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DATES TO REMEMBER

- FEB 11**
Valentine Event
- FEB 20 – 24**
Winter Break (No School)
- MAR 8 – 9**
School Pictures
- MAR 29**
Staff Meeting –
early dismissal 11am
- APR 1**
Spring Bash
- APR 10 – 17**
Spring Break (No School)

FROM THE DIRECTOR



Lisa Beck
DIRECTOR

In November, the American Academy of Pediatrics updated their screen time recommendations based on the most up-to-date research on the impact of digital media on young children. The recommendations state that children between the ages of 2 and 5 should engage with digital media for no more than 1 hour per day.

Studies have shown that excessive screen time can negatively impact development in a variety of areas, lead to less sleep, and contribute to obesity. Therefore, it is our responsibility as adults to make sure that our young children have ample time each day to use their bodies and brains in active, screen-free play.

As the weather gets colder, it can be hard to think of ways to keep your child actively engaged while “trapped” inside. Here are a few ideas for exciting (and screen-free) indoor play activities:

Collect all the pillows in your house and make a big **PILLOW FORT**.

Your little ones will be using their gross motor skills to gather the pillows and their problem-solving skills to figure out how to use the pillows to build a comfy structure. Grab some books and lay with your children in the fort (or on the pillows) and read together.



Have an indoor **SCAVENGER HUNT**.

Your children will strengthen their categorization skills and vocabulary as they look for different items (something blue, something soft, something heavy, etc.). Once everything is gathered, think of different ways to play with the objects you found!



Play “**HIDE-AND-SEEK**” with a favorite stuffed animal.

Hide the animal somewhere in your house, and give your children clues to figure out where it is. For example, “Your bear is hidden in the room where you sleep. He is next to something green.” Your little ones can use lots of cognitive and physical skills to follow the clues and find their “friend”.



Invite a friend over for a **TEA PARTY**.

Preparing for the tea party can be just as much fun as having it. Before the guests arrive, figure out the seating arrangements, make placemats, set the table, bake some muffins, and brew the tea with your children. Think of all the science, math, and pre-writing activities involved in this one activity!



When you do choose to expose your children to digital media, keep these tips in mind:

- 1 Choose shows, movies, and games that are educationally and developmentally appropriate. Content is an important factor in how media impacts young children.
- 2 Use “Common Sense Media” when determining what television shows, movies, and other types of media are appropriate for your child.
<https://www.commonsensemedia.org/>
- 3 Make sure that you are a good model for the use of technology. Create some “screen free” spaces in your house. For example, some homes do not allow screens in the dining room or at the dinner table.
- 4 Visit the American Academy of Pediatrics website to read a more thorough review of research and to develop a healthy and age-appropriate “Family Media Use Plan”. www.healthychildren.org/MediaUsePlan

DOCTOR'S NOTE



Rebekka Levis, DO, FAAP

Assistant Professor General Pediatrics, New York Medical College
Division of General Pediatrics, MFCH
Boston Children's Health Physicians
[Mom of Scott, 4s and Luke, 2s](#)

Winter Health Tips:

- Cold weather does not cause colds or flu. However, the viruses that cause colds and flu tend to be more common in the winter since children are in school and are in closer contact with each other. Frequent hand washing and teaching children to sneeze or cough into the bend of their elbow may help reduce the spread of colds and flu.
- If your children suffer from winter nosebleeds, try using a cold air humidifier in their room at night. Saline nose drops or petrolatum may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Winter is a time when household fires occur. It is a good time to remember to:

- ✓ Buy and install smoke alarms on every floor of your home.
- ✓ Test smoke alarms monthly.
- ✓ Practice fire drills with your children.
- ✓ Install a carbon monoxide detector outside bedrooms.
- ✓ Keep space heaters at least 3 feet away from anything that could burn, and turn them off when leaving the room or sleeping.

Notes About Outside Play In Winter:

- Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.
- Make sure to cover your children's exposed skin with sunscreen, and consider using sunglasses. The sun's rays can still cause sunburn in the winter, especially when they reflect off of snow.

When sledding:

- Keep young children separated from older children.
- Sled feet first or sitting up, instead of lying down headfirst, as this may prevent head injuries.
- Consider having children wear a helmet while sledding.
- Use steerable sleds, not snow discs or inner tubes.
- Ensure that slopes are free of obstructions, like trees or fences, and are covered in snow, not ice.
- Avoid crowded areas.



WELCOME TO THE WORLD!

