



October 6, 2008

What's Going On...

Wednesday, October 8
 Waldorf Education discussions
 with Carol Steil
 Music Room, 7:00 p.m.

Thursday, October 9
 Yom Kippur
 School Closed

Monday, October 13
 Experience Children's Garden
 Painting with Edna Emmet
 8:30-9:30 a.m., Art Room

Tuesday, October 14
 Town Meeting, 7:00 p.m.

Thursday, October 16
 Creating and Supporting
 Healthy Sleep Habits
 for Your Child and Family,
 with Kim West
 7:00 p.m.

Friday, October 17
 Harvest Festival
 Grades 1-6
 Tamarind Building Playground
 3:30-5:30 p.m.

Monday, October 20
 Experience First Grade
 Eurythmy with
 Noris Friedman
 8:30-9:30 a.m.,
 Eurythmy Room



From the desk of the Administrative Chair

On Tuesday, October 14 at 7:00 p.m., we will be having an important town meeting to discuss proposed changes in the looping of elementary school class teachers. Currently, each class teacher in grades 1-8 stays with their class for all 8 grades. The Collegium and the Faculty have been looking at making modifications to this plan to better support the class teachers. At this meeting we will be presenting the proposed changes and asking for input from the parent body. We hope to see you there.

October will be a busy month for school activities. On Sunday, October 12 at 2:00 p.m., we will have an open house for parents interested in the Children's Garden. Please pass the word on to friends and neighbors who might be interested in our nursery and kindergarten programs. On October 16 at 7:00 p.m., Kim West will discuss creating and supporting healthy sleep habits for your child and family. At the end of the month on October 30 and 31, the Children's Garden and the elementary school will be holding the year's first parent teacher conferences. There will be no classes in either of those schools. **The upper school will be holding classes as usual.** Please contact your teacher about signing up for a time for your conference.

During the drop-off of students at the Tamarind building, a number of parents are stopping in the areas designated as no stopping zones on the southbound side of Tamarind Road to drop off students. This is dangerous and causes confusion with cars that are stopping at the stop sign. It also makes it difficult for the crossing guard to direct traffic. We ask that you drop students off at locations away from this area. Thank you for your cooperation.

Larry Snyder

Save the Date! December 6 is the Holiday Fair—and the Children's Shopping Room needs your donations

The Waldorf Community Alliance presents the HOLIDAY FAIR at the Waldorf School of Baltimore on Saturday, December 6, 10:00 a.m.-4:00 p.m.

Please remind your family and friends.

Children's Shopping Room

Start now to clean out those closets! Collections for the Children's Shopping Room at the Holiday Fair have begun in the lobbies of both buildings.

The Children's Shopping Room is a popular activity that gives children a chance to shop for friends, family, and themselves. Help us out with great picks.

Contact information for School Chairs

Upper School Chair: Donald Bufano, dbufano@twsb.org; 410-367-0647

Middle School Chair: Ed Meade, emeade@twsb.org; 410-367-6808 ext 365

Lower School Chair: Noris Friedman, nfriedman@twsb.org; 410-367-6808 ext 371

Children's Garden Chair: Charlotte Landgraf, cdlandgraf@hotmail.com; 410-664-7714

Administrative Chair: Larry Snyder, lsnyder@twsb.org; 410-367-6808 ext. 201

Library News

The library extends many thanks to recent donors. The Kyle family (Acadia, 3rd) found itself with an extra copy of Lawrence C. Goldsmith's *A Life in Watercolor* and gave it to the library. Although this is not a children's book *per se*, it is filled with the most beautiful and glowing watercolor paintings that will serve as an inspiration to students and teachers alike.

Crystal Cheng (4th) wanted some of her outgrown titles to have a good home and brought them in. They have been well-cared for and will be much appreciated. I was especially happy to see Tomie de

Paola's *Favorite Nursery Tales* and *While I Sleep*, illustrated by Ed Young.

Lucretia Field (5th) thought of the library when she came across several books, including *Shatterglass*, by Tamora Pierce, which was a real find because our copy of this well-loved fantasy title was missing.

