



January 25, 2012

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



Sled-A-Thon a Snowy Success!

Let it be said that Mother Nature more than made up for last year’s attempt at a Sled-a-thon. This past Friday we had the perfect combination of snow, temperature and no wind to enjoy a wonderful afternoon of sledding and raising money for Four Winds Waldorf School. The students had a great time laughing, sledding and repeating the process all afternoon as the snow intensified. From the first graders shouting out the number of each run (“This is seventeen!”) to the older grades smashing four of them on one tiny sled, a good time was had by all.

Many thanks to everyone who helped out with the event including Vicki Blair for loading the car with the food, wood, sleds and other materials, Anna Morris for handling the pledge sheets, Jocelyne Roy and Karen Friede for making and distributing the popcorn and hot apple cider, and especially to those hardy volunteers out on the hill counting runs, tending to the fire and preventing collisions: Linda Rourke, Kathy Fitzgerald, Michelle Rosen, George & Angela Murray and Victor Page. A special thanks to the faculty for not only helping to coordinate the timing of the event but also for participating in the actual sledding!

This week and next please work to get the outstanding pledges collected and ask the students to convey thanks to those who supported the event and the school. Turn in the information to the office and we will announce the total amount raised!

—Sean Blair

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The Four Tellings Has a New Look

Many thanks to seventh grade teacher, John Keeney, for redesigning the *Four Tellings’* colors and layout for winter! It feels much fresher and reflective of the season.

From the Desk of Marianne Fieber

In March I will once again have the great good fortune to teach the Theatre Arts class to all three levels of teacher trainees enrolled in the *Arcturus Rudolf Steiner Education* program in Chicago. The classes are held at the Chicago Waldorf School and it is a great opportunity to dive back into my theatrical life. Over the recent long weekend, I began to plan my lessons. I poured through a variety of my theatre and acting books collected over the years. I also went to the library and checked out a book on improvisation—*The Ultimate Improv Book*. I was looking through Chapter Three, “Improv Foundations,” and it struck me how similar these foundational skills are to healthy collaboration. Collaboration is vital and yet so challenging. We need to set aside our own egos and ideal solutions to allow for something more fitting to be discovered in response to a challenge on the table. Of course, there are nuances that could be more deeply explored to each of the skills listed, but I want to share these few with you and let you determine for yourself how they may apply to successful group work and collaboration.

1. Accept everything: Improv is based on the spontaneous creation of ideas... Failure to accept new ideas in improv is often referred to as “blocking” which is effectively the killing of an idea
2. Always look for the bright side!: Taking the effort to make positive ideas happen is the mark of a player overcoming an inborn handicap to avoid risk.
3. Tell, don’t ask: All of the players must believe in themselves and contribute new ideas for a scene to be of exceptional caliber.
4. If you got, use it: Instead of using a good idea as soon as they can, a player may drag out the scene, “saving” their good idea and may miss an opportunity.
5. Head to new directions: A player may delay the scene by repeating the same actions or words over and over.
6. Stay with the mood: Players should make sure that all their words and actions fit into the mood and tone of the scene.

On another note, thanks Sean Blair for spearheading the Sled-A-Thon. Good call on the weather—it was a terrific day!

Welcome New Families!

A warm welcome to Harper Pillari and her family to Rainbow Garden. Her parents are Jennifer and Andy Pillari. They live in Naperville and just moved here from Colorado.

Another warm welcome to Yaahn Mody and his family to Rainbow Garden. His parents Vandana and Parin. They live in Wheaton.

Four Winds Waldorf School Mission Statement

Four Winds Waldorf School is committed to awakening the intellect, imagination and determination of every child, leading to a life-long love of learning. Within a protective and nurturing environment, teachers and parents work together to build a community where each student’s confidence, sense of responsibility and self-reliance unfolds.



This Week’s Calendar

January 25, 2012 (Wednesday)

- 8:45AM School Tour
- 1:30–3PM Leadership Council
- 3–4PM Executive Steering Committee

January 26, 2012 (Thursday)

- SCRIP Orders Due / Pick-up*
- 8:00AM Groman Cafe
- 10:30–11:30AM Social Inclusion Coordinating Group (SICG)
- 3:15–5:30PM Faculty Meeting

January 27, 2012 (Friday)

- Newsletter Submission Deadline*
- 8AM Gold Rush Fundraiser
- 8–9:30AM Finance Committee

January 28, 2012 (Saturday)

- 10AM Town Hall Meeting
- 12PM Community Pot Luck
- 1:15PM Community Conversation

January 30, 2012 (Monday)

- 10:30AM Professional Development Committee
- 1:15AM Grades Faculty Meeting

January 31, 2012 (Tuesday)

- 3–4PM Student Service Committee Meeting

February 1, 2012 (Wednesday)

- 1:30–3PM Leadership Council
- 3–4PM Executive Steering Committee



Annual Fund 2011-2012

As of Monday we have reached \$29,230 with 74% among the Faculty, 100% among the Board of Trustees and 62% among the parent body.

Contributions made since January 1, 2012 will be available as a tax deduction on your 2012 taxes.

