

Weekly Notice

September 29,
2009

Issue 5

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

Recycle Your Old Winter Wear

Please come to our school's annual winter clothing exchange. It is on Thursday, October 8th at the end of the school day in the elementary school's conference room next to Jo-Anne Yardley's office. You may drop off your old clothes at drop-off and "shop" for new ones at pick-up!

Thank you, Brie Maynard for the Parent Council

Come Celebrate the Elementary School Michaelmas Festival!

We are only a few short days away from our autumnal family festival! Here is a detailed schedule for Saturday so that you are well informed of what will be happening and when.

- 9:00 am Shuttle bus begins running between parking location and Nursery Kindergarten. Parking location is at the Smiths Medical building.
- 9:40 Students begin gathering by class. Look for your class teacher(s).
- 10:00 Michaelmas begins!
Trumpet fanfare and 8th grade shooting of the arrows
Procession of grades 1-9
- 10:15 Michaelmas Play, grades 1-4
- 10:35 Games for all the grades
1st and 8th, 2nd grades -- treasure hunt in the upper area
Grades 3-5 -- turnstile game circuit in field
Grades 6, 7 and 9 -- games at stations in lower field
Folk Dancing -- near the sukkah
- 11:15 The Korbushka Dance and lunch blessing
Picnic lunch and potluck dessert
- 12:15 Faculty Pièce du Théâtre
- 12:30 Shuttle buses back to parking location, starting with families with younger children



Rain Plans: A few clouds and a chance of light drizzle won't scare us away! However, if the weather does not cooperate, Michaelmas will happen next **Monday, October 5 at 11:00am** at Robin Hood Park. Cancellation of Saturday plans will be made by 7:30 that morning and the phone tree will be activated. A message will also be put on the school voicemail message.

Transportation Information: Due to limited parking space at the Nursery-Kindergarten, we will use an alternate parking location and several shuttle buses. Vehicles may be parked at the Smiths Medical building, which is at the corner of Route 12 and Wyman Rd; from Wyman Rd., take the first right onto Bowman Dr. to enter the lot. The buses will start running back and forth at 9:00am. Please plan to arrive at the lot by 9:30 at the latest, in order for everyone to make it to the festival in time for a prompt ten o'clock start! If you are running late, please drop your student(s) off at the Nursery-Kindergarten before proceeding to the Smiths lot -- this will enable the opening procession to begin on time. Parking space at the Nursery-Kindergarten (424 Old Walpole Rd.) **will** be available to families with infants, elderly guests, expectant mothers, or other special considerations.

Food: Plan to pack a picnic lunch for your family, as well as dishes and a blanket. Additionally, there will be a potluck dessert. If your name begins with F-H, please bring a gallon of apple cider; otherwise, please bring an autumnal fruit dessert.

The faculty is excited to share this special festival with all of you!

Nell Wiener and Jan Lyndes, for the MWS Faculty

Monadnock Waldorf School is dedicated to nurturing young human beings who will be capable of contributing fully to the tasks of life with courage, compassion, and conviction. We strive to foster wholeness and life long well being through awakening an abiding love and interest in the world while cultivating the gifts and strengths that are unique to each individual student.

Love to Play?

12-14 parent volunteers needed to assist with Michaelmas games. The games occur at noon, after the pageant. Sign up sheet in the Main Office at the elementary school.

Call Jan Lyndes with any questions at 847-9697.

This Week at MWS

In this column we'll let you know about what's happening in our school class by class. For this week here's the news.

Parent Child Program: All parents and children in the Parent/Child Program are invited to attend Friday's Nursery-Kindergarten Michaelmas Festival.

Morning Glory: Michelle's children will be dipping silk into a marigold dye-bath and making apple bread for Friday's festivities.

Appleblossom: Marie's children will enjoy a puppet show this week and they, too, will be preparing for their Michaelmas Festival on Friday.

Sunflower: Lynn's children will dye their Michaelmas capes and chop apples to get them ready for the cider press. They will see the puppet show *St. Michael and the Star Children*.

First Grade: Mrs. Myers' students will hear several stories this week, including a few in preparation for this Saturday's Michaelmas Festival.

Second Grade: Mrs. Henry's students are finishing their block on saints. They also will enjoy the excitement of a field trip to Kroka on Tuesday.

Third Grade: Mr. Price's students have been joined by Mr. John Scott Legg who will be the class' intern through December. On Monday they heard a story about Yom Kippur. They have begun to write sentences.

Fourth Grade: Mrs. Zakrzewski's students have been working on projects for the upcoming Crafts Fair. They have learned about Celtic knots and will begin their pencil cases.

Fifth Grade: Miss Marshall's students are immersed in ancient India and have been stretching, chanting, and reciting poetry. Last week they sketched butterflies during a visit to a butterfly farm in Massachusetts.

Sixth Grade: Mr. McGuigan's students have started a math block on ratios. Abraham Lincoln wrote that he learned to "read, write and cipher to the Rule of

Three," a historical form of proportion.

Seventh Grade: Mrs. Motter's students welcomed her back last week and finished a physics block with Mr. van Riel. They will be starting a math block this week.