Jason Noble (6th) gave us a beautiful set of *Treasure Island* and *Robinson Crusoe*. Scattered with ink illustrations and a few color plates, they will encourage students to read these classics.

Alexandrea Arnold (Brinton and

Emma, 2nd, and fifth grade teacher) continues to pass on some great books, most recently books on weather that can be used for the eighth grade weather block and some that will interest students of any age.

If you are interested in donating a book to the library, we have a wish list on Amazon—look for the *Waldorf School of Baltimore* wish list.

Many apologies if I have forgotten anyone. Thank you to everyone who has been so generous to the library!

Charlotte Snyder

Thank you!

On behalf of the students and parents, I thank those donors who

made possible the restoration of the orchestra and German programs.

Christopher Field
(Lucretia, 5th)



The Harvest Festival is next week!

Where: Tamarind Building Play-ground

When: Friday, October 17, 2008

Time: 3:30 p.m.-5:30 p.m.

Who: 1st – 6th grades

Come one, come all! The WCA is excited to continue the

Harvest Festival tradition! A little different this year but just as fun!

Please come join us for good food, good friends, and good times!

Please bring a snack to share!
Class Responsibilities: **1st grade-**

set up food, provide drinks; **2nd grade-games; 3rd grade-clean up, 4th grade-decorations; 5th and 6th grade-security.** Please check with your class parent for more information!

Halloween Parade for grades 1-4

On Wednesday, October 29, children in Grades One through Four will take part in a Halloween costume parade. *Children should report to school already in their costumes* along with a change of clothes for afterward. For the parade, the grades will process out the back door, across the front plaza, circle around Park View and return to the building. Please join us on the plaza to view the parade at 9:00 a.m.

In case of inclement weather, the parade will be held in the hallway inside the Tamarind building.

Costume Guidelines: Children should wear simple, home-made costumes that reflect appropriate curricular themes (for example: First Grade=Fairy tales; Second Grade=Fables, animal stories, holy people; Third Grade=Bible stories, farming, gardening; Fourth

Grade=Norse Mythology). Please note: make-up, masks, and blood are not allowed.

The children will be changing into their regular clothes after the parade. We ask that children come prepared to make the clothing change *in their classrooms*. Hope to see you there!

Christine Good
for the Festivals Committee

Halloween for the Children's Garden

In School

During the week leading up to Halloween, each class will celebrate in their own way. **The Children's Garden faculty asks that your child not bring costumes to school.** If you are organizing a celebration with costumes after school, please be respectful of the choices other families may make by not discussing your plans during school time.

At Home

Now that autumn has arrived and we are well into the month of October, Halloween is just around the corner. Halloween has been a tradition beloved by children. However,

in recent years it has taken on aspects that are not the healthiest for young children. Children who have seen too many scary costumes and masks, eaten too many sweets, and stayed up late on Halloween may become upset and over-excited. They are often tired and restless the following day. We encourage parents to consider the following suggestions to help their children celebrate a simple Halloween with images that are healthy for them.

Children love to help carve pumpkins or other fall vegetables such as turnips, large gourds, or even certain varieties of winter squash. These lighted Jack-O'Lanterns lend

a warm glow to the night. Home-made costumes need not be elaborate; children are often happiest with uncomplicated attire. Children look forward to putting together a costume that is meaningful for them. They may want to dress like characters from a story such as a king or a queen, knight, hobgoblin, gnome, or fairy. Or they may want to be someone they are familiar with from everyday life such as an animal, farmer, baker, police officer, firefighter, dancer, doctor, or nurse. We recommend that you consider costumes without masks. Many young children's perceptions of re-

continued on p. 4

Help us raise money with Tot Swap! (No, you can't swap your child)

Going through your closets to get ready for fall/winter? Wait! Don't get rid of anything just yet! The WCA is excited to participate in a new fundraising event called "Tot Swap." No, we don't trade in your children...but we will take all of their gently used clothing and toys. Some schools have earned over **\$10,000!**

Here's the deal. The WCA will be registered as a vendor at "Tot Swap—A Children's Consignment Sale" at Timonium Fairgrounds November 13-16, 2008. YOU will bring in all of your children's outgrown, and gently used clothing and toys. The WCA will tag, price, and deliver every item donated to WSB to Timonium Fairgrounds. The sale is open to the public and the profits from every item sold will go directly to WSB! When the event is over, anything unsold will be donated to charity. Want more good news? If we do as well as we think we will, we won't be obligated to sell Sally Foster or Bulbs this year!!

