

March 2012

Wednesday, March 7

Berrybrook Board Meeting 7:30 pm

Friday, March 9

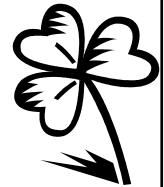
Professional Day, No School

Friday, March 16

Enrollment Forms Due

Tuesday, March 20

Parent Discussion Group 7:00 pm



Notes from the Headmaster

Words are powerful and it is important to choose them carefully. Berrybrook teachers are very aware of the language they use in the classroom. They consciously refrain from using negative words like “no” and “don’t.” Our approach is to help children understand what they *can* do, instead of simply what they should *not* do. It takes time and concentration to phrase interactions with children in a positive way, and it takes practice. “We know that when children hear judgement words (nice, good, bad) they often internalize and personalize these words (“That’s not nice” is felt as “I’m not nice”). We want to teach and guide - not scold, judge or blame....We know that children have social conflict because they are practicing and learning how to be social (not because they are ‘not nice’).” - Carol Garboden Murray, January/February 2012, *Creating a Culture that Acknowledges the Power of Words*; Exchange, The Early Childhood Leaders’ Magazine.

When Berrybrook teachers facilitate conflict resolution they focus on the situation and the solution - “What is happening?” and “What can we do to solve this problem?” We have found that the most effective way to develop positive behavior is to use positive guidance. This approach has the added benefit of helping children feel lovable and capable. Children may act out for any number of reasons and may also try out negative behavior because of the need to test limits. This is normal behavior at certain stages of development. At Berrybrook, we respect the differences and challenges of developmental stages by offering support and understanding and by using positive language intended to develop respect and empathy. Dr. Lawrence Kutner, well known psychologist and child development expert, believes that intelligence and temperament are largely influenced by genetics, but empathy is a skill that children learn; and he says, “Children who are empathetic tend to do better in school, in social situations, and in their adult careers. Children and teenagers who have the greatest amount of skill at empathy are viewed as leaders by their peers.” Berrybrook teachers know that in addition to helping children feel understood, successful and confident, positive responses develop empathy, a skill that will serve children long after their time at Berrybrook.

Pat Keeley

Also from the Headmaster...

Family Fun Fridays, Eddie Spaghetti, Big Ryan, Yoga with Miss Caddle are just a few of the wonderful events and enrichment programs sponsored by the Berrybrook Parents Association this year. Berrybrook is so lucky to have such an involved, supportive community. Parents volunteer in classrooms, participate in birthday celebrations, collect recyclables, cook, sew and donate items needed and every Berrybrook parent is a member of our Berrybrook Parents' Association. The BPA contributes so much to the life of our school and to the programs we offer. Without the contributions from BPA dues and fund raising events, enrichment programs would not be possible. Without the BPA, the family centered Harvest Festival could not have been enjoyed by so many in our community and we would not be planning our fifth annual Spring Fling in May. Thank you to BPA officers Allyson Frazier, Heather Canty, Karen Gallagher and Stacy Watts who have done a tremendous job this year and thanks to Martha Dennison and Donna Hillary for coordinating our enrichment programs. Thanks also to our "CPs" - Classroom Parents - who are doing all of us a service by keeping communication going and organizing the photo sharing sites for each class. With only three months left in this school year, the group will be starting to plan for the future, and part of the planning includes finding replacements for current officers and other positions. I urge all parents to consider serving Berrybrook as a BPA volunteer for the 2012-2013 school year. Soon, the BPA will be identifying a new President, Vice President, Secretary and Treasurer, as well as classroom parents for each group. In addition to being a lot of fun, it is exciting, satisfying and rewarding work. It is a tremendous opportunity to enhance the quality of the Berrybrook experience for all of our families and for yourself!

Think about it!

A Springtime Tradition



Painting "blown eggs" is a spring tradition at Berrybrook. Children have been creating these beautiful works of art for many years. It is a precious project that requires help from families. Classrooms need "blown eggs."