Start the New Year Off Right!

Get money for your holiday bills and help Four Winds Waldorf School at the same time! Sonia Caldwell, alumni parent is part of Gold Rush Girls and they are hosting a gold party—you will be paid a nice tidy sum for your old, unwanted jewelry and the school will receive a percentage that the company kicks in. You will receive the full amount for your items and Gold Rush Girls pays better than Cash for Gold and other such storefronts because they have no overhead. This allows the company to gift Four Winds with 15% of the total amount bought. We are making this easy—just drop your gold off in the morning and we will have a check ready for you when you come to pick your children up! This is a once-in-a-lifetime opportunity—a fundraiser for the school that pays you!

— Sonia Caldwell

Classified & Newsletter Submissions

Please submit classifieds and newsletter content by Friday afternoon before school ends to be published the following Wednesday.

Classifieds should to be submitted to the front office. Ads cost \$5 for a 50 word ad that will run for two weeks. All classifieds are subject to editing.

Newsletter content can be emailed to Kassia Shaw at kassia.shaw@me.com.

Pictures This Week

Thank you to the following for your beautiful pictures this week:

Michelle Rosen
Sean Blair
Corrie Goldberg
Anna Morris

Please send your pictures to Kassia Shaw (kassia.shaw@me.com) by Friday, for a Wednesday publication date. Thank you!!!

Save the Date

Town Hall Meeting

Saturday, January 28th

10:00^{AM}–12^{PM} Town Hall Meeting

12:00^{PM}–1:00^{PM} Potluck

1:15^{PM}–3:00^{PM} Community Conversation

Come one, come all! Four Winds' Annual Town Hall meeting will be held Saturday, January 28th from 10^{AM}–12^{PM}. Childcare is available at \$5 per hour, per child. Contact the office to register. This is a wonderful opportunity to get our entire parent body together at the same time, and we would like to see every family represented this year.

Afterwards, Parent Council invites everyone to a community potluck followed by a conversation led by the Finance Committee, please see the attached document to the newsletter to prepare for the conversation. We look forward to seeing you there!

Valentine's Day Needle Felting Workshop

Saturday, February 11th

11:00^{AM}–1:00^{PM}

Cost: \$14/participant (\$10/participant if you bring your own mat and felting needles) due no later than 2/8/12.

After some interest from the Elves' Market, Kassia Shaw has volunteered to host a series of crafting workshops throughout the rest of the school year. The first in the series will be a needle felting workshop to create rosy wrist corsages for Valentine's Day. Please do not bring young children as the needles are very sharp. The workshop is open to parents and children, ages 7 and up (children must be

accompanied by an adult). Bring your own lunch. Kassia needs a minimum of 5 participants to run the workshop. Payment is due in the front office no later than Wednesday, February 8th.

SCRIP Still Needs You!

We look forward to reporting upon the status of Scrip at the Town Hall meeting this weekend. We'll review the numbers so far for this year and as compared to recent years. For a quick sneak peek, we'll tell you now that the success of Scrip can be helped a great deal if more families will make using Scrip a regular part of their spending habits. It is an adjustment to the way that we all approach spending, but it means making our spending choices work for our school, and it has the power to make significant differences in the way that we can approach fundraising as a school. Please consider increasing your commitment to this unique fundraising program that allows us all to contribute money to Four Winds at no cost to us and with minimal effort. If there is something that is preventing you from participating more fully in the program, please contact Corrie Goldberg at corrie23@sbcglobal.net and she will work with you to problem solve around the roadblock.

As a reminder, orders for Scrip cards must be placed and paid for by cash or check in the office by 8:30AM on Thursday to be included in the school order (orders paid with PrestoPay can be received as late as 10AM). Unpaid orders remaining in the system will be cancelled after 2 weeks of nonpayment. If you are not already registered, go to shopwithscrip.com and enter enrollment code **L99B27DD227L2** to place your order from over 600 vendors. Your cards will be available for pickup in the office the following Thursday. If you forget to place your order on time or an unforeseen need arises, a limited selection of cards is also available for purchase from the office at any time.

Scrip Tip of the Week: \$100 Gap/Banana Republic/Old Navy cards are currently being offered at a special promotional rate of 16% back to school. This promotional rate only applies to \$100 cards and not to \$25 cards or to card reloads. This special rate will be available until 2/17/2012 so if you're thinking that an online order or a trip to a Gap, Old Navy, or Banana Republic store may be in your future, please plan ahead and use Scrip.

—Corrie Goldberg



2012 SCRIP Challenge!

Who:

Everyone in our community

What:

1. Register for PrestoPay this month by going through the shopwithscrip.com website.

2. Order at least 1 SCRIP card a month by going to shopwithscrip.com and enter the code: L99B27DD227L2. Pay with Presto Pay, OR bring your check to the office.

To What End:

Every SCRIP order equals money for our school—sometimes small, sometimes large percentages—that add up fast!

Fine Print:

* Orders are due by 8:30AM every Thursday for the following Thursday pick-up (PrestoPay orders are due at 10AM).



