



November 2018

November 3

Berrybrook Admissions Open House

November 12

Veterans Day - no school

November 14

Plymouth Plantation field trip

4 and 5 Day classes

November 21, 22, 23

Thanksgiving Break - no school

November 28

Berrybrook Board Meeting 7pm



Notes from the Head of School

"I don't want to go to school!"

"There's nothing fun at school".

"No one plays with me."

"I don't like school"

"I want to stay home with you."

Chances are you have heard one or all of these claims from your child about preschool. And chances are, you felt some conflicting feelings about these statements. Is your child too young for "school"? Are you forcing something on them that will be required for 13 years of elementary, middle, and high school, thus setting them up for hating a school environment? Should you stick with your decision to send them to preschool, knowing in the long run it will be fine? All of us at Berrybrook shout YES! to the last question.

You know that transitions for young children can be hard. If it's hard enough to coax your little one into the car to go grocery shopping or to get into the tubby, isn't it reasonable to expect that one of the largest transitions of their short existence will of course ripple their lives and, by extension, your life?

What I have found helpful is to explain to children that it is their "job" to go to school. If you have older children, you can also let them know that their sibling's job is to go to 2nd grade and learn x, y, z or whatever your situation may be. If the sibling is a Berrybrook alum, you can let your preschooler know that their brother or sister had the same job at their age. In your Open House folder, there was a handout about Positive Goodbyes that Berrybrook teachers put together many years ago, after many thousands

of goodbyes witnessed in the classroom. Their advice - which I agree with a bazillion percent and added my own two cents to - is:

Your child will sense what you are feeling. Your body language, tone of voice, and choice of words are important. Any ambivalence on your part will be obvious. If you appear sad about leaving, your child might think, "Should I be happy at school if my mom/dad looks so sad?" It's almost as if you need to put your 'Game Face' on during drop-off. If you're happy, your child will be happy!

Always say good bye to your child. Leaving without notice may let a child think you've "disappeared" and they may not be sure you will come back. After saying goodbye, remind your child when you will see them again - "I'll be back to pick you up when the bell rings.", "I will see you at dinner.", etc. It may seem easier in the moment to sneak out, but that may only translate into a more amped up emotional reaction at the next drop-off.

A reasonably short, sincere goodbye is usually best. Saying goodbye multiple times or lingering and asking your child if it is "OK" for you to leave, may make separation more difficult and send mixed messages to your child. It's hard enough for them to say goodbye to you once - numerous times saying goodbye may be heart-wrenching for all, and also may restart everyone at Square One.

Feel free to ask a teacher to help with separation. Your child may be comforted by taking a teacher's hand as you leave. Berrybrook teachers deal with separation every year and have experience and suggestions. This may be your first time having separation issues with your preschooler, but teachers have done this a thousand times. It does not discount the feelings you and your children are experiencing, but remember that Berrybrook teachers are skilled and have quite the bag of many tricks to help.

If your child is upset when you leave, comfort yourself by contacting the school to check in. Most children who are upset at separation are happily playing within a short time. Feel free to call or email Mrs. Watts for an update. It's never a bother to check in with us. We would rather answer dozens of calls or emails reporting happy updates, than have you worrying or thinking the worst for the 2-3 hours you are away from your child. Also, we completely understand it seems to go against every parental instinct - if your child is crying and screaming, your job is to comfort and protect them right? Why would you leave them in the throes of distress? Because think of how proud of themselves they will be when they are able to self-regulate and have an amazing time at school! And, as parents our job is to teach our children the coping skills they need and that will be beneficial throughout their lives ~ what better place to put this into practice than at Berrybrook?

Berrybrook is an understanding and supportive community. We all work together. If your child is crying when you leave - other parents will understand, teachers will calm and comfort, and classmates will be compassionate. Separation can be difficult for children and parents. Truly missing your child is understandable and normal. Working through separation and

encouraging your child to become independent and self-confident is an important parenting goal. Also remember that like each child, each teacher has a different personality and approach to separation (or really, any interaction). It may seem as though a teacher may be ignoring a child who is upset, but it could be that the teachers, even within the first days of school, know the most effective approach with each child. It could be that they know the child will not “hear” anything for the first minutes right after saying goodbye to mom or dad. They could know that the child likes to observe for a few minutes before anyone talking to them (kinda like non-morning people who need a cup of coffee before engaging!) Some children need to get a burst of something out before they can even try to function at school. And there are also some children, when offered a hug or other similar comforting gesture, are set off even more.

Please also know, that if any of the Berrybrook teachers ever felt that a child’s reactions during separation were out of the realm of normal or worrisome, they would be contacting you.