Eighth Grade: Ms. Morse has begun a block on meteorology. She noted that the MWS community will be seeing her students "looking at the sky a lot" in the next few days.

Ninth grade: The 9th grade is deep in the middle of a study of Anatomy, exploring the patterns of threefoldness in the human body, preparing for a sculptural study of the skeleton and the challenge of drawing the human heart from memory. Contribution to the preparations for Michaelmas involves designing and painting banners to accent the landscape and an edible bread sculpture to be revealed on Saturday.

Calendar of Events

**Nursery-Kindergarten
Michaelmas**
Friday, October 3

Elementary Michaelmas
Saturday, October 3
At the Nursery-Kindergarten

Welcome Jeni

We have benefited from Jeni Callihan's good work as temporary assistant in our Main Office. Now we can make it official; Jeni is our new Office Assistant! She will work closely with Suzanne Ruse, helping to meet student, parent, and teacher needs.

Jeni has two children at MWS, Adeline in grade five and Finnian in grade three. She has been an active parent since her days at Cobb Meadow School in Dublin. Jeni is a Waldorf graduate herself, having attended both Pine Hill Waldorf School and High Mowing School. She brings warmth, skill, and knowledge to her new position and we have found it a pleasure to work with her. Please stop in to welcome Jeni to her new position.

Lisa Mahar

Fall Afterschool Programs

We are pleased to offer a full schedule of afterschool programs for students this fall! These include:

Afterschool Eurythmy: Led by Ms. Ahn. Tuesday afternoons in the Assembly Room, 3:15-4:15. September 22 through November 24. Open to grades 5-8. The group will work with the Chinese story "Tiki Tiki Tembo."

MWS Jazz Band: Led by Mr. Elliot. Thursday afternoons, 3:00-4:15 in the Movement Room. Starts September 24, running through the year. Open to winds and brass players in grades 7-9. Come play some great jazz, swing and ragtime band music!

MWS String Band: Led by local musician and cello teacher Andrew Cunningham. Thursday afternoons, 3:15-4:15 in the Library. October 8 through December 3. Open to all students in grades 6-9. The group will be playing a mix of some old, some new, and some improvisational music!

Basketball Program: Open to grades 6-8. Practices and skill work will begin for the boys and girls teams on Wednesday, October 14. Games will begin in December. Stay tuned for more details as the season draws closer!

It is not too late to sign up for the Jazz Band, Eurythmy programs or Strings Group; if you would like to sign up, please pick up a sign-up/emergency contact form in the office and return it to Ms. Ahn's, Mr. Elliot's, or Ms. Wiener's box. Contact them with questions, and contact Mr. Schoen with questions about the basketball season. Please return the sign-up/emergency contact form for the String Band to Ms. Wiener's box.

Nell Wiener

Nursery-Kindergarten Open House Thursday, October 15

Do you know a family who might be happy at our Nursery-Kindergarten? We will host an Open House on Thursday morning October 15 from 9:00 to 11:00 am. Michelle Brooks will be on hand to take parents on a tour and to talk about our program. Children are welcome and will have an opportunity to play while their parents visit with us.

No registration is necessary for the Open House, just stop by. MWS has a rolling admissions policy and new applications are welcome at any time of the school year. Questions? Give me a call at 357-4442, extension 104.

Lisa Mahar

Pumpkinfest Planning Underway!

On October 17th MWS will be selling yummy popcorn with flavored toppings, a wonderfully delicious Indian sandwich called, "pau bhaji", and authentic chai (a big hit last Pumpkinfest!) along with water.

Our school's booth will be at the turn around across from Luca's -a fabulous location! The Parent Council Representatives of each class will need much support so feel free to ask them all the details on how you can help our school be a success at the Fest! We are asking for many volunteers. For example: set-up from 7-10 a.m. and then two hour shifts (or longer if you wish to stay), popcorn poppers and servers to (the less glamorous) garbage collector. The evening shift is from 6 - 10 p.m. and a closing shift 8-10 p.m. to end the night. We expect to be very, very busy! Go ahead and join the fun. You may simply sign up two ways: go to our Wiki site, mwsparentcouncil.intodit.com then, create your account to join or (for return guests) just log-in, select "Pumpkin Festival" then sign up for a shift by clicking on the "edit page" button below the Home button in the upper left. Select your desired shift. It is that easy!

Sign up early, space is limited! Don't have a computer, computer challenged or rather talk to a person? No problem! Jennifer Whitehead is ready to take your call at 620-3662. Thanks Jennifer!

Andrea Lowe

Attention All Knitters

If you can knit and purl, your skills can be put to good use on the MWS Crafts Fair raffle lap robe. Just call Margaret at 355-1371 or Carol Driscoll at 352-8721 for details. Soft yarn, appealing colors. You'll be keeping someone warm!

Carol Driscoll

Desperately Seeking . . .

The Crafts Fair Committee is small and needs help! We are looking for lovely volunteers in the upper grades to take leadership roles (planning and delegating) in the following: parking, children's crafts, and the brochure.

If you are interested or would like to nominate someone else (with their consent), please call—please—Carla Folkert at 352-1585.

The Crafts Fair Marches Toward Us!

