

# **The Insiders’ Guide to Carroll**

“Everything you ever wanted to know about Carroll,  
but didn’t know you wanted to know  
until it was too late to ask!”

Sixth Edition - Spring 2011  
Revised May 2011

Carroll School

Lower School Campus (BR through 5<sup>th</sup> Grades)  
1841 Trapelo Road  
Waltham, MA 02451

Middle School Campus (6<sup>th</sup> through 9<sup>th</sup> Grades) and All Mail:  
25 Baker Bridge Road  
Lincoln, MA 01773

Main Phone Number: 781-259-8342

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## Introduction and Caveat Emptors

Congratulations! You’ve navigated your way through years of your child’s education, school research, interviews, applications, and your child is at last at Carroll. You’ve done well. But just because you’ve found a great match for your child doesn’t mean you can sit on your laurels. Some important questions still need to be answered, ones that even a resourceful parent like you might not know the answers to.

The *Insiders’ Guide to Carroll* is a guide for parents by parents. It is intended to be used as a supplement to the *Carroll School Policy Handbook*. It in no way represents the opinions or positions of the school. It is an unofficial guide put together by unofficial (trying not to be officious) people who want to make your student’s tenure at Carroll just that little bit easier.

As you read this guide, please bear in mind that all dates, times, listings, and prices quoted herein are subject to change. Please follow up on any recommendations with a phone call, and be sure to check with the school for updates and changes. You can also ask questions on the website, [www.carrollschool.org](http://www.carrollschool.org). Once more, realize that local businesses and services included in this guide in no way represent a comprehensive list. They are our attempt to give you a starting point, at best.

Lastly, bear in mind that this guide is an imperfect work in progress. We revise it annually (this is the sixth edition) and make it available in the Spring for new parents. We welcome any changes or suggestions you may provide. Please send your suggestions to Erica Davidson (Parent Liaison) at Carroll, email her at [edavidson@carrollschool.org](mailto:edavidson@carrollschool.org), or call her at 781-259-8342 ext. 9738. Thanks!

# THE FIRST WEEK

## Fast Track to the Inside Scoop

The first week at Carroll is chock full of fun events that we hope you can attend. Some of these events are mentioned later in this guide, but in case you are not as patient with this guide as you are with your children, here are the Cliff Notes for the first week:

**New Student Orientation Session:** On the first day of school, new students arrive before returning students for a special welcome. You and your child will get a chance to meet your child's teacher. Mid-morning the returning students and their parents arrive.

**First Parents' Association (PA) Meeting & Welcome Back Breakfast:** Lower School parents are invited to attend the first PA Meeting and Welcome Back Breakfast on the first day of school, August 29. It is here that you can meet the new PA Officers, hear welcoming remarks from Steve Wilkins, visit with new and returning parents, and enjoy a delicious breakfast in the Great Hall on the Waltham campus. The Lower School Welcome Back Breakfast will be held at approximately 10:45 am. A confirmation of the date, time and place will be mailed or emailed to you this Summer.

Middle School parents will get their chance to attend the PA Meeting and Welcome Back Breakfast on Tuesday, August 30, the second day of school in Spaulding Auditorium on the Lincoln campus at approximately 8:30 am. Details will be mailed or emailed to you this Summer with specific times and locations for these activities.

**End of the First Week Event:** Save the date— Friday, September 2, the last day of the first week of school. Whether it will be the traditional cookout or picnic, or some other form of gathering, the Lower and Middle Schools will both hold special events on their campuses to celebrate the end of the first week. Families will be invited to attend.

**Grade Level Event:** Each grade (except Beginning Readers and Grade 2, which have just one) has two Grade Level Coordinators (GLCs) who help plan social opportunities, among other things. As school begins, a playground date, pool party, or some other event specific to your child's grade will be held, usually right after school this first week (Reminder: the first week is all half days). You will receive information on this event, usually via email, just before school begins.

## Some Useful Names and Numbers

Erica Davidson is the Parent Liaison.

edavidson@carrollschool.org, 781-259-8342 ext. 9738

Joanne Ford is the Lower School Assistant (Beginning Readers to Grade 5).

jford@carrollschool.org, 781-259-8342 ext. 9842

Lyana Moreira is the Middle School Assistant

lmoreira@carrollschool.org, 781-259-8342 ext. 9705

Kim MacLeod is the receptionist in Storrow Building (lower level) on the Middle School campus. Kim is a great source for general information. Reach her at the main number: 781 259-8342

Parents' Association Board for 2010 – 2011:

Co-Presidents:	Erin Cummings	redster200@gmail.com
	Jennifer Evans	jandj@mac.com

Treasurer:	Sadaf Siddiq	ks.siddiq@gmail.com
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Secretary:	Doug Luckerman	dluckermanlaw@aol.com
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Please note that Carroll's main number, 781-259-8342, will allow you to reach staff on either campus. As stated further along in this handbook, most teachers do not have Carroll phones/extensions, and therefore the best way to reach them is via email. See the official Carroll School Policy Handbook for a complete list of staff members with phone extensions.

## The Insiders' A-Z Guide

As the title suggests, this guide is organized alphabetically rather than thematically, chronologically, or as an anagram. Use it like the yellow pages — if you can't find what you are looking for under "Extended Day," for example, try "After School."

### Absent Days

Lower School: If your child is absent due to illness, please call Lower School Assistant Joanne Ford. Some parents like to notify the school of absences by email as well. Joanne's address is [jford@carrollschool.org](mailto:jford@carrollschool.org) and her number is 781-259-8342 ext. 9842.

Middle School: Call Middle School Assistant Lyana Moreira. Her email is [lmoreira@carrollschool.org](mailto:lmoreira@carrollschool.org). and her number is 781-259-8342 ext. 9705.

You may also want to email your child's teachers (but be sure to include Joanne or Lyana). For this and other matters, it is recommended that you make a list of your child's teachers' email addresses at the beginning of the year (see **Contacting Teachers at Carroll** and **Faculty and Staff Directory** for email address details.)

### After-School Programs (sometimes referred to as Extended Day)

There are three types of after-school programs at Carroll, two of which meet on some combination of Monday, Tuesday, Wednesday or Thursday after a full day of school. These are described below. (For more information on the third option, the Friday half-day offerings, see **Friday Program**.) All of these provide students with a great way to make friends and meet children from different grades. Parents usually receive their first notification of these programs in August for the Fall session, and then twice during the year, for the Winter and Spring sessions. The cost of these programs is not covered by tuition.

1. **After-School Programs, 3:15 - 4:45 pm** These are offered Monday through Thursday for Lower and Middle School students and can include such activities as Art, Photography, Dance, Wii Games, Tech Club, Science Club, Wrestling Club, Bounders, Tennis Club, Golf Club and Supervised Study. Be forewarned: These programs can fill up quickly, so if you've received notification of the upcoming after-school programs and your child wants to participate, put this guide down and sign up already! Some programs are offered on a Monday/Wednesday schedule and others on a Tuesday/Thursday schedule.
2. **After-School Sports, 3:15-4:45 am** (sometimes later if there are games or meets.) Yes, we have them for Middle School (Grades 6-9) students. Sign up for soccer, field hockey or cross country (co-ed) in the Fall;

basketball, ice hockey (grades 5-9) in the Winter(Fridays only); track and field, and lacrosse(Fridays only) in the Spring. Practice begins after dismissal and lasts until 4:45 pm Monday – Thursday.

A player does not have to come to all the practices to be on the team. The school understands that children have other commitments, but a child should have a serious interest and be committed to the team. Games are held on the Carroll campuses and also at other schools. Away games often run late, so check the school's website for pick-up times and directions. Children do not need to know how to play the sport to join the team.

### **All-School Meetings**

These should really be called “all division meetings” at Carroll since the school is divided between two campuses and the assemblies held each PM Friday as part of the school day actually call together the Lower School and the Middle School on their respective campuses. But you know what we mean! All-school meetings frequently feature the opportunity for school staff to highlight special student behavior or achievements during a much-loved session called “Today’s Hurrahs.”

### **Allergies**

Copies of the *Carroll School Policy for Managing Students with Life Threatening Allergies* are kept in both health offices. If a child has a life-threatening allergy, the parent should notify the school nurse and the teacher immediately. The parent, the nurse and the teachers discuss the individual student's needs, and then set up a plan of action.

### **Alumni**

Alumni are an important part of the Carroll community and we welcome and encourage them to send us their updates and make contributions to the school. Besides the annual Homecoming celebration for college-age and younger alums (and Carroll Continuum for their parents), we host Alumni Reunions every other year in the Spring for our 21 and older alumni. Alumni can connect with each other through the Carroll Facebook page: [/www.facebook.com/pages/Lincoln-MA/The-Carroll-School/222546735343](http://www.facebook.com/pages/Lincoln-MA/The-Carroll-School/222546735343)

### **Alumni Panels**

We love to hear from our alumni and use them frequently to help current students and parents understand the options and opportunities that await Carroll graduates. Whether it is recent graduates/high school freshmen returning to relate their transition experiences to the current Carroll 8th grade or adult graduates sharing their stories with Carroll parents during our “What’s Next” panels, we work to facilitate the exchange between current and past Carroll families.

## Annual Fund

Carroll's Annual Fund positively impacts every aspect of Carroll's daily life. Here's why. It:

- enables the school to provide our teachers and tutors with ongoing and highly focused professional development, mentoring and coaching so they can be successful with your child(ren).
- ensures Carroll remains on the leading edge of technological innovation to best meet the needs of all our students;
- funds ongoing curriculum development and research;
- allows students who would otherwise not be able to afford Carroll to enroll

Why does Carroll have to raise funds above tuition to accomplish all this? The reason is because independent schools like Carroll do not charge in tuition the full cost of educating a student. Instead, Carroll depends on philanthropy, income from endowment, and revenue from the summer program to make up the difference. Currently, the gap between tuition and the full cost/student is approximately \$3,500.

Carroll, although a young school, has a proud history of receiving charitable support from parents, parents of alumni, trustees, grandparents, alumni, and friends. **All parents are encouraged to make the School a priority and to contribute to the Annual Fund each year.**

For more information or to make a donation, please contact Naomi Hitchcock, [nhitchcock@carrollschool.org](mailto:nhitchcock@carrollschool.org), or Caroline Boeckman, [cboeckman@carrollschool.org](mailto:cboeckman@carrollschool.org), in the Development Office, or stop by their offices in the Gate House annex.

