



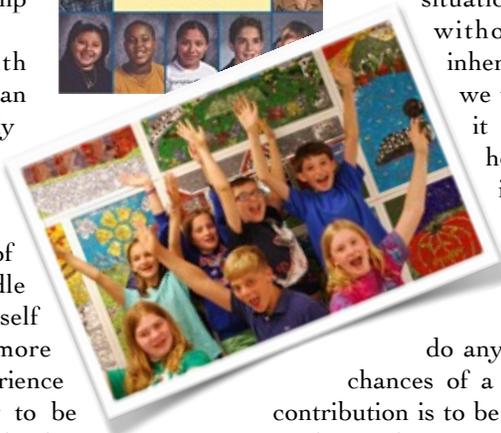
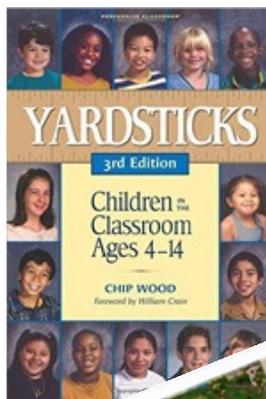
# Transitions

As we approach the end of the year, we naturally anticipate the next steps in our lives. As teachers it means getting to know a new group of students or implementing new programs or initiatives. Our children anticipate these same changes, however they have the additional developmental transitions associated with being a child as well. There is a great book that we use here that is a very good resource for parents and educators to understand the developmental stages of children lives. The book is called *Yardsticks* by Chip Wood (it is available on Amazon).

Learning to be comfortable with transitions is very important and an effective way to promote this is simply the act of experiencing them and processing the emotions as they occur.

One of the most challenging periods of development takes place in Middle School as students gain greater self awareness and seek to become more independent, despite very little experience with the habits and skills necessary to be independent. For parents of middle schoolers, despite what you will hear being demanded of you by your middle schooler, (to be "left alone" or to be more independent) this is a time when "covert parenting" becomes very important. You want to provide guidance, while allowing your child a greater role in the decisions that effect them, this requires that they experience the responsibilities and consequences which as parents you may have been working hard to shield them from. It also means that supervision becomes even more challenging as you will be doing it from a distance. This fall your middle schooler, like those before them, will be asked to assume responsibility and accountability for creating a kind, supportive and respectful culture within our school. This has always been an aspect which I have been impressed by in our students, not that there are not times when we are less than what we aspire to be, but I am routinely impressed by how well they respond to their mistakes. This summer will provide opportunities to reinforce that — with greater independence, comes increased responsibility and accountability, both of which will be greater than what existed in their past. This may be the most important transition as it is the first step in creating an adult who can assume the responsibility for their choices, understand the implications and learn from any mistakes.

I highly recommend grabbing a copy of *Yardsticks*, for parents with children ages 4-14. It can provide some insight to the development of our kids that will help us understand them and our expectations, both of which will help us support them in the best possible way.



Hope is Real



The importance of hope is often over-looked. Hope is a confluence of many different aspects of human behavior: trust, faith in others, the level of fear, sense of optimism. It also is a reflection to the level of cynicism, pain or anger in one's life. From some vantage points our world seems more cynical, almost to the point of celebrating it. I have been told that "if you are not cynical, you are not paying attention". I suppose if that means that people need to be analytical and inquisitive I can see the truth in it. Unfortunately, cynicism can also promote the presumption of the worst in a situation. Overly indulged cynicism without the faith that people are inherently good, not only will assure that we will not aspire to greater outcomes, it also suffocates the possibility of hope. This attitude is often reflected in expressions similar to: "well, I will hope for the best, but I am not holding my breath". Not only is this person not going to "hold their breath", they are not going to do anything which will likely improve the chances of a positive outcome, likely their only contribution is to be a drag on the morale and optimism of those who are involved and engaged. Good things don't just happen for us, they are a result of concentrated effort by a group of individuals who care enough to become involved. Hope is our greatest asset to making good things happen. Encouraging the capacity of our children to possess and embrace hope, may be one of the greatest gifts we can provide. Hope diminishes anxiety, balances uncertainty of change and transition, and improves one's outlook on life in general. This is especially true for those living within communities like ours that have so much reason to believe and be hopeful.

**Thank you for another great year!**

Thank you for all you contribute to making this a positive, respectful and patient community.

Have a great summer!!

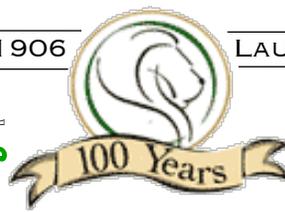
(please come by to say "Hello")



SERVING THE LYME COMMUNITY FOR OVER 100 YEARS

# THE LYME SCHOOL Newsletter





**Monday, June 6th**

Grade 1 Hike Grant Brook 1-2pm  
Grade 4 Fairbanks Museum  
7th grade Parents meeting 5pm  
Middle School Honors Night 6:30 pm

**Tuesday, June 7th**

Grade 5 the Flume 8:15 -2:50  
Baccalaureate 6:30pm at Lyme  
Congregational Church

**Wednesday, June 8th**

Grades 1 and 2 Polar Caves  
Grade 4 Lyme History Hike 11:30-2:50  
Grade 7 Lake Sunapee State Beach

**Thursday, June 9th**

Grade 4 Pet Day- 8:30-9:15  
Grade 6 Mt Cardigan  
Graduation 6pm

**Friday, June 10th**

Lower School Field Day  
Middle School Storrs Pond Recreation  
Area  
Dismissal and End of School year  
ceremony 1:30 in front of the school



**Menus**

Week of 6/6 to 6/10



Al a carte Fruit and Milk are available  
everyday



<b>Monday</b>	<b>HOT LUNCH:</b> WG Macaroni, Beef & Cheddar Casserole Peas & Carrots Salad Bar Fresh Fruit  Option: BYO Salad
<b>Tuesday</b>	<b>HOT LUNCH:</b> Sweet Italian Sausage, Peppers & Onions Dinner Roll Granny Smith Apples  Option: BYO Salad
<b>Wednesday</b>	<b>HOT LUNCH:</b> Cheese or Chef's Choice Pizza Sautéed Veggies Salad Bar Fresh Fruit  Sandwich Option: Egg Salad
<b>Thursday</b>	<b>HOT LUNCH:</b> Grilled Cheese & Tomato Soup French Green Beans Applesauce  Option: BYO Salad
<b>Friday</b>	<b>HOT LUNCH:</b> Cheese or Chef's Choice Pizza Sautéed Veggies Fresh Fruit  Sandwich Option: Egg Salad

Message  
from the  
**P.T.O.**

**Thank You for all the  
time Committee  
members gave to our  
school events!**



Contact me at: [JValence@LymeSchool.org](mailto:JValence@LymeSchool.org) Phone: 795-2125 or just stop by.  
You may print color copies of the Newsletters at: [www.LymeSchool.org](http://www.LymeSchool.org)



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