



SERVING THE LYME COMMUNITY FOR OVER 100 YEARS

THE LYME SCHOOL

Newsletter

What's Up with Lyme's Social Inclusion Project?

We thought you might want to know! Since last week's parenting workshop there have been lots of questions about it. Here are some answers—and an invitation to join the conversation...

What is the Lyme Social Inclusion Project?

The Lyme Social Inclusion Project has begun as a pilot project funded and supported by the US Health Resources Services Administration (HRSA)2 and the New Hampshire Public Health Training Center (NH PHTC) at The Dartmouth Institute for Health Policy and Clinical Practice (TDI). The goal of the project is to maximize student participation in physical activity by providing students with tools to help them navigate interaction with peers during recess and free play, where incidents of conflict can lead to the exclusion of some children. Over the past 7 months, the team—made up of children's health professionals, teachers, and parents--developed problem-solving strategies for adults who work closely with children. So far, training in these strategies has been provided to Lyme School teachers and parents—and in September, there will be a workshop for sports coaches. The goal is to consistently model the problem solving strategies in lots of situations, so the children will be comfortable enough to use them themselves.

What is 'What's Up 1,2,3'?

What's Up 1,2,3 is the school component of these problem-solving strategies, and will be used in grades 1-4 at the Lyme School on a regular basis. A workshop on this method was offered to Lyme teachers and aides last week during teacher in-service. What's Up 1,2,3 will be happening during school in the lower grades, after recess or lunch. The method will provide a safe and constructive environment for children to work through incidents of conflict or exclusion that might have happened during recess or lunch—or at any time of day—so that they will be ready and able to let those incidents go, and focus again on school work and positive social interaction.

Why All This Talk About Social Inclusion?

The Lyme School staff is committed to fostering an environment where everyone feels welcomed, appreciated, and encouraged. We strive to reduce the occasions of social exclusion, no matter how few, by developing children's skills and promoting their resiliency and confidence in themselves. The Lyme School has been consistently working towards goals these through its guidance program, special programs such as multi-age classes, school meetings, recess chat, and through embracing opportunities to engage children with the whole community. The Lyme Social Inclusion Project offered another opportunity to engage the school community in a conversation about a topic that is hard to discuss, but can have huge impacts on children and families.

How Do Parents Get Involved?

That is up to us! The parenting workshop last week was attended by approximately 50 people—and most of them were Lyme parents. There are lots of parents out there who are working on helping their children with this at home—and lots of parents who have ideas about how to continue the conversation as a community. How about everyone who is interested gathers to brainstorm ways in which we can keep the conversation going—and help each other build useful tools?



School Renovation Project Gets Some Summer Help

This summer Cam, Luke, Wyatt and Ellie showed their initiative and philanthropic care for their school by holding a lemonade stand to support the school renovation project which will be presented again to Lyme voters this spring. This past week they presented their proceeds to the school renovation fund which, with efforts like this, will grow both in their dollar amount as well as the volume of the voices which stand behind these kinds of efforts. What will the Lyme School be in the future? The answer is in part up to those in the community who come out to vote, volunteer their time, their ideas, concerns, support or suggestions.



If our growth is a response to the fact that people feel we are doing a good job, we are glad and we are working to do even better. Growth of our population is not our goal, but if it is an indicator of our goal to be a school which cares for its students, strives to prepare them and responds to the changing needs of our community, we are happy to receive the feedback. Thank you Cam, Luke, Wyatt and Ellie for caring for your school as much as we do and showing the kind of involvement and generosity which will ensure that we continue to be the kind of place we can be proud of.

Social Inclusion Project

Parent group meeting about how we can support our children and encourage resilience and inclusion. Tuesday Sept. 25th, 7:00 pm, at the Converse Free Library.

Workshop for coaches. Facilitated by Lisa Damren, Lyme School PE teacher. The workshop will build upon the What's Up 1,2,3 model being used at the Lyme School. Monday, Sept. 23rd, 6:30-7:30, at the Lyme School.





Leadership Workshop for Girls and Moms

This is for girls who are currently 7th graders in the Upper Valley (or within driving distance) Facilitated by Brook Raney and Cindy Pierce

What: We will be hosting three workshops this fall for girls and their mothers. Each workshop will be its own topic, therefore you may sign up for one, two or all three depending on your schedule and interest.

Where: We are working on an Upper Valley location and will notify you as soon as we settle on a place that fits our final number of participants.

