



September 23, 2009

Calendar of Events

September

- 25 – Kindergarten Field Trip
- 25 – Fall Festival – *See article for details on activities for grades and kindergartens*

October

- 1 – Torchlight Parade 6:00pm
- 2 – NO SCHOOL
Staff Inservice Day
- 6 – School Pictures
Committee Chair Training 6:30
- 13 – Kindergarten Parent Mtg 5:30
- 16 – Kindergarten Pumpkin Patch Field trip
- 19 – All Grades Parent Evening 6:00
See article for more information.
- 20 – Board of Directors Meeting 6:30
- 27 – Helle Heckman Presentation
- 28 – Grades Assembly 2:00
- 29-30 – NO SCHOOL-Parent Teacher Conferences

“By the time Waldorf students reach us, they are grounded broadly and deeply and have a remarkable enthusiasm for learning. They possess the eye of discoverer and the compassionate heart of the reformer, which when joined to a task, can change the planet.”

Arthur Zajonc Ph.D., Professor of Physics, Amherst College

News from the Office

Ah, yes... the inclement weather is upon us. While we strive to maintain emergency raincoats, there are not enough of them to go around. Please remember that the children play outside daily “rain or shine” Please send your child dressed appropriately for all types of weather. Layering works well in this transitional season. Extra clothing, especially socks, should be in children’s lockers.

Directory – We have been diligently working on the school directory and we plan to have it ready for you soon.

Welcome Jessica Brooks–Young our new evening custodian. Jessica will be in the building from 2:30 – 6:30 daily. Please introduce yourself when you see her.

Missing your child’s first grade work from last year? Stop by the office and check out the box located under the table and see if your child’s work is there.

Playground Conversations – Teachers appreciate the communication with parents on the playground, however the teachers are there to keep a watchful eye on the students and prepare their own minds for the day ahead of them. Some conversations require more than just a “hello”. If that is the case, there are “Special notes to the Teacher” in the office for more private matters. These “notes” are located on the table to the left. Please feel free to utilize this method anytime a private matter, or more in depth conversation is needed. The teachers will do their very best to get back with you as soon as they can.

Update on Sarina Rabbitt

Sarina is currently in the Mayo clinic hospital in Rochester. Here’s a note from Rhonda about her progress. “All in all our hope continues to be strong as the amount of departments that are in conversation include Pediatrics, Pediatric Neurology, Neurology, Surgical Neurology, Optamology, Infectious Disease and Cardiology. The general sense is that this is not primarily the result of her Chiari situation. It is certainly a factor but most likely secondary. The focus seems to be within the autoimmune area. Our reading is showing a plethora of diseases that are very good at mimicking other disorders which can make it frustrating when care providers treat symptoms and do not definitively address causes. Still it is quite amazing to be in the midst of some of the brightest minds and talents in medicine and to see that Sarina is still a puzzle yet to be solved. Thank you all for your support, it is a blessing to know how far our circle of love extends.

“Why Waldorf Now?” Lecture Series

“The Importance of Outdoor Play” by guest speaker Helle Heckman a Danish Waldorf Kindergarten teacher and author, is Tuesday, October 27 6:30 – 8:00 pm in the Assembly Hall. Public is welcome. More information as it gets closer to the time.

Morning Snack Program

I am pleased to announce that beginning the week of October 5th, students will be able to order morning snack from the TRWS Kitchen. The snack program will be offered on a trial basis for three months. Our plan is to have the morning snack offered for the entire school year, depending on interest. The cost for snack will be \$1.00 per day and can be ordered on the same form as hot lunch (see attachment). The menu will be on a two-week rotation as follows

Monday	Tuesday	Wednesday	Thursday	Friday
Oat cakes	Ants on a Log	Granola & Yogurt	Muffins	Bread & Fruit
Corn Bread	Apples & Peanut Butter	Banana Bread	Peanut Butter & Jelly	Hummus & Pita

