



# Pelham Press

Vol. 22, No. 18, January 13, 2012

<http://pe.arps.org>



### **Dates to Remember:**

Monday, January 16  
 Wednesday, January 18  
 Thursday, January 19  
 Friday, January 27  
 Wednesday, February 1  
 Wednesday, February 1  
 Friday, February 3  
 Wednesday, February 8  
 Friday, February 10

NO SCHOOL- MLK Day  
 Savings Makes Sense- before school  
 All-School Assembly-1:15 UMass Dance Troupe  
 No School- Elementary Teacher Workday  
 Band, Orchestra, and Chorus Performance- 9:15 a.m, 7 p.m  
 Savings Makes Sense- before school  
 Report Cards to be sent home  
 Savings Makes Sense-before school  
**VALENTINE'S DAY DANCE**



Dear Pelham School Families,

We had a mesmerizing performance this past Tuesday by actor Greg Kinney through EducateUs in a one-man show as Dr. Martin Luther King in “I Had A Dream: A Conversation With A Friend” and for a second performance as Louis Armstrong in “The Life of Louis Armstrong.” His performances helped students to understand the struggles of the Civil Rights Movement through the eyes of MLK and the history changing events of this movement. His messages were inspirational as well. Students were given examples through these notable historical figures that nothing is impossible if you work hard and focus on your goals.

This Thursday, January 19, at 1:15 p.m., 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. Parents and community members, as always, are welcome and invited to attend all performances. **We are encouraging all students and staff to wear their Pelham Spirit Wear t-shirts for all school assemblies. Please help your student to remember their t-shirt next Thursday!**

The first significant weather of this winter season arrived this week, necessitating the reminder for outdoor wear guidelines. Here is the section from our Pelham School Handbook that clarifies the clothing needed:

**Proper Clothing:** *It is important, especially in the colder months, that children are dressed appropriately for the weather. Classes have outdoor recess before school begins and once or twice during the school day unless it is raining or the temperature (or wind chill) is below 0 F. During snow season, boots are required for playing on snow-covered areas and boots and snow pants are required for playing on “snow mountain.” Hats are appropriate out of doors but common courtesy requires that they be removed in the building.*

Thank you in advance for ensuring your student has proper winter wear attire!

Just a reminder that MCAS is around the corner. This is the schedule time frame for this year’s administration. Please plan your appointments accordingly and more detailed information will be forthcoming soon.

ELA- Long Comp March 20-grade 4  
 ELA Reading Comprehension Tests: March 20-April 2  
 Math- May 7-22, Science and Tech. May 8-22- grade 5

Have a great weekend!

Sincerely,

*Lisa Desjarlais*



Dear Parents,

Several Pelham School Teachers have formed a bowling team (The Pelham Penguins), which, once a year, raises money for Big Brothers Big Sister of Hampshire County. This annual event, The Bowl-A-Thon, takes place this year on Saturday, March 3 and Sunday, March 4. It includes dozens of teams that raise almost \$60,000 to support mentoring for children in Hampshire County, many of whom attend school in the Amherst-Pelham District.

Please think about forming a team or sponsoring our team of Pelham School teachers in this effort to support Big Brothers Big Sisters of Hampshire County. Sponsorship checks can be made out to Big Brothers Big Sisters of Hampshire County and sent to the Pelham School office by February 28.

Thank You,  
"The Pelham Penguins"

Lisa Desjarlais, Meg Gallagher, Leanne Hasbouck, Bridgette Hasbrouck, Deb King, Paul Lipman, Paula Russel, Janet Scott, and Lennie Ware

### **Pelham Public Library News**

There are lots of wonderful programs coming up at the Library in the next few weeks. All events are FREE. Please come and join us!

**Upcoming concerts:** "From My Youth", an all-Beethoven Concert by Elise Feingold Jackendoff, Pianist, will be held this Sunday, January 15 at 2 pm and The October Storm Jazz Quintet will perform at our monthly Tea on Saturday, January 28 at 12:00 Noon.

**Chess Club** will be held on Wednesday afternoons, January 18-February 15 from 2-3 pm. There is a 12 person limit. Call or drop by to sign up. Questions? Contact Andy Morris Friedman at [morrisfri@aol.com](mailto:morrisfri@aol.com)

**Learn to Knit** with Annie Foley! This parent-child group will meet on Monday evenings, January 23-February 13 from 5:30-6:30. Attendance is limited. Please call or drop by to register. Materials will be available for purchase at the first class.

