

May 2013

Tuesday, May 21	Kindergarten Bus Trip for 4 & 5 Day 5 Day 9:30 (regular 9:00 arrival time) 4 Day 12:30 (children arrive at 12:15 !)
<i>Wednesday, May 15</i>	<i>BPA Spring Fling 4 - 6:00 pm</i>
Wednesday, May 22	Board meeting 7:30 pm
Wednesday, May 29	Ice Cream Party Last Day of School for 3 Day
Thursday, May 30	Ice Cream Party Last Day of School for 4 Day
Friday, May 31	Ice Cream Party Last Day of School for 2 & 5 Day
Wednesday, June 5	BPA Staff Appreciation Luncheon
Tuesday, June 11	Summer Program Begins



The Little Plant

In the heart of a seed buried deep, so deep,
 A dear little plant lay fast asleep.
 "Wake!" said the sunshine, "And creep into the light."
 "Wake!" said the voice of the raindrops bright.
 The little plant heard, and it rose to see,
 What the wonderful outside world might be.

- Kate Louise Brown

Notes from the Head of School

I don't know if this has happened to you, but once my first child went to school, the years seemed to pass so quickly. One moment we would be getting ready for back to school, and the next moment we'd be at the beach. The September to June whirlwind has never passed so quickly for me as it has this year. It has gone by so fast, I have not been able to savor the countless wonderful moments that have happened this year. I barely got to marvel over the jelly making in the fall before the children celebrated spring by tapping the maple trees! I haven't had enough time to tell our teachers how dedicated and wonderful and generous they are. They make the Berrybrook experience so special for the children. I have learned something new and important about working with children from each of our teachers and I appreciate their patience and support in helping me do my job.

It is May already and I haven't had the chance to thank the children for being open and curious and enthusiastic. They greet every experience with such honesty and energy. I feel honored to be able to observe the astounding growth and development of our students. I thank all of our parents for sharing their children with us, and for sharing of themselves. We have had so many parents willing to volunteer to lend an extra hand or share their specialty. There are too many volunteers to mention, but teachers want parents to know how much they appreciate their help, and what a precious gift they are creating for the children. Parents in all of our groups took the time this year to volunteer in classrooms and to attend Berrybrook birthday celebrations. Children enjoy having their parents in the classroom and at circle time. They will never forget it. Neither will we. Thank you.

During the month of May teachers and students will begin reflecting on the year in their classrooms. They will remember favorite songs they sang throughout the year. Don't be surprised if you hear "Five Little Pumpkins" or "Jingle Bells" in the halls. Children may be asking teachers to repeat some of the activities and games they enjoyed during the fall and winter. Children will be saying to teachers, "Remember when you came to my house?" recalling the day when their teacher came to their house way back in September. Remembering and appreciating what has happened in the past is both happy and sad. It's a little sad to say goodbye to friends you have learned and played with all year, but what fun to hear a song or read a story that re-creates a special moment. Looking back we can see how much we've grown and know how ready we are for the future.

One of the things I love most about Berrybrook is the way teachers slow down the days for the children. Our students are busy and engaged, but not rushed. Children are provided the time to think, to make a choice, to finish a project and just be. I am going to take a lesson from children and teachers and try to slow things down this last month of school so I can appreciate every minute.

Thank you all for a wonderful, wonderful Berrybrook year.

Pat Keeley

First Year Program News

The warm breezes of spring and pops of color from the forsythia and returning birds are a welcome sight! Thank you for all of your patience as we navigated through this unpredictable winter. The first year classes were still able to explore the grocery store, transportation themes, and tapping the maple tree. All classes enjoyed a snack of pancakes and maple syrup.

Have you heard about Ella the bunny and Stella the chicken? Visitors from Soule Homestead helped us all meet and learn about eggs and chickens, wool and sheep, and how farms work.

We enjoyed a visit with Annawon . He shared some of the Wampanoag's Spring traditions. They call this time *The Happy Spring Planting Moon*. We sang and danced a call and response dance. Did you know that the Wampanoag's do not have written language? Everything is told in stories. They call deer *the one to hunt*. They respect and honor all that the earth has to offer us.

As May begins, we will enjoy more time outdoors. Some themes we will be exploring are insects, turtles, frogs, fish and ice cream. An annual tradition at Berrybrook is Ice cream Day. Children in all classes hand crank ice cream the old fashioned way. We share this on our last day of school. Families join us to say goodbye to our year, and look forward to the summer! Children will have an ice cream countdown in their classrooms, as we anticipate this fun day.

Look out for information from the class parents about assembling a class memory book.

All children will receive their own memory book from the teachers. We have been working on them all year. Parents are welcome to order photographs from the class shutterfly site to really make each child's memory book special. The books are also a good place to put any art work or mementos you may have been saving at home to further personalize your child's book.

It has been a year of wonder, surprises, growth and tons of fun. Thank you for sharing your children with us! Remember, *Make new friends but keep the old!*

Mrs. Barlow, Mrs. Capasso, Mrs. Delano, Mrs. Dunn, Mrs. LaForest, Mrs. Piccuito,



Summer Enrichment

The Berrybrook Summer Nature Program will be offered again this year during June and July, on Tuesdays, Wednesdays and Thursdays from 9:00 – 1:00.