Focus on Fourth Grade

Led by Nancy Schneider



When I became the class teacher of the fourth grade last summer, I found myself spending a long time meditating over my block rotation. In my opinion, knowing when to introduce a particular subject can have a big influence on the outcome of the whole school year. I look at it from a logical, intellectual point of view (when would it make sense to teach the block, taking into consideration weather, breaks and such that may apply,) more than from an emotional point of view.

Placing the right block at the right time has a lot to do with knowing and understanding your students well. At the time I was preparing my plan, I had not yet met my students, nor did I know anything about their learning styles. I decided to start with a math block assuming that the clear structure of the subject would ease the transition to receive a new teacher, while giving me a good picture of everybody's math level. In my first math block I spent a long time deepening the understanding of earlier learned facts. Knowing that I would be introducing fractions in fourth grade, I dedicated a long time repeating and understanding multiplication facts .



Ms. Schneider shows off the fourth grades' work on fractions.

This aspect of math will be continued no matter what block the class is in and will be carried over to special skill classes. Since we started the school year with math repetition, I decided to discover the unknown world of fractions with the start of the new calendar year. The children usually grow a lot emotionally and intellectually over the holiday break. In the past weeks we have been busy discovering and analyzing a whole. The children brought in ceramic plates that they were allowed to break to see how many pieces they were able to create. After we saw that the whole is now in fractions, the children had to count the pieces and write the exacted fraction on each peace. The next step was to take the pieces and put them together into a whole again. The children were able to relate to an abstracted subject from the sense of feeling and doing .

—Nancy Schneider

Thank you Four Winds Waldorf School community for your continued and exceptional support!



Make Healthy Lunchboxes

A Healthy Diet is one of the greatest gifts you can give your children...

easily

because the right foods not only build physical resilience, but mental and emotional resilience too, by supporting learning and concentration.

quickly

Whether you love to cook or whether you don't this colourful easy-read book has plenty of clever short-cuts plus a simple system to help you feed your children well.

everyday

The Clever Packed Lunch includes

- *a two week fully photographed menu-in-pictures*
- *all the recipes with full colour photos*
- *a shopping check-list to get you organised and*
- *down-to-earth nutritional advice.*

Available online as an interactive eBook at:

<http://lunchideasforschool.com>

or in print from:

hazel@lunchideasforschool.com



Edited and approved by a qualified Nutritionist



Healthy Lunch Boxes for Children

A carefully prepared lunch box is far more than just a healthy lunch. When children are away from home, a lovingly prepared 'gift' of food provides a reassuring and powerful reminder of family



love. This is so significant that it can sow the seeds of emotional resilience. No packaged food or canteen meal can achieve the same.

And with the understanding we have these days of the benefits of good nutrition, not just for preventing disease and promoting well-being, but for its ability to support learning and concentration, which can allow children to achieve their potential, we begin to fully appreciate the importance of the child's lunch.

There's no doubt though, that providing food which is not only healthy but also appealing to the child, when they're surrounded by the many distractions of school (including, possibly, their neighbour's less-than-healthy lunch box!) is not easy. And for mums working full-time, making healthy school lunches five days a week can be a real challenge. The solution lies in planning and preparation, and a reliable resource of recipes and food ideas.

The Beef and Spinach Meatball recipe (below) is great for lunches because it's very quick and easy to prepare beforehand and freeze. The meatballs travel well and the recipe's been tested for its popularity with children! It's also perfect for those children who refuse 'greens'; the spinach is so well hidden they often don't even notice it!

Beef & Spinach Meatballs (Gluten Free)

Makes 7 serves @ 4 meatballs each



1lb 2oz/500g **lean Minced Beef**

7 ½ oz/200g **frozen chopped Leaf Spinach**

1 teaspoon **minced Garlic** (about two cloves)

3 cups (250g) **grated Cheddar Cheese**

- Mix all the ingredients together.
- Pre-heat the oven to Moderate.

- Using about 2 tablespoons mix, roll into balls and place onto prepared baking trays.
- Cook for 20-30 minutes until nicely browned.
- Cool completely before freezing in a sealed container between layers of non-stick paper.

Defrost overnight in the fridge. These are delicious served cold; perfect during hot weather.

However if you do want to serve them hot, wrap in foil and place in a Moderately Hot oven for 20 mins then put straight into the lunch-box. If you use an insulated container, and pre-heat it with boiled water, they should stay warm until lunch-time. Pack some pita bread (or rice for Gluten Free) a mixed salad and some organic Egg Mayonnaise to go with the meatballs.

These meatballs can be served hot at dinnertime too with spaghetti and an Italian tomato sauce or can be shaped into patties and served in whole-grain burger rolls with a mixed salad; very popular, yet healthy.

The growing child is developing habits that will stay with them for life; now is the time to establish healthy eating; it's one of the greatest gifts you can give to your children.



This recipe is taken from The Clever Packed Lunch, a 78-page book, and eBook, written by a Steiner parent, available from:

<http://lunchideasforschool.com>

hazel@lunchideasforschool.com

Copyright Hazel Dadabhoy
25/10/2011

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