## Assessment

Beginning with the admission process, and each year thereafter, Carroll students are evaluated using a variety of assessment tools. The purpose of Carroll testing is three-fold: to track student progress, to inform classroom instruction, and to support the transition process. In the fall, and at designated times throughout the school year, teachers and tutors administer criterion-referenced tests (which evaluate student mastery of specific skills). Examples of this type of testing include Orton-Gilligham Level testing, writing samples, the Carroll School Spelling Test, and the Symphony Math formative assessments. In the spring, students participate in norm-referenced, standardized tests specific to math and reading. The reading test battery has been carefully selected to reflect National Reading Panel recommendations. Phonemic awareness, application of phonics knowledge, and reading comprehension are among the skills tested. The math battery evaluates student mastery of math-specific vocabulary, computation, and problem solving. Students who are publicly funded also participate in MCAS testing.

MCAS English Language Arts testing occurs in March, while MCAS Math and Science testing occurs in May.

Please note that formal assessment represents one slice of a student's profile. Just as critical to our understanding of your child and his/her progress are teacher observations, teacher review of daily work, and conversations with you. As the assessment process can be confusing, and is filled with many numbers and acronyms, please feel free to contact your child's advisor with questions. Meetings with additional faculty and/or administrators may be arranged as well. Parent seminars and coffee hours specific to assessment are also offered periodically throughout the year.

### **Auction**

In addition to the Annual Fund, the Carroll's Auction is a major fundraiser that takes place every other year. The 2009-2010 Auction, "It's All About the Kids," raised a record amount of more than \$250,000! The next auction will be March 31, 2011 at the Wellesley Country Club.

### **Awards (see Recognition Ceremony)**

### **Back-To-School Night**

Back-to-School Night is your chance to get an overview of your child's schedule and to meet his or her group of teachers. While not a time for one-on-one conversations, it does give parents a chance to get "The Big Picture." (For that much-desired individual contact, Parent Conferences facilitate one-on-one connections between parents and teachers and are set up early in the year so everyone is on track.)

### **Before School Morning Recreation (formerly called SPARK, also called Zero Hour Recreation)**

"The single most powerful tool we have to improve the function of the brain is exercise," states Dr. John Ratey of the Harvard Medical School. Ratey's book, "Spark," was read widely by the faculty and the school embraces his notion that exercise opens up the brain for learning. Students are invited to participate in Carroll's early morning exercise program, which runs every school day on both campuses from 7:30 until the start of school.

### **Bingo**

Bingo Night is a popular Parents' Association sponsored activity that has been held for the past few years. It takes place on a Saturday evening in the gym during the cold of February to provide a warm opportunity for families to socialize with their Carroll friends. Parent volunteers donate prizes and their time to scribe, check in families, and serve a light supper. Middle School students call out the numbers, kids win cool prizes, and everyone has a ball.

### **Birthday Book Program**

The PA-sponsored Birthday Book Gift Program is the gift that keeps on giving, and to participate, you need only find your way to your mailbox. In advance of your child's birthday, a letter goes out to you as the parent. It will ask if you, or loved ones like grandparents, would like to purchase a book or two in honor of your child's birthday to give to the Library. You may choose to give a book/audiobook to the library, or the librarian will purchase a book for the collection with your monetary donation. A personalized nameplate with dedication will go on the book and your child will be the first one able to check it out of the Library.

### **Birthday Parties**

For Lower School students, birthdays may be recognized at school. Some teachers allow parents to send in small cupcakes and/or order pizza for the class; contact your child's classroom teacher to see what works best for the class. Lower School parents, however, do not usually come in for birthdays, so save your latest rendition of "Happy Birthday To You" for home.

Middle School children's birthdays are celebrated according to the homeroom teacher's policies. Before your Middle School child's birthday, contact his or her homeroom teacher. Sometimes, cupcakes or another treat are eaten in the homeroom; other times, you can drop them in the gym at lunch for a little celebration.

### **Book Fair**

Book fairs are run by the Parents' Association, and two are generally planned each year, one at the Lower School sometime in the Fall as well as a Spring book fair held on the Middle School campus. Book fair profits go directly to support the Library. Volunteers are always needed to help set-up and staff the event.

### **Book Swap**

The PA runs a Book Swap that is usually held during the last week of school. Used books are collected from students during the last weeks of May and first weeks of June. Kids' books of all ages and beach books for parents and teachers are welcome! Students attend the book swap and choose a few books for the summer. The swap is a great way to clean off your bookshelf and get your child excited about summer reading!

### **Bounders**

Bounders may be different things to different people. For your children, it is a place to meet new friends, have fun, and develop leadership skills through a progression of adventure-based activities. For parents, it is helpful to realize it comes in three different forms — an in-school class, an after-school program, and a weekend program.

### 1. **In-School Bounders**

In Bounders, students participate in challenging activities, learn outdoor skills, and develop and enhance communication and social skills. Most children will have Bounders as a regular part of the “Multis” curriculum for part of the year.

### 2. **After-School Bounders**

For those students who can't get enough of Bounders in the day, Bounders is also offered as one of the After-School offerings beginning at dismissal and lasting until 4:45 p.m. (see **After-School Programs** if you need to read that sentence twice). Again, the first sign-up sheet usually goes home in August. After-School Bounders is great for the student who is seeking an alternative to competitive sports and who may be interested in being challenged outdoors.

### 3. **Weekend Bounders**

Weekend Bounders trips are optional and provide an opportunity for your child to apply and deepen what they have learned during the day. Most 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students spend two nights (Friday and Saturday) at a wilderness location in New England. Here, students learn a variety of skills such as backpacking, canoeing, navigation, cooking, and camp set up. BR-4<sup>th</sup> graders spend one night (Friday) at Carroll and may travel by bus to a fun, evening activity. Children can sign up for as many overnights as they chose, starting at the beginning of the year. Some kids do all of them, others only one or two, some none at all.

### **Bounders Bag**

Believe it or not, this deserves its own heading. The bag is that important – just ask a child who's gone outside in the rain or snow one stormy afternoon. And if your child has Bounders, they most likely will go outside. Trust us. (If you don't, see “**Bounders and Bad Weather**” below.) Also, students are graded on their preparedness for class.

To prevent students from being wet and potentially cold, all students in Bounders must have the “BOUNDERS BAG.” This should include:

- Change of clothes (including underwear socks, pants and shirt)
- A warm layer (i.e. sweatshirt, fleece pullover, or wool sweater)
- Rain gear (including waterproof pants and jacket with hood) or snow gear, depending on the season (snow pants, winter jacket and winter boots)
- Winter hat that covers the ears
- Winter gloves or mittens
- Extra shoes and/or boots, rubber boots or waterproof boots are preferred
- A small duffle bag or backpack to store all the above.

## **Bounders and Bad Weather**

In its original design, Carroll combined the hard work of teaching children to read with the hard work of developing self-confidence. The Orton-Gillingham approach to teaching reading was the best method for helping children with dyslexia learn to read, and the Outward Bound approach to teaching sense of self and community was the best way to help Carroll children develop confidence. Over the decades, these two programs have been woven together to educate thousands of Carroll students.

Bounders classes go on rain or shine, snow or sleet. Working with the environment is part of the curriculum. As they say in Alaska, there is no such thing as bad weather, only inappropriate clothing. The Bounder's staff says, "Whenever we take children out in the lousy weather, we do it in a very considered and safe manner. Where better to learn about living safely on this planet than within the confines of our campus and in the expert hands of highly trained outdoor educators? The Bounders Program is able to teach children about weather, smart decision-making about environmental conditions, proper clothing, and essential precautions. Experiential education is the most indelible form of learning; sometimes it requires taking some measured risks."

## **Box Tops for Education**

Carroll has been participating in this General Mills-sponsored fundraiser for the last several years. Families clip the pink Box Tops for Education logos off their General Mills grocery purchases such as cereal and snack foods. A couple times a year, the call goes out to send in the accumulated collections to be deposited by students in collection envelopes in their homerooms. Carroll receives ten cents for each box top logo submitted for redemption. Although the master tallying and redemption is done once a year in February, this fundraiser goes on year-round and it is one way you can continue to help Carroll over the summer months.

## **Building, Lower School/Waltham Campus**

Our Lower School program moved to Waltham in the Fall of 2010. Renovations of the building, which was originally an eldercare facility and then an independent school, were lovingly planned and executed throughout, resulting in the perfect home for our program for grades 1 to 5. Highlights include the Mamet gym, a beautiful full-sized gymnasium, dedicated to our longtime physical education instructor, Ted Mamet, who was a special friend to everyone at Carroll, and the Great Hall, a stunning yet cozy space where conferences and meetings are held. The center of the school houses our library /learning commons providing more welcoming spots for gathering and study.

## **Buildings on the Middle School/Lincoln Campus**

When your Middle School child returns home from school claiming he's been in a yurt or a bomb shelter, he's not kidding. Carroll's Lincoln campus has both, as well as many other buildings with which you may want to familiarize yourself.

**Bomb Shelter:** Built by the Storrow family, the Bomb Shelter also is used for Bounders fun. If you are lucky, you too might get a tour during your child's stay at Carroll. It's dark, wet and a little weird.

**Comeau Gym:** This favorite to many is on the right, across from Storrow House.

**Gate House:** The first building on the right as you enter school, the Gate House used to house the 5<sup>th</sup> grade (and that is why 5<sup>th</sup> grade is often referred to as Gate House.) Studio art and the wood shop are in the left side of the building. The Business Office, Development Office, the PA Office, and a Parent Lounge area are on the right. The Ninth Grade Program is housed in the center.

**Spaulding Building:** The last building on the left, this building is new and modern looking. The sixth grade is primarily housed there, although some eighth grades classes are also resident. The lower floor at parking lot level is **The Spaulding Arts Center or Spaulding Auditorium**. The performing arts classes and drama productions are held here. Sometimes, meetings are held in this space as well.

