



MOSIER MESSAGE

Latest news and bulletin updates

November
2021

IMPORTANT DATES

*11/2 Schools Closed Full-day
Teacher In-Service (Election Day)*

11/11 Schools Closed - Veterans Day

11/18 Pie Pick up

*11/24 Half Day Thanksgiving Recess
Dismissal at 11:50am*

*11/25-11/26 Schools Closed
Thanksgiving Recess*

Students Return to school 11/29

THE LATEST SCOOP

With the chilly crisp air and fallen leaves the weather has changed and fall is here for sure! November 7th is when daylight savings ends and we can all enjoy that extra hour in our day or to rest. Don't forget to reset your clocks! Mosier wrapped up the Month of October with lots of fun. Monthly theme days began this month kicking off with "dress up as your favorite character/school spirit day", it was great seeing all those creative characters! In addition, a successful Truck or Treat event was held by the PTO. Thank you to all who helped or donated to support the event!

During the month of November, with Veterans' Day and Thanksgiving, it is a wonderful time to reflect, think of others, and the things we are thankful for in our lives. Included with this newsletter are some thoughtful yet simple thanks and giving ideas to brighten someone's day. This is an **optional** but fun activity if you'd like to participate leading up to

Thanksgiving. We'd love to hear and share some of your stories to include in next month's news!

Mosier Pride Wednesday

Who's got spirit? We do!

Show your school spirit and wear orange, black, white or Mosier pride gear every Wednesday throughout the school year!

Mosier Swag Sale

If you don't have any spirit wear now's the time to purchase. Sweatshirts, t-shirts, hats, etc.! Sale will begin **November 5th - November 18th**. Delivery should be before the holidays. Ordering details and flyer to follow!

PTO

Next meeting is on **Nov 18th at 6:30pm**. In the cafeteria, masks are required.

Pie Fundraiser pick-up is on **Nov 18th**. More info to follow! Contact for more info: mosierelementarypto@gmail.com

IMPORTANT NOTES FOR CARGIVERS

The weather is getting colder, please remember to send students to school with jackets, hats, and prepared for colder weather. Please be mindful to send in charged chrome books each day with students they are being used in class each day. In addition, we have many items in the lost in found. If you have an item that is missing please reach out to the office at Mosier or encourage your child to look at the lost and found table outside the cafeteria

Snacks and Waters

Please have students bring snacks to school or add money to their accounts so they may purchase one during snack time. We have limited water available, please encourage your students to bring a

refillable water bottle each day (we have a refilling fountain in the cafe).

Chromebook Insurance

Chromebook insurance can be purchased each school year. If you completed the Chromebook Agreement Form choosing the optional insurance, please send your payment to Mosier school asap. It's \$50.00 per school year (\$25 for families on reduced lunch; \$15 for families on free lunch.). Checks can be made payable to **TOWN OF SOUTH HADLEY** and can be dropped off at the office or sent in with your student. Thank you!

Free Lunch Application

Free lunch is offered to all students during the 2021-2022 school year. If you qualify for the free and reduced lunch program it could mean additional benefits for you and your family. If you are interested in filling out an application or your situation has changed, the application can be found on the Mosier website or student can take home from the office. Forms will be available to be submitted all year.

Fun Fact! Corn, beans, and squash were important crops once known by the Native Americans as **The Three Sisters!** They were often planted together and helped each other as a real family might. As the corn grew tall the beans climbed up and around and were supported by the corn stalks. This kept the stalks strong in the wind. The squash leaves spread out across the grounds and the large leaves shaded the soil, kept it moist, and stopped weeds from growing. Each plant had an important job in protecting the other!



