

November 2016

Saturday, November 5	Berrybrook Open House
Wednesday, November 9	Plimoth Plantation field trip - 4 & 5 Day classes
Wednesday November 9	BPA Meeting 7:30 pm
Friday, November 11	Veterans Day - no school
November 23, 24, 25	Thanksgiving Break
Wednesday, November 30	Board Meeting 7:30 pm



Notes from the Head of School

Recently I came across an article that read, "It's #GetThanky Month. Time to think about what makes you #GetThanky". November does tend to be the month most associated with appreciation and being thankful, however at Berrybrook I believe we are thankful all year long. I am thankful I am able to work in a place that I love to come to every day. I have friends who dread going to their place of employment, and I just cannot imagine having those feelings about Berrybrook. Of course there are times where we get frustrated, but I am thankful that I have coworkers who really take the time to listen, understand others' point of views, and then come to a mutually agreed resolution. I am thankful for the parents who entrust their child's care to us. For some children, Berrybrook is the first environment they are in where the caretaker is not a family member. I completely understand the level of trust parents are placing in dropping their child off to us each day. I am thankful that I am getting to know another group of children. I started at Berrybrook in September 2002, and I taught in the 2 Day Morning, 3 Day Morning, and the 5 Day PM classes. This past June, my 5 Day PM students graduated high school! In my mind, this year's students have the distinction of being my "First Year as Head of School" children. To know that the students now entering our Berrybrook doors will move on to other schools and in what will seem like a blink of an eye has me thankful that I can see and appreciate their growth and development now. Each and every child who comes through these doors leaves an imprint on the Berrybrook history. I am thankful how comfortable the children are with all of the staff here. Just this morning, I was popping in and out of one classroom to help as needed because we had a teacher absent who was ill and we had another teacher in a parent/teacher conference. Both myself and Mrs. Piccuito were assisting in the classroom, and the students are all so comfortable and capable; they don't miss a beat when another Berrybrook staff member is helping out in their classroom. They are

comfortable with the routines, with each other, and with visitors - whether it is a parent volunteering that day, or a firefighter speaking about fire safety. I'm so thankful that the teachers make the environment so warm and comforting that the children are secure in their surroundings. I am thankful that the Berrybrook teachers, who upon learning that a coworker may need to miss school, pitch in to help without a second thought.

I am thankful for our Parents Association, and for the parents who repeatedly are "raising their hand" to help out. Can you imagine how different our school would be if we didn't have everyone working together? I could go on and on, but just some of the ways parents help out at Berrybrook: being an officer for the BPA, sending in items for the Harvest Festival, bringing in snacks for the monthly staff meetings, signing up to make a batch of play-dough, staying with a classmate's younger sibling in the parking lot so the parent can drop their child off to the classroom, welcoming a new family into the school community....again, I could go on and on and one about how helpful everyone is at Berrybrook.

Lastly, and especially at last month's Nook Ribbon Cutting, I am unbelievably thankful for our Board of Directors who are in charge of helping carry on Katharine Mann's vision. I don't think I could put into words how thankful I am for the support the Board has given during the creation of the Nook and especially during my transition to Head of School. As I looked around at our beautiful environment both at the Ribbon Cutting and at the Harvest Festival the next day, I was struck by how incredibly blessed we are to be in this place. Most days when I am leaving after the 4 Day dismissal, I look out to the field just past the playground and marvel at the gorgeous sky and sunset. How many people have that vista as they are leaving their workplace? I guess I can say I don't need to "#GetThanky" as I am "#AlreadyThanky", and I thank all of you who contribute your piece to Berrybrook to make it such a fantastic place.

Mrs. Watts

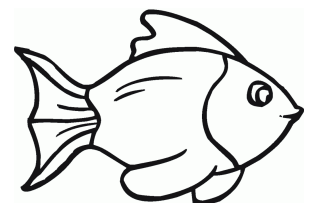


Safety Notes

Remember, our parking lot can get very busy at arrival and dismissal. Be sure to follow the Berrybrook rules for safety:

- **Hold your child's hand in the parking lot**
- **Lock the gate behind you**
- **Turn engines off**
- **Park in marked spots (not the fire lane)**
- **Never leave children unattended in cars or in the parking lot**
- **Supervise your child once you have signed out**

Thank you for following the Berrybrook rules to keep EVERYONE safe!



