



Weekly Notice

November 17,
2009

Issue 13

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

School Picture Day This Wednesday

Doughty Falls Photography will be here on Wednesday, November 18 for our annual school picture day. Class photos will be taken in grades one through eight as well as individual or family photos for any who wish.

Elementary photos will be taken in the morning. Our nursery-kindergarten parents can bring children to the library starting at 12:15 using the following schedule: Morning Glory and Appleblossom children 12:15 to 1:00 pm. Sunflower children from 1:00 to 1:45. Sibling groups are welcome.

I am looking for four volunteer parents who will help me on School Picture Day: two in the morning and two in the early afternoon. Give me a call at 357-4442 extension 104 if you can help.

Thank you, Lisa Mahar

Thanksgiving Assembly Wednesday, November 25

As part of our festive and fun-filled Thanksgiving Assembly, we will be collecting food for the Community Kitchen. We invite every elementary student to bring one non-perishable food item to school on Wednesday, November 25. These items will be collected and displayed at the assembly and then delivered to the Community Kitchen by Miss Marshall's fifth grade students and their parents.

Food needs are greater this year than ever. On behalf of the Keene families who will benefit from your generosity: Thank you!

Lisa Mahar

Coffee House and Open Mic at the Tilden Building

The 9th grade warmly invites you to attend or perform next Saturday, November 21 from 7-9 pm in the Tilden Building at 146 School Street. All adults and 7th and 8th grade students are welcome to perform. If you want to get your name on the play list, please call, 903-0064, or email sunsong-farm@juno.com and let us know whether you prefer an early or late evening slot. We will be putting our play list together on Thursday. Of course you can just show up and play if your muse drops in on Saturday afternoon. Baked goods and drinks will be available.

The suggested donation is \$5/individual, \$10/family, but don't let cash flow get in the way of a good time. We hope to see many community members there.

Lisa Damian

Holiday Shopping for MWS

The best fundraising model is one where a portion of your purchase price is directed to MWS for things you already need and plan to purchase. Well, there is one of these great fundraisers coming up this weekend. It's value is multiplied because it also encourages our patronage of outstanding local businesses.

Toadstool Bookshop and **Mill Toyworks** at Colony Mill on West Street in Keene and **Dilly's for Kids** at the West Street Shopping Plaza have all agreed to direct up to 20% of your purchase price when you shop during December 4, 5, or 6. Simply present a "coupon" at the time of sale to identify yourself as a friend of MWS.

These local merchants have long supported our efforts here at MWS through this generous program and we are very grateful. Look for coupons attached to this *Weekly Notice* and share them with family and friends.

Thanks, Lisa Mahar

Thanksgiving Food to The Community Kitchen

After the Thanksgiving assembly next Wednesday the fifth grade is wheeling all our Thanksgiving food down to the Community Kitchen.

Please let Miss Marshall know if you have a wagon we might borrow.

Next Sunday and Monday the Community Kitchen will be giving out Thanksgiving food to many families in our community. Our school is going to work the Sunday shift between 11 and 1 pm. It is quite a wonderful experience to be part of this event, so although we just worked this past weekend, we'll field another crew this Sunday. They especially need strong people to help carry food boxes to people's cars, so teenagers are welcome to help. Please see me and I'll let you know the shifts that need help.

Monica Marshall

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: Michelle's parents and children will play inside and outside, do a little baking, and finish felted fish!

Morning Glory: Michelle's children will enjoy stories songs and games this week. They are especially enjoying their beautiful mornings outdoors.

Appleblossom: Marie's children will hear the story *The Green Button*. They will enjoy a games circle. The children are happily decorating lunch bags for people who receive meals through the Meals-on-Wheels program.

Sunflower: Lynn's children will hear the story *Spindlewood* about a little girl who follows the gnomes and the seeds underground. The circle will have a Thanksgiving theme. The children will ride over the river and through the woods and even bake a pumpkin pie.

First Grade: Mrs. Myers' students are counting---everything. They especially like to guess a quantity and then verify it with a count. How many playstands would you guess are in the classroom? How many when we count? Counting is carrying over nicely into handwork, too. How many stitches in a row?

Second Grade: Mrs. Henry's students continue to hear the special stories called fables. It's interesting how a whole story can be written in a few sentences. This week will be the last trip to Kroka for the calendar year. Special thanks to the eighth graders for taking apart and putting together the classroom so carefully before and after the Crafts Fair.

Third Grade: Mr. Price summed up the activities of third grade this way: Numbers, Counting, Math, Equations. The class will have its last calendar-year trip to Kroka this week, too.

Fourth Grade: Mrs. Zakrzewski's students continue to consider the similarities and differences between human beings and animals. They heard the fascinating story

of the secret flight of the eagle last week. They are engaging the challenges of cross-stitching, working to complete their pencil cases.

Fifth Grade: Geography studies are coming to a close for Miss Marshall's students with a trip to Hawaii. They will note the differences between it and the state of Alaska, but may be surprised by some similarities, as well. They will move on to an ancient history block this week. Please stop by the classroom this week to see completed projects on the Native American tribes. The students will be happy to tell you about the tribes they studied.

