



# Weekly Notice

January 26,  
2010

Issue 21

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL



## Nursery Kindergarten Open House

Join us this Saturday morning, January 30 from 9:00 am to 11:00 am  
at 424 Old Walpole Road in Keene

Drop in any time. Children always welcome. Discover excellence in early childhood education. Are you curious about our programs for young children? Have you always wanted to visit our beautiful building and grounds? Have you wondered what makes Waldorf early childhood education uniquely suited to your young child's growing needs? Come meet our specially-trained teachers, tour our beautifully cared-for facilities, and learn about both our expanded hours of operation and our flexible fees. Just one visit to our program will show you the Waldorf difference. We'll have activities for the children and we look forward to welcoming you. Information: 357-4442.

**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.

## Creative Writing and the Ninth Grader

With high school teacher Patrice Pinette  
Wednesday evening, January 27 at 7:00 pm  
At Ashuelot River High School, 146 School Street in Keene

**For parents and students**

High School English can be a centerpiece for exploring life's greatest themes, challenges and triumphs. Ninth grade *Creation Myths* tells stories of primal beginnings, how darkness moves to light and chaos to order. *Comedy and Tragedy* explores the interplay of sorrow and joy, shedding light on the path to becoming our true selves. Join us to learn more.

Experienced high school teacher Patrice Pinette studied Waldorf education at Emerson College over thirty years ago and has been teaching writing and eurythmy ever since. A published author herself, she brings the rigorous Waldorf writing curriculum to life.

## Soup Day

This week's soup will be chicken and rice and a vegetarian alternative. As always it will be served with a slice of whole grain bread and butter.

The cost is \$3.50. Children can sign up on Friday morning outside their classrooms. Your child will receive a LARGE portion of soup and a slice of bread with butter. We are using organic ingredients whenever possible. Any questions on ingredients or suggestions for soup, please call Carla Folkert at 352-1585. Bon appétit!

*The Soup Ladies*

## Introduction to First Grade

*Calling All Parents with a First Grader for Next Year*

Please join Maggie Myers and Lisa Mahar for an introduction to first grade on Friday morning, January 29 at 9:00 am in the library at the elementary school. This morning is especially appropriate for parents with a rising first grader but is open to any parent who would like to learn more about the transition from kindergarten to the grades.

Mrs. Myers, our current first grade teacher, will offer thoughts about your child's developmental transition from the first seven years of life to the second seven years. We will look at the first grade curriculum and at the academic areas of math, science, language arts, and reading. We will talk about the emotional and social development of the first grader. We'll cover a typical school day and all the important steps between January and the first day of school! Refreshments will be served and there will be plenty of time for your questions.

Marie Burns and Lynn Wetterhorn are happy to have your child for the morning even if he or she doesn't typically attend on Fridays. (Of course, there will be no extra charge for the morning.)

Please call Suzanne or Jeni (357-4442) in the Main Office to let us know you plan to attend. And please feel free to bring a friend!

*Lisa Mahar*

## Bad Weather Delay

Now that we have had our first bad weather delay of the school year I want to check in to make sure our communication plan worked effectively for your family. Did you get your call in a timely way? Did you find the delay information when and where you needed it? Any feedback is most welcome. Call me at 357-4442 or e-mail at [lmahar@monadnockwaldorfschool.org](mailto:lmahar@monadnockwaldorfschool.org).

*Lisa Mahar*

## Morning Tour at the Elementary School

Wednesday morning, February 10 at 8:15 am  
*In the library at the elementary school*

Learn why families have moved across the country to attend Monadnock Waldorf School! There is no better way to be introduced to the elementary program than to visit classes in session. You will sit in on grades two, four, six, and eight and observe both children and teachers as they move through the morning Main Lesson. We'll tour the building, have a question and answer session, and enjoy refreshments.

The tour is great for parents who want to see their children's classes, for grandparents and special friends, for teachers who are curious about Waldorf education, or for anyone who wants to know more about the elementary program at Mondanock Waldorf School.

Registration is requested so please give a call to Suzanne or Jeni in the Main Office (357-4442) or drop an e-mail note to [rsuse@monadnockwaldorfschool.org](mailto:rsuse@monadnockwaldorfschool.org) to let us know you are coming.