Thanks and Giving November

FUN WAYS TO GIVE BACK IN NOVEMBER

DONATE CLOTHES TO A LOCAL SHELTER
RAKE YOUR NEIGHBORS LEAVES
SEND FLOWERS TO SOMEONE
BAKE COOKIES OR A QUICK BREAD FOR A NEIGHBORS
DONATE FOOD TO A FOOD DRIVE
WRITE A LETTER AND MAIL IT TO SOMEONE
DONATE BOOKS TO YOUR LOCAL LIBRARY
TAPE A DOLLAR BILL TO A VENDING MACHINE
DO A CHORE WITHOUT BEING ASKED
THANK A TEACHER WITH A NOTE OR BY DRAWING A PICTURE
RECYCLE
TAPE A BAG OF MICROWAVE POPCORN TO A REDBOX KIOSK
WRITE A THANK YOU NOTE
CLEAN SOMETHING FOR SOMEONE
SHARE
GET TO KNOW SOMEONE NEW
TELL A JOKE
GIVE A COMPLIMENT TO A FRIEND
BUY SOMEONE COFFEE
DELIVER A MEAL TO A NEW MOM
HOLD THE DOOR FOR SOMEONE
LET SOMEONE CUT IN LINE
DONATE OLD TOYS
SUPPORT A SMALL BUSINESS
ENCOURAGE SOMEONE
MAKE SOMEONE SMILE
HELP SOMEONE CARRY THEIR GROCERIES
VACCUM
TAKE A TREAT TO WORK AND SHARE WITH YOUR COWORKS
GIVE A SNACK OR WATER TO A UPS OR FED EX DRIVER
LEAVE POSITIVE NOTES IN RANDOM PLACES
PICK UP LITTER
CONTINUE ACTS OF KINDNESS!

November 2021

Dear Families,

The South Hadley Food and Nutrition Department is asking for your patience and support as we navigate new challenges. As you may be aware, we are currently faced with unprecedented shortages of food and packaging materials, massive delays or cancellations of deliveries, and department labor shortages. Nationwide shortages and delays have affected availability of certain food items, leading to substitutions of menu items we've been able to offer regularly in the past. These supply issues are occurring throughout the country and are especially challenging for school systems, due to the quantity of meals we serve and the nutrition standards we follow.

All of this means that we may need to make quick substitutions to our menus based upon what we are able to acquire. We know that this affects students, and we are doing our best to provide updates about menu changes when possible as soon as we identify an issue.

Please know that our number one priority continues to be providing healthy, nutritious, and appetizing meals for your children. We love seeing them every day and appreciate your support and patience as we continue to offer meals at no charge for all students. The good news is that free breakfast and lunch will continue throughout the school year, so please stick with us while we face yet another challenge. Your participation helps our program stay strong, and we look forward to serving you!

ALL STUDENTS EAT FOR FREE FOR THE 2021-2022 SCHOOL YEAR

Children need healthy meals to learn. The South Hadley Public Schools offer a variety of healthy meals every school day. Meals both breakfast and lunch will be FREE TO ALL students under the USDA's Child Nutrition Programs regardless of eligibility through June 30, 2022. Even though all children are FREE, it is recommended that Free and Reduced Applications continue to be filled out if you feel you qualify. All students will be downloaded through the Virtual Gateway System to determine if they are "Direct Certified as FREE OR REDUCED through the state.

If you receive a notice that your child qualifies for Free or Reduced Meals, you DO NOT need to fill out a paper application for the 2021-2022 school year. A free or reduced meal status can be used to determine if your student is eligible for waivers or reductions in fees for other programs within the school or benefits provided by the state.

