



Pelham Press

Vol. 23, No. 32, May 25, 2012

<http://pe.arps.org>



Dates to Remember:

- Monday, May 28
- Wednesday, May 30
- Thursday, May 31
- Friday, June 1
- Monday, June 4
- Wednesday, June 6
- Wed. June 6-Fri. June 8
- Thursday, June 7
- Thursday, June 14
- Friday, June 15
- Monday, June 18
- Tuesday, June 19
- Thursday, June 21
- Friday, June 22

No School –Memorial Day

- Band, Orchestra, and Chorus concert- 9:45 a.m., 7:00 pm
- Everyday Math Curriculum Overview- 6:30-7:30
- Field Day- all grades
- PTO Meeting 6:00 p.m.
- School Council Meeting- 7:30 a.m.
- Nature’s Classroom Trip-Grade 6
- School Committee Meeting- 6:30 p.m.
- Bomba Performance- 10:45- Parents welcome!;Grade 1 Field Trip- Fish Lift
- Grade 1 Field Trip- Look Park
- Mill River Trip- Grades K-5
- Grade 6 Musical- daytime performance, TBD., 7:00 p.m.
- Grade 6 Graduation- 7:00 p.m., **LAST DAY OF AFTERSCHOOL PROGRAM**
- LAST DAY OF SCHOOL-** Early Release at 1:20



Dear Pelham School Families,

As many of you may already know, several of our staff members will be retiring at the end of this school year, and they will be greatly missed. First grade teacher, Paul Lipman, who has been at Pelham School for several decades, will be retiring as well as Cindy Corey, our second grade teacher at the end of this school year. In addition, Arlene Manning, who has worked as a paraprofessional for close to thirty years at Pelham School in various grade levels, will be retiring as well. Laurie Rabut, the strings teacher, will retire after a long career as the string teacher for the Amherst-Pelham Regional Schools. We wish these beloved staff members all the best in the next chapter in their lives!

As one door closes, another door opens! I am delighted to announce the long-awaited teachers that will be joining our school as the new first and second grade teachers. Melissa Davis, our upper elementary special education teacher, will be the new second grade teacher. Melissa taught as a primary teacher in North Adams before she came to Pelham and brings a strong skill set with a dual certification in both elementary and special education. Please look for the article on Haiti in this newsletter to read about Melissa’s upcoming trip to Haiti. Giselle Gonzalez joins us as the new first grade teacher. Giselle has taught first grade for five years at the Martin Luther King Charter School in Springfield and has a strong background in mathematics and science. We are very excited to have these two teachers to join our primary team and welcome them in their new positions.

More changes are on the horizon! After very careful study of our current math curriculum and other high quality mathematics programs that are available, the district has decided to change to the Everyday Math curriculum from the Investigations curriculum that we currently use. **Parents are invited to attend a parent math evening on Thursday, May 31, from 6:30-7:30 p.m.**, hosted by Dr. Rhonda Cohen, the Director of Teaching and Learning, in order to present and discuss the district’s plan regarding this change in our math curriculum. We encourage parents to attend this event at the Pelham School to learn more about this new curriculum.

Have a wonderful Memorial Day Weekend!

Sincerely, *Lisa Desjarlais*

Kindergarten News

It is hard to believe that we are nearing the end of our Kindergarten year. The new Kindergarteners are visited yesterday afternoon. This is the first step to our transition to first grade. The children were able to share their mixed feelings about leaving. We had many tears, sadness, and feelings of “staying in Kindergarten forever!” After a few moments of sitting with our feelings, we then talked about all of the great, wonderful things that they will do in first grade. They remember the beginning of our year when the first graders came in several times during the first few weeks to get a hug, a little reassurance of their new class. They asked if they could do that next year. When I said “I hope you will because I will be missing you too, everyone relaxed. The three children that will be going to other schools had great ideas of writing, visiting, and e-mailing(sign of the times) me. Over this next month we will continue with this process of change and transition.

