

The BNS Times



WINTER 2017/2018

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DATES TO REMEMBER

- JAN 26**
Early Dismissal 11am
- FEB 10**
Valentine's Party
- FEB 19 – 23**
Winter Break (No School)
- MAR 21**
Early Dismissal 11am
- MAR 30 – APR 6**
Spring Break (No School)
- APR 14**
Spring Bash
- APR 21**
Spring Work Day

FROM THE DIRECTOR



Lisa Beck
DIRECTOR

This school year seems to be flying by! The first months of nursery school always feel so busy because teachers, families, and children are all getting to know each other and adapting to the routines of school and the classroom. At this point in the school year, each classroom feels like a family. The children are showing us more and more of their true selves and they seem to be blossoming in so many amazing ways!

The beginning of the school year has been extra busy for me because I have been proactively preparing for my maternity leave. As you all know, **January 26th** will be my last day at BNS before **returning in May**. I will make sure to send you all a picture of the baby when he is born! While I am away, your children will be in excellent hands with our amazing teachers. **Alex Holt** and **Mary Ellen McKay** will also be here every week as "Acting Directors" to support the teachers, children, and families while I am away.

If you don't know Alex and/or Mary Ellen, please take a moment to introduce yourself when they take over for me. They have shared pictures of themselves and a little introduction below. Enjoy the winter with your beautiful children and I will see you all in the spring!!

Hello!

I'm Alex Holt, mother of Miles, who is in the 2s and Elodie, a recent 4s graduate and current kindergartener at the Todd school. I've been running the social committee the last two years and doing some substituting this year so you may have seen me around the school. If we haven't had a chance to meet yet, please feel free to introduce yourself!



I'm thrilled to be stepping up to assist the school in Lisa's absence. We moved here 2 years ago and BNS has been such an important part of our lives! From friends for my children to some of my own very dearest friends, this place has given me such an incredible sense of community and I am so thankful for that. As former kindergarten teacher, I love this school so much for its commitment to play based, child directed learning. I'm look forward to getting to spend more time with all of your amazing children!

Dear BNS Families,

I am looking forward to spending some time with the teachers, children, and families at BNS after retiring last year. I taught at BNS for 20 years and I know the school, teachers, and community very well.

I have been enjoying retirement so far. I spend my time taking care of my mother and doing whatever I want and it is great!!

See you all soon- Mary Ellen



ART SHOW (NOVEMBER 18th)

“If I could say it in words, there’d be no reason to paint.” –VanGogh.

This Fall we were again able to celebrate our budding artists with a show at the **Chappaqua Library**! The children's art projects, a unique project for each class, were displayed in the children's rooms for all to enjoy. Accompanying the show was a reception where families could enjoy the art, share snacks, and spend time with each other outside of school. Inspired by their surroundings, the children were also able to complete new art projects during the reception as well.



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 Luke, 3s

Food Allergies:

Food allergies are estimated to affect 1 in 25 school aged children.

A food allergy is when your body reacts against a usually harmless protein found in food.

Symptoms of a food allergy can include:

Skin problems

- Hives (red spots that look like mosquito bites)
- Itchy skin rashes (eczema, also called atopic dermatitis)
- Swelling

Breathing problems

- Sneezing
- Wheezing
- Throat tightness
- Coughing or Choking

Stomach symptoms

- Nausea
- Vomiting
- Diarrhea

Circulation symptoms

- Pale skin
- Light-headedness
- Loss of consciousness

Allergic reactions can vary, from mild local reactions to severe systemic (whole body) life threatening reactions. This type of allergic reaction is known as anaphylaxis and requires immediate medical attention.

Foods that can cause a food allergy:

Any food can cause an allergy, but most food allergies are caused by the following:

- Cow's milk, Eggs, Peanuts, Soy, Wheat, Nuts from trees (such as walnuts, pistachios, pecans, cashews), Fish (such as tuna, salmon, cod), Shellfish (such as shrimp, lobster)

What can Schools do to accommodate children with food allergies?

- Teach children not to share food or drink
- Train children to wash hands after eating with running water and soap. Antibacterial disinfectants are not effective and tend to spread the allergen
- Adopt an approved list of snacks that are safe for all children in the classroom to eat
- Care should be taken not to isolate children with food allergies
- Ensure that all staff members are trained in how to recognize and treat an allergic reaction

What to do if your child shares a classroom with a child with food allergies:

- Understand that allergic reaction can be LIFE THREATENING
- Only send in snacks from an approved list
- Teach your child not to share food or drink
- Teach your child to wash their hands with soap and water after eating

How to use an Epi Pen:

A lifesaving Rhyme:

BLUE TO THE SKY,

ORANGE TO THE THIGH

1

Form fist around EpiPen® and PULL OFF BLUE SAFETY CAP.



2

POSITION ORANGE END about 10cm away from outer mid-thigh*.

* Either clothed, or unclothed, avoiding seams and pocket areas.



3

SWING AND JAB ORANGE TIP into thigh at 90° angle and hold in place for 10 seconds.



4

REMOVE EpiPen® Massage injection site for 10 seconds*. *After use the orange needle cover automatically extends to cover the injection needle.



HOLIDAY CELEBRATIONS

The holiday spirit was in full swing at BNS this year. Each class celebrated with a holiday gathering before the winter break. The children enjoyed performing holiday classics and doing special winter projects with their parents.

2s



3s



4s



CAPTURING BEAUTY— FROM ONE OF OUR PARENT PROFESSIONALS

MEET A PARENT



Lori Berkowitz Cirolia

Professional Photographer

Boudoir, Bumps and Babes, Portrait, Celebrity

Mom of Gemma, 2s

Check out Lori's gorgeous photos, blog and learn more about her services on her website:

www.loriberkowitzphoto.com



LORI BERKOWITZ PHOTOGRAPHY

Some people spend their whole lives searching for the work they love, I was luckier. I was given a Canon SLR at age twelve by my father. I immediately took to making images of the world around me. I started shooting weddings professionally in my early 20's and realized my favorite part was the time I spent with brides beforehand as they were dressing. Those quiet moments I captured were the most popular images of the day. As my work expanded beyond weddings, I always asked female clients if wanted to take a few "personal" shots at the end of their session. Those images really made women say "WOW" about themselves, and from there my boudoir business exploded.

In a boudoir session I try to give my client permission to let go. I want to know "What makes you feel beautiful?" and then hold up my lens as a mirror for women to see the stunning beauty in their own reflection. What excites me most is capturing that unique essence of each client, and having it spark a fire of self love inside.

I consider my shoots an opportunity to press the pause button on life, and feel the strength of your own beauty. The joy, for me, is in being a catalyst for women to reconnect with the passion inside them. To me, that is what making art is.

SURPRISE!

Families from the BNS Community gathered after the Winter Open House on Saturday, 1/13 to surprise our amazing director, Lisa, with a baby shower.



SAVE THE DATE



FEB 10

WILD AT HEART

VALENTINE'S DAY PARTY
AT BNS



APR 14

SPRING BASH

FUNDRAISER
AT THE BRIARCLIFF MANOR