Beginners Notes **Outside Play spaces**

The daily routine for the Beginners Class is becoming familiar. From arrival to dismissal, children are relaxing into and trusting the predictability of the day, anticipating group times and wondering, “What will the story be about today?” or “What song will we all sing together?”

One of the most anticipated times of the day is our Outdoor Playtime. The Courtyard Area has been our most visited outdoor space since September, and for good reason. It is smaller than the Big Playground, offers a very large sand space which is conducive to the developmental level of Beginners, and has a grass area for gross motor play. The beach plum bushes from which we picked the beach plums, has now become a “forest” to explore, a “jungle” where the dinosaurs live, a “hiding place” to play the “Boo Game” (created by the children!) and a fun place to go in and out of together. We have added different elements to the Courtyard Area such as coupe cars, brooms, dinosaurs, dump trucks, a variety of bakeware for sand pies and cakes, and a variety of large containers about which we ask the children, “How can you make these heavy?” and they get right to work filling them up!

We most recently have begun visiting The Nook! The Beginners listen very well during our travels down to this amazing outdoor space, remembering : “Who’s in the front? (‘a teacher!’)...Who’s in the back? (‘a teacher!’) ...and who are in the middle? (‘the children!’)” Down in the Nook the children can freely explore music, build with natural materials, create imaginary spaces with large fabric pieces on the platform, balance, dig, water the plants and bushes....and enjoy being one with nature!

This month we will continue to visit The Nook weekly while also exploring the Rocket Ship Playground. This play area adds to imaginary play with the rocket and small house (which always seems to miraculously transform into an Ice Cream Shop!) and allows other equipment to be brought in such as rakes and wheelbarrows and our horizontal metal climbing ladder to strengthen large body muscles.

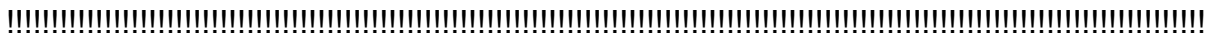
Berrybrook is filled with many beautiful play areas, each with its own unique purpose. Thank you for understanding the reasons why we as Beginners move from one area to the next.

We look forward to welcoming Elise and Collin to the Beginners Class this month! They will surely learn about our daily routine as well. It won’t take them long to figure out what the current Beginners already know: “After we come in from Outside Time it’s always Snack Time!” Proof that every “time” of the day is important!

Happy Thanksgiving!

~ *Mrs. LaForest*

Mrs. LaForest teaches in the Beginners and the 4 Day classes.



Save the date and spread the word:

Berrybrook Open House

SATURDAY, NOVEMBER 5TH 10A.M. – 12PM

First Year Project Notes

Pinecone Turkey



In November, the first year program moves from talking about friends to adding in family. Families will be asked to send in pictures of your child's family to display in the class, showing that although we are individual families, we are also part of our Berrybrook family. Families will also be asked to work together as a family to decorate a feather for our class turkey. Speaking of turkeys, a traditional Berrybrook project that we will focus on is the pinecone turkey.

Taking the pinecone turkey as a theme, here is how it looks as a cross curricular learning unit.

Language Arts- We will read "Thanks for Thanksgiving" by Julie Markes. The children will work together at circle to create a list of things that we are grateful for.

Mathematics- At circle, we will sing 5 Little Turkeys, practice counting feathers and categorizing them by their attributes (color, shape, size).

Science- We will discuss a turkey's natural habitat. (Lucky for us, we see them out our classroom windows on the playground often at this time of year!)

Social Studies- With the holiday season approaching, lots of talk will happen both in large and small groups. We will discuss similarities, differences and traditions, which will often be seen through dramatic play in our housekeeping area.

Art- Children will create a turkey by gluing feathers into a pinecone (just think Thanksgiving table centerpiece!)

The first year program is looking forward to hearing more about your families and holiday traditions!