Have a little one at home? **Music for Little Ones** with Wendy Plummer resumes Monday, January 23 at 10:30. Children's Story Hour continues weekly on Fridays at 10:30.

Interested in volunteering? We can always use an extra set of hands around the Library. Teens and older children are welcome, too!

We wish you all wonderful things in the coming year.

Sincerely,

Jodi Levine, Interim Director, and the staff of the Pelham Library

## Third Grade News

Meg Gallagher

We ended our Mexico unit with a fiesta! Students decorated the room with tissue flowers and cut tissue flags known as papel picados. We sampled some foods from Mexico (even cactus for adventurous sorts) and had fun learning first hand about fiestas. We even had a salsa lesson! Your children absolutely loved the cinnamon sticks steeping in the crock pot of vanilla flavored hot chocolate! Thanks to Anita MacDonald for her assistance!

The children have been adding strong word choice in the form of dynamic verbs into their writing. They recently completed and are typing fractured folktales. Unbelievable! This class's writing skills are improving by leaps and bounds. I truly believe the See Hear Feel Film program is making a dramatic impact.

Reading class has focused on poetry for the past two weeks. We are learning about stanzas, white spaces, alliteration, similes, metaphors, personification, rhyme, repetition, and onomoplia. We have discussed various poems as to the poets' intent. Students have found many examples that they enjoy and want to share. We will begin writing our own poems soon.

Most of your children have recently been introduced to multiplication in our current math unit, *Equal Groups*. Students will explore an understanding of multiplication and division as involving groups of equal groups. They will solve multiplication combinations using skip counting or known multiplication facts. We will be adding division problems soon. Children are learning multiplication and division notation, and working on being able to demonstrate fluency with math facts. Extra practice at home is always helpful. Whenever you see an example of multiplication or division in daily life, please help your child to see it too. There are four places to set for dinner. We need a knife and fork at each place. How many pieces of cutlery do we need? We have 12 slices of pizza and four people. If everyone gets an equal amount of pizza, how many pieces will each person get?

In Social Studies, we have been learning about community government and voting. We have focused on town meeting, a mayor and council system, taxes, and services paid for by taxes. Students will be bringing home a paper they illustrated to help them understand these concepts. It would be very beneficial if you could go over the paper with them and have a discussion about it. These are challenging concepts for eight and nine year olds, but I think they have an introductory understanding of them.

I hope you are all enjoying a happy new year. Your children continue to be creative, interested, and evolving young people who I enjoy working with each day.

## Pelham Fourth Grade Press

There are many new things going on in Fourth Grade. Students are far enough along in the school year that they have the morning routine down. They come in, sign-up for lunch, get themselves organized for the day, then read about 10 minutes before starting math. We have just wrapped up our unit on measurement and are moving into geometry. We started by reviewing traits of polygons. I was pleased to see that students retained a number of the concepts they studied in third grade. For example, they know polygons are closed figures, have at least three sides, and no curves. They are also getting pretty good at identifying triangles by their sides and by their angles. We have even started using a protractor to help us be really specific with our angle measurements. Geometry and measurement share many concepts, so we are continuing to practice our area and perimeter skills. If you are looking over your child's homework make sure that they are labeling their answers correctly!

Today we broadened our scope to include quadrilaterals. We are discovering what all quadrilaterals have in common and are also looking at some special quadrilaterals, such as squares rectangles, and trapezoids. We are playing a game called Guess My Rule where students choose two or three shapes that fit a rule and one or two that don't. Another student then tries to "guess the rule". Sometimes there could be more than one rule that applies. To help us cement the concepts, students are making geometry quiz cards. Sometime in the near future they will be bringing them home to study. Next on our list is to expand our two-dimensional inquiry into three dimensions and include shapes such as spheres, cylinders, square pyramids, cubes and prisms.