**Storrow House:** This elegant building sits at the top of the hill on the left. Storrow House was the original summer home of the Boston Storrow family (the same Storrow of Storrow Drive). The 7<sup>th</sup> and 8<sup>th</sup> grades are on the upper floors; the Amey Steere **Library/Learning Commons** and the **Cole Room** — where PA Lectures often occur — are on the main floor. The Head's Office is also on the main floor, way back. On the bottom floor are the mailroom, as well as the nurse's room, Middle School Tech Support office, our Registrar— Linda Anderson-Snow, and the main reception desk with cheerful receptionist Kim MacLeod.

**Yurt:** Yes, Carroll does have a yurt that Bounders often uses. In the woods behind Spaulding, it can be reached by a path that you can pick up at the edge of the parking lot.

## **C9 (see Carroll Nine or Ninth Grade Program)**

### **Calendar**

The *Essential Dates Calendar* that is released to parents as part of the summer information email exchange and it contains a brief listing of when the

school is closed for holidays and a few other important dates. You can also view this calendar on the Carroll website and it is updated towards the end of the year, once we know the last day of school.

The Carroll website ([www.carrollschool.org](http://www.carrollschool.org)) features the *Parents' Calendar* (under the "Carroll intranet" tab and also on the drop down Parents' Page) which acts as the master calendar for all activities at Carroll. In addition, the weekly Thursday Update provides current information on upcoming events. If you still have questions or need clarification on an upcoming date, call or email either Lower School Administrative Assistant, Joanne Ford or Middle School Administrative Assistant, Lyana Moreira.

### **Cape Cod 5th Grade Field Trip**

The Cape Cod 5th Grade Field Trip is, as its name suggests, for the 5<sup>th</sup> grade and goes to the Cape Cod Sea Camps in Brewster, Massachusetts. The trip usually takes place from Tuesday to Friday of the week following Memorial Day weekend. This trip is the culmination of a year's worth of preparation and the highlight of the year for 5<sup>th</sup> grade students and faculty. (Sorry, parents are not invited.)

### **Cape Cod Parent-Child Trip**

Not be confused with the 5<sup>th</sup> grade trip, this parent-child overnight occurs on a Saturday in the Fall, also at Cape Cod Sea Camps in Brewster. The original concept was to bring fathers or significant adult males together with their Carroll children. It seemed that mothers were often the primary caregivers, so the school wanted to create an event to draw children and their dads or significant adult male closer together. After a brief hiatus, it was reintroduced in 2005 with resounding success.

### **Carnival**

The Carroll Carnival is a family and extended community event that takes place every other year in mid-May (on years we don't have the Auction). The 2010-2011 school year was a "carnival year." Sponsored by the Parents' Association, it is designed as a "fun" raiser, not a fund-raiser. Siblings, friends of students, and faculty are all invited. For parents that can't volunteer during the school week, the Carnival is a great opportunity to lend a hand ... volunteers are always needed. The Carnival is held on the Middle School campus.

### **Carpool Line**

If you don't know what we mean by carpool line, don't worry — you will become very familiar with this concept very quickly. Remember to play by the rules in the carpool line. Parents and cab drivers get very miffed at those who cut the line. No one should be lined up for the carpool line before 2:45 pm. We ask parents to avoid arriving before this time because the presence of the carpool line restricts the flow of traffic on the campus and on the Baker Bridge

and Trapelo Roads. Here is a tip: although it is tempting to arrive early and attempt to “beat the rush,” the easiest time to get through either campus with minimal delays is just after dismissal.

Lastly, realize that the first week of school and the days on which there are no after-school activities are the worst. It only gets better after that.

### **Carpools**

A carpool list is usually released in August to help parents create carpools from their area. All parents use it, so please do not hesitate to call the names on the list. If the first call does not result in a carpool, follow the advice you give your children — persevere!

### **The Carroll Center for Innovative Education**

Carroll's Center for Innovative Education provides an outreach and research-and-development arm for Carroll School to strengthen our ability to meet the needs of our own students as well as underserved students outside the Carroll environment. CarrollMath's Summer Teacher Seminar, our school-based Master's program, and outreach programs such as our musical play “Breaking Through,” (currently taking a hiatus) raise awareness and strengthen the education of students with language-based learning disabilities, such as dyslexia. The Center also engages in research partnerships and leadership seminars, committed to advancing leading-edge, evidenced-based instruction.

### **Carroll Continuum**

Our alums are not the only ones who miss their old Carroll friends. Parents often wish that they had a way to keep in touch with friends they made working on PA events or chatting in the carpool line. The Carroll Continuum, a luncheon for alumni parents is held each year in Storow at the same time that the alums are reminiscing at their Homecoming event in the gym, on the Wednesday before Thanksgiving.

### **Carroll Nine**

Starting in the Fall of 2011, Carroll will offer a ninth grade program for bright, curious, and self-motivated students who lack certain academic skills and the executive functioning necessary for success in a college preparatory environment. An outstanding team of teachers will work with a cadre of students to provide a challenging and supportive curriculum similar in rigor and expectations to those of local college preparatory schools. For more information, please contact Dr. Kurt Moellering, the program's director, at [kmoellering@carrollschool.org](mailto:kmoellering@carrollschool.org).

## **Coffee**

Coffee and tea are available on the Middle School campus for parents in the Parents' Lounge of the Gate House annex. For hot coffee spots off campus, see the Area Guide.

## **Cognitive Development**

Carroll has introduced a cognitive development program into our curriculum that incorporates specific interventions based on the classic educational theories of Dr. Jean Piaget. Cognitive development is a process of developing the underlying cognitive processes and problem-solving skills necessary to succeed in school and life. Often children who are not making adequate progress at Carroll will benefit from strengthening these underlying processes. Three of the twelve cognitive domains, Logical Reasoning, Visual-Spatial Thinking, and Sensorimotor Development, are incorporated into programs at Carroll. The goal of the cognitive development program is to "fill in" underlying cognitive deficits, bring forward higher levels of thinking through different activities and lessons, to affect change in students' brains, and advance higher levels of understanding and ability in each of these three domains. In the 2011-12 school year, we will provide an integrated Cognitive Development and Math program for all students in grades 1 through 3 and to those in grades 4 & 5 who need it most. All Carroll math classes incorporate logical reasoning and visual-spatial thinking into the curriculum. For more information, contact Kathryn Lyslo at [klyslo@carrollschool.org](mailto:klyslo@carrollschool.org).

## **Cole Room, Storrow House**

Most Speaker Series talks, Transition presentations, and other meetings scheduled for the Lincoln campus are held in the Cole Room in Storrow House, named after one Carroll's founders, the MGH Neurologist Dr. Edwin Cole. The Cole Room is off the foyer of the main level of the Storrow building on your left. Park for events in the Cole Room in either the gym lot (and walk up the driveway towards the front of Storrow House) or in the lot near Spaulding Center (in which case you need to climb one of two staircases from the lot up the hill.)

## **Communications at Carroll**

The school is very committed to communicating with parents. There are various methods that the school and teachers use to keep you informed about all the different aspects of your child's life at Carroll. Below is a brief explanation. Bear in mind the faculty and staff are continually working on improving this important component of your child's education, so this, like all good things, is subject to change.

Each Thursday, every family at Carroll receives electronic distribution of the Thursday Update newsletter, a quick rundown of news and upcoming events.

The Carroll website ([www.carrollschool.org](http://www.carrollschool.org)) is command central for communications. As new parents, you may have visited this website as you went through the admissions process. We suggest you continue to visit it, as there is a wealth of information to discover from research updates, advice, details on curriculum, and our educational philosophy.

Based on requests from Carroll parents, the Parents' Page is designed to provide direct, one-stop access to an assortment of key information that parents need like the Parents' Calendar, the Faculty and Staff directory, the Carroll School Sports Schedule as well as a link to the Parents' Password Protected Site. If ever there was a place to bookmark, this is it!! For more information on the Parents' Page and the Parents' Password Protected Site, see **Website**.

Teachers may email you directly if there is an "issue" and to provide feedback. Email is the best way to communicate with teachers. Most teachers do not have phone extensions and voice mail. (See **Contacting Teacher at Carroll** below)

Even with all the information on the website and the shift to electronic communications, you will still receive snail mail from Carroll. This includes some invitations to events, important updates from the Head, and of course, the Quarterly Academic Reports.

Please see the next section **Contacting Teachers at Carroll** for information about how information goes the other way (from you TO Carroll).

### **Contacting Teachers at Carroll**

To contact your child's teacher we recommend that you email them. Email is checked regularly, and most teachers don't have telephones to leave voice messages on.

The email address is the first letter of the person's first name followed by the last name spelled out; added to that is: @carrollschool.org. For example, David Smith would be [dsmith@carrollschool.org](mailto:dsmith@carrollschool.org). Steve Wilkins would be [swilkins@carrollschool.org](mailto:swilkins@carrollschool.org) (yes, he's the Head, but you wouldn't know it by his email).

As many of us know, some things can be fixed with a quick heads-up email and others need to be discussed either over the phone or face-to-face. Many general questions can be answered by our very capable staff members, Joanne Ford, Lower School Administrative Assistant, and Lyana Moreira, Middle School Administrative Assistant. They both do have phones; Joanne's number and extension are 781 259-8342, ext. 9842 while Lyana's extension is 9705.

If you do not get a response to an email within a reasonable time, try contacting your party again. Lincoln is notorious for losing power and the computers might be off-line. If you still do not hear back, try calling Joanne or Lyana who can hand deliver messages to teachers.

If an issue has not been resolved, check back with the teacher. You may also contact Larry Brown, Middle School Head or Sue Kingman, Lower School Head. It is always polite to include the classroom teacher on these emails.

Not sure whom to contact for an issue? Yet again, Joanne Ford or Lyana Moreira will be able to direct you to the proper person. For social issues, see **Counseling Programs at Carroll**. Remember to keep the classroom teachers in the loop and to check back in.

**The staff at Carroll is happy to set up conferences any time if a child is struggling. Please speak up quickly if you are experiencing a problem. This bears repeating: Please speak up quickly if you are experiencing a problem! Carroll takes an individual approach to teaching our children and will be quick to address your concerns and discuss accommodations.**

### **Counseling Programs at Carroll**

Carroll's Counseling Department provides a variety of support services for students and faculty. There are currently three counselors and an intern who are based in the Middle School, while two counselors and an intern provide services to the Lower School. Counselors are assigned to all teaching teams and provide consultation to the team members around student social, emotional, and behavioral issues related to learning style differences. Counselors also provide direct services to students in the form of lunch groups to integrate new students, or short-term individual meetings to promote self-esteem, self-advocacy, and crisis intervention when needed.

