



Week of February 9, 2009

## What's Going On...

Tuesday, February 10  
 Ninth grade bake sales

Thursday and Friday, February 12 and 13  
 Upper School Parent-Teacher Conferences  
 Upper School Closed  
**Elementary and Children's Garden open**

**Friday, February 13  
 Reenrollment Contract Deadline**

Monday, February 16-  
 Friday, February 20  
 Winter Break  
 All schools closed

Monday, February 23  
 School reopens

Wednesday, February 25  
 WCA meeting  
 Music Room, 7:00 p.m.



## From the desk of the Administrative Chair

This article is a continuation of the presentation given at the budget meeting held in January. The development of the operating budget is a year-long process. It begins in late October when the Finance Director issues the budget request to the Collegium, committees, and meetings, asking them to provide their requirements for the next school year. These groups discuss their requirements internally and then submit them to the Finance Director. The Finance Director compiles the requests and submits them to the Collegium for establishing the priorities for these requests in late November. The Collegium submits its priorities to the Finance Director in early December, and a preliminary budget is established; the Board of Trustees Finance Committee prepares its recommendation for the tuition for the next school year. In mid-December, the Board and Collegium hold a joint meeting and review and approve the tuition recommendation.

In mid-January, re-enrollment contracts are mailed to currently enrolled families. At the beginning of February, decisions are made on financial aid grants for currently enrolled families. Contracts are due in mid-February. Those received by that date are eligible for a 1% discount. At the end of February, enrollment contracts are mailed to new applicants along with financial aid grants to those families that have applied. In March, the Finance Committee and the Collegium begin a review of the preliminary budget based on revenue and enrollment projections. Enrollment contracts for new families are due on April 1. In May, the Finance Committee and the Collegium prepare a detailed budget for the coming school year based on the revenue and enrollment projections. The detailed budget is reviewed and approved by the Collegium and the Board in June.

In September, the Finance Committee prepares the final budget for the year based on actual revenue and enrollment numbers. This budget is submitted to the Collegium and the Board for final approval. Throughout the year the performance against budget is reviewed by the departments based on monthly reports prepared by the Finance Office.

As I mentioned in an earlier article, tuition is the biggest component of our revenue, so the enrollment projections for the coming year are extremely important to the planning for the program for next year. The deadline for re-enrollment contracts for 2009-2010 is this Friday. The number of contracts returned will begin to make the picture for next year a little clearer.

Larry Snyder

## Thanks for some great lunches!

Many, many thanks to parents for the delicious lunches we had last week. We loved the individual lasagnas,

cookies, rice, salads, and other dishes too numerous to mention. It is truly heartwarming to be the recipients of such

bounty. We were fueled to go all afternoon! Thanks again.

Faculty and Staff

### 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

## Reenrollment contracts

Reenrollment contract packages for the 2009-2010 school year have been mailed. Please review the package carefully. If you have not received your package yet, please contact the elementary office. If you

have questions, please contact Linda Zandler at ext. 206 or Kathy Lewis at ext. 205. They will be happy to assist you with the reenrollment process.

Please note that the deadline to

return your enrollment contract and \$500 per child deposit is Friday, February 13. Send in your contract on time to reserve your child's place in the school and receive a 1% discount on your tuition!

## Therapeutic Eurythmy Block III

School has just begun and we must think of the next block of therapeutic eurythmy.

It will begin on February 23 and end on April 1 (no fooling!). There will be 11 sessions in the block for a

total cost of \$330. First payments will be due by February 9.

Financial aid is available and must be requested in writing (note or e-mail). My contact information is below. If you have any questions,

please feel free to contact me. I will be happy to speak with you.

Virginia Efta  
410-367-6808 x 373  
410-358-7274

## A perfect Valentine's Day idea!

If you are looking for a small project or gift for Valentine's Day, stop by the Spring Garden Store and pick up a kit to make a beautiful felted heart ornament. Priced at just \$5, these kits were created by the

WSB's Crafts & Conversation Club and contain all the raw materials you need for this wet felting activity. Give the kit or the finished project on any occasion—birthdays, Mother's Day, anytime you want to

share your love. A portion of the proceeds goes to our school. Limited number available - get yours today!

Jo Keller

## Ninth grade bake sales coming up

The ninth grade is planning bake sales on the 10<sup>th</sup> and 24<sup>th</sup> of February and March 3<sup>rd</sup>. Please plan to

stop by the Yellowwood Building to buy a treat on those days. Thank you.