If you could donate a few eggs (brown or white) that you have "blown" at home we would appreciate it very much. It is tricky but easy to do. Simply poke a hole in both ends of the egg. A turkey skewer or push pin work well. Each hole should be about the size of a paper punch hole. If you break the yoke it is easier to blow. Blow into one hole and the egg comes out the other. Please rinse egg shell inside and out. Berrybrook teachers will spray the eggs with a bleach solution before children paint them.

Experienced Berrybrook parents will tell new parents that the end result is worth the effort.

You can send in your blown eggs all month, but we really need them by Friday, March 23.

Thank you!
Berrybrook Teachers

First Year Program News

February was filled with love for families and friends and therefore made our friendships stronger. March begins a new month of furthering these friendships even more, especially through fun themes such as music, dinosaurs, and transportation. Mid - month, our Dramatic Play Areas in all First Year Classrooms will become the Berrybrook Grocery Store. All classes will be meeting families for a grocery store field trip so check your child's cubby for an announcement with the date and time for this fun event.

March will also provide opportunities to explore the color green for St. Patrick's Day! Classes will be making a special snack and creating projects to reflect the happiness of this Irish holiday. Nearing the end of the month we will watch for cold nights and warm days to signal it's time to tap the Maple Tree!

Also, watch for parent-teacher conference sign ups in your child's classroom during this month of March. We look forward to talking with you about the tremendous growth in your child.

Mrs. Capasso,
Mrs. Delano,
Mrs. Dunn
Mrs. La Forest,
Mrs. Piccuito
Mrs. Rosen



Reminder!

There is no school on
Friday, March 9th.

Berrybrook teachers will be attending a conference at Bridgewater State University. Thank you for supporting our professional development efforts.



Summer Enrichment

The Berrybrook Summer Nature Program will be offered again this year during June and July, on Tuesdays, Wednesdays and Thursdays from 9:00 – 1:00.

Children must be 4 by September 1st to register. All families will receive complete information about the program and registration the week of March 19, 2012

Second Year Program News

As February finished full of love and friendship, March will be coming in as either lion or lamb...or so the saying goes...and will be filled with things of green and cherished Berrybrook traditions. The children are now beginning to have that more mature, "kindergarten look" to them and they delight in exploring in all areas of the curriculum and classroom. Learning is fostered through ideas in math, science, social studies, art and music on almost a daily basis at school. Pre-reading skills are emerging and social interactions among peers are most valuable now that the children have built upon, layer by layer, ways to express their feelings and listen to one another and how to appreciate different ideas among many people. Each class of the three Second Year Programs is a unique group of children with their own interests, ideas and rhythm. Check your child's classroom calendar posted on their bulletin board as each class may be working on different things, at their own pace.

One thing in common among all three classes will be the making of our traditional Irish Soda Bread, learning about Ireland and perhaps trying out an Irish Jig! In March as we wait for warmer days with cold nights it will be time for a much cherished Berrybrook tradition of tapping the Maple Trees. We tap Norway Maple Trees on the Berrbrook property where spouts are tapped into the trees and buckets hang in anticipation of dripping sap that will patiently be boiled down into syrup. Classes will anticipate the traditional sugar on snow party, always enjoyed by children and teachers alike! Hopefully there will be spring-like weather in March where we will hear the familiar sound from one special bird that we all love to sing about (with accompanying sign language!)...

The Red Robin

When the red, red robin comes
bob, bob, bobbin' along, along.
There'll be no more sobbin' when
He starts throbbin his old,
Sweet song.
Wake up, wake up you sleepy head.
Get up, get up, get out of bed.
Cheer up, cheer up the sun is red.
Live, love, laugh and be happy.
What if I've been blue,
Now I'm walking through
Fields of flowers.
Rain may glisten but still I listen
For hours and hours!
I'm just a kid again,
Doin' what I did again.
Singin' a song.
When the red, red robin comes
Bob, bob bobbin' along.

