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[External E-Mail] The Hyde Weekly #22: Reach Beyond Your Grasp

1 message

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Fri, Mar 1, 2019 at 3:51 PM



February 23 - March 1, 2019

The Hyde Weekly

This is an informal e-communication from the Hyde School campus, intended to share highlights, signs of growth, issues that are being addressed, and moments of joy. Its purpose is to bring the Hyde School parents and the larger community into the school culture.

Reach Beyond Your Grasp

Going after a vision requires courage. So often we fear that our best will not be good enough, so we lower the bar. In our last school meeting, we started the meeting by looking at some of the challenges that were happening around the school. While this was certainly important, Joey Gauld stood up to remind the school that expressing one's vision creates a powerful dynamic that energizes individuals and communities. The meeting went into a new direction as students and faculty got up to share their vision. With each statement, the excitement in the room grew. Some of the visions expressed included:

- "I would like to return to my country and other developing countries and improve the education there." **Nebiyu Fanta '19**
- "I experienced cancer in my family, and I have had the vision to cure cancer and kick it out of this world." **Evan Liles '19**
- "I want to have a self-sustaining farm where I make my food and raise chickens, bees, and a few goats." **Erik Wilson, faculty member**
- "I want to be a good Dad." **Sam Teixeira '20**
- "When I was younger, I wanted to be a pioneer, and I ended up taking risks and, most importantly, married the right partner." **Claire Grant, faculty member**
- "I wanted to be a teacher and make a difference like the Hyde teachers made for me when I was sixteen." **Donna Dubinsky, faculty member**
- "In my senior year at Hyde, my vision was to be a Supreme Court Justice." **Malcolm Gauld, faculty member**
- "I used to think my vision was to be a huge success or make a lot of money, but now my vision is to be a good man, a good Dad, and someone of integrity." **Ben Matthews '19**
- "I would like to help others who have experienced adoption to understand their journey." **Calli Lev '20**

The meeting helped reset the community as we realized that winter reminds us that life is hard. There is no way to get around it; one must go through the challenge to get to the spring. Setting a vision sets our compass in the direction of high expectations, and, while the outcome of a high vision might be different than expected, striving to achieve the vision still honors the search for excellence.

I, as a Hyde graduate, clearly remember doing this same exercise in the Hyde mansion during my senior year in 1976. We were engaged in a senior seminar on potential and destiny. Students were asked to imagine life in twenty years and to express a vision for the future. When my turn came to speak, I surprised myself with the words, "I would like to come back and lead Hyde School someday." Everything begins with a vision.



Laura D. Gauld

Laura D. Gauld
President & Head of School

The 2 Ways Hyde Builds Confidence

By Gaby Hirsch '20



Students on the ropes course during the international student retreat this past fall

To me, the word confidence is being able to trust yourself and your abilities. Confidence is something that many teenagers seek to find, especially within ourselves. Self-esteem is something I have struggled with for as long as I can remember.

Coming to Hyde last winter, I did not trust my self, nor did I trust others. I did not involve myself in the community because I had no confidence in my voice.

Now that I have allowed Hyde to help me, I have found my voice and developed public speaking confidence. I now am able to stand up in front of the entire school and share vulnerably, create leadership in my dorm and on the tennis court, and write these articles every week!

I couldn't have done these things without the support of the faculty here, specifically, Mr. Condon, Mrs. Dubsinky, and Mrs. Peltzer. All three of these faculty have not only vouched for me, they also have challenged me to step outside of my comfort zone in all areas of my life. Stepping outside of my comfort zone allows me to feel confident in myself because it takes a lot of courage to do something that is not inside my wheelhouse.

Two really unique ways Hyde helps develop confidence are through the Auditions process and ropes course activities.

Every semester, all students and faculty have to stand up in front of the entire student body and sing a song for one full minute. Obviously, this is beyond nerve racking, but the support of everyone cheering for you and giving you hugs after you've finished is the best feeling.

Parents have to do auditions, too! During the FLC, parents must sing two verses and a chorus for the whole group. Auditions always bring a smile to everyone's faces.

As for the ropes course, every student came down to it this fall with their athletic team and tried out the rock wall activity on the course, as well as doing some really unique team bonding activities. One in particular was the Trust Fall. We walked on a tight rope, (about one foot above ground), and had to use each other for balance and support. This brought my soccer team much closer together than we were prior to coming to the ropes course.

Both of these activities have helped my confidence grow tremendously. At the ropes course, I grew in confidence in the female community. While facing my fear of heights, I had girls on the team cheering me on by name and expressing to me how proud they were of me when I came down. That is what growing confidence is all about. Auditioning in front of the entire school also helped me to trust myself and my voice. I was able to feel confident that no one was expecting me to sound like Beyonce, they just wanted me to try my best.

Building my confidence has both improved my self-esteem and my courage. Knowing that I now possess this inner confidence, I believe that I am much better prepared for the path ahead.