We have an alum family whose oldest child is in kindergarten. During her first year at Berrybrook, she cried every day at drop-off until she returned from the holiday break and it was like a whole different child. Her brother is now at Berrybrook, and while the first couple of days of school were a breeze for his drop-offs, early season colds among the whole family changed their routines quite a bit and once healthy to return, he had a very hard time with coming to school. Mom and Dad were rockstars each morning, telling him that he would be going to school and having a fun time and that they would see him after school. Mom would check in with me after a quick goodbye, and I was happy to report to her that within 4½ minutes of drop-off he was happily playing with the toys and classmates. As the days went on, the amount of time until he settled decreased. This is Mom’s response to one of my emails, which I believe is Berrybrook 101.

It is so hard but I think <big sister> showed us that if we stick to it, the results will be amazing. All the rest of the week he talks about loving school and playing with his friends. It's just those 10 minutes right before where he gets emotional. I'm positive he'll get in the swing of things soon, and it makes me so happy to know that once I leave he's okay.

I think back to how far big sister came from her tough drop-offs, and then pretty much becoming the Jr. Mayor of Berrybrook once she settled in and I know like her, everyone will be just fine.

~ Mrs. Watts

Beginners Notes

Just the Beginning



As we move into the month of November all of our Beginners are starting to settle in. We see friendships developing and the trust of the children growing more and more. We are focusing now on getting to know each child and their unique beautiful personalities. For example, what is their favorite activity? What is their favorite area of the classroom? What is their favorite thing to do in the courtyard? And yes, even what their favorite snack may be. Learning this will help us create a classroom that will appeal to each child so they will be happy and content here at Berrybrook.

The Beginners projects are based on a group perspective “our” and an individual perspective “my”. Even though this class is not project based, the children always are eager to see what the project is and they cannot wait to get started. Thursdays will be the group (our) project: Our Apple, Our House, Our Tree. Whereas Friday will be the individual (my) project: My Apple, My House, and My Tree. This repetition between the two days is important to the children; the more they practice the same skill the more confident they will become. This also gives the children a sense of their own importance and will let them feel included as part of a group. They will learn how to wait their turn at the project table and show respect to their peers.

Going into the month of November, we will be talking about families. The people who live in “our” homes, what “my” home might look like to me, and what “our” favorite things are that we like to eat. We will learn new songs, new stories, and create new creations.

We are looking forward to meeting with all the families for teacher conferences. We will have sign up sheets in the classroom and will be talking with about a good meeting time. Should you have any questions or concerns please feel free to speak to one of your child’s teachers.

We are very thankful to all of you for sharing your children with us. We are looking forward to a very fun and exciting holiday season here at Berrybrook!!

~ *Mrs. Connell*

Mrs. Connell teaches in the Beginners, 3 Day Room 3, and the 4 Day Room 2 classes

***** The Beginners teachers are requesting that their students please wear mittens as opposed to gloves. It is much quicker to get everyone ready for outside fun!*****

First Year Notes

Traditions



November is a month filled with traditions. At Berrybrook many of those traditions involve cooking and baking with traditional methods. We will begin the month with a favorite Berrybrook tradition...Jelly!

Making jelly is a process and the children are involved in all the stages. First, we must pick the grapes. A station will be set up in the classroom for children to come over during our morning time to pick some grapes and place them into the pot. This is a wonderful opportunity to use fine motor skills with their pincer grasp. At circle time the teachers will explain that we must cook the grapes in order to make them soft.

The next day, when the grapes have been cooked and cooled, the children will take turns crushing them in an old fashioned cone strainer with a wooden pestle. They will see the juice drain into the pan. The children are using muscles to crush the grapes and learning new and interesting methods of making food. They are seeing and smelling the grapes, as well as learning new vocabulary that goes along with the process.

The next step involves cooking the jelly. For this step we enlist the help of an adult. Although the children cannot cook the jelly, classes typically take a field trip to the kitchen hallway to smell the jelly and maybe see the pot simmering on the stove. At circle time we will discuss all the steps we have taken to make the jelly. We may sing a song about peanut butter and jelly. At dismissal, each child will receive their own jar of jelly to share with their family!

As Thanksgiving approaches, each class will help prepare their own feast. Another Berrybrook tradition involves making our own butter. This is always a favorite among the children. We talk about where butter comes from and discuss how we could make it. The children watch as a teacher pours heavy cream into a jar, seals it shut, and then begins to shake. Each child can take a turn to "shake the cream". As they shake, we sing...

*Shake, Shake
Shake the cream
Watch it jump and flutter
Shake, shake
Shake the cream
Turn it into butter!*

The children enjoy their butter with their classroom feast!

We wish all of our Berrybrook families a Happy Thanksgiving. May you enjoy this special time with family and friends.