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
1 <u>GILARDI STUFFED CRUST CHEESE PIZZA</u> FRESH BROCCOLI W/ DIPPING SAUCE MIXED FRUIT	2 <i>NO SCHOOL TEACHER IN SERVICE</i>	3 <u>TURKEY LO MEIN</u> MIXED VEGETABLES DINNER ROLL SLICED APPLES	4 <u>ROTINI W/ MEAT SAUCE</u> GREEN BEANS BREAD & BUTTER SLICED PEACHES	5 <u>FIESTA NACHOS</u> (GROUND BEEF, MEXICAN RICE MIXED W/ CORN & BEANS) TORTILLA SCOOPS STEAMED CARROTS SOUR CREAM & SALSA OTIS SPUNKMEYER COOKIES
8 <u>STEAMED HOT DOGS</u> BAKED BEANS RED. FAT "CAPE COD" CHIPS VEGGIE STICKS DICED PEARS	9 <u>TACO TUESDAY</u> LETTUCE, TOMATO, CHEESE, SALSA & SOUR CREAM CORN RICE PILAF CHILLED PINEAPPLE CHUNKS	10 <u>TURKEY & CHEESE GRINDERS</u> LETTUCE, TOMATO, & CHEESE MINI PRETZELS FRESH BROCCOLI W/ DIP MIXED FRUIT	11 <i>VETERAN'S DAY NO SCHOOL</i>	12 <i>MANAGER'S CHOICE MENU WILL BE POSTED 11/5/21</i>
15 <u>CHICKEN PATTIE SANDWICH</u> LETTUCE & TOMATO POTATO PUFFS STEAMED VEGGIES CHILLED FRUIT	16 <u>SLOPPY JOE SANDWICH</u> OVEN FRIES CORN NIBBLETS CINNAMON APPLESAUCE	17 <u>GRILLED CHEESE SANDWICH</u> TOMATO SOUP STEAMED CARROTS GOLDFISH CRACKERS MINI RICE KRISPIE TREAT	18 <u>TURKEY & GRAVY</u> MASHED POTATOES BREAD STUFFING GREEN BEANS CRANBERRY SAUCE DINNER ROLL SUNDAE CUPS	19 <u>ASSORTED SANDWICHES</u> TURKEY NOODLE SOUP BLACK-EYE PEA SALAD BABY CARROTS OTIS SPUNKMEYER COOKIES
22 <u>CHEESE BURGERS</u> GARLIC DUSTED POTATO WEDGES CHERRY TOMATOES MIXED FRUIT	23 <i>"FRESH"</i> <u>SAL'S CHEESE PIZZA</u> TOSSED SALAD W/ DRESSING CHILLED FRUIT	24 <i>½ DAY NO LUNCHES SERVED</i>	25 <i>THANKSGIVING RECESS</i>	26 <i>THANKSGIVING RECESS</i>
29 <u>MEATBALL GRINDERS W/ PARM CHEESE</u> PEPPERS & ONIONS CUCUMBER WHEELS MINI PRETZELS CINNAMON APPLES	30 <u>CHICKEN FAJITAS</u> PEPPERS & ONIONS SALSA & LIGHT SOUR CREAM RICE PILAF STEAMED CORN CHILLED FRUIT	<u>BREAKFAST</u> REMINDER! BAGGED BREAKFAST WILL BE SENT HOME WITH STUDENTS IN THE AFTERNOON FOR THE FOLLOWING SCHOOL DAY. YOU MUST SIGN UP IN ADVANCE.	<u>MEALS ARE FREE TO ALL STUDENT THROUGH JUNE, 2022 PAYMENTS FOR SNACKS OR ALACART ITEMS CAN BE PAID ON-LINE AT MYSCHOOLBUCKS.COM</u>	"CASH-LESS" If you would like to put money on your student's account, you can send in a check. Change will not be given if a student uses cash. The entire amount will be deposited into their account.

BREAKFAST AND LUNCH ARE FREE TO ALL STUDENT THROUGH JUNE 2022. LUNCH MEALS INCLUDE MILK & ASSORTED WHOLE FRUIT.
ADDITIONAL MILK IS 50 CENTS. LARGE SALADS, YOGURT, AND ASSORTED SANDWICHES ARE AVAILABLE DAILY AS A TYPE "A" MEAL ALTERNATIVE.
THE MENU IS SUBJECT TO CHANGE.

News From The Nurse

Your decision to get the flu shot or not goes well beyond you. It also affects the many lives you touch...

Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications, including pneumonia and the worsening of other chronic health conditions. Flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The best way to protect your family from new influenza strains is to get vaccinated each year.

The top five most virus-contaminated areas in the home are:

1. Telephones (have you cleaned your cell phone lately)
2. Appliances such as the refrigerator and microwave
3. Faucets
4. Light switch and door handles
5. TV remotes

Follow good health guidelines: eat right, exercise, and get plenty of rest to help boost your immunity to fight the effects of colds and flu. Wash hands frequently, do the elbow cough, and disinfect hot spots at school, work, and home. Treat the symptoms if you must, but avoid giving aspirin to children because it may cause a rare but serious illness called Reye syndrome.