News from the Wilderness Squad

By Wilderness Faculty Michelle Beebe



The group enjoying the sun in Eustis, Maine

Winter has been busy for the Hyde Wilderness Department. We finished the decks to our winter yurts and Mother Nature has graced us with at least four feet of snow. This gives us ample opportunity for snowshoeing, skiing, and, you guessed it...shoveling!

We've run different programs here on the Black Wilderness Preserve, depending on student needs, but all with the same intention of helping students gain a clear vision of what they ultimately want for themselves and helping to guide them to move in the direction of their goals.



Working on building the decks for the yurts.

Spring break is a few weeks away and the talk of the town is our service trip, for which we will be going again to Puerto Rico. Students will have the opportunity to give a helping hand to our Caribbean neighbors while immersing themselves in Puerto Rican culture.

Last year students aided with the devastating effects of hurricane Maria. While there, Hyde students developed a friendly partnership with the American territory, one we are looking forward to solidifying through more service work this year. This is a great opportunity for students to immerse themselves in another culture and develop character through giving to others in need.

Meanwhile, students who will be staying at Hyde for the full break will have a chance to work with Habitat for Humanity, the Bath SPCA, and the Bath Food Bank.

We are also fortunate to be hosting Kirsten Beverley-Waters as she brings her yoga prowess to a live yoga class with students and staff. Kirsten left a lasting impression with her inspiring speech on Hyde's Leadership Day, and we are excited to have her grace us with her uplifting presence again.



The 2018 service trip to Puerto Rico.

This past week, Lennox Lodge hosted 16 Unity College Outdoor Adventure students. Their Experiential Education class focuses on hands-on learning at various outdoor programs around the state. During their stay, wilderness staff member Megan-Mack Nicholson gave a presentation that touched upon the history of the surrounding area, the history of Lennox Lodge, and Hyde Wilderness School. The discussion included the different types of programming Lennox Lodge offers and how we incorporate wilderness therapy, adventure education, field biology/ecology, and personal development.

The Unity Students were encouraged to find their unique potential in offering future programming in the outdoor education field. They seemed thrilled to check out our Hyde Wilderness property as they embarked on a snowshoe hike on Flagstaff lake. Many showed great appreciation for their visit and seemed very impressed with our facility, making statements such as, "This would be my dream job." We hope to see some of them back as future interns.

Kidger to Coach Iroquois National Development Lacrosse Team



Kidger with mom Lori Hobart and brother Greg

Hyde School Boys Lacrosse coach Chris Kidger has been selected to coach with the newly formed Iroquois National Lacrosse Development Program.

Led by Iroquois National Senior Team and IMG Academy Head Coach Mark “Red” Burnam, the National Development Program has been created to start developing Haudenosaunee players of field lacrosse from a younger age, in addition to supporting them as students and young men. The intended outcome of the development program is to produce an Iroquois National team that can challenge the United States and Canada for a gold medal in the Lacrosse World Games and, eventually, reach the Olympics.

“It is a great honor to even be considered to work with this group of young men,” says Kidger. “This is certainly a career milestone and an experience I will remember for a long time. I am excited to teach the game of lacrosse to an incredibly talented group of young men, but, more than that, I am excited to learn more about the fast-paced distinctive style that Native players bring to the table and the way the game intertwines with Haudenosaunee culture.”

Kidger is expected to work primarily with the 2020 team, the oldest group, composed of rising seniors and postgraduates who are all vying for a spot on the U19 National Team slated to travel to Scotland next summer for the Junior World Championships.

In addition, two Hyde lacrosse players will be playing on the team, **Jaden Stout '20** and **Gavin Hill 'PG**, who are both members of the Onondaga Nation. “The drive that these two bring to the sport is inspiring,” Kidger says of the players. “I hope to see both of them competing for the Iroquois Nationals next summer in Scotland.”

The team will hold practices around New England, and we are so proud that one of our own will be involved!

Wolfpack Winter Athletics!

By Athletic Director Stefan Jensen



It has been an exciting winter for Hyde athletics!! We have hosted big wrestling tournaments, dual meets, dance competitions, high level boys and girls basketball games, and the robotics season is underway, while the swim team sent some of our swimmers to States and placed! We've got lots of school spirit this winter, as well as some winning teams!

The Girls Varsity Basketball team won the MAISAD Championship for the first time in 8 years. They earned the #4 seed in the NEPSAC Class E tournament and then won their first game!! They will play on Saturday at Bancroft School at 3 PM against New York Military Academy.

Boys Prep Basketball had a tough schedule and won some big games, locking up the #1 seed in the NEPSAC Class C tournament. They also won their first game and will play on Saturday at Bancroft School against Storm King at 1 PM!

It's been a great winter athletic season, and there is more to come this weekend!

A Show To Be Proud Of: Final Dance Performance

By Faculty & Dance Coach Allison Henderson



Another dance season has passed and there have never been two prouder coaches than myself and Fan Luo. Per usual, this season had its ups and downs. What I hope this team has learned is a bit about being selfless and being there for their teammates, whether they feel up to it or not.

