

May 2015

<b>Tuesday, May 19</b>	<b>Kindergarten Bus Trip for 4 &amp; 5 Day</b> <b>5 Day 9:30 (regular 9:00 arrival time )</b> <b>4 Day 12:30 (children arrive at 12:15 ! )</b>
<i>Wednesday, May 27</i>	<i>BPA Spring Fling 4 - 6:00 pm</i>
<b>Wednesday, May 21</b>	<b>Board meeting 7:30 pm</b>
<b>Friday, May 29</b>	<b>Ice Cream Party</b> <b>Last Day of School for 2 Day</b> <b>and Beginners</b>
<b>Wednesday, June 3</b>	<b>Ice Cream Party</b> <b>Last day of school for 3, 4</b> <b>and 5 Day Classes</b>
<b>Thursday, June 4</b>	<b>BPA Staff Appreciation Luncheon</b>
<b>Tuesday, June 10</b>	<b>Summer Program Begins</b>



**My Mother Kept A Garden**  
(Happy Mother's Day)

My Mother kept a garden,  
 A garden of the heart,  
 She planted all the good things  
 That gave my life it's start.  
 She turned me to the sunshine  
 And encouraged me to dream,  
 Fostering and nurturing  
 The seeds of self-esteem...  
 And when the winds and rain came,  
 She protected me enough-

But not too much because she knew  
 I'd need to stand up strong and tough.  
 Her constant good example  
 Always taught me right from wrong-  
 Markers for my pathway  
 That will last a lifetime long.  
 I am my Mother's garden.  
 I am her legacy-  
 And I hope today she feels the love  
 Reflected back form me.

- Author Unknown

## Notes from the Head of School

I had to chase a turkey off the playground this morning before school. He or she was over by the rocket, and was having trouble figuring out how to get out. Now, I know that turkeys can fly over the fence because I have seen them do it, but this one just couldn't seem to figure it out. I went out to our gate and opened it, hoping the creature would recognize the opening and escape before children and families started arriving. Luckily, just as I went back into the safety of the school vestibule to watch the turkey, I saw Mrs. O'Neil coming from her car through the parking lot.

Mrs. O'Neil did not notice me in the vestibule, but I could see and hear her. She had seen the turkey and started calling the bird over to the gate. She came in, the turkey went out, and all was well. When she saw me we both laughed and came into school and to work. Just a typical day at Berrybrook. Everyday, I have an experience with someone in the Berrybrook community that makes me feel very lucky to work here.

Sure, it's nice to get the letter from the NAEYC granting Berrybrook reaccreditation after a lot of hard work, but it's not the big deals that make me love my job, It's the little moments. It's Noah coming up to show me his loose tooth. It's leaving school at 5:00pm and seeing families still enjoying the Berrybrook playground. It's a day when I was observing a group of boys playing with animals and the animals looked like they were fighting. When I commented that, at Berrybrook, we have friendly animals, Andrew told me that his animal was a predator. Point taken!

I also enjoy watching the youngest siblings who are fascinated by the water fountain, and who love going OUT the IN door. I love to watch the warm hugs they give their older brothers and sisters before they part at the classroom door. Now that I am a grandparent, I appreciate even more the knowing looks from Berrybrook grandparents as we acknowledge the challenges and joys of bringing our children's children to and from school, and how happy we are to help.

I joked with Donna Hillary the other day - she had just submitted her final newsletter article as BPA president. I told her she could still write for next year's news and she laughed. We both know that Donna will be taking on volunteer responsibilities in other schools like so many past Berrybrook parents. There are so many tiny interactions with students and parents that I cherish, and at this time of year they are even sweeter, because I know that as school year comes to an end, some families will be ending their years at Berrybrook and I won't be seeing them again on a regular basis.

I'd like to thank the children, parents, grandparents and teachers for all of the smiles, nods, suggestions, and words of encouragement and appreciation that nourish me and make my work at Berrybrook so rewarding. Thank you for another wonderful, wonderful school year. And thank you, Mrs. O'Neil, for helping to free the turkey.