~ Mrs. Capasso

Mrs. Capasso teaches in the 2 Day and 3 Day Room 1 classes

Second Year Notes

Changing of the seasons



The second year children were very busy throughout October learning about the fall season, apples, pumpkins, and fire safety. As they created decorations for their Halloween scenes, the teachers took the opportunity to extend their learning. For example, the children made spiders and marble - painted spider webs which started conversations about real spiders. "Did you know spiders have eight legs and that not all webs are built the same?" After creating Berrybrook bats the children learned that bats fly at night, hang upside down, and eat lots of mosquitoes. The teachers are always extending learning whenever possible in a variety of ways based on the children's interests.

Since Halloween can be scary for some children, the classes had many discussions about real and pretend. Children were given an opportunity at circle time to discuss the things that scare them. We also read *The Little Old Lady Who Wasn't Afraid Of Anything*, by Linda Williams. The book is a Berrybrook favorite that reinforces real and pretend in a fun way. A follow-up activity for the children was creating puppets and acting out this story about a scarecrow trying to scare the little old lady. October ended with a delicious Halloween celebration. The children made individual delicious pizzas for snack that they enjoyed before heading home for trick-or-treating.

Look for our classroom jack-o'-lanterns that have been placed outdoors. The children have learned about the life cycle of a pumpkin. We read *Mousekin's Golden House*, by Edna Miller. It is a story of the seasons changing from autumn to winter and a mouse finding a home in a jack o'-lantern. After reading the story, and talking about how the pumpkin starts to decompose, the children found a special spot outside to put their class jack-o'-lantern in hopes that Mousekin will find it.

November will be another busy month. We will make our traditional trip to Plimoth Plantation. Classroom activities will help us learn about the people and history of the plantation. Throughout the month we will also be talking about family traditions and being thankful. We will be preparing for our "Feast" including another tradition at Berrybrook – freshly made butter. The children will chant these words as they shake the cream into butter.

*Shake, Shake
Shake the cream
Watch it jump and flutter
Shake, shake
Shake the cream
Turn it into butter!*

~ Mrs. Rosen

Mrs. Rosen teaches in the 4 Day Room 1 and Beginners classes

Parents Association Notes

Thank you all for supporting this year's Harvest Festival. It was wonderful to see so many families and what a beautiful day it was! A huge thank you to everyone who volunteered their time or donated a themed basket, silent auction item, refreshments, and decorations! We continue to be impressed with the generosity and support of our families and local businesses. All of the proceeds from the Harvest Festival will support future enrichment and subsidize Family Fun Fridays.

October's Family Fun Friday at Sauchuk Farm had a great turnout! Thank you to all who attended and thanks to our enrichment coordinators for making the event happen! Our next event will be on November 2nd at Clay Chick where the children will create a Thanksgiving plate. Space is limited for this event. December's Family Fun Friday on the 7th is a trip to the Heritage Museums and Gardens in Sandwich to see their holiday light display. Be on the look out for more details as the date gets closer!

As the holiday season approaches, Berrybrook School will continue to support initiatives that impact the community. Presently, Berrybrook is collecting candy for the troops. There is a donation bucket in the office through Friday, November 9th for those who would like to donate - and maybe move some of that halloween candy out of the house! Next week the children, during class time, will be decorating placemats and cards that will be handed out to veterans at a special Veterans Day luncheon put on by the Duxbury Senior Center. Final details are being put together for a holiday donation of kids clothes / toys to Plymouth Area Coalition as well.

Berrybrook apparel, which was previewed at the Harvest Festival is now available online. There is a widget on the Berrybrook website that provides a direct link to the *Land's End* school apparel. Feel free to take a look at the variety of options that can be personalized for Berrybrook families.

Thank you for your support and participation! For any questions please email the BPA.

Diana Stewart and Jenna O'Donnell - *Co-Presidents* berrybrookparentsassociation@gmail.com

The Berrybrook Staff would like to thank the Parents Association for arranging snacks for our monthly after-school meetings. Each month we have a two hour meeting to discuss curriculum and other matters. These meetings are scheduled from 4:15 - 6:15 and we appreciate having a snack to fortify us. We are thankful for all the support and encouragement we receive from parents. It is very thoughtful of parents to take time from their busy schedules to prepare refreshments for us.

Thank You Very Much!!!



From The Board of Directors



The 2018 holiday season has begun and with that comes the opportunity to plan special family activities. We are lucky to live in an area that offers numerous holiday activities for all ages. This year, along with family and friend gatherings, my husband and I are making it a priority to:

- 1: Bring our older girls (ages 6 & 8) to a show in Boston,
- 2: Do a festive activity with all the kids (including our 15 month old), and
- 3: Do something festive by ourselves!

I have been researching family friendly/age appropriate/close by options and have listed a few of my top choices below.

