

The BNS Times



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DATES TO REMEMBER

DEC 18-19-20

18: 2's Holiday Party (3 day)
19: 3's Holiday Party
20: 4's Holiday Party
2's Holiday Party (2/5 day)

DEC 24-JAN 1

Holiday Break (no school)

JAN 2

School Re-Opens

JAN 16

Early dismissal 11am

FEB 9

V-Day Party

FEB 18-22

Winter Break (no school)

FROM THE DIRECTOR



Lisa Beck
DIRECTOR

Hello BNS Families,

Our school year is well on its way and the children are looking more and more "at home" in their classrooms. The beginning of the year always brings up big emotions in the children and the adults that care for them. Some children feel excitement about the new toys and activities. Some children worry about the new faces and unfamiliar spaces. Other children become quiet and shy when in a new environment. And some children experience all those emotions and more!!!

Just like adults, young children have a lot of really big feelings and often their moods can change (seemingly) very rapidly. However, unlike adults, most young children have not yet **mastered the ability to acknowledge their feelings, talk about them, and respond to them in appropriate ways.** These are skills that have to be practiced and will develop over time.

The teachers at BNS are very focused on helping the children develop the skills they will need to manage and regulate their emotions. Below are some of the things we do at school. Perhaps you can try some of these strategies at home as well!

Read books about different feelings, especially ones that your child struggles with.

Talk about the different feelings that the characters experience and how they manage them.

Help your child name the feelings s/he is experiencing. Often times, adults try to distract and redirect when a child is upset, but it is surprisingly more effective to mirror back a child's emotions. For example, "It looks like you are really upset! When Michael took your toy, I saw you ball up your hands and make a mad face. You look really mad!" Sometimes acknowledgement of the feeling is enough to help the child relax and move on.

Talk about, and model, different strategies for dealing with different emotions. When I am feeling overwhelmed and stressed, I like to put on soft music, close my eyes, and breathe. I talk openly with my children about my own feelings and what "works" for me when managing them. Sometimes just sitting with a child who is sad or angry and letting the child feel your deep breaths and relaxed body, can encourage them to take deep breaths and relax too.

If a child is really upset, it is usually better to wait until s/he has calmed down before reflecting on the situation. Once your child is in a more relaxed state, talk about what happened. For example, "Wow. You were really upset before, but now I see that you are smiling. Maybe our cuddle helped you to feel better!"



BOOK CORNER: BOOKS ABOUT FEELINGS

FOR YOUNG CHILDREN

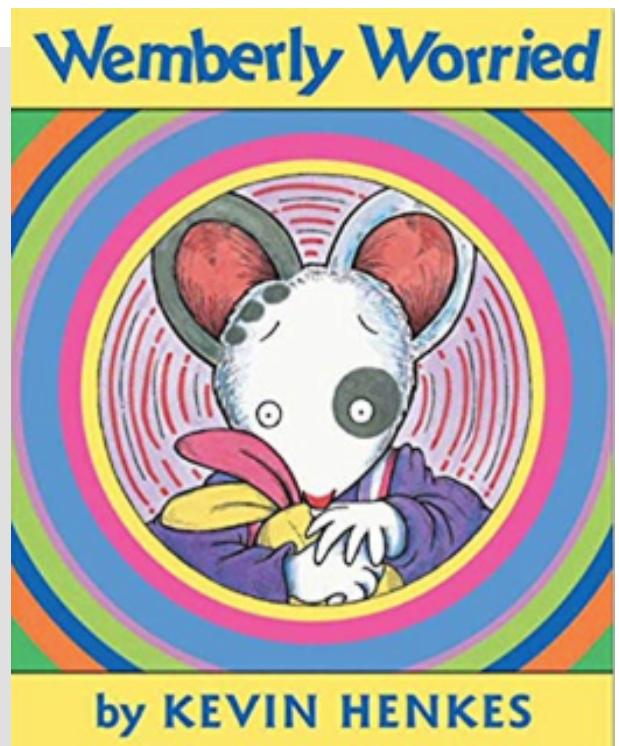
Glad Monster, Sad Monster
by Ed Emberly and Ann Miranda

