



# Pelham Press

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<http://pe.arps.org>



## *Dates to Remember:*

- *1/17/20- Teacher Workday- NO SCHOOL*
- *1/20/20- Martin Luther King Jr. Birthday- NO SCHOOL*
- *1/23/20- PTO Meeting 6:00 p.m.*
- *2/13/20- Multicultural Feast- 6:00-8:00 p.m.*



Dear Pelham families,

On Wednesday evening and Thursday morning of this week, students in band, orchestra, and chorus put on an excellent performance for the community. Families attending Wednesday’s evening contributed goods for the Amherst Survival Center as their “ticket” for the performance. Thanks to their generosity, over a hundred pounds of food and other necessities were collected. The music teachers would like to thank families for their contributions, and I’d like to recognize Heather O’Mara for organizing this worthwhile effort.

I am currently working with John Bechtold from the Drama Department at the Amherst Regional High School to launch a new after school drama club here at Pelham, one day per week after school. Initially, we will offer this program to grades 4-6 and gauge the level of interest. This initiative evolved in several ways. First of all, as part of the School Improvement Plan, and based on student requests, we are working on offering more after school “clubs’ and programming for Pelham students. We are somewhat limited in terms of our resources and what we can actually put into place here in such a small school, so I’ve been exploring avenues that are not costly and build upon our community resources. I’ve also had students coming to me with organic and positive energy to create and perform in plays, and tapping into this interest and enthusiasm is a win-win! This partnership with the ARHS and the drama students promises to be a fun and interesting venture. I will be sending out forms to grades 4-6 in the coming week, and I will keep you updated as to how it goes. Currently we have the Pelham PAWS Prints newspaper club for older students and also the homework club in grades 5 & 6. If you have an interest in bringing a talent or suggestion for a lower elementary program, I’d love to hear about it! Fostering students’ interests and skills in non-academic areas speaks to developing the whole child and tapping into strengths in other areas.

Have a wonderful weekend!

Sincerely,

*Lisa Desjarlais*

## Quinlan's Quill

Welcome to 2020 in 5th grade! We are beginning many new units as the new year begins. We are starting our American Revolution Unit. Students will learn the causes of the Revolution, the events leading up to the Revolution, and the actual major battles and events of the war.

We will be reading about women and African Americans during the war and writing summaries of their lives. Also, we will be reading books connected to the time period. The books that will be read are Sophia's War, Fighting Ground, and War Comes to Willy Freeman. These are all historical fiction literature based on the Revolutionary War. Also, in writing we will be writing persuasive essays. This does connect to the Revolution as many needed to be persuaded to join the fight or remain a loyalist.

We are starting Unit 5 in math which is division with decimals. Yesterday, we used base-ten blocks to understand the division concept with decimals. By next week we will be dividing with the algorithm. This will be a good review of the division we learned at the beginning of the year.

As 2020 begins, the 5th grade class culture seems to be strong. Yesterday during circle, we talked about our goals for the rest of the year. We are going to work on raising our hands more, not talking to our neighbors, and being more tolerant of each other's differences. These are good goals for the class.

The students are working hard and there has been a lot of growth both socially and academically. I look forward to continue to watch them grow.

Suzanne Quinlan

# Community Notes

The Amherst, Pelham and Amherst-Pelham Regional Schools are always in need of outstanding substitute teachers and substitute paraeducators. Members of the Pelham School community are encouraged to apply for these essential positions. Substitute teachers are required to have a minimum of a Bachelor's degree and substitute paraeducators must have a minimum of a high school diploma. Prior work experience with children in an educational setting is preferred.

If you are seeking a rewarding, part-time job with a flexible schedule, please consider joining the ARPS substitutes team. You can apply online for either the substitute teacher or substitute paraeducator position by visiting the [Human Resources](#) "Career Opportunities" link. More information about being a substitute in the ARPS schools is [available here](#).

