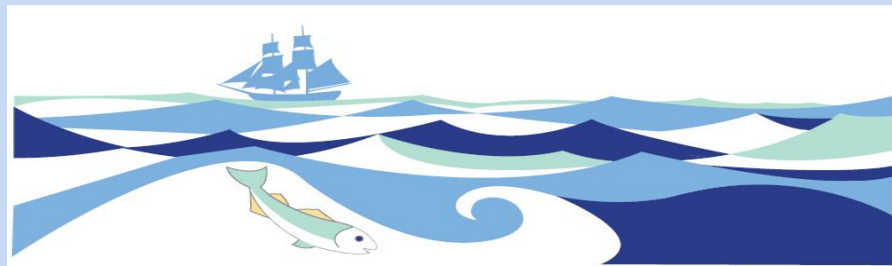




A Bucketful of News...



Francis T. Bresnahan School
333 High Street Newburyport, MA 01950

Important Dates:

December 7



Bring Your Parent to Lunch Day - Andrake, Crowley, and Westgate

December 12

School Council, 3:15 p.m. Library



December 13

Grade 1 Field Trip to Firehouse Center for the Arts



December 15

PTO-Sponsored Cultural Event: Tanglewood Marionettes for PK/K



Principally Speaking...

A special thank you to all families who recently participated in the Christmas Tree Santa collection drive. Many boxes of lights were collected right here at Bresnahan School. We would like to acknowledge third grade student, Charlotte Kealy for leading the effort here at Bresnahan. Thank you!!!

Recently the importance of sleep and school start times has been a much discussed topic in Newburyport- particularly for our middle and high school students. While we continue to explore this at a larger level, it has given us pause to think about how busy the month of December is for our young elementary students as the weeks are filled with many extras- holiday parties, cooking, shopping, and family activities. It is evident to us that not only are the parents running full steam ahead this month but our students are as well and are often more tired at school (and ramped up!) during these next few weeks. Here are a few tips from the Snoring and Sleep Center in Texas that offers ideas for doing your best to keep a regular sleep routine in place:

The holidays are here, and many parents may be wondering how they will survive the season with their kids' sleep schedules gone by the wayside.

Getting out of a sleep routine can affect your child's entire day, and every parent knows irritable, grumpy children lead to stressed, irritated parents. The holidays should be an enjoyable time of year. Don't let lack of sleep ruin this special time. Here are five tips to keep your kids well-rested throughout the holiday season.

Stick to a set bedtime. *We understand how difficult this can be at this time of year, particularly when traveling. But enforcing a bedtime is a critical step in maintaining your child's sleep routine during the holidays. When the kids are out of school, it's easy to bend when it comes to getting to bed, especially when you have kids who beg to stay up past their normal bedtime. Do your best to be firm.*

Enact a "quiet time" or nap policy. *If you have little ones who regularly take naps, stick to their nap schedule as much as possible. But even school-aged children can benefit from some downtime during the day. Enforce an afternoon "quiet time" rule for children. Pull them away from the TV and toys and send them to their rooms, where they can read or listen to music. (You'll probably find that "quiet time" turns into "naptime"!)*

December 19

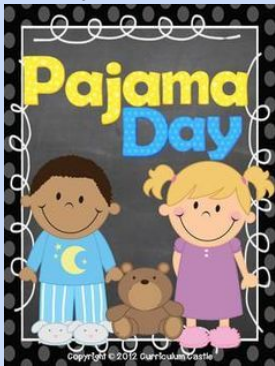
Grade 2 Field Trip
to Museum of
Science



Museum of Science

December 22

Full day of school.
All School Pajama
Day, Last day of
school before the
holiday vacation.



PTO-Sponsored
Staff Cookie Swap



December 23-

January 2

Holiday Break



January 3

Classes Resume

Bring the comforts of home on the road with you. If you are traveling with children this holiday season, don't forget to bring their favorite blanket, stuffed animal, pair of pajamas and a pillow. What does your child usually need in order to fall asleep at home? If possible, bring those items along with you. Some children find it difficult to sleep in an unfamiliar environment, so the more "familiar" you can make it, the better the chances your child will rest well while you are away from home.

Take time to slow down and relax. It's so easy to get wrapped up in the hustle and bustle of the season that we forget to take some time to relax. Your kids will take their cues from you. If you are going strong from dawn until dusk and give yourself little time to breathe, chances are your kids will find it hard to wind down. About an hour before bedtime, take some time to relax with your kids. Read them a holiday book or simply spend some time talking as a family. Unwinding from the busyness of the day will help everyone sleep better at night—parents included!

