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DATES TO REMEMBER

- NOV 11**
Veterans Day
(No School)
- NOV 23 - 25**
Thanksgiving
(No School)
- DEC 2**
Parent Teacher Conferences
(No School)
- DEC 23 - JAN 2**
Holiday Break
(No School)
- JAN 3**
School Re-Opens

AN INTERVIEW WITH OUR NEW DIRECTOR

Our school year is well on its way. The children are acclimating wonderfully. By now, most of the BNS community has had the opportunity to meet our new and very busy director, Lisa Beck. She is always there to greet the children in the morning, and she has been an integral part of several school activities, such as the Fall Festival. Since drop-offs and social gatherings are not always conducive to in-depth conversations, here's your chance to learn more about Mrs. B's experience, background, family, and hidden talents.

You have great experience in early childhood education. Please elaborate for those who are just getting to know you.

I knew from a very young age that I had a particular interest and ability for working with young children. Since I was 11 years old, all of my jobs were related to working with children in some way. As a result, I have had a long and varied career in the field of Early Childhood Education. I have taught 2s, 3s, and 4s in two wonderful nursery schools in the city. I received an M.S. in Early Childhood Education from Hunter College and an Ed.D. in Curriculum and Teaching from Teachers College, Columbia University. I worked as a full-time lecturer at Teachers College, taught many courses related to birth-5 care and education, and supervised countless student teachers in the field. Most recently, I was employed by CUNY's Early Childhood Professional Development Institute and had the pleasure of working in a large number of pre-k settings in the city, offering support to the leaders and teachers and designing and implementing professional development sessions. I intend to continue doing some professional development, and I was excited to be asked to present at the Child Care Council's Infant and Toddler conference in November.

Why BNS?

While I loved the work I did in the city, I had to do a lot of traveling to different schools. When this position at BNS became available, I was ready to find a job that would provide me with more consistency. When I stepped through the front door during my first interview and saw the 4's classroom, I could tell that it was a really special place. This is a school that respects children and families, sees the value in play, and is supportive of different interests, strengths, and needs. The teachers are loving, thoughtful, and dedicated, and everyone has been welcoming and supportive of me, so I know I made the right choice!

We would love to learn more about you and your family. Where are you from and where do you and your family live now?

My husband and I lived in the city for 20 years before moving to Bedford Hills two years ago. Of course, we never thought we would leave the city, but it became increasingly challenging with two children. I am so glad we made the move because we really love Westchester, and my children, Keira (7) and Evan (5), are so happy here!

“When I stepped through the front door during my first interview and saw the 4's classroom, I could tell that it was a really special place.”

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AN INTERVIEW WITH OUR NEW DIRECTOR (continued)



LISA BECK

Director

Tell us an interesting thing we don't know about you?

I am a singer and have a B.A. in Theatre from Marymount Manhattan College. When I moved to Bedford Hills, I became part of the Bedford Community Theatre. Last year, I was Glinda in *The Wizard of Oz*, and my daughter was a Munchkin! This fall, we are doing *Willy Wonka & The Chocolate Factory* and I am the Candy Seller who sings "Candy Man". My daughter is an Oompa Loompa!

Since your first day over the summer, has anything in particular stood out to you about our BNS community?

I have been moved by the strong sense of community at BNS and the time and effort the parents put in to make this such a special place. The Executive Committee and Committee Chairs are always working so hard to make sure the teachers have what they need to provide quality care and education to the children. I was also really blown away at the Fall Work Day when so many parents came and worked so hard to make our school beautiful and safe for the children. This is what makes BNS so unique!!

GOOD FOR YOUR FAMILY... AND GOOD FOR BNS!



For every purchase you make from Barefoot Books BNS earns credit to buy new books for the school. If you are interested in purchasing any of these beautiful books please check out this link:

<http://bit.ly/fallfestivalbns16>



When shopping on Amazon, please use the following link. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases:

<http://smile.amazon.com/ch/13-1846556>

**Raise money
for our school,
while you shop!**

GET TO KNOW: THE BNS EXECUTIVE COMMITTEE

The elected BNS **Executive Committee** meets the first Wednesday of each month.

Below is a snapshot from our meeting on 10/5. If we don't know you already, come by and say hello at pick-up or at our next event!



The school is supervised by two boards made up of parent volunteers, the Board of Trustees and the Executive Committee. The Boards are responsible for the overall functioning of the school, including school policy, annual budget, setting of tuition, salaries, and all fundraising.

LEFT TO RIGHT

Punita Thaker, PRESIDENT

Samantha Mortlock, TREASURER

Julie Lowry, VP NEWSLETTER

Johanna Pensyl, VP FUNDRAISING

Kira Campbell, SECRETARY

Brett McCaffrey, MAINTENANCE

HAVING FUN OVER COFFEE AND WINE!

NEW FAMILY COFFEE (SEPTEMBER 17)



A NOTE FROM A NEW FAMILY

The warm welcome we received from the executive committee, staff, and families as a new family to the BNS community was comforting. Everyone greeted us in a friendly way, which made us feel immediately part of the school. Attending the new family coffee gave us an opportunity to connect with over ten new families from the 2s, 3s, and 4s. The weather was gorgeous, and the kids had a chance to play in the spacious playground while the parents had an easy, stress-free chance to chat with others over coffee, bagels, and fruit! We consider ourselves lucky to have found such a wonderful place for our son to learn, explore, and make new friends!

