



Litwin School Newsletter May, 2018

Principal's Message

Volume 9

Upcoming Dates:

- May 1– May 17**
MCAS TESTING
- May 7—May 11**
Teacher Appreciation Week
- Tues. May 8**
K & 1 Field Trip CT Science Center
- Thur. May 3**
PTO Meeting 4:00pm
- Fri. May 18**
Making Good Choices Anti Bullying Assembly
- Tues. May 22**
Room 7 Farm Field Trip
- Fri. May 25**
Memorial Day wreath laying with Veterans
- Fri. May 25**
Gr. 3 Field Trip Old Sturbridge Village
- Fri. May 25**
Gr. 5 Class Photo
- Mon. May 28**
Memorial Day
NO SCHOOL
- Thur. May 31**
Gr. 5 Field Trip Hartford Yard Goats

Dear Litwin Families,

We are celebrating Teacher Appreciation Week May 7—11. We wish to extend our heart-felt thanks to our teachers and exemplary staff for all of their hard work and dedication! Litwin School would not be the wonderful, welcoming, and thriving place it is without our talented teachers and staff! Please join me in thanking all of our tremendous educators who put students first, every day!

This month students in grades 3-5 are participating in the Math MCAS assessment. Students in grade 5 are also participating in Science Technology Engineering MCAS. Students need to arrive on time on testing days. If your son or daughter will be absent on their scheduled testing day please contact the office as soon as possible. Please see the testing schedule below.

MAY MCAS TESTING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 ■ Grade 5 MCAS MATH	2 ■ Grade 5 MCAS MATH	3 ■	4 ■
7	8 ■ Grade 4 MCAS MATH	9 ■ Grade 4 MCAS MATH	10 ■ Grade 3 MCAS MATH	11 ■ Grade 3 MCAS MATH
14	15	16 ■ Grade 5 MCAS Science Technology En- gineering	17 ■ Grade 5 MCAS Science Technology En- gineering	18

If you would like to make a request for your child's 2018-2019 class placement, please send in a letter telling us how your child learns best and his/her style of learning, not just a teacher's name. Letters must be received by Fri. May 25 in order to be considered for next school year. Letters regarding classroom placement will be mailed home to all students attending Litwin for the 2018-2019 school year at the end of August.

If you have any questions or concerns please don't hesitate to contact me at the school (413) 594-3545 or via e-mail emasse@chicopeeps.org

Yours in Education,

Mrs. Masse, Principal



Earth Day 2018



Greetings from Room 13 the Science room!

There are two months left of Science with much to do. Grade 4 is working on an animal adaptations project which will be presented by each of the students in mid-May. Grade 5 is carefully preparing their research on an inventor and an invention which they will present the last week in May.

In Science we are currently wrapping up a unit on plants and living things. The next topic area will include technology, forces and motion, and energy. Here in the photos you can see the students working on a design challenge using marshmallows and toothpicks. These hands-on activities are often the most fun. As you can see, the students really get into their work!

Thanks for tuning in!

Mr. Geoffroy



Grade 3 students with their design



Kindergarten students



Notes from the Nurse



Asthma is the leading cause of missed school days for children. It's now peak season for allergy and asthma sufferers, and a perfect time to recognize the causes of asthma and allergies to best prevent and treat attacks.



Allergy symptoms include: coughing, sneezing, itchy eyes, runny nose, and scratchy throat. Common allergens and irritants found in and around the home are pollen, dust mites, mold, insect droppings, pet dander, and secondhand smoke. Exposure to these allergens can even bring about a serious asthma attack.

During an Asthma attack, airways become narrowed and breathing can become extremely difficult. Common asthma symptoms include wheezing, shortness of breath, chest tightness, and coughing. Asthma cannot be cured but it can be controlled.

Clear your home of allergy/asthma triggers - choose not to smoke- keep bed linens clean -keep pets out of the bedrooms -clean up the mold and get rid of excess moisture --limit use of pesticide sprays. Dust and vacuum regularly, and use air conditioning when possible.

Helpful tips for instilling proper hygiene habits in your child

Take the time and have the patience to teach these healthy habits now, so by the time your child is ready to tackle them solo, you can be confident that he or she will do a first-rate job.



- Tooth Brushing
- Hair Brushing
- Hand washing
- Taking Baths

Enhancing Children's Activity & Nutrition

As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods - and is a good way to spend time together as a family.

What is a "healthy" diet?

- A healthy eating plan is one that :
- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars.