The gnomes, dollies, and ornaments wait in their fleece, floss, and felt states to "become". Won't you please help that to happen? We were so busy during the summer trying to rescue our gardens from the slugs that we didn't get the moons and stars ready for the winter decorating.

This is a special invitation to all: please join us Friday mornings at Lori York's home (52 Probate Street; take Church Street down two blocks to Probate; Lori's home is the fenced/brick-colored house). We meet anytime after drop off until 11:30 am. Come even if you have only an hour. Come even if you "can't draw a straight line with a ruler." We have projects, instruction, and patience for all skill levels. Young children may accompany you. They will enjoy their time more if they have a toy, their own craft, and a snack. We have a lot of fun and create some wonderful things for our Fair.

Margaret Foxweldon

Accreditation Visit Coming Soon

We are preparing for an important next step in our application for dual accreditation of Monadnock Waldorf School through the Association of Waldorf Schools of North America (AWSNA) and from the New England Association of Schools and Colleges (NEASC).

We will host a committee of seven visitors from Sunday evening October 18 through early afternoon on Wednesday, October 21. This accreditation team, including both Waldorf teachers and teachers from other independent schools, will visit classes, interview parents, meet students, talk with Board members, examine our office functions, and tour our buildings and grounds.

They will assess the degree of congruence between what we say we do as outlined in our self-study and what we they observe through visiting our school community. After their visit they will make a recommendation about our accreditation to the accrediting bodies that they represent.

Remember that our self-study is available for your review by contacting Suzanne Ruse (357-4442 extension 101 or sruse@monadnockwaldorfschool.org).

Lisa Mahar

Community Service

All over New Hampshire food kitchens are experiencing an increase in the number of people needing help providing meals for themselves and their families. The Keene Community Kitchen is a crucial link between good food and the people who need it. For the past two years parents and teachers from our school have worked various shifts at The Kitchen and we will continue that this year.

Because the Sunday shift is now four hours, they will have our group pack food for the family boxes so we can continue with a two hour shift. This year children older than 10 may accompany a parent on a shift.

Our first date is: **Sunday, October 18th** between 9 am and 11 am. Please let Miss Marshall know if you can join us.

*Monica Marshall,
357-3285*

Ashuelot River High School News

The newly established Ashuelot River High School is benefiting from the administrative support of Kathleen Murphy. Kathleen is a long time member of our community. Her son Phil graduated in 2000 with Lesley Arnold's class and her daughter Noreen graduated in 2001 with Maggie Myers' class. Kathleen also worked with Mr. van Riel in the woodshop for the 2006-2007 school year.

Kathleen holds NH Principal Certification, Master's degrees in Education and Environmental Science from Antioch University, and a Bachelor's degree in Industrial Arts Education from Keene State College. Kathleen is a three time recipient of NH's Bureau of Adult Education mini-grant funds for curriculum development.

Her Master's Project developed into the creation of the first-in-the-nation Waldorf childcare center that serves as a teacher training facility for high school students located at ConVal High School, Pine Hill Child Care Center.

Slow Down

Each and every parking and driving guideline in our parent handbook is directed toward the safety of our children and toward good relations with our neighbors.

Recently a young mother from our neighborhood stopped at the elementary school to ask that drivers slow down going up Wilber Street. She said cars were traveling so fast that it was scary.

We know that mornings and afternoons can be busy times. You may be thinking about what you need to do next or you may be running late. Even so, we ask you to take the time to follow all driving and parking guidelines. Your thoughtful attention makes drop-off and pick-up safe for everyone.

Thank you, Lisa Mahar

School Store

Thanks to the incredible talent and hard work of Tracy Huntley the school store is open and ready for fall shopping. We have the crayons, pencils, beeswax and other assorted crafting items that you may be needing. The store is open when you need to shop so stop in and see how nice it looks. Thanks Tracy!

Carla Folkert

Cell Phones at School

While we understand that cell phones are an important part of staying connected in modern life, we respectfully ask that parents refrain from using their cell phones in school or in the yard at drop off or pick-up. In school conversations can be loud and outside conversations can distract parents from supervision of their children.

This policy extends to our students, as well. Please remind your cell-phone-enabled students that their phones are not to be used (or even out!) when they are on school grounds.

Thank you, Lisa Mahar

Receive the Weekly Notice in Your In-box

Please let Suzanne in our Main Office know if you would like to receive the *Weekly Notice* electronically. It will come directly to your inbox on Tuesday—no paper, no printing, no carrying home! We hope this might be more convenient for you and we know it is more cost-, time-, and resource-efficient for us! Reach Suzanne at sruse@monadnockwaldorfschool.org.

Lisa Mahar

Nursery-Kindergarten Wish List

- Love Seat or small couch for Sunflower Classroom
- Rain Pants (sizes 3 to 7)
- Fall or spring blooming perennial plants

Please contact Lynn Wetterhorn at the Kindergarten, 357-8663, if you can help us. Thank you!

Elm Trees For Sale by MWS 6th Grade

The 6th grade at MWS has 10 beautiful ELM TREES FOR SALE! We bought them in the 2nd grade, have looked over them with love and care, and are now ready to let them go. They are now 7-9 feet tall and ready to go into the ground! The cost is \$175 each.