The Ninth Grade

## SCRIP News

### Scrip sales from week ending 01/30/09:

\$1,000 sold

\$48 profit

### Profit to date for the school year: \$1,807.90

### Participants in our Scrip program for the month of January:

#### Admissions

Rosemary and Brent Flickinger  
 Bonny Eisenbise\*  
 June Fletcher-Hill\*  
 Sherry Frick  
 Jane Hardy\*  
 Chaddie Hughes  
 Yan Jiang  
 Gail Kurek  
 Roslyn Lisberger  
 Susan Manning\*  
 Cate Mulvihill

Graciela Pasion  
 Brooke Redgrave  
 Larry Snyder\*  
 Karen Vanderheyden  
 Jane Wolfrum  
 \* New for week ending January 30, 2009.

These participants contributed \$90 to the WCA funds by purchasing Scrip for grocery shopping, school events, and dinners out. And they did not spend any more money than they would have to do these same things without Scrip. Remember: the wonderful thing about Scrip is that it gives to the school without stressing your pocketbook. Simply deciding to change your habits with everyday shopping can enrich the curriculum for our children without you spending any more money. *Think about it.*

### Earn money for our school while using the Internet

You can help Waldorf School of Baltimore earn money every time you search the Internet—not only on your home computer but at work as well! Here's how: The search engine [GoodSearch.com](http://GoodSearch.com) donates about a penny per search to the charities its users designate. You use it like you would any search engine, and because it's powered by Yahoo!, you get great results. Just go to [www.goodsearch.com](http://www.goodsearch.com). Be sure to enter Waldorf School of Baltimore as the charity you want to support. Every penny helps! And make sure you spread the word!

Thanks for all you do to support WSB's fund-raising efforts!

*Gail Kurek,  
 Sherry Frick,  
 and Claire Dorsey,  
 your Scrip Team*

## Note date and time correction for family bingo

Family bingo returns on **Saturday, March 28, 12:30-3:00 p.m.** in the Multipurpose Room. This fun event

is also a fundraiser for class trips. We hope to see you all there!

Rosemary Scavullo Flickinger  
[shiatsuacupressure@verizon.net](mailto:shiatsuacupressure@verizon.net)  
 (Sequoia, 7<sup>th</sup>)

## An invitation from the Raphael Branch

Please join the Raphael Branch on Friday, February 27, at 7:30 p.m. in the Music Room for a lecture by Rev. Patrick Kennedy on *"The Seven Heavens: how concrete knowledge of our journey after*

*death changes everything about our life on earth."* Rev. Kennedy is a priest in the Christian Community, a movement for religious renewal that was inaugurated in 1922 and received essential help in its founding from Rudolf Steiner.

Suggested admission: \$8.00 (free for Raphael Branch members). For more information and to RSVP, please contact Els Woutersen at 410-563-3791 or [Els\\_Woutersen@yahoo.com](mailto:Els_Woutersen@yahoo.com).

If you have trouble viewing or submitting this form, you can fill it out online:

<http://spreadsheets.google.com/viewform?key=ptq2M8CmCWReXbvoWJakLBw>

## Waldorf Community Alliance Lunch Program Survey

The Waldorf Community Alliance is investigating opportunities for providing more school lunch options. We are looking to add the option for families to purchase lunch on four days while keeping pizza on Wednesdays. Our intention is to raise funds for the school and provide a convenient, affordable service for busy families.

All of the vendors we are exploring provide a range of healthful options (examples include various sandwiches, wraps, mac n' cheese, chicken tenders and/or seasonal options such as soup in the winter). Vegetarian choices will be provided and we can consider vegan options if enough interest is shown. Meals will include a healthy fruit/veggie and a healthy carb snack such as pretzels or popcorn. No sugary snacks will be included and beverages and recess snacks will be the responsibility of families. Average prices range from \$3.50-5.50 across vendors.

In order to move forward we need to know whether there is interest in the community for this service. Please answer the questions below and let us know what you think!

Thank you for helping us expand the service provided to our children while supporting our school!

NOTE: Options for folks who choose not to use or do not have ready access to email will be provided in the Weekly.

### \* Required

\*How many children do you have at WSB?

\*Would you participate in a lunch program? (Assuming that options are available that you prefer for your child(ren) at an affordable price.)