Sixth Grade: Mr. McGuigan's students are in a geometric drawing block, using compass, pencil, and straight edge while following the strict laws of geometry with impressive and beautiful results. Students are working on independent projects based on their Roman History studies. Look for a hallway display after Thanksgiving.

Seventh Grade: Mrs. Motter's students are moving out of a geography block and on to a study of the Age of Exploration. The class expects to be crisscrossing the oceans.

Eighth Grade: Ms. Morse's students are deep into an Algebra block, working hard to balance equations. They want to thank all the people who shopped at their booth at the Crafts Fair because those purchases help support the eighth grade class trip. Ms. Morse commended her students and their families for the amazing clean-up feat after the Fair!

Ninth Grade: The 9th grade is in the final week of Creation Mythology with Patrice Pinette. Students created a wonderful Gnome Forest experience at the Craft Fair and are preparing to host our first coffeehouse. Black and White Drawing with Katie Schwerin will continue through December. Please look for coffeehouse information elsewhere in the *Weekly*.

Calendar of Events

PHOTO DAY

November 18 at elementary school

November 18

Board Meeting at 6:45 pm

November 25

1:00 pm early dismissal at elementary school

December 2

Parent Council Meeting at 6:45

December 5

Elementary Spiral Walk

December 9

Advent Student Concert at 6:30 pm

Boys Basketball Practice

The boys' basketball team has begun practices on Mondays and Wednesdays from 4:30 to 6:00 pm at Spofford.

The MWS School bus will leave Mondays from MWS at 4:10 *sharp* and return players to MWS at 6:15 pm.

Peter Schoen

Girls Basketball Practice

The girls will practice on Mondays at the Keene Recreation Center from 3:30 to 5:00 pm and Wednesdays from 3:30 to 5:00 pm at Spofford.

Rec. passes must be purchased at the Recreation Center.

Peter Schoen

Rüdiger's Phone Number Has Changed

Please note that Rüdiger Ruckmann has a new phone number outside of school: 603.903.0597. He can be called any time between 6:30 a.m. and 10 p.m. and will accept donations to MWS 24 hours a day!

Many Hands Carry a Visitor

Last week our school hosted Else Gottgens, a master teacher from Holland. Although I organized her visit, this weekend I thought about the many people who stepped forward to actually make her visit possible. Many thanks are in order. Ms. Gordon and Timothy offered their house to Else and prepared delicious meals for her during her stay. Margaret Foxweldon opened and warmed her house during the day, so Else would have a place to meet with teachers and have a rest. Fifth grade parents sent in delicious snacks and lunches. Ron DeLonge, Clare Macdonald, Carol Driscoll and Heather Power found time to deliver meals, despite this being the week of the Fair and fifth grade projects! Many people took the time during the day to drive Else here and there and to help her move up and down in our elevator. And last, but definitely not least, Mr. Schoen drove Else to Massachusetts to meet her next host. Many thanks to everyone who helped make this visit a success.

Monica Marshall

Winter Program

This year the school's Winter Program will take place on five Fridays in January and February. 5th-8th graders are given the chance to ski or snowboard. All other students will enjoy outdoor activities. We will engage in a variety of supervised outdoor activities that will vary with the weather, snow, and ice conditions.

Peter Schoen

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!

New Date for Winter Concert: December 9

The Fall/Winter Concert will be Wednesday, December 9th, NOT Thursday, December 10th as previously announced. However, this is December in New Hampshire that we are dealing with; in case of inclement weather on the 9th, the concert will be postponed to the 10th. Concert begins at 6:30, and students in grades 6-9 should plan to arrive by 5:45. The sixth grade chorus, the seventh, eighth and ninth grade chorus, and the upper grade band and orchestra will perform. All members of the community are heartily invited to this exciting night of music!

Nell Wiener

The Annual Fund is a Great and Convenient Holiday Gift

Wondering about the right host or hostess gift for Thanksgiving? Out of holiday ideas or recipes? Why not make a gift in a friend's or teacher's honor to Monadnock Waldorf School?! Your gift will be acknowledged both to you and the honoree by MWS. A donation of \$40 covers a day's tuition for one of our talented students who may be a friend's or relative's son, daughter, or grandchild. As Board President Carol MacKinnon has noted, "Monadnock Waldorf School is a wonderful place where my children are thriving. Children are the school's future. The Annual Fund helps this future continue."

Donations can be made online as well as by regular mail. Simply go to our website, www.monadnockwaldorfschool.org, click on Development and then Donate Now. Notification of your gift will be sent directly to the Development Office. For more information or assistance, please call Rüdiger Ruckmann, 357.4442, Ext. 105. Outside of school, Rüdiger can best be reached at 903.0596.

Crafts Fair Gratitude

When I think about the Crafts Fair, the only right way to say thanks is to say thanks to every member of the school community. From parents to children, from teachers to grandparents, from local businesses to alumni, from Board members to bus-drivers, the Fair was a truly successful community effort.

