

# Weekly Notice

January 5,  
2010

Issue 18

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

## *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

**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.

## *Calm and Caring Bedtime Routines*

*Saturday, January 9  
9:00 to 11:00 am*

With Michelle Brooks  
Nursery-Kindergarten teacher and  
mother of three

Healthy sleep habits are a life-long gift we can give our children. Yet many of us feel rushed, frustrated, or challenged at bed time. Michelle Brooks will offer some tried and true methods for creating the kind of bedtime routines that are calm and caring for children and for their parents. We will explore the gift of going calmly into sleep and the attitudes—and tricks! - that support healthy sleep life. Bring your questions, your successes, and your frustrations. Bring a friend, too! Child care available.

RSVP to reserve your space at 603-357-8663.

Lisa Mahar

## *Caring for Sick Family Members at Home*

*Tuesday evening, January 19  
7:00 pm*

MWS Elementary School

With Suzanne Coble, M.D.

Join local physician Suzanne Coble, M.D. as she shares simple and caring practices for supporting sick loved-ones at home. In her general anthroposophical medical practice, Dr. Coble cares for people of all ages. So whether you are trying to make a feverish teenager more comfortable, caring for an elderly parent after a set-back, comforting a stuffy infant, or taking care of yourself (imagine that!). Dr. Coble will offer tried and true techniques to help. There will be time for your questions.

\$5.00 donation requested.



## *Adult Eurythmy*

The adult Eurythmy course will begin again on January 13th at 8:20 a.m. in the auditorium. We will spend the first 6 weeks exploring alliteration, assonance and rhyme in poetry. After the midwinter break we will look at different elements of tone Eurythmy. Newcomers are welcome. The course fee is \$50 for 12 weeks. Finances are negotiable. Come and join in the fun and make a good start to the day.

Mollie Amies

## *Morning Tour at the Elementary School*

Wednesday morning, January 27 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*

## *Soup Day Returns*

Beginning THIS Friday January 8th the soup ladies will again be preparing scrumptious, hot soup this year. Your child can sign up on Friday morning outside their classroom and for a mere charge of \$3.50, your child will receive a LARGE portion of soup and a slice of bread with butter. This Friday the soup will be POTATO CORN CHOWDER. Next Friday, January 15 will be Vegetable Barley (Nursery-Kindergarten recipe). We will again this year be using organic ingredients whenever possible. Any questions on ingredients or if you have suggestions for soup, please call Carla Folkert at 352-1585.

## *Thanks to All Christmas Tree Buyers!*

Ashuelot River High School thanks the Waldorf community for their support. We raised \$1,500 for our scholarship program. Our students are now off to the Saratoga Waldorf School to study physics with Saratoga's 9th grade for three weeks. Quite the adventure.

*Sarah Ellsworth*

## *Thank You*

Thank you to Andrew Shurman and Mark Braden for their efforts in remodeling our upstairs bathroom. Thank you to Jeff Spiegler who donated his time and energy to lay tile in our upstairs bathroom. It's beautiful.

*Lisa Mahar*

## *Holiday Shopping Thanks*

Thanks to those of you who shopped at Dilly's for Kids, Mill Toy Works, or the Toadstool Book Shop back in December. We raised \$220 for our school. This simple fundraiser is a great example of community partnering. You get good quality merchandise from local retailers and the school benefits. Thanks to each of our cooperating merchants and to the shoppers, too.

*Lisa Mahar*

## *Thank You 8th Grade, MWS Class of 2010*

Classes begin their fundraising efforts in Grade Six in preparation for their 8<sup>th</sup> Grade Class Trip. We know the Class of 2010 has been busy with this effort and it appears their effort is paying off. I would like to congratulate the Class of 2010 for what looks to be a successful fundraising year for them.

I wish to thank the parents who have supported all three classes. You have purchased many slices of pizza, dozens of cookies and bagels, burritos and loaves of breads. You have donated and purchased yard sale items in support of the 8<sup>th</sup> grade, bought 8<sup>th</sup> grade handmade crafts from their booth in the hallway. You have purchased bulbs and plants and wreaths, you have hired these students to work in your yards. All of these things help provide some of the money needed for our classes to spend a last week together before going onto their high school years.

It is customary that each class contributes 10% of their fundraising profits to MWS and I wish to thank the Class of 2010 for a generous gift donation to MWS for \$781.36. Your gift is very much appreciated. Great job students and parents!