Cost: Each workshop costs \$50/mom and daughter team

How: Email Cindy to reserve a spot for you and your daughter. Space is limited. cpdoorbell@gmail.com

Makes checks payable to: Cindy Pierce After you email Cindy, send check to: Cindy Pierce 261 Dogford Rd., Etna, NH 03750

When: Sunday, October 20th - 3:00-5:00 PM

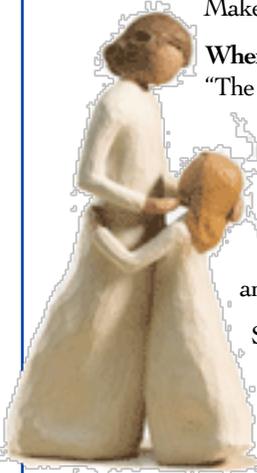
“The Mirror” – The focus of this workshop will be to unpack the messages that media sends us on a daily basis, understand and combat societal pressures to look and act a certain way, and learn to build and maintain a healthy self-image for ourselves and encourage the same in others.

Sunday, November 3rd - 3:00-5:00 PM

“Choices (online, offline, and out of line!)” - The exercises and stories included in this workshop will emphasis centering our inner compass and managing our time, morals, relationships, and overall life. A spotlight will be placed on digital citizenship, and how we monitor our time and behavior online.

Sunday, November 17th - 3:00-5:00 PM

“Pressure Cooker” – activities aimed to help mothers and daughters identify external pressures to say and do certain things, and define whether these pressures are positive or negative influences, will be the core of this workshop. An emphasis will be placed on recognizing positive people to be a part of one’s “healthy crew”.



Brooklyn Raney graduated from Colgate University in 2007 and completed her master’s degree in Educational Theater at New York University. Through this program she built and developed interactive workshops and seminars on leadership and life skills for adolescents. She is also the Director of the Girls’ Leadership Camp at Kimball Union Academy. Brooklyn is married to her husband Bill, and they live in Meriden, NH with their son Landen, and dog Tuukka.

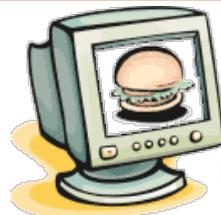
Cindy Pierce attended the University of New Hampshire where she majored in Theater with a focus on Education and Gender Studies. Currently, Cindy and her husband, Bruce live in Etna, NH where they own and run Pierce’s Inn. They have three children. Cindy has been entertaining and educating a wide variety of audiences since 2004. Combining comic storytelling and years of research, she is able to engage audiences with her message about healthy choices and navigating cultural pressures. Cindy emphasizes the social aspects of sexual health education. You can learn more about Cindy’s work at www.cindy-pierce.com



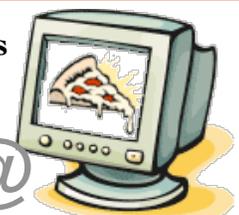
The Catamount and Maple Leaf Morris Dance teams accepting new members for the Fall of 2013 and invite you to an introductory workshop sponsored by Revels North on Saturday, September 14 at Tracy Hall in Norwich - 9:00-11:15 a.m. All ages are welcome with an optional performance at the Norwich Farmers; Market following the workshop. Information Dominica Plummer at 866-566-3083 or Christopher Levey at 802-785-4121.



Picture Day Monday, Sept 16th



This Months Menus
Month of
September



ON LINE @

www.freshpickscfe.com/hampshireschool/Lyme-14.htm

Message from the
P.T.O.

We need YOU to be an active part of the Lyme School PTO! First meeting of the year is next

Wednesday, September 18, 7:00 p.m., at Loch Lyme Lodge. Meetings are casual, fun, and a great way to get to know other parents at the Lyme School. If you can, please bring a snack or beverage to share.

Also... If you haven't done so already, please get your Birthday Book Club, School Directory, and PTO sign-up forms in as soon as possible.



ART



The Utility Club of Lyme and Long River Studios invite you to join us for fun at Fine Art, Fine Food. Silent auction of works by local artists and craftspeople with wine, hors d'oeuvres and an opportunity to meet the artists on Saturday, September 28, 2013, 6:00-8:30 pm at the Barn on 125 Breck Hill Road - bidding closes at 8 pm - Free Preview 2-4 pm, bids allowed. Proceeds benefit scholarships and local charities. Tickets: \$35 in advance at the Lyme Country Store or at the door. Questions? Call Nancy Snyder at 795-2904.

CONVERSE FREE LIBRARY

SEEKING VOLUNTEERS!

Want to help with after-school activities on Mondays and/or Thursdays? Also, we're looking for grown-up video gamers to help plan a Family Gamers' Night!

795-4622 | jrussell@lymenhlibrary.org