



# Pelham Press



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<http://pe.arps.org>



**Dates to Remember:**

Monday, June 18	Mill River Trip- Grades K-5-9:45-1:15- <b>Only sunbutter lunches are available that day</b>
Tuesday, June 19	Grade 6 Musical- daytime performance, 1:45 , 7:00 p.m.
Thursday, June 21	Grade 6 Graduation- 7:00 p.m., <b>LAST DAY OF AFTERSCHOOL PROGRAM</b>
Friday, June 22	<b>LAST DAY OF SCHOOL</b> - Early Release at 1:20



Dear Pelham School Families,

The end of the year is coming very quickly! It is so hard to believe that there are **only FIVE DAYS LEFT!!** At this time of year, we put out all of the clothing items that are overflowing from our "Lost and Found". These items will be displayed at lunch and put out in the a.m. and p.m. by the front parking lot for parents to peruse by mid-week. Any unclaimed clothing is donated to a charity at the end of the year, so please take a moment to look for that missing jacket, etc.

On Monday, June 11, grades K-5 will be going to the Mill River in North Amherst for a for a fun-filled end-of-year field trip. **All students MUST have their field trip forms returned by Monday morning in order to attend the event.** Food service will only provide sunbutter sandwiches for lunches that day and if students are not purchasing the school lunch, they **MUST** bring a lunch as well. There are no water activities as part of this trip and students should be dressed in play clothes with appropriate footwear for outdoor activities.

The Pelham School Committee welcomes two new school committee members to the group. Trevor Baptiste joins us as a Pelham School parent and Pelham community member as well as Kathleen Mailhot from the Pelham Community. This brings the Pelham School Committee to a total of five members, which helps to better support the committee in the various responsibilities that are required in the Regional Committee as well as in other sub-committee work.

Students, staff , and parents were treated to a wonderful performance by the Bomba group yesterday morning. Several high schools students came to perform with dance instructor Tracy Vernon, replete with traditional dance dress. The music and beat of the drums captivated the audience in an interactive performance. It was exciting to see the types of opportunities our students will have several years down the road with these high school students serving as such wonderful mentors.

Jovanna Robinson-Hidas, recent ARHS graduate and former Pelham School student was awarded a \$500 scholarship by the Pelham PTO as part of the ARHS Scholarship Program. Jovanna wrote a poignant essay recalling her experiences at Pelham School and how the encouragement and attention she received in our school helped her to grow as a person as well as a learner. Jovanna is looking to attend college next year and credits her motivation partly due to the support the Pelham School and teachers afforded her. As educators, we often do not see the realization of the seeds we sow, so it is so rewarding to understand the impact this school has had on our students so many years later. We wish Jovannah the best of luck in her future endeavors!!

Happy Father's Day !

Sincerely,

*Lisa Desjarlais*

## Mr. Lipman's Class

Embryology – We were all excited by the arrival of 10 healthy and cute baby chicks! The children have learned a great deal about the life cycle of the chicken and how an egg works. Close observation of unfertile eggs revealed many new discoveries including the germ spot where the embryo begins to grow and the air space where the chick gets its first breath of air. Did you know that it takes over 1,000 pecks to hatch from the egg? Congratulations to Diego who adopted the chicks!

Upcoming field trips – As part of our Embryology Unit we visited the Holyoke Fish Lift yesterday at the Holyoke Power Station on the banks of the Connecticut River in Holyoke. Several species of anadromous fish (fish that live in salt water and return to fresh water rivers to spawn) were visible through large glass viewing panels. The fish are lured into a water filled elevator, lifted over the dam and released into a spillway behind the glass. This is a remarkable wonder of nature and our ability to help overcome the obstacles we have put in its place. Mr. Shaw's class has been studying the life cycle of the salmon and joined us to see what happened to the baby salmon they released earlier in the spring! A school bus transported us in the morning and we enjoyed a picnic lunch at Groff Park. Today, Friday, June 15 we will be going to Look Park in Northampton for an end-of-the-year picnic and play. Families were welcome to come and enjoy this end of the year ritual of food, play, train ride, splash park and zoo.

Thank you, Pelham School!!! As you probably already know this is my last year of teaching after 35 years of enjoying a wonderful career. I discovered how much fun teaching was in 1975 as an intern for the Hitchcock Center for the Environment and a future in teaching was the only thing I wanted after that. I was thrilled to be hired right out of college and feel so fortunate to have spent all of these years doing what I love to do. A big reason that I have maintained my energy and joy for teaching is the support I have received from Pelham School and the Pelham School Community. Small class size, ongoing professional development, excellent resources and para professionals to address the needs of all learners are the hallmark of Pelham School. Appreciative parents, professional colleagues, and happy children are a winning combination that makes our school shine among public elementary schools. I have a "keep forever" folder of notes and cards from parents and students that I look at from time to time. It helps me to remember all of the wonderful things you do and say, and I will always remember the kindness, caring and appreciation you have shown me.

