



## Litwin School Newsletter April, 2018



Vol 8

### Principal's Message

#### Upcoming Dates:

- Mon. April 2**  
Light it Up Blue  
World Autism Day
- Tues. April 3**  
Grade 4 MCAS
- Wed. April 4**  
Grade 4 MCAS
- Thur. April 5**  
Grade 3 MCAS  
PTO MEETING  
@ 4:00 PM
- Fri. April 6**  
Grade 3 MCAS
- Tues. April 10**  
Grade 5 MCAS
- Wed April 11**  
Grade 5 MCAS
- April 16—20**  
No School Spring  
Vacation
- Thur. April 19**  
Spring Clean Up
- Fri. April 20**  
RAIN DATE Spring  
Clean Up
- Tues. April 24**  
4th grade SSO Concert  
Field Trip
- Tues. May 1**  
Gr 5 MCAS
- Wed. May 2**  
Gr 5 MCAS

Dear Litwin Families,

We have been working very hard at Litwin School! On April 3, we will begin MCAS testing. MCAS testing will continue this month and next month for students in grades 3-5. Please make sure to send your child to school on time and rested. It makes a big difference! Please notify the office immediately if your child will be absent during the MCAS testing window. Testing will take place at Litwin April 3—May 17.

Over April vacation, we would like to remind students to practice math facts and read every night. On Thursday, April 19, PTO members, parents and students will be participating in our annual spring clean up from 10:00 am—11:00 am. If you are able to come and donate your time it will be greatly appreciated. Please bring rakes and gloves if you have them. The rain date is the following day, Friday, April 20.

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](mailto:emasse@chicopeeps.org)

Yours In Education,  
Mrs. Masse



# PTO MEETING

**April 5, 2018**

**4:00 pm**

*Child care will be provided.*

*This month we will be voting*

*on recipients for the Chicopee Citywide PTO Merit*

*Awards. All paid members of the PTO are allowed to*

*vote. Please join us.*

## **Reminder from the office**

If your son or daughter is absent please call the school at 594-3545 or send in a note. If no call or note is received an automated attendance call will be sent to the parent/guardian. If you bring your child to the doctors please provide a dr.'s note so that the absence can be recorded as a medically documented absence. Thank you!

# We asked some 5th graders, what's something you look forward to doing over April vacation?



Kamila N: It's going to be fun. I am going to Six Flags. Hopefully I will be able to go on all the rides. I'm absolutely going to get cotton candy.

Catherine R: I look forward to going to New Mexico over April break.

Jack B: I'm looking forward to going to Disney World with my mom, dad, grandma, and maybe my brother.

Isabella M: I am going to visit my aunt in Maine with my brother.

David D: I'm looking forward to celebrating my birthday and enjoying the lovely spring air over break!

Alyiah C: I'm looking forward to going to Six Flags over April break. I'm very excited to go on the new Harley Quinn Spinsanity, ride.

Daniel K: My family and I are going to Ohio. I haven't been since I was a baby. We are going to the Rock N' Roll Hall of Fame. It should be a fun trip!

Gavin M: I am looking forward to playing outside with my brother and sister.

Ethan S: I will play soccer with my team, Western United. We are going to Boston to play a tournament, I really hope we win!

Lucas B: I'm looking forward to going to Interskate 91.

Samantha Y: I'm looking forward to my birthday party on vacation. It will be so much fun!

Mirna O: Looking forward to camping and celebrating my birthday. I love camping!

Annalese L: I look forward to going to my Martial Arts program, we do a lot of fun activities such as we get to go outside, do arts and crafts, and go on field trips.



## Notes from the Nurse

### Spring Health and Safety Tips

Spring has finally arrived and as the sun warms each day, you are spending more time outdoors with your children. It's a wonderful idea to get out of the house and enjoy some fresh air and outdoor playtime, but it's also important to keep spring safety topics in mind so your family is protected.

#### Sun safety

The warm sun can feel wonderful after being cooped up during cooler months. Some basic safety tips to follow include always making your kids wear sunscreen, even on cloudy days. Apply it 15 to 30 minutes before going outside and reapply often. Cover up with hats and light shirts to provide a barrier between the sun and their skin, especially during peak sun times.



#### Keep an eye out while driving

Because it's nice outside, your children - and all the neighborhood children - will probably be outside and running everywhere. Take extra precautions while driving through your neighborhood and other neighborhoods, and keep an eye out for balls rolling toward the road, or pets that aren't properly leashed that could dash in front of your car.

#### Spring allergies

One of the most common spring health issues is allergies. Children can have allergies just as severely as an adult and can develop them at any time. Look out for common symptoms which include repetitive sneezing, heavy breathing, runny nose, and itchy eyes, ears and throat.



#### Insect bites

People aren't the only ones who love the outdoors when the weather warms; insects flourish as a natural part of the ecosystem. Unfortunately some insects can bite and sting, causing spring safety problems for children. Bites that parents should be more concerned about include spider bites, tick bites and bee stings. If your child is stung by an insect of concern, keep a close eye on his or her health. If he or she experiences difficulty breathing, swelling, faintness or vomiting, seek medical help right away.

Happy Spring!

