

Four Tellings

Office: (630) 836-9400
www.fourwindswaldorf.org
30W160 Calumet Avenue W
Warrenville, IL 60555

The weekly bulletin for family and friends of Four Winds Waldorf School

January 19, 2011

One kind word can warm three winter months.
-Japanese Proverb

Calendar of Events

Thursday January 20
Scrip Orders Due.....10 AM
Board of Trustees Meeting.....7 PM

Friday January 21
Lecture by Janet Oliver.....6:30 PM
"When is a Label Not Enough?" Community Room

Wednesday January 26
Parent Tea8:15 AM

Thursday January 27
Scrip Orders Due.....10 AM

Saturday January 29
Four Winds Town Hall Meeting.....10 AM
Pot Luck.....12 noon
Community Conversation.....1-2 PM

Wednesday February 2
Parent Tea.....8:15 AM
Candle DippingIn School

Thursday February 3
Scrip Orders Due.....10 AM
Parent Council.....7 PM

Saturday February 6
Preschool Sampler.....10 AM- noon



Business Resource Directory

We are coordinating a resource directory of our parents and their personal businesses for our web site. If you would like your business listed, please fill out the form in the school office. Thank you!

Name Our School Store!

~ Got any ideas on what to name our school store? Please email Melissa at Kikstartbaby@aol.com by mid-winter break with any suggestions. If yours is chosen you will receive a jar of honey, or another great prize from the store! More updates on the store coming soon, thanks for everyone's support!

Scrip Orders!

Have you forgotten we have the easiest way for the school to make money? Please participate by placing your order TODAY!

www.shopwithscrip.com

TOWN HALL MEETING

Saturday, January 29, 10:00 am - 12:00 pm

This is an annual meeting for our school that is **important for every family to attend**. It will include a State of the School report from the Board of Trustees, an introduction of the Budget for 2011-2012 and reports from Parent Council, Faculty, Administration and Enrollment. There have been so many changes this school year, and we are celebrating that we are here and growing! Take this chance to check in on the pulse of the community. Join us afterwards for a Potluck Lunch from 12- 1 pm and our first Community Conversation from 1-2 pm (see page 2.) **Child care will be available only for those who pre-register by Wednesday, January 26th:** \$5/child for the morning; \$3/child for the afternoon. During the potluck, children will be joining parents.



When is a Label not Enough?

Free Lecture by Janet Oliver

Friday, January 21st, 6:30 p.m.

ADHD, ASD, OCD, OBD, LD, MR, CP, TBI...These letter groups are just alphabet soup, unless you are labeled with one or more of them. Labels can help in some ways. They can get institutions to take our issues seriously, let us find others in the same boat and give our symptoms and behaviors a name. But what don't labels do for us? They don't tell us who we are. They don't tell us what to do. They don't answer the question, "What now?" In this 2 hour presentation, you will begin a journey of understanding some of the real reasons for the puzzling behaviors and learning issues you or a loved one may be experiencing. See neurodevelopmental issues as they really are, not illnesses, but barriers in development of the body and brain. Learn a few powerful, yet simple activities to begin addressing underlying stress in real, permanent ways. Begin to listen to what the body-brain system is trying to tell you. This is a preview of the coming HANDLE® Introductory class, March 19 & 20. For more info on Janet Oliver or HANDLE, go to www.planforlearning.com.

Facebook Magic

The magic of Facebook is that you can help spread the word about Four Winds. Are you on Facebook? Go to Four Winds Waldorf on Facebook, click "Like" and then spread the word by clicking "suggest to a friend." Thanks so much for helping us get out the word on our wonderful school!

-Kelly Kasper & Carlene Mogavero, FW Facebook Administrators



New! Parent Teas starting on Wednesdays



Starting Wednesday, January 26th, at 8:15 a.m., please join us in the Sunrise Garden Room for our first parent tea of the year. Come to meet with other community members, new and old, to get to know each other and discuss what is on our minds as parents. Various topics could include nutrition, sleep habits, media, curriculum, pedagogy, or whatever else comes up! We plan to meet weekly if there is interest. Please see Parvaneh Shidnia-Smith or Kelly Kasper for any questions. Tea and water will be provided.