Before you know it, you will be on your 8<sup>th</sup> Grade adventure and we will be wishing you a Bon Voyage!

*Gratefully, Jo-Anne Yardley*

## *Calendar of Events*

### **January 6**

*Parent Council Meeting, 6:45 pm*

### **January 7**

*Parent-Child Thursday Sessions begin*

### **January 8**

*Parent-Child Friday Sessions begin  
Ski/board program begins*

### **January 9**

*Bedtime Routines with Michelle Brooks  
9 to 11 am at Nursery-Kindergarten*

### **January 18**

*NO SCHOOL*

### **January 19**

*Caring for Sick Family Members at  
Home with Suzanne Coble, 7pm*

### **January 20**

*Board Meeting, 6:45 pm*

### **January 23**

*Potluck and Open Mic  
5 to 8 pm*

### **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 30**

*Nursery-Kindergarten Open House  
9 to 11 am*

## *Welcome*

Welcome to Cyrus Coulter and his parents, Tonya and James Coulter to Apple Blossom:

PO Box 265, Marlboro, VT 05344  
802-257-5686

## *Alumni News*

Joshua Hayden (MWS 2009) received the High Honors Academic Award and the Highly Commendable Fall Efforts Award at Northfield Mt. Hermon. 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!

## *Kindergarten Thank You*

Thank you to Amber and Alvin Fields (Dakota, Morning Glory) for donating a wonderful love seat to the Sunflower classroom. It gives guests a place to sit and allows the children to cozy up together. Thank you also to Sumner Brown (Ethan, Apple Blossom and Hallie, Grade 2) for transporting the love seat to the kindergarten in his truck.

*Lynn Wetterhorn*

## *Cancellation and Delay Plans*

There are four ways to know whether there is a delay or cancellation: You will get a phone tree call at home (linked to the phone tree for your oldest child). You may call the school phone 357-4442 and press 3 for a recorded announcement (usually after 6:00 am). You may check nhpr.org, wmur.com, or wkne.com. Or you may listen to the radio stations listed in your parent handbook.

Nursery-Kindergarten parents should refer to a recent letter from your teachers outlining the schedule for delayed openings. Elementary and high school students should be prepared to start the day with Main Lesson on delayed openings and then begin a regular schedule after lunch.

We do not close early if bad weather develops during the day but please feel free to come at any time to pick your student up. Rest assured that we will be here until every student is safely on the way home!

MWS students come from 26 different towns throughout our region and weather can vary greatly. If you wake up in the morning and find poor weather conditions where you are, please feel free to make your own decision about staying put.

Questions, thoughts, and suggestions welcome!

*Lisa Mahar*

## *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.

## *Ninth Grade*

The 9th grade is attending the Waldorf School of Saratoga Springs, in NY state for the next 3 weeks. Our first day was wonderful. Students are studying Thermodynamics with Michael D'Aleo, one of the founders of WSSS and a longtime instructor in the Center for Anthroposophy's high school teacher training program. This is a real gift to our students as Michael is one of the strong voices in the American Waldorf Movement in regards to phenomenological or sensible science, particularly Physics and Chemistry. They've jumped into the thick of the 9th grade curriculum covering Math, English, Chorus, French and Eurythmy all just on Monday. The French class is taught by Sydney Morrell, a friend of Madame Bellamy! Tuesday will introduce us to Coppersmithing and Instrumental music. Ms. Damian is teaching Embryology to WSSS's 10th grade and will be assisting in Coppersmithing. 9th grade families are hosting us. We'll have more to report next week, but we are off to a strong start. Happy New Year to all of you.

*Lisa Damian*

## Waldorf Education in the High School Years

As we look toward forming the ninth through twelfth grade, questions continue to form about the differences in the approach to the education in these years. One of these formative questions concerns the relationship of the teacher to the student.

As the power of thinking and capacity of judgment grow and form in new ways in the adolescent years, the relationship to authority begins to shift. As the high school student grows in independence they are challenged to act out of a heightened sense of duty and take responsibility for their own lives.

Students in the Upper Grades no longer have a Class Teacher. They now receive their lessons from a number of specialist teachers, from whom they can choose their own models. Each year, an advisor is assigned to a student to help navigate or provide consult through the school experience. The mentor provides the continuity and connection of an individual to act as a touchstone for the student. In former years the law of action was determined by the Class Teacher. In the Upper grades the student advances to take steps toward freedom, where duty is "to love what one commands oneself".