Fourth graders continue to send in updated physicals!

If you have a religious exemption, I need your yearly letter to that effect.

Remember, if your student is exhibiting these symptoms, you should call the MD to see about being tested for COVID. As always, a student should not come back to school until they have gone 24 hours fever free without use of medication and 24 hours since vomiting.

If you do get your child tested, please send in a copy of the results.

Fever (100 degrees F or higher), chills, or shaking chills

- ☐ **Difficulty breathing or shortness of breath**
- ☐ **New loss of taste or smell**
- ☐ ***Muscle aches or body aches***
- ☐ Cough (not due to other known cause, like chronic cough)
- ☐ Sore throat, *when in combination with other symptoms*
- ☐ Headache, *when in combination with other symptoms*
- ☐ Nausea, vomiting or diarrhea, *when in combination with other symptoms*
- ☐ Fatigue, *when in combination with other symptoms*
- ☐ Nasal congestion or runny nose (not due to other known cause such as allergies), *when in combination with other symptoms*

Stay Healthy!

Kathy Watkins RN

kwatkins@shschools.com fax 413- 538-6922

NOVEMBER 2021

SOUTH HADLEY RECREATION DEPARTMENT



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YOUTH BASKETBALL REGISTRATIONS

Basketball registration are now open and registrations are closing soon! If your child is interested in participating please be sure to register them at www.southhadleyrecreation.org before the programs close.

Registration Deadlines

K-2 Basketball

Registrations ends November 12th

Grade 3-8 Recreation Basketball

Registration Ends November 8th

Grade 5-8 Suburban Basketball

Registration Ends October 29th

DARE High School Basketball

Registration Ends December 8th

NEW YORK CITY BUS TRIP

Our New York City Bus Trip is back this year! The bus will leave South Hadley High School at 7am and arrive in New York City around 10am. You have all day to shop, see a show, go for a skate at Rockefeller Center, have a nice meal, sightsee, etc....the day is yours! Let us take care of the driving. The bus will leave NYC at 6pm to return to South Hadley. **Masks are highly encourage while riding the bus unless you are eating or drinking.**

Seats are a first come first paid basis.

Date: Saturday, December 11, 2021

Cost: \$55 per person

*Please note that NYC has a vaccine mandate on many indoor activities. Please check our website (www.southhadleyrecreation.org) for more information.





VISIT WITH SANTA

IN PARTNERSHIP WITH THE FRIENDS OF BUTTERY BROOK PARK

With rave reviews from last year the friends of Buttery Brook Park and the Recreation Department are happy to announce that virtual visits with Santa are back this year!

The sessions will be held December 9th, 10th, 12th, 16th, 17th & 19th from 5:30-7:30pm and December 11th & 18th from 10am-12pm. Additional times may be added based on demand. Participants must register at www.southhadleyrecreation.org.

There is no cost to visit with Santa. Registration will close 24 hours before the session and it is first come/first served for attendance. This is limited to South Hadley residents and/or students at our public school.

When you sign in one of Santa's helpers will make sure that everyone is up and running with the Zoom platform, and other family and guests will be able to virtually attend as well. The session should last about 10 minutes.

Participants will have the ability to pick up some coloring books and crayons at the South Hadley Public Library at set times.

Each participant will receive a "Nice List" certificate, picture with Santa & a video of their visit.

YOUTH WRESTLING REGISTRATIONS

Our youth wrestling program registration is currently TBA for the 2021-2022 season. We will have more information in mid-November on our website www.southhadleyrecreation.org

BIKE/WALK COMMITTEE TREKS

Sunday, October 31st - 1pm

The first trek of 2021-2022 season will take place on Sunday, October 31st from 1-3pm. It will be about an hour in length in the Woodlawn neighborhood surrounding the new South Hadley Senior Center. Be sure to pick up a map, a free bottle of water and a sealed snack. All ages are welcome and the hike is handicapped accessible.