Other programs that counselors have run include an Open Circle-type proactive social learning curriculum in the Lower School, as well as health topics, and service learning opportunities, where students learn about and participate in volunteer projects, either at Carroll or outside of school. Counselors have also collaborated with the Science Department to offer sex education programs to augment science units and are engaged in implementing the school-wide bullying prevention program.

The Counseling Department also plays a role in suggesting appropriate school response to crisis and trauma and provides some screening for appropriate school admissions.

### **Curriculum Nights**

Go back 22 spaces to Back-To-School Night (sadly, you do not collect \$200).

## **Dances**

The Middle School Student Council sponsors two or three dances during the school year. These are usually held from 7:00-9:00 pm in the Spaulding Center or the Middle School gym. Students may not stay on campus in advance of the dance times. When the dates for the dances are set, they are communicated through the Thursday Update and on posters put up throughout the school.

## **Directory, Student and Policy Handbook**

The Directory contains a list of children by last name, with parents' names, home addresses and phone numbers, a list of important phone extensions, and the *Policy Handbook*, all bound together. Keep it handy.

## **Diversity Committee**

The Head of School and the Diversity Committee are responsible for leading the school's diversity efforts. History Chair Ned Schuller is the Chair of the Diversity Committee and can be reached at [nschuller@carrollschool.org](mailto:nschuller@carrollschool.org). New parent involvement in the Committee is very welcome; contact Ned. The Diversity Committee originally coordinated Carroll's first International Day, and it is now a cherished tradition held each year in year March. See **International Day**.

## **Dress Code**

Please see the *Policy Handbook* for details.

For years Carroll had a dress code, and it was modified within the last several years. You are still likely to see a number of the older students wearing the Carroll logo polo shirts required in the past. Collar shirts are still mandatory according to the current dress code but they do not need to have the logo. However, if you want to go and dress like the "old-timers" with a logo shirt, you still can.

Collar shirts with "Carroll School" or the original/prewords-encircling Compass logo can be ordered from Lands End. The Carroll preferred school code is 900049537. If you give that code at the beginning of your order, 3% of the sale goes back to the school. To order the shirt with the original Compass/Star, the code is 0020636K. To order Carroll School lettering, the code is 9971036K. (NOTE: The stain resistant shirts come highly recommended from one Carroll mom who, for security reasons, prefers to go unnamed.)

## **Driving Address/Directions**

If you need to give someone driving directions, be sure to tell them that the Lower School campus for Beginning Readers through grade 5 students is at 1841 Trapelo Road in Waltham, MA (exit 28 off I-95/Route 128), while the

Middle School campus, with grades 6 through 9, is located at 25 Baker Bridge Road in Lincoln. (It's the same exit off I-95, but about 3.1 miles further west of the Lower School campus. Take Trapelo to the 5-way intersection in Lincoln. Go relatively straight across, to Sandy Pond Road, passing DeCordova Museum, and take left onto Baker Bridge Road.) If coming from the West via Route 2, you can reach the Lincoln campus via Route 126 South, take a left at Baker Bridge Road.

### **Dropping In**

Because of the intensity of the work and the focus such small classrooms require, it is kindly requested that parents do NOT drop in on classrooms at any time. Once a child has been dropped off at school, if you need to be in the academic area please check in with Joanne at the Lower School or Kim MacLeod, the receptionist at the Storrow House Admissions entrance.

### **Email @ Carroll**

As mentioned earlier (even parents can benefit from hearing something twice), the email address for all Carroll faculty, administration, and staff is the first letter of the person's first name followed by the last name spelled out. Added to that is: @carrollschool.org. For example, David Smith would be dsmith@carrollschool.org. Email is the best way to communicate with faculty.

### **Email - Yours**

Because email is the primary way that Carroll communicates with you, it is **very important** that we have your correct email address. If you change your email address, please notify Linda Anderson-Snow, Registrar, at landerson-snow@carrollschool.org with your new address. You can also make changes directly by logging onto the Parents' Password Protected Site (PPPS) and entering the Biographic Info tab. Here you can make changes to your email address and phone number and they will be automatically transferred to our Registrar.

### **Extended Day (see After School Programs)**

#### **Faculty and Staff Directory**

You can find a directory of key faculty and staff on the website several ways:

- The pull-down menu under "About Us" has a link to the directory.
- The pull-down menu under "Parents Page" has a link called Parents' Page from which you can get to the Faculty Staff Directory.

#### **Faculty/ Staff Appreciation Luncheons**

Several times a year parents say thank you to Carroll faculty and staff by hosting a wonderful lunch. Parents are asked to supply a variety of food, drinks and supplies to support this event. Donations are dropped off the morning of the luncheon in carpool line and volunteers collect the donations and set up the luncheon buffet. These luncheons often coincide with a PA

speaker/meeting, and many parents find it worthwhile to stay after the meeting to help with the luncheon and get to know some of the other parents and the Carroll community.

### **Fall Festival**

This whole school event, held on the Lincoln campus, is a morning of sports, arts, and activities and a great opportunity to volunteer and connect with other parents. Usually held in October, parent volunteers help bake, serve refreshments to the students and assist at various activity stations. The Carroll staff organizes all the activities themselves, so we parents have plenty of time to visit with each other and to see the kids and teachers in action.

### **Friday Program**

Open to all students, Friday Program runs on the Friday half-days after school and can be an enjoyable end to your student's week as well as an opportunity to socialize with students outside the classroom. Descriptions of the Friday activities and sign-up forms are publicized three times a year (Fall, Winter, Spring). Fall and Spring programs usually include a variety of ongoing activities that may run for several weeks, for example tennis (LS) or golf (MS), both offered in this past Fall. The Friday Program also offers off-campus trips at various times. The Winter program is skiing, tubing, and snowboarding at Nashoba Valley, as well as perhaps one or two indoor activities at Carroll. Again, a complete listing of the Fall options will be emailed to you during the summer. The cost of these programs is not covered by tuition.

If your child misses the initial sign-up, you can email Mike Lynch ([mlynch@carrollschool.org](mailto:mlynch@carrollschool.org)) for Middle School programs or Peter Hendrick ([phendrick@carrollschool.org](mailto:phendrick@carrollschool.org)) for Lower School programs to see if there is available space. Sometimes there is and sometimes there is not, so it's best to sign up by the initial deadline if you know your child wants to attend. No sign-ups will be taken past the Wednesday of a given trip week. Therefore, if your child wants to go to Bonkers on Friday, you must let the school know at least two days before the trip, by Wednesday, or you will go bonkers because he can't go.

Each week's enrollment list can be found on the school's website, in the Parents' Password Protected Site (PPPS) under After-School Activities. It is the responsibility of the parents to check this list for your child's name for each event to ensure that he or she is on the list. You cannot assume a child is enrolled until you see a name on the official list.

### **Garside Institute for Teacher Training (GIFTT)**

The Garside Institute for Teacher Training (GIFTT –named for Alice Garside, Carroll's first Orton-Gillingham teacher trainer) at Carroll School was founded to provide teachers and tutors with courses that emphasize a direct, multisensory, and systematic approach based on principles that have proven

effective in dealing with language-based learning disabilities. Course offerings include Orton-Gillingham, Assessment, and Cognitive Development. GIFTT courses are offered to Carroll faculty, as well as outside educators, and typically include classwork, demonstration lessons, observations, and consultations.

### **Gas Stations**

Two nearby stations are Doherty's Garage in South Lincoln and what we call "the nameless station" and others call Lincoln Gas. "The nameless station" — or Lincoln Gas — is the closest to Carroll and is situated on Route 126 heading towards Wayland on the left. Doherty's Garage is located at 161 Lincoln Rd, Lincoln, 781-259-8034. Waltham has gas stations heading east on Trapelo Road.

### **Gate House**

A tradition too dear to Carroll's heart for us to let go of, we call the 5<sup>th</sup> grade year Gate House. This harkens back to the fact that for many years the 5<sup>th</sup> graders had their classes in the Gate House building at the bottom of the driveway in Lincoln. Even though the 5<sup>th</sup> grade has moved one town over to Waltham, the name has stuck. (Some believe that the Gate House year is also aptly named as 5<sup>th</sup> grade is the gateway year to Middle School—so many reasons to embrace this legacy!) So when you hear someone referring to Gate House, they may be talking about a building or a grade. Count your blessings though, there used to be an East House and a South House designation too, but those have slipped away from use.

### **Gate House Birdhouse Company**

The Gate House Birdhouse Company is run by the 5<sup>th</sup> graders at Carroll. Funds raised from the sale of the birdhouses go towards their Cape Cod trip in the Spring. The 5<sup>th</sup> graders create a company, invest in it, and make and sell the birdhouses.

### **Gates (Lincoln Campus)**

Yes, if you're not careful, you can get locked behind the school gates. It's happened before to well-intentioned parents like you. To avoid that fate, be aware that the school gates close on a regular school day at 7:00 p.m. After an evening event, the gates remain open later but eventually The Host locks them behind what he or she believes is the last person leaving the campus. So, at the end of an event, don't dilly-dally, chit-chat or boondoggle in the parking lots.

### **Gifts/ Holiday Recognition**

"Gifts, if given at all, need not be extravagant. And teachers love notes from their students best of all."

That's what we hear. The fact is that Carroll has no clear-cut policy or tradition in regards to teacher gifts. Some parents do and others do not give gifts. Teachers can be rejuvenated when their hard work is noticed and appreciated, and always love a sincere and freely offered note from students or parents of students. Other, practical gift ideas we've heard are: gift cards to places such as the Whistle Stop Cafe or Dunkin Donuts and gift cards to places where school supplies and teaching materials can be purchased, such as Staples, Barnes and Noble, and Amazon.com.