*Lisa Mahar*



## What Melts in Your Mouth and Melts the Hearts of Those You Love?

Delicious fudge made by Grade Six, of course! Order now for pick-up on Friday, February 12: Five heart-shaped pieces of melt-in-your-mouth fudge, beautifully packaged in a red or white box made of Lotka paper from the Himalayas (Lotka is a self-regenerating shrub that grows abundantly at high altitudes; the centuries-old process of creating Lotka paper provides an environmentally sustainable economic enterprise for small villages in the region). Cost is \$6.00/one box or two boxes for \$10. Pick up your order forms in the Main Office.

*The 6th Grade*

## Rüdiger Ruckmann Joins Partner City Committee

MWS Development Leader Rüdiger Ruckmann has been confirmed by the Keene City Council as a new member of the Partner City Committee. The group promotes educational, cultural, athletic, business, and intergovernmental cooperation between Keene and Einbeck, Germany.

### New! School Calendar and Public Events are Online!

Look in the "school news" section of the MWS website for "calendar."

## Calendar of Events

### January 27

*Elementary Morning Tour, 8:15 am*

### January 27

*Creative Writing and the Ninth Grader with high school teacher Patrice Pinette, 7 pm  
Ashuelot River High School*

### January 29

*Introduction to First Grade, 9 am*

### January 30

*Nursery-Kindergarten Open House 9 to 11 am*

### February 4

*Meeting World History in the High School with John Anderson 7 pm at Ashuelot River High School*

## Free Tickets to Keene Chamber Orchestra

Our friends in the Keene Chamber Orchestra and conductor Eric Stumacher will make complimentary tickets available to the upcoming concert for Monadnock Waldorf School families.

The concert is scheduled for Sunday, February 7, 2010, at 4:00 pm at the Colonial Theatre on Main Street in Keene. The program features Dvorak's energetic and good-natured Slavonic Dance, Op. 72 #2, Mozart's sublime Piano Concerto in A, K. 488, with Stumacher as piano soloist, and Brahms' epic and shimmering Symphony No. 4.

To reserve your tickets, please call Suzanne or Jeni in our Main Office at 357-4442 and ask them to add your name and the number of tickets you would like to the list. On concert day, simply call for your tickets at the box office.

We remain grateful for this generous gift from the Keene Chamber Orchestra. Enjoy the performance!

*Lisa Mahar*

## A Concert to Benefit Ashuelot River High School

Sunday, January 31 at 3:00 pm

Monadnock Waldorf School Assembly Room

The Tonis Trio *directed by Sarah Cantor*

Recorder Music of the Renaissance, Medieval, and Baroque

*Tickets: \$10 for adults, \$5 for children, and \$15 for a family*



## Reenrollment Packets Are On The Way

We will be mailing your reenrollment packet at the end of the week. In it you will find a message about tuition and fees, a description of how your timely response to reenrollment supports our planning efforts for next school year, information about picking up financial aid forms, and a brief description of how you can help support our full enrollment effort. You will be asked to choose a payment plan and to send in your deposit for the new school year. Thank you for keeping an eye out for these important materials and for your prompt action.

*Lisa Mahar*

P.S. Remember to get an early start on your taxes if you plan to apply for financial aid.

## Double Your Gift to the Annual Fund!

A most generous donor has stepped forth to help us meet our Annual Fund goal of \$100,000. Donations will be matched one-to-one for every dollar given up to \$10,000! A donation of \$40 pays a day's tuition for one of our students. Thanks to this challenge grant, that gift would now be \$80.

The Annual Fund is the critical difference for making up costs not covered by tuition revenue. It is the foundation of our philanthropic program at Monadnock Waldorf School. Your gift of any size helps all our wonderful students. Please consider making your first or even second contribution this year to the Annual Fund. Envelopes are available in the main office or can be sent to you by me. Thank you for all your support.

*Rüdiger Ruckmann,  
Development Leader  
rruckmann@  
monadnockwaldorfschool.org  
357.4442, Ext. 105  
903.0596 (home)*

## Elm Trees For Sale by MWS 6th Grade

The 6th grade at MWS has 6 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 can be bought now and put into the ground later. The cost is \$150 each. You will love them!

For more information on these lovely trees, please visit [www.landscapeelms.com](http://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.

