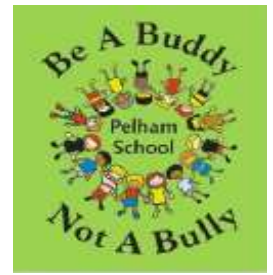


# Pelham Press

Vol. 22, No. 11, November 18, 2011

<http://pe.arps.org>



**Dates to Remember:**

Wednesday, November 23  
 Thursday, November 24  
 Friday, November 25  
 Tuesday, November 29  
 Wednesday, November 30  
 Monday, December 5  
 Thursday, December 8  
 Friday, November 9

All-School Assembly 9 a.m. –parents welcome!  
 Thanksgiving- NO SCHOOL  
 Thanksgiving Recess- NO SCHOOL  
**Conference Make-up day- early release 1:20**  
 Genevieve’s Fundraiser Due  
 PTO meeting- 6 p.m.  
 Pelham School Committee Meeting  
 Pelham Spirit Wear orders due



Dear Pelham School Families,

With the Thanksgiving arriving next week, we find ourselves on the edge of another busy and often times stressful holiday season. Perhaps after the late October snowstorm this holiday will have more poignancy as we reflect upon what we are thankful for. Many of us found joy in the little things in our lives after being many days without heat or electricity. Although we are thankful for these material things, we know they are not the most important things.

As you enjoy your Thanksgiving meal and watch the football games on TV, take some time to actually name as a family the things you are thankful for. Many families do this sitting around the dinner table. It means waiting a little longer to eat, but it is well worth it. We often don’t take the time to appreciate those things that matter in life: friendship, our loved ones, good health, the laughter of children, and the beauty of the world around us. As a school community, we will be spending time together next Wednesday in our monthly assembly enjoying some music by our students, but most importantly the focus will be upon what our students appreciate and are thankful for.

One of our Pelham parents, Michael Carolan , did a wonderful piece on being powerless on NPR last Friday. I was asked to include the link below to share with our parent community. Please listen below—he did a great job and mentioned the Pelham Halloween party!

<http://www.nepr.net/news/commentator-michael-carolan-powerlessness>

Thanks to the Pelham PTO, every student has been fitted for a lime green spirit wear t-shirt that says: “Be a buddy, not a bully”. Students will hopefully receive them by early next week, in time for our monthly assembly. The PTO has also generously funded the purchase of a t-shirt for the Pelham School staff as well. Further down in the newsletter you will find pictures of the t-shirts and an order form if families would like to purchase additional t-shirts or sweatshirts. The copyright for this logo has been purchased by the PTO, and the first order for shirts is under construction. We are all very excited about this new venture and I know that the students will be thrilled next week to receive their own Pelham School Spirit wear. They are already a spirited group, but this will surely add to our sense of community and school pride!

Have a great weekend!  
 Sincerely,

*Lisa Desjarlais*

**\*\*\*\*\*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.**

**PELHAM SCHOOL PTO MINUTES NOVEMBER 7, 2011**

**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), Ruth Carolan, Lisa Candito, Barry Parker, Scott Plotkin, Tracy Farnham and Lennie Ware.

**Recap of Halloween Party (Ruth, Barry)**

The Halloween Party was rescheduled despite the storm that left many families without power and forced schools to be cancelled the week prior. The event went very well; many families were in attendance, UMass and parent volunteers pitched in to staff the games and food tables, and the 6<sup>th</sup> Grade managed to pull together a great Haunted House for everyone to enjoy. Children Trick or Treated indoors, stopping at classrooms and getting candy from volunteers stationed there. PTO provided refreshments for free and received a total of \$105 in voluntary donations from those in attendance.

**Mad Science (Lennie Ware)**

Lennie Ware gave the PTO a description of the Mad Science program and how she hopes to provide at least one 6-week session and allow children to sign up for individual pieces of the program. Lennie is looking to find out if PTO is interested and willing to fund 4 of 12 slots (Afterschool program would fund 6 slots, PTO 4 slots, Mad Science will provide scholarship for 2 slots/students if 12 students sign up). PTO is concerned about funding a partial program and the ability of all students who want to participate to be able to stay after school, and discussed possibilities of providing Mad Science to any student who expressed interest. Lisa will follow up with Lennie to get more information.