Fourth Grade has spent a lot of time this year reading historical fiction and stories. We have now switched genres and are studying nonfiction. Students are learning how to navigate nonfiction text. For example, they learn to identify titles and large print, how pictures can provide information, and use key features such as glossaries, diagrams, charts and indexes. The specific skill we are practicing is identifying the main idea of different sections. We focus on key words and ideas that support the main idea, and we write a post-it note to remember. Then we open up our science journals and use our post-its and the text to write more complete notes that are well organized. The final step is synthesizing the information. This can be done through posters, dioramas, reports, and any other way information can be presented to others.

During our 11:45 time slot we are doing something called enhancement. This is a time for individual students to work on skills specific to their needs. For example, some students may be working on double-digit multiplication while others may be working on math facts. Some children are working on their reading fluency using a computer-based program called Read Naturally. These groupings change throughout the year, based on what children need.

I encourage parents to help their children with their homework. Feel free to share any strategies you think may assist your child. There is certainly more than one way to do things. However, if you think your child may benefit from attending Homework Club, I have opened up the Wednesday time slot for anyone in the class. There is also some space on Thursday, if you would like. Please contact me if you feel your child is spending too much time on homework or is having difficulty understanding and completing it. We provide a quiet, studious space, and I will be there both days.

Tony Shaw

## PELHAM SCHOOL PTO MINUTES JANUARY 9, 2012

The meeting was called to order by Kristin Mattocks at 6:00 p.m. Childcare was available as well as pizza for meeting participants and their children.

### **In attendance**

Kristin Mattocks (PTO president), Diana Zahradnik (PTO treasurer), Elise Stromgren (PTO secretary), Lisa Desjarlais (Pelham Principal), Margaret Light (Pelham teacher representative), Lisa Candito, Tracy Farnham, Jennifer Culbreth, Jessica Hanson.

### **Martin Luther King Day Celebration**

(Information about this event went home in the Pelham Press last week.) The Pelham School will have an all school assembly tomorrow (1/10/2012) as part of Dr. Martin Luther King's birthday activities. A professional actor (Greg Kinney) will come in to do diverse pieces about Dr King at approximately 1:15-1:45; then there will be a few minutes for students to ask questions, then Mr. Kinney will present a piece about Louis Armstrong. In addition, teachers will recognize the day in the separate classrooms in various ways.

### **Valentine's Day Party/Dance FRIDAY February 10, 2012 6:30-9:00 p.m. (coordinator, Tracy Farnham)**

This is a nice mid-winter event. It is a dance party and the only connection to Valentine's Day (intended) is the decorations. It is technically not a fundraiser, however, typically through donations at the door (no amount suggested) the dance has broken even; biggest expense is the D.J. This is a family event, playful and fun. Classes decorate the gym during indoor recess (which there are usually a few due to the cold in January/early February). Families donate baked goods to sell, and pizza is purchased by the PTO to be sold at the event (to help recoup some of the costs). PTO discussed what else we can include in the party to raise some funds? Suggestions – a silent auction of items that folks could donate. It is decided that we will have some items to auction off that people could then give to their Valentine (party is the Friday before Valentine's Day. Other suggestions: a 50/50 raffle, dollar dances, a charge to request a song. Volunteers are needed to assist with set up (at 5:30 p.m.) and with donations or suggestions for the silent auction and other possible fundraising activities at the dance.

### **Fundraisers Recap/Update**

Pelham "Spirit Wear" (Pelham School tee-shirt) (Kristin)

Received 12 orders from families, a few substantial, there was a slight problem/an error in the order delivery but Kristin had ordered additional shirts and was able to cover for part of the error, and the vendor has now replaced another tee-shirt. We may do another bulk order in the late Spring; Diana and Kristin need to work out the invoiced prices vs. the prices charged – will calculate out the profit for a future meeting/treasurer's report.

Genevieve's (Diana)

Diana's overall assessment is that this fundraiser ended up in competition with Original Art, so some families either chose one or the other or did a smaller order for each. The fundraiser started late this year, we considered another company but made the final decision to use this (local) company. Diana called the contact in the early summer and materials were supposed to be sent to us earlier; when materials didn't arrive, Diana contacted again and we had been overlooked. Diana suggests that this fundraiser start up earlier next year, maybe the second and third week of school. PTO agrees to think about the timing of fundraisers next year.

