

The BNS Times



FALL 2017

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DATES TO REMEMBER

- NOV 22 - 24**
Thanksgiving
(No School)
- DEC 1 & DEC 4**
Parent Teacher Conferences
(No School)
- DEC 25 – DEC 29**
Holiday Break
(No School)
- JAN 2**
School Re-Opens

FROM THE DIRECTOR



Lisa Beck
DIRECTOR

Fall is my favorite time of year. Not only does it signal the start of another school year, but I also find it so exciting to see how the nature around us changes daily. Fall colors and smells bring back wonderful childhood memories of apple picking, carving pumpkins, collecting beautiful leaves, and jumping in leaf piles! I am sure you also have strong memories of outside fun during your favorite season!

At BNS we are committed to providing opportunities for the children in our care to have ample time outside to experience and interact with nature. One of the many amazing parts of our school is the fact that we have such a large outdoor space with so many different areas for the children to explore. Each year, more and more research comes out which echoes what we observe daily: there are so many health, developmental, and psychological benefits to allowing children large spans of uninterrupted time in nature.

With this in mind, we have introduced some new outdoor features made out of natural materials. We also, for the first time, have created a “Green” Committee, which is very focused on enhancing our already amazing outdoor space with gardens, large natural building materials, and more! All of our teachers use the backyard space in developmentally appropriate ways with their children. Here are a few examples:

- 2s** A trip outside in the morning is very helpful for children who have a hard time saying goodbye to a love one.
- 3s** The outside gives the children the opportunity to freely use their bodies to run, jump, and climb in a safe way.
- 4s** The classroom is dedicated to using the outdoor space for woodworking, mindfulness activities, and snack.



I love spending time outside or peeking out my window to watch the children play. I see the 2s, 3s, and 4s engaged in active play together. I see children using the natural materials around them for pretend play. I see children finding private spaces to talk and play. I see children problem solving as they share materials and build structures. I see children challenging their bodies as they climb, run, ride, and swing. I could go on and on! It makes me smile to see the children having so much fun, while also learning so much about their bodies and the world around them. We are truly lucky to be able to provide these experiences for the children each day!



BUSY AT WORK (...AND HAVING FUN TOO!)

FALL WORK DAY (SEPTEMBER 9)



A NOTE FROM BRETT McCAFFREY

BNS EXECUTIVE COMMITTEE MEMBER , HEAD OF MAINTENANCE COMMITTEE
(dad of Ethan, 2s and Tyler, 4s)

The fall work day and makeup day were a big success this year. With good weather and a strong turnout of volunteers, we were able to make some real improvements to the school and get it into great shape for the start of the school year. We wanted to take minute to highlight some of the hard work that the parents put in.

A big focus of our fall work days is getting the school grounds cleaned up after the summer camps and ready for the start of the school year. This included topping off the sand boxes with new sand, applying mulch around the trees and in the playground area, trimming overgrown trees and bushes, and power washing the fences and toys. Inside the school, we wiped down the toys and surfaces and touched up the paint on the walls, cubbies and railings.

We also were able to tackle some projects requested by Lisa and the teachers. These include building a new cubbie for the 3s room, assembling a new "wood working" shed for Miss Jackie, installing butcher paper holders, and creating a new obstacle course for the kids using tree stumps and logs.

On the makeup day, we cleaned and organized the basement and shed and repaired some leaking toilets. All of this hard work saves the school money and allows us to use our budget on larger repairs such as replacing all of the current fluorescent lights with energy efficient LED lights and repairs to the roof which will benefit the long term maintenance of the school. Both of these projects will be taking place prior to winter. Thank you to all of the parents who attended the fall work day and makeup day. We appreciate your time and look forward to seeing you again in the spring.

→ HAVE A LOOK ON PAGES 1 AND 7 FOR SOME PHOTOS!

FALL FESTIVAL (OCTOBER 21)

Apples Pumpkins Music Treats Crafts Family

Fall gave us a gift at the annual BNS Fall Festival. Alex Holt and her Social Committee team once again did an amazing job! The day was perfect for children, parents, and teachers to enjoy the change of season together. Little ones giggled and sang along with Flor Bromley and her magical puppets while our talented pumpkin artists painted spooky spiders and ghosts. Sharon's *Cooking with Kids* taught our small chefs how to cook the yummiest fresh apple crepes for our friends who saved room after enjoying the cookies and cake at the bake sale. The weather was perfect and the day could not have been better.



Q&A WITH OUR AMAZING TEACHERS

Dedicated Experienced Talented Adaptable Compassionate Inventive



Laurie Toner
2s HEAD TEACHER
8th year at BNS

What is your favorite children's book?

Brown Bear Brown Bear What Do You See by Eric Carle.

What is your favorite outdoor activity at BNS?

Helping the children explore nature from finding a worm, smelling flowers or lilacs, or watching the leaves fall from the trees and jumping in them!

Name a favorite plant you have growing in or around your house.

Herb garden

What is your favorite season?

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



Pat Trotman
2s TEACHER
11th year at BNS

What is your favorite children's book?

Muffin Mouse's New House by Lawrence D. Fiori.

What is your favorite outdoor activity at BNS?

Sledding with the children.

Name a favorite plant you have growing in or around your house.

Philodendron

What is your favorite season?

Spring because of our children. They start off as seeds we plant at the beginning of the year. We give love and nurturing and in the spring they bloom into beautiful flowers.



