



April 2022

April 15

Good Friday - no school

April 18 - 22

Spring vacation week



Notes from the Head of School

Today's morning radio shows were all talking about the "Slap Heard Around the Oscars". There's one camp taking the side that Will Smith was defending his wife and the comments made about her (lack of) hair, and the other camp that cannot believe that an adult icon revered by many, physically assaulted someone on live television. I am solidly in Camp Number Two especially when I read that his acceptance speech made just a few minutes after the altercation mentioned something like "love makes you do crazy things". If that's not justification messaging, a phrase that domestic abusers may use to rationalize their actions, then I don't know what is. I am certainly not saying Mr. Smith is an abuser, just that his language is frightening (including what was bleeped out from the radio reports this morning).

I've been meaning to write a monthly newsletter on Reaction vs Response, and when I was looking up some supporting materials to finally tackle the topic this month, the clip of Smith vs. Rock jumped into my head. If Will Smith had taken the reaction response path, he may not be trending so negatively in the news today nor might he be worried about the implications on his life and career, when a knee-jerk reaction that took seconds might have detrimental implications to his career.

What exactly is Reacting vs Responding? Reacting happens when there is an event or stimulus, and our internal alarm bells sound (our Fight/Flight Reaction) and then we have external, physical, or emotional response. Responding happens when there is an event or stimulus, and our internal alarm bells sound (our Fight/Flight Reaction) and we are able to employ our mindfulness skills to pause and breathe before speaking or acting.

While we may not use the exact phrases “react” and “respond” with our students, this is something we do numerous times throughout the day. Responding appropriately to an event or stimulus is something that takes practice, and what the core of Berrybrook curriculum is all about. Each and every day, we work with the children at their developmental level to help increase the thoughtful responses to situations rather than impulsive reactions. It can be a lot of work, and many times not the easier path to take, but the lessons learned are so worth it.

<u>React</u>	<u>Respond</u>
Instant	Happens more slowly
Driven by beliefs, biases & prejudices of the unconscious mind	Based on information from conscious & subconscious mind
Done “without thinking”	Takes into consideration the well-being of self & others
Based on the moment	Stays in line with core values
No long-term consideration	
Survival-oriented	
Defense mechanism	
Often something regretted later	

Source: <https://communityforwardsf.org/>

It’s too bad that Mr. Smith has aged out of Berrybrook programing. He could certainly benefit from our curriculum that helps build a life-long foundation, one that we are very proud of here at Berrybrook.

~ Mrs. Watts

Teacher's Notes

A Butterfly at Berrybrook

This year I was asked to be a “floating teacher.” I wasn't exactly sure what this position would fully entail until I started experiencing it first hand. I start my days by greeting the children in the hallway with a smile and say “Good morning” as they head to their cubbies. The students hang their coats and backpacks, then enter the classrooms to start their day.

As I float throughout the classrooms each day that I am at Berrybrook, I am presented with questions, greeted with smiles, given hugs. Sometimes I am asked to read a book, play a game, or listen to a story. I feel so fortunate to be able to connect with all the children and at all of their age levels.

I divide my time up in the 3 morning classes and help anyway I can. This year I am able to see all the levels of learning. I help with the 3 Day rooms and observe children learning independence...how to write their names, how to use their words to express themselves and how to play with and make a friend. I help the 5 Day classroom and observe them doing things such as writing their names (and they proudly show and tell me about the process), working together and developing great friendships, and using their words to work through situations they may have needed a teacher for in the past.

Throughout our school, I see growth, I see positive teachers that care so much, I see tears and smiles, hugs and encouragement.

What I thought would feel like a disconnection to the classes that I was once a part of became a role that made me feel *more* connected. I have become connected to every class & every child. I have known some children since they were little bumps in Mom's belly and now I am having full conversations with them about their families, their vacations, their toys and “Mrs. Knight, do you remember when you came to my house and played with me in my tent in my playroom?” “Yes, I do remember!” For some I am a teacher that their brother or sister had. Some other students consider me as a new face, a teacher that floats into their room and adds to their day. I enjoy the connections that I am making and the comfort that I hope I am bringing to so many of your children during their days at Berrybrook.

~ Mrs. Knight

Mrs. Knight is our floater teacher Monday, Tuesday, and Wednesday mornings

PARENT ASSOCIATION NOTES

Spring is here! It's hard to believe that we are now in the final few months of the school year!

Enrichment

In April, Miss Kim will continue with the student's yoga exploration. Jesse Stiglich is also returning this month, to continue his music lessons with the kids! The BPA is always researching and seeking new enrichment opportunities for the children. As mentioned before, these programs would not be possible without the help of our wonderful families. Thank you all so much for your continued support throughout the year!

Family Fun Fridays

Thank you to everyone who joined us for our March event at American Kadre in Kingston! It was so fun watching the kids participate in the karate class - they all seemed to really enjoy it! Next up is our visit to JEM Equestrian in Duxbury on April 8th. Due to limited capacity, the event is currently full, however if you would like to be added to our waitlist, please email the BPA. We are currently working on our May Family Fun Friday, and will send out details as they become available. We are also SO excited to announce that the beloved end-of-year ice cream cruise will be returning in June, as our final family fun Friday of the school year! Stay tuned!

~ Kim Joyce and Molly Buchanan
BPA Co-Presidents

From The Board of Directors

Almost two years to the day when everything first shut down, we are taking masks off at Berrybrook. I can't quite unwind Covid in a matter of days or maybe even weeks. Old habits die hard.

But the timing is symbolic. We have closed a chapter.

At bedtime, I ask my kids, "What was the best part of your day and what was the worst part of your day?" Probably several of you play versions of this, sometimes called Rose, Bud and Thorn (something good, something you learned, something that was tough). The answers are often silly, or just the last thing that happened before we got into bed, occasionally very sweet or thoughtful. Always though a way to cap off the day, to move onto the next.

Here we are, at the end (is it the end?) of this part of Covid-19. So. What was the best part? What was the worst part? What's something you learned?

~Claire Gochal

Board Member



The All-Sports Tag Sale to benefit Crossroads For Kids, will take place on Saturday, May 7th at the Duxbury Senior Center with all proceeds going to Crossroads for Kids, a camp for at-risk youth located in West Duxbury.

duxbury's all-sports tag sale

SUPER EQUIPMENT.
SUPER PRICES.
SUPER CAUSE!



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

featuring:	DONATE.
baseball	Please check your closets and garages for used equipment and gently-used clothing to donate.
golf	
hockey	
lacrosse	DROP-OFF.
skiing	Drop off your items on Thursday, May 5 from 9am–noon and Friday, May 6 from 9am–noon and 6pm–7pm at the Duxbury Senior Center parking lot.
snowboarding	Look for a Waterfront Realty Group truck with "Tag Sale" sign on it. Call or text Selden Tearse at 781-864-9599 with any questions.
also:	
bicycles*	JOIN US.
lifejackets	Saturday, May 7, 2022
parkas	8am–11am
and MORE.	Duxbury Senior Center
	Cash, checks & major credit cards accepted.

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

may 7 2022

Please consider donating to the All-Sports Tag Sale ANY and ALL types of sports equipment and gently-used sports clothing. Check your closets now for used equipment that you would like to donate. Drop-off is at the Senior Center parking lot on Thursday, May 5 from 9 am-noon & Friday, May 6 from 9 am-noon and 6 – 7 pm. Then join us on Saturday, May 7th, from 8 -11 am at the Duxbury Senior Center to get some great equipment at fantastic prices and help send a deserving kid to camp.