Thank you, Miss Katie

News from the Kindergarten

We have been in school for three weeks now, just half way through the transition time need to establish a good working routine. It will be at least three more weeks before we can really assess what is working for each individual child. Be patient with your child's ability to assimilate all the transitions that are happening to them. Our circle of Baa, Baa Black Sheep, is looking specifically at crawling, or gross motor development and cross lateral movement. Drizzle, drizzle, drop, and drop looks at fine motor skills and finger dexterity. Ring around the Roses is looking at listening skills, following directions, and imitation. As it is early in the year we will continue this circle until we feel most the children have mastered some level of skill in these specific areas. This Friday we will go on our first field trip to Hixon Forest. The bus will load at 8:30 on Wall Street and returning at 10:30 for the Dragon Play at 11:15 and the harvest fest at 12:00. Parents may ride with us on the bus for \$3.00.

Katie Rasmusen, is doing her WTC Early Childhood internship in the Kindergarten Monday, Wednesday, And Friday for the entire morning until December. We are grateful for her presence at Three Rivers Waldorf School.

Thank you to Autumn's Mother and Grandmother for our new napkins, and to Lyla's Mother too for new napkins! They were very badly needed in the kindergarten and greatly appreciated. Terri Erickson, Mother of Emma and Sophie, is the Kindergarten class parent. Thank you for that support.
Ms Marinella and Ms MaryEllyn

News from the 1st and 2nd Grade

Princess Kari Woodengown - 1st and 2nd Grade

The first and second grades are galloping on their journey into Language Arts. Clear speaking and learning to think with hands and feet are such fun! Feeling the forms of the beautiful symbols for letters and words is a whole body engaging adventure. The fairy tale of the princess with the wooden dress and her blue bull has been an enthralling imaginative joy for all. The first graders are seeing the forms emerge from the art rendering of the fairy tale. Second graders are learning to let another child have the joy of figuring out what is emerging – oh to be quiet and not just shout it out! The second graders are continuing where they left off - to draw the beautiful forms that symbolize the phrases, words, and letter sounds we hear. What fun it is to recognize the symbols for a phrase we have been clearly speaking! The arithmetic block will be coming soon. I almost cannot wait for the liveliness of this class to spring into the essence of numbers and rhythmic work.

A few tidbits for you to just check out. We will go out in almost all weather. Full rain attire allows for full play in the rain. Check to see if your child has both inside and outside shoes that fit well. Clearly labeling what is for snack and what is for lunch may be useful as some children are eating part of their lunch at snack time. They are then often hungry at lunch with not much to do...

The support of parents has been amazing. I have been and continue to be very blessed as a teacher by the grace of the parents. You raise and set the sun for your children for quite a while yet, the love with which you do so shines radiantly through.

One person's thoughts on why we teach music:

Why Do We Teach Music?

Not because we expect you to major in music

Not because we expect you to sing or play all your life

Not so you can relax

Not so you can have fun

But – so you will be human

So you will recognize beauty

So you will be sensitive

So you will be closer to an infinite beyond this world

So you will have something to cling to

So you will have more compassion. More gentleness, more good, in short – more life

Of what value will it be to make a prosperous living unless you know how to live?

Look for notes from Kim John Payne's book, *Simplicity Parenting*, in the coming Newsletters. His work is refreshing and another way to look at how we are in the world, especially with our children.

Warmly,

Ms. Erickson

News from the 8th Grade

8TH GRADERS ARE TRUE RENAISSANCE PEOPLE AT FRANCISCAN FEST

The 8th graders gave an enjoyable performance of Middle Ages and Renaissance style recorder music last Saturday at Franciscan Fest, held on the grounds of Viterbo University. Instead of only playing soprano recorders as had been the case last year, the class now played the full spectrum of soprano, alto, tenor, and bass recorders. During one song, Kate accompanied the class on violin. On another, Maddie accompanied the class on trombone. Brett and Skylar played percussion instruments during some of the songs, and played recorders during others.

We played on center stage, conducted by Mr. Steinbeck (who has been assisting the class in getting ready for this performance). Good work, 8th grade! See them again soon, as drummers (along with the 6th grade) in this year's Torchlight Parade on Thursday, October 1st. What Renaissance people these 8th graders are!