—Victoria & Jonathan Ethier (Jack 3s)



WINE AND BEER TASTING (OCTOBER 1)

Punita and Ash Thaker once again graciously hosted the BNS annual **Welcome Back Wine and Beer Tasting** event at their home.



Samantha Mortlock was the lucky 50 / 50 raffle winner. She generously donated her half to the school.

The money raised from the raffle, along with Samantha's winnings, went towards an amazing new wooden swing for the children. The swing was assembled by handy parents on the make-up work day! This is a perfect example of our incredible parent co-op getting things accomplished, while having fun!

The Fundraising Team, led by Johanna Pensyl, did a spectacular job planning and executing this event. DePrez Wines of Croton, conducted the tasting.



Q&A WITH OUR AMAZING TEACHERS

Dedicated Experienced Talented Adaptable Compassionate Inventive



Laurie Toner
2s HEAD TEACHER
7 years at BNS

What is your best advice for parents of preschoolers?

Be present and don't sweat the small stuff.

What was your favorite book as a child?

A.A. Milne's *Winnie the Pooh*.

When you were a student, who was your favorite teacher and why?

Mr. Singh because he was incredibly bright and peaceful.

What is your favorite season and why?

Fall because of the contrast between warmth and coolness and all those beautiful colors and smells.



Pat Trotman
2s TEACHER
10 years at BNS

What is your favorite memory from your time at BNS?

The welcome I received from the children on my first day.

What is the funniest moment you've experienced while teaching at BNS?

My first sleigh ride with the children. I fell off.

What do you like most about being part of the BNS community?

We are one big happy family.

What was your favorite book as a child?

Dr. Seuss' *The Cat in the Hat*.



Lisa Russo
3s HEAD TEACHER
3 years at BNS

Why do you love teaching?

Because of the energy and curiosity of the children around me.

As a child, what did you want to be when you grew up?

An archeologist!

What is your favorite season and why?

Summer because I get to spend extra time with my family.

What was your favorite book as a child?

Free to Be You and Me.



Jackie O'Brien
3s TEACHER
1st year at BNS

What do you like most about being part of the BNS community?

Being warmly welcomed by all the staff and the caring comradery between the teachers.

As a child, what did you want to be when you grew up?

A figure skater.

When you were a student, who was your favorite teacher and why?

My reading teacher because she was incredibly patient.

What is your fondest childhood memory?

Turning the shelf-like branches from our pine bushes into houses, castles, and caves.

GET TO KNOW YOUR TEACHERS (continued)



Mary Ellen McKay

4s HEAD TEACHER

18 years at BNS

As a child, what did you want to be when you grew up?

A nurse.

What are your favorite hobbies?

Walking and kayaking.

What are some of your favorite foods?

Potato chips!

What is your favorite vacation destination and why?

New Orleans, LA to see my daughter.



Michaela Freitas

4s TEACHER

3 years at BNS

What was your favorite book as a child?

The Rainbow Fish and *A Bad Case of Stripes*.

As a child, what did you want to be when you grew up?

A teacher or police officer.

What is your favorite season and why?

Fall because of the changing of the leaves, smells, pumpkins, and apples.

What are some of your favorite foods?

Cheese and avocados.

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

Zika Facts & Tips

Zika virus is a flavivirus that is transmitted primarily by Aedes mosquitos. It is not a new virus. In fact, it was first identified in 1947, and the first case of a human infection was reported in 1952. The first large outbreak was reported on the Island of Yap in 2007. In 2015, after a comprehensive review of scientific evidence, Zika was associated with Microcephaly and Guillain-Barré syndrome.

The incubation period (the time from exposure to symptoms) of Zika virus disease is not clear but is likely to be a few days. The symptoms include fever, skin rashes, conjunctivitis, muscle and joint pain, malaise, and headache. These symptoms are usually mild and last for 2-7 days. There is no treatment for Zika virus infection. People sick with Zika virus should get plenty of rest, drink enough fluids, and treat pain and fever with common medicines.

The best way to prevent infection is to protect yourself from mosquito bites. Here are a few steps to help prevent mosquito bites in children and adults:

1. Dress in light colored clothing that covers arms and legs
2. Use an insect repellent that has been approved by the EPA (Environmental Protective Agency), such as DEET or Lemon Eucalyptus Oil
3. Cover stroller with mosquito netting

Until more is known about the Zika virus, the CDC has these specific warnings for pregnant women and women trying to become pregnant:

- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing.
- Pregnant women who have traveled to areas where the Zika virus is spreading should be tested within two to 12 weeks, even if they don't show symptoms.

FALL FESTIVAL (OCTOBER 15)

Apples Pumpkins Music Treats Books Animals



Families, both new and old, as well as friends and teachers, gathered to celebrate our favorite school at the annual BNS Fall Festival. The children frolicked in the warm autumn sun as they decorated pumpkins, voted for their favorite apple, and posed for funny pictures with their friends. We also got to enjoy music from Miss Patti and a story or two from Barefoot Books. We also had some four-legged visitors from The Nature of Things. A special thanks to Alexandra Holt and the Social Committee for organizing this wonderful event.