Having the Crafts Fair back at the school was brilliant! We were able to showcase the school in new ways and I think we all felt proud to have so many guests come to visit. I am happy to report that we were greeted on Monday morning with a call from a mom who attended the Fair with her daughter. She asked for an information packet and for the dates for our next morning tour!

Even as we recognize the efforts of all, we must also recognize the special efforts of some: Carla Folkert, Margaret Foxweldon, Mary Claire Chase, Tracy Huntley, Carol Driscoll, Lori York, Ash Sheehan, Meena Neva, Carol Renzelman, Lisa Cilenti, Marguerite Bergquist and Jennifer Dolce took the lead on key components of the Fair and we are deeply grateful. Maybe you were as impressed as I was to watch these amazing people work with purpose, humor, patience, skill and creativity to recreate the Crafts Fair here at home. Thank you!

Thanks to Suzanne Ruse, Ed Bourassa, and Jeni Callihan for covering details big and small.

I also want to thank our students. I felt so proud of you on Saturday as I watched you having fun, enjoying friends, calculating your purchases (!), returning lost money, giving people directions, delivering lunches, bussing tables, playing music, helping young crafters, answering questions, and running errands. When I think of the most positive aspects of showcasing our school, I think of you!

We are still tallying the financial results of the Fair and it looks like the news will be good. Tallying the less tangible benefits to Monadnock Waldorf School is complete—the Crafts Fair was a great success!

Lisa Mahar

“Darn! Fall is Half Over and I Haven't _____”

Don't worry. The 7th grade can make sure your wood-stacking, leaf-raking, garden-tending, and household chores are done in time for winter. These strong enthusiastic kids are available for hire immediately. Curious about what they can do? Call Liza Dupuis: 357-1360.

Grand 8th Grade Booth Reopens

The 8th Grade would like to extend our thanks to all of the wonderful people who supported us by buying our products at the Crafts Fair. For all those who could not make it to the Crafts Fair, there is still hope! Our booth will be open next to the Main Office at the elementary school.

Special thanks go out to Philip Henry and Dan Bartlett for making our lovely booth. Also special thanks to the school.

*Thanks again,
The 8th Grade*

Hannaford Fund Raiser!

Once again Hannaford has started its easy school fundraiser. Simply **buy four** 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.

*Sarah Ellsworth,
For the Parent Council*

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.

Call for Volunteers

The Development Office seeks volunteers again with good handwriting for hand addressing envelopes for our new Annual Report. These can be written any time in the next few weeks in school. Please call or write me (Rüdiger, ruckmann@monadnockwaldorfschool.org) or Suzanne Ruse.

Many thanks again to our great team who gathered for the autumn Annual Fund mailing: Suzanne, Jeni Callihan, Carol Driscoll, Meena Neva, Kim Peavey, and Lori York. Together we sent out more than 1100 appeals to current and former parents faculty and staff and board members, grandparents, alumni, and friends. A separate mailing is going out to our business and community partners as our circle of support grows. Danke!

Rüdiger Ruckmann

Christmas Tree Sales

The Ashuelot River High School 9th grade class will be selling Christmas trees. These beautiful 6-9 foot balsam trees will be available at the Tilden building, 146 School Street, Keene on Saturday and Sunday, Dec 12, 13, 19 and 20th from 11 AM to 8 PM. The cost will be \$37. The 9th grade is offering a coupon for \$2.00 off to all Waldorf community members. The coupon is attached to the *Weekly Notice*. Proceeds to benefit the Scholarship Program.

Thank you for your support.

The Ashuelot River School

New Way to Learn About Snow Delays and Cancellations

Snow days and delayed openings are right around the corner. In addition to receiving a phone tree message, tuning in to area radio stations, and checking the announcement at 357-4442, we have an on-line way to learn about delays and cancellations.

Go to www.wmur.com and choose “weather” from the menu, then click on the box marked “cancellations.” You can also access the same information through New Hampshire Public Radio by going to www.nhpr.org and clicking on the quick-link for “weather delays”.

Typically the call for delays or cancellations comes to me around 5:30 am. Look for the web-based information shortly after that.

If you have any thoughts or suggestions (or difficulties) related to receiving information about delays or closings, please let me know.

Lisa Mahar

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: **Sunday, December 20** between 9 am and 11 am. Please let Miss Marshall know if you can join us.

Monica Marshall, 357-3285

The Party's Over—Crafts Fair '09

Wow! The weekend has come and gone as has the MWS' 30th annual Crafts Fair. What a community effort! What an undertaking! What a pleasure it was to welcome everyone to our wonderful school. It all happened so fast that I feel a bit like a cartoon character left spinning in circles after the roadrunner has sped past. I remember that soon after 1:00 pm Friday afternoon I climbed the ladder in the third grade classroom to store the handwork baskets above the cubby area. Three determined women removed every moveable item from the classroom floor and stowed them in the cubby area. I tried to take sufficient note of the room layout and the location of every item, but at 4:45 pm Saturday afternoon, I realized I had not and neither had the other two movers. When it came to setting the room "to right" we tried to piece together our room arrangement remembrances. We were missing one rather large bookcase, the one on which the handwork baskets had been stored. We all remembered emptying the behemoth and even carrying it down the hallway, but where it got stored was a detail we couldn't call to mind. We scoured the building top to bottom more than once with no luck. It wasn't until one of our clever high school students looked "front to back" rather than "top to bottom" that the renegade bookcase was discovered back stage and brought home to its classroom. Thank you to the faculty and staff for tolerating the chaos to your space and to the upper grade students for your help with the grand move of desks to the second floor on Friday afternoon.

