

## May 2018

<b>May 16</b>	<b>BPA Spring Fling</b>
<b>May 22</b>	<b>4 and 5 Day Kindergarten Bus Trip</b>
<b>May 23</b>	<b>Board of Directors Meeting 7:00 pm</b>
<b>May 30</b>	<b>Ice Cream Day - Last Day for 3 Day Classes</b>
<b>May 31</b>	<b>Ice Cream Day - Last Day for 4 Day Classes</b>
<b>June 1</b>	<b>Ice Cream Day - Last Day for 2 Day, 5 Day and Beginners Classes</b>
<b>June 6</b>	<b>BPA Staff Appreciation Luncheon</b>
<b>June 12</b>	<b>Summer Nature Program Begins</b>



## Notes from the Head of School

In December, I wrote about it taking a village to oversee everything. In this last newsletter of the 2017-2018 school year I'd like to take the time to thank the Berrybrook village. I remember once a parent remarked that Mrs. Keeley and I were like two ducks...everything looks calm and collected on the surface, but you knew that for all that calm there was a whole lot of paddling going on under the surface that no one saw. I'll always remember the mom saying that to us, and it truly meant a lot to have our hard work acknowledged.

In truth, there's a team of ducks who make Berrybrook what it is. First and foremost, the teachers are just phenomenal. I learn something new from them every day. Their patience and dedication to each and every one of the students shouldn't surprise or amaze me but of course it does. Most mornings I check in with each of the classrooms and nine times out of ten, a teacher will say to me, "You know, last night I was thinking about . . ." and of course they haven't been able to shut off their brain regarding the students and they are thinking of another technique or resource to share with the families. Their dedication to Berrybrook families stretches past the clock and the property lines.

Families who make the choice for their children to attend Berrybrook and who offer words of support during the year, help feed our souls. The extended families - grandparents, aunts/uncles, nannies, and more - make it possible for those who might not be able to get their children to Berrybrook on a regular

basis. It's an extra benefit for the Berrybrook staff to get know your whole village to see who is contributing to your wonderful family and their impact on your developing child. And the children....thank you to the littlest villagers who never cease to make us laugh, and always teach us a thing or two as well!

The Berrybrook Parents Association, once again, knocked it out of the park; these ladies are a hard-working group of gals. The children truly benefit from your organization, and from all the volunteers who contribute to the numerous BPA activities - snacks for our monthly staff meetings, Harvest Festival tasks both small and large, and many, many more.

My hero, Mr. Murray, who I joke has a to-do list that fifteen women contribute to continuously. He cannot walk through the hallway of Berrybrook without hearing "Oh, Mr. Murray?!? I have a little task for you, can you help?" and of course he does. With a smile. A former Board member, a dad to four Berrybrook alumnae, and an overall great guy....I am not quite sure I'd be able to do what I do at Berrybrook without Mr. Murray. He is a colossal piece of the Berrybrook village.

To Mrs. Mann, the founder of our village. Without her foresight in the early 1950s, there would be no Berrybrook. As we always say, she was way ahead of the early education field to have the vision to start a preschool when few children even attended kindergarten at the time. And a female small business owner in the mid-century to boot! Every day I think of the gifts she has given to thousands of children over the years, and hopefully to thousands more in the future. I am so thankful to be a part of Mrs. Mann's legacy.

There's a good chance I have forgotten a key member or two of our community, but that's the other part. Members of the Berrybrook family pitch in and help because they want to contribute positively to the village, not because they want the accolades. As we conclude a terrific year, to everyone I say:

Thank you very much,

Thank you very much,

Thank you, thank you very much - BOOP!!

Happy Summer! ~ Mrs. Watts



## **Beginners Notes**

### *Validation*

We all have a need to feel understood. As an adult, if I am tired, I do not wish for someone to tell me that I cannot possibly be tired. If I am feeling hungry, I do not wish for someone to remind me that I just ate 20 minutes ago and that I could not possibly be hungry! The same applies to children. Understanding your child is just as important as loving him or her. As parents we need to take the time and put forth the energy to understand our children and to validate their feelings.