Lilli Whalen
2s TEACHER
2nd year at BNS

What is your favorite children's book?

Where the Wild Things Are by Maurice Sendak.

What is your favorite outdoor activity at BNS?

Pushing the kids on the swings because I love to see their reaction when the swing gets higher and higher.

Name a favorite plant you have growing in or around your house.

Montauk Daisies

What is your favorite season?

Fall because I love when the leaves change colors, drinking hot chocolate, and seeing the different fashions every year.



Lisa Russo
3s HEAD TEACHER
4th year at BNS

What is your favorite children's book?

Love You Forever by Robert Munsch.

What is your favorite outdoor activity at BNS?

The water/mud pit because I love seeing children learn that it is OK to get dirty when you play outside!

Name a favorite plant you have growing in or around your house.

Morning Glory Vine

What is your favorite season?

Summer because I get to spend more time with my children.



Ellen Horowitz
3s TEACHER
2nd year at BNS

What is your favorite children's book?

Where the Wild Things Are by Maurice Sendak.

What is your favorite outdoor activity at BNS?

Pushing the kids on the swings and be able to chat with them and have their attention at the same time. I have had wonderful conversations with my little friends during this time together that I cherish.

Name a favorite plant you have growing in or around your house.

Dogwood Tree

What is your favorite season?

Fall because colors of the changing leaves all around is magical! I love the cool crisp air in the morning and the warm sun on my face in the late afternoon.

Q&A WITH OUR AMAZING TEACHERS (continued)



Barbara Benedict

3s TEACHER
1st year at BNS

What is your favorite children's book?

Horton Hears a Who by Dr Seuss.

What is your favorite outdoor activity at BNS?

Watching the children engaging in play. I love how their imaginations and creativity come to life.

Name a favorite plant you have growing in or around your house.

I grow a garden in my backyard every Spring. I grow corn, broccoli, green beans, tomatoes, and cucumbers.

What is your favorite season?

Summer because I love being outside enjoying my pool and taking care of my garden.



**Jackie Mooney-
O'Brien**

4s HEAD TEACHER
2nd year at BNS

What is your favorite children's book?

Big Red Barn by Margaret Wise Brown.

What is your favorite outdoor activity at BNS?

Watching the children play together in the forest and under the trees, noticing the trees' magic, and digging together for treasures.

Name a favorite plant you have growing in or around your house.

Lemon Verbena, mmmm.

What is your favorite season?

Summer because we get to grow and harvest our own food in our community garden, camp without worrying about cold toes at night, and enjoy floating in the ocean.



Gisella Diorio

4s TEACHER
2nd year at BNS

What is your favorite children's book?

Ones written by my two favorite Brazilian authors, Monteiro Lobato and Mauricio de Sousa.

What is your favorite outdoor activity at BNS?

The sandbox (and we have three of them!). I love it because the children can use their hands to explore and they really dig into imaginary play!

Name a favorite plant you have growing in or around your house.

Orchid

What is your favorite season?

Summer because, in Brazil, I used to have the warm weather all year round. When Summer is here, I feel extra happy!



Jamie Posa

4s TEACHER
1st year at BNS

What is your favorite children's book?

The Secret Garden by Frances Hodgson Burnett.

What is your favorite outdoor activity at BNS?

I love our ABC letter blocks and the yoga and outdoor mindfulness that we practice with the children.

Name a favorite plant you have growing in or around your house.

Lavender

What is your favorite season?

Fall because I love the crisp air and the beautiful, changing colors of the landscape.

WINE AND BEER TASTING (NOVEMBER 3)

Punita and Ash Thaker once again graciously hosted the tasting at their home.



→
Melissa and Yovendra Mangal from our BNS parent community, sponsored the tasting – all from their Ossining store, *Adega Wines and Spirits*.



↑
The Fundraising team, led by **Johanna Pensyl**, did a great job planning and executing this event.



Beer from *Six Degrees of Separation* in Ossining.



CLASSROOM HIGHLIGHT: NATURE IN THE 4s

ABC Snack Circle



Harvesting Crabapples



Mindful Breaths before Snack



BNS Local Green Frog



Outdoor Daily Snack "Picnic"



Composting Worms



Science Center



Woolly Caterpillar



Science: What Does a Stem Do?



Re-growing Carrot & Lettuce



Shoveling the Walnuts



Let's Find Out if Leaves Breathe?



BOOK CORNER: RECOMMENDED BY A BNS PARENT

Last Child in the Woods

By Richard Louv, April 2005, Nonfiction

KEY TAKEAWAYS

Today's children are spending less and less time outside, which can lead to "nature deficit disorder." A wide range of physical and behavioral problems have been associated with this phenomenon, from attention disorders to depression to obesity. Time in nature provides children with much-needed privacy, reduces stress, and relieves symptoms of ADHD.

There is no better immersive sensory experience than play in nature. Nature provides constant, dynamic stimulation of sight, smell, hearing, and touch.

Children need unstructured time to experience nature in a meaningful way.

Play means full-body interaction. Sometimes this means tearing up grass and other destructive activities. Sometimes this means getting filthy. Let them touch, smell, dig, and build as much as possible. Let them take risks.

You can join in to. Adults and children can explore and learn together. Model curiosity. Check guidebooks, learn names of plants, build shelters, and take guesses together.

You only protect what you love. You only love what you know. Tomorrow's conservationists will come only from children who have spent time in nature.