### Original Artworks (Elise)

Diana received a check from Original Works for approximately \$400. Total amount of orders processed in November was approximately \$1400. 10 additional orders were recently found; orders had been carefully secured when the fundraiser transitioned from one coordinator to another (replacement coordinator from PTO had not yet been agreed upon). All affected families were notified and eight asked that the orders be processed in January. Order forms and art have been returned to two families. Suggestion for next year that families be notified (copy of order form or otherwise) that their order was received.

### **Storage Shed (Diana)**

Diana solicited for 3 quotes from local (Pelham) construction companies; got 2 (Wilson & Light). Jessica H. obtained another quote from another local (Belchertown) construction company; \$ 2,995.00, if we constructed in winter it would be \$200 less (\$2,795.00). Wilson Construction has offered to donate the labor to build the shed. PTO needs to pay the cost of the materials. Diana needs to follow up with them re: site prep and materials, total cost (minus labor). Question from Pete Wilson; where will the shed go? Completion date is targeted for before the Spring Fair, May 2012. Lisa needs to provide the plans for the shed to the school committee – supported by sona-tubes (sp?) or cinder blocks – shed will be 12' X 12' with a 6' doorway.

### **Other Business**

Diana had a question about the teachers to be included in the gift checks. PE teacher got a check (we have previously done) but she was not sure about the Music teacher or Art teacher or other teachers who are in the school part-time; chorus, band, orchestra, speech/language teachers, special education teacher, etc. PTO decides to provide checks to the part-time teaching staff as well. Suggestion for next year is to provide perhaps a reduced amount for teachers who are not here every day. Discussion that PTO already had to reduce the amount we are able to provide the teachers due to state law. Margaret Light let the PTO know how much the additional money is appreciated; the gift is easily spent by all teachers on additional necessary classroom materials and is a big help and shows the teachers how much the PTO appreciates and supports them. Diana forwarded a thank you note from Ms. Corey (2<sup>nd</sup> Grade) in regard to the gift.

### **Administrative Reports**

Treasurers Report: Diana reports that the current balance is \$11,765.99.

Principal's Report: Main Office received a check from Box Tops for \$342 (Cheryl Wilson coordinates this). Lisa says that we received a comment from a parent about the 6<sup>th</sup> Grade Poinsettia and Wreath fundraiser, that this fundraiser was not inclusive of all families regardless of the winter holiday celebrated (or not celebrated). This comment was also discussed at a previous PTO meeting. Lisa reminds everyone that Ruth Carolan will be sending out an email to convene a group to review and potentially overhaul the 6<sup>th</sup> grade fundraising for Nature's Classroom and other activities. Tomorrow night at the joint regional school committee, Lisa will be presenting a piece on school discipline using a power point – the Spirit Wear shirt is part of the power point. Lisa also reminds families that there will be meetings upcoming about the proposed late start for middle/high school.

### **Next PTO Meeting**

Monday, February 6, 2012 6:00 – 7:00 p.m. School Cafeteria or Staff Lounge

CHILDCARE AND REFRESHMENTS WILL BE AVAILABLE

**MEETING ENDED AT 7:00 p.m.**

Submitted 1/10/12  
Elise Stromgren  
PTO Secretary



**SAVE THE DATE:  
Valentine's Dance Party and Silent Auction.**

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 10th, 2011

6:30 - 9:30

Pelham Elementary School Gymnasium

Our theme this year is:

The 80's

Come dressed to enjoy an evening of dancing in your best  
80's attire\*

(optional, of course)

DJ/Dancing/Music for All Ages

Special Requests/Annual Limbo Contest

**New this year: Silent Auction**

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 silent auction.

Please Note:

This is not a drop-off event.

All children must be supervised by a designated adult.

### Themed attire ideas:

Not sure what to wear to an 80's themed dance party? This is your guide! The key to achieving the 80s look, regardless of the specific costume/outfit you choose, is excess. It was, after all, the decade of excess - the me decade, the greed decade. So don't skimp--go for it. Add the extra layer of blush or blue eyeliner, go for another spray with the Aqua Net, and pile on another couple of bracelets. Moderation is for other decades - there are no points for class, subtly or understatement. The 80's look is about color, volume, and abundance. No matter what you choose, do it with flourish and abandonment. Choose from the 80's costume party ideas below or use them as inspiration and develop your own. And remember nothing says 80s like good 80s hair—the bigger the better!