There was a tremendous amount of planning and preparation that took place before the days of the Fair. Craft mornings were productive and fun. I know I appreciated getting to visit with old friends and getting to know several new people. We shared stories and laughter as we created lovely things to sell in the school booth. Many crafters completed projects at home and the students worked hard making beautiful knitting needles, cutting boards, crocheted pouches, embroidered needle cases, and multi-colored knitted pouches.

The parents within each class took up either a craft project or a particular job. These efforts gave us festive decorations both inside and outside the school, a tri-fold brochure full of important information, the always lovely Advent centerpieces, terrific raffle packages and silent auction items, a café and desserts that left no one hungry, accident-free parking, children's crafts for all ages, signage and posters up at the right time inviting everyone to come to the Fair, entertainment and music throughout the day, and an enchanting Gnome Forest. The eighth graders and their parents worked quickly and efficiently to "un-create" the Fair and re-create a school. Special thanks to Marguerite, Jeanne-Marie, DeeDee, Suzanne, the board members for welcoming our guests, Lisa C., Jennifer D., Carol D., Cydney, Lori, Carrie, Ash, all the parents who worked in the rain outside and maintained a good attitude, kindergarten parents who came to help, Olga, Carol P., David B., Jeff S., Peter, Meena, Lynn and Misha, Carol R., Adriana, Bruce, Nell, Nathan and all student musicians, Lisa D., Bunny, Sarah, ninth graders, Jan, Tracy, Mary Claire, Liza D., Kim P-H, Johanna, Randy, Monica, Alison, Tim, Lynn W., Thia, Maggie, Mi-Young, Kevin, Lynn, Janet, Jo-Anne, Lisa M., Hans, Rudiger, Jeni, and all the parents who worked their scheduled shifts-coming early and staying late.

The final tally won't be known until after the December holidays since there is post-Fair shopping in the school store and unpaid bills to take care of. The Fair was a definite success. It brought the community to us and gave people an opportunity to experience the beauty of our school. Thank you to everyone for helping to make this year's Fair a joyous occasion. We are starting a "don't forget" list for next year, so your comments and suggestions are welcome.

Carla and Margaret, For the Crafts Fair Committee



Accreditation Inspiration

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

Movement Curriculum

Movement is a major part of Waldorf education and is addressed as a specialty only during the movement classes. Waldorf education is an education of the will, and, as such, the students are always moving and learning through movement and their limbs. This occurs in the early childhood program, the circle work, in the arts and practical arts, and often when they are learning math, singing, or reciting prose and poetry. This active involvement of the limbs, in all aspects from Nursery-Kindergarten throughout the grades, is one of the unique and profound aspects of our curriculum.

Movement education at the Monadnock Waldorf School includes noncompetitive classic children's games, Bothmer gymnastics, Spacial Dynamics®, competitive sports, and physical education. The curriculum provides a wide range of developmentally appropriate movement experiences and is designed to promote:

- A joy of movement
- A sense of being at home in one's physical body
- A spatial harmony and facility within the three planes of space and a spatial intelligence in relationship to other people and to the world
- Competency in the foundational senses of touch, balance, self-movement, and life
- An enhanced awareness of personal space
- Development of endurance, strength, flexibility, coordination, and timing
- Good posture
- Support of one's thinking, feeling, and willing through the establishment of the gestures of a still, quiet head space, raying out limbs to meet the periphery, and a free middle space, rhythmically integrating the two.
- A diverse vocabulary of movement
- Confidence and social skills
- Well-rounded habits of exercise

Ultimately, movement education fosters moments that are balanced, biomechanically correct, harmonious, and true, and that are united with right action in the world. It seeks to create a physically upright human being who is also morally upright, and who is united in body, soul, and ego.

Classes

Grades one through three have two forty-minute periods per week. The children are led to move through the teacher's voice and through images and stories, which are often seasonal or mirror the curriculum in the classroom. This allows the children to move without self-consciousness. Intellectual explanations are purposefully limited, with the intention that the children learn to follow the teacher's movements "limb to limb" rather than via the intellect. The goal is to foster the intelligence of the limbs. It follows then, that the teacher's movements must be worthy of imitation.

In these early grades, goals are for the children to learn to respond to signals, for the class to move as a whole and to learn to play with each other, rather than against each other as in competitive sports. The children need to feel included and see that the teacher exercises flexibility so that every child is included. The goal is for every child to be "in the game." Later, in adolescence (and appropriately so), they will experience the non-negotiable and inflexible rules of sport in which the goal is to get the opponent "out." But in the younger grades there is purposefully no competition, and this serves to help weave the social fabric of the class.