Mrs. Keeley

"If you want to feel rich, just count all the things you have that money can't buy."

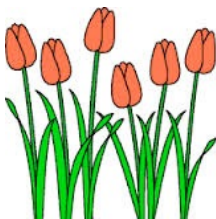
## Beginners

Welcome back from Spiring Break!!

It is hard to believe that we are in the last stretch of the school year. At times, with the feet upon feet of snow, it felt like we would never see the wood chips on the playground again! But here we are, entering the month of May. The Beginners have recently begun to use the big playground as a group – learning about all the equipment and trying out which structures are their favorites! They are learning that some equipment, such as the parallel bars, are things that they will be able to try and master as they continue to grow. Looking back, the Beginner class has learned so much about Berrybrook, and themselves, this year. Making new friends and keeping the old, sharing and waiting for a turn, using walking feet inside and climbing feet on the bridge in the courtyard, learning about our world with the teachers each week. The children reflect upon special memories while talking with the teachers, and often together, they will think back to important events that happened to them this past year at Berrybrook.....

There are so many.

Please join us for our traditional Ice Cream Day on the last day of school. We would like you there as we celebrate a wonderful school year with the children! It is on Friday, May 29th. Children arrive at 9:00 as usual, and families may return at 10:30 to enjoy ice cream made by the children. See you then!



Mrs. LaForest  
Mrs. Piccuito  
Mrs. Rosen

## First Year Program News

During April, children were able to begin playing outdoors after our long, cold winter. We are all enjoying playing in the fresh air and rediscovering our playgrounds! The children have grown and developed many new skills over the winter. It has been so joyful to watch as they pump themselves higher on the swings, steadily balance on the balance beam, or climb over the anthill with ease.

All classes painted beautiful blown eggs, made a bunny cake, and had an egg hunt, which culminated in a Spring Celebration. Many thanks to parents for sending in the blown eggs to enhance our Spring curriculum.

We are enjoying our monthly visits with Kim Spires from *Inspire Yoga*. The children enjoy and look forward to these visits. Other special guests we had last month were Miss Bert, and Miss Laurie from Soule Homestead. Together, they shared their knowledge of sheep, chickens, and rabbits with the children. The children were able to card wool then use the wool to make a sheep. Thank you to the BPA for arranging these activities for our children.

During May, our classes will examine caterpillars, and observe their life cycle. We will study insects, frogs, and turtles. We will be learning about planting and growing things. Each class will arrange a Family Nature Walk on the Berrybrook Nature Trail one morning during class time. Classroom teachers will send home information to each class.

We will wrap up our First Year together by making our famous hand cranked Berrybrook Ice-cream and sharing it with families on the last day of school. Ice Cream Day is another Berrybrook tradition that celebrates the end of a

wonderful school year and the coming of summer.

**Friday, May 29, 2015**

2 Day Room 1

Children arrive at 9am for a typical day.

Families return at 10:30 am for ice cream!

**Wednesday, June 3, 2015**

3 Day Room 1 & 3 Day Room 3

Children arrive at 9am for a typical day.

Families return at 10:30 am for ice cream!

We look forward to enjoying these final days of school with your children. We cherish the time together and thank you for a wonderful school year!

Mrs. Barlow, Mrs. Capasso, Mrs. Delano, Mrs. Dunn, Mrs. McDonough and Mrs. Savoy



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.

There are still openings in weeks 4 through 8

We have had Berrybrook alum sign up- FYI kindergartners are welcome!

Contact the office to reserve your spot!

**Second Year Program News**

As the school year comes to an end the children will have opportunities to reflect on their favorite songs and games, and will be getting ready to say goodbye. It is a bittersweet time in our classrooms, looking back at all the fun things we have done together. At the same time we are looking forward, helping to give students the tools they need to succeed in the next step of their journey.