Next week we will be starting our ‘walking program’. We will be walking every day around the field, starting with a few times building up to many. This is a great way to get our bodies ready for all the summer activities coming up, and also a great way to use up some of the ‘end of year’ energy. We will stretch, walk, and learn about the nutritional foods that we should eat to help with all of this exercise. Please make sure that your child either wears, or brings appropriate shoes for walking every day. Flip flops are comfortable when it is hot, but not good for walking. Thanks, as always for your help and support.

Mr. Lipman's Class

Embryology The eggs have been “set” and we are anxiously counting the days until they hatch if all goes well. We have a new incubator, which regulates the temperature and humidity, and even turns the eggs automatically. The children monitor the thermometer and check both the egg turner and water in the incubator. We are charting daily progress on the calendar and are making journal entries in our “Eggsperiment” books after candling the eggs to see the growth and movement of the embryos inside. Please drop me a note if you would like to adopt chicks at the end of the unit.

Homework Books Please scour your homes for lost homework reading books and send them back to school to facilitate an inventory of our collection in early June. Homework folders will no longer be sent home after May 31 to allow for this final accounting. Ms. Fulcher's reading group, however, will continue to have homework folders until later in June. I will be sending home a summer reading list to help encourage regular practice during the summer. Children have made remarkable progress in reading this year largely thanks to so much wonderful practice.

Thank you,

Paul Lipman

Second Grade News

May seems to be flying by. We have just finished our unit on the Hopi Indians who live in the Southwest desert. Children worked together in pairs to find information and present to the class some aspect of Hopi life. They then took their knowledge and worked together as a class to create a model of a Hopi pueblo. They then read a Hopi legend as well as some other Native American legends.

Our next unit is over communities. We will compare the Hopi community to our community as we study about Pelham history. Also during this unit we will work on mapping skills by looking at the towns we come from, finding our street and locating where our home is. Next week I will ask the children to bring home maps of their town and locate streets and their house as you drive them around town. On May 29th we will take a tour of Pelham and learn about its history.

In math this month, we are studying fractions; how to write them, what they mean, what are equivalent fractions, and mixed fractions.

In writing, we have just finished our unit on poetry. The children have written some wonderful poems. We all enjoyed our visit to Emily Dickinson's Homestead. We are now beginning a unit on creating a suspense story. The children are learning techniques to use, and then will create their own stories.

Also during this time of year we give assessments in reading, writing, math, and spelling. Please try to be here every day in the next few weeks.

Quinlan's Quill

The fifth grade finished the math MCAS testing last week. We completed the Science MCAS and students felt that the Science was pretty fair and it is my hope they felt the same about the math.

As we complete MCAS and move into the rest of year we will continue to work hard. We will be finishing the book Bud Not Buddy which the entire class is reading. We will end the year with a Science Fiction book called The Green Book. Also, we will be writing and presenting demonstration speeches and a writing a creative piece.

In math we will be studying probability, geometry, and working with data collection. We will continue working on problem solving which has improved greatly for many kids even though it has been a struggle. Reading the problem, thinking about what is being asked, looking for the information on the entire page and then being accurate with their calculation has not been easy for the students but they have improved.

As the end of the year comes close, there are a lot of activities and excitement. Yet, there is still learning going on. There will still be homework and expectations. Please continue to support your child at home and encourage them to remain focused at school.

Thank you for your continued support,

Suzanne Quinlan

Dear Families,

As I go back over things that I have learned throughout this year, I am thinking about how to help children regulate their emotions during difficult situations. When children have “meltdowns” during the day, we want to help them remain available to learning. We are mind/body creatures. When our children’s nervous systems are overwhelmed and they may perceive a threat, intense fear or a sense of helplessness, their nervous system may “freeze”.

That is where “we” the adults come into the situation. We can observe tricky situations, and give the child someone to talk with. They can become less overwhelmed and we can build their resilience. Children who are more resilient are more likely to use social situations to calm down. We try to give our children time at Pelham to calm down. Take things slowly at these difficult times. We want to help the child notice what happened to bring on these feelings. We also want to talk about the things that have gone well in their day, rather than focus only on the difficult times. Settle them down positively.