Amena Assaf MSN RN
Litwin School Nurse

MAY 2018

CHICOPEE ELEMENTARY SCHOOL LUNCH MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	Local Beef Tacos Made w/ FF Beef and Served w/ Lettuce, Tomato, Cheese, Sour Cream and Salsa Rice and Beans Sliced Peaches Assorted Fruit	Local Fish Sandwich w/ Special Sauce FF Coleslaw Oven Fries Ice Cream Sandwich Assorted Fruit	Local Egg Frittata Made w/ FF Eggs, FF Milk, and FF Potatoes Texas Garlic Toast Corn Niblets FF Fruited Yogurt Parfait Assorted Fruit	Stuffed Crust Pizza Chop Chop Salad w/ Garbanzo Beans FF Apple Cider Assorted Fruit
7	8	9	10	11
Cheeseburger On a Whole Wheat Bun w/ Lettuce & Tomato Sidelwinder Fries Carrot Sticks w/ Dip Sliced Peaches Assorted Fruit	Baked Ham Flatbread w/ Mozzarella Cheese Lemon Zest Broccoli Celery Sticks FF Chocolate Pudding Assorted Fruit	Chicken Teriyaki Bowl Teriyaki Chicken Dippers Served w/ Steamed Rice & Stir-Fried Veggies Fortune Cookie Mandarin Oranges Assorted Fruit	Shepherd's Pie Made w/ Corn, Ground Beef, and FF Mashed Potatoes Whole Wheat Roll Three Bean Salad Apple Crisp Assorted Fruit	Big Daddy's Pizza Greek Salad w/ Cherry Tomatoes & Cucumbers Petite Banana Assorted Fruit
14	15	16	17	18
Cook's Choice	Grilled Cheese & Local Soup Special! Ooey-Gooey Grilled Cheese made with FF Cheddar, Served w/ FF Chili Broccoli Crowns w/ Dip FF Fruited Yogurt Parfait Assorted Fruit	Local Coconut-Crusted Fish w/ Special Sauce & Coleslaw Cilantro Lime Rice Corn Niblets Homemade Brownie Assorted Fruit	Hot Dog On a Whole Wheat Bun Oven Fries Baked Beans FF Pickles Craisins Assorted Fruit	Sal's Pizza Rainbow Salad w/ Spinach FF Fruited Yogurt Parfait Assorted Fruit
21	22	23	24	25
Chicken Patty Sandwich On a Whole Wheat Bun w/ Shredded Lettuce Cape Cod Chips Snack Pack Carrots w/ Dip Pineapple Chunks Assorted Fruit	Spaghetti w/ Local Meat Sauce Made w/ FF Beef Seasoned Green Beans Texas Garlic Toast Blueberries in a Cloud Assorted Fruit	Chicken Quesadilla w/ Salsa, Lettuce, & Sour Cream Pinto Beans Corn Niblets Fruit Sherbet Assorted Fruit	Local Turkey Dinner FF Turkey from Diemand Farms w/ Hearty Gravy Warm Breadstick FF Mashed Potatoes FF Honey Carrot Coins FF Applesauce Assorted Fruit	Personal Pizza Chicopee Cobb Salad w/ Tomato, Corn, Bacon Bits, and Ranch Dressing FF Apple Slices Assorted Fruit
28	29	30	31	
No School MEMORIAL DAY!	Cook's Choice	Breakfast for Lunch! FF Maple Apple French Toast Bake, Made w/ Local Maple Syrup, Apples, Eggs, & Milk FF Roasted Potato Wedges Blueberries in a Cloud Assorted Fruit	Beef and Broccoli FF Beef and Broccoli Stir-Fried Over Rice Cucumber Slices w/ Dip Snickerdoodle Cookie Assorted Fruit	

Harvest of the Month:
SEAFOOD



Massachusetts fishermen catch an average of 275 million pounds of seafood per year. Fish is a great source of protein, and can help improve your memory!

Eat ChicopeeFRESH!

Support your health & the local economy by choosing farm fresh options on the menu. Just look for the "FF" symbol!

Follow our Farm to School Movement at www.chicopeefresh.com or on Instagram & Facebook @ChicopeeFRESH

Local Vendor Spotlight







North Coast Seafood – Boston, MA
North Coast provides us with sustainably-caught local red fish from the Gulf of Maine!

USDA is an equal opportunity provider and employer. Menus may contain allergens. Menus subject to change.
To view our menus online:
<http://chicopeeps.nutrislice.com/>

Sgt. Robert R. Litwin School

May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Teacher Appreciation Week May 7-May 11 	7 Girls On The Run Practice Run 2:45 PM 	8 Gr. 4 MCAS Math Grade K & 1 Field Trip CT Science Center After School Cooking Club Gr-4.	9 Gr. 4 MCAS Math	10 Gr. 3 MCAS Math Open Always Program 7:50 After School Art Program	11 Gr. 3 MCAS Math	12 Teacher Appreciation Week May 7-May 11 
13 	14	15 After School Cooking Club Gr-4.	16 Gr. 5 MCAS Science	17 Gr. 5 MCAS Science Open Always Program 7:50 After School Art Program	18 Making Good Choices Anti Bullying Assembly for all students	19
20	21 22 Room 7 Field Trip Luther Belden Farms PTO MERT AWARDS DINNER After School Cooking Club Gr-4.	23	24 Open Always Program 7:50 After School Art Program	25 Grade 3 Field Trip Old Sturbridge Village -Veterans Wreath Laying Ceremony -Gr 5 Class Photo	26	
27	28 NO SCHOOL 	29	30	31 Grade 5 Field Trip Hartford Yard Goats Open Always Program 7:50		