Moody Cow Meditates
by Kerry Lee MacLean

*Taking a Bath with the Dog and Other Things
That Make Me Happy*
by Scott Menchin

Wemberly Worried
by Kevin Henkes

When Sophie Gets Angry...Really, Really Angry
by Molly Bang

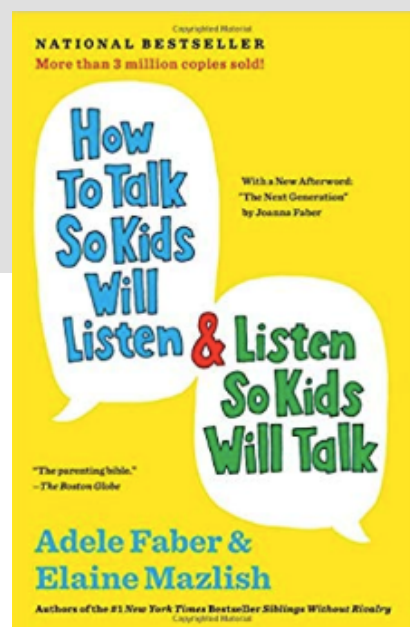


FOR PARENTS

How to Talk so Kids will Listen & Listen so Kids will Talk
by Adele Faber and Elaine Mazlish

How to Talk so Little Kids will Listen: A Survival Guide for Children from 2-7
by Joanna Faber and Julie King

*The Happiest Toddler on the Block:
How to Eliminate Tantrums and Raise a Patient,
Respectful, and Cooperative One- to Four-Year-Old*
by Harvey Karp



A NOTE FROM ALEX HOLT

EXECUTIVE COMMITTEE PRESIDENT (mom of Miles, 3s)

Hello BNS Family!

Another incredible school year is off and running. I'm thrilled to be on the Executive Committee this year. The school has always been such an amazing place for me to meet friends, seek parenting advice/solace, and watch my children grow. I'm loving working with the other members to help our wonderful school grow. The spirit of community and drive I feel from everyone to make this place the very best for our kids is electric and inspiring.

We have lots of fun ideas and are always open to hearing from community members, so please feel free to reach out even if it's only to chat.

All the best!
Alex

FUN WITH THE APPLE CIDER PRESS!



BNS SPARKLES WITH THE RESTORATION & BEAUTY COMMITTEE

The R&B committee, (née Maintenance), is a dedicated group of parents who work together to support our teachers and administration in the care and refurbishment of everything BNS. Parents **R**estore & **B**eautify our cozy school building and spacious backyard.

This autumn, our largest indoor focus was giving the 2s classroom a makeover: a new floor, wood cabinet and worktop and huge, bulletin board. All of the classrooms, doorways and walkways were cleaned and refreshed. One of our favorite projects was the addition of floor footprint stickers that lead from the sliding door of the 4s into the 3s and towards the back door. Turned out to be a larger-than-life project that subtly communicates cohesion from the front door all the way to our backyard.



The outside focus was the installation of a water & mud pit, a mindfulness center (used most recently used with the cider guy) and the cleaning/repainting of play structures and picnic tables.

We have a bunch of exciting projects for Spring, including the arrival and installations of a mud kitchen and a willow tree dome for the backyard

Included is an interesting link about playing in water/sand/mud:
(<https://www.playgroundprofessionals.com/playground/nature-play/sand-and-water-school106AAA>)

BNS IS GOING GREEN WITH THE AMAZING NEW SCHOOL GARDEN!

Our new garden had an exciting first growing season! We planted tomatoes and spices, for use in the classrooms, and also tried out pumpkins in the garden shell.

