Pizza Fresh Green Salad Yogurt
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5 Hotdog on a Whole Wheat Roll Steamed Carrots Fresh Apple	6 Brunch for Lunch (V) Whole Wheat French Toast Sticks Pork Sausage Patty Cinnamon Applesauce Potato Rounds	7 Baked Chicken Tossed Green Romaine Salad Green Beans
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8 (V) Toasted Cheese Sandwich on Whole Wheat Bread Tomato Soup	9 (V) Cheese Pizza Fresh Carrot/Celery Sticks
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12 Chicken Patty on a Whole Wheat Bun Baked Fries	13 (V) Mozzarella Sticks Side Of Pasta w/ Marinara Sauce Com	14 Soft Shell Beef/ (V) Bean Taco w/ Seasoned Meat, Cheese, Salsa & Sour Cream Cucumber Coins
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15 (V) Whole Wheat Macaroni & Cheese Green Peas Whole Wheat Dinner Roll	16 (V) Cheese Pizza Fresh Green Salad
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19 Chicken Nuggets w/ Dipping Sauce Steamed Carrots Whole Wheat Bread	20 Crispy Nachos with Seasoned Beef, Cheese & Salsa Com	21 Cheeseburger, (V) Veggie Burger on a Whole Wheat Bun Green Beans
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22 Holiday Joy Dinner Turkey/Gravy Mashed Potatoes Peas/Squash Cranberry Sauce Fruit Dessert	23 (V) Cheese Pizza Fresh Carrot/Celery Sticks
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26 Holiday Break	27 Holiday Break	28 Holiday Break
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29 Holiday Break	30 Holiday Break
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DID YOU KNOW...
All products sourced by Whitsons contain Zero Trans Fats. ● The majority of the food sourced by Whitsons contain: No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ● Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES
Reimbursable Lunch Price \$2.50
Reduced Lunch Price \$4.00
Adult \$3.25
Milk/Chocolate Milk \$4.00
100% Juice \$5.00

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

LUNCH INCLUDES
Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Vegetable Choice/ Fruit Choice

AVAILABLE DAILY
Whole Grain Bagel w/Butter or Low Fat Cream Cheese /
Sunbutter & Jelly Sandwich / Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

SENSIBLE SNACKS CONTAIN
Fat=7g or less - Sat Fat=2g or less
Sodium=380mg or less - Sugar=15g or less

WE OFFER BREAKFAST DAILY
Don't forget to stop by the cafe for breakfast
Breakfast-\$.50, Reduced Breakfast-\$.30, Adult-\$ 1.00
Cereal, fruit, juice and milk available daily

Monday- Warm Muffin
Tuesday- French Toast Sticks
Wednesday- Wheat Bagel w/ Cream Cheese
Thursday- Pancakes
Friday- Ham, Egg, Cheese Sandwich
V =vegetarian ● =healthier choice ● P=pork

- If you have a food allergy, please speak to your Food Service 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, contact your food service director **Rebecca Tredley 413-362-1839**.

Greenleaf Cuisine **WE PURCHASE LOCALLY!**
Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! www.Whitsons.com

Visit Our Virtual Cafeteria!
Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including: allergens, nutrition facts, etc. www.Whitsons.com/Nutrition

Have Allergies to Gluten, Casein or Soy?
Check out NuLife Foods! They offer great tasting, GFC/FSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria! www.NuLifeFoods.com