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

Two sample Spirit Wear shirts and one Spirit Wear sweatshirt are on display in the cafeteria. The shirts were recreated and re-imagined from a Pelham School shirt that was given to all students years ago. Amy Wasserman sent an updated graphic design (children holding hands in a circle) for the shirts to Kristin Mattocks at the beginning of the year. The previous design was adults holding hands in a circle, with the words "Be A Buddy, Not A Bully" encircling the design. The PTO decided to provide one shirt to every Pelham School student, and when the shirts arrive, send them home with an order form so that anyone else who wants a shirt may purchase one (or purchase for extended family, friends, etc.). Barry and Lisa volunteered to size children during lunchtimes at the school; Diana will get multiple sizes of shirts for this effort. PTO discussed future possibilities for shirts; providing one in kindergarten packets, removing Pelham School from the shirt for other schools to purchase. Margaret Light will check with teachers to gauge teacher interest in shirt. The PTO's goal is to have the Pelham School student shirts available with order forms by the assembly on November

23<sup>rd</sup>, 2011. Order forms for additional clothing orders (t-shirts and sweatshirts) will need to be completed by December 9<sup>th</sup> in time for a holiday delivery.

### **Genevieve's Report (Diana)**

Diana reports that we missed the deadline for orders (due to the storm and cancelled school) but that she has received 18 orders. Diana will forward those orders already received and PTO decides to extend the deadline to accept more orders.

### **Original Art Report (Elise)**

Original Art Works packets were distributed to students. Elise will report next month on order status.

### **Gifts for Teachers/Holiday wish lists (Ruth)**

Ruth explains the history behind the gifts for teachers, PTO provided \$100 to each teacher as a gift to purchase items for the classrooms. Current tax law requires amounts over \$50 to be reported and taxed, thus reducing the monies used for classroom purchases so PTO instead has provided \$49.99 to each teacher. Ruth will get a complete list of teachers from Janet Scott and work with Lisa to determine gifts.

### **December Event (Barry)**

PTO discussed possible event for December. Barry agrees to contact InterSkate 91 to find out pricing and what they offer.

### **Amherst Winterfest February 11, 2012 (Kristin/Lynn Hatch)**

At a previous meeting, Lynn Hatch suggested Pelham School enter a cardboard sled in the Amherst Winterfest. PTO is interested but will discuss at future meeting when more information is available.

### **Administrative Reports**

Treasurers Report: Diana reports that the current balance is \$12,962.85. Diana motions that childcare and pizza costs for PTO meetings will be calculated and reimbursed from PTO funds. PTO discusses very briefly and agrees unanimously. Diana asks where we are with the shed purchase. Storage space is needed for PTO Halloween party and 6<sup>th</sup> Grade Haunted House items. Lisa said she needs to get back in touch with Pelham director of facilities/maintenance and planning board.

Principal's Report: School committee meeting did not happen this week. Lisa reports that she got some feedback from parents about the organization of the 6<sup>th</sup> Grade Haunted House this year. PTO discussed information sharing between classes and ways of communicating between classes so that all are included and are aware of major fundraising activities.

### **Next PTO Meeting**

Monday December 5, 6:00 – 7:00 p.m. School Cafeteria or Staff Lounge  
CHILDCARE AND REFRESHMENTS WILL BE AVAILABLE

### **MEETING ENDED AT 7:45 p.m.**

Submitted 11/13/11  
Elise Stromgren  
PTO Secretary

## INTRODUCING PELHAM SCHOOL SPIRIT WEAR!

Dear parents,

On Wednesday, November 23<sup>rd</sup>, your child will receive a “Be a Buddy, Not a Bully” t-shirt, courtesy of the Pelham PTO. This is your child’s Pelham spirit wear shirt, and they are welcome to keep it and wear it to school assemblies, events, and around town!

Beginning this week, we will also be selling additional t-shirts and sweatshirts for adults and children, with the same “Be a Buddy, Not a Bully” logo. This is a Pelham PTO fundraiser, and a portion of the cost of the shirts will support the Pelham PTO. These items will make great holiday gifts for Pelham students, siblings, parents, grandparents, and other family members!!