HESLIN FAMILY

Rachel Erin Heslin
Born 6.28.2016
6 lbs 10 oz, 10.5" long



PULCINI FAMILY

Daniela Diane Pulcini
Born 8.10.2016
8 lbs 8 oz, 20" long



MARANO FAMILY

Charles Joseph Marano
Born 8.31.2016
7 lbs 1 oz, 20.5" long



FREEMAN FAMILY

Aren Davis Freeman
Born 9.6.2016
5 lbs 14 oz



THAKER FAMILY

Claire Padma Thaker
Born 10.6.2016
6 lbs 6 oz, 18.75" long



ETHIER FAMILY

Josephina LeLa Ethier
Born 10.11.2016
7 lbs 9 oz, 19.75" long



HEARST FAMILY

Henry David Hearst
Born 10.25.2016
7 lbs 5 oz, 18.25" long



GET TO KNOW: THE BNS BOARD OF TRUSTEES

Trustees are former parents who have had at least one child attend BNS. In some cases, trustees also have another child currently attending BNS. At least one trustee joins the EC monthly meeting – and every few months all of the trustees try to attend together.

Below is a snapshot from our meeting on 11/2.



LEFT TO RIGHT

Tina D'Onofrio, PRESIDENT OF THE BOARD
Jasmine Swann (trustee and current BNS parent)
Georgia Chung
Christine Philips
Charmaine Huang

Not Pictured:

Allison Mitchell
Michelle Herko

OH WHAT FUN!

The holiday spirit was in full swing at BNS this year. Throughout December, parents visited the classes to read stories about Hanukkah and Christmas, reflecting the diverse traditions celebrated by BNS students and their families. The festivities concluded with each class holding its annual sing-along before the winter break. The children enjoyed performing holiday classics for their parents while shaking the “jingle bells” they had made in class.



LIVE, FROM THE LOT!

Cabin fever this winter? Our pros (aka BNS moms!) have some awesome suggestions to keep the family happy!



What is your favorite kid-friendly skiing destination?

Smuggler's Notch in Vermont is a great skiing resort for kids. [Ketti Arguello]



What are some of your favorite indoor places to play when the kids are going stir crazy?

The Westchester in White Plains has a new play space, and the Lego Store there is fun too. There's also Leapin Lizards in Port Chester and The Greenburgh Nature Center in Scarsdale. [Amy Salib]



What is your favorite local sledding spot?

Gedney Park in Chappaqua has two great hills. [Samantha Mortlock]



What is your favorite place to get hot chocolate?

Moonbeam in Briarcliff is kid-friendly. They keep the hot chocolate cool enough for kids to drink and let the kids add extra flavors. [Alex Holt]



Where does your family like to ice skate?

Westchester Skating Academy in Elmsford is great for kids to learn to skate and continues on to hockey for older kids. [Michelle Masucci]

UPCOMING EVENTS



FEB 11
MY SPECIAL VALENTINE
VALENTINE EVENT



APR 1
SPRING BASH
FUNDRAISER

MEET A PARENT



Stefanie Hawkins Turner

Ice Skating Pro

Mom of Myles, 4s and Hayden, 3s



5 Years Old

Sometime before my 4th birthday, I begged for a pair of skates. Within a year, I was competing and performing in shows. By age 7, I was getting out of school early in order to train for 4 hours a day, 6 days a week. I was able to leave school early each day as I was given permission to miss gym and all extracurricular subjects.

My dedicated mother drove me from Connecticut to Rockland County (2 hours round trip) 4 times a week to train with Olympic coaches. I passed my **2 Gold tests** when I was 17 years old. These are not to be confused with Olympic medals, which, to use an academic analogy, are somewhat equivalent to a Nobel Prize is awarded only every 4 years. A U.S. Figure Skating (USFS) test Gold medal is more equivalent to a Ph.D since it requires one to take a 1-hour test in front of 3 national judges after an average of 12 years of intensive training.

I competed until I was 19 and ranked 13th on the East Coast. By that time, skating had resulted in many broken bones and knee surgery, and I decided to go to NYU and have a normal life! Throughout college, I performed professionally with The Ice Theatre of New York and began coaching. My proudest moment so far has been teaching a boy from his first steps on the ice at age 4 to the highest level at U.S. Nationals at 18 years old!

I currently coach at the Westchester Skating Academy where I teach all levels and ages. Some valuable lessons that I learned from my training that I now teach my students are really life lessons, such as **"When you fall, get up and get up fast!"** Skating has taught me the value of hard work and persistence, and I aim to pass these lessons on to my students. I really enjoy sharing in the excitement of my students when they win their first competition! My first piece of advice to beginner skaters is to wear a helmet (safety first!) and get ready to enjoy falling and getting right back up to try it again, and possibly again!