## Alumni News

Marta Stockwell (MWS 02) has been named to the Dean's List for the fall semester at Alfred University in Alfred, NY. Marta is a senior in the School of Art and Design. Congratulations!

*Lisa Mahar*

## Nursery- Kindergarten Wish List

- 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!

## Torin Finser

What Now?

Developing Thoughtful Children in a Thoughtless Era  
Wednesday, February 10 at 7 pm  
\$5 donation

iPods. Email. Cell Phones. Adults venting at every turn. Today's children grow up faster than ever, and the world around them seems filled with rudeness, rage, and materialism. How do the principles of Waldorf education meet the challenges of contemporary society, educating today's students to become tomorrow's leaders?

*Torin Finser, Ph.D. is the chair of the Education Department at Antioch University New England and has been an educator for three decades. His book School as a Journey is recommended reading for Waldorf parents.*

## Community Service

All over New Hampshire food kitchens are experiencing an increase in the number of people needing help with 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 next date is: **February 21** between 9 am and Noon. Please let Miss Marshall know if you can join us.

*Monica Marshall, 357-3285*

## *Basketball News*

Our basketball teams are rolling into the playoffs in great form. The boys have lost two well played games against impressive teams from St. Joseph and Winchester Junior High. They have won all the rest! Unfortunately, Emmett, our 8th Grade center, broke his wrist two weeks ago in the first 20 seconds of a game. He is still working out and traveling with the team.

The girls, after losing a season opener to Pine Hill, have won every game since then and look unstoppable! Their intensity, teamwork and camaraderie are fun to watch.

Kudos to coaches Roe-Anne Tasoulas, Stephen Powers, Bob Bernstein and John Dougherty and Steven Poole.

The girls' playoffs occur over the first weekend in February and the boys' playoffs are still in the scheduling process.

### **Upcoming games:**

- Tuesday, January 26—boys away at St. Patricks at 6 pm
- Saturday, January 30—boys at Spofford vs. Pine Hill at 10 am
- Sunday, January 31—girls away at Dublin School vs. Mt. Shadows at 2 pm

## *Parent Council Pot Luck and Talent Show Thanks*

What a fun evening we had on Saturday at the Parent Council Pot Luck and Talent Show! Over sixty people attended and there were parents, children, alumni, and friends of all ages.

After a satisfying pot luck meal, Lindsay Bartlett (parent of Kerensa in grade eight and Linnea MWS class of 2007) took the stage in our assembly room to host the talent show with her customary warmth, humor, and appreciation. Acts included music and singing from current students, parents, and alumni. Each offering received enthusiastic applause from an appreciative audience.

Thanks to our hosts, the Parent Council, to Lindsay for emceeing, to our talented and courageous performers, and to those kind folks who stayed to make the clean-up so easy. The Parent Council Pot Luck and Talent Show sure is a fun-filled antidote to winter cabin fever!

*Lisa Mahar*

## *Accreditation Inspiration*

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

### **Remedial Programs**

MWS is committed to meeting the needs of each student. This commitment has led to the development and implementation of programs (remedial/therapeutic/curative) that are offered at age-appropriate times during a student's elementary schooling. One area that is not currently being offered, but has been discussed as an important area of support, is painting therapy.

It is also our goal to recognize students who have needs beyond our expertise and to advise parents accordingly, so that they may find the most appropriate placement for their child. A fee of \$20 per session is asked, but payment on a sliding scale is available.

### **Academic Tutoring (Grace Bolton and Kristin Hicks)**

The Monadnock Waldorf School tutoring program is tailored to meet the needs of the students in grades four through eight who are referred by a teacher or parent to the Pedagogical Committee for remediation and support. (During the 2007–2008 school year, two tutors provided thirty-four periods of assistance weekly in reading, spelling, writing, and mathematics for twenty-two students.) The majority of students are scheduled for tutoring two sessions per week, with some scheduled for as many as four sessions per week. Parents are asked to pay on a sliding scale (\$5.00 being the minimum contribution per session).

Careful assessments are performed by the tutors to determine needed instruction. The tutors offer instruction and strategies to remedy and reinforce areas of weakness in reading fluency and comprehension, phonics, spelling, writing, math, and organizational skills, as well as providing in-school support for the daily main lesson bookwork.