Let's march into March!
Miss Bent, Mrs. Caddle, Mrs. Fosdick,
Mrs. LaForest, Mrs. O'Neil, Mrs. Neal,
Mrs. Piccuito and Mrs. Swan

Berrybrook Parents' Association

Happy March! Please find our monthly updates below. And mark your calendar for the next BPA meeting on March 21st at 7 p.m. as we plan the Spring Fling and the rest of our spring at Berrybrook. Your input is critical to our success. See you there!

Cookbooks!

We are so excited that all of our hard work has paid off and the books will soon be received from the printer. Be sure to check out the children's photos on the divider pages. Pre-orders can be placed until March 2nd and will be placed in your child's cubby the week of March 5th. Books will then be for sale at the BPA table for \$15. Bon Appetite!

Family Fun Friday!

Thanks to all those that attended BPA's Puppets & Pizza! It was our largest event to date with over 100 participants! Wow! The children all had a wonderful time and it was great to spend time with all of the families.

Save-the-date for our March Family Fun Friday on March 30th as we welcome a junior world champion Bagpiper from Scotland who will demonstrate his instrument and discuss the bagpipe with the children. Stay tuned for more details.

Enrichment

March will continue as a busy month for enrichment activities with Yoga, Music class with artist-in-residence Eddie Spaghetti, and the ever-popular Irish Step Dance demonstration comes to Berrybrook. Check out the weekly updates at the BPA table.

BPA Spring Fling 2012

Save-the-date for the annual BPA Spring Fling, a casual thank you celebration for Berrybrook families! Come celebrate the year & have some dinner and fun on May 23rd with a rain date of May 30th from 4-6 p.m.

As always please let us know if you have questions, comments, or concerns for the BPA at

berrybrookparentsassociation@gmail.com or 617-458-1621.

And it's not too late to support the work of the BPA with dues. We ask each family to donate \$30 or whatever is appropriate for your family. Thanks!

These are the Years

These are the years, the gentle years,
The soft and sentimental years
When wee little fingers reach and touch
And little eyes gaze
With wonder and trust,
When you love so tenderly
And so so much,
These are the gentle years.

These are the years, the rainbow years,
The quiet, walk-on-tiptoes years,
The years of laughter and smiles and sighs
When both of you watch with misty eyes
The tiny bed where a cherub lies,
These are the rainbow years.

These are the years, the tender years,
The blissful, sweet-surrender years,
When your little treasure from above
Is the soul and purpose and center of
Your plans and dreams and dearest love,
These are the tender years.

- **Barbara Burrow**

Parent Discussion Group

DISCIPLINE was the topic discussed on the evening of Wednesday, February 15th. Several Berrybrook parents shared what "discipline" means to them-change, punishment, consequences to choices (logical or natural, removal of privileges), at Berrybrook discipline means "to teach". What are your thoughts? Discipline, as a verb means to change the what, when, where, how and/or why something is done.

If your child is behaving in a manor unacceptable to you try changing your method of discipline. Example: Child getting dressed in the morning. If this is a struggle you may set out "acceptable choices" in the evening, allow your child to choose from your "acceptable choices" of clothing, child must get dressed before another favorable morning activity, compromise, they put one sock on you put the other, etc.

When asked "What brought you to the PDG tonight? Parents responded "How can I do better", "Don't know what to do about...?", "Constantly asking my children to ...?", "I've reached my limit, what to do when children...", "Always nice to get new ideas".

Many new ideas or different ways of parenting are openly and confidentially shared at all Discussion Groups. Parents often comment afterward " I thought I was the only one..."

Please join us for the Tuesday, March 20th discussion -

"March Madness-Overwhelmed?, Discouraged?, At Your Wits End?"

Bring your parenting concerns and questions.

Look forward to seeing you!

Mrs. O'Neil, Mrs. LaForest and Mrs. Delano

When it's Wise to Spend, Not Save

“This time like all times is a very good one if we but know what to do with it.”