For more information on these lovely trees, please visit www.landscapeelms.com.

Help support not only the Elm Research Institute for restoring Elm Trees to the American landscape, but the 6th grade with their first big fundraiser!

To see the trees and purchase them, please contact Stacey Masters at 603.352.9683 or Gretchen Carmel at 603.357.5803.

Pizza Day!

The 8th grade is selling slices of pizza for lunch on Wednesdays at the elementary school. Cheese \$1.50 a slice, Pepperoni \$1.75. Students order and pay in their own classroom in the morning and the eighth grade delivers the pizzas at lunch time.

Thank you from the 8th Grade

Adult Eurythmy

A course in Eurythmy for parents and friends will begin on Wednesday, September 16 at 8:20 am in the assembly room at the elementary school. It will run for 12 weeks and we will delve into many of the basics of Eurythmy with speech and music.

The cost of this class is \$50.00. Finances should however not prevent you from coming.

Mollie Amies, 603-520-9444

Hannaford Fund Raiser!

Once again Hannaford has started its easy school fundraiser. Simply buy three of the same brand item and get a checkout coupon that donates \$3-4 to our school. Only selected brands apply—more pamphlets in the elementary Main Office.

Carla Folkert's favorite choice is three cans of beans for 99 cents each—\$3 for the school! Place coupons in labeled pocket at the front of the store. Last year we raised over \$500 for our music program—let's beat that record!

*Sarah Ellsworth,
For the Parent Council*

Accreditation Inspiration

From time to time we will present introductions to the curriculum that were part of our self-study.

FESTIVALS

Festivals and assemblies nourish and support the soul-spiritual life of the Monadnock Waldorf School through marking the weekly and seasonal rhythms of the year. Festival celebrations encourage the school community to live with an ever-deepening consciousness of our relationship to the natural and spiritual year, as well as to each other.

Festive gatherings serve to open and close the school year, as well as marking the beginning of each week at the elementary school, and celebrating each season.

Faculty members organize festival assemblies and celebrations, with importance being placed on creating strong moods appropriate to the theme of the festival. Families and students are involved in a variety of ways, depending on the festival and the faculty decisions any given year.

Annual Festivals

These are the annual festivals at the elementary school:

- **The Flower Ceremony**—This assembly, celebrated on the first day of the new school year at the elementary school, is the school's welcome to the new first graders. The first grade teacher tells a story, and each first grader receives a bouquet of flowers from an eighth grader who will serve as a special buddy for the entire year. Both first and eighth grade parents are invited to attend this assembly.
- **Michaelmas**—This all-school festival is celebrated on the Saturday nearest to September 29. The celebration begins with a parade of students from grades one through eight and includes a lower grade play portraying the victory of St. Michael over the dragon, a silly faculty play, and games of strength and daring. Families bring picnic lunches and share apple cider and dessert. This festival is celebrated at the Nursery-Kindergarten campus.
- **Halloween**—This is now celebrated during the school day on October 31. Teachers and some older students prepare skits, tricks, and hunts for the students in the building.

- **Martinmas Lantern Walk**—This festival, for grades one through three with assistance from grade six, is celebrated on the Thursday evening nearest to November 11. The students walk in the darkness of the early evening by the light of their homemade lanterns and luminarios along a pathway. The sixth grade presents a play depicting St. Martin sharing his cloak with the beggar. This festival has sometimes been held in town and sometimes at the Early Childhood campus. Parents are invited to attend.

- **Thanksgiving Assembly**—Every Wednesday before Thanksgiving, the All American Lost Faculty Band returns to MWS to the delight of the students and the many alumni who journey to the school for this event. The band comes from strange places, in strange guises, but they always provide a joke and top-notch music, including the States Joke Song, the Teddy Bears' Picnic, and Turkey in the Straw.

- **Spiral Walk**—During this lovely festival, students in grades one through three walk to the center of a spiral of greens with an unlighted candle. In the center their candle is lighted and placed somewhere in the spiral as the children come back out again. This festival has been held both during the school day and in the evening in the darkened assembly hall. Parents are invited to attend.

- **Martin Luther King Day/Black History Month**—This has traditionally been taken on by the eighth grade in conjunction with their modern and American history studies. An assembly is often offered with songs, poems, and dramatic presentations on the themes of equality and Civil Rights.

- **Easter Monday**—This assembly is held on the morning of the Monday following Easter. The entire elementary school gathers to hear a story on the theme of "rebirth" and to listen to beautiful music while each first grader hangs a painted egg on a tree. Class teachers bring a flowering plant to decorate the hall in honor of the coming of spring.

- **Medieval Festival**—This evening celebration at a nearby church is a rite of passage for sixth graders, generally involving a history of community service, finding an adult to "speak for this youth's worth," and hearing a reading of the qualities that

one's classmates perceive. Parents and older siblings are invited. The balance to this very serious festival is the Medieval Games, held the following day.

- **May Day**—This all-school gathering takes place during the school day in mid-May at a nearby park. Each class either winds the May pole, plays music, or dances. Families are invited and generally enjoy a picnic lunch after the celebration.