- Yes
- No

\*On average, how much would you reasonably pay for a daily lunch meal? Please enter your preferred average price for a main lunch course (e.g., sandwich (1/2 sandwich in younger grades) or soup or baked chicken tenders), fruit/veggie and snack. Remember, this is the price per meal per day, not total price for all meals for a family.

\*Would you be willing to volunteer to help support a lunch program at school? Please select the choice below that most reflects your circumstances

- Yes, one hour per week during the school day
- Yes, occasionally during the school day
- Yes, but not during the school day
- No
- Other:

# Institute for Family Education presents

## "Children Don't Come With Manuals:"

### A Six Week Parenting Series

#### **Session 1- Parenting Styles and School Success**

Parents will learn what contributes to school readiness and school success. Instructors will demonstrate the role social and emotional development has on children's early school success and will describe how parents can foster these competencies. Parents will identify their current parenting style (beliefs and behaviors) and how this impacts child success outcomes. Finally, the five characteristics or behaviors of the most "effective" style (e.g., empathy, parent messages, structuring, reinforcement, and rules, limits and consequences,) will be identified and discussed. Parents will continually review these five skills over the six-week program.

#### **Session 2 – Empathy: The Master Skill**

Parents will learn to identify the feelings, needs, and messages behind their child's words and behaviors. They will also develop ways to communicate this understanding back to their child. The rational and benefits of empathy will be provided with specific emphasis placed on the effect that empathy has on a child's developing social and academic skills. Parents will practice using empathy in realistic scenarios using a combination of role-play, demonstrations, and written exercises.

#### **Session 3 – Parent Messages**

Parents' ability to connect with their child is related to the awareness and understanding of and ability to manage their own strong emotions--as well as the ability to effectively communicate emotions back to the child in a manner that the child can hear. Parents will identify their own feelings regarding stressful parenting issues and practice communicating these concerns using "I" messages and other forms of respectful self-expression.

#### **Session 4 – Structuring**

Structuring is a problem solving skill that teaches children how to break down problems into manageable steps and develop a plan for success. Many power struggles emerge when parents try to help their child learn a new skill or work through a difficult situation. This positive approach to managing behaviors helps parents help their children in a way that neither takes over for the child nor leaves them without guidance.

#### **Session 5 – Reinforcement**

The manner in which parents try to motivate children to behave appropriately influences children's assessment of their own competence level and overall value. Too much praise can decrease motivation and contribute to the dependency on others for approval. Too little, on the other hand, can contribute to frustration and fear of failure. Parents will learn about the principles of reinforcement and shaping: how and when to praise children's behaviors in order to elicit positive behaviors more frequently.

#### **Session 6 – Rules, Limits and Consequences**

Finding the right balance between a permissive and a strict household can be a real challenge. Impose too many limits and children can lose their drive to be independent; impose too few and children lack control leading to chaos. In addition, the types of consequences chosen and the manner in which they are enforced affect a child's development of self-control. This workshop provides the tools for setting limits and enforcing consequences effectively.

**\$10-15**  
per session  
sliding scale

2/19/09 through 3/26/09  
Thursdays 7-9 p.m.  
304 E. Pennsylvania Avenue  
Towson, MD 21286  
Pre-registration is required

Institute for Family Education  
www.familyed.org  
410-825-2332

## Community notes

Chelsea Paradiso (Class of 2007) will be appearing in *Joseph and the Amazing Technicolor Dreamcoat* with the Loyola Blakefield Players on February 27, 28, and March 5, 6, and 7 at 7:30 p.m., and March 1 at 3 p.m. at Loyola Blakefield School, 500 Chestnut Avenue, Towson. For more information, call 443-841-3224. ♦

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Lee Woodruff, co-author of The New York Times bestseller *In an Instant: A Family's Journey of Love and Healing*, will speak at Friends School of Baltimore on Thursday, March 12, at

7:30 p.m. in the School's Forbush Auditorium. Admission is free and all are welcome. Doors open at 7 p.m.; seating is first-come, first-seated. Ms. Woodruff garnered critical acclaim for the compelling and humorous chronicle of her family's journey to recovery following her husband's, former ABC World News Tonight anchorman Bob Woodruff, roadside bomb injury in Iraq. Appearing together on national television and radio since the February 2007 publication of their book, the couple has helped put a face on the serious issue of traumatic brain injury

among returning Iraq war veterans. ♦

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Discover Engineering Family Day, February 21, 2009: Fun, with the thrill of engineering success! The annual Washington D.C. Engineering Family Day features dozens of hands-on activities provided by local engineering chapters and national organizations. Every year at the start of Engineer's Week, the impressive main hall of the National Building Museum is taken over by thousands of children of all ages experiencing the excitement of engineering, not to mention slime! ♦♦