Perhaps the adult and child, can draw a picture together. They could draw one drawing of the situation that they are distressed about and one with an opposite feeling. Then they could put the more positive picture on top of the other.

Change occurs when we start talking about the positive first. We help the child settle down eventually by “I can”, rather than “I can’t”.

A lot of this regulation with children occurs, through methods of mindfulness. Letting the child know that they are safe, and that we, the adults, are on their team. I see my role in this school as not only the “feelings teacher” but also the “hopeful helper.”

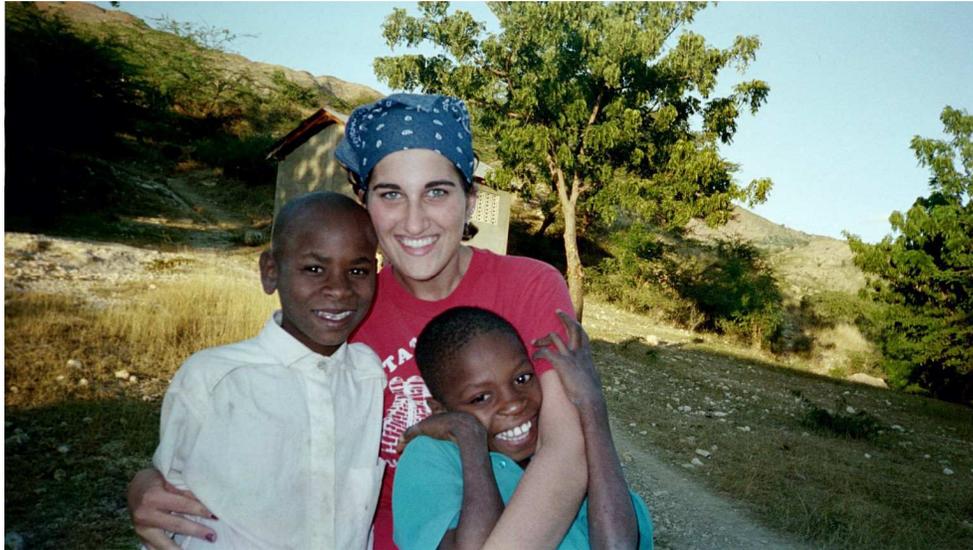
I am glad that I have the community of parents I have to support me in helping our children and reminding them that in their hearts, they have everything they need to feel good.

Happy Spring !

Deb King

School Counselor

Change for Haiti



Family and Friends of Pelham Elementary School

My name is Melissa Davis and I am a teacher at your children's school. I have been traveling to the country of Haiti for many years to work with the children and families there to help in their schools, in their health clinics, and with other development projects. This country is the poorest in our half of the world and has recently been even more devastated by a recent earthquake, followed by a cholera epidemic. I am asking you and your children to help and make positive change for the people of Haiti. From May 29-June 15, 2012, your children can bring to school any extra change that they would like to donate to help the children and families in Haiti who have so little. Our team, including myself, will personally bring over their donations at the end of June in order to purchase food, school supplies, building supplies and other needs of the people. Every penny helps!

Thank you so much for your support!

Children can bring change to school from May 29th- June 15th

Teachers in each classroom will collect any donations.

Checks can also be made out to: The Haiti Plunge

Attention Animal Lovers

My Junior Girl Scout troop (Troop 20478) is working on a community service project. We have chosen to help Dakin Animal Shelter. In talking to them at the shelter, my troop has learned that they are in need of canned kitten and cat food at this time. They also graciously always accept monetary donations.

Starting this Friday, May 25th until Wednesday, June 13th, I will have a box in the front foyer of the school to collect donations. If you have a monetary donation, you can send it in to the office and I will collect them from there.