FROM THE DESK OF *Marianne Fieber*

Last night I had the incredible pleasure of attending an intimate conversation in Geneva at the home of a woman who hosted Starr-Bresette, an Ojibway elder and storyteller from the Bear Clan living up the Fox River in Elgin. I became aware of this event through the study group I participated in during the summer in Batavia. The topic we were working with was *Discovering Your Sense of Place*. After the study ended in August this remarkable group of women (although the group was be open to men, too) were drawn to continue the rich conversations which were inspiring us about what it means to live, as a human being, with others and in this part of the world. Back to Starr – there was so much that he shared through his biography, story and wisdom but I feel particularly inspired to share with you some of his thoughts about community. It is one of those synergistic situations where what I'm working on in one area of my life seems to show up elsewhere. Community is like that-isn't it? We are social beings and we must find ways to work together despite the irritations or misunderstandings because the benefits are unexpected and unimaginable from the outset.

The nuggets I want to present include the following:

- The circle is an expression of true community.
- No healing or wholeness can come without community; coming together in community is the secret to affecting change.
- Ceremony and ritual play an integral part in creating community and coming to decisions.

There were more, but these particularly I want to offer as an inner gesture as we embark on our quest to create our community and culture. This activity is sacred. It is what brings us together to see the highest in the other as we strive toward a common vision. It is a process, like education and not always clean and neat. It may get messy before it sparkles.

As Starr was speaking and sharing, I thought about Four Winds Waldorf School and how we already strive, in our daily practices, to combat a consumerism that is running rampant in the world. We are consciously working at allowing the dear children in our care to experience reverence which will carry them into their adult lives with an inner strength that may not be so easily accessed if it hadn't been fostered with a loving, dedicated group of adults around them. How can we begin to explore the needs of the adults within the community in order to find ways of meeting their needs and fostering continued growth and connection to the wider world?

ON another note: I want to thank the parents who came to help out with our cleaning day – cobwebs and bugs were removed from the ceilings and lights, beeswax was stripped from the floors, serious scrubbage occurred in bathrooms. On top of all that the faculty room was given a deep clean and face lift. All efforts by the various teams is deeply appreciated. It is one way of engaging in making this place great!



Candlemas

On Wednesday, February 2nd, our students will participate in our Candlemas festival by making hand-dipped beeswax candles. This festival falls 40 days after Christmas, and occurs perfectly between the Winter Solstice and the Spring Equinox: the days immediately become longer. It commemorates the “The Light of the World” or the first public presentation of Jesus. Many candles are lighted for the celebration of this day. In the past, it was customary to bless the year’s supply of candles on this day, hence the name Candlemas. This festival also celebrates Bridgid, the first woman Bishop, in whose convent the light within did not extinguish for several hundred years. She is remembered as a woman intensely devoted to healing and serving her people. Bridgid’s symbolism, a glowing candle, offers hope for the coming spring. Finally, this day is also celebrated in the US as “Groundhog’s Day,” a day of eagerly anticipating the coming of spring.

Parents, especially those who do not have small children (as we will be working with hot wax,) are needed to help with the classes as they dip their candles. Please contact Kelly Kasper at 773-405-5580.

Chess Club News

Chess Wizards has started a new session this Monday - January 10th, usual time 3pm - 4pm. There are a total of 17 classes until the end of the school year (Jan: 10, 24, 31; Feb: 7,14, 28; Mar 7,14, 21, 28; Apr: 4, 11; May: 2, 9, 16, 23; June: 6). Registration forms are available at the front office and on the information board. Please bring completed registration forms to the front office by Jan. 21st or follow instructions on the forms to register directly through Chess Wizards. The fee is \$170 (payable to Chess Wizards). There is an option to pay in two installments: \$85 by Jan 24 and \$85 by Mar 28. If you only want to register for part of the session please contact me. New children are welcome to come on January 24th for a free trial class. If you have any questions please contact Natalia Lukina at natalia@alumni.caltech.edu or 617-407-6438.



