



Pelham Press

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<http://pe.arps.org>



Dates to Remember:

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| Monday, January 9 | PTO Meeting- 6:00 p.m. |
| Tuesday, January 10 | All-School Assemby- 1:15(See details below) |
| Wednesday, January 11 | Savings Makes Sense- before school |
| Monday, January 16 | NO SCHOOL- MLK Day |
| Wednesday, January 18 | Savings Makes Sense- before school |
| Thursday, January 19 | All-School Assembly-1:15 UMass Dance Troupe |
| Friday, January 27 | No School- Elementary Teacher Workday |
| Wednesday, February 1 | Band, Orchestra, and Chorus Performance- 9:15 a.m, 7 p.m |
| Wednesday, February 1 | Savings Makes Sense- before school |
| Friday, February 3 | Report Cards to be sent home |



Dear Pelham School Families,

We are pleased to announce that the Pelham Phone books will be distributed to families today, so please check backpacks! The Pelham Phone books are a long-standing tradition that allows families and students to connect with each other as needed. It is not a comprehensive resource for every student at Pelham as personal contact information is only shared with the permission of families, and some families have chosen not to be a part of this book. There is only one book distributed to each family, with a copy going home with the eldest child in the family. If you need an additional copy, please contact the school. I'd like to thank Sage Scott and her mother, Lynn Thompson for their time and effort in putting this school community resource together. It looks great!

I'd like to extend an invitation to families and community members to attend two performances at Pelham School this month. This coming Tuesday brings Greg Kinney, professionally trained actor, in an entertaining one-man show. He has been in several movies and numerous theatrical productions, commercials, and print ads. As part of the Educate Us Production Group, he portrays Afro-American characters from history. In honor of Martin Luther King, for the first part of the performance, he will play Dr. Martin Luther King in "I Had A Dream: A Conversation With A Friend" and for the second half he will perform as Louis Armstrong in "The Life of Louis Armstrong." On January 19, 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. We are fortunate to have these opportunities to bring theater, dance, and music into Pelham School to enhance our programs and build awareness of the arts for our students.

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.**

Quinlan's Quill

I hope you all had a lovely holiday break. I know that it was difficult to get back for many of the students and for the teachers. We are back in the swing of things in fifth grade with a lot of new units. We are starting our Constitution Unit this week where we will learn about the government and how it is set up. Students will gain knowledge of how The Constitution was created, of checks and balances, the roles of the branches of government, and a sense of the importance of the document.

Along with this unit, students will be reading Biographies about important people during this time period. Students will pick a biography and learn how to read a non-fiction book, take notes, and summarize a chapter. This will be a whole class literature unit.

Students will be writing a Persuasive Essay based on a topic that they find interesting. They will choose a topic and find facts concerning that topic. We will start with a paragraph from a packet that I have collected and then they will be able to choose a topic that interests them.

In math we will be learning double-digit division along with mean, median, mode and range. We will also be working with the Investigation Unit Prisms and Pyramids. Students continue to work on Problem Solving and they are becoming more accurate and efficient.

It is great to be back, even if we are all a little bleary-eyed and our brains are in a little slower mode. I look forward to a great January and February.

Suzanne Quinlan

Sixth Grade News

We're back from break and are busy finishing up some projects. The students wrote summaries of the friendship books they read over vacation, and created a small book you can see on the bulletin board outside our classroom. We are ending our Maps and Globes unit by looking at maps and using latitude and longitude to locate specific places. In writing, we are fine tuning our five paragraph essays about people who are important to us. In math, we are a few lessons away from starting the review for the Unit 4 test on working with fractions and decimals. In Unit 5 we will "operate" on fractions and decimals.

This week we started our nonfiction unit, and students chose books to read. In about two weeks we'll start our research reports on ancient cultures. Students will choose a topic that interests them, use notecards to gather information, write a thesis statement, an outline, and finally, the report. Meanwhile we are practicing finding the main idea in reading skills, and how to use commas properly. In another week or so, we'll start the robotics unit. After building small Lego robots, students will learn to program them to move, speak, and use distance and light sensors.

Thank you for the tissue and granola bar donations. They are much appreciated!

Margaret Light

Lost:

Brand new grey Old Navy Jacket. Please contact the front office if you have found it!

News From the PTO:

**RESULTS OF GENEVIEVE RAFFLE FOR AN OVERNIGHT STAY TO ANY
FAMILY WHO SOLD OVER \$100.00**

CONGRATULATIONS TO THE CASE FAMILY!

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 HAPPY NEW YEAR NO SCHOOL	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 Coblettes	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 MARTIN LUTHER KING JR. DAY NO SCHOOL	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 BRUNCH FOR LUNCH French Toast Sticks w/ Sausage (P) Applesauce Baked Tator Tots	26 Cheese Pizza Fresh Garden Salad	27 TEACHER WORKSHOP DAY NO SCHOOL PRE K- 6
30 Mozzarella Sticks w/ Sauce Steamed Carrots Mixed Fruit Cup	31 SUPERBOWL PARTY Hamburger Sliders Salsa/Chips Carrots w/ Ranch Dip Pudding Parfaits	<p>HAPPY NEW YEAR! The veggie of the month is CAULIFLOWER.</p>		

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. • Meals, 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

SENDSIBLE 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 cafe for breakfast. Breakfast-\$1.00, Reduced Breakfast-\$0.50, Adult-\$1.50
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 • H=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 413-302-1830**.



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 cafe! Drag and drop meal components onto your tray and see nutritional information including, allergens, nutrition facts, etc. www.Whitsons.com/Nutrition

Have Allergies to Gluten, Casein or Soy?

Check out Nutri-Food! They offer great tasting, GFCO/FSC foods that help people with food sensitivities to be free. Items are available right in your cafeteria! www.Nutri-Foods.com