The 4s class is engaged from beginning to end. They planted potatoes this year, harvested them, and then made mashed potatoes the next day! The 4s also grew peppers, tomatoes, peas, and squash among other things and have taken turns as "garden helpers" throughout the season. The younger kids are always excited to help weed or plant whenever the Green Committee is working on the plots.

As the first frosts set in, all of the students can see the affect of the cold weather on the summer plantings. In the coming weeks they can watch or help us remove the old plants, add in new growth for the winter, and prepare the beds for the cold season.

In the box to the right of the shell we planted milkweed, which is the perfect food and habitat for monarch butterflies, and lavender courtesy of Miss Jackie. Lavender is a great hardy plant that will repel mosquitos while smelling divine!

The last planting box by the garden shell is kept open for dirt and seed play.

We're full of ideas for our next growing season and welcome any excited gardeners who would like to join us!!



NEW FAMILY COFFEE – SEPTEMBER 22ND



Making new
friends!



Apples Pumpkins Music Treats Crafts Family

Although the leaves hadn't changed color yet, fall was in full swing at the BNS Fall Festival. The weather couldn't have been better as the nursery school students and their families took advantage of all that the beautiful backyard party had to offer.



From pumpkin decorating to mask making, the kids stocked up on all their fall necessities. Sounds of the Disney sing-a-longs, led by Lisa who was accompanied by all the future rockers of BNS, filled the air. Thank you to everyone who contributed, from the delicious food items to setting up the arts and crafts.

A NOTE FROM THE DOCTOR – CAR SEAT SAFETY



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

Improved vehicle safety and more appropriate use of child restraint systems (car seats and booster seats) have significantly affected the safety of children in automobiles. However, Motor vehicle crashes continue to be one of the leading causes of death for children 4 years of age and older. The American Academy of Pediatrics (AAP) strongly supports optimal safety for children and adolescents of all ages during all forms of travel.

Here are some updated recommendations regarding Car Seat Safety:

- Improved vehicle safety and more appropriate use of child restraint systems (car seats and booster seats) have significantly affected the safety of children in automobiles. However, Motor vehicle crashes continue to be one of the leading causes of death for children 4 years of age and older. The American Academy of Pediatrics (AAP) strongly supports optimal safety for children and adolescents of all ages during all forms of travel. Here are some updated recommendations regarding Car Seat Safety;
- All infants and toddlers should ride in a rear-facing car safety seat (CSS) **as long as possible**- until they reach the highest weight or height allowed by their CSS's manufacturer. It is important to note that nearly all currently available CSSs have weight limits for rear-facing use that can accommodate children 35 to 40 lb. So for some children, this may extend beyond their 2nd birthday.
- All children who have outgrown the rear-facing weight or height limit for their CSS should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by their CSS's manufacturer.
- All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning booster seat until the vehicle lap and shoulder seat belt fits properly, typically when they have reached 4 ft 9 inches in height and are between 8 and 12 years of age.
- When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap and shoulder seat belts for optimal protection.
- All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.

If you have any doubt about the safety of your child's passenger seat, call one of the locations below to see when the next safety inspection is scheduled.

Greenburgh Police Department

Eastchester Police Department

Bedford Police Department

Mount Pleasant Police Department

By Appointment only:

Adzam Auto Sales (Bedford)

Village of Ardsley Police Department

Croton on Hudson Police Department

Fairview Fire Department

Harrison Police Department

Larchmont Police Department

Lewisboro Police Department

New Castle Police Department

North Castle Police Department, Pound Ridge Police Department, Blythedale Children's Hospital

Q&A WITH OUR WONDERFUL TEACHERS

Dedicated Experienced Talented Adaptable Compassionate Inventive



Laurie Toner
2s HEAD TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

The best feeling is watching the children whom may have a hard time separating and coming in so happy and feeling comfortable.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

Having the children feel more comfortable and getting to know them better.

SHARE A FUNNY MOMENT FROM THIS YEAR!

Watching them try to drink the flour when cooking with them.