Validating means giving your child the message that “your feelings make sense” and giving them permission to “feel what they feel”. We show that we are welcoming and accepting their feelings in a non-judgmental way. We can better accomplish our goal when we become active listeners. It is nearly impossible to engage in effective communication with our children if we fail to first listen to what they have to say. Being an active listener involves truly attempting to understand the verbal and nonverbal messages that our children convey. Along with that we let go of our need to get our OWN point across, and instead allows us to appreciate what our children are attempting to tell us.

Of course it is not enough to simply listen, we must confirm to them that not only have we listened, but that we have HEARD what they are telling us. Our children are innately in tune with adults. They know when we are preoccupied and busy, and they know when we are not really listening to them. Validating the feelings of children helps them believe that adults are listening to and respecting their views. To be clear, validation does not imply that we necessarily agree with everything our children think and feel, but rather that we are attempting to appreciate their perspective. This will lay the foundation for effective communication as your child grows. If we immediately respond to children by telling them that they should not feel the way they do, we are ending communication and in as sense conveying that we are not interested in what they have to say.

When you validate your child, they will begin to better hear YOU. Validation will allow you to build a solid relationship with your child, as your words and actions will convey your empathy and respect. This in turn will build your child’s self-esteem and resiliency as they practice working through their feelings.

#### Tips to Validate Feelings – From “Positive Discipline”

1. Allow children to have their feelings so they learn they are capable of dealing with them
2. Don’t fix, rescue, or try to talk children out of their feelings
3. Validate their feelings “I can see you are really (angry, upset, sad)”
4. Then be quiet and trust your child to work through their feelings

~ *Mrs. Pisani*

*Mrs. Pisani teaches in the Beginners class*



# **First Year Notes**

## *A Journey*

May is here...hard to believe; it seems like the children were just finding their cubbies and learning everyone's names and now we are finishing out the school year here at Berrybrook. Back in September, everything was new to the children and the teachers were learning about the children as well. Now we are very familiar with each other and the students have been growing and developing confidence in their abilities. They have all accomplished so much over this past year!!

This month is filled with many learning opportunities. We are growing plants in the raised beds on the playground and learning about seeds. We will be watching the transformation of butterflies from caterpillars, and exploring down in the Nook. And the last tradition of the school year will be experienced: making our very own ice cream for the last day of school. Among all of these activities the children will probably do some reminiscing with the teachers of past activities and share a laugh and a smile.

The month of May goes by very quickly at Berrybrook and the final day will be upon us; filled with homemade ice cream and maybe a few happy tears. As the last days approach, teachers often will reflect on individual children and the journey of discovery that they made at Berrybrook. Those who have changed their approach to playing with peers, those who have learned to express their feelings with words that label how they feel, those who, in the beginning, needed to hold a hand and hug a parent as long as they could before tearfully saying goodbye and now may not even take time to wave goodbye as they rush to see what's in the watertable! Life, as they say, is all about the journey, and we were so happy to be a part of it this past year with all these wonderful children. Thank you for sharing them with us.

*~ Mrs. Neal*

*Mrs. Neal teaches in the 3 Day Room 1 and 2 Day classes*



## **Second Year Notes**

### *A Year to Remember*

Another year has come to an end here at Berrybrook. For families it comes with mixed blessings of children moving on to new ventures. As teachers, it's time to reflect on a year of loving and educating these young people that we will miss so very much. Each year the children start as our students but by the end of the year they become our children too. We know their fears and accomplishments. We have celebrated birthdays, new siblings to the family and even teeth being lost right alongside them. We've worried when they've worried and laughed when they've laughed. The amount of love a teacher has in their hearts for all these children is immense. We think about them when we're not with them, constantly trying to engage and improve their education at Berrybrook. With the end of class time looming in the near future, our hearts become heavy but we are thinking of this as a "see you later".

We feel so blessed to be a part of laying a strong foundation for them while they were with us. Have a wonderful, amazing summer with your little ones and know they have been loved every moment while at Berrybrook.