On Tuesday, May 19, the Duxbury “Countdown to Kindergarten” group has arranged for the 4 & 5 Day children and their teachers to take a Bus Trip to the Chandler Elementary School in Duxbury. The 5 Day morning class bus will leave at 9:30. Parents may drop the children off in their classroom at the regular 9:00 start time, and are welcome to wait in the multi-purpose room or outside until 9:30. The 4 Day students will start their trip at 12:30 so parents must arrive at Berrybrook at 12:15 on that day.

Although many Berrybrook students will be attending kindergarten in other towns in our community we feel the trip to Chandler School is fun and very appropriate. The goal of this visit is to help children anticipate kindergarten positively by providing them a glimpse of a kindergarten setting. Permission slips will be available soon.



It’s amazing to look back and see how each child has grown. As the weather warms the children will be spending more time outdoors. We will be busy studying all living things. Seeds will be planted and observed as they grow in the classrooms. Each classroom has also recently received caterpillars which we will watch

as they go through metamorphosis and release them back into nature. May is also a special time to remember mom, so mothers should look forward to something special!

Through the years Ice Cream Day has proven to be an enjoyable "Berrybrook" way to say goodbye to good friends. On Wednesday, June 3, our last day of school, 5 Day children will arrive as usual at 9:00. At 10:30, all parents are invited to join us on the playground. The 4 Day children will arrive at 1:00 as usual, and all parents are invited to return at 2:30 for home made ice cream.

Thank you for a happy school year and for sharing your children with us!

Mrs. Caddle, Mrs. Fosdick, Mrs. LaForest, Miss McNulty, Mrs. Neal, Mrs. O'Neil, Mrs. Piccuito, Mrs. Rosen

### **Looking Forward and Looking Back by Mrs. O'Neil**

Yes, May has arrived with its warmth and fragrance of nature renewing itself. A time to celebrate accomplishments and move on to new and exciting challenges.

The children have worked hard during past months building confidence in their fine/gross motor abilities, developing verbal problem-solving skills, and feeling proud of themselves for doing so.

As we well know, children are the future of the planet and it is rewarding for each and every person regardless of age who contributes to their development. We are all teachers, you know.

How quickly the years pass. Five years gone already. Eleven more years and they will be driving. Two more years after that and they will be voting. Before you

know it they will be chauffeuring you around and choosing the President of the United States and government officials who will be making decisions for your health and welfare. How comforting it will be to think back to those Berrybrook days and the positive influence they experienced during their formative years.

Yes! Celebration is in order! On the last day of school that celebration will be the traditional Berrybrook ice cream party. The children will measure and stir the ingredients and then into the ice cream maker it goes. Everyone has a turn to crank. In recent years the ice cream is made a few days in advance and put into our freezer until party day arrives. In the "old days" Berrybrook didn't have a freezer and the ice cream was made the day of the party. It was hard work. Arms were aching by the time the tasty vanilla liquid had solidified. Dashers were removed and the ice cream makers were put in a shady place until parents arrived. Every drop was consumed! An exciting time for all...a memory for always. This year's ice cream day will be exciting, too.

Truly a day of celebration. The process has changed over time but the memory will stay with us forever.



#### **Berrybrook Vanilla Ice Cream**

**5 cups heavy cream**

**5 cups whole milk**

**2 cups sugar**

**2 Tbs. vanilla**

**$\frac{1}{4}$  tsp. salt**

**Mix all ingredients, place in ice cream maker, and crank until it's thick and creamy!**



## Lunch Bunch

The last day for Lunch Bunch will be Thursday, May 28. Thank you to all of the families who participated in our Lunch Bunch program. Mrs. Capasso, Mrs. Mrs. Neal and Mrs. Savoy enjoyed having a casual lunch with the children on Tuesdays, Wednesdays and Thursdays. Thank you so much to all parents who were so careful to pack allergy safe lunches for their children. We appreciate our families who take the extra time to make sure all Berrybrook children are safe.