The order form is below. Please submit your order to your child’s teacher **NO LATER THAN FRIDAY, DECEMBER 9<sup>th</sup>**. Examples of t-shirt and sweatshirt colors are located in the Pelham lunchroom (hanging on a bulletin board)

### PELHAM SCHOOL SPIRIT WEAR ORDER FORM

ITEM	NUMBER	COLOR		SIZE							
		LIME GREEN	CAROLINA (LIGHT) BLUE	S	M	L	XL	2XL	3XL	4XL	
CHILD T-SHIRT (\$15.00)											
ADULT T-SHIRT (\$17.00)											
CHILD SWEATSHIRT (\$23.00)											
ADULT SWEATSHIRT (\$28.00)											
TOTAL COST											

**PLEASE MAKE CHECKS OUT TO PELHAM PTO. ORDERS WILL BE DELIVERED TO THE SCHOOL PRIOR TO THE DECEMBER HOLIDAY BREAK (DURING THE WEEK OF DECEMBER 19<sup>TH</sup>).**

**PARENT**

**NAME:** \_\_\_\_\_

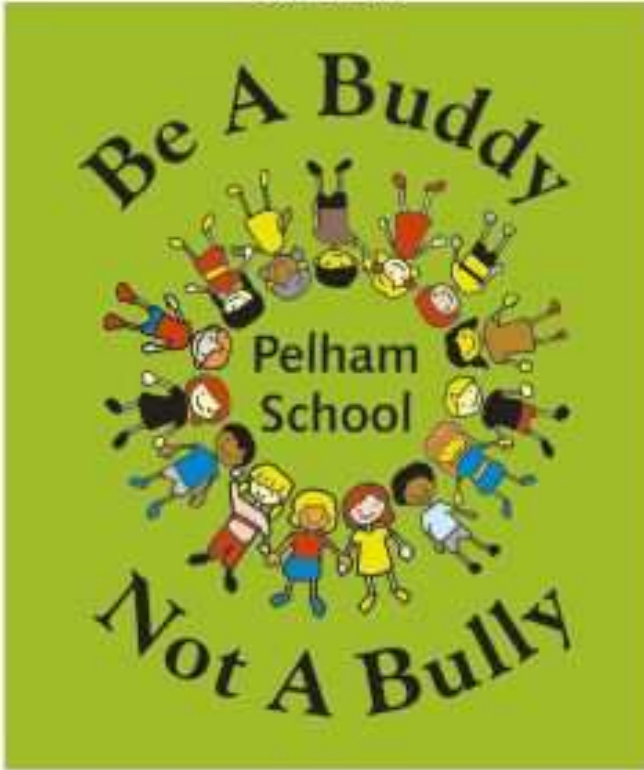
**CHILD/REN**

**NAMES:** \_\_\_\_\_

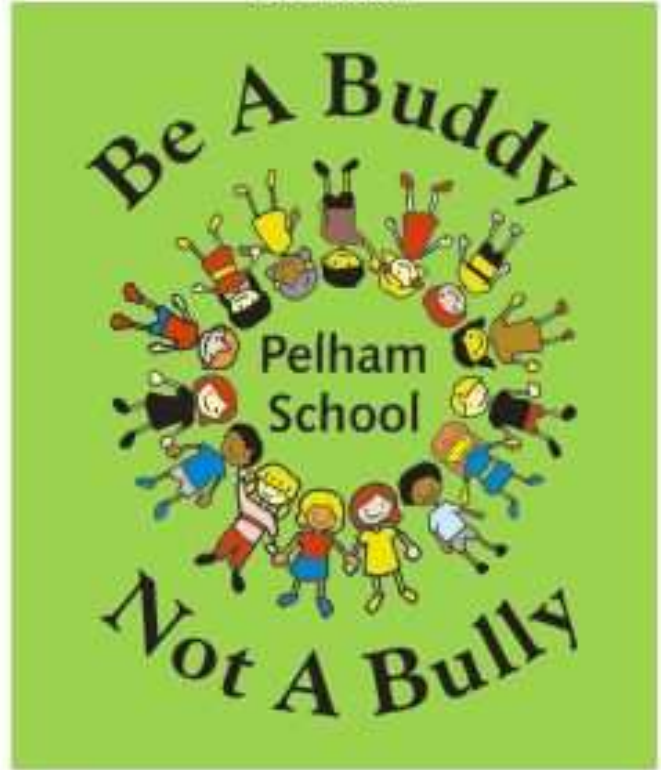
**PHONE NUMBER IN CASE WE HAVE QUESTIONS ABOUT YOUR ORDER:** \_\_\_\_\_