Pat Trotman
2s TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

I was eager to meet our new little ones. Getting to know them and finding out what their interests are. Helping them feel safe and comfortable.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

Watching how amazing they will become. They will show their independence from walking in with a smile to putting their picture up for attendance and mastering the coat flip. Our second half is going to be exciting!



Lilli Whalen
2s TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

I love getting to know the children and finding out what they're interests are. I also enjoy singing our fall songs together during music time and when I'm pushing the children on the swings as well. It's a lot of fun hearing them sing and seeing the children dance.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

I'm looking forward to knowing more about the children and seeing more of their personality shine through, and how much they have grown throughout the year.

SHARE A FUNNY MOMENT FROM THIS YEAR!

When we have a dance party on the carpet and listen to "Baby Shark." All the children dress up in dresses and hats and will sing along, jump up and down, while clapping their hands as if they were a shark.



Lisa Russo
3s HEAD TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

I've enjoyed all the good energy and enthusiasm the children are bringing to the classroom.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

I'm looking forward to getting to know the children on a deeper level- their interests, what motivates them, etc.

SHARE A FUNNY MOMENT FROM THIS YEAR!

We were putting feathers in a felt turkey when one of the children took a stuffed crow that was on the table and plucked all the feathers off of it, like he was plucking a chicken for dinner!



Ellen Horowitz
3s TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

Spending time with all the new children and learning about them.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

Watching the class grow and develop. Seeing the children develop new friendships and try new things.

SHARE A FUNNY MOMENT FROM THIS YEAR!

Today when Walter decided to pluck a bird of all its feathers! Hilarious!

Q&A WITH OUR WONDERFUL TEACHERS



Barbara Benedict
3s TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

As I do everyday I come to work, I enjoy watching the children engage in play and make connections with their classmates. I love to hear laughter and seeing their smiling faces everyday. And I really enjoy the conversations I have with them.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

I look forward to watching the children grow and excel in their learning. It always fascinates me how far they come from beginning to the end of the year. And the friendships and bonds that they form are stronger and meaningful.

SHARE A FUNNY MOMENT FROM THIS YEAR!

Hands down Walter plucking the feathers off the crow. Not to mention, I was inches from him and hadn't noticed. He was sitting so quietly at the Science table as I was putting blocks away right next to him. You know to always look at the ones who are quiet for too long.



Jackie Mooney-O'Brien
4s HEAD TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

Learning about what makes each child happy and feeling successful.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

Celebrating the seasonal cycles and watching the children grow closer as a community.

SHARE A FUNNY MOMENT FROM THIS YEAR!

One day Stella was communicating with her friends that she wished to be included in their game. She said, "I want to be part of your magical moments!"



Leslie
4s TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

Working with Jackie and Jaime. Getting to know the children and building on their trust. Assisting children with hands-on projects like the unicorn horns, shields, etc. Watching new friendships develop. Working with Sharon on Tuesday afternoons and getting to know the 3s-4s.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

Continue to develop the relationships and learn more about the children. Be outside with the children in the winter. Assist with 4s program and observe the growth (social, emotional) of the children throughout the year.

SHARE A FUNNY MOMENT FROM THIS YEAR!

When I saw little Will at the park in Croton and how different he was with his mom and brother.



Jamie Posa
4s TEACHER

WHAT HAVE YOU ENJOYED MOST ABOUT THE FIRST HALF OF THE SCHOOL?

I enjoy getting to know each child's unique interests and personalities.

WHAT ARE YOU LOOKING FORWARD TO FOR THE SECOND HALF?

I won't be here! And I'm really bummed about that because I love seeing the growth in the children during the 2nd half of the year. BUT, I am looking forward to coming to visit with my little baby.

SHARE A FUNNY MOMENT FROM THIS YEAR!

I went trick-or-treating with my partner, Dennis' kids and was surprised when Leo opened the door! I think he was surprised too! ☺