



Week of September 14, 2009

What's Going On...

Wednesday, September 16
All School Parent Evening
Multipurpose Room, 7:00 p.m.

Friday, September 25
Michaelmas/Festival of Courage
Yellowwod Building field
Pagaent, 8:45 a.m.
Tugs of War, 1:45 p.m.

Monday, September 28
Yom Kippur
School Closed

Wednesday, September 30
Children's Garden Autumn
Garden Celebration
Yellowwood Building Field,
8:45 a.m.
Tugs of War, 1:45 p.m.



From the desk of the Administrative Chair

On Wednesday evening we will have our first All School Parent Evening. It will begin at 7:00 p.m. in the multi-purpose room of the Yellowwood Building. After a brief presentation, the class teachers in the Elementary School, the lead teachers in the Children's Garden, and the Upper School class advisors will have their first class meetings of the year. You will be provided with valuable information about activities in your student's class for the coming year. Please make every effort to attend this important evening. Refreshments will be served prior to the meeting by the Waldorf Community Alliance.

Last week four students from the eighth grade accompanied Donald Bufano, Upper School Chair, to a celebration of World Literacy Day at the United Nations in New York City. They participated in discussions of the United Nations and UNESCO's efforts to promote world literacy. We were honored to be the only school invited to attend this meeting. This invitation was due in large part to the efforts of Alejandra Lorenzo-Chang, Upper School Spanish teacher, and her work with the Washington office of UNESCO since we have become a UNESCO school. This was a rare opportunity for our school to receive such recognition.

I hope to see you on Wednesday evening.

Larry Snyder

Giant Food A+ bonus bucks program

Giant Food will begin its A+ Bonus Bucks Program for schools soon. Every time you use your Giant Food bonus card, the school receives Bonus Bucks points

based on the amount of your purchases. At the end of the program the school will receive a cash award based on the total number of points earned throughout the year. The

program runs from October 9-March 25. To register your card, go to www.giantfood.com; click on Our Stores and then on A+-register your card.



Contact information for School Chairs

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

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

Lower School Chair: Laura Trosch, ltrosch@twbsb.org; 410-367-6808

Children's Garden Chair: Noris Friedman, nfriedman@twbsb.org; 410-367-6808 ext.371

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

Michaelmas/Festival of Courage, Grades 1-11

Michaelmas/Festival of Courage, the first festival of the school year, is an ancient and traditional celebration of harvest time wherein the Archangel Michael overthrows the dragon. The mythology of this battle portrays the inner soul-struggle of mankind brought forth and made visible through drama and the imagination. The highest, noblest, most courageous, and divine within the human being battles the animalistic, brutal, self-centered dragon forces in one's own nature. Michael stands before us as an inspirational representative of the courage, strength, and love that are necessary in the contemporary world.

On **Friday, September 25th**, at

8:45 a.m., the Elementary students will present the Michaelmas Pageant, which engages each grade, 2-8, in a way that reflects the developmental and curricular themes of the year. The First Grade will be involved as awe-inspired spectators. The Upper School students play a role as guides and helpers.

At the beginning of the pageant, the classes will make a great circle to present the pageant in the round. Parents and friends are heartily welcomed to join us in the field outside the Yellowwood Building. After the pageant, the students will go back into school and continue their day.

At 1:45 p.m., the students return outside to partake in the Tugs of War. Parents are welcome to watch and cheer from the sides of the field. It is a lively and exciting event for all.

Parents, please remind your children to wear dragon-conquering red and to bring garden or work gloves (for the tugs of war, if desired) to school on September 25th. Please, no cleats for this activity.

**ENJOY A HAPPY
MICHAELMAS!**

The Festivals Group



Phone: (410) 308-2100
Facsimile: (410) 308-3516

Dennis G. Graul
President

Graul's Market
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The Waldorf School Lunch Program

2009 /2010 School Year

Dear Parents:

The Waldorf School has graciously extended the opportunity for Graul's to provide lunches to their students again this year. Graul's is committed to delivering quality foods that children love using temperature safe methods. In an effort to be environmentally friendly, Graul's lunches are shipped in recyclable/compostable packing. We also reduce waste by minimizing the packaging necessary to safely transport the foods to the school.

Graul's offers online ordering exclusively. Online ordering makes the ordering process easier, controls costs, is eco-friendly, secure and provides parents with a copy of their order. This year, parents will be able to select lunches for multiple students and check out only **once**, using Graul's new shopping cart system. Sessions for the lunch cycles will run 8-9 weeks in length. We are hoping that having to order lunches only several times during the school year will save parents time and avoid families missing the ordering deadlines. Lunches will be \$4.25 with a discount of \$0.25 per lunch if you order **4 days per week**. Graul's lunches will not be delivered on Wednesdays (Pizza Day).