- Ralph Waldo Emerson

Although it's only March, planning for the summer and 'next year' and at our house is already in full swing. True it is exciting and important to plan for the future; preparing our children (and ourselves!) to venture a little further from our grasp and ride the school bus for the first time or piecing together the families various summer activities require significant thought and discussion. Inherently, these preparations also mark the end of some of the familiar routines and relationships that we and our children have established over the course of this last school year. This transition too requires our time and careful attention. All this discussion around planning and transitions can leave me a bit overwhelmed! I find myself struggling to achieve a balance between anticipation for the future and living in the quiet, sureness and potential of the very moment at hand. As it is in the present moment that our histories are defined and our futures are shaped.

During a particularly busy study time in college, a friend of mine handed me a copy of *The Tao of Pooh* by Benjamin Hoff. Having nearly mastered the art *and* science of collegiate procrastination, I swiftly set aside my dense philosophy texts and dove into the world of Pooh. Not more than a few minutes into *The Tao*, a line jumped out at me and has lingered quietly with me since “The main problem with this great obsession for saving time is very simple: you can't save time. You can only spend it. But you can spend it wisely or foolishly.” Although I felt conflicted about setting aside my intended studies for a bit, to engage in 'fun' reading, the unanticipated words of wisdom I encountered have become an enduring gift. It seems like a long time ago since I read *The Tao of Pooh*, and life now with four children appears quite different than the less moment-to-moment days before parenthood. Yet, regardless of our phase in life, the significance of *how* we spend our time and what we glean from it remains.

Here we are in March 2012. I, for one, am a bit thrown off by the mild winter we've enjoyed so far. On the one hand it's been wonderful to get outdoors so much at this time of year without the multiple layers and accessories typically associated with winters in New England. But, on the other hand, I feel slightly confused that spring is coming so soon. I keep asking myself “did February *really* happen yet?” Of course, I worry what this holds for our spring and summer months. Here I go, anticipating the future again . . . Given I don't have any control over the weather, I guess it's up to me to enjoy it for what it is: A mild forgiving winter. Spending time worrying about what it potentially means for the spring or fretting over the lack of snow to sled and ski on won't alter the opportunity to enjoy its benefits today.

Over the last several months since the school year started, we have watched our children grow and learn and forge friendships. We ourselves have learned a bit more about parenting and navigating its waters. As we approach the last phase of this school year, it will be a time to take stock of all that has occurred over the past year and to anticipate what lies ahead. Somewhere in between all of the planning will be our opportunity to define and shape *this* moment by how we choose to 'spend' our time. Whatever the circumstances of the present moment call for – laughter, thankfulness, bravery, forgiveness, decisiveness, compassion – the opportunity lies in this very moment to make choices that endear the past and usher in enthusiasm for tomorrow. Best wishes for a warm spring filled with well spent moments!

Written by Katherine Shepler, Berrybrook board member & parent

Separating, Settling, Surveying, Singing, Snowing, Sharing...Stretching!

Joanne LaForest

One definition of the word “stretch” is: “to extend over a given period of time” (www.freedictionary.com/stretch). The Berrybrook children have been doing just that, the entire school year, in three major areas...body, mind and soul.

Physically, it's easy to see the changes. Second year students now have that “kindergartener” look as their faces have matured to reflect their more mature thinking. First year students no longer hold the “toddler face” that was captured in the first day of school photographs hanging on their class bulletin board. Taller and stronger, all students demonstrate their physical growth daily. Ms. Caddle's wonderful instruction in yoga continues this journey. Yoga for children has many benefits such as “encouraging self-esteem and body awareness with physical activity that's non-competitive...(and) fosters cooperation and compassion instead of opposition. (It helps to) develop an intimate world around them.” (www.yogajournal.com/lifestyle/210)