~ *Mrs. Barlow*

Mrs. Barlow teaches in the 3 Day Room 3 class.

Kingston Animal Shelter Donations

November brings an annual Berrybrook Community Service Project started by Mrs. O'Neil many years ago. Families may bring in donations of supplies needed to benefit the Kingston animal shelter. To receive these donations, boxes will be decorated by the children with cut-out pictures of dogs, cats, and other animals glued onto a colorful background. These boxes will be placed in the lobby and near classroom doors along with "Pennies For The Pound Jars". There will be class discussions about "What is an animal shelter?", "Adoption of pets", and "Being respectful of all living things." It is important for all children to develop empathy and practice kindness. Taking care of pets and other animals is a meaningful way for children to develop these traits.

Second Year Project Notes

Spider Study



Children in the 4 and 5 day classes enjoy the benefit of working on a project over the course of several days, or even weeks. They have the ability to stay focused longer on their task, and therefore enjoy projects with more than one-step.

The Five Day Class have already worked on an extensive project, which began when one of the children found a spider crawling in the housekeeping area. We took this opportunity to examine the spider in a bug catcher. Children took turns in small groups looking at the details of the spider. They then used magnifying glasses to get a better look at those details. Next, they drew a picture of what they saw.

One day we looked at spider webs. Photographs showed several different types of webs that spiders build. Next, the children used a painting technique called marble painting, to make their own version. We used a stand up weaving loom to create a class spider web with yarn. Down in the NOOK we searched for and found several different kinds of spiders. We compared the details of each, marking their similarities and difference.

As the interest in spiders continued, we made spiders with tissue paper and pipe cleaners. Then we read an African folk tale from the Ashanti people entitled, Anansi. Anansi means spider. These stories provide many lessons for the reader. Anansi is described as a foolish spider, who can change his shape.

We even learned to sing the song, The Eensy Weensy Spider in Spanish.

The most exciting aspect of this spider study is that children initiated it. They found the first spider, and began to talk about spiders. Their discussions helped to create the direction that the project took.

Children practiced observation skills, as they described details of the living spider. They increased their vocabulary, as we named the parts of the spider's body. When drawing their version of the spider, they transferred an idea onto paper.

Math skills were involved in counting the legs for the spiders. Fine motor development was involved in learning to twist the pipe cleaners around the tissue paper to make the spider.

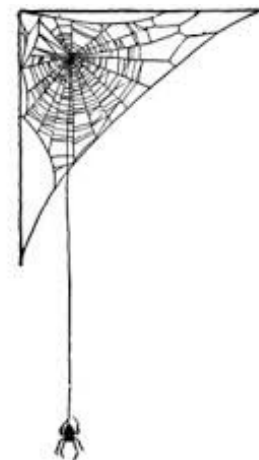
When we read Anansi, and learned to sing in Spanish, they explored other cultures.

They created spider webs in two different ways. One was a solo art project; the second was a group project that involved planning, cooperating and helping each other. This was also a three dimensional project.

The most important and valuable aspect of this study was FUN!

~ Mrs. Dunn

Mrs. Dunn teaches in the 5 Day class.



The Berrybrook Staff would like to thank the Parents Association for arranging snacks for our monthly after-school meetings. Each month we have a 2 hour meeting to discuss curriculum and other matters. These meetings are scheduled from 4:15-6:15 and we appreciate having a snack to fortify us. We are thankful for all of the support and encouragement we receive from parents. It is very thoughtful of parents to take time from their busy schedules to prepare refreshments for us.

Thank You Very Much!!

Parents Association Notes

Thank you all for supporting this year's Harvest Festival. It was wonderful to see so many families participate and enjoy the beautiful fall air. A huge thank you to everyone who volunteered their time or donated a themed basket, silent auction item, refreshments, and decorations! We continue to be impressed with the generosity and support of our families and local businesses. We also want to extend a special thank you to all of the high school students who assisted with crafts, hay rides, and face painting. All of the proceeds from the Harvest Festival will support future enrichment and subsidize Family Fun Fridays.

