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## Important Dates

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**Tuesday, November 21** - Thanksgiving Feast - 1:15pm - 2:45pm

**Wednesday, November 22** - Thanksgiving Break Begins

**Monday, November 27** - School Resumes

**Wednesday, November 29** - Board of Trustees Meeting - 5:30pm

**Tuesday, December 5** - 7th Grade Yearbook Signing (Class of 2023) - 5:30pm - 6:30pm

**Thursday, December 7** - Open House Series - 8:30am - 10:30am

**Friday, December 8** - All School Trip to the Museum of Science - 8:00am - 2:00pm

**Thursday, December 14** - Winter Concert - 6:30pm - 7:30pm

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## All School Field Trip

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Every other year, students and staff walk to the Boston Symphony Orchestra to enjoy a performance together.

In addition to the benefit of attending a beautiful musical performance, there is also significant value in having a shared experience together as a whole school community. We attended the BSO last year, which means that this year we will *not* attend. However, in our pursuit to expand students' learning environment beyond the classroom and to engage more deeply with the city, we are implementing another all school field trip, which will also take place every other year, alternating with the BSO trip.

On December 8th, all classes, K-6, will venture to the Museum of Science to explore the exhibits, attend educational programs, engage in design projects and more. Ben Duncan and Suzanne Garcia have created an itinerary for each class that correlates to concepts taught in science for each grade level at The LP. Lower grades will take the T while upper grades walk along the Esplanade to the museum (weather permitting).



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## Winter Is on Its Way

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A chill has fallen and Thanksgiving Break is around the corner! This is simply a reminder to please have children dress accordingly for their time outside, including hats and gloves as needed. Also, be sure to label these articles with your child's name – lost and found is already accumulating, and we want to return as many items as possible to their rightful owners.

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## Performance Fest

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Learning Project students have an abundance of opportunities during their time at the school to hone their public speaking and performance skills. They participate in plays, share aloud at All School Meeting, and also have an opportunity to participate in "Performance Fest."

Performance Fests occur three times per year, and our first of this year will be held on Friday, December 15th, from 1:30pm - 3:00pm. On these occasions, any LP child is invited to stand up to share a special talent, tell a joke, perform a trick, or anything else that they would like to 'perform' for their community. It's a wonderful opportunity for children to build self-confidence, comfort in front of an audience, and also to receive recognition and appreciation from their schoolmates.

Please note that children must have their 'act' decided by December 8th, and teachers must preview them for timing and content.

We will be returning to our in-person, pre-COVID format. Performance Fests are not called 'talent shows' for a reason – they're meant to be low key, low pressure for children, so we will not have cameras running. However, if curious parents would like to attend, there is limited space in the back of the room to take a peek from the bleacher seats. Given the limited space, we ask that you only 'stop by' for your child's (or children's) performances. We will do our best to share a schedule in advance.

- Justin

## A Note from Ms. Farbo

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As part of our commitment to provide meaningful learning opportunities for our faculty and staff, we used our Faculty Meeting today to discuss mental health practices and wellbeing.

Ivy Alphonse-Crean, Director of Diversity, Equity, and Inclusion at Dedham Country Day School, joined us to speak about wellness, DEI, and SEL in the classroom. She shared the difference between capital 'w' Wellness – a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit (National Institute of Health) – and lowercase 'w' wellness – the narrow, often exclusive, and affluent brand that's popular on social media. That type of wellness tends to appropriate wellness practices. More often than not, the two biggest barriers to Wellness are time and resources. A few teachers shared a Wellness practice of their own, their connection to that practice, barriers, and the origin. It's essential that folks recognize, acknowledge, and credit the origins of their Wellness practices when applicable.

Ivy shared with us how it's important to bring a critical lens to Wellness and work to decolonize it. She shared how historically, enslaved people had significant barriers to wellness and even after emancipation, there were still laws that forced Black people into labor. Chronic racial (or substitute any marginalized identity) stress is real – research has shown health disparities and race-based stressors impact a person's wellbeing. All people need discretionary time outside of working, eating, and sleeping.

She wrapped up with providing small, yet meaningful ways teachers can implement moments of Wellness in their classrooms. Her suggestions fell into one of three categories: breath-work, critical check-ins, and holding space/mindful listening. Ivy encouraged teachers to remember that they are in need of Wellness too and that they should advocate for their practices when necessary.

We are grateful for Ivy's knowledge, time, and incredible presentation. Be well!



*Pictured above: Rent-a-Rainbow in action!*