- **Rose Ceremony**—This assembly, held the Friday before graduation, mirrors the Flower Ceremony held in the fall. This is the school's good-bye to the eighth grade. Each class presents a song, recitation, or some other offering to the eighth graders. After a story by one of the teachers, the eighth graders receive roses from the first graders. First and eighth grade parents are invited to attend this assembly.

- **Graduation**—The Saturday before school ends, the eighth grade graduates. This ceremony includes various performances of music and recitation by the eighth graders, as well as thank-you's to their teachers and parents. Families of the eighth grade are invited. The seventh grade hosts the reception.

Assemblies

Monday-morning assemblies, with a brief description of each class's studies, mark the beginning of the week.

Throughout the year, assemblies are held for the sharing of student work. These include French, eurythmy, circus, and music assemblies.

Class plays are also shared as appropriate (see section on drama). The teachers present the Shepherds' Play for the students in December. The Antioch teachers in training often present the Paradise Play as well.

Kindergarten-Nursery Festivals

The festivals and the seasonal year are the basis of the curriculum in the early childhood classrooms. The young children are always building toward, celebrating, or ebbing away from a festival. It could be said that rhythm, ritual, and repetition are the "three R's" of early childhood, and the festivals are a manifestation of all three. In addition, the festivals add a fourth R, reverence, and a W, wonder. The recurring activities that surround the creation and celebration of the festivals create a deep trust and security in the life of the young child, and, by involv-

ing families in these celebrations, the child is surrounded by the necessary experience that the world is good.

- Welcoming Day—The first day of each new school year includes the parents and children in a welcoming celebration, concluding with a shared potluck snack.

- Michaelmas—Celebrated the Friday after September 29, this day is primarily a “harvest festival” including pressing apple cider, polishing apples, and harvesting the garden. The festival concludes with a puppet show in which St. Michael defeats the dragon and gives each of the “star children” a golden cape, so that they might “do good on the earth and help all growing things.”

Parents spend the day with the children. Preparations include dyeing the children’s capes with marigolds.

- Lantern Walk—This evening festival on the Friday nearest to November 11 includes a walk with the families through the darkened woods with only luminarios and the children’s paper lanterns to provide light. In addition to making their lanterns, the children make many journeys to the woods to lay the luminarios along the path and for many days afterward, the children fetch the luminarios back from the woods and store them away for another year.

- Winter Garden—This evening festival is celebrated near the time of the winter solstice. Like the elementary students, the children walk to the center of a darkened evergreen spiral, light their candles, and carry their light back into the spiral, gradually lighting what was earlier darkened.

- Valentine’s Day—In the cold days of winter, the young children celebrate the warmth of friendship and love with simple, in-class parties. Many homemade valentines are carried home, and the making of valentines and valentine crafts occupies little hands and imaginations for weeks.

- Sugaring—When winter has gone on for a long time, the sap finally rises. The early childhood teachers and children tap the maple trees and carry buckets of sap for many days until at last, over several days, the sap is boiled down in a big black pot over an outdoor fire. Pancakes, waffles, and French toast follow. The syrup is used in the kindergarten porridge for a long time! Families often linger by the fire, hoping for a sip of maple tea or, better yet, sugar on snow.

- Search for Spring—The Monday after Easter, the day begins with a puppet show about how the Good Hare once left eggs to let the children know that now they could go to the woods to search for spring. Colored eggs await in our woods as well!

- May Day—Near the end of May, families gather on a Friday to make flower crowns, parade across the field with painted flags, and dance around the May poles, before sharing a snack of fruit and special cakes.

Strengths of the Festival Life at MWS

- The school has a strong rhythmical foundation of festival life.

- Students are accustomed to, and look forward to, the various events that mark the flow of the year.

- Students dress well for these gatherings and are able to rise to the mood of the celebrations.

- Families that begin in our Early Childhood Programs are given a good foundation to carry the life of the festival year into their homes.

- In the Early Childhood Programs, the emphasis has shifted over the years from the teachers “doing up something for the children” to the children being more engaged in all aspects—involving the children more and lightening the load for the teachers at the same time.

Challenges

- Faculty study in support of the festivals has fallen out of the work of the faculty in the last few years. Study activities are the inner architecture of festivals and are essential to the ongoing health of the school.

- Parent education/study around the festivals has been inconsistent.

- The work of the festivals can sometimes seem like an undue burden to some faculty members, perhaps outweighing the benefit.

- How can parents be more involved?

- Sometimes there seems to be too much work for teachers, students, and parents. Care is needed concerning the frequency and timing of festivals and assemblies.

- Care needs to be taken to distribute tasks fairly and equally among faculty.

- Having two campuses is a challenge. The younger children and their parents rarely see the older children as a model of where they are heading, and the older students and their parents miss out on the sweet aspect that the youngest children bring to these events.

- Are the festivals as we celebrate them universal enough in nature? Are they inclusive and multicultural? Feedback from the Parent Survey indicates that we have work to do here.

Compiled by Betsi McGuigan from a write-up from spring 2008 by Laura Radefeld, and notes taken at August 2008 faculty meetings.