We have one unclaimed raffle basket from the Harvest Festival! We will pull a new winner for the "Cooking Basket" by randomly selecting from those families that have paid their BPA dues. If you would like a chance to win the "Cooking Basket" and have not yet paid your dues you can still submit them for a chance to win until December 2nd. We will draw a winner on Monday, December 5th. Checks for dues can be made out to the BPA and left in the basket near the BPA table.

Last month's Family Fun Friday, at Bog Hollow had a great turnout! Thank you to all who attended and thanks to our enrichment coordinators for making the event happen! Join **Clay Chick for a Story Art Hour on November 4th starting at 1:00 at Berrybrook!** Children will hear a story and have an opportunity to decorate a handprint hanging tile. Chickie from Clay Chick will then take the tile back to her shop to glaze and within a few weeks your child's tile will be return to Berrybrook for pick-up. The cost is \$10 per child and space is limited for this event so please make sure to sign up at the BPA table.

Each year the BPA looks for ways to give back to the community. Again this year we will partner with the Duxbury Interfaith Council to collect food donations. Their mission is: "Together, We can fill baskets." More than 100 families look to the Interfaith Council to fill their baskets at Thanksgiving. To help assist the Interfaith Council we will collect donations at the BPA table and we will deliver them for the holidays. Non-perishable donations needed include canned goods, juice, and packaged dessert mixes (ie: brownies, cookies etc). If you choose to donate please place items in the box at the BPA table by **Friday, November 18th**. After Thanksgiving, we will share more details about our next community partnership. If you have any suggestions for community outreach opportunities please email the berrybrookparentsassociation@gmail.com.

Join us **Wednesday, November 9^h at 7:30** for our next BPA meeting. We will recap the harvest festival, plan for future enrichment and community outreach opportunities. All are welcome!

Thank you for your support and participation! For any questions please email the BPA.

Jill Cooney & Danielle MacKinnon Co-Presidents berrybrookparentsassociation@gmail.com



Connections Notes

Connections is a group of teachers who serve as a resource for Berrybrook families.

This month, our **Conversation Connections** is on **Tuesday morning, November 15th from 9:15-10am** in the Multipurpose Room. Stop by to chat with a teacher and connect with others to discuss common family challenges when raising children.

We hope to see you there!

Mrs. Capasso, Mrs. Dunn, Mrs. LaForest



Colder weather is on its way.....

Berrybrook will cancel school if

Duxbury Public Schools are closed due to weather emergencies. Please watch 7NEWS (NBC) for cancellation notices. Parents may call the school to check the voice mail message if they are unsure about a snow cancellation. As the weather changes, be sure to dress children appropriately for outdoor play, including the Nook. Now is a good time to locate all hats, mittens, gloves, and warm jackets that will be necessary as we head into November. Once the snow flies, children should bring snow pants and snow boots. Children are welcome to keep slippers, sneakers, or crocs at school to make sure they are comfortable in the classroom. Please remember to label all clothing.

From The Board of Directors

Learning at Berrybrook: Building a Growth Mindset

One of the ways teachers at Berrybrook support children's growth is by expecting and encouraging children to do things independently. On the playground and in the classroom, this cornerstone of the Berrybrook philosophy is often evident. Teachers are not pushing children on the swings or holding children as they attempt the monkey bars. Even in the first-year program, children are encouraged to independently wash hands and throughout the year, to take more responsibility for snack and other classroom routines. When winter comes, Berrybrook children learn to dress themselves for the outdoors, even if it takes many long minutes to gear up for a snowy day. Each day, teachers are providing opportunities for social growth and intellectual discovery, letting children puzzle through problems and find solutions. Though children may struggle or feel frustrated when things are not easy, the teachers at Berrybrook, with a patient, matter-of-fact approach, convey a genuine belief in the abilities of all children. While persisting on the swingset or carefully pouring water from a heavy pitcher, with teachers praising the process and hard work, children at Berrybrook are developing a growth mindset that will benefit them as they continue to learn new things and face new challenges.