# COME LEARN ABOUT VAPING AND YOUR CHILD: THE HAZARDS AND PREVENTION

*Monday, February 3, 2020 from 6:00-7:30 p.m.  
For parents/guardians of students in grades K-8*



## **Presented by:**

Melinda Calianos, Program Coordinator, Hampshire Franklin Tobacco-Free Community Partnership  
Jill Conselino, ARPS Nurse Manager

## **Location:**

Amherst Regional Middle School Library  
170 Chestnut Street

## **Questions?**

Contact Debbie Westmoreland, Director of Communication and Operations  
westmorelandd@arps.org or 413-362-1823

# VEN A APRENDER SOBRE VAPING Y SU HIJO(A): LOS PELIGROS Y LA PREVENCIÓN

*Lunes, 3 de febrero de 2020 de 6:00 a 7:30 p.m.  
Para padres / tutores de estudiantes en grados K-8*



## **Presentado por:**

Melinda Calianos, Coordinadora del programa, Asociación Comunitaria Libre de Tabaco Hampshire Franklin  
Jill Conselino, Gerente de Enfermería de ARPS

## **Lugar:**

Biblioteca de Escuela Intermedia Regional de Amherst  
170 Chestnut Street

## **¿Preguntas?**

Comuníquese con Debbie Westmoreland, Directora de Comunicación y Operaciones  
westmorelandd@arps.org o 413-362-1823

*2<sup>nd</sup> Annual*

# Multicultural Feast

A night to celebrate International and  
Family Culture!

**FAMILY \* FUN \* POTLUCK \* MUSIC \* DANCE  
FOOD**

## **WHEN**

Thursday, February 13<sup>th</sup>  
6pm-8pm

## **WHERE**

Pelham School Gym  
Hosted by the PTO

Bring a dish to share that means something to your family! Food and table displays/activities will be from 6 pm-7 pm and performances will be from 7 pm-8 pm. Learn and participate!

Would you like to do a table display/activity? Perhaps your family could adopt a Country and report on it? Do you have a favorite activity to share with friends? Contact the PTO at [Pelham.ma.pto@gmail.com](mailto:Pelham.ma.pto@gmail.com) to sign up!

If you are interested in performing at this event, please contact the PTO!

# SWEEPSTAKES DETAILS



**EARN EASY,  
GIVE EASY.**

ENTER FOR A CHANCE TO  
**WIN 5,000  
BONUS BOX TOPS**  
FOR YOUR SCHOOL AND A  
**\$50 GIFT CARD**  
FOR YOU!

See official rules [here](#).

Scan your receipt on the Box Tops app for a chance to win 5,000 Bonus Box Tops for your school and a \$50 gift card for you!

Sweepstakes begins 1/1/20 and ends 2/28/20.



# JANUARY

## Pelham Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Did you know?</b></p> <p>Eating breakfast can increase memory and concentration throughout the day!</p> <p>Skipping breakfast can alter your mood and energy levels during the day.</p> <p>Join us in eating breakfast today!</p>		<p>1 No School</p> 	<p>2 Cereal Variety Flavored Yogurt Graham Crackers Applesauce Strawberry Cup 1% Low Fat Milk</p>	<p>3 Apple Cinnamon Muffin Apple Juice Raisins 1% Low Fat Milk</p>
<p>6 French Toast Sticks Cheese Stick Strawberry Cup Diced Pears 1% Low Fat Milk</p>	<p>7 Blueberry Muffins Assorted Fresh Fruit Applesauce 1% Low Fat Milk</p>	<p>8 Oatmeal Banana Raisins Cheese Stick 1% Low Fat Milk</p>	<p>9 Egg and Cheese Sandwich Applesauce 1% Low Fat Milk</p>	<p>10 Mixed Berry Spiral Cheese Stick Banana Apple Slices Graham Crackers 1% Low Fat Milk</p>
<p>13 WG Pancakes Sausage Patty Orange Juice 1% Low Fat Milk</p>	<p>14 Choc Chip Banana Muffin Apple Slices Mixed Berry Cup 1% Low Fat Milk</p>	<p>15 Egg and Cheese Burrito Pico De Gallo Fresh Apple Raisins 1% Low Fat Milk</p>	<p>16 Scrambled Eggs With Toast Kale Chips Banana Mixed Berry Cup 1% Low Fat Milk</p>	<p>17 No School</p>
<p>20 No School</p>	<p>21 Corn Muffin Apple Juice Craisins 1% Low Fat Milk</p>	<p>22 Blueberry Delight Banana Apple Slices 1% Low Fat Milk</p>	<p>23 Egg and Cheese Sandwich Apple Slices Banana 1% Low Fat Milk</p>	<p>24 Apple Cinnamon Spiral Turkey Bacon Mixed Berry Cup Fresh Apple 1% Low Fat Milk</p>
<p>27 Flavored Yogurt Graham Crackers Cereal Variety Assorted Fresh Fruit 1% Low Fat Milk</p>	<p>28 Strawberry Muffin Cheese Stick Fruit Punch Chilled Peaches 1% Low Fat Milk</p>	<p>29 Breakfast Pizza 100% Fruit Juice 1% Low Fat Milk</p>	<p>30 Southwest Veggie Frittata Toast Fresh Apple 1% Low Fat Milk</p>	<p>31 Blueberry Scones Sausage Patty Banana Apple Slices 1% Low Fat Milk</p>