Bulletin Board

I will deliver fresh, organic, raw milk from Flying Cloud Dairy on Thursdays at dismissal. \$4.50 for 1/2 gallon. Contact Carol Renzelman for more information at 835-6939. 09-29-09

Office for rent: large, sunny room on second floor of friendly building near Keene Public Library. Shared conference room, parking etc. Call Bob Bernstein at 209-2000. 09-29-09

Help needed to raise straw bale hall. We are excited to be building a straw bale hall for events and meditation. It is a joy to meet new friends and have different loving hands to raise the bales and put on the earth plaster. Please join us for a work day on Saturday, October 3rd. You are also welcome on other days as well. Call 357-8929. Thank you, Fern and Michael Ciborski (new parents at the school). 09-29-09

We have fresh hops. If interested, please call Carol or Peter at 835-6939. 09-29-09

House and pet sitter: Experienced with all sizes and many types of animals, excellent references, \$25/day. Kathleen Murphy at 358-9914. 09-29-09

Home wanted: Looking for 2 bedroom home in a quiet, peaceful setting for me and my two indoor cats. I am an herbalist, nature lover and creative person, and am quiet and considerate. I am looking for a peaceful sanctuary to rest and live in, with quiet neighbors and a caring landlord. I would like space for a small herb garden. I need a place that includes heat and hot water, snow/trash removal and yard maintenance. I need to be fairly close to groceries, a veterinarian, a library, and other things I may need, because I cannot drive long distances. Please call Catherine Torelli at 876-3887. 09-29-09

House for Sale: Right down the street from MWS at 190 S. Lincoln St. Wonderful front porch, 3/4 bedrooms, 1.5 baths, one car garage, lovely open living room and dining room with built-ins and fireplace.

Wood floors throughout. \$199,000. Contact Holly Gorsuch at BHG The Masiello Group for more information or a showing. hollygorsuch@masiello.com or 603-313-1224 cell. 09-01-09

House sitting opportunity in exchange for free room. We would like to offer a FREE furnished room in our home in exchange for sitting our house while we are out of town for approximately 3 weeks, beginning on or about Oct 8th. Arrangements can be made to continue living in our home at a reduced rate after we return, if desired. No animals, no smokers, please. Call Olga or Norbert Belanger at 358-3095. For the period of Sept 24th to Sept 29th only, call 209-1937 for details.

For sale: ladder back chairs with rush seats. six side and two captain's (with arms). \$25 per chair, please. Please call Susan Rueter at 355-1156. (a photo is on Craigs List under "chairs" if you'd like to see them.) 09-22-09

Free. 3 handsome bantam roosters need a new home. Please call Paul or Cindy Wood at 352-1086. 09-22-09

Need some help with childcare? Former Kindergarten Assistant is available to help at a reasonable cost. Please call Cathy Hall at 352-4947. 09-22-09

Lawn Care and Fall Clean Up: Professional lawn care and landscape specialist is available for fall clean up, mowing, yard maintenance, and landscaping projects. Leaves are already beginning to fall so don't wait too long to arrange your fall clean up. Also available during the winter months is snowplowing for driveways and other areas as requested. They are an established Keene landscaping company and have done an extensive amount of work for me over the last four years therefore the recommendation. Please contact Daryl at 738-1034 or email at dstutes1@yahoo.com with any questions or to coordinate contact with the lawn care company. 09-22-09

Part-time child care available. Graduate of Sophia's Hearth professional training course and Waldorf mom (Lillia -

Sunflower Class) currently providing care for a two-year old in Surry. Looking for a toddler-aged child who could join us on a part-time basis. Gentle, respectful care giving, plus outdoor play, arts & crafts, baking, and stories. Please call Kelli Copeland at 603-352-6998 (M-F daytime hours) or 603-313-9781 (evenings & weekends), or email kellcopeland@gmail.com. 09-22-09

Rental in Nelson. Charming, two bedroom furnished cottage with access to beautiful Nubanusit Lake. Views, fireplace, grand piano, washer/dryer, dishwasher, woodstove. No smoking/pets. \$1200/month plus utilities includes snow plow and trash removal. Lawn care. Sec. dep. Please call 827-3198, Libby deMartelly (friend of Johanna Hanft). 09-22-09

For sale: Dirt Dawg Mountain Scooter for ages 8-12, rugged construction, suspension shocks in front fork, knobby tires, skateboard type platform, handbrakes, kickstand, electric blue color, pictures can be seen at www.diggler.com, \$65 (new \$199). Please call Preman or Glenn Koshar at 352-2207 if interested. 09-15-09

For sale: Instep Bicycle Trailer-lightweight aluminum construction, folds flat, holds up to 100 lbs., attachments for both Mom and Dad's bikes, easy to install, includes owner's manual, lightly used \$65. If interested, please call Preman or Glenn Koshar at 352-2207. 09-15-09

Looking to borrow a backpack for the fourth grade hiking trip. If you have one to loan, please contact Kerry Ulrich or Sandy Hunt at 357-4459. 09-15-09

Art, reading, games, fun. Responsible, caring, reliable Waldorf alum available for child care and housekeeping. NH licensed LNA, CPR certified, excellent references. Please call Megan Walker at 355-4323. 09-15-09