For something new and different, top off your hike with more exercise on the new outdoor fitness stations at the Senior Center.

Sunday, November 14th - 1pm

The next trek will be on Sunday, November 14th at 1pm with Dr. Olivia Aguilar of the MHC Miller Worley Center for the Environment.

Participants will trek around the Upper Lake and Boardwalk area, which includes the environmental program's living classroom area.

Meet at 12:45pm in the Lower Lake Rd parking area by Talcott Greenhouse Mount Holyoke College, Park Street at Lower Lake Road.

BWC Seeking New Members

Want to be part of a group that is passionate about walking and biking in Town? Want to make a difference for current and future residents in their quality of life? Join us in our quest to improve and/or enhance walking and biking initiatives! BWC committee members need to be residents of South Hadley.

For more information on treks, trek maps or joining the BWC please visit their website at <https://southhadley.org/739/Bike-Walk-Committee>





MEN'S OVER 30 BASKETBALL

Our Men's Over 30 basketball league will be back this winter. Participants must be 30 or older and a resident of South Hadley. Non-residents may be allowed based on availability. Priority will go to those who have participated in the program in the past.

We will have more information on the program in mid-November. For updates on the program please visit our website at www.southhadleyrecreation.org

WOMEN'S PICK UP BASKETBALL

We are hoping to run a women's adult pick up basketball league this winter. Players must be 18 or older to play, and be a South Hadley resident. Non-residents may be allowed based on availability. Priority will go to those who have participated in the program in the past.

If you are interested in playing in this league please contact us at recreation@southhadleyma.gov. If we have enough interest we will work to find a night that works best for those interested and will get it started.

CO-ED ADULT PICK UP SOCCER

Our Co-Ed Adult Pick Up Soccer League will start on Wednesday, December 1st and run through Wednesday, March 16th. Play will take place from 8:00-9:15pm at Mosier Elementary School. **Players must be 18 or older and be a South Hadley resident.** Non-residents may be allowed based on availability. Priority will go to those who have participated in the program in the past.

Pre-registration is required at www.southhadleyrecreation.org and is \$50 for the winter season.

ADULT CO-ED PICKLEBALL & CORNHOLE

We are interested in running both an adult pickleball and cornhole league this winter. Participants would have to be 18 or older to participate, and be a South Hadley resident. Non-residents may be allowed based on availability.

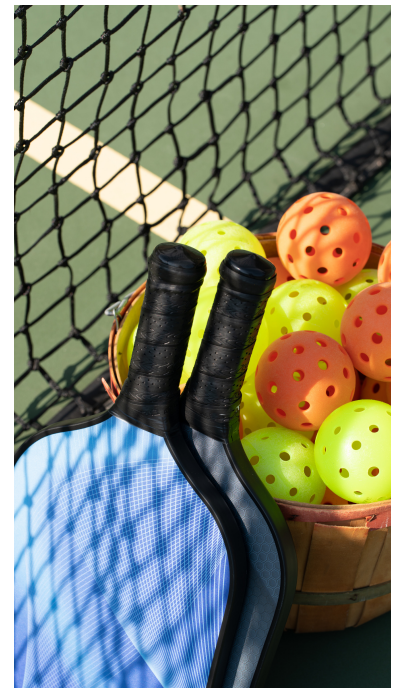
If you are interested in either of these programs please contact us at recreation@southhadleyma.gov. If we have enough interest we will work to find a night that works best for those interested and will get it started.

SOUTH HADLEY TEAM STORE

The South Hadley team store is now open! The store is open now through Sunday, November 14th. We have items for all the sports we offer including; baseball, basketball, cheerleading, field hockey, football, lacrosse, soccer, softball and wrestling.

These would be great gifts for your player or sport fan in your life. Items will be available for pick up the week of Christmas.

You can visit the store at the following link: <https://shrecreation.itemorder.com/shop/sale/>



Contact Information

South Hadley Recreation Department
116 Main St, South Hadley MA

Phone: 413-538-5030 x6188

Email: recreation@southhadleyma.gov

Website: southhadleyrecreation.org