Mr. Lajiness

Movement into Fall!

This school year we have begun our movement program with Eurythmy for the first three and a half weeks of school. Thank you to Carol Hanlein for bringing that part of the Waldorf curriculum to our school. The fall equinox is upon us and the regular program with Ms Doerr is ready to begin. Please make sure your children are adequately prepared for activity on days they have Movement Class. 1st & 2nd grade have class on Tuesdays and Thursdays. 3rd grade has class on Monday's and Wednesdays. 4th grade has class on Tuesdays and Wednesdays. 5th grade has class on Mondays. 5th & 6th on Tuesdays, and Thursdays. 8th grade has class on Mondays and Thursdays. It is critical that students do not wear restricting clothing and that they have shoes that fit snugly, support them and do not fall off easily. We will be running, skipping, jump roping, throwing balls and javelins and generally having a fabulous time exploring the many successful ways our bodies can move. We will often have our class outside on the playground or in the park. Please support our movement program by helping your child be ready for class.

Ms. Doerr

Grades Parent Evening

Monday October 19, 6:00 to 7:30

The first parent evening of the year will be an all-grades meeting. The evening will begin at 6:00pm in the Assembly Hall. This will give all parents the opportunity to learn about the current main lesson block of each grade and have a glimpse of what the future studies are for the upcoming years. At 6:30 the meetings will move to the classrooms for a grade-specific meeting. Each class will have a note taker. If you have children in multiple grades, please choose one meeting and see the teacher for notes from the other meetings.

This evening is an opportunity for us all to come together as a community to learn more about all of the wonderful, interesting work being done at school and to support the children.

Great Lakes Scrip

We will be placing an order with Great Lakes Scrip soon. Script is available from many businesses, such as Menards, Wal-Mart, Barnes-Noble and many more. If you would like to purchase any of these scrip cards, please fill out the Great Lakes Scrip form and submit it to the office along with your check. Great Lakes Scrip forms can be found in the office.

Everything you ever wanted to know about the Fall Festival!

Throughout the world, in all civilizations, there are celebrations reflecting nature's rhythms, and important seasonal transitions in the life of the culture. These festivals are celebrated as a means to sustain and renew ourselves. For many people today, whose increasingly busy lives can make them unaware of the changing of the seasons, festivals provide an opportunity to reconnect with the cycles of the earth and the soul nurturing they provide. In Waldorf schools, the rhythm of the seasons and the wonder of the natural world are celebrated as the class teacher prepares songs and activities for the classroom.

The Fall Festival at Three Rivers Waldorf School has its roots in the Waldorf tradition of celebrating seasonal festivals to mark the changes in the year. Our fall festival includes observing the autumnal equinox, the harvest, and the dragon theme that accompanies the festival of Michaelmas. As the harvest is gathered and stored, the days grow shorter and a chill comes into the air. At this time children settle into the routines of school and focus on the inner life of learning. The dragon theme invites the children to face the challenges of a new year with courage, confidence and a desire to do what is right.

For adults there can be deeper meaning in this festival, which is tied to the change of the seasons.

“Autumn and winter call on us to withdraw into our own human nature and oppose the death and decay of nature with the resurrection of forces of soul and spirit. Spring and summer are the time of the soul’s nature consciousness; in autumn and winter we must experience our self-aware human consciousness...In summer we are received lovingly into nature; but if we would not be deprived of our own centre and balance, we must not lose ourselves in her but be able to rise up in autumn to strengthen the spiritual nature of our own being.” -Rudolf Steiner

Children and adults alike may feel inspired to have the courage to face the coming winter and to give thanks for the gifts of the earth. The festival at Three Rivers Waldorf School has grown from a simple meal to include a dragon play, field trip for kindergarten and trials of courage for the grades children. Relatives and friends are welcome to attend with you. This is a wonderful way to show them some of the unique aspects of Waldorf education. Please let us know in the office if you are bringing many extra folks so we can be sure to have enough soup for all.