The tutoring program makes an effort to include parents in the process. Often parents meet with tutors to review assessments and goals for tutoring. All parents are encouraged to attend small reading/math workshops.

After a referral is made by the class teacher to the Pedagogical Committee, a student will be assessed by one of the tutors. A follow-up meeting is scheduled by the tutor to report assessment information, create instructional goals, and share ideas of how tutoring and classroom work can mesh. Tutors also meet regularly with class teachers for updates and to evaluate the student's progress in the

tutoring session, as well as in the classroom. Students themselves frequently indicate that with tutoring, work is easier and things are going better.

*Kristin Hicks, Tutor  
Grace Bolton, Tutor  
Maggie Myers, Class Teacher*

### **Remedial Movement Curriculum**

Hygienic movement remedial services are available for the students at MWS. In the grades, this usually involves twenty- or thirty-minute slots, twice a week for six-week blocks. There may be multiple blocks. Children are seen individually, in pairs, or possibly in small groups. The younger students are often initially seen in pairs so they don't become overly self-conscious. Children are referred by their class teacher, and the referral is processed by the Pedagogical Committee. Parents pay on a sliding scale, as scholarships are available.

The remedial services include the following areas:

- Primitive reflexes that have not been properly integrated for age level
- Disturbances in the lower senses of touch, life, balance, and self-movement
- Lack of harmony and balance with regard to the point and the periphery and the three planes of space (for example, imbalance in the front/back plane as manifested by impulsivity, or imbalance in the up/down plane as manifested by emotional outbursts)
- Disturbances with the gestures of the threefold man. Optimally, these are a still, quiet head, raying out limbs, and a relaxed thorax, where the two gestures of the head and the limbs are rhythmically integrated. Sometimes there is confusion with these gestures. For example, a head that incorrectly has the gesture of the limbs is often seen in ADHD.
- Poor posture
- Difficulty crossing the horizontal or vertical midlines, or both
- Mixed or incomplete dominance
- Difficulties with personal space and boundaries
- Difficulty with rhythm
- Poor handwriting

Yearly consultation services to the Nursery-Kindergarten classes are provided. The teacher usually relays the suggestions to the parents; however, the therapist sometimes has follow-up conversations with parents. Additional follow-up visits to the teachers, their assistants, and the aftercare teachers are sometimes necessary.

Classroom observations of a student or the entire class are also offered in the elementary school.

*Peter Schoen  
Jane Swain*

### **Therapeutic Music**

During the 2008–2009 school year, music therapy was offered for a six-week block to students from grades one through eight (and adults in the community). Approximately seven students were referred by their class teacher to meet twice a week with Ms. Paquin. Students interacted with a variety of instruments or sang in order to “harmonize the individuality in the child.”

Ms. Paquin offered her services to the school as part of a student teaching experience for her music program; thus there was no fee for her services. This music experience was well received by the faculty, and the College expressed interest in inviting Ms. Paquin to return during the 2009–2010 school year for another six-week block. If music therapy were to continue, students would be expected to pay on a sliding scale per session.

*Maggie Myers, Class Teacher*

# Bulletin Board

**Two items found:** I have two items that were left behind at the Spofford gym after the boys basketball game on Saturday, January 23rd. The first is a dark brown ribbed sweater, hooded, zip-up type. The tag says : Gazy Tees XL. It was located on the top row of bleachers just to the left of where I was seated (about in the middle). The second item is a pair of girls New Balance sneakers, white with pink and gray trim, mostly pink interior, and size 9. These were sitting at the far right end of the bleachers (the end nearest the bathrooms) and on a bench about half way up the bleachers. *If either of these items is yours, please call Daryl Stutes at 738-1034. 1-27-10*

**Unfurnished apartment for rent.** Beautiful, recently renovated first floor apartment. Large, 3 bedrooms with hardwood floors throughout. Washer/Dryer hook up. HEAT INCLUDED! Conveniently located to downtown, hospital, schools. Two porches. Off-street parking. Trash pickup. Snow removal and lawn care. Plenty of storage space. Rent \$1225. Court Street area. Cats are OK - purr; dogs are OK - woof. Location: Court Street Keene, NH. *Please call Nancy Wood at 363-4668. 1-27-10*