The ordering process is easy. Simply go to www.graulsmarket.com, choose the **School Lunch** tab, then choose **The Waldorf School**. Follow the directions to complete your order. **Orders for the first lunch cycle must be completed online by Tuesday, September 22, 2009.** Lunch service will begin on Tuesday, September 29, 2009.

You will have the opportunity to select one of six entrée selections daily. Entrée choices include freshly made green salads, pasta salads, sushi, sandwiches & wraps. Our green salads are made with ORGANIC lettuce. Our sandwiches & wraps feature ALL NATURAL Boar's Head meats & cheeses. Entrée choices will be accompanied by a healthy snack. The healthy snack may be fresh fruit or vegetables, including, apple slices, carrots & dip, grapes, etc. Desserts & beverages are not included in the lunch program.

The entrée ordered for a given day of the week, will be served on that day for the duration of the lunch cycle. For example, whatever you choose for Monday, will be served every Monday during that order cycle. You may choose an entrée for any weekday; however, you must select a minimum of two days per week.

In order to keep prices low and administrative costs to a minimum, no refunds will be issued for lunch service cancelled due to unplanned school closures (snow days, lack of heat, etc.) or student absences. If the school opens late due to inclement weather, lunches will be delivered at the regularly scheduled time.

If you have any questions or menu suggestions, please contact Joan, Debra or Anthony at 410-6077 or Ruxton@graulsmarket.com.

We are very excited to continue to serve The Waldorf School in the coming year. Our lunch program really lightens the burden at home, allowing you a little more breathing room on the days you choose. We hope that you will take advantage of the great program that is offered.

Regards,

Dennis Graul

Submit by Friday noon via e-mail: csnyder@bcpl.net

Therapeutic eurythmy

Four years ago I had never even heard of the word Eurythmy. I was required to participate in artistic eurythmy every Saturday morning as part of the San Francisco Waldorf Teacher Training program. I did not like eurythmy—I couldn't do it. I was like a walking head that had no coordination between my arms and feet. Even simple movements done in a circle (movements that kindergarteners and first graders do as part of their Waldorf education), I could not do. For one thing my feet were about 8 inches apart when I stood up, and I could not get them to come together because my knees would get in the way. For another thing the only way I knew how to move was through my head. I watched our eurythmy teacher perform the movements, and I would systemically analyze each movement and note if she was using the left hand or right hand first and how she was placing her feet. Of course my head could not keep up with the intricate movements, and I would fall behind, get frustrated, become tense, and end up with a severe lower backache.

After suffering through weekends of eurythmy, I finally asked for help from my eurythmy teacher. She recommended that I see an anthroposophical doctor and get a therapeutic eurythmy prescription to help me move more easily and to bring my feet together. Needless to say I was skeptical, but I also had 3 upcoming years of weekly eurythmy classes and 4 solid weeks of daily eurythmy every summer to endure as part of my teacher training program.

I had at least 20 one-hour therapeutic eurythmy sessions during my first two years of teacher training, and then I repeated another series during the spring of my third year. I grew to love eurythmy. I would come to my Friday night session of therapeutic eurythmy worn out from a day of commuting and somehow would become energized by the end of the hour. The

movements were beautiful to make and all rhythmical. They were sometimes very slow, like 3-fold walking, and other times very quick. My hands and feet would move simultaneously and other times alternately while I was given beautiful imaginations (pictures) of stars falling down from the heavens or a seed sprouting and reaching up to the stars. I would encircle my body with my hands like a blue velvet cloak of protection—protecting that space that I usually gave away too freely during the day, depleting my energy. I would pass a copper ball back and forth to my therapeutic eurythmy teacher while she would recite a beautiful poem. Pretty soon I was moving my arms and my feet and not even realizing it. My mind was on the pictures and my body was freely moving. I started feeling goose bumps up and down my spine while I moved, and slowly but surely over the next 4 months my feet started coming together. It was amazing. During a summer conference in Fair Oaks I was able to line dance for the first time in many, many years!. What absolute joy to be moving to music and not even paying attention to my feet. I had tried to dance 5 years earlier at a neighborhood Greek festival, and I had dropped out of the line because I couldn't even follow the simplest of movements.

