



Pine Hill CSA Newsletter

Week of January 20, 2020

What's Happening on the Hill?

Wednesday January 22

- Managing Student Anxiety, 1:00 pm, Chickering (Dover)

Wednesday January 29

- Raising Resilience, 6:30 pm, DS Middle School

Friday January 31

- Deadline for Raffle Basket donations!

Planning ahead? See what the weeks ahead look like.

What You Need to Know

Raffle Baskets!

It's Raffle Basket Donation Time! We are looking for donations for any and all of the baskets below.

Re-gifting is encouraged as long as things are new and unopened. Please send donations into school marked "Raffle Basket" or you can drop goods in the donation box by the front office. If you would like to donate a gift card or give money toward the raffle baskets, please send gift cards and/or checks (made out to CSA) to James Garvey (KH). You can also venmo Katie Garvey at @KatieGarvey27. Any questions about the raffle basket, please reach out to Katie Garvey at volunteer@pinehillschoolcsa.org.



The basket themes are below. Classes have been assigned to baskets, but you can donate to ANY basket. You can donate to multiple baskets too! Thank you! The kids LOVE the raffle baskets!

Donations are due by January 31.

1) Slime-Me Basket (Everyone)

- Glue, glitter, slime sets, create own slime, slime containers, activator, slimes, cloud slime etc.

2) Hands-On Basket (5D)

- Squishies, Plus-plus sets, slime, Nee-doh, all things sensory etc.

3) Got candy? (5S)

- Making candy sets, how to make candy, candy themed stuff, a few books, some baking stuff.

4) Lego Friends (5M)

- All things Lego Friends - Legos, Lego books, keychains etc.

5) General Lego (4Y and 4W)

- Non Lego Friends - Lego City, Minecraft etc.

6) Soccer for Days (4L and 3Si)

- Any and all things soccer - balls, mini games, books, gear from NE Revolution or other teams etc.

7) Bear Grylls does Ninja Warrior (Ninja Warrior and Outdoor Survival) (3R and 3Sc)

- Ninja Warrior meets Bear Grylls. Ninja warrior gear, things to create obstacles, jump rope, chalk, small obstacles, compass, survival books, outdoor gear, etc. (no knives, no matches please)

8) Horses and their magical cousins Unicorns (3L and 2M)

- All things horse and unicorn

9) Slumber Party (2C and 2J)

- Slippers, PJs, games, Mad-Libs etc.

10) Wizard World - Harry Potter (1G and 1S)

- Games, gear, clothes, wands, etc.

11) Get Wheely Excited (1E and KH)

- All things wheeled, remote control cars, those mini skateboard things (flip ones)

12) A Rainy Day (KC and KP)

- Games, art sets, markers, and anything that kids would like on a rainy day.

Managing Student Anxiety in High Achieving Schools - Wednesday January 22

Social and Emotional Wellness Workshop for Elementary School parents and guardians

Dr. Lauren Santucci

Wednesday January 22, 2010

Chickering Elementary School Library (Dover)

1:00 - 2:00pm

Studies are showing that students in high-achieving school districts are experiencing higher rates of behavioral and mental health problems compared with national norms, and are at risk for elevated levels of chronic stress that can affect health and well-being. Please come join **Dr. Lauren Santucci** for a workshop focused on specific skills and techniques that parents can use to help treat stress and anxiety in their elementary aged

students. Topics will include: assessing family values, what anxiety looks like at home and school, approach vs avoidance techniques, and practicing cognitive restructuring.

A senior staff member at the Weisz Lab for Youth Mental Health at Harvard University, Dr. Santucci is a frequent presenter to parents, educators, and clinicians in Massachusetts on the assessment and treatment of anxiety, depression, and disruptive behavior disorders in children and adolescents. She currently has a private practice specializing in cognitive-behavioral therapy for children and adolescents, and teaches an undergraduate course in the Department of Psychology at Harvard University. <https://weizslab.fas.harvard.edu/dr-lauren-santucci>

Registration is appreciated to Cynthia Shapiro, Chickering Guidance Counselor at shapiroc@doversherborn.org.