For people who want to give a gift and prefer not to give a gift card, some specific items that some teachers, under duress, have mentioned are poster board, colored card stock, Sharpies, colored markers, colored pencils, rolls of Velcro with sticky backing, class sets of individual white boards for students, highlighters in a variety of colors, nice hole punchers, and laminated sentence strips. You will notice that all of these suggestions are, in the end, actually gifts to our children (teachers are like that, especially at Carroll). In short, the role of any gifts should be to show the teachers our appreciation for their work and to make it easier for teachers to get exactly the right supplies to support their work.

### **Gift Wrap**

This PA fundraiser is held each year. Catalogues and ordering information come home in your child's backpack around the third week of school (the PA is not responsible for the sandwich crumbs that may or may not accompany them in the backpack). Innisbrook will be the gift wrap supplier this year. They have a very straight-forward and easy to use online ordering system. Plenty of details will be provided to you in the Fall.

### **Grade Level Coordinators (GLCs)**

Each grade (with the exception of Grades 1 and 2, which have one) has two grade parents called "Grade Level Coordinators." A recently developed position, these have been very successful in facilitating socializing and community building grade by grade. Some of the "tasks" the GLCs support are welcoming new parents to the school; working with the PA Liaison in designing ideas for community building; supporting the PA Presidents in finding volunteers; reaching out to families in crisis; hosting get-togethers for the class; and creating a welcoming/embracing community. They also may provide support for their class's Grade Team (teachers), but the primary focus is on family/social aspects and not on classroom issues.

### **Gym (see Physical Education)**

### **Hockey, Ice**

Carroll's After-School Hockey Club has completed four seasons. It was organized when several volunteer parents noted how many students played on weekend hockey teams. Between December and February, the club

skates about half a dozen times on Friday afternoons, and these practices include drills and scrimmages. Students in the Middle School, both boys and girls, are eligible to play hockey. If your student is an ice-hockey enthusiast with equipment, keep your ears open for details on what's planned for next year.

### **Homecoming**

Homecoming is an annual event geared to our alums who are college-age and younger, and it is held on the Wednesday before Thanksgiving. Alums catch-up with their friends and teachers in the gym, while their parents are invited to a lunch in Storow House (see **Carroll Continuum**). Frequently, panels of recently graduated alums will address various grades with stories of their experiences “after Carroll.”

### **Horseback Riding**

Our Lincoln neighbor, Lovelane Special Needs Horseback Riding Program, specializes in therapeutic riding for the physically disabled. Lovelane also has a program offering riding lessons to a small number of Carroll students who are beginner riders. Horseback riding helps students physically, as well as builds confidence, strengthens verbal and cognitive skills, and promotes socialization — all in a fun, active environment.

Lovelane is conveniently located just across the road from the Lincoln campus at 40 Baker Bridge Road. Half hour lessons may be available before school, after school and on weekends. To learn more about their program, contact Kevin at Lovelane, 781-259-1177 ext. 21.

### **Hospitality Committee**

This PA-sponsored committee organizes the refreshments for PA meetings and other functions. You can help by setting up the refreshment table, donating food or beverages, or coordinating food donations. This is a great committee to join if you plan on attending PA meetings and the speaker series.

### **Host Families**

All new families will be assigned a current family to be their host family to help them navigate their way through their first year at Carroll.

### **International Fair**

The International Fair is sponsored by the Diversity Committee and provides a chance for Carroll students to learn more about diverse cultures from around the world by observing decorative clothing, tasting delicious food, creating intriguing crafts, playing fun games, and dancing to festive music. This event is organized and run by parent volunteers who proudly present information and insights into the countries of their heritage. The International Fair is generally held in early March on the Waltham campus.

**Late Arrival**

If late, Middle School students report to Kim MacLeod at the Admissions Office in Storrow while Lower School students report to Joanne Ford.

**Late Pick Up**

If you are late picking up at dismissal, your MS child will be directed to sit with Kim MacLeod at Admissions while a LS student will be located near Joanne. Kim or Joanne will call you and the cab company, if applicable. Therefore if you are late, please go to Reception/Admissions area on either campus first. If you arrive after 4:00 p.m. (and the receptionist has departed for the day), your child will most likely have been sent to the afterschool study hall. Please make every attempt to let the school know of your plans/situation if you are delayed in picking up your child.

**Library/Learning Commons**

The Lower School and Middle School libraries are designed along the lines of modern day learning commons. This approach is defined as "the integration of reference, technical, and academic support services in a technology-rich teaching and learning environment." Whether augmenting the Lower School social studies curriculum, or supporting Middle School learning and collaboration, the library supports 21st Century skills, helping to develop life-long learners who use technology responsibly, and communicate and collaborate with others.

The library is also a place to check out books, and not only students are afforded this privilege. Parents may check out material as well; this is a little known fact but a true luxury!

**Library Volunteers**

Library volunteers work at both Carroll libraries, usually every other week for three hours or so. They help with circulation, reshelving, processing books, and other tasks. Volunteering at the library is a great way to get a glimpse of the school in action, and you may even get to see your child or bump into one of his/her teachers or tutors. If you wish, you can try to schedule your shift to coincide with your child's regularly scheduled "library time."

For more information, contact Librarian Laurie Lingham, [llingham@carrollschool.org](mailto:llingham@carrollschool.org).

**Lost & Found**

These are located in the gym hallway in the Middle School, and in the gym foyer at the Lower School. Parent volunteers help to organize all those lost belongings. After ample notice, items not claimed are donated to a shelter twice a year. Remember to label all of your children's belongings and check the Lost and Found for things that wander away!

### **Lounge, PA**

There is a Parents' Lounge in the Gate House annex that all parents are welcome to use, if you need a place to chill for a while before/after carpool. There are comfortable chairs and even a couch if you desperately need a nap. If you desperately need a nap (who doesn't) but don't want to take one (who can), there is also a hot water on tap that you are welcome to use.

Once in a while the room is used for parent meetings, but usually it is free. The lounge is located just inside the first door on the right of the building (PA Office, Development). Some fine artwork by our students is displayed there too.

### **Lunch Option**

Some incredible parent volunteers helped us identify a food provider and an online ordering service that have come together to form a wonderful lunch option for our students. You will get complete information about the service over the summer but suffice to say here that your child will be able to enjoy LaRiviera Gourmet's delicious offerings if you decide you would like to order them. How many kids can say that they had a freshly baked pear tart with their lunch? A vegetarian option, typically a salad, is also available each day.

### **Mailing Address**

All correspondence with the school should be sent to Carroll School, 25 Baker Bridge Road, Lincoln, MA 01773, regardless of whether it is intended for a faculty or staff member in Waltham or Lincoln. All mail arrives on the Lincoln campus and is distributed from there.

### **Movement Arts**

Movement Arts equip the student with strategies for a healthy, well-balanced lifestyle. These strategies can help the student better manage emotional and physical growth. Movement Arts help bring out creativity, natural flexibility, and strength, and teach poise, grace, and good communication skills while establishing a strong sense of self. Classes balance yoga concepts with creative movement to give the student a fun way to exercise and experience the mind-body connection. Dance and yoga presentations are shared with the school community during the year.

### **Multis Department/ Multis**

A multitude of outstanding program offerings are available to our Carroll students in this department. Programs include Physical Education, Bounders, Movement Arts, Studio Art, Wood Shop, Music and Performing Arts. Our common goal is to encourage positive group dynamics, enhance leadership abilities and build self-esteem. Our programs aim to strengthen creativity, fitness, and communication skills, while building an appreciation for the subject matter. Lastly, we want the kids to have fun! For more specifics by grade, please contact the school.

Multis used to be called “Specials” and your children still think they are!

### **Needham Station**

As convenient as it would be, Needham Station is not a stop on the “T” line. Named after former Carroll Head Tom Needham, Needham Station is the covered area on the right of the Middle School driveway, past the gym. This is where the Middle School students gather under cover to wait for carpool line.

### **New Parent Seminar**

A workshop for new and recently new parents, the New Parent Seminar, which will be held this Fall on Saturday, September 17, will give our incoming families lots of great information to help them understand the experience of being at Carroll. Proposed topics include how a child’s language-based learning disorder is remediated at Carroll, the social experiences our kids encounter and how to help with these, CarrollMath, and transition questions, among others. Both Carroll faculty and our current parents will come together to share their expertise and experience. This morning of important insights is not to be missed so get the date on your calendar now!

### **Ninth Grade Program (See Carroll Nine)**

#### **No Child Left Unorganized (NCLU)**

Carroll has developed its own system to help students develop strategies for taking control of their academic responsibilities. We call it NCLU – for “No Child Left Unorganized.” At each grade level, students will be taught skills to suit their developmental level. As students progress through the school, they are expected to develop increasing independence in using these organizational strategies.

The backbone of the system is the binder, and the success of the system depends largely on how consistently the students, teachers and parents follow it. All students begin with the same set of school supplies and materials required for that grade level.

Carroll supplies all initial classroom materials, including all required binders, writing implements, paper, tools such as protractors, and any other academic materials the student may need to start the school year. Your child’s teacher will communicate with you in more detail about this and about the home-school connection systems for your child’s grade level.

The only things you need to supply are:

- A sturdy, comfortable backpack large enough for a three-ring binder, books, and other school day-related materials like lunch;

- To the extent possible, a time for doing homework, as well as a good “study” space in which the student can do his/her best work and meet other teacher expectations for homework quality and timeliness.

### **Open House, Admissions**

This is a visiting day for prospective students and their parents. It occurs two Sundays in the year — once in the Fall and once in the Winter. Carroll students act as guides and Carroll parents are invited to help. Contact Carroll’s Admissions Office for more information.

### **PA (or Parents’ Association)**

Every Carroll parent is a member of the PA (PA, as you hopefully now realize, stands for Parents’ Association, not Personal Assistant, though sometimes your child may mistake you for one.) The PA arranges social functions and educational programs for Carroll parents and families, conducts fundraising activities to benefit the school, and assists with general school activities. PA Officers are established in the Spring, but volunteer slots are always open for new parents, so don’t feel shy.

**PA Meetings** will be held generally on the first Friday of every month at 8:30 a.m. (with a few exceptions – please check the calendar in the Fall for specific dates). The meetings usually feature nationally known and in-house speakers. There is a brief business meeting before the speaker, with announcements, updates and volunteer opportunities. There may also be meetings with speakers in the evenings. The meetings are open to all Carroll parents, and your participation is encouraged.