Amena Assaf MSN RN

Litwin School Nurse

Sgt. Robert R. Litwin School

# April 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <b>LIGHT IT UP</b> <b>BLUE Autism Awareness</b>	3 <b>GRADE 4 MCAS</b> Autism Awareness Field Trip to Sunshine Village Rm 17 <i>After School Cooking Club Gr 4.</i>	4 <b>GRADE 4 MCAS</b>	5 <b>GRADE 3 MCAS</b> <b>PTO MEETING @ 4:00 PM</b> <i>After School Band After School Art</i>	6 <b>GRADE 3 MCAS</b>	7 <i>Applebee's pancake fundraiser</i> 8:00 AM– 10:00 AM 
8 Litwin Garden Planting 	9 Litwin Garden Planting 	10 <b>GRADE 5 MCAS</b> <i>After School Cooking Club Gr 4.</i>	11 <b>GRADE 5 MCAS</b>	12 <i>After School Band After School Art</i>	13 <i>20 Earth Day Clean Up Rain Date 10 AM–11 AM</i>	14 <i>Applebee's</i>
15	16	17	18	19 <i>Earth Day Clean Up 10 AM–11 AM</i>	20 <i>Earth Day Clean Up Rain Date 10 AM–11 AM</i>	21
22 	23	24 <b>Grade 4 Field Trip Springfield Symphony Orchestra</b> <i>After School Cooking Club Gr 4.</i>	25	26 <i>After School Art</i>	27	28
29	30	1 <b>GRADE 5 MCAS</b>	2 <b>GRADE 5 MCAS</b>	3 <i>After School Art</i>	4	5

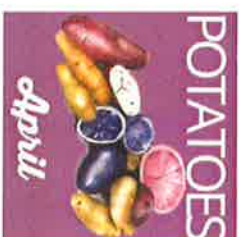
**NO SCHOOL**

# APRIL 2018

# CHICOPEE ELEMENTARY SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Munchie Bowl</b> Popcorn Chicken, Potato Rounds, and Cheese Bites w/ Marinara Sauce Snack Pack Carrots Texas Garlic Toast Orange Slices Assorted Fruit	<b>Chicken Scampi</b> Garden Salad Warm Breadstick Fruit Sherbert Assorted Fruit	<b>Rustic Grilled Cheese Sandwich</b> w/ FF Cheddar, Served with Homemade FF Chicken Noodle Soup Celery Sticks Mandarin Oranges Assorted Fruit	<b>Baked Herb Chicken</b> FF Mashed Potatoes FF Honey Glazed Carrots Garlic Knot FF Candied Apple Assorted Fruit	<b>Sal's Pizza</b> Garden Salad w/ Cherry Tomatoes, Cucumbers, and Chickpeas Strawberry Shortcake Assorted Fruit
<b>Tuna Boat</b> On a WW Bun Cape Cod Chips Carrot & Celery Sticks w/ Dip FF Pickles Banana Assorted Fruit	<b>Slammin' Season Opener!</b> Fenway Frank on a WW Bun Boston Baked Beans Side/under Fries Pop-Up Popcorn Green Monster Smoothie Assorted Fruit	<b>Local Baked Potato Bar</b> w/ FF Potato, Broccoli, Black Beans, and Cheese FF Carrot Sticks w/ Dip Pumpkin Chocolate Chip Bar Assorted Fruit	<b>Baked Ham &amp; Cheese Flatbread</b> Tomato Soup Cucumber Slices Chocolate Pudding w/ FF Milk Assorted Fruit	<b>Big Daddy's Pizza</b> Rainbow Salad w/ Spinach and Berries FF Apple Slices Assorted Fruit
No School	No School	No School	No School	No School
<b>APRIL VACATION</b>	<b>APRIL VACATION</b>	<b>APRIL VACATION</b>	<b>APRIL VACATION</b>	<b>APRIL VACATION</b>
23	24	25	26	27
<b>Breakfast for Lunch</b> French Toast Sticks w/ Syrup Sausage Patty Hash Brown FF Fruited Yogurt Parfait w/ Granola Assorted Fruit	<b>Baked Mac &amp; Cheese</b> Made from Scratch w/ FF Cheddar Cheese Steamed Broccoli Spinach Cornbread Pear Cup Assorted Fruit	<b>Chicken Patty</b> On a Whole Wheat Bun with Lettuce & Tomato FF Seasoned Potato Wedges FF Pickles Berry Shortcake Assorted Fruit	<b>BBQ Pulled Pork Sandwich</b> FF Coleslaw FF Sweet Potato Casserole Baked Beans FF Applesauce Assorted Fruit	<b>Personal Pizza</b> Caesar Salad w/ Romaine Grapefruit Sections Assorted Fruit
30				

Harvest of the Month:  
**POTATOES**



Potatoes are the leading vegetable crop in the U.S., and the 4<sup>th</sup> largest crop in the world. In 1995, the potato was the first vegetable to be grown in outer space!

### 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](http://www.chicopeefresh.com) or on Instagram & Facebook @ChicopeeFRESH

### Local Vendor Spotlight



**Szawlowski Potato Farm – Hatfield, MA**  
*In any given week, our cooks collectively use as many as 2,000 lbs of local potatoes!*

**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/>