For sale: beautiful, 30 string, hand-crafted Rose Lyre in very good condition. Played in elementary school. Includes case, tube humidifier, silk cloth, and tuning wrench. Needs tuning. \$600; sells for \$2100 new. Please call Narissa

Lumbra (MWS Alum) at 603-410-7052. 09-15-09

One bedroom with loft in Spofford. \$1200 per month plus utilities. No smoking and no pets. October-May. Easy walk to Spofford Lake. *Contact Holly Gorsuch at BHG The Masiello Group at 603-313-1224 or hollygorsuch@masiello.com. 09-15-09*

Wanted for the High School: fridge, electric stove, kitchen items like plates, bowls, glasses, cups, cutlery, cloth napkins, towels, mitts, toolbox and tools - screwdrivers, hammers, etc., tension rod 30" minimum length cream or off-white preferred, vases, cloth remnants at least 24" square in solid colors. *Please call Kathleen Murphy at 358-9914. 09-15-09*

Cheese—organic, grass-fed. Cheddar, garlic cheddar, jack, pepper jack, Colby, and Swiss can be ordered. It is \$5.50/pound plus shipping. You need to order the full 5# block or arrange to split it with a friend or two. *Call me if you want some cheese in this order, Margaret Foxweldon at 355-1371. 09-09-09*

Flute Lessons at my home in Keene have begun for the fall semester. Half and full hour sessions available. *Contact Carmen Buckley Reynolds at 355-2011. 09-09-09*

Horseback riding lessons. I am an MWS graduate (Class of 2001) and sister of Maysie Ballantine (Grade 7). I am home for a few months and would like to offer hunt seat riding lessons to horse loving beginners! I have been riding since I was 10 years old. I was lucky to have careful, personal instruction when I was young and I would be excited to help new riders get a good start. My horse is a 12 year old Morgan mare, but is coming off an injury and is limited to walking and trotting for now. Lessons would be best suited to beginners interested in learning horse care as well as riding. \$30/hour private; \$20/hour for semi-private (no more than two students per lesson). *If interested, please call Charlotte Ballantine at 499-1201 (cell) or 835-2392 (home). 09-09-09*

Looking for interested person or persons who are willing to coordinate this year's ski/snowboard program. Sea-

son begins sooner than you think, so call soon! *Liza Dupuis at 357-1360. 09-09-09*

Indian Foodies: Homemade, authentic, vegetarian Indian food is available on Thursdays again. Feel free to contact me for more information about joining the weekly list, ordering food sporadically, or catering for full Indian meals, appetizers, etc. for special events, groups or parties: meenaneva@gmail.com or 352-8327. *Thanks. Meena. 09-01-09*

A well maintained home is cozy, comfortable and inviting. **For carpentry, renovation, painting and landscape work,** call Markus Wetterhorn at 363-8268 or 313-1748. *August 2009*

Babysitting or parent-helper services offered by MWS 8th grade student. Red Cross Babysitting Course completed April 2009, including first aid certification. Available weekends and most evenings during the school year. *Contact Will Henry at 355-8132. August 2009*

Celebrate, nurture and heal through the written word. I will create a deeply meaningful written expression for your loved one in failing health, newborn baby, bridal party member, parent, child, spouse, friend. Also offering memoir editing, life stories, sympathy cards, thank you notes. *Contact Carol at 603-835-6939 or bymypen@gmail.com. 5-27-09*

Community Events

Core Strength Yoga Class at The Yoga Space

A slow and gentle vinyasa flow yoga class with an emphasis on core strengthening. "Vinyasa" means movement and breath together. Learn to move from the core incorporating breath control, abdominal exercises, yoga postures, meditation and deep relaxation. Suitable for all levels of experience. Instructed by Gretchen Carmel. Mondays and Thursdays at 9:30am and Wednesdays at 4pm. *For more information, call The Yoga Space at 603.352.2686 or email theyogospace@gmail.com.*

How To Know If Your Children Are On Drugs . . . And What You Can Do To Help Them

Free Lecture at Keene Public Library in Auditorium 1 downstairs, 7:00 PM, Tuesday, September 29th

Presented by the Foundation for Wellness Professionals with guest speaker Dr. Rich Gorsuch from the Cheshire Wellness Center in Keene.

Food Preservation Workshop in October

This Food Preservation Workshop will be the basics of freezing and drying, canning (we will probably can some tomatoes), and making lacto-fermented vegetables (we will put together some sauerkraut). We will have a look at the root cellar and explore other options for food storage spaces. *Please call Erin Bickford at 603-445-2157 if you have an interest.*

Fall Fun on the Farm

Each Saturday in October, 11 AM - 2 PM

Experience Stonewall Farm at its most beautiful! Horse-drawn hayrides to the pumpkin patch, pumpkins for purchase, fall treats and Stonewall Farm products will all be available, in addition to barnyard tours and other activities. \$4/person, \$2/6 and under. \$1/lb for pumpkins. *For information call Stonewall Farm at (603) 357-7278.*

The Yoga Space—Namadeva Acharya (Thomas Ashley-Farrand, E-RYT)

Sanskrit Mantra Expert, Spiritual teacher and Vedic Priest, www.sanskritmantra.com

1,000 Names of Lakshmi Puja (Vedic Spiritual Ceremony) on Friday, October 2 at 7:30 pm. Fee: \$27.