We need donations to make it happen! Tell your friends, family, and neighbors that you will help them unload all of their unwanted items, too! The boxes marked "Tot Swap" are waiting to be filled up in both lobbies of the Tamarind and Yellowwood Buildings.

Here's what we are looking for...

- **Fall/Winter Clothing**- Boys up to

size 20 and girls up to size 16. All must be in good condition and clean. No stains and no holes. Shoes (in excellent condition) and accessories.

- **Infant clothing** -be selective -it's very abundant!
- **Maternity clothes**- LIMITED TO 20 ITEMS PER CONSIGNOR, NO EXCEPTIONS!!
- **Holiday Clothing, School uniforms, Dancewear, dress-up clothes.**
- **Toys, children's books and videos, puzzles, games, parenting and pregnancy books and videos.**
- **Baby Bedding** - blankets, crib sheets, bumpers, nursery decorations, diaper bags
- **Stuffed animals**- ONLY if they talk, dance, move, light up, or do something or Build-A-Bear.
- **Baby furniture and equipment** - cribs, strollers, baby swings, pack 'n plays, carriers
- **Sports Equipment and Accessories**- cleats, shin guards, baseball gloves, etc.
- **Craft supplies, including scrap-**

booking items!

- **Anything else related to children!!**

We cannot accept...

- **Spring/Summer items** -save them for the Spring sale
- **Underwear** - please leave used undergarments at home!!
- **Torn, stained, or outdated clothing and shoes - or missing buttons or broken zippers**
- **Battery operated toys without batteries** - batteries can be purchased at the dollar store
- **Dirty toys, furniture, or equipment** -or items that have been recalled - please check prior to bringing items
- **Stuffed animals** that don't do anything
- **Bags of miscellaneous toys** - unless theme-oriented (i.e. dinosaurs, Barbie, army guys, action figures)

Please contact Anita Shefts, 410-215-7095 or anitashefts@comcast.net, or Eileen Silverman, 443-797-2503 or msilverman33@hotmail.com for more information.

Children's Garden Halloween (continued)

ality are still a bit tenuous and seeing people in masks is often frightening for young children. A mask hides the human face that defines a person's true nature. Being unable to see the true nature of a person can make a disturbing impression on a tender soul.

If you go trick-or-treating, it need not be extensive. Visiting a few houses in your neighborhood or the familiar house of a friend could be very satisfying. In order to handle the candy dilemma, some families have relied on the Sugar Fairy to slip into the house on Halloween night, take some

or all of the candy and treats, and leave in exchange a treasure, story book, or a small surprise.

We hope these ideas will inspire your family's celebration of this holiday.

From the Consumer Goods/Scrip Team



What is Scrip?

Scrip is the same as the gift cards you purchase in retail stores. The school purchases them from Great Lakes Scrip Center—which has over 300 retailers—at a discount and sells them to the community at face value. So if you decided to use WSB Scrip for your weekly grocery shopping and purchased a Giant Foods card valued at \$100, WSB would make a \$4 profit! Scrip is a painless way to contribute to the school. A PDF of the order form is available on the WSB Web site. Click on Community Resources then Parents' Association and scroll down to the bottom of the page. Just fill out the order form, drop it off with a check made payable to WSB to either Jean Engelke in the office or to Gail Kurek (coordinator of the Scrip Team) on Fridays in the Plaza. See “**What’s new with Scrip**” below for an alternative way to order.

What's new with Scrip

Beat the crowds; place your Scrip order from the comfort of either your work or home computer! This year, WSB introduces Shop-WithScrip. How it works: Go online to www.shopwithscrip.com. ShopWithScrip uses Microsoft technology to give customers a secure site to place orders. All you need is an e-mail address. Place your order. Print out a copy of your order and drop it off with your payment to the office or to Gail in the Plaza by one of the Friday due dates listed below. The Scrip coordinator rounds up all the orders into one and sends it to Great Lake Scrip. By the following Friday, your Scrips are ready for you to pick up!

