



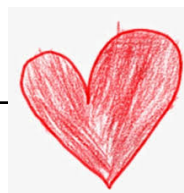
## February 2022

**February 21 - 25**

**Wednesday, February 16**

**Vacation week**

**Board meeting 7:00 pm  
(via Zoom)**



### Notes from the Head of School

Twice a year we close the school to students and either go offsite to a conference or have presentations at Berrybrook. We are all required to maintain a certain number of Professional Development training hours each year, and of course as Berrybrook educators we also want to stay on top of child development and other relevant topics.

Last month was our first 2021-2022 Professional Development Day for all staff. I had planned it back in September and at the time, we were excited to look ahead at welcoming our first in-person presenter since October 2019, a sign of “normalcy returning”. Well, on Friday January 14 we were not all in the multipurpose room, enjoying breakfast together which is traditional of our Professional Days. As so common of the times now, we were looking at each other’s faces on a Zoom screen because our presenter was in COVID quarantine. We were thankful to still benefit and learn from Tracy that day (and happy to be in sweatpants!) but it was still another reminder how much COVID impacts so much.

If you are like me, you’ve felt like you have been in overdrive since March 2020. If you are ALSO like me, you’re wondering how much more you can take and/or what is the straw that will break your back. Without a doubt, these past 22+ months HAVE BEEN HARD. It’s also so hard to try to see the sunny side, keep your chin up, look for the silver lining, and all those other positive platitudes. When I feel like I’m about to explode and lose it, I remember that I have at least 83 children watching me (3 at home, 80 Berrybrook students!) If I react like the world is ending because I didn’t get my first choice or what I expected, I try to remember those prying eyes. They are seeing my reaction to this ~ how would I

want them to respond to a similar situation in their lives? If my husband takes the last brownie, will me throwing an adult temper tantrum teach/give permission to my children to flip out if their sibling takes their video game controller? Will they learn to think it's okay to act in that manner?

Tracy's training on January 14 helped all of us recognize that it is okay to have triggers (maybe that last brownie represents something else!) but **WHAT** you do with those triggers, how you let them impact you, and what your interactions with others regarding those triggers is the biggest key. Two of my favorite slides from her power point presentation:

**No one can make you \_\_\_\_\_ without your permission.  
(You fill in the blank with angry, sad, frustrated, happy).  
and**

**Whoever you place in charge of your feelings is also in charge of you.**

Most likely, you can take the above two statements and apply them to your own lives.

It is so easy to feel that we have little control over the last 22 months. What we **CAN** control is our reaction to situations, and know the long lasting effects of our reactions especially with the little eyes watching us all.

## Things we model for children, whether we realize it or not....



how we  
handle mistakes



how we deal  
with frustration



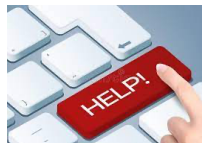
how we solve  
problems



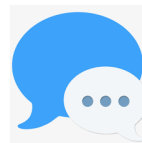
how we take care  
of ourselves



how we apologize  
and repair



how we ask  
for help



how we "speak up"  
for self and others



how we  
navigate conflict



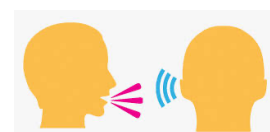
how we approach  
differences



how we care  
for animals



how we care for  
our environment



how we  
listen

~ Mrs. Watts

## **Colder weather is here...**

It is our policy to cancel classes whenever Duxbury Public Schools are closed due to weather emergencies. Families should watch Channel 7 WHDH for a school cancellation at Berrybrook. Every attempt at notification will be made through email messages, text messages, phone calls via OneCallNow and/or social media.

**\*\*In the event Duxbury Public Schools require a one hour delay, Berrybrook will have the usual 9 am arrival time.\*\***

**\*\*\*In the event Duxbury Public Schools require a two hour delay the AM session will be cancelled.\*\*\***

*Beyond a formal cancellation, we urge parents to use their best judgment about driving young children to school in inclement weather.*

*Please remember to label all clothing with your child's name.*



## **2 and 3 Day Classes**

***Duxbury Post Office Field Trip  
56 Depot Street***

***Remember to save the date, and meet your teachers there at 9 a.m.***

***3 Day Room 1: Tuesday, February 8***

***3 Day Room 3: Wednesday, February 9***

***2 Day Room 1: Friday, February 11***

## ***Teacher's Notes***

### **February at Berrybrook**

In the month of February, our classroom walls are covered with hearts. The hallway boasts our holiday tree with watercolored hearts that each child in the school has made. The colors red, pink, and white are seen everywhere: in the hallways; in the classrooms; at the easels; in the water tables; at our writing tables, etc. Valentine cards are being made by the children. Valentine boxes are being prepared for delivery of the valentines. Valentine celebrations are being planned. Love is in the air!