Here are some ideas from movies and TV shows from that time:

Madonna

The Preppy

Punk Rock Girl

Flashdance

Punky Brewster

Mall Rat

Blondie / Debbie Harry

Hey Mickey

Pretty in Pink

Prom Queens

Joan Jett

Simply Irresistible (Robert Palmer Video Girl)

Where's the Beef? (Wendy's Commercial

Lady)

The Golden Girls

Milli Vanilli

B.A. Baracas (A Team)

Rubik's Cube

Smurfs

Karate Kid

Michael Jackson

Boy George

Breakdancer

Axl Rose

Devo (great as a group costume too!)

Flock of Seagulls

Wham!

Miami Vice

Preppie/Yuppie/Val Dude

Brat Pack Movies

Ferris Bueller's Day Off

Danny Noonan (Caddyshack)

Lane Meyer (Better Off Dead)

Vince Neil of Mötley Crüe

Ronald Reagan

Marty McFly (Back to the Future)

Bluto (Animal House)

Stiles (Teen Wolf)

# What To Do When There's No School?

Great Opportunities

## Slip Sliding Away on Curriculum Day (ages 7-9, grades 1-4)

Katie Koerner and Colleen Kelley, Hitchcock Center Educators

Friday, January 27, 8:30am-3pm

Members: \$50 per day/Non-members: \$60 per day

Come join us on this special day off from school for a day of winter exploration and fun! Depending on what Nature gives us, we will build snow shelters, sled down the firm hill, slide on the pond ice and adventure through the winter woods. We will search for tracks and signs of animals and learn about adaptations and winter survival. Dress warm with snow pants, hats, boots and gloves. Bring a snack, lunch, water bottle, and a full change of clothes.

Get excited for a healthy day of outdoor adventure!



## Winter Vacation Camp

Young Naturalists, ages 6-8 (grades K-2)

Nature Explorers, ages 9-11 (grades 3-5)

Monday-Friday, February 20-24, 8:30am-3pm

Members: \$50 per day/Non-members: \$60 per day

Get ready for wild winter fun! Join us for as many days as you wish during winter vacation week as we explore nature in winter.

We'll go outside every day, following animal tracks, searching for scat, and investigating what's alive under the snow.

Come for one day or the whole week. Winter crafts, songs, games and live animal observations are a part of every day.

## And for the Little Ones

### Nature Discovery Preschool Wondrous Winter

Fridays, January 27-March 2 (5 weeks no class Feb 24)

Session 1: 10 am - noon Session 2: 1-3pm

Members: \$90/Non-members: \$100



Winter is a wonderful time for explorations and young children know this best of all! We will enjoy the sunny snow days together while also learning how to look a little deeper into the winter world. We will learn how to identify some the tracks in the snow and also look more closely at the snow itself. We'll find out what is hibernating underfoot and who may come out occasionally for a winter stroll or snack. This class is a great way to ensure outdoor exploration in winter for you and your preschooler. A small snack is provided. Each class will end with about a half hour of outdoor exploration so wear appropriate clothing. Led by Seal LaMadeleine

**Preregistration Required for all programs**

**call 413 256-6006**

Not a school sponsored event

The Hitchcock Center  
525 S Pleasant St, Amherst, MA



Based on the model of the

**Superintendent's Update  
Regional School Committee  
1/10/12**

**Later Start Time Community Forums**

The Office of the Superintendent is pleased to announce three opportunities for the public to participate in the Later Start Time Community Forums. Students, parents, guardians and residents from Amherst, Pelham, Shutesbury and Leverett are invited to attend these informational meetings. ARMS Principal Mike Hayes will facilitate the community discussions.

Jan 25 (Wed) 7-9pm    Bangs Community Center (Large Activity Room)  
Jan 31 (Tues) 7-9pm    Crocker Farm Elementary School (Auditorium)  
Feb 7 (Tues) 7-9pm    Amherst Regional Middle School (Auditorium)

**Parent Café & Free ESL Classes**

Dr. Marta Guevara and Renata Pienkawa are proud to report that the newly launched Parent Café and ESL classes for adults are very successful. On January 9, over 30 adults gathered in the PD Center and Cafeteria at ARMS to discuss various parenting issues and perspectives as well as engage in free ESL classes. Food was generously donated by Whole Foods and parents from the preschool, elementary, middle and high schools enjoyed a wonderful evening. Free childcare was provided. The next Parent Café will take place on February 13 and the discussion will revolve around the historical overview of the school system with an outline of current ideas and approaches. In the future, parents will present their own cultural and educational experiences.