Lakshmi, Shakti of Success, Abundance, Royalty & Realization—a 2 day Mantra Workshop on Saturday, October 3 from 11 am to 6 pm and on Sunday, October 4 from 9 am to 5 pm. Fee: \$226, includes Friday night Lakshmi Puja.

Registration required. *Please call Gretchen Carmel at 352-2686, theyogospace@gmail.com.*

Mindfulness Meditation Practice

You are welcome to join our monthly Mindfulness Day on October 4th, 10 am to 4 pm. The day will include guided practices of sitting meditation, walking meditation, eating in mindfulness, discussion, singing and teachings. It will be a day to gently return to ourselves, to be refreshed and strengthened inwardly. Fern and Michael Ciborski have trained for 15 years in mindfulness meditation, practicing both within Buddhism and Anthroposophy. *Call 357-2011 for more information, Fern Ciborski-Dorresteyn.*

Stone Church Arts presents *House Blend*—A capella music from all over

7:30 pm on Saturday, October 10 at the Immanuel Episcopal Church, 20 Church Street, Bellows Falls, VT

Concert tickets are \$15 (in advance), \$18 (at the door), \$10 in advance, \$12 at the door for seniors, students and children under 12)

For information, call Stone Church Arts at 802-463-3100 or visit www.immanuelepiscopal.org.

Toddler Fest at Rise . . . For baby and family

Saturday, October 10, 2009 from 10 am to 2:00 pm, rain or shine, 147 Washington Street, Keene

A free, fun-filled family event with face painting, treasure hunt, music, snacks, petting farm, children's games, story telling and tour the building. *For more information, please call 357-1395.*

Planned Parenthood of Northern New England's Education and Training Department Invites You To Become a PPNNE Page Turner

Each season Planned Parenthood will select a book and invite community members to read the selection and then join for a thought-provoking discussion about the book and its themes, its applications, and its relevance to our lives. The premier selection is Stacy Malkan's award-winning book *Not Just a Pretty Face: The Ugly Side of the Beauty Industry*. This eye-opening book chronicles the discovery of toxic chemicals in cosmetic and personal care products, explains how the Campaign for Safe Cosmetics was founded and discusses efforts to clean up the U.S. cosmetics industry and company responses—both good and bad. The first Keene book club gathering will take place on Thursday, November 12 from 6:30 to 8:30 pm. If you would like to participate, please contact katherin@ppnne.org for more details.

School Fundraisers

Eighth Grade Bread and Cookie Order Form

Name: _____ Grade: _____

Orders due: Thursday, October 1, 2009

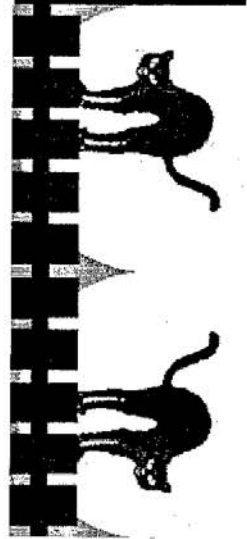
Pick-up date: Thursday, October 8, 2009



<u>Quantity</u>	<u>Description</u>	<u>Price</u>	<u>Total Price</u>
	Small FRENCH	\$4.25	
	Loaf Pan FRENCH	\$4.75	
	Sesame Batard FRENCH	\$4.25	
	4 SEED SUNNY FLAX	\$4.50	
	Large COUNTRY ROUND	\$4.75	
	WHOLE WHEAT	\$4.75	
	OLIVE ROSEMARY	\$4.75	
	Special: Honey Multi Grain	\$4.75	
	Wheat-Free: Currant Rye	\$4.75	
	Cookie: Chocolate Dipped Almond Shortbd.	\$1.50	
	Cranberry Orange Oat	\$1.50	
		TOTAL \$	_____

*Please turn order in to the Main Office
at the elementary school.
Please make checks payable to
MWS Class of 2010.*

October 2009



Sun Mon Tue Wed Thu Fri Sat

4	5 3rd Grade Apple picking	6	7 Hike Day Parent Council Meeting 6-4:5 pm	8 Parent Council Clothing Exchange	9 Nursery-Kindergarten Michaelmas 10 am to Noon	10 Elementary Michaelmas At Nursery-Kindergarten 10 am Shuttle starts at 8:45 am
11	12 NO SCHOOL	13	14 3rd Grade Kroka Study Group	15 Nursery-Kindergarten Open House, 9 to 11 5th Grade Parent Evening, 7 pm	16	17 Pumpkinfest
18	19 8th Grade Parent Evening, 7 pm 1st Grade Parent Evening	20	21 Board Meeting 6:45 pm	22	23	24 Ashuelot River High School Open House Grade 3 Family Picnic
25	26 7th Grade Parent Evening, 7 pm	27	28 NO SCHOOL Teachers' Visiting Day	29	30 Halloween Grades 1-4	31 