- **Whole Food** cards are now available on the Plaza on Fridays!!

- Need **gift cards** for the holidays? Remember to place your orders by **December 5** to get Scrip for Christmas, Chanukah, and Kwanzaa.
- Place orders for Scrips not available in the Plaza on Friday: gas cards, Amazon, Old Navy, Wal-Mart, cards for restaurants WSB doesn't normally carry, etc. And don't forget about holiday shopping cards, like iTunes, AMC movies, L.L.Bean, LandsEnd, Bath and Body Works, Bed, Bath & Beyond, etc.

Upcoming deadlines for ordering special scrip:

- October 10
- November 7
- December 5

Scrip Wrap-up (Week of 9/26/08)

Scrip orders available: \$3,766.00
Scrip sold: \$1,811.85
WSB profit: \$95.73

Consumer Goods Fundraising—Sign Up Today!

Below are some easy ways to help raise funds for WSB. Have you signed up for any?

Giant Foods: Remember to register your **Giant** cards so WSB gets credit for all your **Giant** shopping. Go to http://giantfood.com/our_stores/bonus_bucks/designate_school.htm. Put in your card number and the last three digits of your last name.

Safeway: You can also register your **Safeway** card at www.escrip.com. Your participation could mean hundreds of dollars for WSB.

- Visit www.escrip.com. (Have your **Safeway Club Card** number available.)
- Click on “1- Sign Up”

- Input your club card number

To renew and continue earning **Safeway** contributions for WSB:

- Visit www.escrip.com; (Have your **Safeway Club Card** number available.)
- Click on “YES RENEW!”

For uninterrupted contributions, renew annually by November 1.

At **ESCRIP** you can shop online and earn dollars for the school by either registering your credit/debit cards or just shopping **ESCRIP** merchants online. To optimize your contributions to WSB and earn dollars twice: Purchase Scrip from Great Lakes Scrip, and then go online to **ESCRIP** or **SchoolPop** to shop. (Register at both **ESCRIP** and **SchoolPop** and see which has the stores you prefer.)

Visit **SchoolPop** at www.schoolpop.com and designate WSB when you sign up.

And don't forget to use **GoodSearch.com** as your first choice of search engines. GoodSearch donates 50 percent of its revenue to the charities and schools designated by its users. So go to Goodsearch.com and designate WSB to benefit from each search you make.

Thank you for all your efforts in fund-raising for WSB.



Raphael Branch offers a nutrition lecture and eurythmy workshop

The Raphael Branch of the Anthroposophical Society in Baltimore extends a warm invitation to all for a lecture on "Holistic Nutrition" by Peter Hinderberger and a eurythmy workshop by Noris Friedman on Saturday, October 18th, 10:30 a.m. - 2:30 p.m., in the Music Room of the Tamarind Building at the Waldorf School of Baltimore. Admission is free.

Holistic nutrition goes beyond the question of which diet is the best (raw, vegetarian, traditional, low glycemic, alkaline, macrobiotic, high protein, low fat, fast food, etc.) and focuses on the questions of how

food can support our whole human organism best (physical body, life force, emotional, and spiritual).

"One who understands nutrition correctly understands the beginning of healing." - Rudolf Steiner

Peter Hinderberger, M.D., Ph.D. has a general practice at the Ruscombe Community Wellness Center in Baltimore since 1984 and is school physician for the Waldorf School of Baltimore. Noris Friedman is the eurythmy teacher at the Waldorf School of Baltimore.

Schedule of the day: (you are welcome to attend any or all events)

- 10:30 a.m.-12:00 noon: Talk on holistic nutrition by Peter Hinderberger (Music Room)
- 12:00 noon-1:15 p.m.: potluck lunch (lobby downstairs)
- 1:15 p.m.-2:00 p.m.: Eurythmy with Noris Friedman (Eurythmy Room)
- 2:00 p.m.-2:30 p.m.: Raphael Branch AGM (Music Room)

For more information and to RSVP, please contact Els Woutersen at 410-563-3791 or Els.Woutersen@yahoo.com.