EMAIL ADDRESS FOR US TO NOTIFY YOU THAT ORDER HAS ARRIVED: \_\_\_\_\_

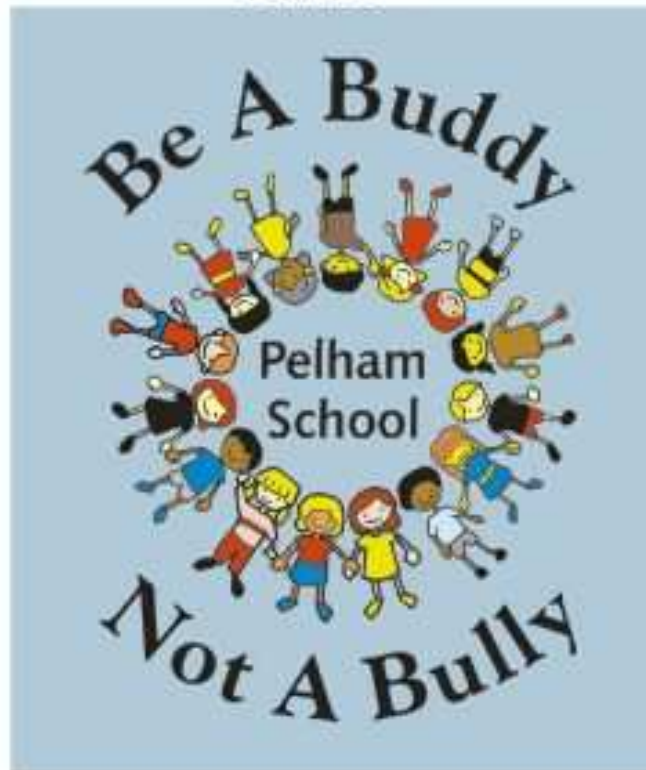
**FULL FRONT 9.5"WIDE x 12.5"TALL 5C(To be priced for 4C per Steve)  
SUPER RED, YELLOW, PROCESS BLUE, TAN & BLACK  
ON KIWI**



**ON LIME**



**LT.BLUE**



**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 \$40  
 Adult \$3.25  
 Milk/Chocolate Milk \$40  
 100% Juice \$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

**SENSIBLE SNACKS CONTAIN**

Fat=7g or less - Sat Fat=2g or less  
 Sodium=300mg 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 Tritley* 413-362-1839.



Hardy loves his breakfast in the morning. He celebrates breakfast with his famous whole grain breakfast bonanza this month. Join him by making half of your grains whole. Try whole grain pancakes; they're Hardy's favorite!

**Pelham Elementary Schools**

**NOVEMBER 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> (V) Mozzarella Sticks Side Of Pasta w/ Marinara Sauce Seasoned Corn	<b>2</b> Macaroni & Beef Bake Steamed Carrots Whole Wheat Bread	<b>3</b> Baked Potato Bar Taco Meat Cheese Salsa Whole Wheat Bread	<b>4</b> (V) Cheese Pizza Fresh Carrot/Celery Sticks
	<b>7</b> Cheeseburger or (V) Veggie Burger on a Whole Wheat Bun Squash	<b>8</b> Soft Shell Beef/ (V) Bean Taco w/ Seasoned Meat, Cheese, Salsa & Sour Cream Cucumber Coins	<b>9</b> (V) Whole Wheat Macaroni & Cheese Green Peas Whole Wheat Dinner Roll	<b>10</b> (V) Cheese Pizza Romaine Garden Salad w/ Fresh Veggies Fresh Apple
<b>14</b> Chicken Nuggets w/ Dipping Sauce Green Peas Whole Wheat Bread	<b>15</b> (V) Whole Wheat Pasta & Meatballs Fresh Green Romaine Salad	<b>16</b> Hotdog on a Whole Wheat Roll Corn Fresh Apple	<b>17</b> Turkey Dinner Turkey/Gravy Mashed Potatoes Peas/Squash Cranberry Sauce Pumpkin Oatmeal Cookie	<b>18</b> (V) Cheese Pizza Fresh Carrot/Celery Sticks
<b>21</b> Chicken Patty on a Whole Wheat Bun Baked Fries Squash	<b>22</b> (V) Toasted Cheese Sandwich on Whole Wheat Bread Tomato Soup Fresh Apple	<b>23</b> Brunch for Lunch (V) Whole Wheat French Toast Sticks Pork Sausage Patty Cinnamon Applesauce Potato Rounds	<b>24</b> HAPPY THANKSGIVING	<b>25</b> NO SCHOOL
<b>28</b> Chicken Nuggets w/ Dipping Sauce Green Peas Whole Wheat Bread	<b>29</b> Hamburger or (V) Veggie Burger on a Whole Wheat Bun Green Beans	<b>30</b> Baked Chicken Tossed Green Romaine Salad Fresh Zucchini Bread Fresh Apple		

**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 cafe! Drag and drop meal components onto your tray and see 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, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria! [www.NuLifeFoods.com](http://www.NuLifeFoods.com)