There is a lot of learning that happens during this month. In each classroom, the housekeeping area (dramatic play area) is transformed into a post office. Here, the children are using old stamps, writing cards, addressing envelopes, and delivering mail into our toy mailbox. There is tape, stickers, paper, and various writing utensils. There are also toy cash registers with play money and adding machines. They are learning to use play money to purchase stamps and envelopes. The older children are copying words to write letters and cards. The younger children are learning to cooperate and take turns as the post office clerk and/or the customer. From the Beginners class to the 4/5 Day classes, the "Berrybrook Post Office" experience provides a great deal of learning in many areas of the curriculum.

At Berrybrook, we also spend a lot of time this month talking about kindness. We have discussions at our gathering / circle times about what it means to be kind. How can you show kindness to one another? How can you show kindness to your families? How do you feel when someone is kind to you? This is part of Berrybrook every day though, not just during February.

Enjoy this month, and enjoy your little valentines, as we all do here at Berrybrook!

~ Mrs. Fosdick

*Mrs. Fosdick teaches in the 3 Day Room 1 and the 4 Day classes*

## ***BERRYBROOK PARENTS ASSOCIATION NOTES***

Thank you to all the families who attended our January Family Fun Friday event at Tumblefun! It was a well attended event, and the children enjoyed jumping and tumbling with friends. Due to February being a short month, and having the week-long winter break, we will not be hosting an event this month. We look forward to picking back up in March. It's always so nice being able to connect with the other families at these events!

The BPA is continuously working on enrichment opportunities for the students. We are excited for yoga with Miss Kim will begin this month for the entire school. She will teach the children various poses, and all of the ways that yoga is beneficial to their bodies. Make sure to ask your child about their yoga experience, and be on the lookout for photos on your class Shutterfly page!

As always, thank you to those who have already paid their BPA dues! If you have yet to do so, it's not too late! We ask for a \$30 contribution per family, which goes directly toward student enrichment in and out of the classroom. A big thank you to our Berrybrook families for your continued support and participation! Please let us know if you have any questions, comments, or concerns. You can email us at [berrybrookparentsassociation@gmail.com](mailto:berrybrookparentsassociation@gmail.com).

Hope you all have a wonderful February vacation!

Kim Joyce & Molly Buchanan  
*Berrybrook Parents Association Co-Presidents*



### ***Valentine's Day Celebration***

All of our classes will be celebrating Valentine's Day by delivering cards and enjoying a special Berrybrook snack.

We ask that the children bring a valentine for each classmate. Please remember, because we have children with food allergies, valentines should not include candy.

**ALL CANDY SHOULD REMAIN AT HOME**

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

As a Berrybrook alum myself, as well as a current Berrybrook parent, I love the sense of exploration that the school has brought me and my family. One of my first memories was at Berrybrook making bird feeders and watching the birds gather. It wasn't the simple task of rolling the peanut butter covered pinecone in the birdseed that peaked my interest but getting to go outside as a group to watch what the birds did. This sense of exploration and curiosity stayed with me and I see it in my son.

When I picked my oldest son up from school and he started asking me questions about the weather, it made me remember my exploration of the birds and it brought a smile to my face. It wasn't the fact that he had learned about the rain and where it comes from but this sense of curiosity of life and the world around him. It's this same sense of exploration that gives him confidence and piques his interest to learn.

After getting my update email later that day from Mrs. Watts, it just so happened my son learned about the weather at Berrybrook that day. As a parent constantly trying to better myself and teach my children about the world around them, it gives me comfort to know that not only are my children following a curriculum but they are also learning to be curious and explore what they are learning outside of the classroom.

It fills me with happiness and gratitude for the incredible teachers and staff who show such patience, kindness and motivation. To have my oldest love learning is one thing, but to be able to follow along thanks to a strong communication from the teachers and staff is so valuable as a parent of young children. The emails, photos, conferences and videos are things that I will cherish and are the foundation that will encourage a lifetime of growth.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude make sense of our past, brings peace for today and creates a vision for tomorrow."

*Melody Beattie - Author and Journalist*

Allison Cayzer  
Berrybrook Board of Directors



**The Berrybrook Summer Nature Program**  
***is offered during June and July on Tuesdays, Wednesdays  
and Thursdays from 9:00 – 1:00.***

***Children must be 4 by September 1st, (or a Berrybrook  
Beginner!) to register.***

***We also welcome children up to 7 years of age.***

***All current families will receive complete information about  
the program and registration process during the week of  
February 28, 2022.***