



Week of September 21, 2009

What's Going On...

Wednesday, September 23
Study Skills Presentation
by Paula Moraine
Eurythmy 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.



From the desk of the Administrative Chair

Last year we offered an after school program for middle school students to help them develop better organizational and study skills. The program was offered by Paula Moraine, an experienced Waldorf class teacher and administrator, and was limited to 12 students. During the summer we worked on a plan to provide this program for all students in grades 5 through 11. It will take place during class time, one week for each grade. On Wednesday evening this week, Ms. Moraine will do a presentation on her work that is open to all parents. It will be held in the eurythmy room in the Tamarind Building at 7:00 p.m.

On Friday this week we will be celebrating Michaelmas, our first festival of the year. It will begin at 8:45 a.m. with a pageant in which all grades have a part. It will be held on the field adjacent to the Yellowwood Building. This is a change from the past years because of the construction work at the Tamarind Building. At 1:45 p.m. we will have the tugs of war program, in which grades challenge each other. It will also be held on the field adjacent to the Yellowwood Building. Good fun is had by all participants.

Work on the Children's Garden classrooms is progressing. The work to level the floor is complete and work on the piping systems has begun. In a few weeks, the contractors will begin framing the rooms and the classrooms will begin to take shape.

Included in this Weekly is an article outlining the school's plan to reduce the potential for the spread of flu this winter. It will involve the whole community's cooperation. Please take a few minutes to read this article.

I hope to see you at the Michaelmas celebration on Friday.

Larry Snyder

Visit Spring Garden Store

Come see the newly renovated (and cozy!) Spring Garden Store. We are open from 8:00 a.m. to 2:00 p.m. Monday thru Friday.

As always, Sherri can accommodate special visits at other times, so call her to arrange it.

We are now having a HUGE book sale! All titles 30 to 50% off!

Sara's Silks are 20% off.

We will continue to carry all Waldorf school supplies, beeswax candles, and some surprises from new

vendors, so please come visit.

Thanks and I hope you all have a great year.

Sherri
410-664-7714



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

We invite parents and friends to join us for the pageant and the tugs-of-war at the Yellowwood Building field, this **Friday, September 25**.

The pageant is at 8:45 a.m. It is presented in the round; parents and friends are welcome to watch the

pageant from the sides.

The tugs-of-war begin at 1:45 p.m., and we welcome parents and friends to join us on the field.

Please remind your children to wear dragon-conquering red to

school on Friday and to bring garden or work gloves for the tugs-of-war, if desired. Please leave your cleats at home for this activity.

The Festivals Committee

Puffin Project Update

We are continuing our effort to adopt a Puffin off the coast of Maine as part of Audubon's restoration project. Please help by purchasing any flavor of Barbara's Bakery Puffins cereal and bringing the boxtop to the 5th grade class-

room or the school store. You can buy Puffins cereal at Whole Foods, Trader Joe's, Giant or Wegman's. Thank you!

Landon Silverman
(5th grade)



New Lower School German Teacher Begins This Week

We are happy to announce the hiring of Frau Sabine Stollenmeyer as our lower school German teacher. She is a native speaker and a graduate of the University of Cincin-

nati and Philipps Universität Marburg in Marburg, Germany. Frau Stollenmeyer comes to us after having taught in Germany. She has observed classes and will begin teaching grades 1-3 on September

22. Grades 4 and 5 will be phased in during October.

Please welcome Frau Stollenmeyer to our faculty.

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

Dennis G. Graul
President

Graul's Market
12218 Tullamore Road
Lutherville, MD 21093

Your Good Food Grocer Since 1920

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

Avoiding the H1N1 flu virus

All of us at the Waldorf School of Baltimore have been closely following the developments surrounding the H1N1 flu from sources that include the U.S. Department of Education and the Centers for Disease Control, as well as our school physician and nurse. There are several arenas in which the school has a direct ability to be helpful, namely the cleanliness of our immediate surroundings, the instruction to the school staff and the children on proper methods of hygiene, and providing guidelines (see below) for families to follow should a child become ill. **Following are the preventive steps we are taking now:**

- Monitoring the daily reports, as mentioned above.
- Staying in contact with parents whose students are home with an illness.
- Our housekeeping service is taking extra steps to regularly disinfect areas of particular concern,

i.e. bathroom handles, classroom drinking fountains, student desks and chairs, and all surfaces.

- A pump bottle of disinfecting hand sanitizer for student and teacher use is available in each classroom. Each teacher will have available a spray bottle of germicidal spray (Shaklee G) to use on classroom surfaces when needed.

Suggested guidelines for parents and students:

- Cover your cough or sneeze with a clean tissue or sneeze/cough into your upper sleeve. Throw away the tissue after using and wash your hands.
- Wash your hands with soap and warm water for 20 seconds, or clean with alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

- Symptoms of flu include: fever of 100.4 or higher; chills; muscle aches; coughing and sneezing.
- Stay home when sick: Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever without the use of fever-reducing medicines. They should stay home even if they are using anti-viral drugs. Consult your doctor for the best advice on what to do if you feel sick.