**Automotive Repairs:** We have a current Waldorf parent who owns an automotive repair shop on Route 12 just south of the Cheshire Fairgrounds. The name of the shop is Erik's Import Auto-works (address 209 Monadnock Hwy., East Swanzey, phone number 903-0650). His name is Erik Bergquist. He and his wife Marguerite are the parents of 4th grader Cedar Gadbois. Erik specializes in European imports. A few other Waldorf parents have already discovered Erik's shop. He would appreciate any additional business we can refer his way. I am passing this along because his work has been excellent. *Daryl Stutes (parent of 5th and 7th graders) 1-27-10*

**Free** - Melissa and Doug child sized wooden art easel. Has a blackboard, whiteboard, and paper roll. *Please contact Kerry Ulrich or Sandy Hunt at 357-4459. 01-20-10*

**International Association for Steiner/Waldorf Early Childhood Education Fundraising Appeal.** IASWECE was founded 40 years ago. Its task has been the realization of educational goals committed to the deepening and renewal of Waldorf education through teacher education, research, and international collaboration. To become a member of this association or to send a gift of support, please contact WECAN, 285 Hungry Hollow Road, Spring Valley, NY 10977. *For more information, please visit www.iaswece.org. There is also more information in the Main Office at the elementary school. 01-20-10*

**I am looking for a snow blower and a chain saw** so that I can use the engines from them for projects. Do not have to be in working order at all. *Please call Morgan Elliot at 358-1064. Thanks. 01-20-10*

**"Mother's Helper" service.** My name is Olivia Truttling, (former Waldorf student) and I am available to play with your child 1 to 2 hours a day, (creating time for you to catch up on important tasks in your home). My hours of availability are Mondays, Thursdays & Fridays, 11:15-6:00. My fee is \$5.00/hr. I can provide my own transportation free-of-charge within 3 miles of the Waldorf School. (For any distances greater than 3 miles, there will be a small additional fee to cover my mom's gas expense). Let me help you get it all done! *Please contact me at 357-3323. 1-20-10*

**Is anyone heading to Nashua for the "Fourfold Path" conference with Sally Fallon on Friday January 29th?** If you are and you'd be willing to take a load of bread which I'm donating for the meals, I would love to work something out. (about 4 shopping bags of bread is all the space needed) Please let me know soon so that I can get this arranged before the last minute. *Thank you. Noah Elbers at 835-7845. 1-27-10*

**Available nanny/sitter.** I am a 26 year old Keene resident. An experienced child-care giver, I have worked with special needs children and multiples. I don't smoke, have my own car and am willing to do light housework. I have local refer-

ences and previous employment references available on request. *I can be reached by phone 720-891-2329 or e-mail Wamplsae@mac.com, Sarah Wampler. 1-20-10*

**Unfurnished apartment to rent sought** by older couple (Waldorf teachers) within short walk of downtown Keene. Prefer two bedrooms but would take one bedroom if short term. *Please call Sandra Braden at 545-1511. 01-12-10*

**May 1<sup>st</sup> - Our family is looking for a home or apartment to rent in Keene.** Ideally, we are seeking for a two bedroom space with storage nooks and crannies. We would prefer a small yard for our toddler and mild-mannered dog to play. We make music, dance, paint and love to garden. Our budget is around \$800 but we can go higher if some utilities are included. We are happy to provide references for ourselves and our dog. *Please contact Stephanie Ritchie Logan at ritchie.stephanie@gmail.com. 01-12-10*

**Woolens 30% off!** Huge savings off this year's wool. Think ahead and order up a size for next year. Price sheet and order forms located in the Main Office of the elementary school. All orders need to be prepaid and will be ordered on Fridays. Woolens to be delivered to the elementary school for pick-up. *Tobi Boudreau at The Woollybear, 13 Roxbury Street, Keene, NH. 01-12-10*

**Television to give away.** Medium-sized television in reasonably good shape, GE and about 10 years old, free for the taking. *Please call Rüdiger Ruckmann, 903.0596, or 357.4442, ext. 105 to set up a pick-up time. I live on Dover Street near MWS. 01-12-10*

**Do you wonder where all that home heating oil is going?** I can help you assess your home and make recommendations for reducing your heating bills. *Contact Philip Henry at 355-4441, or eaudits@gmail.com. 1-12-10*