Classic children's games are played into which deep mysteries are embedded. These games contain the polarities of holding a form versus running freely, of begging and bestowing, spellbinding and setting free, and of archetypal battles between good and evil. The teacher also may invent games and activities with a particular child in mind or for a specific situation—for example, free play with the raw materials of large cardboard boxes, rope, old sheets, and clothespins, or air activities such as ribbon wands, blowing bubbles, or making them with bubble wands for a child with asthma.

First Grade

In first grade activities including singing and circle games are emphasized, especially at the beginning of the year. Other activities include hand clapping games, all manner of rhythmical jumping and coordination activities, body geography, simple running and tag games, jump rope, obstacle course journeys, an occasional string game, old-fashioned string toys, parachute games, "Tarzan-style" rope swing, throwing and catching games, building snow people, sledding, an occasional game involving blindfolds, listening activities, and balance beam activities.

Second Grade

In second grade the above activities are continued and expanded upon. For example, by second grade the children have mastered the basic skills of jump rope. They now enjoy the challenge of negotiating the rope with one or more partners, on their own, without cueing from the teacher. This is a complicated spatial and timing maneuver that involves giving and taking cues from a classmate while simultaneously responding to the turning rope. This promotes flexibility in body and soul.

Third Grade

In third grade, the games and tone of the class reflect the nine-year-old's change in consciousness. The activities are more refined and sophisticated. For example, this is a year of many running and tag games that often involve quick changes, thereby stimulating nimbleness of mind and body. Especially nice for the nine-year-old are the Kishnick games, such as cat and mouse, ghost king, and blind cow. Tumbling and beginning acrobatics occur in the winter, when it's cold and snowy. Tumbling provides opportunity for the children to love the earth, and acrobatics provide opportunity for the students to work together and become comfortable being close to each other. This culminates in a circus performance for the parents and first grade. In third grade we also learn jacks and Chinese jump rope.

In the first three grades, parental education in parents' evenings is provided if requested by the class teacher.

Fourth Grade

In fourth grade the children begin to experience a different dynamic in the games and activities. They have their first relay races and learn basic kickball skills, which then move into caterpillar kickball. They begin to play simple team games that have clearly defined rules and boundaries. They also learn that the rules and boundaries can change and evolve. Over the year they work on new skills such as throwing and catching and are involved in activities to help them gain a sense for rhythm, timing, and spatial awareness. They continue to build on their tumbling and gymnastic work of the earlier grades with more emphasis on form and precision. The following is a sampling of some of the activities they participate in dur-

ing the year: jump rope, a variety of relays, obstacle courses, tumbling, agility exercises and games such as robber's gold, kick the can, ring-a-levio, and a variety of tag games. These are intended to challenge the children to be swift and daring but also to use close observation, thoughtfulness, and strategy as a tool and not just rush pell-mell into an activity.

Fifth Grade

The fifth grade activities are centered on the five Olympiad events, which they participate in during the spring. While learning and practicing the skills needed for the javelin, discus, ring wrestling, long jump, and running events, the children begin to move with a newfound grace and strength. They need balance, strength, speed, endurance, and patience to be able to participate with confidence in these disciplines. They also must pay strict attention to safety issues and form while practicing. The fifth graders learn new games such as prisoner (a build-up to volleyball), capture the jewels, beanbag toe tag, and team dodge ball. These require the students to work together and discover how they can best contribute to their team's effort. They also sled, ice skate, build snow forts, and have organized snowball fights, jump rope, and learn new Bothmer and Spacial Dynamics® exercises and group games.

Sixth Grade

The sixth graders now work more directly on building up their strength and skills. New exercises that demand precision and balance are introduced, and they have a block on physical fitness. They participate in a tennis block, an archery block, and a skating block that introduces hockey for the first time. They begin work and practice on a variety of circus skills that include unicycles, gymnastics, tightrope, juggling, and rola-bola balance boards. They play and learn the basic of many different games and sports, such as volleyball, ultimate Frisbee, spaceball, varieties of team dodge ball, and team handball. They continue work on the javelin and discus, work with staves and stave fencing, and go rock climbing in conjunction with their geology main lesson. In the spring they participate in the medieval games in which their archery, javelin, speed, strength, and balance skills are put to the test. The activities challenge the children physically but also demand a certain quiet and stillness. Examples of this include shooting an arrow accurately, riding a unicycle, and juggling. These activities demand a centeredness and uprightness that counter the adolescent's tendency to slouch and droop. They also need to accept the call of the teacher in a game and the absoluteness of the rules of a game, even if they do not agree with the call.