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## Marketplace

Now is a great time to get fresh paint to protect and uplift your home. Mikko Goodhill (Class of 2000 and UMBC music student) comes with high recommendations from many WSB faculty and families as a professional, personable and affordable house painter. Contact Mikko at [mikko@goodhill.net](mailto:mikko@goodhill.net) or 410-971-8696 to get on the winter/spring schedule. You and your home will be glad you did! ♦

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Is the tough economy propelling you to make significant changes in your life, career, finances, relationships, personal growth? Working with a personal coach is an effective and empowering process to get unstuck, move beyond limitations, and blossom from plans to reality. For a free consultation with a certified professional coach, contact Jaana Myllyluoma, Ph.D, CPCC at 410-292-8788 or email [jaanamy@comcast.net](mailto:jaanamy@comcast.net). ♦

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Babysitting: Celia Friedman (Noris's

daughter) is available for babysitting on weekends and some weekday nights. Celia is 18 years old and a senior at McDonogh. She lives ten minutes from WSB, can drive, and loves kids! Please call 443-413-5212 (cell) or 410-358-3008 (h). ♦♦

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Experienced Arborist available for your tree care needs—proper pruning, removals, storm damage, and prevention. Affordable rates. Contact Brandon (uncle of Zoe Moon in the Dandelion Room) at 443-797-7915 or [treezaregood@yahoo.com](mailto:treezaregood@yahoo.com). ♦♦

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Jennifer Brown, LCSW-C (Chaz 10<sup>th</sup>, Grace 6<sup>th</sup>, and John 3<sup>rd</sup>) 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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Looking for a small business opportunity? Become an integrative reflexology practitioner! Study 2-4 hours/week in Lutherville with Danette M. Shue, CMT. If interested, contact Eileen Silverman (Landon 4<sup>th</sup>), 410-493-8894. ♦♦♦

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Please join us in the Music Room for some Gentle Yoga Stretching! The stretching, breathing exercises and stress-reduction, relaxation poses we are doing in this class are suitable for anyone who would like a gentle, easy, balancing, and relaxing class. We will combine warm-ups, restora-

continued on p. 7

## Marketplace (continued)

tive yoga, and supported yoga postures that can be modified for any condition. More experienced students may enjoy the more relaxed pace in this class. All the postures will be suitable for pregnant women! Teens and up welcome. Drop in and try a class, or join up for 4 sessions. Meeting now on Monday evenings, 6-7:15 p.m. Please let me know if you want me to bring a yoga mat for you to use! Call me with any questions you may have! I look forward to seeing you on Monday evenings at Waldorf! Jeanne Deignan, 410-833-6067(h), or [breathofjoy@hotmail.com](mailto:breathofjoy@hotmail.com) [www.breathofjoy.com](http://www.breathofjoy.com).♦♦♦♦

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Healing, Relaxing, Meditative, Incredible! Hot Stone Massage with Bill

Good, LMT, RMP. Husband of Christine Good, 3rd Grade Teacher. Bikram Yoga, Hampden, 410-243-2040; JHCP at Canton Crossing, 410-522-9940 Ext. 0. ♦♦♦♦

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Caring for Our Own at Death: Saturday, February 28, 9-5: A workshop on Home-based After-death Care, including a focus on green burial options. Includes practicalities, simple rituals adaptable to family and community, state laws, expenses, experiences. Cost: \$125 (includes workshop, resource guide, lunch, and snacks). Crossings is dedicated to renewing simplicity and sanctity to death care, demonstrating that home funeral care is still legal and possible. Contact Jennifer Downs, 410-367-

8242; [jdownslac@gmail.com](mailto:jdownslac@gmail.com); [www.jenniferdowns.com](http://www.jenniferdowns.com).♦♦♦♦♦

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Clothing alterations: men's, women's, or children's. Charge by hour or by garment; rates competitive with dry cleaner. Call Kimberly Field (former handwork assistant and mother of Lucretia, 5th), 410-366-5033.♦♦♦♦♦

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Need that deck repaired? Trim work done inside? Woodworking specialist; inside or outside work; repairs, door hanging; artistic work. Plenty of WSB references. Mark Chmura (uncle of Lucretia, 5th), 410-366-5033.♦♦♦♦♦