Schedule of the Kindergarten Day

The Kindergartens go on a field trip to Hixon Forest in celebration of the Autumn Equinox. Parents and siblings are welcome to attend, please let the teacher know who will attend from your family. The teachers will inform families of the

items to bring for snacks.

8:30 Bus loads at the school's Wall Street entrance
9:00 Picnic snack near Hixon Forest Nature Center
9:30 Walk through the Marsh
10:30 Bus loads at the Marsh trail head in Myrick Park
11:15 Dragon Play**
12:00 Lunch in the Kindergarten classrooms

**Kindergarten students who stay for lunch will enjoy the harvest celebration soup with their classes, in their classrooms; for consistency and a smooth rest time transition. If parents choose to pick their Kindergarten children up after the dragon play, for lunch in the cafeteria, the children must remain with the parents for the rest of the school day, they may not return to the kindergartens after lunch. Kindergarten parents-please take a look at the volunteer Recruitment Board in the lobby after the play. Thank you.

Schedule of the Grades Day

8:00-8:30 Classes gather and say their morning verses, then proceed to prepare the Celebration Harvest Meal.

Grades 1 and 2 make apple crisp.

Grades 3 and 4 make soup.

Grades 5, 6, and 8 make bread.

11:15 a.m. "St. George and the Dragon" performed by the grades students for the school community. The play will be performed in the gymnasium. Duration: 15 minutes. Please do not photograph or videotape the performance.

Clothing needs for grades students for the play:

First Graders-- children should come to school on Friday neatly dressed in dark pants and red shirts

Second through Eighth Graders-- children should come to school on Friday neatly dressed in dark pants and light colored shirts

Following the play: Lunch for TRWS families and students in the cafeteria. **Bring your own bowls and spoons.**

After lunch: Activity for grades children- Mixed-grade groups will face the four trials of fire, air, earth, and water. The trials are for students only. Parents will please help with cafeteria clean up, after the grade students go to do the trials. Following clean-up, there will be a school Volunteer Recruitment Session in the cafeteria Parents may pick-up their grades children at 2:45 as usual.

Volunteer needs: (At least one adult per class is needed to help with food preparation, etc., however, many more are welcome.)

To bring vegetables for the soup!

To help with food prep, cooking and baking in the classrooms and kitchen

To set up food for lunch.

To wash dishes and clean the kitchen.

Class Parents will be contacting all parents to recruit for supplies and volunteers! They will be asking you to assist in providing the following items for your child's class, as well as help in the classrooms with cutting and preparing the food. Please have all items that you bring labeled with your name so they get back to you.

Here is the needs list – class parents will be confirming quantities. If you have a quantity of an item or ingredient that is listed for another class than your child's, we would still welcome the donation. Thanks!

Grade 1: apples, butter, brown sugar, oats, cinnamon, baking pans, potholders, paring knives, and cutting boards.

Grade 2: paring knives and cutting boards.

Grades 3, 4: lots of vegetables for soup; rice, wild rice, pasta, salt, etc.; vegetable peelers and scrubbers; cutting boards and knives.

Grades 5, 6, 8: bread knives, cutting boards, flour (unbleached and wheat), yeast, honey.

Thank you to everyone for all your hard work and dedication to sign up to help and donate items for the Fall Festival this Friday! Class Parents will be contacting you to tie up any loose ends so that this event runs smoothly and enjoyably.

It's Torchlight Parade Time Again!

The Parent Association has been busy planning this year's booth at the Torchlight Parade. The Parade is Thursday October 1st, and it passes right in front of the school! Our 5th, 6th, and 8th graders will be performing in the Parade, and handing out TRWS postcards to the crowd!!

In the booth this year we will be selling Homemade Pizza, Popcorn, Cookies, Cheese Curds (Fresh or Fried), a variety of drinks, and glowsticks!

We will need parents to donate drinks, help with food prep before the event, to staff the booth and help with clean up afterwards. There will be a sign up sheet for shifts, and donated drinks in the Main Lobby.

Traditionally this has been a great fundraiser for the school, and a lot of fun for everyone! Bring the whole family out for a great evening full of good food, fun, and fellowship!

