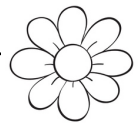




May 2022

*Tuesday, May 3	3 Day Class Pictures
*Wednesday, May 4	4 and 5 Day Class Pictures
*Thursday, May 5	2 Day and Beginners Class Pictures
Monday, May 30	Memorial Day - no school

***Rain dates will be scheduled as needed**



Notes from the Head of School

I am writing this month's newsletter the night before my husband and I embark on a week-long trip to take our oldest to Virginia and South Carolina to check out his top-choice colleges. Part procrastination because as OCD as I am, I loathe the packing process, and part avoidance because as much as I think I'm prepared for this next step I question how ready I really am. He's my first-born, my first pancake (as one family recently shared with me the "Pancake Theory" which I found hysterical - "The first child is kind of like the first pancake. If it's not perfect, that's okay, there are a lot more coming along"). I'm not a great chef, so my pancakes are usually either on the raw-side or burnt, and thus I'm always wondering if I'm under-parenting or over-parenting our oldest, as he's the first to blaze the trails for the other two Watts children.

For those of you who have children who are headed off to kindergarten, especially for your first child, you may feel where my ambivalence is coming from. You know in your bones that your child is prepared for their next step, even if you are worried. As a parent we're always going to worry - you just trade one set of worries for another during each developmental stage. While that doesn't help when your child is getting on the school bus/going into the kindergarten classroom/headed to his first frat party, we have to trust that we've built the solid foundation that allows our offspring to be successful with their next venture, whatever it may be.

~ Mrs. Watts

The Board of Directors

When I think of summer with my family, I think of slowing down...those long lazy days that are sometimes so sweltering we can't imagine moving. Beach days that go on forever...impromptu ice creams and meandering hikes and bike rides, BBQs that come together like magic and end with perfect s'mores and kids playing hide and seek in the warm dusk while fireflies twinkle and parents relax.

But before we get to all those slowed down times, when we can really savor each moment and I feel some of our deepest family memories are made, there is the frenetic, bustling busy spring time, which I love just as well. The birds and animals wake up, the peepers peep in ponds and vernal pools, and similarly it feels like our schedules come out of hibernation and the months go by in a flash. It's the season of baseball, soccer, of those last few weeks of rehearsal before dance recitals and competitions – it's busy fun at school with field trips and field days.

I always loved spring at Berrybrook when my kids were there. It brought so many thoughtful and busy projects and lessons, adventures in the Nook, ice cream cruises in Plymouth Harbor and novel things for the older kiddos like their first bus ride in preparation for the excitement of Kindergarten. I always felt that Berrybrook's busy fun in the springtime so perfectly mirrored nature's waking up in the bustling and happy way that it does. And then each year Berrybrook Ice Cream Day, in its relaxed celebration of all the things the kids and families learned and experienced throughout the year, ushered us beautifully into summer.

Beth Marois
Berrybrook Board of Directors

Teacher's Notes

Through A Child's Eyes

Try to look at everything through the eyes of a child, what do you see? Get down at your child's level or height and look up at how big things seem. Sometimes we forget the visual perspective of these little ones. Walking through a crowd all they see is everyone from the waist down - how big a hallway might seem or even a classroom. I took a course several weeks ago on this very topic and it made me stop and think about this. What do my children see in our classroom? What is the first thing they see when they walk in the door? I bent down to be at their height and looked into the entrance of our classroom the next day to see exactly what they see, and to tell you the truth it was a little intimidating. They had in their line of sight a big cabinet, cubbies and the play dough table; that was it until they walked a little further into the classroom. We see everything from a "bird's eye view" so we build everything on that perspective. We can see the whole room at once and not piece by piece. So I made the entry a little more inviting; more pictures down at their level and some fun things to do as soon as they walk in.

A second way to see through your child's eyes is to instantly shift perspective by looking at the world through their eyes. Especially in times like these it may allow yourself a refreshing new glimpse of the world. It may bring a little zest in your step and a little bit of zing into our hearts. There are days when our day to day life can deplete us so profoundly that it becomes difficult to see past our immediate day to day needs. If I thought about this a little bit more when my children were young I would finger paint more and point the finger less, I'd do less correcting and more connecting. I'd take my eyes off my watch and watch with my eyes. I'd build self esteem first and the house later, and I'd stop playing serious and seriously play.

Some mindful "practices" to see through your child's eyes can be:

- ~Smile fully and deeply with your WHOLE heart
- ~ Listen curiously to your child's laughter, then join in - it can be contagious
- ~ Ask for help if YOU need it
- ~Take your shoes off and feel the grass under your feet
- ~Turn off the phone and fully engage and pay attention to whatever YOU are doing

May this little list of mindfulness practices bring you more calmness and connection, to recognize these ordinary moments with your child as a gift. Children remind us every day to stop, notice, and enjoy. My own children even remind me quite often to slow down, pause, and breathe.

Be kind to yourself and embrace your inner child!

"Seeing the world through the eyes of a child is the purest joy that anyone can experience" - Author unknown

~Ms. Connell

Ms. Connell teaches the Beginners and 3 Day room 3 classes

Parents Association Notes

We hope everyone enjoyed April vacation week! It's hard to believe that the school year is soon coming to an end. What a year it has been! Thank you to all who have participated and supported the BPA this year!

Enrichment

The BPA is excited to welcome the South Shore Conservatory to Berrybrook on May 18th & 19th for their wonderful Music Together program. Miss Kim will also be returning for yoga in May, and will continue to build on the skills she's been teaching the children throughout the year.

Family Fun Fridays

Thank you to everyone who joined us for our April event at JEM Equestrian! It ended up being a beautiful day and the children really enjoyed feeding and interacting with the animals! Our May Family Fun Friday will be taking place on Friday, May 6th from 1pm-2pm, at the Duxplex for a Scoops Lacrosse class, run by Coach Matt Belson. There's still room to join, so if you are interested in signing up, please use the link to the sign up genius that was sent out by the BPA. The class is open to all children ages 3-8, so siblings are welcome. The cost is \$12 per child and can be sent in via Venmo to the BPA account (@BerrybrookParentsAssociation).

SAVE THE DATE - we are so excited to be bringing back our annual ice cream cruise for our last Family Fun Friday of the year! The cruises are booked for **Friday, June 10th**. Stay tuned for more information!

BPA Officers 2022-2023

The BPA is looking for new officers for the 2022/2023 school year! Sadly this is the last year of Berrybrook for the Joyce Family, and the Buchanan Family will be on a brief hiatus, until their little one is old enough to attend. New faces bring new ideas, and your commitment can be as little or as much you'd like! If you are interested, please reach out to the BPA or Mrs. Watts/Mrs. Piccuito.

- Kim Joyce and Molly Buchanan, BPA Co-Presidents