Thank you!  
Paul Lipman

Dear Parents and Pelham Community,

It has been my great pleasure to have worked in such a warm and vibrant community. I have enjoyed working with you and your children and I will miss the connections I have made. I will never forget the effort that many parents put forth to keep my position when I was being cut due to a lack of funds. (That seems like an eternity ago!) I was deeply touched by how much you cared and very thankful that I was able to stay for *eleven* years. My job has always been made easier by your support; making sure homework is completed, sending in items that the class needed, dedicating time to help in the classroom and special events, and raising money for the little extras that I have needed or *wanted* to make a difference in my classroom. So thank you so much for the privilege of working with your children. Pelham will always have a warm spot in my heart.

Cindy Corey

# Community News

## **Professional Dog Walker and Cat Sitter Available**

Katie Robinson is part of our Pelham School Community and the owner of "Amherst-Pelham Area Pet Care." She specializes in dog walking and cat sitting. She is experienced, reliable, and caring. She is available all year long. Sorry, no sleepovers! Please call for rates and if you have any questions. Call early to book your vacation.

413-256-1340

## **Experienced House Sitter/Pet Sitter**

Available all summer

Also available for **math tutoring**

Call with questions or for pricing info

Micah Botkin-Levy

413-658-4609

Stay healthy this summer. Remember all the healthy eating tips you've learned throughout the year and make sure you don't forget to use sun-block while in the sun. Most importantly, enjoy the warm weather!



**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 / 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

**SENIBLE 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  
Breakfast-\$1.50, Reduced Breakfast-\$1.00, 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 413-362-1839**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>ENJOY YOUR SUMMER VACATION!</i></p> <p><i>THE FRUIT OF THE MONTH IS NECTARINES.</i></p>			<p><b>1</b></p> <p>● Cheese Pizza Veggie Sticks &amp; Dip Fruit Choice</p>
<p><b>4</b></p> <p>● Chicken Patty on a Whole Wheat Bun Baked Fries</p>	<p><b>5</b></p> <p>● Beef Nachos Cheese &amp; Salsa Rice Corn</p>	<p><b>6</b></p> <p>● <b>SUMMER PARTY</b> Hamburger or Veggie Burger on a Bun Pasta Salad Watermelon</p>	<p><b>7</b></p> <p>● Toasted Cheese Sandwich on Whole Wheat Bread Tomato Soup</p>	<p><b>8</b></p> <p>● Cheese Pizza Tossed Green Salad Fresh Nectarine</p>
<p><b>11</b></p> <p>● Chicken Nuggets Baked Fries Whole Wheat Dinner Roll</p>	<p><b>12</b></p> <p>● Meatball Grinder Tossed Green Salad Garlic Bread Fresh Nectarine</p>	<p><b>13</b></p> <p>● <b>Brunch For Lunch</b> French Toast Sticks w/ Syrup Cinnamon Apples Baked Tator Tots</p>	<p><b>14</b></p> <p>● Chicken Patty on a Whole Wheat Bun Baked Fries</p>	<p><b>15</b></p> <p>● Cheese Pizza Veggie Sticks &amp; Dip Fresh Nectarine</p>
<p><b>18</b></p> <p>● Mozzarella Sticks w/ a Side of Marinara Sauce Green Beans Whole Wheat Bread</p>	<p><b>19</b></p> <p>● Macaroni &amp; Beef Bake Steamed Carrots Whole Wheat Bread Fresh Nectarine</p>	<p><b>20</b></p> <p>● Hot Dog on a Whole Wheat Roll Baked Fries Applesauce</p>	<p><b>21</b></p> <p>● Chicken Nuggets Tator Tots Whole Wheat Dinner Roll</p>	<p><b>22</b></p> <p>● Cheese Pizza Tossed Green Salad Fruit Choice</p>
<p><b>25</b></p> <p>ENJOY</p>	<p><b>26</b></p> <p>YOUR</p>	<p><b>27</b></p> <p>SUMMER!!!</p>	<p><b>28</b></p>	<p><b>29</b></p>

**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](http://www.Whitsons.com)

**Visit Our Virtual Cafeteria!**  
Take a tour of our virtual café! Download shop meal recommendations made for you & they send you 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 NuLife Foods! They offer great tasting, GFCF/DF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria! [www.NuLifeFoods.com](http://www.NuLifeFoods.com)