**~ Mrs. Reardon**

*Mrs. Reardon teaches in the 5 Day and 4 Day classes*

## **Lunch Bunch**

The last day for Lunch Bunch will be Thursday, May 31. Thank you to all of the families who participated in our Lunch Bunch program. Mrs. Capasso, Mrs. Dunn and Mrs. Neal want to thank all parents who were so careful to pack allergy safe lunches for their children. We appreciate our families who take the extra time to make sure all Berrybrook children are safe.



# ***I Scream, You Scream, We All Scream For Ice Cream!***

*It's May! Ice Cream Day is upon us at the end of the month on the last day of school. First of all...yum!! Secondly, what a way for families to celebrate a full year at Berrybrook!*

*At first glance, the simplicity of a vanilla ice cream cone may not be the most appropriate representation of all that is involved in a year at Berrybrook. However, upon taking a closer look, one might notice it is just that simplicity that best represents it after all. Simplicity doesn't necessarily mean easy. Something that is simple can be magical, clear and easily understood and truly seen because of its simplistic nature.*

*A vanilla ice cream cone is simplistic in its ingredients:*

*\*a cone*

*\*a scoop of vanilla ice cream*

*(vanilla - not a fancy flavor, not a mix of flavors, and with no extra things mixed in, like gummy worms or chocolate chips)*

*A vanilla ice cream cone is simplistic in the way it is enjoyed:*

*\*scoop \*hold \*eat*

*Berrybrook is simplistic in its "ingredients":*

*\*respect and validation = "the cone" \*emotional and academic learning = "the ice cream"*

*Berrybrook is simplistic in the way it is enjoyed:*

*\*respect each other's ideas and opinions \*validate the feelings and perspectives of others \*embrace a love for learning.*

*In the same way we hold an ice cream cone, we hold onto the importance of respect and validation for one another. An ice cream cone is strong to withstand the tasting and melting of the ice cream. This is also true of the strength of respect and validation at Berrybrook. It holds all of the emotional and academic learning, the practice of problem solving, the building of friendships, the understanding of numbers and letters, the remembering words to a song or story and the awareness and appreciation of the world around us.*

*"What? No sprinkles on the ice cream cones on Ice Cream Day?" you ask? There is no need! Toppings, like "the icing on the cake" are just that – the extras, the visual celebration of something already great. The smiles, the laughs, the joy on Ice Cream Day among all the families will be the sprinkles!! Simple? Yes! Delicious? You bet!*

*How delicious the year has been, thanks to all of you! Happy Summer!*

*Mrs. LaForest*

# **Parents Association Notes**

It is hard to imagine this is the BPA's final newsletter for the school year! What an amazing year it has been and it is all thanks to our wonderful Berrybrook community. Thank you to all who have participated and supported the BPA this year. We really could not do it all without your help.

## **Enrichment**

Our enrichment activities are winding down for the year as the end of school nears. Miss Kim will return one last time this month for yoga (which continues to be an all time favorite activity for the kids). The second year students had a visit from Annawon Weeden, a member of the Mashpee Wompanoag and Narragansett Tribe. It was a wonderful opportunity for the students to learn more about native people and their culture and traditions. The Soule Homestead animals visited the younger classes which gave the children an opportunity to have a hands-on experience and learn some interesting facts about chickens and rabbits.

## **Family Fun Friday**

The last Family Fun Friday of the year is on Friday, May 11th. The outing will be an ice cream sundae cruise around Plymouth Harbor with Plymouth Cruises. Families will get a boat ride, some stories, games and dancing, and a make-your-own sundae treat. The cost of this trip is \$15 per person. **The cruise filled up very quickly and if you would like to be added to a waitlist,** please stop by the office.

## **BPA Spring Fling**

All families are invited to the Spring Fling on Wednesday, May 16th (rain date May 23rd) from 4-5:30 p.m. for pizza, a treat for the kids and some playground fun. The spring fling is an annual event that allows us to celebrate the end of the Berrybrook school year together. Be on the lookout for an invite!