This year, the Ashuelot River High School, with the support of the Ninth Grade Parents and the College of Teachers has begun with a remarkable educational experience for such a young initiative. Through the dedication and commitment to Waldorf Education from the lead coordinator Lisa Damian, the students are experiencing the quality of faculty and educational experience that we are committed to building on as we offer Grades Nine and Ten next year. We have a plan to expand the full time faculty supplemented by guest block teachers to offer a full program.

Life Sciences, the Geometry and the Math Track have been taught by Lisa Damian. Lisa Damian is a Waldorf high school science teacher with over 19 years of experience. She holds a BS in biology and environmental science, has completed movement training in Spatial Dynamics, and was a founding faculty member of the Emerson Waldorf High School in Chapel Hill, North Carolina.

US History 1 and US History 2: John Anderson has been active in Waldorf education in Europe and the US for over thirty years, both as a middle and high school teacher, and as a school administrator. He has further professional training as a speech artist, biographical counselor, and as an organizational consultant.

Creation Myths and Comedy and Tragedy: Patrice Pinette began studies of Anthroposophy and Waldorf education just over 30 years ago at Emerson College, England, where she was one of Paul Matthews' first students. She currently teaches eurhythm and creative writing at High Mowing School. Patrice has had poems published in several literary journals and anthologies, most recently in *Mischief, Caprice and Other Poetic Strategies*, Red Hen Press. She published a chapbook of poems, *Architects of Madness*, in 2002, and is currently working on a longer manuscript, "Karine's Dream".

History Through Art: Patrick Stolfo, teacher of sculpture and art history at Hawthorne Valley School for over 20 years and co-founder of the Alkion Center; teaches at the Antioch New England Teacher Training Program and the Center of Anthroposophy in New Hampshire.

Moby Dick/The Novel as a Literary Art Form: Stephen Balmer joined the Waldorf School of Saratoga Springs in 2000. He was an English teacher from 1980 to 1983 before acquiring a J.D. in Jurisprudence from SUNY Buffalo in 1987. A practitioner of law from 1987 to 1999, Steve now teaches high school humanities.

Thermo Dynamics: Michael D'Aleo was a co-founder of the Waldorf School of Saratoga Springs high school, where he teaches physical sciences and mathematics. A former engineer, Michael lectures widely on the topics of science and education and co-authored the book "Sensible Physics," a teaching guide for 6th, 7th, and 8th grade educators. He is an instructor in both the Foundation Year and Waldorf Teacher Training Programs at Sunbridge College.

Eurhythm: Mollie Amies was born and educated in England. She studied eurhythm in Dornach, Switzerland, with Lea van der Pals, and has taught in Waldorf schools in both Europe and the United States. For sixteen years she taught eurhythm students at the School of Eurhythm in Spring Valley, NY where she also presented eurhythm artistically as a stage performer. At present she practices hygienic eurhythm at Monadnock Waldorf School in Keene and offers courses for adults.

Black and White Drawing and Puppetry: Katie Schwerin worked as a class teacher at Monadnock Waldorf School in Keene, NH for twelve years. She has served on the boards of Hospice, the Unitarian Church, Kroka, Monadnock Waldorf School, and AWSNA.

Clay Modeling with Patrick Stolfo and Basketry with Lisa Damian.

Copper: Colin Boyd teaches practical arts and a few fine arts classes in the High School and Lower School at the Waldorf School of Saratoga Springs. Previously, Colin has taught art at SUNY Albany, The College of St. Rose and Hamilton College. He holds a Masters of Fine Arts from the University at Albany (2008) and is currently working on his Waldorf Teacher Certification.

Instrumental/Chorus: Nell Weiner received her Bachelor's degree in music from Wellesley College. Nell has a variety of experience with youth and children's choirs. As a viola player she has been part of the Wellesley-Brandeis Orchestra as well as the Pioneer Symphony Orchestra in her home town of Ann Arbor Michigan.