Seventh Grade

The movement program is designed to meet the new capacities and experiences that the seventh graders bring with them. They are now much bigger, stronger, and faster than before, and their inner life grows ever richer. They are able to play games and sports at higher levels than before and with a broader overview of the situation. They are clearly leaving childhood behind and need greater challenges. A wide variety of activities, both individual and group, are offered to the students. There is an increased emphasis on physical fitness and team sports as well as group games. Here they learn to work together in a competitive or cooperative activity. Classes are begun with a warm-up that often includes Bothmer and Spacial Dynamics® exercises, calisthenics, jump rope, and running. They continue to practice archery skills and throwing the javelin and discus, and work to improve their circus skills. They play games such as spaceball, team handball, ultimate Frisbee, hockey, touch football, tennis, and volleyball, and go sledding when the snow flies.

Eighth Grade

The emphasis in the eighth grade movement classes is on the interaction and development of students' muscles and bones. Most of the activities of the previous years are taken up with an emphasis on developing new skills and strengthening those already in place. New sports, games, and physical challenges are introduced, and the students are encouraged to gauge their own personal improvement. When they can achieve outward success in a movement activity not only do they strengthen their physical bodies, but their effort also provides a healthy balance and perspective to their powerful inner soul experiences.

Space

The movement room/gym is a 20- by 28-foot former classroom that has an eleven-foot ceiling. The acoustics are sharp, bouncy, and challenging, which makes it painful and difficult for teachers and children to concentrate during exciting movement classes. That is especially true for the older grades. In the younger grades, the teacher makes every effort to keep the noise level down, as the younger children are less able to modulate loud noises. Occasionally weighted blankets are used to help with this. The outdoor playground is very small and not big enough for a full-size basketball court—and far too small to play Frisbee, softball, or touch football. The outdoor space is big enough for most of the first through fifth grade movement classes, but scheduling problems with the junior high recess compromises that. (This is a very tight space for all the sixth through eighth graders to have their twenty-minute recess in, despite the fact that the enrollment in these grades is currently low.) When an older grade is outside during a younger grade's class, the visual and auditory distractions make it extremely difficult to hold the class. Fortunately, there are two parks fairly close by, and we are currently (generously!) allowed the use of a nearby backyard. The parks are too far for the younger grades, which have single periods, but they are used heavily, weather permitting, for the sixth through eighth grades, which have double periods. The ice arena is also rented for the fifth-through-eighth-grade skating blocks, and the YMCA is occasionally used for climbing classes. The local backyard is poorly drained, and it is often unusable because of mud, especially in the spring. The New England weather is also a major factor here. Because of the limited indoor space, the classes are held outside as much as possible. In colder weather, it is harder to hold the class outside. The cold is a factor in teacher fatigue, along with the need to move and transport equipment from one venue to another. On rare occasions, because of the small size of the movement room, we have split the class in younger grades, with half in the movement room and half in the library. That is not pedagogically sound, as the goal at this age is to guide the class to move as a whole. With the older classes this is more appropriate, if an assistant is available, especially for circus skills and tumbling/acrobatics.

*Peter Schoen
Jane Swain
Movement Teachers*

Bulletin Board

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. 11-17-09*

Apartment for rent: owner occupied, 2nd floor, in nice neighborhood, 5 small rooms, car port and driveway for 2 cars. Walk to downtown and Monadnock Waldorf School, no pets. Included: heat, hot water, snow and rubbish removal. \$825 per month, security deposit and first month's rent. *Call John at 358-4001. (Neighbors of Lori and Dan York.) 11-17-09*

For sale: 1997 Subaru Legacy Outback, all wheel drive, 4 cylinder, 2.5 liter, automatic, 157,000 miles, A/C, AM/FM cassette, seat heater, roof rack, recent inspection, \$2,500. *Please call Bill Hay at 357-0372. 11-17-09*

The Monadnock Conservancy, a non-profit conservation land trust based in downtown Keene, New Hampshire, **seeks an experienced Development and Office Assistant** for approximately 24 hours per week to assist with the management of the office and the administration of the membership and fundraising programs. *For more information please send an email to the [Conservancy at info@monadnockconservancy.org](mailto:info@monadnockconservancy.org) or call 603-357-0600. 11-17-09*

For sale: Claw Foot Bath Tub, cast iron, \$75, good condition. *Nancy McGartland at 242-6289. 11-17-09*

For sale: EMU knee-high tan leather boots (Ugg look-alikes). Lined with Australian Merino wool. Never worn; still have tags. Size 6 Women's, \$25. *Nancy McGartland at 242-6389. 11-17-09*

Nubanusit Neighborhood & Farm cohousing still has room for you! Ask Elsbeth (8th grade) or Catharine (5th grade) how much they enjoy

living here with the other children to play with in a car-free neighborhood, community meals, cows, calves, chickens and horses and acres of fields, trails and river to explore just one mile from downtown Peterborough. Check out our website www.peterboroughcohousing.org; have open houses every Saturday and Sunday (2:00 to 4:00 pm) through November and community meals twice per week. *11-17-09*

For sale: boys DC brand, down, snowboarder's jacket, size XL or 14/16, black with gray and red, detachable down hood, super warm, perfect condition, \$50 OBO. *Call Liza Dupuis at 357-1360. 11-17-09*