Free ESL classes are scheduled for each Monday (except school holidays) from 7-8:30pm. The Parent Café is scheduled for the second Monday of each month (except school holidays) from 7-8:15pm.

**ARHS Nordic Ski Team Uniforms & Safety Vests**

Rich Ferro, Interim Athletic Director, is here tonight to present the winning uniform design which the ARHS Nordic Team will proudly wear as they compete. Mel Devoney was the winner of the national competition sponsored by Mt. Borah's *Gear for a Year* competition. The ARHS Nordic Ski team will receive 42 speed suits valued at over \$6000.

In addition, the Amherst Police Dept gave \$300 in Federal grant money to help purchase hi-visibility safety vests for the Nordic Ski Team's "dryland training." This type of training consists of rollerskiing and running at dusk. The remainder of the money was raised by the ski team's recent bake sale.

**ARHS Midsummer Night's Dream featured in *American Theatre Magazine***

John Bechtold, ARHS Performing Arts Department Head, is happy to announce that the ground-breaking production of *Midsummer Night's Dream* is featured in the January edition of *American Theatre*. In the article, which also includes a photo of actors, Bechtold's production is heralded as "a two-pronged promenade production...which opened his students' (and audience's) eyes to the possibilities of the artform."

**UMASS Give Thanks Give Back School Supply Initiative**

Two UMASS students recently spearheaded a campus-wide initiative that yielded a tremendous amount of school supplies (binders, graphing calculators, notebooks, crayons, pens, pencils, folders) for the income-eligible students in the districts. Samantha Williams and Michael Kalfopoulos were responsible for promoting and collecting supplies in the *Give Thanks Give Back* campaign. These supplies were placed in backpacks and distributed to all schools. Principals can present these items to new students upon registration in the districts or replace supplies for students who may need them. A letter of thanks was sent to Michael and Samantha and the Amherst Bulletin Ed/Op section.

### **ARPS & Amherst Education Foundation Development Initiative**

The Office of the Superintendent is currently engaged in conversation with the Amherst Education Foundation to create viable fundraising and institutional development initiatives, programs and events to increase donations from alumni, community members and businesses. Annual ARHS reunions, alumni directories, community events, scholarship programs and federal and local grants will be considered. In doing so, alumni, private and corporate contributions will increase and subsidize the current ARPS budget.

### **ARPS/UMASS School of Education Partnership Meeting**

On Dec 13, 2011, Superintendent of Schools, Maria Geryk, welcomed several UMASS SOE administrators and faculty to the Professional Development Center at ARMS to discuss current and future partnerships. Several ARPS principals and administrators joined in the conversation to bolster the existing partnership and seek ways to improve the avenues of reciprocation through student teachers, internships, and continued professional development. Other topics discussed were Special Education, ELL, Developmental Guidance, PreK-12 teacher collaboration, establishment of teaching norms, theories, common language and assessment, tiered instructional models, imbedded practices and cycles of inquiry. The discussion was facilitated by Dr. Rebecca Woodland, UMASS Associate Professor of Educational Administration.

### **ARPS/UMASS Partnership Summit**

Superintendent of Schools, Maria Geryk, invited ARPS and UMASS leaders to attend a partnership summit in the Professional Development Center at ARMS on Jan 18. Director of Professional Development, Collaboration & Teacher Evaluation, Beth I. Graham, will facilitate this meeting. The main purpose of this summit is to identify, prioritize and bolster current and future mentoring, co-teaching and leadership partnerships between UMASS and ARPS. In addition, meaningful intern opportunities for undergraduate and graduate students with reciprocal opportunities for ARPS faculty and students will be discussed. ARPS internship opportunities will focus on academics, athletics, equity, facilities, finance, food services, health, human resources, student services, technology, transportation, etc. Among the UMASS invitees are representatives from the Office of Civic Engagement and Service-Learning, Office of the Vice-Provost of Undergrad and Continuing Ed, Chancellor's Office, School of Education, Faculty Senate Outreach Council and the Provost's Committee for Service Learning.