## **BPA Spring Play date**

Again this year, the BPA is happy to sponsor play dates on the Berrybrook playground for all currently enrolled students for the 2018-2019 school year. This is a wonderful opportunity for students to meet their new classmates before the start of the summer. The schedule of spring play dates will follow with class placement letters and will most likely be the second week in June. As always there will be additional play dates in the fall before the start of classes.

## **BPA Officers 2017-2018**

The BPA is looking for new officers for the 2017-2018 school year! New faces bring new ideas and your commitment can be as little or as much as you like. If you are interested please reach out to the BPA or Mrs. Watts/Mrs. Piccuito.

As always thank you to those that have already paid their BPA dues! Each contribution provides great school enrichment and subsidizes many of our Family Fun Friday events. If you have yet to do contribute it is not too late. If you have any questions, concerns or feedback email us at [berrybrookparentsassociation@gmail.com](mailto:berrybrookparentsassociation@gmail.com).

Thank you!

Diana Stewart and Jenna O'Donnell - *Co-Presidents*

## ***From The Board of Directors***

As we get to that time of year when 2 and 3 Day Berrybrook students are beginning to practice saying goodbye to parents and caregivers at the classroom door, I am reminded of a recent interview I read on Gimme The Good Stuff. The wellness blog for parents interviewed licensed social worker, Inna Thomka, on the subject of building resiliency in children. Below is an excerpt from that interview that discusses tips for successful separation.

***Gimme The Good Stuff:*** I have a kid who definitely seemed traumatized from the simple act of saying goodbye to me each morning at preschool. So, can you give some concrete examples of how we might foster increased resilience in your average 3-year-old? To again use this example of separation from a parent: does a “ripping off of the Band-Aid” approach work here, or would you recommend a gentler approach? Which is more likely to build resiliency?

***Inna Thomka:*** The goal in fostering resilience in a person (young or old), is to provide him/her with a set of tools that are quick, easy, and simple to use and are proven to help the person feel better faster. Experts have identified 4 basic characteristics of building resiliency (Henderson, et al., 1999).

1. Resilient attitude: “You have what it takes”
2. Focus on strengths not weaknesses
3. Provide caring, supportive environment
4. Give it time

Let’s apply an everyday example and see how we can utilize these four characteristics to build resilience in a 3-year-old, who is in a new school setting and is having difficulty separating from parent at drop-off.

1. Resilient Attitude: “You Have What It Takes”

Discuss the situation with your child in a “safe” place when they are calm and happy (not at drop-off time). Actively listen to their fears and validate their feelings, and instead of dismissing them and adopting a “ripping off the Band-Aid approach” by saying something like, “You need you to be better at drop-off” or “You’ll be fine, it’s no big deal” (because most likely it is a huge deal to them), instead say something like, “You are so strong, I know it is so difficult to start a new school, when you don’t know anyone, but you are very tough and I know you can do it.” Another way to build them up is to remind your child of a time they have overcome a similar challenge and connect it to the challenge at hand, for instance, you can say, “Hey bud, remember when you went to a birthday party and you did not know anyone, but then you made friends with all these new kids and had a great time etc., this is just like that.”

2. Focus on Strengths, Not Weaknesses

Highlight your child’s strengths as they relate to being able to adjust to the new environment. For instance, instead of saying something like, “I can’t believe you are still acting like this, you are 3 years old now, you should not be crying at drop-off!” utilize their strengths and provide opportunities for meaningful participation: “You are such a great helper, I know the teacher needs help in the morning, do you think that you could help set-up for breakfast?” Of course, discuss your plan with the teacher, so everyone is on the same page.

3. Provide Caring/Supportive Environment

Talk to the teachers beforehand and ensure that they are caring and empathetic and are on the same page with your approach to the issue. For example, instead of the teacher giving a directive right away, such as “Time to let go of your mother now, please go sit down at the table,” ensure that he/she validates your child’s feelings, acknowledging their fears and lets them know they are there to help and support them. Teachers may want to say something



like, “I am here for you and I will help you, it is so hard to be away from your mom, and it is ok to cry,” or “Would you like to help me take out books for circle time?”