**The PA Advisory Board** serves as a sounding board for parents’ questions, concerns, or ideas and invites parents to contact its members. Board members consist of the PA Co-Presidents, Secretary, and Treasurer. The Board may meet with the Head of School to discuss topics of current interest to parents. Have something that you would like to have discussed? Contact a Board member or Parent Liaison, Erica Davidson.

### **Parent Liaison**

Erica Davidson (you’re seeing her name in this guide a lot and this is the reason why) is Parent Liaison at Carroll. Erica is a former Carroll parent, a past member of the PA and a wonderful resource for parents. She helps coordinate communication and activities amongst parents, the PA, and the school.

You can call Erica or email her at [edavidson@carrollschool.org](mailto:edavidson@carrollschool.org). Her office is the Parents’ Association Office in the Gate House annex, second floor. She welcomes visitors and questions related to being a parent at Carroll.

### **Performing Arts; Drama and Music**

The Performing Arts Department explores the mediums of theater, dance, and music. Drama focuses on strengthening speech and communication skills through theater games, improvisations, scene work, choreography, creative movement and product sharing with the school. The music program introduces students to singing, focused listening, and playing Orff instruments. Movement, improvisation, and game playing are frequently incorporated into music lessons. Students can share their work at all-school assemblies, known as "Today's Hooray's"

### **Physical Education/Gym**

The goals of the Physical Education Department are as follows: to develop and improve motor skills, to improve social interaction abilities, and to promote worthy use of leisure time. These goals are achieved through diverse strategies. We utilize a team teaching approach; one instructor works with the class while the other works with any individual that is having difficulties. Lesson plans are developed so that the instructors can utilize drills and lead up games to isolate on a specific skill. Also, drills and lead up games provide learning situations through which the students can express themselves (eg. leadership, sportsmanship). The final goal is to have the class participate in a group activity that requires the necessary skills to play a sport effectively. Hence, the major overall goal is to equip students with skills and experiences that will prepare them for the challenges and opportunities they will encounter in society when they leave Carroll School.

### **Picture Day**

Student photographs are taken in the Fall and Picture Day, 2011 is scheduled for Friday, September 23. Carroll hires professional photographers, and parent volunteers assist in the assembling of group and individual portraits of the students. If you're new, volunteering for this event is a good way to see all the Carroll students early in the year and to get a sense of the student body (looking their best). The purchase of photographs is optional.

### **Play Dates**

Sometimes getting together for play dates can be difficult due to distance. One answer is to have your child join an after-school program at school. Check with the potential play date partner and see if they are participating in the Monday–Thursday "Extended Day Program" or the "Friday Program." Middle School sports are also a great way to connect with other students.

There are also great places to go right around the campus in Lincoln. Some suggestions for a play date can be found in the Area Guides found at the end of this guide (you're allowed to skip to the end).

## **Policy Handbook**

The *Parent and Student Directory and Policy Handbook* is the primary source of Carroll information, including general policies, rules, academic matters, philosophy, homework, behavior and discipline, school services, health and safety as well as including the directory of students with parents' names and addresses. This *Insider's Guide* is only meant to supplement that information, not replace it.

## **PPPS Bulletin Board**

The Parents' Password Protected Site, commonly abbreviated as PPPS, is the place to go for all kinds of key information. Every parent has his/her own username and password access code to this web-based site. The PPPS is where you can see the roster for each week's Friday Program, read current and past copies of the Thursday Update, see your student's school records, or visit the bulletin board postings of everything from upcoming outside-Carroll community events to parents looking for carpool rides. Also, the Biological tab of the PPPS is where you would want to go to update any changes in your address, phone number or email information. If you need help logging in, please contact Erica—she is helpful at looking up forgotten usernames/passwords—even if you change them so you'll never forget them.

## **Professional Touring Artists**

Professional artists perform for the Carroll community during the school year to enhance the Performing Arts curriculum and the integration of academic themes which often emphasize a multicultural view of the world. Artist in Residency Programs occur as well. Visiting Artists have included The Handel Haydn Society, Circus Smirkus, Professional Modern Dance Workshops, Canadian Mask Making Ensemble, Native American Storytellers and Drummers, and National Theater of the Deaf, to name a few.

## **Recognition Assemblies**

Towards the end of the school year, the Lower School holds a Recognition Assembly for the Beginning Readers through 4th grade, and the 5th grade has Step Up Night (more on that further on). For the Recognition Assembly, a date is picked in early June and will appear on the school Calendar. The awards presented may change slightly from year to year.

The Middle School has a Recognition Assembly as well where the following awards are given: Most Improved Writing Award, Leighton Math Award, Science Award, History Award, Grade Level Citizenship Awards, and Student Council Recognitions.

If your child will be receiving an award you will be notified ahead of time. Even if your child is not getting an award, all parents are welcome to attend and applaud those who do.

Two awards are given at the Closing Exercises and they are the Head's Award and the Middle School Citizenship Award.

### **Self-contained Classroom**

This does not refer to a mystery class, as one parent working on this guide thought for several years. It is actually the environment for every single child below fifth grade. All Lower School students are in self-contained classrooms. Fifth grade students, while still technically Lower School students, switch from class to class, and thus are no longer contained in a classroom. Whether or not they are self-contained is a different issue altogether.

### **Snow Days**

To find out if Carroll has a snow day, go to the Carroll website by 6:00 a.m. or tune into radio station WBZ 1030 or WRKO 680 (if your child hasn't already by the time you awake). You also can tune into television channels 4, 5, 7, and 56. After 6:00 a.m. — if the phones are working (and on the Lincoln campus, Carroll's phones are not always working properly) — there should be a recorded announcement on the school phone at 781-259-8342. Remember, when school's open in Lincoln or Waltham, school may not be open in your town, so be careful! Never put your safety at risk.

### **Snow Days and Afternoon Programs**

It may happen that school is held, but due to snow after school programs are cancelled (a child's worst scenario). At any time when the weather is questionable, check by calling the school. Kim MacLeod, our receptionist on the Middle School campus, can help.

### **SPARK (now called Before School Morning Recreation)**

#### **Speaker Programs**

The PA and Carroll arrange for a variety of in-house and nationally known speakers for PA meetings. Most speakers address issues related to dyslexia and parenting children with learning differences. PA Meetings with speakers are generally scheduled for the first Friday of every month, with a few exceptions, and are open to the public. We anticipate that there will also be at least one evening speaker next year.

#### **Sports Recognition Day**

This annual Middle School event is held in the Spring near the end of the school year for all Middle School students who have played on a Carroll School sports team anytime during the year. Typically it includes a recognition of teams, a multimedia presentation of the year and refreshments.

#### **SSAT Prep Classes (see Transition Office)**

### **Step Up Night**

This evening ceremony is held at the close of the school year, and marks the transition from elementary school to Middle School for our fifth graders. Parents and siblings witness as each student is called forth by the teachers, who make note of all that each child has accomplished as a Lower School student.

### **Student Council**

The Middle School Student Council is open to all students in grades 6, 7, and 8. The Student Council plans school spirit events, such as Dress Down Days and dances, and raises funds for worthy causes.

### **Student Reports and Records**

Quarterly academic reports are mailed home to parents, but current and past reports are also available on-line. They are archived in the Parents' Password Protected Site (PPPS) on the website. You will receive information on how to enter this area and be given a username and password at the initial New Parents dinner in June or over the Summer.

### **Studio Arts**

The Studio Arts Program works to develop students' confidence in their creative expression by building skills and techniques in a variety of media (painting, printmaking, sculpture, collage, jewelry and stain-glass, etc.) Emphasis is given to creative problem solving, art history and experimentation. To create in each student the desire to make art as well as a life-long love of the arts is the hope of our program. The students' artwork can be seen around the campus throughout the year and at a year-end exhibition.

### **Summer Mailing**

A bit of a misnomer but you may still hear us call the process of updating you and asking for your vital information this as we "evolve" from delivering our summer forms via the US Mail to via the electronic version. Please do watch your email this summer for a succession of forms that will allow you to register for the Before School Recreation Program, Friday Program, Extended Day, etc. as well as health forms, participation releases, transportation lists, among others.

### **Summer Work/Reading Lists**

Students work hard throughout the academic year to gain new skills and knowledge. While summer is a time to rest up and re-charge, it is also important that students not lose the gains they have made during the school year. Recognizing this, Carroll recommends and assigns summer work, including reading, at the various grade levels. Full instructions for each grade level are posted on the website. Families receive specific directions on how to access the work, and guidelines as to how your child should complete it.

There are both recommended tasks, and in the upper grades, required assignments. Contact information is included in case you have questions.

### **Summer@Carroll**

Summer@Carroll offers a five-week academic/summer camp experience for students entering Grades 1-9 in the fall. By providing academic support in the mornings and a traditional day camp in the afternoons, Summer@Carroll is the best of both worlds at Carroll during the summer!

#### ***Beginning Readers*** (students entering Grades 1-2)

For students who may be having some early reading delays, the *Beginning Readers* offers individualized Orton-Gillingham tutoring as well as small group language classes each day. The afternoons are full of water activities, arts & crafts, outdoor games and local field trips.

#### ***Elementary/Middle School*** (students entering Grades 3-7)

For students diagnosed with Language-based Learning Disabilities, the *E/M School* program offers one-to-one O-G tutoring as well as small group writing and math classes each morning. The afternoons feature a variety of camp activities including swimming at Walden Pond, arts & crafts, games & sports, local & regional field trips.

#### ***High School Readiness*** (students entering Grades 8-9)

This unique pre-high school summer program is focused on executive function skills. The students work to strengthen organizational skills through writing reports to be presented at summer's end to their class and parents. An "academic readiness" class including reading for comprehension, note-taking, organizational and study strategies is part of the morning schedule along with a math review class. The afternoons feature local field trips as well as an emphasis on outdoor Bounders activities and Art class instruction.

While Summer@Carroll is open to Carroll School winter students, the majority of the enrollment comes from outside Carroll. The teachers, tutors, and counselors come from Carroll and a variety of other greater Boston area schools and colleges. Detailed information is on the Carroll website.