There are still openings in weeks 3 through 7

We have had Berrybrook alum sign up- FYI kindergartners are welcome!

Contact Mrs. Watts to reserve your spot!

Second Year Program News

It's hard to believe the school year is drawing to a close. The children have had a busy year full of new experiences. It's amazing to look back and see how each child has grown.

As the weather warms the children will be spending more time outdoors. We will be busy studying all living things. Seeds will be planted and observed as they grow in the classrooms. Each classroom has also recently received caterpillars which we will watch as they go through metamorphosis and release them back into nature. May is also a special time to remember mom, so mothers should look forward to something special!

On Tuesday, May 21, the Duxbury "Countdown to Kindergarten" group has arranged for the 4 & 5 Day children and their teachers to take a Bus Trip to the Chandler Elementary School in Duxbury. The 5 Day morning class bus will leave at 9:30. Parents may drop the children off in their classroom at the regular 9:00 start time, and are welcome to wait in the multi-purpose room or outside until 9:30. The 4 Day students will start their trip at 12:30 so parents must arrive at Berrybrook at 12:15 on that day.

Although many Berrybrook students will be attending kindergarten in other towns in our community we feel the trip is fun and very appropriate. The goal of this visit is to help children anticipate kindergarten positively by providing them a glimpse of a kindergarten setting. Permission slips will be available soon.

We are also planning our annual field trip to the O'Neil Farm across the street. Teachers will be working with Mr. O'Neil to set the date for this trip. If it is not too hot, we will be walking to the farm. Children should come to school with sunscreen and bug spray already applied. Also, it would be important to

wear close-toed shoes and long pants. The teachers are asking that we have as many chaperones as possible for this trip. Once there, everyone will enjoy a tour given by Mr. O'Neil which is usually highlighted by getting up close to newborn calves. More information will be headed your way. Please check your cubbies, and always feel free to ask your teachers about details.

Another very special Berrybrook tradition we look forward to is Ice Cream Day. During the last weeks of school the children make homemade vanilla ice cream to share with families on their last day of school. Through the years it has proven to be an enjoyable "Berrybrook" way to say goodbye to good friends. On Thursday, May 30th the 4 Day children will arrive at 1:00 as usual. The parents are invited to return at 2:30 for ice cream. On Friday, May 31st the 5 Day students will arrive as usual at 9:00. At 10:30 parents are invited to join us.

As the school year comes to an end there will be opportunities to reflect on old favorite songs and games, and getting ready to say goodbye. It is a bitter sweet time in our classrooms, looking back at all the fun things we have done together, and how much our students have learned and grown. At the same time we are looking forward, helping to give students the tools they need to succeed in the next step of their journey. Thank you for sharing your children with us. We learn something new from them every single day.

Mrs. Caddle, Mrs. Fosdick, Mrs. O'Neil, Mrs. Neal, Mrs. Piccuito, Mrs. Rosen, Mrs. Swan and Mrs. Worley





Lunch Bunch

The last day for Lunch Bunch will be Thursday, May 30. Thank you to all of the families who participated in our Lunch Bunch program. Mrs. Capasso, Mrs. LaForest and Mrs. Neal enjoyed having a casual lunch with the children on Tuesdays, Wednesdays and Thursdays. Thank you so much to 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.

A Mother

by Anonymous

A Mother is one who understands
The things you say and do,

Who always overlooks your faults
And sees the best in you.

A Mother is one whose special love
Inspires you day by day,

Who fills your heart with gladness
In her warm and thoughtful way.

A Mother is all these things and more -
The greatest treasure known,

And the dearest Mother in all the world
Is the one I call my own.

Happy Mother's Day!

Parent Discussion Group News

A Penny For Your Thoughts...Priceless!

Our final Parent Discussion Group of the school year concluded with a meaningful conversation regarding such topics as transitions to summer and a new school year, bedtime routines and phasing out afternoon naps, as well as continuing the "magic" of Berrybrook beyond the classrooms of our schoolhouse.

"The magic of Berrybrook stays with you always and positively affects the friendships your children will have beyond their preschool years," former Berrybrook families consistently tell us. Children take with them words they will use with others on the school bus, on the playground, and most importantly when solving problems. As parents, the magic of Berrybrook continues when you validate your child's feelings, show respect through kindness paired with appropriate boundaries and limits, offer choices to empower them and follow through with relevant consequences so they learn through meaningful experiences.

Another way to continue the "magic" of Berrybrook, new this year, is ...

The Berrybrook Hotline!



781 585 - 2307

(pkeeley@berrybrookschool.org)

*Call or email us with a parenting concern
or challenge and one of us will
be in contact with you to offer ideas and
suggestions!*

Thank you for a wonderful school year!
Enjoy the summer!