Thank you so much for your help in helping us to make a difference in the lives of some very special animals. The shelter has also informed us that there is one other way to help. They are always looking for people to adopt an animal from the shelter. If you have room for a furry friend in your life, please contact Dakin directly.

Thank you for considering helping,

Bridgette Hasbrouck (5th Grade)



ORDER NOW!

2012-2013 School Year calendars featuring a children's celebration of Arbor Day!

Enjoy the changing seasons with colorful entries drawn by local 4th, 5th and 6th graders for the first annual Arbor Day poster contest.

Limited print run of 100 calendars, so order early!

Price: \$13.00 per calendar

All profits go to plant shade trees along our town's streets and sidewalks!

Name _____

Address _____

Town _____ State _____ Zip Code _____

Email _____ Phone _____

Number of Calendars: _____

Preferred location to pick up your calendar (Calendars will be ready by June 22)

_____ In main office at my child's school, _____ (name of school)

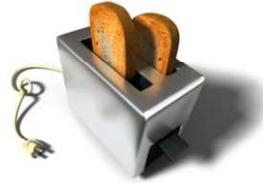
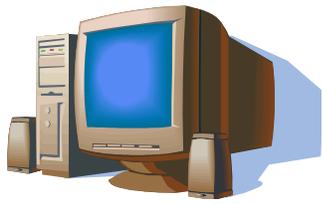
_____ At Conservation Department (Town Hall, 2nd Floor)

This form is also available on our website www.amherstma.gov/trees under 'Arbor Day Poster Contests'.

The contest and calendar are sponsored by the Amherst Public Shade Tree Committee, which is dedicated to protecting, planting and providing learning opportunities about trees throughout Amherst.

Make checks out to: Town of Amherst (write APSTC Calendar in the memo line) and mail to: Amherst Conservation Department, Town Hall, 4 Boltwood Walk, Amherst MA 01002.

Questions? Please contact Linzy Rodrigues, APSTC, at linz.sav@gmail.com



**DO YOU HAVE ELECTRONICS OR APPLIANCES YOU NO LONGER USE?
BRING THEM TO THE PELHAM PTO
ELECTRONICS RECYCLING FUNDRAISER!**

**SATURDAY JUNE 2, 2012 9:00 a.m. – 12:00 noon
PELHAM ELEMENTARY SCHOOL
45 AMHERST ROAD, PELHAM**

Items to bring and the fee you pay for each:

TVs	\$20.00
Refrigerators, air conditioners, stoves, microwaves, washers, dryers, dishwashers, dehumidifiers	\$10.00
Laptops, monitors, CPUs, printers, copiers, fax machines, office phones, DVD players, VCRs, stereos, radios	\$ 5.00
Toasters, blenders, food processors, coffee makers, electric griddles/woks, waffle irons, mixers	\$ 5.00
Computer accessories/small electronics; keyboard, mouse, cables, remote controls, MP3 player, walkman, chargers/power cords*	each \$ 2.00
*SPECIAL! Fill a shoe box with assorted computer accessories or small electronics	\$ 5.00
Cellular phones, printer cartridges	FREE!

Please contact Elise Stromgren (stromgrens@comcast.net or 413.256.3475) with questions

BE GREEN * RECYCLE



THIS IS NOT A SCHOOL-SPONSORED EVENT

<http://www.crrt.org/>

SPONSORED BY THE PELHAM SCHOOL PTO

SCHOOL EVENTS, ACTIVITIES AND ITEMS SPONSORED BY OR FUNDED BY THE PTO INCLUDE: * GLOBES AND WORLD MAPS FOR CLASSROOMS * TEACHER AND STAFF APPRECIATION * NEW CURTAINS FOR THE STAGE * STUDENT SNACKS DURING MCAS EXAMS * ANTI-BULLYING T-SHIRTS * ICE CREAM SOCIAL * HALLOWEEN PARTY * VALENTINE'S DAY DANCE * SPRING FAIR *

THE PELHAM PTO THANKS YOU FOR THE SUPPORT THAT MAKES THESE EVENTS POSSIBLE

The 21st Annual

PANCAKE BREAKFAST *for* PUFFER'S POND

Saturday, June 9
8:30 –11 am

Mill River Recreation Area,
North Amherst. Rain or shine!