Heartfelt Thanks...

From the Warrenville Arts Council to the 6th & 7th grade Community Service Bakers. The Choral and Keyboard Fantasy Event at Immanuel Presbyterian Church last Sunday was sweetly enhanced by the tasty contributions by **Joshua and Karen Fried, Tess O’Callaghan & Jocelyne Roy, Madeline & Parvaneh Smith, Lintaro & Shiho Kajiwara, and Marianne Fieber.**

Four Winds Waldorf Summer Camps are coming!

A program of exciting camp options are being developed and planned for Summer 2011 and I hope to see many of our students joining us for one or more sessions. Throughout the summer we will be offering Early Childhood Camps with Kristie McHugh, new to our faculty as the Extended Care Provider, taking the lead. We will have our very popular Outdoor Camps for Grades and Early Childhood aged children as well as movement, recycled crafts, storytelling, clay work and science explorations along with a couple extreme adventures and outings to round out our offerings.

New this year will be an opportunity for two young people, heading into 7th or 8th grade, to participate in our CIT or Counselor in Training Program. There will be an application process to select the right individuals who will support the Early Childhood Camp Counselor in delivering the program. Please stay tuned for further details and registration information for all of our camps. Make sure you set aside some summer time for our Four Winds Waldorf Camp!

The Summer Camp Program needs your help!!!!

I would like to give our summer camp program a catchy name. Does anyone have any ideas? I'd love to hear from members in our community on what may be a name that represents our Four Winds Waldorf camp program. Please jot down your suggestions and submit them to me in my mailbox in the front office. I will be taking suggestions until February 1st. Thanks.

-Marianne Fieber

New Student ID's

ID's are available for all students in the school office. Many thanks to Rick Chavez for design and execution! ID's have been given free to middle school students (grades 6-7) and employees. All other grades students may purchase them for \$5 each. Please let Barbara if you would like to purchase an ID for your child in grade 1-5.

Weekly Regular Meetings

Grades Faculty - Tuesday 1:15 pm

Early Childhood Faculty - Tuesday 1:20 pm

Student Services Committee - Tuesday 2 pm

Leadership Council - Wednesday 1:15 pm

Executive Steering Comm.-Weds 3 pm

SICG- Thursdays at 11:15

Full Faculty - Thursday 3:20 pm

Upcoming events in which some of our faculty are participating. Please join us:

Optimal Anxiety: How to Manage Your High-Stress Occupation and Create a Balanced Life

Workshop by Paul Foxman, Ph.D

Author and nationally recognized speaker on anxiety and stress management.

Saturday, January 22, 2011 at Clarus Center in Warrenville
8:30 am to 3:30 pm Cost: \$150

Learn strategies and skills for managing your high-stress occupation as well as for enjoying greater work effectiveness and life satisfaction. Based on 37 years of experience, Dr. Foxman has created and collected some of the best techniques for motivating and guiding clients in replacing anxiety and stress symptoms with positive alternatives. Drawing on approaches such as solution-focused, mind-body, insight, and cognitive-behavioral, as well as positive psychology and spiritual practices, he will offer practical interventions for busy professionals to balance occupational demands with personal wellness. For info, www.claruscenter.com or call 630-393-9800, ext. 220. Attending this event from Four Winds are **Marianne Fieber and Carlene Mogavero**.

Re-Thinking Childhood: Parenting and Educating Children in a Time of Global Transformation

March 4-6, 2011, Mount Mary College, Milwaukee, WI

Our world has been changing rapidly. How can we best prepare children for an unknown future?

Sharifa Oppenheimer, author of *Heaven on Earth: A Handbook for Parents of Young Children*, and **Joan Almon**, Executive Director of the Alliance for Childhood, will share practical information and motivational wisdom to help us in our lives and work with children of all ages. Breakout sessions will engage participants in conversation and artistic and creative activities to help deepen and integrate new ways of thinking about and being with children. One session is entitled, "Growing Up Fully Human in a Dehumanizing World" by **Joan Almon** will explore the strong sense of children to become part of the world and in participating with us in its healing and transformation. Info: 262-642-9672 or <http://waldorftraining.com/marchconf120610.htm>. Attending this event from FW are **Carlene Mogavero, Maryla Sikora, Barbara DuRocher and Karen Hays**.