Mrs. Delano, Mrs. Dunn, Mrs. LaForest,
Mrs. O'Neil

Berrybrook Parents' Association

Wow! So here it is - the last newsletter of the year. Thanks to all who have participated and/or supported the BPA this year. We have some amazing enrichment activities, family fun Fridays and more thanks to all of you. I am very excited to hand the reins over to co-presidents Donna Hillary and Karoline Martin for the 2013-2014 school year. Best of luck to Donna, Karoline and and their team!

But the fun isn't over yet. See you at the **Spring Fling!**

All families are invited to the Spring Fling on May 15th from 4-6 p.m. for a pizza dinner and some playground fun! (Just in case the rain-date is May 22nd!) The Spring Fling is an annual event that helps us celebrate the year as a community.

As always please let us know if you have questions, comments, concerns, or ideas for next year for the BPA at berrybrookparentsassociation@gmail.com.

Thanks! Allyson

Thank you

Thank you to all parents for working with us to provide the best possible experience for the children. The conversations we have at pick up, the phone calls and parent conferences that you share with us demonstrate a true partnership between school and home.

Mrs. Barlow, Mrs. Caddle, Mrs. Capasso, Mrs. Delano, Mrs. Dunn, Mrs. Fosdick, Mrs. Keeley, Mrs. LaForest, Mrs. Neal, Mrs. O'Neil, Mrs. Piccuito, Mrs. Rosen, Mrs. Swan, Mrs. Watts and Mrs. Worley

Thank you!

Dear Berrybrook students, family, and staff,

I would like to thank you for your book donations to the Jumpstart Book Program. Each and every book made a huge impact in a child's life! Most of these children only have a few books if any at home. In total the book drive almost 3,000 books, with Berrybrook donating 637 books! (I thought last year's total of 200 books was a lot!) Because of your donations we were able to deliver books to 155 students and 12 classrooms! Each child received a bundle of six books with each of the twelve classrooms receiving a box of 15 books! Words cannot describe how ecstatic the children were to receive their books last Wednesday and Thursday. I really hope you will explain to your children the amazing impact they have had on other children their own age who are less fortunate. A huge thank you to everyone who donated books!! Have a safe and happy summer!!

With Sincere Appreciation,

Kate Capasso (Mrs. Capasso's daughter)
and Jumpstart at Bridgewater State
University



Berrybrook Book Review

Faith Worley

The Six Stages of Parenthood by Ellen Galinsky

Almost all books for parents focus on the way children develop. Ellen Galinsky, instead, writes about how parents develop. Drawing on the work in adult development of Erik Erikson and Daniel Levinson, she describes six distinct stages in the life of a parent: the image-making that occurs during pregnancy; the nurturing role that swallows parents up from birth through the first couple of years; the authority parents must develop as small children show independence; the interpretive stage when parents explain the world and their values to school-age children; the interdependent stage when teenagers challenge authority; and the departure years when parents let go and take stock of their accomplishments and failures. Few parents will be able to resist tracing their own passages with help of this book, and all those who do will find new insight and enjoyment at each stage.

Parenting is a process by which parents and children grow and develop, influencing each other throughout their lives. According to Galinsky's book, *The Six stages of Parenthood*, parents move through a series of six stages from pregnancy to the time when their child leaves home to enter the adult world, and parents assess their success as a parent during each of these stages.

Ellen Galinsky interviewed over 200 couples discovering that expectations for their child's behavior and development are measured against the child's actual behavior and development. A parent's self-image may shift as he or she moves through the different stages of parenthood. For better or for worse, being a parent changes an individual forever. During the image making stage (pregnancy) parents prepare for changes in themselves, for new relationships with each other, and the responsibilities of this new life. The nurturing stage (18-24 months) is marked by forming bonds of attachment with the baby. Parents attempt to meet the needs of the child while also trying to balance other responsibilities involving their spouse, jobs, and friends. During the authoritative stage (ages 2-4) parents nurture, guide, and discipline their child. Parents evaluate their effectiveness in establishing limits, communicating and enforcing rules, and allowing enough freedom for each child to grow and develop. The Interpretive stage (preschool years through adolescence), the Interdependent stage (during adolescence), and the departure stage all provide a wealth of knowledge and research on parenthood.

I think one of the great bits of knowledge to pull from this book is that we must realize that as a parent we have "images" of what our child will look like, behave like, talk like etc. but that our images may not be the reality. To be happy, you can either change reality to meet that image, or change your image to be more realistic. There were many interviews that I found interesting and informative and they reinforce the idea that we grow as an individual during parenting. I would recommend *The Six Stages of Parenthood* especially to new parents but I think it has quite a bit to offer to any parent in any stage of parenthood. The book itself seems a bit overwhelming at first with its tiny textbook like print, bibliography, and notes. It is not necessarily what I would call an "easy read" although not a difficult read either. Either way it *IS* worth your attention.

(Mrs. Worley teaches in the 5 Day Room-2 and 4 Day Room-2 classes.)

Berrybrook Board of Directors

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 2013 Annual Appeal this month, we wanted to acknowledge the generous donors to the 2012 Annual Appeal which raised over \$4,345.00 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.

2012 Berrybrook Annual Appeal Donors

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