**House share:** Bedroom and separate full bath and entrance. Shared kitchen, washer and dryer. Everything included \$400/month or \$100/week. 50+ year old

professional and teenage son in lovely country hillside setting, 12 minutes from Keene. Call Thia Zakrzewski at 603-289-9138 evenings. 1-12-10

**Two-family home for sale:** Two 3-bedroom apartments in well cared for home within walking distance to MWS, downtown and Robin Hood Park. Each apartment has replacement windows, newer bath, its own washer & dryer, decorative fireplace and separate heat controls. House has fenced yard, new porch, all roofs recently redone, rear deck, tree swing, sandbox and storage. Strong rental history—an excellent owner occupied or investment property. Now is a great time to capitalize on government incentives and low interest rates, along with rental income to offset the mortgage costs. \$239,000. Call Sharon or Glenn Koshar for more information or a viewing 352-2207. 01-05-10

My name is Kerensa Bartlett and I am an enthusiastic, MWS 8th grader who is **looking for work as a babysitter.** Whether you need a simple outing, a weekly sitter, or just a night out, I'm your girl. I love being around children and have lots of experience from my 7 year old brother and his friends. *If you are interested, please give me a call on my home phone at 358-5057 or my cell phone at 762-5822. References available.* 12-01-09

**House for sale.** Lovely home on 12.63 acres in Keene. 4 bedrooms, 3 baths, large screened-in porch, open kitchen/dining, wood floors, wood stove & 2 fireplaces. 1st floor bedroom, bath & laundry. Large master bedroom suite, \$359,000. Contact Susan or Bill Hay at 357-0372. 12-14-09

**House for sale, new price.** 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. \$189,900. Contact Holly

Gorsuch at BHG The Masiello Group for more information or a showing. hollygorsuch@masiello.com or 603-313-1224 cell. 11-02-09

**Please consider me for your home improvement needs:** J. Klassen Carpentry and Painting. Interior/exterior painting, lazure, drywall, roofing, sidewalling, window replacement, floor installing and refinishing, screened porches, chimney flashing, chimney cleaning, insulating, small scale renovating, and weatherization. Interest in working with living design. References available and fully insured. Call Jonathon at 603-903-3028. 10-06-09

## Community Events

### The Fourfold Path to Healing Conference in Nashua, NH—January 29-31, 2010

Don't miss this rare opportunity to hear three of today's most dynamic health speakers: Tom Cowan, MD, holistic physician, author of The Fourfold Path to Healing, Sally Fallon, author of *Nourishing Traditions*, and Jaimen McMillan, creator of Spacial Dynamics. **PREREGISTER BY FRIDAY, JANUARY 9 FOR PRE-CONFERENCE RATE.** To register, go to <http://fourfoldhealing.com/conference/>. For more information please contact Paul Frank (304) 724-3006 or Judi Letourneau (603) 472-2152.

### Beginner Class in Aikido Fundamentals and Basic Techniques

There will be an 8 week Beginner's Class in Aikido Fundamentals and Basic Techniques to be held at Monadnock Aikikai in Keene, starting February 2<sup>nd</sup>. Classes will be held Tuesdays and Thursdays from 6 PM to 7 PM. The course is for adults, however, students 12 and older may attend. Our dojo has been offering instructions in Aikido for over 25 years. Although Aikido is a martial art, it is also the dynamic study of peace through conflict resolution. The classes are cooperative not competitive and the progression is gradual, so you can start slow and work your way into it. For more info visit our web site: [www.monadnockaikikai.com](http://www.monadnockaikikai.com). You are welcome to visit the dojo and watch a class anytime or take one free class to see if this what you are looking for. *If you have questions, feel free to give me a call. I'm a parent of two MWS graduates, and I'm also one of the instructors at the dojo.* Bill Whyte 357-4710.

### Coming to Your Senses with Jaimen McMillan and Jane Swain

February 10-14, 2010

Spacial Dynamics Institute, Mechanicville, New York

Never before has a growing child been exposed to as much sensory input. Never before have children been able to make less sense of it! More and more children, youth, and adults simply tune out, or turn off, adopting a frighteningly vacant "ain't nobody home" stare. There is hope! We can develop a new understanding and use of the senses themselves. Join us. Come to your senses! *To register, please contact sdiadmissions@earthlink.net or 518-695-6377. A recommended reading list will be available upon registration.* We begin at 7:30 pm on the first night and end at 12:00 noon on the last day. Tuition for this session is \$500. Graduates receive Level II credit for this course.