### **Tax Deductions**

Parents may be eligible to deduct Carroll tuition payments as a medical expense on their federal tax return. The website, <http://www.greatschools.org/special-education/support/646-2009-tax-benefits.gs?page=1>, contains a very clear explanation of the requirements for the deduction. Additionally, the link from the IRS website to Publication 502 (Schedule A, Medical Deduction-Special Education) is: [http://www.irs.gov/publications/p502/ar02.html#en\\_US\\_publink1000179012](http://www.irs.gov/publications/p502/ar02.html#en_US_publink1000179012)

The Business Office will provide a statement of payments for the calendar year upon request. Please call Donna Brown, or email her at [dbrown@carrollschool.org](mailto:dbrown@carrollschool.org).

You should tell your tax advisor that Carroll is accredited by New England Association of Schools and Colleges (NEASC). The Massachusetts Department of Elementary and Secondary Education has approved Carroll School as a private special education school program and the school is a member of MAAPS, the Massachusetts Association of Approved Private Schools. Of course, the determination of deductibility of your child's tuition can only be made by you and your tax advisor; the school is unable to give individual tax advice. Be aware that many tax preparers are not familiar with the regulations and families often miss out on legitimate deductions as a result.

### **Thursday Update**

Each Thursday, the Thursday Update is emailed to all parents and is posted on the Carroll website in the Parents' Password Protected Site. It is a quick rundown of upcoming events and important notices. It has information you need, so be forewarned! No excuses for saying "... *when did they tell us that?*" PA Liaison Erica Davidson prepares the Thursday Update, so contact her if you would like something publicized.

### **Today's Hurrahs (see All School Meetings)**

### **Town Meeting**

On occasion, if significant reason warrants, our Head of School will address the community in an open format style Town Meeting, held in the evening, generally in the gym or other large space so that the whole community can attend. If Steve has reason to call for a Town Meeting, be sure to try to be in the audience—the message is sure to be important and interesting.

### **Transition Office**

Carroll provides wonderful support and services for families with students who are transitioning, either after 8<sup>th</sup> or 9<sup>th</sup> grades or at any time. The Transition Office holds several transition meetings a year, including a Transition Overview that explains the transition process, school options, and how Carroll helps families. In addition, we present a seminar about transitioning back to the public school, gather a panel of former Carroll parents to answer questions about their children's transitions, and introduce several Directors of Admissions who speak about what it is like to attend a boarding school. These meetings are open to all parents, and are usually held in the evening.

New parents attending these meetings have found them to be reassuring and informative. Parents of 7<sup>th</sup> graders should make a point of going before the 8<sup>th</sup> grade begins.

Carroll publishes a “Transition to High School Handbook” that serves as a guide for 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade families returning to public schools as well as applying to independent schools. Any parent who has questions about their child’s “readiness for transition” should contact Lindy Recht, Transition Director, at [lrecht@carrollschool.org](mailto:lrecht@carrollschool.org) to begin a dialogue.

For those 8<sup>th</sup> and 9<sup>th</sup> grade students who plan to apply to a competitive independent school, Carroll administers the SSAT with accommodations in December. In addition, we offer an SSAT Prep Class that runs for 7 weeks in the fall on Fridays after dismissal. Contact Beth Cadogan at [bcadogan@carrollschool.org](mailto:bcadogan@carrollschool.org) for more information.

### **Visiting Days**

Two types of visiting days are held during the year: one for both Lower School and Middle School parents (Parents’ Visiting Days) and one for Special Visitors (adults only: grandparents, family friends, former tutors, etc.) These days provide an opportunity for visitors to observe classroom time and to experience their Carroll student’s school day. Parent volunteers help at Special Visitors’ Days by greeting and guiding visitors around campus.

### **Volunteering**

The PA is a volunteer-run organization and lots of committed and supportive parents make it work. Volunteers do everything from helping in the library to running social events to raising money through fundraisers, and therefore add much to the richness and life of our school. Volunteering is also an ideal way to meet other Carroll parents, often a difficult task since our community comes from so many far-flung hometowns.

There are many opportunities for parents to volunteer at Carroll so please get involved! A volunteer sign-up sheet will be sent home to you this summer. Check off the jobs you would like to help with (or chair) and return the form—the co-chairs of the areas you are interested in will contact you once school begins in the Fall. If during the school year, you are struck by the urge to volunteer, please contact Erica Davidson.

### **Website ([www.carrollschool.org](http://www.carrollschool.org))**

Carroll’s website is a vital source of information and updates for our community. Using the “News” and “Events” lists on the home page of the website you’ll find photos and summary write-ups from recent events, news information about the school, and important information about upcoming activities and events.

You’ll also want to use the “Parents’ Page” on the site from which you will easily connect with the following key information:

- Parents’ Calendar

- Faculty and Staff Directory
- Parents' Password Protected Site (PPPS):
  - Your Child's Records and Reports
  - After School Program Lists
  - Thursday Updates
  - Parents' Bulletin Board
- Carroll School Sports Schedule
- Parents' Association Speaker Series
- Parents' Policy Handbook
- Acceptable Use Computer Policy
- Insiders' Guide
- School Store
- Support Carroll

To access the "Parents' Page":

- Go to Carroll's website: [www.carrollschool.org](http://www.carrollschool.org)
- Click on the "Parents" link in the top menu bar
- In the drop down or in the left-hand menu bar, click on Parents' Page
- To access the Parents' Password Protected Site, enter your login information; (new parents receive their username(s) and password(s) at the New Parents' Dinner; current parents use the same username(s) password(s) given to them when their child(ren) entered Carroll.)

On the website, in addition to everything under Academics, a few sections are especially recommended for understanding more about the teaching at Carroll:

- About Us/The Carroll Approach
- About Us/Belief Statements
- For Educators/Carroll's Professional Development

### **Wrestling**

A relatively new club sport at Carroll, wrestling is offered in the Spring to interested Middle School students and is coached by two teachers and an alumnus. The wrestling team does not face other schools, but practices amongst team members while learning the sport.

### **Woodshop**

In this program, students have an opportunity to apply mathematical, organizational, and spatial abilities in a concrete, hands-on setting. Students will learn the basics of hand tool and power tool construction. They will learn the basics of how to develop a concept into a completed design. Once designs have been completed, students will apply skills they have learned to complete a project that they can take home and share with their families.

Projects may include simple construction of useful household items, and work can progress to woodturning and furniture construction.

**Yearbook**

A Carroll yearbook is produced every year, highlighting the year's events with special emphasis on the graduating 8th and 9<sup>th</sup> grade classes. Details and prices are announced in the late autumn.

**Yoga (see Movement Arts)**

## **Area Guides**

### **Where to Find What Locally**

The following information is not meant to be a comprehensive guide to all the towns around Carroll, just a brief introduction with some favorite recommendations from current parents. It hopefully will give you some ideas of what to do when you've got a few hours to kill while waiting for pickup, when you need an emergency birthday present, or when you want to have lunch with another Carroll parent after a morning meeting.

## **LINCOLN**

### **Downtown Lincoln – Oxymoron or not?**

We argue not, but understanding downtown Lincoln is not as simple as you might think. Take the most simple of questions: where is the center of Lincoln? The center of Lincoln is officially the five-way intersection where the library and flowerpots are located (don't ask us why). As you head south, the Town Hall is on the left. It has really good trail maps if you want to walk or ride your bike in town. On the right are the Old Town Hall and Old Post Office. Keep going and you will hit "South Lincoln" also know as Lincoln Station. This area is the true commercial center, including the Mall at Lincoln Station. Lincoln also has several museums and outdoor spots well worth visiting. A few details:

### **Lincoln Library**

A great space to hang out for a few hours. WiFi Internet connection. Closed Monday mornings. 781-259-8465. [www.lincolnpl.org](http://www.lincolnpl.org).

### **Old Town Hall Exchange** - 25 Lincoln Road, in the "old" town hall.

A sweet little gift shop with fresh coffee and goodies, clothing, cards, penny candy, etc. This is a volunteer-staffed non-profit organization, with proceeds going to the upkeep of this old historic building. Mon-Fri, 10:00 a.m. – 4:30 p.m. A small, cute, old post office also sits in this building, with very limited window hours, but you can drop mail off 7:00 a.m. – noon. The main post office is further down at Lincoln Station (145 Lincoln Street).

### **The Mall at Lincoln Station** - by the commuter rail stop.

A small shopping center with:

- Donelan's, which is the closest grocery store. 781-259-0144. Unfortunately, heavy snow this past winter caused damage to Donelan's roof and it is closed for an indeterminate amount of time—at least indeterminate to us.

- Something Special, a great place for birthday presents for both kids and adults. 781-259-0544.
- The Whistle Stop, for coffee or lunch. In/outdoor seating, good sandwiches, pastries and really gooey brownies. Gift certificates are available (great for teacher gifts). Wednesdays are half-day school in Lincoln, so it gets a little crowded around lunchtime. 781-259-8089.
- AKA Bistro, reportedly an excellent, if somewhat pricey, stop for lunch features an interesting combination of French and Japanese cuisine. 781-259-9920
- A US Post Office, bank, hardware store, travel agent, Clark Gallery of Contemporary Art, etc.

**Country Pizza** - 161 Lincoln Road. 781-259-4480.

Closest pizza to Carroll, also features quick salads. Located next to Doherty's Gas Station.

### **DeCordova Museum**

In addition to the wonderful museum, DeCordova has a great sculpture park where children can run and play and parents can get a little intellectual stimulation. The museum also offers art classes for children and adults. It has a good museum shop and a nice café for coffee or a light lunch (the closest lunch place to Carroll) and is open at the same time as the museum. The cost is \$12.00 per adult, \$8.00 for students and seniors, and free to Lincoln residents and children under 6. (If you are just going to the shop or café, tell them at the entrance booth and you won't have to pay.) To get there, take a left out of the Carroll drive, a right on Sandy Pond Road, and the museum is on the left. Open year round, Tues-Sun, 11:00 a.m. to 5:00 p.m. 781-259-8355.

[www.decordova.com](http://www.decordova.com).

### **Codman Farm**

A fine place to see some animals, pick up some fresh eggs, or have a picnic. The town of Lincoln owns this low-key farm. Admission is \$3.00 per person. Open Tues-Sun until dusk. Educational programs offered throughout the year. Call 781-259-0456 for details. Located at the corner of Lincoln and Codman Roads. [www.codmanfarm.org](http://www.codmanfarm.org).

