



February 2024

February 19 - 23

Vacation week



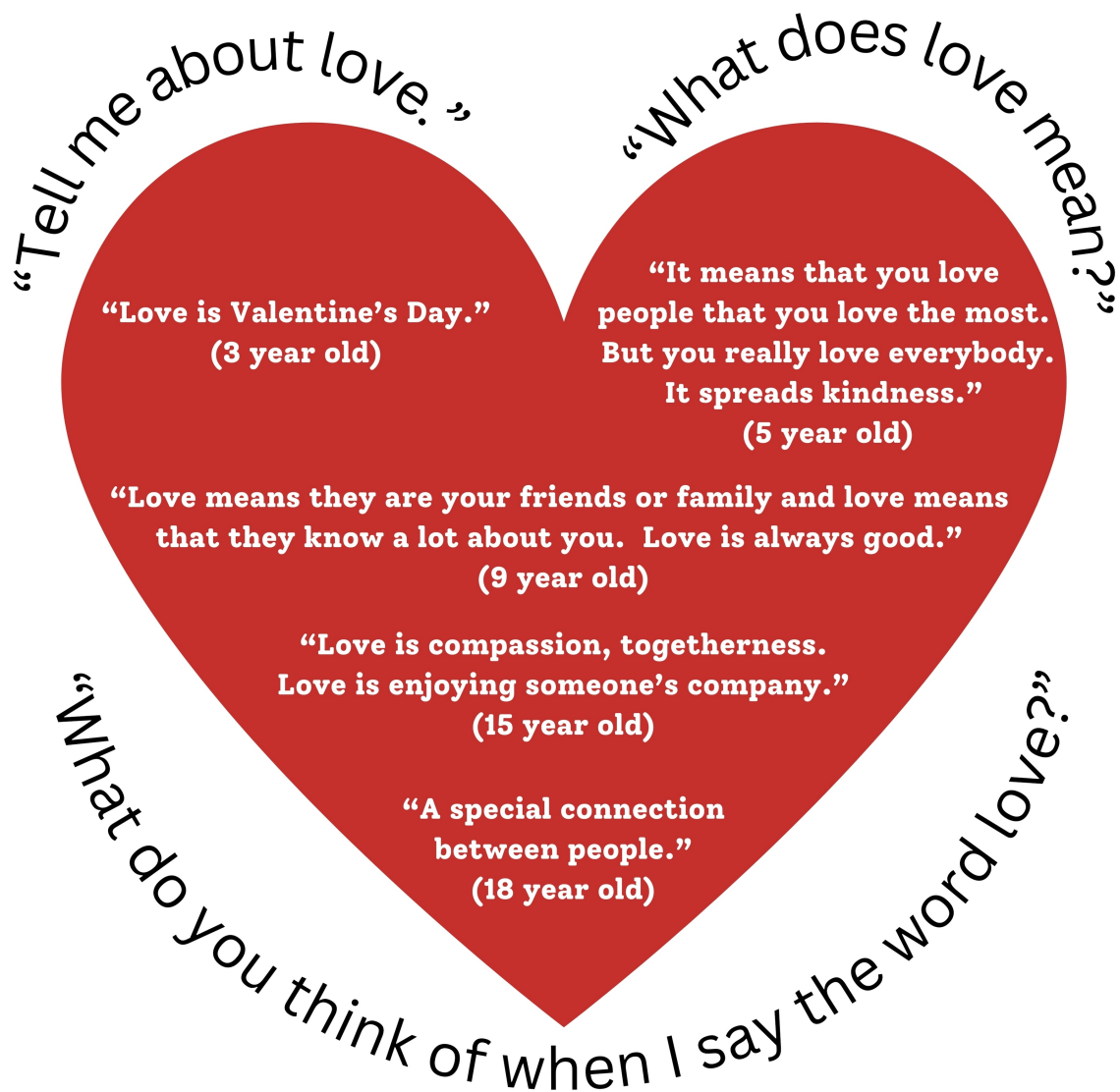
## Notes from the Head of School

Minutes after the ‘Christmas season’ is over, stores seem to shun the red and green color palette and switch to red and pink for Valentine’s Day (hey, some stores have this marketing plan even *before* the after-Christmas sales! While the first weeks of the New Year seem to focus on endearing phrases and expressions of love, at Berrybrook these descriptive and emotional words are encouraged every day of the year. However, we don’t only encourage the hearts and rainbows types of words; we support children to use words to express all their emotions. When children seem to struggle to find the ‘right’ words, teachers help children model the words for them. We do this by asking the children how they feel about a situation, and allow the other side to express their feelings. We help the children to understand how the other side might be feeling to help build upon their empathy. If they really struggle, we might say to them “Well if this was happening to me, I might feel X,Y,Z” or “Let’s look at so-and-so’s face to see if we know what she may be feeling”.

It is a crucial life lesson for children to be able to learn to express themselves all the time, during both positive and not-so-positive interactions. These interactions are the basis for friendships being made in classrooms, and is best to be in a comfortable and secure space to learn how important and powerful their words can be. Words can be used to sting, and words can be used to heal.

The “You’re not going to be invited to my birthday party!” can really hurt and the “Are you okay; how can I help you?” can really soothe. We get excited when we hear both - we have the opportunity to help children manage so many emotions involved with both of these scenarios! This is Berrybrook’s bread and butter, and the reason why we all are SO passionate about our work. Thank you for entrusting us to help your children develop these epiphanies!