All-you-can-eat pancakes & coffee,
\$8 adults / \$6 kids

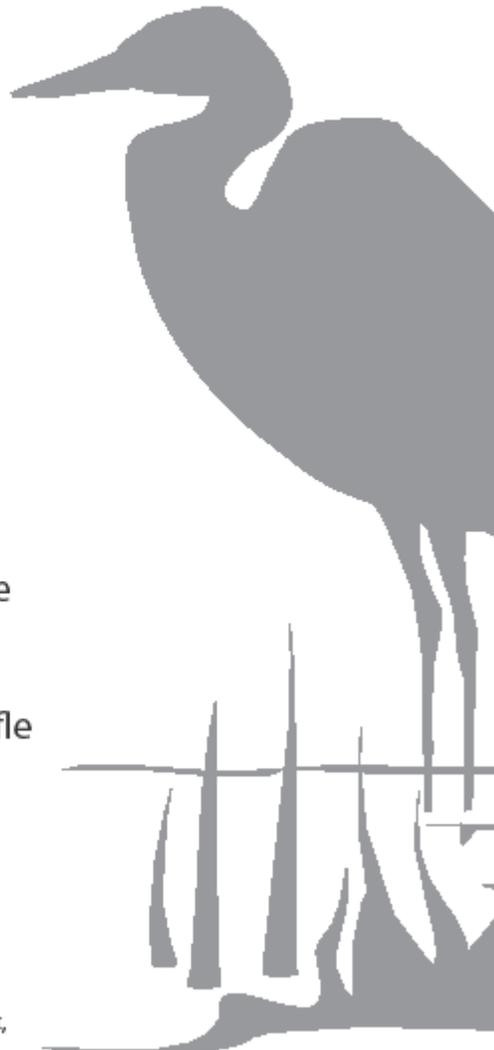
Breakfast goes local!

Join us for multigrain pancakes made from ingredients donated by local farms. And, as usual, we'll have real maple syrup, live music, fabulous raffle prizes, and tons of community spirit!



CISA

Co-sponsored by The Friends of Puffers Pond, The Kestrel Trust,
CISA: Community Involved in Sustaining Agriculture,
Amherst Conservation Commission, and the Puffer-Garnier family.



NOT A SCHOOL-SPONSORED EVENT



Request for Pelham After School Care for '12-'13

Parent's name: _____

Summer mailing address: _____

Summer phone number: _____

Email address: _____

Child's name and grade (in Sept.): _____

Sibling name and grade (in Sept.): _____

Desired slots:

Desired slots for sibling:

Monday

Monday

Tuesday

Tuesday

Wednesday (counts as 2 slots)

Wednesday (counts as 2 slots)

Thursday

Thursday

Friday

Friday

Tuition is \$40 per slot per month.

Full time care is \$240 per month (Wed. counts as a double slot)

We offer a 10% sibling discount and financial aid is available.

The only checks now due are the deposits for new students of \$50 per child.*

This one time deposit may be credited towards the child's last month of tuition.

Checks payable to: **Pelham After School Program.*

Mail to: Lennie Ware @ 11 Boyden Rd, Pelham, MA 01002

Phone 265-3766 email: clwarepel@comcast.net

SLOT CONFIRMATION WILL BE SENT. MAKE SURE YOU RECEIVE IT !

You will receive enrollment confirmation within 2 weeks of request. Enrollment packets will be received by mid-August and are due back BEFORE your child begins attending.

THANK YOU & WE'LL SEE YOU IN SEPTEMBER!

For internal use only

date rec'd _____ deposit rec'd _____ confirmation sent _____

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

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 café! Download shop meal commitments make you a food and nutrition expert! Visit our website for more 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, GFCF/DF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria! www.NuLifeFoods.com