



BROOKS SCHOOL

PARENT NEWSLETTER

DECEMBER 13, 2018

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A huge thanks to all the parents who put together the buffet for Brooks' annual Nutcracker Sweets event today. See photos of the impressive spread at www.brooksschoolphotos.com. Happy holidays!

Brooks Together

We are almost there! Our [parent initiative to support the Brooks Fund](#) ends tomorrow. Gifts of ALL sizes matter and make a difference in your child's Brooks experience. Please help us reach our goal of 82 percent participation by [donating](#) or [pledging](#) today — with our sincere thanks to all of you. Your care and support for the school are truly appreciated. Happy holidays!



Winter Break Reminders

Vacation begins tomorrow (no classes). For the CT/NYC bus schedule, click [here](#). Please note: All school buildings will be locked during the break. Students are not allowed in the buildings during vacation.

Thanks For The Toys

Thank you to all who donated a gift to Brooks' recent Toys for Tots drive. The CAB collected more than their goal and were proud to deliver six boxes of toys!



A Message from the Health & Wellness Center

If your student has medication that needs to be picked up at the Health & Wellness Center, please remind him or her to do so. If that is not possible, please be in touch with the center to make other arrangements for the medication.

Attention Third-Form Parents

On Jan. 10, the third-form Winter Term classes will travel to Boda Borg in Malden, Mass. Boda Borg organizes small group challenge activities ("quests") that promote teamwork and collaboration. For students to participate, parents must sign an [electronic waiver](#), and the waiver must come from a [parent's email address](#). Please complete the waiver as soon as possible. Your child cannot participate without it. Thank you!

Semester 1 Grades

Semester 1 Grades and Advisor Report will be available for parent viewing in OnBrooks on the afternoon of Dec. 21. Questions? Please contact Registrar [Lisa Saunders](#): (978) 725-6255.

College Counseling Letter to Fifth-Form Parents

Click [here](#) to read a letter from Brooks' College Counseling Office to the class of 2020 parents about the college process. It provides details on the road ahead. To register for the college counseling kickoff weekend, please click [here](#).

Upcoming Speakers

Mark your calendar for two interesting speakers in the area this January!

- **Jan. 8 at The Pike School in Andover, 7-9 p.m.** Marisa Silveri, PhD, "The Science Behind Teens, Alcohol and Marijuana Use: What Every Family Should Know." Dr. Silveri frequently speaks to students, parents, educators, mental health workers, law enforcement officers and policymakers to educate them

about the effects of alcohol and drug use on teenage brain function and to dispel commonly held myths about teens, drinking and marijuana use.

- **Jan. 10 at North Andover High School, 6:30-8:30 p.m.** Dr. Ruth Potee, "Addiction and the Adolescent Brain." Through this informational program, Dr. Potee helps to give a deeper understanding of addictive substances, including alcohol, marijuana, and opioids, and their impact on the developing brain. Before listening to Dr. Potee's presentation, walk through North Andover Police Department's Hidden in Plain Sight display to identify various household items that could promote at-risk behaviors.

Book Recommendation From the Faculty Book Series: "Untangled"

In her *New York Times* bestseller, "Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood," Lisa Damour, Ph.D., draws on decades of experience and the latest research to reveal the seven distinct — and absolutely normal — developmental transitions that turn girls into women, including "Parting with Childhood," "Contending with Adult Authority," "Entering the Romantic World," and "Caring for Herself." Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, "Untangled" helps mothers and fathers connect and grow with their daughters so they can embrace and enjoy the challenge of raising a healthy, happy young woman.

A group of faculty members gathered in December and will gather twice again in January to discuss Damour's book and her developmental framework for adolescence. As educators, we embrace our responsibility to be lifelong learners and our purpose in gathering around this text is to further our knowledge of what makes young women tick as we continually strive to take the best care of your children. To say Damour is an expert in the field is an understatement, and we highly recommend the book as a valuable resource to any parent.

School Store Holiday Shopping

Looking for the perfect holiday gift? Look no further than the Brooks School Store. If you can't get here, just call us at (978) 725-6300 x3112 and we will ship directly to you. Gift certificates are also a great idea! We will be open Dec. 22 from 9:30 a.m. to 12:30 p.m. for last-minute, holiday-shopping needs. The store will resume regular 9 a.m. - 4 p.m. business hours on Jan. 2. Happy Holidays from your friends at the school store!

The P.A.C.: Parents' Academic Corner

• EXAM REFLECTION	
Reflect on...	What to do...
Your preparation	<ul style="list-style-type: none">• Which strategies were the most helpful? Which were least helpful?• How realistic was your study schedule?• How able were you to predict the topics on the exam? How can you be more informed?
Your performance	<ul style="list-style-type: none">• How well did you understand and follow the instructions given for the exam?• Did you bring everything you needed with you to the exam?• Did you have enough time to answer the questions?• Which kinds of questions did you find easiest to answer? Hardest to answer?• What kinds of emotions did you feel during the exam? Did you have any stress management techniques?
What might you do differently in the future	<ul style="list-style-type: none">• Which study activities and habits will you continue to use in the future? Change in the future?• What have you learned about yourself as a student from this experience?• Write down three strategies that you could put in place to improve your preparation and performance next exam.

Students had a week filled with test preparations, teacher review sessions, peer study groups and final exams. Exams can be stressful but the Learning Center hopes that students will take the time following this stretch to critically reflect on their experiences. Exams can be very valuable experiences! Click [here](#) to learn more about post-exam reflection and problem-solving.

Upcoming Events

- **Dec. 14: Winter Break begins**
- **Jan. 3 - 19: Winter Term**
- **Jan. 18: Winter Term Symposium, 7 p.m.**
- **Jan. 25: Fifth-Form Parent Reception, 6 p.m.**
- **Jan. 26: Fifth-Form Parent College Counseling Workshop, 8 a.m. - 12:15 p.m.**
- **Feb. 13: Boston Reception, 6 p.m.**