Eurythmy is now a part of my life. There are special movements for the soul that I love to do and can be taught to anyone who is interested. The "A (Ah) veneration" develops devotion in the soul, helps overcome insomnia, activates breathing, and strengthens our constitution, making us less prone to outside influences (illnesses, stress, etc.). The Love E (A) helps overcome the type A personality and any tendencies to cardiac disease. It also warms the body, something which one can feel immediately after performing the movements. Hope U (oo) brings hope and a metabolic warmth to the blood circulation and breathing. It is also used

to treat insomnia caused by indigestion.

I like to do the 3-fold walking movement in the morning because it lets me know if I am grounded. I can't do the movement without losing my balance when I am not grounded. There is also a beautiful sequence of movements that accompanies a series of consonants and vowels known as the "Hallelujah." The word Hallelujah itself means "I purify myself of all that prevents me from beholding the Divine". This series of movements strengthens the etheric (our vitality and immunity). There are consonants that help a child with bedwetting, a vowel sequence that helps children who stutter, sequences of consonants, vowels, and other movements that help children and adults with learning difficulties, sensory-motor integration problems, hyperactivity, poor memory, tics, asthma, diabetes, cancer, menstrual difficulties, indigestion, enlarged adenoids, and many other conditions.

Movement integrates our senses, and "every movement which we perform with our body is a visible expression of our will. Every movement we make, counts. The way we move is a mirror of how we feel about ourselves. How we move reflects who we are and the values we hold."¹

¹ Willi Aeppli from his little booklet called "The Care and Development of the Human Senses"

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Autumn Garden Festival in the Children's Garden: Wednesday, September 30

Our Autumn Garden Festival is celebrated every year at the end of September or the beginning of October. There are many festivals to mark the seasonal turning points (solstices and equinoxes). These festivals bring images that are part of the universal human experience, such as various harvest festivals in the autumn. Our Autumn Garden Festival marks the end of the growing season and the celebration of the bounty of the harvest. This is the time of year when human beings must find strength and courage to enter the months of cold and darkness, bearing within themselves the light and warmth that were in the outer world of nature in summertime. The Archangel Michael, who defended the good, is a picture of this strength and courage

for the children. When the children enter the Autumn Garden, they experience the beauty and wonder of nature that is displayed throughout with flowers, cornstalks, gourds, pumpkins, tree branches, etc. The children are escorted by the Autumn Fairy through the Garden where they meet Michael and Mother Earth. Each child receives a cape, a crown, an apple, and a bulb to plant.

In the Waldorf nursery and kindergarten, the seasonal festivals form the framework of the curriculum. The children are nourished by the images and mood of the festival activities and by the earnestness with which the adults work to find expression for the relationship between the human being and the

changing forces of nature.

For the Autumn Garden, parents are needed to take on the roles of Michael and Mother Earth. Let your teacher know if you would like to help in this way. If any parents have flowers, potted plants, pumpkins and gourds, etc. to share for the Garden display, please bring them in the day before the Festival. Label items you want returned. The teachers will send home details.

<u>Room</u>	<u>Time</u>
Dandelion	8:30 a.m.
Rose	9:15 a.m.
Acorn	10:15 a.m.
Parent and Child	11:00 a.m.

Community notes

MUSICIANS NEEDED: Would you like to be a part of the GBYO (Greater Baltimore Youth Orchestra)? If you play any instrument and you are a committed musician, contact (Jason, jlove@gbyo.com, 443-831-8450) or Mary (mpoling@goucher.edu, 410-517-2117) *as soon as possible*.

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Dining Out for Life: Please consider joining Mr. Meade, eighth grade teacher, and Dana Johns, fifth grade parent, at Loco Hombre/Alonso's on Cold Spring Lane on Thursday, September 17th for dinner in support of Moveable Feast. 20% of your dinner tab will go in support of Moveable Feast an organization that provides nutritious meals to individuals who are living with HIV/AIDS, breast cancer,

and homelessness. Last year Moveable Feast delivered over 800,000 meals in our area and on the Eastern Shore. Loco Hombre/Alonso's is a family friendly dining experience. Dining Out for Life at Loco Hombre/Alonso's is only one of the restaurants participating in Dining Out. For a complete list go to www.mfeast.org. Thank you for your support.

Marketplace

Wanted: 12 baby food jars (glass) with lids. Please contact Eileen Silverman at 410-493-8894 or msilverman33@hotmail.com. Thank you.

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Reflexology is a heavenly way of maintaining health and optimal wellness. It feels incredible, and can address many physical problems. One session lowers stress, and more have

a cumulative effect that can enhance life and improve health, particularly sleep. Call for an appointment: Erika Grant, 443-449-9411.