# Bulletin Board

Ashuelot River High School: **Housing needed for a visiting High School block teacher.** Mr. Anderson will be teaching history from January 25th through the 12th of February. He will need housing on Sunday through Thursday nights beginning on January 24th. *If you have a spare room and would like to have a visit from a very talented teacher, please give me a call: Carla Folkert at 352-1585. 01-05-10*

**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*

**Camp Glen Brook has the following job openings for Summer 2010:** Woodshop teacher; Head of Arts and Crafts; General Cabin counselor with experience in: lifeguarding and swim instruction, farm and garden, arts and crafts, cooperative games, archery, nature studies, ropes course. Minimum age required for all jobs is eighteen. Dates: June 19—August 7. *Please contact Willow Nilsen at 876-3342 for and visit us on the web at [www.glenbrook.org](http://www.glenbrook.org). 12-15-09*

**MWS graduate seeks employment.** Bess Seidler (MWS 04) will be home from college for the month of January and would happily provide child care for your children. *Please call 603-325-2213 or 603-209-3933. 12-15-09*

**House for rent in Spofford.** Willow Nilsen, mom of Sage MWS 6th grade has a house for rent in Spofford 1 1/2 miles from the Spofford lake and nine miles from MWS. The house is small so

it is perfect for a couple, single person, or small family. Quiet location on dead end road with three acres. Rent is negotiable as my goal is to have someone care for the house and cover expenses. References required. *Call Willow Nilsen at 603-313-7964. 12-08-09*

**Are you a dog lover?** Seeking a several-week-long temporary home for our sweet, energetic black lab, while Dan recuperates from hip surgery. Start date on or around December 14. *Please call Lindsay or Dan Bartlett at 358-5057 or 762-1946. 12-08-09*

**Kombucha babies available.** *Call Joanna Carey at 876-3744. 12-08-09*

**Lange ski boots for sale.** Front entry, mens size 12, approximately 15 years old, \$25 or best reasonable offer. *Call Jane Shapiro at 352-0440 or email [jm\\_shapiro@hotmail.com](mailto:jm_shapiro@hotmail.com). 12-08-09*

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. [hollygor](mailto:hollygor)*

*[such@masiello.com](mailto:such@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

**Bruce Elliot is performing with the Terry Landis Band this weekend at the E.F. Lane Hotel.**

The concert is at 6 pm, January 10. Tickets are \$10 and are available at the door. Please join us!

## **Women In Life Transitions with Gretchen Carmel**

Saturday, January 16th, 1:30-5:30 pm, \$45

Transitions can be a time of upheaval, frustration and confusion. They can also be a time of strength, power and beauty. We are all on our individual paths, however, it is time to merge with others to find our true purpose, to serve, to spread our wisdom and light and to heal. All life transitions, whether large or small, are opportunities to define, shed the old and move closer to what brings us joy and peace. During this workshop, we will take the time to consciously explore what lies ahead and reveal life's next step. Take a journey of self-discovery through reflection, awareness, observation, and devotion. Join me for an afternoon of: yoga...move, strengthen; guided imagery and meditation. . observe, trust; mantra chanting...energize, empower; walking meditation...connect, breathe; journaling...reflect, discover; discussion...listen, learn; mandala coloring...heal, create; deep relaxation...surrender, integrate. Please pre-register: Open to all ages and levels of experience. *For more information and registration, please call The Yoga Space at 603.352.2686.* Please bring a journal, pillows and/or blankets for comfort, and warm clothes for walking meditation.

## **Meditation as Contemplative Inquiry: When Knowing Becomes Love with Arthur Zajonc**

Lecture: Friday, January 29 at 7:30 pm, \$20/\$15

Workshop: Saturday, January 30 from 9 to 4, \$100/\$75 (includes admission to lecture)

Hawthorne Valley School Hall, County Route 21C, Ghent, NY

Arthur Zajonc, former general secretary of the Anthroposophical Society in America, is a professor of physics at Amherst College and director of the Academic Program of the Center for Contemplative Mind. Benefits the Rudolf Steiner Library. Email [rsteinerlibrary@taconic.net](mailto:rsteinerlibrary@taconic.net) or call 518-672-7690 with questions; to register (by January 25); and for lodging referrals.

## **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.

## **Introducing a New Children's Chorus in Keene - for kids age 6-12: The Children's World Beat Chorus**

Nancy Salwen of Music Together for Monadnock Families and Allison Aldrich of Animaterra Women's Chorus are joining forces! Together they will lead this new chorus in the joyous musical experience of singing songs of the world's traditions. The first session, beginning March 3rd, will be a 6-week mini-session to introduce songs, chants, movement, games and rhythms from around the world in an atmosphere of discovery and experimentation. Children will have fun while learning valuable music skills and repertoire. The 6-week session will culminate in a informal presentation for friends and family. For information contact Nancy or Allison: Nancy - 603-357-4693 or [nancy@salwen.net](mailto:nancy@salwen.net) or Allison - 603-209-3304 or [animaterra321@gmail.com](mailto:animaterra321@gmail.com).