Last chance to get your turkey—truly pastured, 100% certified organic grain supplemented fresh turkeys. Only a few left. *Call the Bickfords at 603-445-2157. 11-17-09*

Professional painting, plastering, dry-wall, new work and repair. Former MWS parent with over 30 years experience in the construction field. References. Satisfaction guaranteed! *Call Brent Lumbra at 603-667-1029. 11-17-09*

Hello, my name is Campbell Morgan. I am an alumni of MWS and a current student at North Star. At North Star they provide classes, workshops and tutoring for home schooled teens. I am helping North Star with their annual **bake-a-thon fundraiser**. We will be collecting donations and baking at least 30 pies for the Amherst Survival Center's Thanksgiving meal on Tuesday, November 25. *If you are interested in making a donation, please leave your donation in the Main office. Call Campbell with questions at 352-9174. 11-10-09*

Start your day the yoga way! Conveniently timed for MWS parents, Jeni's yoga classes are offered on Wednesdays and Fridays just after drop-off at MoCo Arts' Wellness Center (on Elm St, near community kitchen). Join us from 8:45 – 10:00 a.m. for a yoga class to set the tone, get you toned, and attune you as you move forward into your day. *For further*

information, contact Jeni at 801-1446. 11-10-09

Are you planning a party or holiday event for which harp music would be a lovely addition? I am currently raising money to pay for my new harp (very exciting!). I enjoy performing and have experienced playing at a variety of events. *Please contact Lili Hanft if you are interested at 603-313-9466. 11-10-09*

I am now accepting new clients in my psychotherapy practice. I specialize in human growth through the recovery from trauma, grief and adverse life events. I use Eye Movement Desensitization and Reprocessing (EMDR) as well as expressive arts and other methods. I also work with those people suffering from depression, anxiety, phobias, substance misuse, stress and more. I am licensed, take most insurance and have a sliding scale fee structure. *Call Jeff Spiegler 603-209-4858 or e-mail jspiegler@antioch.edu. 11-10-09*

Cabin for rent. We have a small but beautiful cabin for rent near our home. It is located on 150 acres of land in the town of Gilsum, 8 miles north of Keene. The cabin has all the amenities including a wood stove with gas heater as a back-up, a small kitchenette and a sleeping cubby with drawers underneath. *If you are interested, give us a call. Katie Schwerin and Bill Whyte at 357-4710. 11-10-09*

For sale: Free-Range, all natural turkey, ready for Thanksgiving \$3/lb from Painted Shadow Farm. *Contact Bonny Collard at bonny.collard@yahoo.com (Kristin Froling) 11-10-09*

Looking for sweaters, woolies, warm winter clothes for a baby girl, sized 9 months to 1 year. *If you have anything to donate, please leave them in the main office at the elementary school and I will pass them on. Thank you, Suzanne Ruse. 11-10-09*

Experienced two-man, interior paint crew for immediate hire. Quality work done neatly and fast. \$26 an

hour. Good, reliable references. Willing to travel. *Please contact Nick Peria at 1-518-321-3030. Will be able to start the job within a day or two of contacting. 11-10-09*

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 Holly Gorsuch at BHG The Masiello Group at 603-313-1224. 11-02-09*

House and pet sitter available: experienced with all types and sizes of animals. Excellent references. \$25/day. *Call Kathleen Murphy at 358-9914. 11-02-09*

Come join the Camp Glen Brook community. Camp Nurse seeking companion for her 4 year old: I am seeking a mature, responsible teen to be companion of my four-year-old son for 3 or 6 weeks this coming summer. Position includes room, board, financial compensation, time off and participation in all camp events. Camp lasts 6 weeks, from June 27th until August 7th, but position can be split into two, 3-week jobs. *For more information about Camp Glen Brook, visit <http://www.glenbrook.org>. Interested teens to email me at: gibneyt@juno.com. 11-02-09*

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*

Therapeutic Breathwork offered: *Healing Ways Breathwork* is accepting new clients & would love to share this powerful self-help tool! Sliding scale fees, no one refused. *Contact Jennifer, Certified Breathwork Practitioner for more info @ 603-446-7096 or luvbreath@gotsky.com 10-27-09*

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*

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*

Community Events

Please Join Us For Community Volleyball

We meet Tuesdays and Thursdays at the Trinity Lutheran School from 7 till 9-9:30 or later. This is not a school sponsored event and is open to the community. We are there to have fun in a non-competitive atmosphere (we do play by the rules though). *Call Jeff Spiegler for more information at 209-4858 or just show up, that's what I did 3 years ago.*

The Orchard School and Community Center

These programs are held at The Orchard School and Community Center in East Alstead, up route 10, thru Gilsun's Main Street. We are located on 114 Old Settlers Road, about 20 minutes drive from Monadnock Waldorf School.

Open Doors Afterschool Daily and School vacation camps at The Orchard School and Community Center; anytime after 3:00 until 5:30 pm. Elementary aged students; outdoor explorations, seasonal festivals, preparing delicious foods, crafts, music, arts and farm, inclusive community building fun - led by Eleanor Elbers call the School Office 835-2495 or Eleanor 499-3422 for information.