## Thank you

Berrybrook teachers would like to thank parents for everything they do to support us during the school year. Thank you to the BPA for arranging playdates before school starts in September, and appropriate and engaging enrichment programs for our children and families. We also appreciate the snacks classroom parents arrange for our after school meetings! Thank you to all parents for working with us to provide the best possible experience for the children. The conversations we have at pick up, the phone calls and parent conferences that you share with us demonstrate a true partnership between school and home.

Mrs. Barlow, Mrs. Caddle, Mrs. Capasso, Mrs. Delano, Mrs. Dunn, Mrs. Fosdick, Mrs. Keeley, Mrs. LaForest, Mrs. McDonough, Miss McNulty, Mrs. Neal, Mrs. O'Neil, Mrs. Piccuito, Mrs. Rosen, Mrs. Savoy, and Mrs. Watts

## Berrybrook Parents Association

It is hard to imagine this is the BPA's final newsletter for the school year! What an amazing year it has been and it is all thanks to our wonderful Berrybrook community. Thank you to all who have participated and supported the BPA this year.

### Family Fun Friday

Please join us for the last Family Fun Friday on 5/15. We will be departing on a Plymouth Harbor Sundae Cruise at 1:30, so be on the look out for a sign up at the BPA table and please be sure to arrive to the dock no later than 1:00.

### BPA Spring Fling 2015

All families are invited to the Spring Fling on Wednesday, May 27th (rain date May 28th) from 4-6pm for pizza and some playground fun. The spring fling is an annual event that allows us to celebrate the end of the year as a whole.

Thank you to the BPA officers-Danielle MacKinnon, Amy Murray and a big thank you to both Jill Cooney and Sabrina Kaplan for coordinating all the wonderful enrichment programs and family fun Fridays for the children.

Have a great end of school and a safe and wonderful summer!

Donna Hillary

**Dear Families,**  
**Please do not forget to complete your Naturescape planning survey on line. We would love to have all responses by Monday, May 4.**

**Thank you!**

# Berrybrook Board of Directors

## THE VALUE OF WINING AND LOSING

By Marlene Najarian  
Berrybrook Board of Directors

Over the past year I have had the joy, and sometimes pain, of watching my daughter begin her journey through youth hockey. The one big thing that I have learned is that these eight, nine and ten year old girls love to win but they don't really care about losing. This is such a break from the norm for most of us adults. We are so used to measuring ourselves by wins and losses that we sometimes forget about how a person, both adult and child, can develop over the course of an endeavor and the importance that losing has in that development.

Going back to my daughter's hockey team, we lost more than we won. Throughout the season the girls gave their best effort every game and we would win some and we would lose some. Sure the satisfaction of winning some games was a nice reward for the hard work but the losses taught the players and the parents to look elsewhere for small successes or developments. Maybe we only lost to a team by one when earlier in the season we lost by five. Maybe it was a nice pass, a nice save or nice play on defense. Whatever it was, losing taught these girls that winning and losing wasn't the only measure of success. They realized that the season (and their time in youth hockey) is a marathon and not a sprint and their development at this stage in their lives is as important as winning.

While winning is great, winning all the time can be detrimental to a child's development. Those children never get an opportunity to learn the lessons about what it takes to win and also how to be a good loser. For example, Jack Nicklaus is the most accomplished golfer in the history of the game. He won a record eighteen major championships and finished second a record nineteen times. The nineteen players that beat Nicklaus say that he is more gracious in defeat than he is in victory. Through losing Nicklaus learned how to deal with loss, and apparently how to win!

I am not a proponent of the "everyone wins" philosophy that has permeated the youth sports landscape. You play the game to win and the "everyone wins" philosophy promotes complacency and hinders the competitive spirit. All these kids know they are getting a trophy regardless of their effort level. Winning is the carrot at the end of the stick and it is our job as parents and coaches to show these kids that winning is great but losing has its value as well. Besides, every kid on the field or ice knows the score so who are we fooling?!