### Camp Glen Brook February Vacation Day Camp

Camp Glen Brook in Marlborough, NH, is offering a new winter day camp program for third through eighth graders. Camp will be held during winter break February 22-26. Campers will enjoy sledding, ice skating, skiing, farm chores, baking, camp songs, crafts, nature study, and games amid Glen Brook's 250 acres of forest, field, pond, and streams. Indoor activities and meals will take place in Glen Brook's historic Main House. Our high staff to camper ratio ensures personal attention for your child. Camp Glen Brook has successfully held overnight camp programs for sixty-five summers and sixteen winters. All camp programs have Waldorf ideals woven into the daily fabric of their activities. The program is managed and run by Willow Nilsen, Glen Brook's program director and parent of Sage Gould MWS 6th grade. Camp will be offered from Monday through

Friday 8am-5:00pm. A wholesome lunch and snacks will be provided by Camp Glen Brook's Chef, Ashley Sheehan, parent of River, MWS kindergarten, Taja, MWS 4th grade, and Dominic, MWS 6th grade. For more information or to register please visit the camp on the web at [www.glenbrook.org](http://www.glenbrook.org) or contact Willow Nilsen at 603-876-3342.

**Now is your chance to make a spiritual journey to the Holy Land while visiting Waldorf schools working for peace in the Middle East!**

Join Waldorf parents Jewish Renewal Rabbis Victor and Nadya Gross, Imam Jihad Turk, and Shepha Schneirsohn Vainstein, co-founder of Sa-laam Shalom Educational Foundation ([www.SSEFoundation.org](http://www.SSEFoundation.org)) on an Interfaith Spiritual Pilgrimage to Israel and Palestine, March 21, 2010 to April 2, 2010. This will be a philanthropic and spiritual journey to visit Jewish/Arab Waldorf communities to support a new paradigm for healing and peace. This unique pilgrimage will also visit sites holy to all three Abrahamic religions and Waldorf schools for Jewish and Arab children in Galilee. You must register by January 30 to be part of this exciting trip. *Contact shephav@earthlink.net for more information.*

## School Fundraisers

### Eighth Grade Bread and Cookie Order Form

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Orders due: Thursday, January 28, 2010

Pick-up date: Thursday, February 4, 2010



<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: Roasted Potato	\$4.75	
	Wheat-Free: Six seed and grain	\$4.75	
	Cookie: Cranberry orange oatmeal	\$1.50	
	Chocolate dipped almond shortbd.	\$1.50	
		TOTAL \$	_____

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

## **SPORTS NEWS**

For: Immediate release

Date: 26 January 2010

From: Lisa Mahar  
Monadnock Waldorf School  
98 South Lincoln Street  
Keene, NH 03431

Phone: 357-4442 extension 104

### **Monadnock Waldorf School Basketball Teams Having a Great Season**

Over twenty students in grades six through eight at Monadnock Waldorf School are participating in the school's basketball program. Participation is open to all students and the teams are lead by a capable group of dedicated volunteer coaches.

The boys' team, under the guidance of coaches John Dougherty and Steven Poole, has a seven and two record despite losing eighth grade center, Emmett Kiernan, recently to a broken wrist. They look strong heading into the playoffs.

The girls lost their opening game against Pine Hill Waldorf School but have won every game since and look unstoppable as they head into the playoffs. Eighth grader Kerensa Bartlett scored 42 points in her last game! The girls' coaches, Roe-Ann Tasoulas, Stephen Powers, and Bob Bernstein are getting great results with their emphasis on team work, enthusiasm, and skills development.

Monadnock Waldorf School, founded in 1976, serves 180 students in nursery-kindergarten through grade eight with active plans to expand to high school. Working with the insights of Austrian educator and scientist Rudolf Steiner, Monadnock Waldorf School is one of over 1000 Waldorf schools worldwide. To learn more about Waldorf education or Monadnock Waldorf School, visit [monadnockwaldorfschool.org](http://monadnockwaldorfschool.org) or [whywaldorfworks.org](http://whywaldorfworks.org).

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