Yoga also helps to stretch the minds of children. “Yoga ...(is) a springboard for exploration of many other areas: animal adaptations and behavior, music and playing instruments, storytelling, and drawing...” (www.yogajournal.com/lifestyle/210) In the classroom, children's minds are growing in their thinking in many ways. New stories are being experienced, exploring more complex characters and plots. New challenges in writing are being met. First year students who used a “mark” to once represent their name now do so with letters. Those who were already capable of writing their name now have moved on to include important names of friends and family. Second year students whose letter writing occupied a large space on paper now have letters resting left to right, perhaps on a line. Drawings now show more detail and often tell a story. Another important stretch in a child's thinking is their understanding of friendship. A tower of experiences has now been built that is reflected in conversations heard among friends. In a first year classroom, words said in the Block Area may be “We can build it together! Just be careful so it stays up, ok?” In the Dramatic Play Area it might be announced, “We can BOTH be the Mommy!” Second year students are overheard having increasingly sophisticated conversations, compared to those in the fall, to resolve problems that can span over time, “Well, yesterday *I* had a turn with it, so today *you* can have it, and tomorrow *she* can!” Conversations like these are usually followed with clapping hands and smiling faces symbolizing agreement among all parties involved!

Finally, stretching of the soul is easy to do at Berrybrook. Ms. Caddle accomplishes this in yoga as “the physical movements introduce kids to yoga's true meaning: union, expression and honor for oneself and one's part in the delicate web of life.” (www.yogajournal.com/lifestyle/210). I believe that one of the greatest needs of a child's soul is a sense of belonging. Children get that need met at Berrybrook when they feel accepted and respected by their peers and teachers. I also believe that one of the greatest lessons for children is knowing that even when they are angry, frustrated, hurt or sad the people in their lives (friends, family, teachers) continue to love them and will remember that we are all learning.

One of the favorite art mediums we use at Berrybrook is called Goopy Gunk. When left alone and untouched it stays as it is, a blob-like structure, unmoving. Once touched and gently handled it can stretch to its ultimate goopy-goodness! Visualize Goopy Gunk to help you remember that every single day is another opportunity to stretch our bodies, minds and souls. Not just *our* bodies, minds and souls but those of our *children*. Keep Stretching!!!

FAMILY FUN FITNESS FAIR

A win-win-win:

- Fun for Families with young children.
- A nice way to give back to your community and be recognized.
- By working together, raising funds for and the awareness of early childhood programs.

**IT TAKES A COMMUNITY TO RAISE
A CHILD.**

**Chandler Elementary School
93 Chandler Street
Duxbury, MA 02332**

**Organization Contact:
Kathleen Needel, Coordinator
Phone: 781-582-9518**

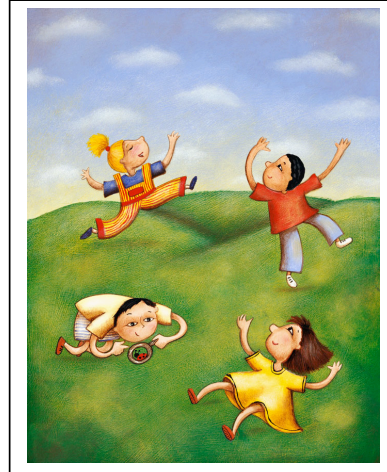
Email: KManey-Needel@Duxbury.k12.ma.us

**Food Contact:
Sara Heath
Phone: 781-934-7671
Email: Magicdragon@Duxbury.k12.ma.us**

**Race Contact:
Johanna Kelly, Chair
Phone: 781-585-4863
Email: JohannaK@Comcast.net**

**Fitness Fair Contact:
Nancy Wentworth
Phone: 781-585-9048
Email: nlwentworth@yahoo.com**

**Prize Baskets Contact:
Sonia Kelly
Phone: 781-834-2067
Email: soniatkelly@yahoo.com**



**SATURDAY
March 24, 2012
Chandler Elementary School
9:30 AM to 11:00 AM**

An event to:

- Let young children, and families get moving. This event gives them a chance to try new exercise programs.
- Fitness organizations will have the chance to host resource tables and organize 20 minutes interactive demonstrations of their fitness program.
- Raise funds for the early childhood community. The Fitness Fair is free, and runners participating in the 5K run are asked to donate \$20 per runner, and \$10 per runner if they are under 12. All money raised will benefit local programs serving young children and their families.
- Highlight what we can achieve when non-profit, public, and private organizations work together.