## **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.

# School Fundraisers

## Eighth Grade Bread and Cookie Order Form

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

Orders due: Thursday, January 7, 2010

Pick-up date: Thursday, January 14, 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: Cinnamon raisin	\$4.75	
	Wheat-Free: Whole spelt	\$4.75	
	Cookie: Almond shortbread	\$1.50	
	Cranberry orange oatmeal	\$1.50	
		TOTAL \$	_____

*Please turn order in to the Main Office  
at the elementary school.*

*Please make checks payable to  
MWS Class of 2010.*

# *Calm and Caring Bedtime Routines*

***Saturday, January 9  
9:00 to 11:00 am***

with Michelle Brooks  
Nursery-Kindergarten teacher and  
mother of three



Healthy sleep habits are a life-long gift we can give our children, yet many of us feel rushed, frustrated, or challenged at bed time. Michelle Brooks will offer some tried and true methods for creating bedtime routines that are calm and caring for children and for their parents. We will explore the gift of going calmly into sleep and the attitudes - and tricks! - that support healthy sleep life. Bring your questions, your successes, and your frustrations. Bring a friend, too!

*RSVP to reserve your space at 603-357-8663.*

Child care provided.

**424 Old Walpole Road  
Keene, New Hampshire 03431  
603-357-8663**

**[www.monadnockwaldorfschool.org](http://www.monadnockwaldorfschool.org)**

## **MONADNOCK WALDORF SCHOOL**

**P R E S S   R E L E A S E**

For: Immediate release

Date: 5 January 2010

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

Phone: 357-4442 extension 104

**Monadnock Waldorf School Presents:  
Caring for Sick Family Members at Home with Suzanne Coble, MD**

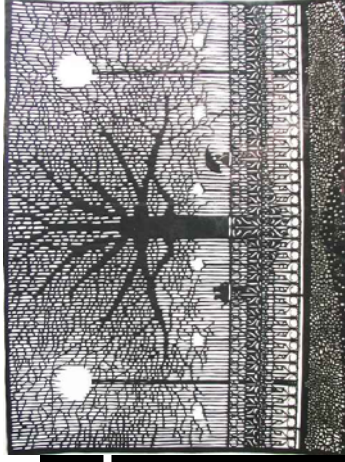
Local physician Suzanne Coble, MD will discuss simple and caring practices for supporting sick loved-ones at home on Tuesday evening, January 19 at 7:00 pm at Monadnock Waldorf School, 98 South Lincoln Street in Keene. A \$5.00 donation is requested.

In her general anthroposophical medical practice in Keene, Dr. Coble cares for people of all ages. “Whether you are trying to make a feverish teenager more comfortable, caring for an elderly parent, comforting a stuffy infant, or taking care of yourself, you’ll find worthwhile information in Dr. Coble’s talk,” says school administrator Lisa Mahar. Dr. Coble received her medical training at the University of California/San Francisco School of Medicine and received further specialized training in anthroposophical medicine.

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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# January 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NO SCHOOL	2
3	4 School Resumes	5	6 Parent Council Meeting at 6:45 pm 7th Grade Parent Evening at 7 pm	7 Parent-Child Thursday Session III begins 9 to 11:30 am	8 Parent-Child Friday Session III begins 9 to 11:30 am Ski/Board program begins	9 Bedtime Routines With Michelle Brooks 9 to 11 am at Nursery-Kindergarten
10	11	12 4th Grade Parent Evening at 7 pm	13	14	15	16
17	18 NO SCHOOL	19 Suzanne Coble Talk "Caring for Sick Family Members at Home"	20 3rd Grade to Kroka Board Meeting 6:45 pm	21	22	23 Potluck and Open Mic 5 to 8 pm Board/College Retreat
24	25	26	27 Elementary Morning Tour 8:15 am Creative Writing & the 9th Grader with Patrice Pinette, 7 pm Ashuelot River High School	28	29 Introduction to First Grade with Maggie Myers 9 am in Library	30 Nursery-Kindergarten Open House, 9 to 11 am 2nd Grade Parent Meeting, 9 to 11:15 am
31						