Dance is a team sport where your individual talent is entirely up to you, but if you don't show up or pull your weight, the rest of the team suffers--since the dance will only be as good as the weakest link. If you don't know the moves, everyone watches you, and it doesn't matter how well everyone else hits those beats.

Of my five years coaching this team, this was the cleanest overall performance we have had! Each dance was given so many hours of repetition and rigor that the final performances didn't even have a chance to look out of order. The team struggled with dedication and perseverance at times, but when it came down to it, they were all there for each other, and they all put in the hard work to create a show to be proud of!

Halle Bourne '20, a junior and 3-year member of the team, performed an outstanding solo that epitomizes what hard work and her true essence mean within the art of dance. **Davina Muhire '20**, first year member, proved to the school that she is not shy and quiet with her choreography and performance to a Beyonce number! **Tau Rios-Dryfoos '19** and **Kim James '21** did a cha-cha to showcase their Hispanic heritage, and **Caroline Daly '19** once again wowed us all with her unique style and talent. It was a season for all to be proud of!

Alumni Feature: Jessica Ryan '96



It is always a pleasure to talk to Hyde Alumna and Current Parent, Jessica Ryan '96. She has owned her own salon for 22 years, but her favorite job is being a Mom. Jessica gets to experience the other side of the coin while her son Griffin attends Hyde! We had the opportunity to catch Jessica while she was on campus. She reflected on her time at Hyde and shared some Hyde wisdom for current students. Thank you Jessica!

Describe your career path:

"I never had a mother that recognized how much of a girlie girl I was. I was very neglected as a child. Therefore, my career path as a young woman was based around giving myself what I never had. I ended up becoming a salon owner of 22 years now. I started taking care of myself with hair and makeup, and I opened up my own place right out of school. I also became a mother and a wife at the same time, and that was my best career move yet! I love being a mother more than anything."

Which word or principle has stayed with you the most?

"The word integrity has stayed with me the most. When you raise yourself and then become a young mom, being really true to yourself becomes your oxygen. When I made decisions, I thought of my kids-- if it does not feel right in your soul, you can't do it. It will cut your air supply if you don't live by the rules of your core."

Which teacher(s) had a particular impact on you?

"Laura Gauld was not my teacher but I was at Hyde when Laura had young kids. I used to babysit Harrison and the girls. I watched a young, skinny, knowledgeable, beautiful person stop everything to give Harrison her everyday effort. I watched her put family first, run the school, be a homemaker, and still have time to invite me into her home, which changed my life. I had never seen a woman like Laura handle Harrison's news and pull her family close and do it so effortlessly. Watching Laura hit home for me, you know and you commit to it. I knew we were alike and if I had not had a chance to watch her, I am not sure how I would have made my choices as a mother. I am grateful for my time at Hyde, truly."

What advice might you give to a Hyde student?

"My advice for any student would be to stop making everything about the school and make your time at Hyde what you want it to be. It will be a special place if you can have the courage to open up and connect with people that feel right for you. It may not be a student, it may be a staff member--but choose the right people around you to make your experience genuine. I found that my struggle was that I did not have family at home, so I created my own home at Hyde. No matter where you are in life, you have to take those five words and principles and make them your own. It is not about fitting in with Hyde, it's about taking advantage of the knowledge you gain at Hyde and put it in your own soul and apply it as you live your life. Live one day at a time. Whether you're 14 and nothing seems clear, or confused at 30 and need to hit the reset button, the words and principles are right there for you. It is the best gift, knowledge for your soul."



Alumni & Development Office Update



The Annual Fund provides immediate budget relief and supports the greatest needs that are essential to Hyde's excellence. Tuition alone does not cover the full cost of a Hyde education. To keep **Hyde Strong** we rely on philanthropy. Please, join fellow Hyde community members in **making Hyde Stronger every day**.

The participation of every member of the Hyde community is a measure of confidence and a show of gratitude for what our school is offering to students and their families – Hyde's unique, Family-Based Character Education. If alumni, families, members of the faculty and staff, grandparents, and friends contribute generously, according to their ability, Hyde will continue to thrive. Please consider a gift to the 2018-2019 Hyde Annual Fund and show your support for our school!

Support Hyde

Thank you!

Not to Miss

- **Accepting applications now for Summer Leadership Challenge!** (Please share!)
- Hyde Photos
- Hyde Videos
- InstaHyde
- Parenting Center on hyde.edu
- *I'm Worried My Son Won't Get Into a Good College* - The Atlantic
- Hit Songs from the Songwriters Workshop
- Joey G opted in Education Week: *Let's Rethink Schooling*
- Malcolm's Blog: *Culture Chronicles #1 – A Lesson from China*
- Parenting: The Biggest Job: *Teen Coaching: Life Success for Teens*
- Lennox Lodge Facebook Page
- Weekly Archives

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