Boston Ballet- The Nutcracker

November 29 - December 30

Boston Opera House – 539 Washington Street, Boston

Boston Theater / Order By Phone- 844-892 - 7866

How the Grinch Stole Christmas

November 28 - December 9, 2018

Wang Theater - Citi Performing Arts Center, 270 Tremont Street Boston

Boston Theater / Order By Phone - 844 - 892 - 7866

Charlie Brown Christmas

November 29 - December 2

Shubert Theater – Citi Performing Arts Center , 270 Tremont Street, Boston

Boston Theater / Order By Phone- 844 - 892 - 7866

Heritage Museums & Gardens- Gardens Aglow

Friday, November 23 @ 4:30 pm - 8:30 pm

Fridays, Saturdays, & Sundays from November 23 – December 30; 4:30pm - 8:30pm.

<https://heritagemuseumsandgardens.org/event/gardens-aglow-2/2018-12-30/>

Come for the celebration of lights that has become a treasured Cape Cod holiday tradition for over a decade! Heritage's expansive gardens will be aglow with beautiful light displays, extensive indoor holiday décor and numerous activities around the grounds and galleries. This year visitors can expect expanded lighting displays and outdoor interactives, along with all of your favorites from previous years!

Heritage Museums & Gardens- Santa VIP Experience

Friday, November 23 @ 3:00 pm - 4:15 pm

A limited number of tickets will be available for an exclusive Santa VIP experience, available by advance sale only. Families will be treated to early-bird parking, story time, cookies and hot chocolate, a meet and greet with Santa and Mrs. Claus, and carousel rides. Participating families may then experience the rest of the Gardens Aglow's holiday delights around the grounds for the remainder of the evening!

The Christmas Tree Farm- Cut your own Christmas Tree
254 Taylor Street Pembroke
<https://thechristmastreefarm.net>
781-826-9587

Christmas Stroll on Nantucket
November 30-December 2
<http://christmasstroll.com>

Happy Holidays!

~ *Cheryl LaLonde*
Berrybrook Board of Directors



Berrybrook Open House

Admissions 2019-2020

Saturday, November 3, 2018
10 a.m. ~ 12 p.m.

Spread the Word!!!





NOOK FUN



Rescheduled to November 16th, we will begin offering Berrybrook families the opportunity to explore The Nook under the guidance of a Berrybrook teacher. Families will be able to enjoy time together using materials, guided activities, and themed topics for exploration and conversation. Each session will have a new theme based upon the weather or the season.

This is intended to be a family interactive experience, so children must be accompanied by an adult.

There is no cost but we ask that you sign up, indicating the number of children you will be bringing so that appropriate materials can be available for projects and activities. Please see the sign-up sheet on the small clipboard hanging on the bulletin board opposite the BPA area.

Please dress for the weather and remember layers are best. Boots for damp weather and rain gear for light drizzle are always a good idea. Bug spray will be available for you to apply to your children.

Our first Family Friday Nook Day will be Friday November 16th from 1-3. Looking forward to many fun Nook afternoons,

Mrs. Dunn





Colder weather is on its way.....

As the weather changes, be sure to dress children appropriately for outdoor play including the Nook. Now is a good time to locate all hats, mittens, gloves, and warm jackets that will be necessary as we head into November. Once the snow flies, children should bring snow pants and snow boots with them every day. Children are welcome to keep slippers, sneakers, or crocs at school to make sure they are comfortable in the classroom.

Please remember to label all clothing.

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 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, as well as Lunch Bunch, will be cancelled.

A Season of Giving

Kingston Animal Shelter Donations

The month of November, as everyone knows, is traditionally the start of the holiday season. Here at Berrybrook, it is the time of year that teachers share yet another meaningful tradition with the introduction of a Berrybrook Community Service Project started many years ago by Mrs. O'Neil who retired this past year. Families may bring in donations of supplies needed to benefit the Kingston Animal Shelter. To receive these donations, boxes will be decorated by the children with cut-out pictures of dogs, cats, and other animals. These boxes will be placed in the lobby along with "Pennies For The Pound" jars. There will be class discussions about "what is an animal shelter?", "adoption of pets", and "being respectful of all living things." It is important for children to develop empathy and practice kindness. Taking care of pets and other animals is a meaningful way for children to develop these traits. Any and all donations will be appreciated by the animals and the shelter. Thank you for your help!

Some of the items needed are:

Dry cat and dog food (grain free)	Canned Pure Pumpkin
Baby food (ground turkey/chicken)	Flea & tick medicine
Cat litter	Small area rugs
Paper towels	Dog treats
Tall kitchen trash bags	Bleach
HE laundry detergent	6 ft. leashes
Ziplock bags (quart and gallon size)	Kitten Milk Replacement