In addition to your doctor, other good sources of information on H1N1 are:

www.baltimorehealth.org
www.cdc.gov/swineflu
www.cdc.gov/travel
www.cdc.gov/h1n1flu/ga.htm
 (questions and answers)

SCRIP News

Welcome to the beginning of a new school year of SCRIP!

For the 2008-2009 school year we earned \$3,391.18 profit from Scrip card sales. Over the summer, we offered Whole Foods Scrip cards and earned \$247.50.

SCRIP Sales

Week ending 9/4/09:

Total value of cards sold: \$850
 Profit from these cards: \$42

Week ending 9/11/09:

Total value of cards sold: \$1,650

Profit from these cards: \$81.50

Total profit for July through September 11, 2009: \$417

PARTICIPANTS (JULY - SEPTEMBER 11, 2009)

- Naomi Berkenbilt
- Bonny Eisenbise
- Victoria Eisner
- Sherry Frick
- June Fletcher-Hill
- Jane Hardy
- Chaddie Hughes
- Yan Jiang
- Sherri Kasky

- Paris Kern
- Gail Ann Kuderko
- Gail Kurek
- Victoria Mansuri
- Cate Mulvihill
- Kathy & Gerry Paradiso
- Eileen & Marc Silverman
- Alex Williams

Thanks to everyone who participated through the summer. Every little bit counts and you all are making it happen.

*Gail Kurek,
 Scrip Team Member,
 Sales*

Raphael Branch Festival Group Michaelmas Celebration

Every year the Festivals Group of the Raphael Branch of the Anthroposophical Society sponsors a series of festivals that the community is welcome to attend. Below is information about our first celebration of the year, Michaelmas. During the year there will be notifications of the festivals in the Weekly. Anyone interested in being on the email list for the group's activities is more than welcome; please let Noris

Friedman know at this email address: noris@qjs.net

Please join the Raphael Branch Festivals Group for a community festival to celebrate Michaelmas 2009. This is an important festival to gather courage for the coming winter! Sunday, October 4, 11:30 a.m.-1:30 p.m., at the Redgrave home, 2606 Manhattan Avenue, Baltimore, MD 21215. We will cele-

brate with festivities and a shared meal. Please bring a dish to share.

RSVP to Brooke Redgrave, 410-466-6416 or brooker-edgrave@hotmail.com

Hope to see you there!

Noris Friedman
for the Raphael Branch
Festivals Group

Community notes

Musicians needed: 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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Maryland State Boychoir Auditions: Applicants must love to sing and be between the ages of 7 and 17. Previous experience or training is not required. Members receive private voice lessons and theory instruction. Chance to tour throughout the U.S.

and/or internationally. Auditions on Saturday, September 19 at noon and Saturday, October 3 at 10:00 a.m.; 3400 Norman Avenue, Baltimore. Call to schedule an audition: (410) 554-8644.

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Leading Children to the Spirit: A Parent Orientation for Religious Instruction in the Christian Community. Location: Waldorf School of Baltimore. October 2nd, 7:30 p.m.- 8:30 p.m. A genuine religious life—the practice of reverence, of looking up to something higher than ourselves, of finding the meaning that permeates all things—is most needed during the time of child-

hood. Its effects last throughout life and shape the way we see the world and meet other human beings. On this evening, we will explore the ways in which we in the Christian Community seek to cultivate and enliven such a religious life for children and how this can be further cultivated at home. There were also be time for questions and practical details for those interested in Religious Instruction. A wonderful introduction to religious instruction and the Sunday Service for children. Educators and parents—returning and new—are especially welcome!

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.

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Moving sale: two solid wood cargo style bedroom sets (each set includes a twin bed with drawers underneath, night table, dresser and desk), \$300 each; Toyota Sienna van, 2004, 113,000 miles (highway mostly), one

owner, well-taken care of, few scratches on the outside, \$9,000; wooden swing set (3 swings, two chairs facing each other, two slides, fort), \$300; trampoline, \$50; red Bugaboo/Frog stroller (converts to a bassinet), \$250 (sells for \$750). We are moving in a couple of weeks. Call Tom Bufano, (443) 829-7541.

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Marketplace (continued)

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Become more ALIVE and PAIN FREE with masterful body work. Michael Campbell (former Waldorf student from Garden City, NY, and friend of Melanie and Gaia Bethel-Birch, 7th grade) has been a Body Worker and Life Coach since 1980. Drawing from eight different

body work modalities, Michael offers single sessions, as well as the ten session series of structural integration. Please call for a free consultation and to begin your journey back to wholeness. Michael can be reached at 410-299-6037 or by email at cs@thehealingbigplanet.com. Mention this

ad and get \$10 off first session.

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For sale: Ikea computer desk with pull-out keyboard shelf, shelves for printer, paper storage, and discs; 32"x60"; \$70 . Call Paris (Leo, 11th grade), 410-433-6066.