### **Codman Estate**

This Georgian house was a powerful force in the lives of five generations of the Codman family. Each generation of Codmans left their mark, and the estate that was originally a country retreat gradually came to symbolize the family's distinguished past. This estate on Codman Road is open to the general public June 1 through October 15, Wednesday through Sunday. Admission: \$5. Call for info on hourly tours. 781-259-8843. [www.spnea.org/visit/homes/codman.htm](http://www.spnea.org/visit/homes/codman.htm)

### **Drumlin Farm**

Owned by the Audubon Society, Drumlin Farm is an educational working farm and environmental education center. Drop by for a great farm visit with daily activities and a pleasant walk to the top of the drumlin for a nice view. Gift shop with unique nature gifts, books and toys. Open: Tues-Sun 9:00 am-5:00 p.m. Adults: \$6.00, children and seniors: \$4.00. 208 South Great Road. 781-259-2200. [www.massaudubon.org/Nature\\_Connection/Sanctuaries/Drumlin\\_Farm](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm)

### **Gropius House**

Revolutionary house in terms of design, this house was designed by Walter Gropius, founder of the German design school known as the Bauhaus and one of the most influential architects of the 20th century. He designed this house as his family home in 1937, and all the family possessions are still in place. If you exit Carroll and turn right, it's just down the road a few feet, on the left. Open: June 1-Oct 15, Wed-Sun; Oct 16-May 31, Sat & Sun. Tours on the hour 11:00 a.m. - 4:00 p.m. Adults: \$10.00; Seniors: \$9.00; Student and kids: 5-12 \$5.00. 68 Baker Bridge Road. 781-259-8098. [www.spnea.org/visit/homes/gropius.htm](http://www.spnea.org/visit/homes/gropius.htm)

### **Minuteman National Park**

This park extends into Lincoln, Concord, and Lexington. There are historic buildings open to the public, walking trails, biking trails, a visitors' center, and museums. For more information, visit [www.nps.gov/mima](http://www.nps.gov/mima) or call 978-369-6993.

### **Walden Pond State Reservation**

Take a swim or a hike. Walden Pond has a sandy beach and life guards as well as walking trails. Take a right out the Carroll drive, a right on Route 126, and parking for the pond is on your right. \$5.00 parking fee; yearly passes available. 978-369-3254.

## **CONCORD**

Concord has three shopping areas: Concord Center, Concord Depot, and West Concord. The Concord Visitors' Center has all sorts of guides to the area: Dining and Lodging, Walking Map, and Shopping and Services. Check out the website at [www.concordchamberofcommerce.org](http://www.concordchamberofcommerce.org) or visit it at 58 Main Street, Concord

### **CONCORD CENTER**

To get there from the Lincoln campus, take a right onto Baker Bridge Rd. Then, take another right onto 126, cross Route 2, follow the street (Walden Street) all the way into Concord, turn right or left for shopping and food. There are over 30 shops in downtown Concord. Some of the favorites are listed here.

**Concord Bookshop** - 65 Main Street.

This is a bookstore that is child and user friendly, the kind of place where you can say, “I heard about this book on the radio the other day and it was kind of about this thing” and they will not only find it for you, but will have read it. 978-369-2405

**Footstock** - 46 Main Street.

Great shoes, boots and other footwear. Good sales upstairs. 978-287-4034

**Grasshopper Shop** - 36 Main St.

Women’s specialty clothing. 978-369-8295.

**Winston Flowers** - 32 Main Street. 800-457-4901.

The local branch of this fabulous and elegant flower shop. Owned by current Carroll parents (who donate the flowers very generously for many Carroll events—we are so spoiled!)

**Concord Shop** - 25 Walden Street.

Gifts and kitchenware. 978-371-2286

**Sally Ann Food Shop** - 73 Main Street.

Fresh baked breads, pastries, cakes, coffee, sandwiches, soup, and salads. Carry out only. 978-369-4558

**Helen’s Café** - 15 Main Street. (Formerly Brigham’s)

Family style restaurant with Brigham’s ice cream. A favorite with the kids. Dine in or carry out. 978-369-9885

**Main Streets Café** – 42 Main Street

A quaint spot right downtown for breakfast, lunch, dinner or just a cup of coffee, where you can enjoy an hour or so comfortably by yourself if need be.

**The Concord Cheese Shop** - 29 Walden Street.

Purveyor of the world’s finest foods, including wines and cheeses from around the world. Great sandwiches to take out. 978-369-5778

**Concord Toy Shop** - 4 Walden Street.

Fun gifts, games, and puzzles. They gift wrap! 978-369-2553

**And much more....**

### **CONCORD DEPOT**

Turn right leaving Carroll, turn right on Route 126, cross over Route 2, then turn left on Thoreau Street, just after Concord Carlisle High School, and go down to the traffic lights. Starbucks is on your left and Dunkins on your right. Go straight for:

**MBTA** Commuter rail station.

**Concord Flower Shop** - 109 Thoreau St. 978-369-2404

**La Provence** - 105 Thoreau Street

French cafe with fine Provincial cuisine, rotisserie chicken, breads, pastries and deserts. A nice lunch or breakfast spot, casual but really good. 978-369-9948

**Sorrento's Brick Oven Pizzeria** - 58 Thoreau St.

Pizza, pasta, subs, salads, calzones, dine in or carry out. 978-369-0938

If you turn left at the previously mentioned set of traffic lights and go over the RR tracks you'll find:

**Country Kitchen** – 181 Sudbury Road.

“The Little Yellow House Next to the Tracks.” Coffee, soups, salads, and sandwiches for carry out.

**Serafina Ristorante**

Northern Italian Dining- Nice place for a quiet lunch. 978-371-9050 (a little more expensive).

**Crosby's Grocery, Ace Hardware, CVS, cleaners**

**Chang An**

Very good Chinese food. Pleasant to eat in, speedy “10 minute” take out. Better than average buffet every lunchtime. 978-369-5288.

## **WEST CONCORD**

West Concord is only about 12 minutes from Carroll and has a little downtown well worth exploring. To get there, go west on Route 2 just a few miles and turn left on Route 62, and go for about half a mile. Route 62 forks to the left by the 99 Restaurant; take the right fork for the shopping district. You can usually easily find on-street parking.

West Concord has been described as the “funky” part of Concord. Some highlights (listed here from north to south) include:

**West Concord Super Market** - 24 Commonwealth Avenue.

Historic family-run supermarket. Small, friendly, with a good butcher shop. Local products and excellent rotisserie chicken. 978-369-9225.

**Adventures in Wine** - 53 Commonwealth

Knowledgeable wine shop. 978-369-2545.

**Concord Teacakes** - 59 Commonwealth

Popular little shop with great scones, shortbread, coffeecakes and other prepared foods. Also gifts, coffee and a few tables if you want to eat it there. 978-369-7644.

**Twin Seafood.** - 2 Church Street

Very high quality fresh seafood market. Also takeout. 978-371-9030.

**Concord Shoe Repair** - 88 Commonwealth.

The real deal.

**Phillips Fine Paint & Wallcoverings** - 95 Commonwealth.

Quasi-famous paint supply and decorating center with good service. 978-359-3606.

**Debra's Natural Gourmet** - 98 Commonwealth.

A natural foods store with large selection of natural supplements/remedies and nutritious food. Knowledgeable, helpful and friendly staff. People come from all over. 978-371-7573. [www.debrasnaturalgourmet.com](http://www.debrasnaturalgourmet.com).

**West Concord 5 & 10** - 106 Commonwealth

A step-back-in-time five-and-dime with almost anything you need. Come when Wal-Mart's got you down. Highly recommended. 978-369-9011.

**The Gatehouse** - 110 Commonwealth.

No, not our Gate House, this one is a gift/clothing shop with unique, colorful items.

**Nashoba Brook Bakery** - 152 Commonwealth.

Yes, this is where they actually make (and you can observe them making) that great slow-rise bread. They also have a casual café with sofas, WiFi, premium coffee and lunch items. Located across the street from the Chrysler Dealership, just before the Gulf Station in an old brick warehouse set back off the road. 978-318-1999.

This list is not complete. We've left some stuff out for you to discover on your own.

## **WALTHAM**

Waltham is the Gateway to History. But it's also the gateway to great shopping and dining! Fine antique shops, exotic hardware stores, eclectic ethnic emporiums, Waltham has just about everything you're looking for- plus lots of

things you never knew existed but just can't live without! □ Take a stroll along the Moody and Main street Retail District, a throwback to the golden days of downtown shopping areas. Located in the city's heart near the Charles River, Moody and Main Streets were for years the hub of activity for residents and visitors of all ages. In its heyday, the area was bustling with ornate theaters, department stores, soda fountains, and emporiums to suit any need. Today, the district is a revitalized city center which harks back to the good old days. As you browse the diverse stores, you may notice your taste buds beginning to tingle. That's because the Moody/Main district is also a cosmopolitan "Restaurant Row," with countless opportunities for ethnic, upscale, downscale and good old American cuisine.

## **FURTHER AFIELD**

### **Burlington Mall**

Mall shopping is just 15 minutes away. Anchor stores are Macy's, Lord & Taylor, a new Nordstrom's, and Sears. There are at least an additional 126 stores. The Rainforest Café is one of many full service restaurants in addition to the food court. Take 95 North, exit #32B/32A, stay to left at fork and then exit to right. 75 Middlesex Turnpike.

### **The Mall at Chestnut Hill and The Atrium**

Looking for an upscale shopping experience with unique stores you won't find just anywhere? Pleasant shopping experiences are just 20-25 minutes away. A sampling of stores are: Bloomingdale's, Barney's, Shreve Crump & Lowe, Tiffany's, Restoration Hardware, and The Apple Store, to name a few. Take 95 South, Exit #20A (Route 9 East) follow about 3 miles. The Atrium will be on the right and has valet parking and the Mall will follow on the left (but you take a right to loop under Route 9).

We hope you enjoyed this sixth edition of

### **The Insiders' Guide to Carroll**

Please send corrections and suggestions to:  
edavidson@carrollschool.org