Raising Resilience - Wednesday January 29



Raising Resilience
Dr. Chris Willard
Wednesday, January 29, 2020
Middle School Choral Room
6:30-8:30 pm

Psychologist and educational consultant Dr. Chris Willard will join the Dover-Sherborn community to speak with K-12 parents/guardians about the tools and techniques he uses to help children and adolescents successfully navigate the stressors and anxieties in their lives.

Dr. Willard is president of the Mindfulness in Education Network and author of several parenting books including *Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience*. He has presented at TEDx conferences and his thoughts have appeared in the New York Times, The Washington Post, mindful.org, and elsewhere. Dr. Willard currently teaches at Harvard Medical School and has an adult, family, and child psychotherapy practice in Harvard Square and Wellesley Hills.

For more information on Dr. Willard and his work, please see his website at <http://drchristopherwillard.com/>.

To RSVP for this event, please do so at <https://whoozin.com/YYC-KGT-ACAV-M4JD>.

Lost and Found

It's the time of year where the lost and found piles at Pine Hill are growing. If your students are missing things and you happen to be in the building, stop by the piles near the gym and library to see if something looks familiar.

Thanks to CSA volunteers, belongings were recently sorted. Check out this section for

the next few weeks to see if any of the items look familiar. If so, send your student to retrieve it or stop by and pick it up. Remaining items at the end of the year are donated.



How You Can Get Involved

Library Sign Up

A great way to volunteer at Pine Hill is in the library. Ms. Ryan is looking for volunteers to help during each classroom's library time. More details about volunteering in the library can be found [here](#). If you are new to volunteering in the library, please email Ms. Ryan ryanl@doversherborn.org to schedule a brief training session.

Sign up for January and February

What's Happening in the Community

Check this section for community events and information and then follow the links to more information on external web pages. Please see the **Our Community** section of the CSA website for a variety of links to resources in Sherborn.

Friday Night at the Movies - January 24

Aladdin (live-action)

6:00 - 8:00 pm at the Sherborn Community Center. Movie starts promptly at 6:15 (age appropriate for drop off, please)

\$1.00 donation for popcorn and water

Sponsored by the Sherborn Community Center

Registration Open for Dover Sherborn Soccer Club Spring '20 Season

(3 year-olds- 2nd grade)

Registration closes MARCH 7 so plan ahead and register now!

Who: Ages Pre-K- 2nd grade (3-year-olds is a coed program)

When: Season tentatively is April 5-June 14

The Soccer Club is run through the commitment of our volunteers- coaches and assistant coaches needed- no experience necessary- just a dedication to show up and encourage the kids!! Please register immediately to allow time for the new coaching registration process.

Registration information: <https://secure.adminsports.net/doversherbornmasoccer>

Pre-K-1 Program information: <https://dssoccer.net/pre-k-k-1st-grade>

2nd grade Program information: <https://dssoccer.net/2nd-grade>

Friends of the Sherborn Library Winterfest

Sunday January 26 from 1:00 - 3:00 pm at the Sherborn Community Center

Come in out of the cold and join the Friends of the Sherborn Library for a fun filled afternoon of crafts, games, and Jungle Jim! You will laugh and be amazed as Jungle Jim takes you on a safari adventure filled with balloon artistry, magic, and comedy improv. Light snacks will be provided and all ages are welcome!

Friends of the Sherborn Library Book Sale

Now accepting donations of gently used books. Drop off at the Sherborn Library (Community Center). Please note that we cannot accept moldy books, encyclopedias, textbooks over 10 years old, magazines/journals, audio cassettes or VHS tapes. All donations are tax deductible.

Sale is Saturday February 1, 9:00 am - 3:00pm at the Sherborn Library (Community Center). All proceeds go to support programming supported by the Friends of the Sherborn Library.

Open Fields Presents Joseph and the Amazing Technicolor Dreamcoat

Tickets are now on sale for the Open Fields production of Joseph and the Amazing Technicolor Dreamcoat. Reamining performances are January 24/25 at DSHS, Mudge Auditorium. Reserve your seats today at www.ticketstage.com/T/OPENF. Learn more at www.open-fields.info

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