If you have any questions please feel free to contact Jeni Blake at imaginefree4life@iglide.net or call 788-2478.

4-H Clover Buds

There is a new and improved bulletin board located in the cafeteria foyer just for the Clover Buds. News and current events for the Clover Buds will be posted regularly. Please stop down and check it out. Thanks

Holiday Fair Vendors Requested!!!

I know it seems ages till the Holiday Fair (December 12th this year), but anyone wishing to have a vendor booth needs to start making and stock piling inventory to sell. As always we seek vendors of items of hand made, of natural materials that would appeal to our family and child-centered community. We also enjoy vendors who offer fairly traded items from around the world. Please spread the word to friends, family and favorite vendors out there that we are accepting applications for Holiday Fair vendors now. Applications are available through the office, from Kim, or speak directly with Martha Buche if you have questions. Our goal is to have more vendors and an even wider selection of items for sale than ever before. Spread the word! Thanks!

Exciting News From the School Store!

The School Store or as many of you know it "The Magic Cupboard", has officially changed its name to *Enchanted!* The committee is excited about this name change, and would like to have a logo to go with it. We are looking for creative people to help us with this, so we thought it would be fun to have a Logo Contest! The only criteria is that it fits with the school's identity. Please submit your idea(s) to the store committee via mail file. Entries will be taken until October 15th. At that time we will choose a new logo for the store! If you have any questions please contact Jeni Blake at imaginefree4life@iglide.net or 788-2478

Enchanted is also excited to offer more hours this year! We will be staffed Monday – Friday. Hours will be posted on the doors.

We would like to welcome new committee members Natalie Lepkowski, and Heather Froh! Their ideas and energy are wonderful to have in the store! Stop in and meet these new parents!

We would love to have more people on the store committee! Our next meeting will be held on Monday, October 5th at 8:15a.m. in the store. Please feel free to attend. If you have any questions please contact Jeni Blake at 788-2478

Committee/Volunteer Recruitment Fair

There will be a **Committee/Volunteer Recruitment Fair** on **September 25th** for all parents to sign up for membership and volunteer participation in school activities and events. Grades parents can sign up after the harvest luncheon. Kindergarten parents can sign up at mid-day when the Kindergarten returns from the Field Trip. The Enrollment, Marketing and Events (EME) Committee will have sub-committee job descriptions for you to see and sign up for. This is the follow-up to the form you filled out at the back to school picnic. Didn't get a form at the picnic or you weren't there? Look for a form in your family mail file, or ask Martha for one. Forms can be returned to the EME mail file. We would like feedback from each family to use along with the skills and interest inventory that you filled out with your registration packet. We hope to share the work of the school in joy and clarity this year, setting everyone up for success. There are spaces on the Facilities and Development committees as well. Please be sure to check out the recruitment area when you stop by the Fall Festival celebration!

Substitute Teachers needed – We are looking for substitutes for all areas in the school: kindergarten, grades, aftercare and lunch. If you're interested in being on the list, please call the office.

News from The Parent Association

The Parent Association is excited to announce that we have two new officers this year! **Sean Clutter**, Father of Jasper in the 1st grade, and **Stacy Mitby**, Mother of Cooper in 2nd grade and Elliot in 5th grade. Both of them have been TRWS parents for a number of years, and bring great ideas to the PA.

The PA would like to welcome all the new families with a gathering on October 17th @ 10a.m.

Please help us welcome our newest TRWS families! We will be Carving and/or Painting Pumpkins with a Spaghetti and Garlic Bread lunch to follow (dairy/gluten/wheat free options will be available) There will be more information on this event closer to that time.

Warmly,
Bennett Myers, and Jeni Blake
Parent Association Co-Chairs

Community Corner

For Sale...

Does anyone need a crib? We have one that needs a new home, the cost is \$35, please contact Nicole Clutter at 608-492-9461 or place a note our mail file. Thank you.

I have concord grapes for sale, for \$3/lb. They have been grown organically for the past four years. These are great for jelly, juice, and wine making as well as for eating. I can bring them to school or you can pick them up at my house. Christina Hotchkiss 738-2835.