



# Pelham Press

Vol. 21, No. 20, February 4, 2011

<http://pe.arps.org>



## Dates to Remember:

Friday, February 4  
Monday, February 7  
Tuesday, February 8  
Wednesday, February 9  
Friday, February 11  
Monday, February 21-Friday, Feb. 25

Report Cards  
PTO Meeting- 6pm School Faculty Room  
Martin Luther King Assembly 9 am  
Pelham/Shutesbury Visioning Group Meeting  
Valentine's Day Dance  
Winter Recess- NO SCHOOL



Dear Pelham School Families,

The snow days have been a factor in many events being canceled and rescheduling has proven to be quite challenging. . Our Martin Luther King day assembly has now been snowed out twice, but we have set a third date for this coming Tuesday, February 8<sup>th</sup>, with a 'snow date' for Wednesday February 9<sup>th</sup>. Students in all grade levels have all prepared presentations and parents are invited to attend. We hope to see you there! Our Art Club Program has rescheduled to start one week later. For those students that indicated an interest in the program, please return your response form, even if your child has chosen NOT to attend. We are still trying to determine the numbers of the program and your prompt return of this form will be much appreciated.

The parking lot has shrunk with all the snow piled up which has made morning drop off particularly difficult to navigate. We request that you help your child to exit the vehicle promptly and to find a parking space if more time is needed for drop off in the morning. Our goal is for a safe and efficient drop off as well as preventing a long line of cars backed up onto the road. As you are all well aware, this road is heavily traveled and even in the best of weather could be quite dangerous. Thank you in advance for your cooperation with this.

Finally, in accordance with NCLB, No Child Left Behind, all districts are required to share annual report cards containing data for the schools within the district. This report card provides information about teacher quality, students demographics, student academic performance, accountability and other key indicators. You may find this information at this address:

[Pelham NCLB Report Card](#)

For those families that receive a hard copy of the Pelham Press, you will receive an additional attachment with the NCLB Report Card on it.

Please contact me with any questions at [desjarlais@arps.org](mailto:desjarlais@arps.org).

Sincerely,

*Lisa Desjarlais*

## Second Grade Craft Sale

**When:** Tuesday, February 8<sup>th</sup>  
During the school lunch hour

**Where:** School cafeteria

**What:** Beaded bracelets and necklaces,  
Wooden signs— with your own name or message

**How much:** Items are from 25 cents to \$1.00.

**Why:** To raise money for the Survival Center

Dear Pelham School Community,

Please join us for the February PTO meeting on Monday, February 7th, at 6:00 p.m. in the school teacher's lounge.

The PTO has moved the PTO meeting from 7:00p.m. to 6:00p.m. in hopes that more parents/guardians will be available to attend. The PTO will also provide childcare for the March PTO meeting. More information regarding this will follow.

The agenda for the February meeting is outlined below. Please feel free to contact me if you have a topic to add to the agenda. Refreshments will be served. Thank you.

Regards,  
Ruth Carolan  
[rdcarolan@charter.net](mailto:rdcarolan@charter.net)

### PTO Agenda – Monday, February 7th

#### Welcome

- Introductions

#### Updates

- Principal's report – Lisa
- Treasurer's report – Diana
- School Committee Report – Kathy or Lisa

#### Old Business

- Outstanding Items on teacher's wish lists
- Movie Night - Friday, January 27<sup>th</sup>
- School Dance, February 18<sup>th</sup>
- 

#### New and Ongoing Business

- Funding for Artist-in-Residence Program – Lisa/Paul
- Child care arrangements - Ruth
- Update on purchasing new curtains for stage – Lisa
- Update on 6<sup>th</sup> grade fundraising reorganization – Tracy/Ruth/Lisa
- Dean Beans - Amy
- New fundraiser for May – recycled clothing to Fashion Republic - Ruth
- Possible purchase of school storage shed – Diana
- Refreshments - Ruth

#### New Business

- Teacher's appreciation luncheon in May – Amy
- Variety Show in March? – Tracy/Leni
- Select date for next PTO meeting in March

**The Pelham PTO invites you and your family to join us for a fun-filled night of dancing in celebration of Valentine's Day!**

**Friday February 11th, 2011**

**6:30 - 9:30**

**Pelham Elementary School Gymnasium**

**Our theme this year is:**



**"Sock Hop"**

**Come dressed to enjoy an evening of dancing in your best  
50's sock hop attire!  
(optional, of course)**

**DJ/Dancing/Music for All Ages  
Special Requests/Annual Limbo Contest**

**Pizza by the Slice/Baked Goods  
Juice/Water/Coffee**

**For more information contact:**

**Tracy Farnham @ 256-4143/531-7641/[tqfarnham@gmail.com](mailto:tqfarnham@gmail.com)**

**Please contact me at the above number if you can contribute baked goods or other items to the sale.**

**Donations Accepted**

### 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.

**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 Threlley 413-382-1838"*

**WE PURCHASE LOCAL!**  
 is purchased through regional suppliers when seasonably available. Visit [www.Whitsons.com](http://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 Pancakes  
 Thursday- Pancakes  
 Friday- Ham, Egg, Cheese Sandwich  
 Breakfast-\$ .50  
 Reduced Breakfast-\$ .30  
 Adult-\$1.00

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

♥ Crispy Nacho Chips<sup>28</sup>  
 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 - Baked 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



Do you drink coffee???  
 Have you tried Dean's Beans??  
 It's locally roasted, fair trade,  
 organic, kosher and tastes  
 great!

More importantly, your purchase helps fund the  
 staff appreciation lunch in March.

Student Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Teacher \_\_\_\_\_

| Item  | Unit Price | x | Quantity | = | Total |
|---|------------|---|----------|---|-------|
| Sumatra FR (dark) Whole Bean  | \$9.00     |   |          |   |       |
| Sumatra FR (dark) Ground  | \$9.00     |   |          |   |       |
| Moka Sumatra (medium) Whole Bean  | \$9.00     |   |          |   |       |
| Moka Sumatra (medium) Ground  | \$9.00     |   |          |   |       |
| Decaf Peruvian (dark) Whole Bean  | \$10.00    |   |          |   |       |
| Decaf Peruvian (dark) Ground  | \$10.00    |   |          |   |       |
| Decaf Liberation (medium) Whole Bean  | \$10.00    |   |          |   |       |
| Decaf Liberation (medium) Ground  | \$10.00    |   |          |   |       |
| Hot Chocolate, 12 ounce   | \$4.50     |   |          |   |       |
| Java Drops, Milk Chocolate  | \$8.50     |   |          |   |       |
| Java Drops, Dark chocolate  | \$8.50     |   |          |   |       |
|  Pelham Coffee Mug | \$10.00    |   |          |   |       |
| 2 Pelham Coffee Mugs  | \$15.00    |   |          |   |       |
| <b>Grand Total</b>  |            |   |          |   |       |

\*All coffee and Java Drops are 16 ounce bags. Decaf is Swiss Water Process.

All orders are due at the last day of the month (except December)  
 and usually arrive within 2 weeks.

Please make checks payable to: **Pelham Elementary PTO**

Please return this form to the school. Thank You!!

Any questions: Amy Wasserman 253-4664, amy@cutnpaced.com