### **Amherst Media & ELL Programming**

Marta Guevara, Director of Achievement & Equity, proposed that all educational programming currently produced by ARPS should include voiceovers and/or subtitles to accommodate non-English speakers in our community. She also believes that video tours of school buildings and orientation components be presented to non-English speaking parents/guardians and students when they register for school. In addition, Amherst Media would like to collaborate with the districts to allocate technology grants for programming, classes and equipment which would benefit all students.

### **Voices from Our Schools**

Maria Geryk's bi-monthly Amherst Media program *Voices from Our Schools* is enjoying its second year of production and is very popular amongst the viewing audience. Recent topics include Amherst College's VELA Scholars, Five Colleges, UMASS School of Education, PGOs and Amherst Education Foundation. Upcoming topics and guests include Dr. Rhonda Cohen, school choice, SEPAC, ARHS Pre-School and Community Mapping Project. All programs can be viewed at [www.arps.org](http://www.arps.org)

Join the Nutrition Safari this month with their exercise "touchdown" plan. They are eating top energy boosting foods like: oatmeal, lentils, bananas, lean beef, almonds and yogurt in order to perform their best.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>HAPPY NEW YEAR NO SCHOOL</b>	3 Hot Dog on a Whole Wheat Bun Steamed Carrots Applesauce	4 Fish Sandwich on a Whole Wheat Bun Baked Fries Strawberry Cup	5 Crispy Beef or Bean Tacos Green Beans Fresh Fruit	6 Cheese Pizza Fresh Veggie Sticks w/ Dip
9 Cheeseburger, or Veggie Burger on a Bun 3 Bean Salad	10 Chicken Nuggets Steamed Rice Corn Cobettes	11 Macaroni and Beef Bake Fresh Cauliflower w/ Ranch Dip Cinnamon Apples	12 Toasted Cheese Sandwich w/ Tomato Soup Fresh Fruit	13 Cheese Pizza Fresh Garden Salad
16 <b>MARTIN LUTHER KING JR. DAY NO SCHOOL</b>	17 Chicken Patty on a Whole Wheat Bun Fresh Cauliflower w/ Dip Fresh Orange	18 Homemade Macaroni & Cheese Steamed Peas Whole Wheat Dinner Roll	19 Beef Nachos with Cheese, Salsa, Brown Rice Corn	20 Cheese Pizza Carrot Sticks w/ Ranch Dressing
23 Pasta with Meatsauce or Plain Fresh Garden Salad Garlic Bread	24 Chicken and Cheese Quesadilla Corn Steamed Rice	25 <b>BRUNCH FOR LUNCH</b> French Toast Sticks w/ Sausage (P) Applesauce Baked Tator Tots	26 Cheese Pizza Fresh Garden Salad	27 <b>TEACHER WORKSHOP DAY NO SCHOOL PRE K- 6</b>
30 Mozzarella Sticks w/ Sauce Steamed Carrots Mixed Fruit Cup	31 <b>SUPERBOWL PARTY</b> Hamburger Sliders Salsa/Chips Carrots w/ Ranch Dip Pudding Parfaits			

**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 \$1.40  
Adult \$3.25  
Milk/Chocolate Milk \$1.40  
100% Juice \$1.50

**PREPAID LUNCHESES 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

**RENDIBLE 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  
Breakfast-\$1.50, Reduced Breakfast-\$1.30, 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 Tritelley 413-302-1839.**

**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 be p. save: [theenvironment.com](http://theenvironment.com) [www.Whitsons.com](http://www.Whitsons.com)

**Visit Our Virtual Cafeteria!**  
Take a tour of our virtual café! Drop and drop meal recommendations and you'll see how nutritional information including, allergens, nutrition facts, etc. [www.Whitsons.com/Nutrition](http://www.Whitsons.com/Nutrition)

**Have Allergies to Gluten, Casein or Soy?**  
Check out Nutri-Food! They offer great tasting, GFCO/NSF foods that help people with food sensitivities to be free items are available right in your cafeteria! [www.Nutri-Foods.com](http://www.Nutri-Foods.com)