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## Family Matters

Our March discussion on LOVE – Look closely, Offer choices, Value ideas, Evolve to a newer understanding helped people to be reminded of the idea to be a “detective” when trying to understand our children’s behavior, and our own! Many topics were discussed from clean up time, manners and discipline. The most helpful seemed to be the idea of choosing the one thing that needs our attention most (mealtime, getting out of the house, transitions, etc) then choosing one action to help implement change. Ideas included having a problem solving session with your child at a calmer time during the day, “I notice that you get very upset when it’s time to clean up and get ready for bed. Do you know why it upsets you? What do you think we can do together to solve this problem?” Thank you for joining Mrs. LaForest for this enjoyable discussion. We hope the handouts pertaining to these topics were helpful.

We look forward to seeing you Wednesday, May 6, 1:10 pm for the final BigRoom/Chat Room for this school year. Join us outdoors (children welcome) for an open conversation about “*Transitions-How Children And Families Best Adapt to Change*”. We as adults know change is a part of life. Being prepared can make situations run smoother for everyone. The school year will be ending, summer is beginning. We will be making new friends and keeping the old. Some children/adults adapt to change more easily than others, personalities vary. We have suggestions and handouts. Please bring your ideas, thoughts and questions. We all learn so much from each other!

Mrs. Delano, Mrs. Dunn and  
Mrs. LaForest

## Welcome

**Congratulations to Grace Pinto!  
( 4 Day - Room 2)**

**Grace and her family welcomed a  
new baby girl named  
Olivia.**

**Congratulations to  
Owen Carvalho ( 2 Day - Room 1)  
and his family on their  
new baby sister,  
Eva.**

**Congratulations to  
Samantha Collentro  
(3 Day - Room 1) and her family  
on the arrival of a new baby boy,  
Lincoln.**



**“Babies are such a  
nice way to start people.”**

**What additional ideas do you have  
for Berrybrook outside  
environments?**

**Let us know by completing your  
Naturescape Survey!  
Thank you!**



## **Berrybrook Annual Appeal and Helen Wheeler Scholarship Fund**

Every year, the Berrybrook Board of Directors conducts an Annual Appeal to raise money for the Helen Wheeler Scholarship Fund. Each May, current and alumni Berrybrook families receive a mailing asking for support. Every dollar donated to the Annual Appeal reinforces our commitment to provide tuition assistance for families who wish to send a child to Berrybrook but cannot because of financial constraints. The funds also enable current families who may experience a sudden financial emergency to continue at Berrybrook. Before we reach out with our 2015 Annual Appeal this month, we wanted to acknowledge the generous donors to the 2014 Annual Appeal which raised over \$3,300.00 for the scholarship fund. We are so grateful for their financial support and their dedication to Berrybrook. Gifts to the Annual Appeal have made a lasting difference in the lives of many children and their families who are experiencing Berrybrook because of their generosity.

### **2014 Berrybrook Annual Appeal Donors**

The Brown Family  
Mr. and Mrs. Frederic M. Clifford  
The Cooney Family  
Kris and Tom Delano  
The Dennison Family  
The Frazier Family  
The Gallagher Family  
Michael and Sharon Hocking  
Joe and Sherri Hussar  
Pat and Jim Keeley  
Kelly Family Foundation  
Ayaz and Lori Mahmud  
Tim and Tracy Meehan  
The Murray Family  
The Najarian Family  
Andrew and Melissa Rees  
The Szczesny Family  
Keith and Stacy Watts  
Wellington Company Match  
The Zaniboni Family

# Wonderful New School

## Education Extended Now To Four and Five-Yr.-Olds

By CRAIG FLEMING

DUXBURY—Thirty-two South Shore children will enter Duxbury's Berrybrook School next month with one hand clutching mommy and the other a blanket.

So begins an "exciting adventure in education" for the four and five-year-olds venturing into the strange and wonderful world of nursery school and kindergarten.

Berrybrook is an endowed, non-profit school operated by Mrs. Richard D. Mann and directed by Miss Helen M. Wheeler, both of Duxbury.

