



From the Head of School

Report Cards Go Home Today; Have an Enjoyable Thanksgiving Break!

The Book Fair was back this week, and we were delighted with the selection of books that Scholastic brought. Thanks to Lynn Workman, Ann Campbell-Hays, and all of the hard-working volunteers for keeping things running smoothly. Thanks also to our fifth and sixth grade students for helping the pre-k and kindergarten students with the selection of their books.

Spaghetti Dinner an Italian Treat

The sixth grade Spaghetti Dinner was *fantastico!* and the Parish Hall looked like an expensive restaurant, tantalizing us with the fragrance of spaghetti sauce and amazing desserts! Nice job!

Get Your Taste Buds Ready for Incredible Edibles This Saturday

Remember to stock your freezer with delicious goodies from *Incredible Edibles* on Saturday! It pays to get to the Parish Hall by 8:00 a.m. on Saturday to get the first shot at frozen casseroles, baked goods, handmade items, and a variety of gently used household items.

Head of School letter continued on page 2

No School Next Week: Thanksgiving Break

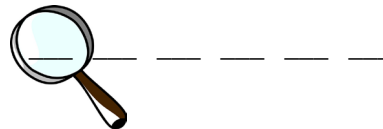
Please remember that there is NO SCHOOL next week. We hope you have a memorable Thanksgiving holiday with your family and friends.



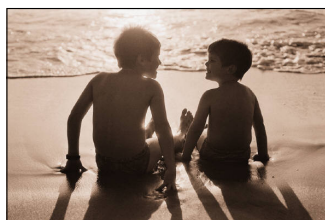
Parent Social Word Jumble

This is such a great time of year,
Holidays, family, friends, & good cheer!
We hope you have a wonderful Thanksgiving break,
Here is a word to unscramble while you eat pumpkin pie and cheese cake!

Y E K R U T



***Special Note:** Last weeks' word was SCRIPT and we were actually looking for the 3rd letter, which was the letter R.



SIBLING APPLICATIONS BEING ACCEPTED

It's never too early to start thinking about where your children will be attending school next year. Classes are already filling up, so we encourage you to turn in your sibling applications now and avoid the New Year's rush. You can find an application on our website, www.BeachesEpiscopalSchool.org, or you can pick them up directly from our Admissions Director, Heather Wainright.

**REMEMBER: No school next week!
Happy Thanksgiving!**

Purchase Your Christmas Gifts and Share Your Favorite Recipes at the PSO Holiday Coffee on December 1st

When we return, the PSO is holding their Holiday Coffee on Tuesday, December 1st, so please join us at this annual event. You once again will have an opportunity to purchase early Christmas gifts, and do not forget to bring your favorite recipes (and samples) to share. Wednesday, December 2nd is Conference Day. Child care will be offered from 8:00 a.m. until 3:00 p.m. during the student's conference time only and not for the entire day, and December 3rd will be our Admission Open Houses at 9:00 a.m. and 7:00 p.m. Please pass the word!

Report Cards in Your Packet Today

Report cards came home today in the Thursday folders so be sure to check them out! Have a super and safe Thanksgiving! As John F. Kennedy once said, *"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."*

Take care,

Bill Stewart
Assistant Head of School

ChurchChat

News from St. Paul's by-the-Sea Episcopal Church

A Big Thank You to BES Students for Thanksgiving Baskets

St. Paul's by-the-Sea sends a huge thank you to BES for the fabulous Thanksgiving baskets. They are beautiful and full of delicious food! Thanks to you, twenty families will have an amazing meal for Thanksgiving Day!



Christmas Pageant Coming in December: Join The Children's Choir Today!

The Children's Choir is gearing up for the 5 p.m. Christmas Pageant at St. Paul's by-the-Sea. It will be complete with music, costumes, and, of course, everyone's favorite Christmas story. Please call Jon Easter, 249-4091, if you would like to be a part of this special event.

PSO CORNER

THANKSGIVING BASKETS: Thank you to everybody who so generously donated items for the Thanksgiving baskets. Thanks too, to all the volunteers who helped the 4th graders put the baskets together and a very big thanks to Peggy Davis who coordinated the food drive.

SPAGHETTI DINNER: Thank you to everybody who supported our 6th graders at the Spaghetti Dinner. A great evening of good food, music and fun was had by all!