~ 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 6***

***3 Day Room 3: Wednesday, February 7***

***2 Day: Friday, February 9***

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

### **It's February at Berrybrook**

Happy February! The month of February at Berrybrook School always instills in me a feeling of love and kindness. There are red, pink, and purple hearts everywhere we look in our classrooms and in our hallways. The Berrybrook Tree in the foyer is decorated with watercolor hearts from each and every class as one of our Berrybrook traditions.

Each class plans ahead for the holiday by creating "mailboxes" to collect their valentines. The children in the Beginners class decorate valentine bags to line the hallway outside their classroom door. A valentine pouch is decorated by each 2 and 3 Day student to be attached to the front of their cubby for the holiday. The 4 and 5 Day children recycle a shoebox from home that they paint and decorate with glitter for the special event.

The children, age-appropriately, ready the valentines that will be hand-delivered. There is a lot of hard work involved in preparing these cards, and the children are so proud of their efforts. On the celebration day, the children so carefully and enthusiastically deliver a valentine to each classmate and excitedly let others know that the valentine is waiting for them to open.

Areas of each classroom are set up as "post offices." The children can write letters and/or cards, stamp them, and mail them. The post offices are quite a busy place to be, as the children are very busy creating items to mail.

Group time themes usually include discussions of love, kindness, caring, and thoughtfulness. "What does it mean to be kind?" "How can you show someone you love them?" "How do others take care of you and show you kindness and love?" The children always have so much input to our discussions and so much to share with one another. It is always heartwarming to know how they are thinking and feeling.

Thank you all for sharing your children with us every day. This month is always a great reminder of why we do what we do. Celebrating Valentine's Day with preschoolers is always a great opportunity for all of us to stop and take a moment to appreciate those we love and care about.

Happy Valentine's Day and Happy February!

~ *Mrs. Fosdick*

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

## **BERRYBROOK PARENTS ASSOCIATION NOTES**

Spring is right around the corner and warmer weather will be here before we know it. We're in the process of planning something fun so keep an eye out for upcoming BPA email announcements! As a reminder, there is a live BPA event calendar that you can view [here](#), for anyone who is proactively planning out the second half of the school year.

### Family Fun Friday

Thank you to all the families who attended our January Family Fun Friday event at The Pottery Playce! It was a well attended event, and the children (as well as a few adults - loved seeing this!) enjoyed painting their Valentine's Day mug with friends. As a reminder, your mug(s) are available for pickup at The Pottery Playce at your earliest convenience.

We're looking forward to our next Family Fun Friday at Strive in Duxbury on February 9th. There are still a few spots open for the 3:00 PM class. You can sign up [here](#)!

### Enrichment

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.

If you are interested in Berrybrook apparel, please reach out. We have kids sweatshirts, sweatpants, t-shirts and fleece blankets available for purchase. All proceeds go towards enrichment program funding.

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 \$40 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!  
Alex Casamassima and Stephanie McGarry  
*Berrybrook Parents Association Co-Presidents*



C o n g r a t u l a t i o n s  
t o t h e C o t e F a m i l y !



W e l c o m e  
T h e o d o r e C o t e  
( b i g s i s t e r L a n e y i s i n t h e 2 D a y c l a s s )

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

Living in New England, February can feel like one of the most challenging months. We feel the need for something to look forward to. The excitement of the holidays seems like a distant memory, while spring still feels too far away to touch. We have settled into our winter routines during these short, cold days, but look for the little things to carry us through to spring. I especially find myself looking for those “little things” during these years raising young children. Since my kids started at Berrybrook, I have appreciated February more for the special winter traditions that come along with it.

My children’s love and anticipation for Valentine’s Day started with the Valentine mailboxes they created during their early Berrybrook years. Each year these traditions are built upon. As they decorate their mailboxes with care, they eagerly anticipate the day when they are filled with Valentines from their classmates. During later years, these traditions are accompanied with a special field trip to the local post office to mail a surprise home. Oh the excitement of watching their project slide through the gold slot marked “outgoing mail”, and then actually arrive at home! At this age they can’t quite reach the mail slot, so they stand on a chair and carefully let go their letter, awaiting the soft plop onto the heap of mail just beyond their view.

During my eldest daughter’s 5 Day year, I remember helping her carefully write out each classmate’s name and signing each Valentine with her own. We would sit at the dining room table and write a couple each night, for the weeks leading up to Valentine’s Day. There were nights when we would struggle through, resulting in crumpled up Valentines on the floor and crossed out letters. But there was a huge sense of pride when she finished. Having something to share with each classmate made her so happy, and she was touched that each classmate thought of her in return. When the day of the exchange arrives, they can’t wait to carry their mailbox home and dump out the heap of Valentines on the living room floor.

Valentine’s Day is a little ray of warmth and light during one of the coldest months of the year. Before we know it, we can lift our heads out of our winter slump and see spring on the horizon. Thank you Berrybrook traditions for getting us through!

Meg Quinn  
Berrybrook Board of Directors



## **The Berrybrook Summer Nature Program**

***is offered during June and July three days a week  
from 9:00 – 1:00.***

***Children must be 4 by September 1st,  
(or a current Berrybrook Beginner!) to register.  
We also welcome children up to their 7th birthday.***

***All current families will receive complete information about  
the program and registration process during the week of  
February 26, 2024.***



### **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**