Both are graduates of what once was known as the Nursery Training School of Boston and now is the Elliot-Pearson School, a Tufts University affiliate.

### 'Can Be Brutal'

Miss Wheeler is also a former public school teacher and director of Boston's South End Day Nursery.

Both will readily admit that not every child should have schooling before the first grade or that lack of kindergarten experience need be a major handicap in the years of formal education.

"But," Miss Wheeler added quickly, "the evidence is that nursery and kindergarten training do help, not only in the first grade, but all the way through."

"For the child leaving the shelter of home for the first time, first grade can be a brutal experience." One reason is the "appalling schedules of many first grade teachers."

The Berrybrook teachers are aware that nursery school can be a brutal experience and take every precaution to insure that the child has no unhappy associations during the first crucial days.

### Mothers Go, Too

A mother is expected to remain with her child until the youngster himself indicates he no longer needs her loving presence. Some get waved off almost at the door. Occasionally a mother

will attend school for a week or two before the youngster emerges from his cocoon and enters into group activities.

One of the "great thrills" of Miss Wheeler's previous teaching career came from a five-year-old who one day suddenly took over the leadership of his playmates after standing quietly on the sidelines for a year and a half.

There is a consistent rhythm to the day's program at Berrybrook, periods of romping activity alternating with periods of calmness—including a rest time with the precious blanket from home. But there are no "subjects" to be taught.

If a child happens to learn the important and difficult skill of tying shoelaces, all to the good. But such an achievement is a mere side product.

### Group Feeling

One of the biggest problems facing the youngster is in learning that the school's toys don't belong to him but to the group, the teacher said. Often a youngster will sneak one of the toys home.

"But to crack down on him for such a little thing could scar the child mortally," Mrs. Mann said. The school asks only that he return the toy and request permission the next time.

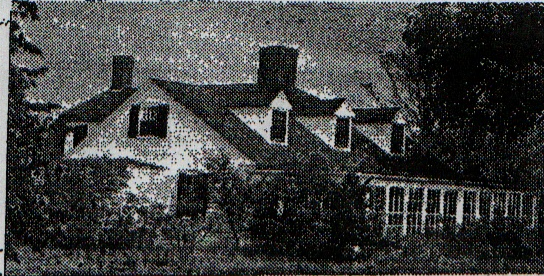
By the age of four, children need the company of other children the same age, Miss Wheeler said.

"The biggest thing they learn here is how to get along, not only with other youngsters, but with adults other than their parents."

### Constant Adventure

If this experience is good and happy they can accept additional new experiences more easily.

New experiences lie in every corner and cubbyhole of the eight-room school, a former farmhouse



## Announcing The Opening Of BERRYBROOK SCHOOL

RFD Winter Street, Duxbury

For Children of Nursery School Age

Hours 9 to 12 Monday thru Friday

For Further Information

Call Miss Helen N. Wheeler (Kingston 2426)  
or Mrs. Richard D. Mann (Kingston 2081)

on 50 acres west of Route 3.

"Everything should be first-hand," said Mrs. Mann, and a pair of wet mittens drying on a radiator can provide a fascinating first-hand experiment in science."

"We try to follow through," she continued. "A fire in a boy's home upset him and other members of his class. We all went to the house after the debris had been cleaned up and we returned for another visit when the carpenters had repaired the damage."

"Things happen to us, yes. But there is something we can do about it."

### Interest Is Key

The teachers are convinced that parents are "drawing their children out more."

One result is the addition of a book about Sputniks to the library of Mother Goose.

But bright children always have asked questions such as "what happens to the sun at night?"

A grapefruit and a flashlight were the props used to satisfy one kindergartner at Berrybrook.

"What the children learn," said Mrs. Mann, "they learn because they are interested. And the residue at the end of the year should be the finest kind of teaching because nothing is imposed on them."

Thank you to all 2014-2015 families for being part of our  
"Wonderful New School"