DUXBURY COMMUNITY PARTNERSHIPS FOR CHILDREN

Participating Members: Berrybrook Preschool, Blue River Montessori School, Discovery Corner Preschool, Integrated Preschool, Learn in Play Preschool, Magic Dragon Children's Center, Pied Piper Preschool, Pilgrim Preschool, South Shore Head Start, The Duxbury Free Public Library, The Duxbury Public Schools, and other community members including parents and retired citizens.

3rd Annual Family Fun Fitness Fair

**With a 5K Jog Stroller/Run/Walk & Kid's Run for Fun
Presented by: The Duxbury Community Partnerships for Children's**

**March 24, 2012
Rain Or Shine**

The Community Partnerships for Children is a 501(c)3 non-profit organization. Our Mission is to develop relationships that improve Early Childhood Education in the community. We respond to the needs of young children, their families, and Early Childhood providers in Duxbury on an ongoing basis. The program builds a collaborative system of Early Childhood programs and comprehensive services within Duxbury. Proceeds from this event will fund child care scholarship for families in need throughout Duxbury's early childhood community.

Schedule:	Registration	8:30 – 9:30
	Fitness Fair	9:30 – 11:00
	Children's Fun Run, will happen three different times	9:30, 10:00 or 10:30
	5K Run/Walk	10:00-11:00

Place: Chandler Elementary School, 93 Chandler Street, Duxbury, MA 02332
 Distance: 5 kilometers (3.1 miles)
 Course: This course is family friendly for all ages. Jogging strollers are welcome!
 Start: Chandler Elementary School, right onto Chandler Street, right onto Otter Rock Road, right onto Mayflower, left onto Bolas, left onto Chandler Street, course ends at Chandler School.

Age Groups: 12 - 18, 19 - 39, 40 -59, 60+, jog stroller (any age)
 Awards: Gift Baskets awarded for the first M/F finishers in each age category. With the exception of 60+ and jog stroller those will be male or female. Last year most of the gift baskets were valued at over **\$250.00** per basket.

T-Shirts: T-Shirts will be available for the first 100 registrants.
 Registration: \$20 if pre-registered by March 5, 2012
 \$25 day of registration
 \$10 Children ages 12 and under for 5K, or any age for the Fun Run
\$50.00 cap per family

Contact: Kathleen Needel at KManey-Needel@Duxbury.k12.ma.us or 781-582-9518

One Registration Form For Each Participant -----Cut here-----

Name: _____
 Address: _____
 Town: _____ State: _____ Zip: _____
 Telephone: (_____) _____ Age: _____ Gender: M F
 E-Mail Address: _____

(Circle one) 5K Run 5K Walk Jog Stroller Children's Run for Fun

Make checks payable to: Duxbury Public Schools- CPC Grant
 Mail to: Chandler Elementary School, 93 Chandler Street, Duxbury, MA 02332 Attention: K. Needel

The first 100 registrants will receive a free T-Shirt. Please circle size: Adult: S M L XL Child: S M L

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release The Town of Duxbury, and all event officials, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

Signature (Parent's Signature if under 18): _____
 Participating Members: Berrybrook Preschool, Blue River Montessori School, Discovery Corner Preschool, Integrated Preschool, Learn in Play Preschool, Magic Dragon Children's Center, Pied Piper Preschool, Pilgrim Preschool, South Shore Head Start, The Duxbury Free Public Library, The Duxbury Public Schools, and other community members including parents and retired citizens.