The Incarnating Child Seminars

How we parent and educate children is influenced by our understanding of their needs at various ages and stages of development. By attending to the physical, emotional and ego development of children, we can remove obstacles to their ability to manifest their higher selves. Workshops in this series will explore child development from this perspective through presentation, conversation, and artistic and practical activities. Rm. 137, Notre Dame Hall, Mount Mary College, Milwaukee, \$35 or \$160 for all five paid in advance.

Understanding Children: 4-7 years with Laura Cassidy

Saturday, January 22, 9 a.m.-12 p.m.

Understanding Children: 7-10 years with Amy Marks

Saturday, January 29, 9 a.m.-12 p.m.

Understanding Children: 11-14 years with Corinne Lorian

Saturday, February 5, 9 a.m.-12 p.m.

Understanding Children: 15-21 years with Mary Ruud

Saturday, February 12, 9 a.m.-12 p.m.

Annual Spiritual Meeting of Members of the Anthroposophical Society

Sunday, January 23, 2-5 p.m.

Rudolf Steiner Branch Office, 4249 N. Lincoln Ave, Chicago

This meeting will take up questions on the cultivation of Anthroposophy at the Rudolf Steiner Branch, reflections on the past year, and plans for 2011 along with conversation. Friends are very welcome. Group work on the topic: Mysteries of the Human "I", "Anthroposophical Leading Thoughts # 11-13 (02/16/1924) and # 14-16 (02/23/1924), GA #26. Material available from Barbara in the Four Winds front office.

Come to an Open House!

Our Children Our Earth: Toys, Silks & Eco-Goods



707 Morton St.,
Batavia

Weds., Jan. 19th

6-8pm

Thurs, Jan. 20th

1-5 pm.

"Oh, I've Always Wanted To Check That Out!" We have LOTS of cool, Waldorf friendly items that everyone seems to think you can only get on-line! You've seen a *small* sampling of what OCOE has to offer on your very own book store shelves, has it perked your interest? For those of you who have never been to my home store, NOW is time to come! Come check it out (while the holiday scenes are still up but without the holiday panic!) Relax, enjoy a look around with a cup of tea and a cookie too! **Donate 10% of your purchase back to FOUR WINDS SCHOOL upon your request!**

In the News...

Here is the link to a recent article about media characters in schools: <http://www.chicagotribune.com/features/tribu/sc-fam-o104-character-free-class-20110104,0,5430252.story>

Classifieds

Place classified ads here! \$5 for 50-word ad to run 2 weeks. All ads subject to editing.

Host Families Are Needed The Toulouse-Chicago student exchange program enables high school-age students the opportunity to live with an American host family for two weeks. During the weeks of **April 23rd to May 6, 2011**, French students ages 15-19 will be placed with families locally. Students originate from a high school in Toulouse, France. Students are occupied with touring and visits to Chicago up to four days per week with our Chaperones. Students enjoy dinners and hospitality with host families during evenings and weekends. Students must have access to the Metra west line train stops. Host families are generally helpful in dropping off/picking up from train station closest to your home. Hosting an exchange student allows your family to share American hospitality. Call today to choose your student! To find out more contact: **Dottie Lipinski or Amy Hansberger.**

dmlip@wowway.com, 630.251.4270

The Chestnut Tree Daycare (Waldorf-inspired), Downers Grove, IL (by Good Sam Hospital.) Now offering day, weekend and evening care for children ages 1 1/2 to 12 years. Daily & weekly activities include: painting, coloring, collage, bread-baking, beeswax, puppetry, circle games, nature crafts and yoga. Outside green area on very large lot w/ outside play daily. Seasonal Celebrations enjoyed! All Organic menu served daily w/allergy and gluten-free menus available to sensitive children. I am a Natural Foods chef & pastry chef and I love teaching whole foods cooking classes to the children. Please contact Emily Marx, 630-322-9118 evenings, emilyteagarden@yahoo.com.