Adjust to changing time zones. Traveling across time zones can easily upset your child's normal routine. A few days before you leave, begin adjusting your child's nap and bedtime to the local time where you'll be spending the holidays. This can ease the frustration that accompanies jet lag. Exposing your child to plenty of natural light can also help reset their internal clock to the local time, as our bodies respond to nature's light/dark schedule.

Remember, routine equals normalcy. The more regular the routine you are able to keep with your kids, they better they'll sleep. And the better your kids sleep, the better you sleep, too.

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We know this time of the year is exciting and the kids are full of energy, but we also know that it is often a time of the year that can bring on additional stress and perhaps loneliness and sorrow for some families that may be dealing with a sick loved one or recent loss. If we can help in any way, please don't hesitate to reach out to us or to one of our school adjustment counselors- Colleen Wile at cwile@newburyport.k12.ma.us or Jenna Fraher at jfraher@newburyport.k12.ma.us.

Warmly,

Amy B. Sullivan

Kristina Davis

Karina Mascia

Principal of PK/K

Principal of 1-3

Assistant Principal

School Adjustment Counselor Retires

We are honored to wish Deb Eggers a happy retirement after serving as a school adjustment counselor in the Newburyport Public Schools for seventeen years! We wish her all the best in the next chapter of her life.

We are also delighted to welcome Jenna Fraher as our recently hired school adjustment counselor to the Bresnahan. Ms. Fraher earned a Bachelor's of Science in psychology from Salem State University and a Master of Arts in Mental Health Counseling and Behavior Medicine from Boston University. She has worked as a residential clinician at Wayside Youth and Family Support Network in Framingham, a mental health specialist at Franciscan Children's in Brighton, and as a school adjustment counselor intern in the Waltham Public Schools. Jenna is excited to join

PTO Highlights

1. Stone Crust Opportunity Night.

All day on Wednesday, 12/14. For every large pizza or large calzone ordered, \$3 will be donated to the PTO.

2. Leary's PTO

Fundraiser. Dec 20-23rd. 50% of each sale goes to the PTO. You must tell the cashier you are there for the PTO.

3. Holiday Staff Cookie Swaps at Molin/Nock and Bresnahan!

Bake a batch or 2 for our hard-working teachers and staff. Bring them in on Tuesday, 12/20 (2-3pm), or Wednesday, 12/21 (before 9am).

Molin/Nock:

<https://m.signupgenius.com/#!/showSignUp/10coe4eadab2ba1f49-molin2/32521149>

Bresnahan:

<https://m.signupgenius.com/#!/showRSVPSignUp/30e0d44aa92ca4fe3-ptostaff>

4. The Holidays are here! Please use the NBPT PTO's at **links for Shutterfly & Tinyprints**. PTO gets 40% of all the proceeds. When ordering through Amazon, our Amazon Smile account also gets a portion of each purchase made! Easy way to help your kids' school!

our counseling team and partner with Colleen Wile. Together they will collaborate to provide socio-emotional support and counseling for our students and families.

Spotlight on Teams of Tomorrow !



*A Message from Cathy Hill - Physical Education
Teacher & TOT Team Coach*

TOT (TEAMS OF TOMORROW) ANNOUNCEMENT

OPEN TO 3RD GRADE STUDENTS ONLY



Teams of tomorrow is a exciting basketball program that teaches creative ball handling and dribbling skills and offers performance opportunities for our 3rd graders. The classes are focused around improving your child's physical and mental growth through movement and music. TOT uses the perfect mixture of physical movement, hand eye coordination, and brain use to maximize the growth of your child. The classes are focused around improving your child's physical and mental growth through movement and music.

This year's registration will be done online at: <http://newburyportpto.com/tot/>

We will open the link to register online for this year's TOT team on Wednesday, December 14, 2016.

The cost of the program \$30 which will cover the cost of a TOT team tee shirt and a TOT basketball. There are **65 available spots**. Please fill out the form and submit \$30 payment online in order for your child to be included in one of the available 65 spots.

TOT team BEFORE SCHOOL PRACTICE will be on Tuesday and Thursday mornings in January from 7-8 am.

Our first practice is on Tuesday, January 3, 2017

We will perform in TWO half time shows at Newburyport High School varsity basketball games.

Boys' game will be January 20, 2017 and Girls' game will be January 31, 2017

Please contact Cathy Hill (chill@newburyport.k12.ma.us) with any questions.