**Breakfast Prices**  
**Free: No Charge**  
**Reduced: \$0.30**  
**Paid: \$0.75**



Vendor of the Month:  
 Phoenix Farms  
 401 Mill Valley Rd  
 Belchertown, MA 01007  
 (413) 213-1414

**Daily Breakfast Includes:**  
 Whole Grain Rich Item 1-  
 2 oz  
 Fat Free, Skim Milk,  
 Lactaid Milk 1 Cup  
 Fresh Fruit 1 cup

This institution is an equal opportunity provider. Menus are subject to change.

# JANUARY

## Pelham Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Follow us at  <a href="http://www.facebook.com/amherstFood.com">www.facebook.com/amherstFood.com</a>                      Follow the Farm to school movement &amp; Food Program at  <a href="http://www.amherstfood.com">www.amherstfood.com</a></p>		<p>1 <b>No School Today</b></p> 	<p>2 WG Pancakes                      Scrambled Eggs                      Seasoned Black Beans                      Cucumber                      Strawberry Cup</p>	<p>3 Cheese Pizza                      Spinach Salad                      Pineapple Tidbits</p>
<p>6 Black Bean Taco Bowl                      Tortilla Chips                      Corn                      Applesauce</p>	<p>7 Cheese Nachos                      Pico De Gallo                      Seasoned Black Beans                      Banana</p>	<p>8 Vegetable Lasagna                      Bread Stick                      Chopchop Salad                      Roasted Chickpeas                      Fresh Apple</p>	<p>9 Hamburger                      Veggie Burger                      French Fries                      Lettuce &amp; Tomato                      Oranges Halves</p>	<p>10 Cheese Pizza                      Romaine Salad                      Green Peppers                      Fresh Apple</p>
<p>13 Grilled Cheese Sandwich                      Tomato Soup                      Roasted Chickpeas                      Kale Chips                      Orange Juice</p>	<p>14 Mexi Beef                      Black Beans                      WW Tortilla                      Black Bean &amp; Corn                      Salsa                      Lettuce                      Baby Carrots                      Applesauce</p>	<p>15 Chicken &amp; Waffles                      Fresh Grapes                      Cucumber Coins                      Sauteed Kale</p>	<p>16 BBQ Chicken                      Bread Stick                      Mashed Potatoes                      Chopchop Salad                      Watermelon</p>	<p>17 <b>No School Today</b></p>
<p>20 <b>No School Today</b></p>	<p>21 Pasta Salad                      Popcorn Chicken                      Vegetarian Beans                      Apple Slices</p>	<p>22 Loaded Baked Potato                      Steamed Broccoli                      Cornbread                      Apple Slices</p>	<p>23 General Tso's Chicken                      Brown Rice                      Broccoli                      Roasted Carrots                      Banana</p>	<p>24 Cheese Pizza                      Zucchini Chips                      Cucumber Coins                      Fresh Apple</p>
<p>27 French Toast Sticks                      Scrambled Eggs                      Seasoned Black Beans                      Cucumber                      Strawberry Cup</p>	<p>28 Pulled Pork Sandwich                      Chicken Patty Sandwich                      Lettuce &amp; Tomato                      Corn                      Apple Slices</p>	<p>29 Sweet And Sour Chicken                      Brown Rice                      Diced Pears                      Green Beans</p>	<p>30 Beef Ravioli                      Cheese Ravioli/                      Marinara Sauce                      Spinach Salad                      Apple Slices</p>	<p>31 Pepperoni Pizza                      Cheese Pizza                      Applesauce                      Kale Chips</p>

### Lunch Price

Student	\$3.00
Reduced	\$0.40
Adult	\$3.50
Milk	\$0.60



Vendor of the Month:

Phoenix Farms  
 401 Mill Valley Rd.  
 Belchertown, MA 01007  
 (413) 213-1414

Available Daily  
 Assorted  
 Sandwiches  
 Gluten Free (upon  
 Request)  
 Vegetarian  
 Variety of Milk

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