Carol Dweck, of Stanford University, published the book, *Mindset: The New Psychology of Success*, in 2006. The book, and her subsequent research, has had far-reaching implications for teaching and parenting. Dweck explains how one's mindset directly affects one's achievement. She contrasts a growth mindset, one where an individual believes he or she, and others, can develop intelligence and new abilities through effort and using meaningful feedback, with a fixed mindset, one where an individual believes his or her, and others', intelligence and abilities are innate, or fixed. When children, and the adults who spend time with them, have a growth mindset, struggles and even failures become exciting learning opportunities instead of stressful reminders of weaknesses.

As children grow up, they will obviously face more and more challenges, and in the face of some of those challenges, it can seem easier to fall back on a fixed mindset. "I'm just not good at math" or "I can't draw" are statements commonly made by adults. Inadvertently, statements like these model to children that some types of intelligence or skills cannot be gained through purposeful, dedicated practice. Other types of statements, like "You're so smart at math" or "You're so good at reading" can also reinforce a fixed mindset. They can say to kids that being smart or good at something should just come naturally, and when tasks in those areas become more challenging, children can begin to doubt their abilities and avoid taking risks to learn new things.

In their expectations of and communication with children, the teachers at Berrybrook demonstrate and foster a growth mindset for physical, social, and intellectual growth. Children leave Berrybrook confident in themselves and their ability to learn, recognizing that people learn in different ways at different times, but all with the ability to gain new intelligence and skills.

For more information on parenting with a growth mindset, please visit www.mindsetkit.org/growth-mindset-parents.

Rachel Ezell Berrybrook Board of Directors



NOOK NEWS

BERRYBROOK OUTDOOR CLASSROOM

Welcome to the Berrybrook Nook! Most of the classes have made at least one visit to this amazing space. By all reports, teachers and students have been experiencing very engaging and positive learning activities.

Children are engaging with nature in concrete ways. This is a hands-on way to work at their own pace. We added materials to the *Construct* area this week consisting of long, thin trees and a variety of tree cookies. Many building projects sprouted as a result of these additions. Cooperation to manage and move long or heavy items has been an important theme. Balance, trial and error, and useful suggestions among children are examples of what this natural space is conjuring up for our children.

The staff plans to use the Nook in all types of weather. There is a great benefit to experience nature in all types of weather. Rain, for instance. The sound of gently falling raindrops has a calming effect on our nervous systems. Sounds in the wet forest are different from when the area is dry. Footsteps sound different. Animals sound different. There are different smells. Voices travel in altered ways. Even the wind sounds different. During rain, there are new discoveries to uncover in places that seem to be unchanging.

The cold, snow and warm breezes of spring and summer will afford many opportunities for noticing similarities and differences in our outdoor classroom. We intend to utilize this outdoor classroom in all types of weather. Please send your child to school with weather appropriate clothing. Often, when it feels warm at home, the temperature difference at Berrybrook can be much cooler. On rainy or snowy days, rain gear and snow gear will make your child much more comfortable. In addition, please remember that closed-toe shoes work best when walking in the woods.

Look for pictures in the school lobby, of some of our classes enjoying The NOOK.

“There is something of the marvelous in all things of nature.”

ARISTOTLE

~ **MRS. DUNN**, Nook Coordinator



The Berrybrook Community
has grown again!

We would like to welcome:

Ella Braga
(Big brother Griffin is in 4 Day)

Congratulations!



Thank you to the generous businesses who donated to the
Berrybrook Harvest Festival.

MY GYM-Kingston

Tumblefun –Marshfield

Sportsworks Ltd.

The Revere Hotel

The Envoy Hotel

Jennifer Lightfoot Silhouettes

CertaPro Painters

Duxbury Fire Department

UBH/Duxplex

Grateful Gardener

Sullivan Tire

Clarks

Sea Heritage

South Shore Sports Center

Sky Zone

SoFit

Mark Rand Photography

The Salted Root Farm

Beach Plum Floral Design

The Winsor House

Sissy & Boo

Forbici Hair Salon

Lux Nails

Nessralla's

That Bloomin' Place

Rosa Farms Hanover

O'Connor Landscaping

Rock Paper Scissors

Easton's Children's Museum

Cross Fit Kells

Rodan + Fields