FISH TANK: The fish tank in Stormes Hall is seeking monthly sponsors. The cost is \$90 and it covers all food and tank cleaning for the month. The monthly sponsors are featured with a photo near the tank. If you are interested in sponsoring our "fish friends," please contact Laurie Warner at 247-9194 or warner01@comcast.net.

PSO GENERAL MEETING: The next General Meeting of the PSO will be held on December 1st at 8:05 a.m. in the Parish Hall. Mark your calendars as this is a special meeting celebrating the Christmas season. We are seeking community vendors and parents to sell gift items, including jewelry, crafts and gift items. Everybody is welcome to attend or participate! Contact Julie Komaroski at 249-4360 or komarosj@bellsouth.net for vendor participation.

SCHOOL STORE OPEN EVERY THURSDAY MORNING: Our sixth grade students will have the School Store open every Thursday morning with cases full of fun and favorite things to purchase. The Smencils and Crazy Bones will be available again this year as well as an assortment of other great items! Come and visit the School Store from 7:45-8 a.m.

VOLUNTEERING OPPORTUNITIES: There are plenty of opportunities to volunteer in at our school. If you have any questions or would like to volunteer in any upcoming events please contact Julie Komaroski at 249-4360 or komarosj@bellsouth.com.

FILL-A-STOCKING CHRISTMAS OUTREACH PROJECT: BES will once again be filling stockings for the Salvation Army this Christmas season. See the insert in this newsletter for more information on items needed and dates when the items need to be turned in.

Upcoming Events at BES

Conference Day	Wed, Dec. 2
Admissions Open House	Thurs., Dec. 3
Art Show (Pre-k-6)	Tues., Dec. 8
Pre-k, K Christmas Program	Tues, Dec. 15
Pajama Day	Thurs., Dec. 17
Lessons and Carols	Fri., Dec. 18

Grandma Says

"Grandma Says" is a feature of Growing Child Magazine

1 + 1 = Adjustments

Recently I had e-mail from a grandmother inquiring about what to do about her three-year-old granddaughter, a child she described as a "model child, up until recently." Suddenly the child had become "defiant, sassy, unwilling to listen, misbehaving in public, disrupting her little music class, not being nice to other children, and more." Then the grandmother's words confirmed my first guess: A sibling had been born eight months previously.

Of the life-changing events of early childhood, the birth of a sibling ranks right up there. The not-yet-logical mind of a three-year-old is unable to deal with abstract concepts of sufficient love being available for all comers.

The immature emotional controls and expression of a young child are unable to deal with the flood of anger, jealousy, sadness, and confusion that result when parental attention must be diverted to a baby.

So what do little kids do, when faced with the certainty that the interloper is not going anywhere, and the situation is permanent? They show us by their behavior that all is not well in their world. Sounds to me like that is exactly what is going on in the situation described above. So what to do? Babies are, by their very nature, labor intensive. It is all too easy to assume that the formerly self-sufficient three-year-old could play quietly while parents tend to the infant's pressing needs. But what must be remembered is that the older child's behavior is telling us that her needs are every bit as real as the feeding and changing that must be done for the

younger one.

So, everyone in the life of the three-year-old - mom, dad, grandparents, and others - must plan how to meet her needs, which are for less tangible things like positive attention, demonstration of availability, and evidence of being loved and appreciated.

When I say this, I am not suggesting that they have not been doing so. What is evident from the behavior,

though, is that this particular child's needs have not yet been met. When the needs have been met, the behaviors will drop away, unneeded as a means of getting attention, with negative attention being far better than none. Positive one-on-one time, on occasions when the child is not misbehaving, is the first line of defense.

Then, for a verbal three-year-old, the second part of the plan is to find times to raise the subject of negative feelings directly.

Sometimes reading one of the very good books about new siblings helps raise the subject, as in: "I think sometimes Peter felt pretty angry that the new baby was taking his things, don't you? Do you feel that way sometimes?" followed by a discussion of what the child can do when she does experience those feelings.

Remember, this is not suggesting something to the child, but merely accepting what she feels and providing outlets for the feelings. Both parts of the approach must be used together, and my guess is grandma will get her sweet granddaughter back before long. Good luck to all new parents and older siblings.

The Chinese symbol for "crisis" is the same as that used for "opportunity." Having a new baby is a major opportunity for learning for everyone in the family.