Community Notes

Monthly Peace Circle: Second Sunday of the Month with the next Circle on October 12. Following dates will be on 11/9; 12/14. Time is 3-5 p.m. Beginners welcome. Dances of Universal Peace are heart-felt, healing, fun, community-building, with simple movements. Words to the simple songs come from many spiritual traditions around the world and from Sufi poetry by Rumi and Hafiz. Singing circle or live hammer dulcimer tunes during the break. Looking for more musicians to play as we move—written sheet music available (call Peggy to arrange). Near Catonsville at the Westchester Community Center, 2414 Westchester Ave., Ellicott City, MD 21043, 30 minutes from the Waldorf School. Young people are welcome

to play quietly or weave in and out of the Circle, or play in the outdoor playground and fields. Wear layers: outside Circles held when weather allows. Followed by pot-luck dinner, optional, around the corner at our home. For directions, see www.oella.org. For more information see www.peacedance.org. For questions call Peggy (Naji, 7th) 410-465-1914.♦

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Participating in Redemption & the Michaelic Call to Spiritual Maturity: a talk by Rev. Patrick Kennedy of the Christian Community, movement for Religious Renewal, on Friday, October 10, 8 p.m. at the Parish House of the Christian Community, 4221 Metzert Road, College Park, MD 20740.♦♦♦

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"Baltimore Bioneers 2008: Cultivating Change, Inspiring Solutions," November 7-9, is one of 18 satellite offshoots of the California-based national Bioneers Conference. It will combine screenings of the inspiring national plenary talks with regional speakers, live panel discussions, workshops, and entertainment. Our upper school students will be assisting at this conference. Join us for either or both events: Julie Gabrielli (Toby, 1st), and Jennifer Downs (Emmie, 10th).♦♦♦♦♦



Marketplace

Dog sitting service available! Need a vacation? Going on a business trip? Leave your dog somewhere warm and safe! You'll be glad knowing your dog will be pampered and loved while you're gone. Not just a vacation for you, but a vacation for your dog. Please call Chelsea Connor (10th grade student) for more details: 410- 426- 3518. ♦

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Work From Your Heart: Meet my Mom, in need of respite caregivers when a member of her Care Team is unable to work. Alzheimer's has taken away much: on good days she can assist with standing and take a short assisted walk with a walker. She feeds herself and needs hands-on- help with all other care. Her lifelong personality of kindness, patience and generosity still shines through her smile. Once you have come for a half-day paid training period, we would like to be able to call you with as much notice as we have to come to work when needed (Immediate hours needed on Thursday October 9 from 9:30 a.m.-5:30 p.m.). Her newly-built apartment attached to our home is sunny and airy with a view of the Patapsco River valley. Location near Catonsville (30 minutes from Waldorf). Please call if you know someone interested: Thank you. Peggy (Naji, 7th) 410-465-1914. ♦

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Take a walk on the wild side! Friedman Family Fisheries would like to introduce themselves to all new Waldorf families, as well as to say hello to established customers, in this our 19th year of bringing Wild Alaska sockeye and king salmon home to you, direct from our own fish site and processing building in Ekuk Beach, Alaska. We have freshly frozen and smoked wild sockeye and king salmon that is

delicious, nutritious, reasonably priced, and arguably as clean and pure as you can find in the world.. Best bet to order, ask a question, or find out more information is to call Avi (husband of Noris, eurythmy teacher) 410-358-3008 or tri-plef@qis.net. Need a reference? Ask most any staff member or returning parent about our salmon. ♦♦

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Jennifer Brown, LCSW-C (Chaz 10th, Grace 6th, and John 3rd) is pleased to announce that, in addition to her Baltimore County home office, she will be expanding to a new location at Ruscombe Mansion. Jennifer is a psychotherapist with nearly 20 years experience providing play therapy for children (as young as 2 ½) and psychotherapy for adolescents, individual adults and families. She has extensive experience working with children and adults regarding social, emotional, relational, and behavioral and mood issues. Trained in a variety of theoretical orientations, Jennifer believes strongly in starting where the individual is and utilizing appropriate treatment methods based on each client's unique needs. For more information call 410-459-3885. ♦♦♦