Farmers and Foragers for youth ages, 10-14, Fall into Winter at Orchard Hill and the Orchard School on Wednesdays 3:30 until 6:00 pm, November 18, December 2, December 9, and December 16 - hands on farm skill building, environmental awareness, farm animals, putting up food for winter and preparing foods in Breadworks wood-fired oven - led by Marty Castriotta, environmental educator and ecological builder. *Contact Marty at 477-5533 or Eleanor at 499-3422.*

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 theyogaspaces@gmail.com.*

The Color Shop and More Presents Torin Finser

What Now? Developing Thoughtful Kids in a Thoughtless Era

Thursday, November 19 at 7:30 pm at The Color Shop and More, 43 Main Street, Wilton, NH 03086

Ipods. Email. Cell phones. Adults venting at every turn. Today's kids grow up faster than ever, and the world around them seems filled with rudeness, rage, materialism. How does ninety year old Waldorf education meet the challenges of contemporary society, educating today's students to become tomorrow's leaders? We may be "unplugged," but then what? *Please call or email to register at 603-654-6297, info@colorshopandmore.com.*

Tai Chi

There will be a beginning Tai Chi Session starting at *Flow Martial and Meditative Arts* on Sunday November 22 at 4 pm. The session will run for 12 weeks and will remain open until December 6. The session will be taught by Daniel Caulfield, a five-time national Tai Chi champion and two-time world championship silver-medalist. He has practiced Tai Chi for over ten years. Flow is located on at 125 Old Homestead Hwy. (Route 32), about 2 miles from downtown Keene. *For more information call Dan @ 499-7437 or visit www.flowmma.org.*

Lazure Custom Wall Designs Presents 2 Lazure Painting Workshops for Beginners

December 3 to December 6, 9 am to 5 pm

Cotuit Elementary School, 140 Old Oyster Road, Cotuit, MA 02635

Taught by master Lazurist Charles Andrade. In just two days learn a unique European decorative paint finish that will bring light filled color to any room in your home. Welcome the healing power of color into your life! Fee is \$200. *Contact Gary Cannon at 508-759-7499 or at administrator@waldorfschool.cc.*

Beardslee Mahar Annual Holiday Open House

Mark your calendars for Saturday, December 19 from 2 to 6 pm. Bill and Lisa look forward to welcoming you to our home at 56 Douglass Street in Keene. The more friends and families we see the happier we'll be!

Upcoming Fourfold Path to Healing Conference—Nashua, NH—January 2010

Featuring Tom Cowan, MD, Sally Fallon from the Weston A. Price Foundation, and Jaimen McMillan, founder of Spatial Dynamics.

This is an anthroposophically-inspired event that comes at a time when families are in great need of healing on a variety of levels. This event offers a wonderful and rare opportunity to learn more about the work of the Fourfold Path to Healing right here in our own region. This is powerful and important work, and every effort must be made to help this work to continue. Look for coming news.

School Fundraisers

Eighth Grade Bread and Cookie Order Form

Name: _____ Grade: _____

Orders due: Thursday, November 19, 2009

Pick-up date: **Tuesday, November 24, 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: Fruit Nut	\$4.75	
	Christmas Stollen	\$17.00	
	Wheat-Free: Whole Spelt	\$4.75	
	Cookie: Mint Chocolate Chip	\$1.50	
	Oatmeal Raisin	\$1.50	
		TOTAL \$	_____

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

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

Coupon

\$2 off to Waldorf Families



ASHUELOT RIVER HIGH SCHOOL CHRISTMAS TREE SALES

146 School Street, Keene, NH

\$2.00 off the price of a Christmas tree for the Waldorf Community

DECEMBER 12, 13, 19 & 20 FROM 11 AM - 8 PM

\$2 off to Waldorf Families

Coupon

P R E S S R E L E A S E

For: Immediate release

Date: 17 November 2009

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

Phone: 357-4442 extension 104

Monadnock Waldorf School Students Help Meals on Wheels

Monadnock Waldorf School students in the nursery, kindergarten and elementary grades added colorful artwork to over 200 white lunch bags for the Keene Meals-on-Wheels Program. The bags will be used to deliver nutritious food to disabled or elderly members of the local community who are not able to prepare a meal for themselves.

“The students really enjoyed making each bag special. We are glad to think that these colorful bags might add a little pleasure to someone’s day!” said Maggie Myers, first grade teacher and coordinator of the project for Monadnock Waldorf School. The school hopes to repeat the project several times during the school year.

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 or whywaldorfworks.org.

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Coupon

MONADNOCK WALDORF SCHOOL

Holiday Shopping

*at Foadstool Bookshop, Mill Toy Works
Colony Mill Marketplace, 222 West Street, Keene, New Hampshire*

& at Dilly's For Kids

417 West Street, Keene, New Hampshire

Friday, Saturday & Sunday,

December 4, 5 & 6



Up to 20% of the proceeds from any purchase with this coupon benefits Monadnock Waldorf School.

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