#### 4. Give it Time (Set Clear and Consistent Boundaries; Be Consistent)

Allow the child to take their time to adjust to their new environment, and try not to impose your own timeline. Also, it may help to set clear and consistent boundaries at drop off, for instance, instead of staying with a child in their classroom for a different amount of time, depending on their behavior at drop off, set clear expectations beforehand. For example, in a “safe” environment (not at drop off), inform them that mommy will have to leave, when he/she sits down for breakfast, and be consistent. This way the child knows what to expect. Discuss your plan with the teacher, so everyone is on the same page.

To read the complete interview on resiliency in children, visit [www.gimmethegoodstuff.org](http://www.gimmethegoodstuff.org)

*John Hannon*

*Vice President - Berrybrook Board of Directors*



Berrybrook teachers would like to thank parents for everything they do to support us during the school year. Thank you to the BPA and especially co-presidents Jenna O'Donnell and Diana Stewart for arranging September playdates, our wonderful Harvest Festival, and engaging enrichment programs for our children and families. We also appreciate the snacks classroom parents arrange for our after school meetings! Thank you to all parents for working with us to provide the best possible experience for the children. We are grateful for all of the smiles, nods, suggestions, and words of encouragement and appreciation that nourish us and make our work at Berrybrook so rewarding. Thank you for creating a true partnership between school and home.



## Berrybrook Annual Appeal and Helen Wheeler Scholarship Fund

Every year, the Berrybrook Board of Directors conducts an Annual Appeal to raise money for the Helen Wheeler Scholarship Fund. Each May, current and alumni Berrybrook families receive a mailing asking for support. Every dollar donated to the Annual Appeal reinforces our commitment to provide tuition assistance for families who wish to send a child to Berrybrook but cannot because of financial constraints. The funds also enable current families who may experience a sudden financial emergency to continue at Berrybrook. Before we reach out with our 2018 Annual Appeal this month, we wanted to acknowledge the generous donors to the 2017 Annual Appeal which raised almost nine hundred dollars for the scholarship fund. We are so grateful for their financial support and their dedication to Berrybrook. Gifts to the Annual Appeal have made a lasting difference in the lives of many children and their families who are experiencing Berrybrook because of their generosity.

### 2017 Berrybrook Annual Appeal Donors

Vincent and Nancy Cooney  
Joan Davis  
The Diamond Family  
Rachel Ezell and Michael O'Keefe  
Ayaz and Lori Mahmud  
The Piccuito Family  
The Scott Family  
Selden Tearse  
The Watts Family

DUXBURY 3RD ANNUAL

# TOUCH A TRUCK

SATURDAY MAY 5TH, 2018  
1330 ST. GEORGE ST. DUXBURY  
9AM - NOON



Join us for a morning of full family fun. Over 50 different vehicles on display,



**Scoops**  
ice cream shop  
duxbury, massachusetts



Ladder Candy drop, Coffee & Donuts, Games, Face painting and so

much more!

*A special Thank You to all our Sponsors!*



**POWDER POINT OYSTERS**  
DUXBURY, MASSACHUSETTS



\$5 admission and all proceeds support Cross Roads for Kids & Duxbury Student Council

# *duxbury's all-sports tag sale*

SUPER EQUIPMENT.  
SUPER PRICES.  
SUPER CAUSE!



crossroads

*The proceeds of this year's event will benefit Crossroads.*

featuring:

baseball

golf

hockey

lacrosse

skiing

snowboarding

also:

bicycles\*

lifejackets

parkas

and MORE.

*\*bicycles were a huge  
success last year—  
bring one and  
buy another!*

## **DONATE.**

Please check your closets and garages for used equipment and gently-used clothing to donate.

## **DROP-OFF.**

Drop off your items on **Thursday, May 3** from 9am-noon  
and **Friday, May 4** from 9am-noon and 6pm-7pm  
at the Duxbury Senior Center parking lot.

Look for a Waterfront Realty Group truck with "Tag Sale" sign on it.  
Call or text Seiden Tearse at 781-864-9599 with any questions.

## **JOIN US.**

Saturday, May 5, 2018  
8am-11am  
Duxbury Senior Center

Cash, checks & major credit cards accepted.

# *may 5 2018*