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For sale: full-size cello, bow, and carrying case in excellent condition. \$500.00. Please call Joe (Chloe, Eighth Grade Class of 2008), 410-925-2523. ♦♦♦

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Trouble Sleeping? Stress overload? Come to a SounderSleep Sominar taught by Paris Kern (Leo, 10th), Oct. 17 & 18: Friday, 5-9 p.m., Saturday, 10 a.m.-4:30 p.m.; \$130. At Stony Run Friends Meeting, 5116 N. Charles Street. "After many, many years of sleepless nights the workshop provided me with the practical

tools that worked in combating my insomnia." Mollie Fein, Librarian. The Sounder Sleep System™ is a holistic insomnia solution inspired by the Feldenkrais Method® as well as Qi Gong, Yoga, and meditation techniques. This system of gentle, sleep-inducing gestures quickly lulls you into a state of blissful, restorative slumber. If you wake during the night, the mini-moves will get you back to sleep fast. These easy and effortless sleep-inducing movements are far better than any sleeping pill or herbal sleeping aid because there are no side effects, no hangovers. And if you need to wake up for any reason, you can awake in the blink of an eye—and go right back to sleep if you wish. A great thing--especially for new parents! To register: Roz Ehudin, Rozandlr@comcast.net, or 410-321-8292. ♦♦♦

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Ruscombe Mansion Community Health Center Open House, October 12, 1-4 p.m. This is a free event with presentations by practitioners, yoga, vegetarian lunch, and more. Join us! Call 410-367-7300 for more information. ♦♦♦

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Have you been diagnosed with fibromyalgia? Do you have frequent headaches, back pain, or joint pain? Numbness or Tingling? Sciatic pain? Chiropractic care can help! For a limited time, Dr. Lenny Shefts (Lexi, 2nd) is offering a complete examination, consultation, and x-rays for only \$25 (\$10 will be donated to WSB)! Come in today, feel better tomorrow. Call Shefts Chiropractic, 410-560-0333. ♦♦♦

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Discover your personal metaphors: set aside some time for self-exploration! One-day workshop includes two 30-minute Symbolic Modeling sessions with Gina Campbell and the option of another session with an assistant/trainee, working

Marketplace (continued)

from a simple drawing. Discover how easily you can access your inner world, where your metaphors hold the keys to greater clarity and the change you want. Between sessions, you can draw, journal, meditate, or otherwise explore what you've uncovered for yourself; or you may choose to watch other participants' sessions. December 7 at Ruscombe Mansion; cost: \$125; limited to four participants. Visit www.symbolicmodeling.com or email gina@symbolicmodeling.com for details.♦♦♦

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Why rent a cello, if you can buy one for less? 1/2 size student cello in good condition for sale. Ask Ulrike (Edda 1st, Ben 6th), 410-882-5403. ♦♦♦

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Piano Accompanist wanted for Upper School eurhythmy (movement) classes at the Waldorf School of Baltimore. Very good sight reading and improvisation skills necessary. Five morning classes per week for two separate month units of 4 weeks. First unit in October/November and second unit in the spring. Contact Mrs. Friedman, at 410 367 6808 ext 371 or via mail at nfriedman@twsb.org.♦♦♦♦

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For Sale: Graceful, elegant, comfortable, high and round-backed wicker chair in great condition. It's a Smith and Hawkins chair and comes with its own ottoman. Chair originally \$200, ottoman originally \$80. Asking \$125 for both. Italian combination gas

washer-dryer for sale, originally \$1500. Manual instructions included. Asking \$450. I have never used it. It belonged to my former home owner. Kenmore gas dryer with bells and whistles, originally \$650, asking \$350. It isn't compatible with multi-household usage. Would be good for a single family household. IKEA corner desk in birch veneer. All parts and screws still present. Was \$100. Asking \$40. Are you studying Nihongo? Would you like to?? I have many magazines for Japanese language study which include tapes. Make me an offer or they are yours for free. (This is a bargain. They were quite pricey and they are quite good.) Contact Virginia Efta, 410-358-7274.♦♦♦♦

Waldorf School of Baltimore
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Baltimore, MD 21209