

Four Tellings

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

The true harvest of my life is intangible-
A little star dust caught, a portion of the rainbow I have clutched.
-Henry David Thoreau

October 13, 2010

Calendar of Events

Thursday	October 14
Special Board Meeting.....	6-7 PM
To articulate the governance model of the school	
Saturday	October 16
Harvest Fest.....	noon-3 PM
Monday	October 18
4th Grade Parent Meeting.....	7 PM
Wednesday	October 20
School Tour.....	8:45 AM
Thursday	October 21
Board Meeting.....	7 PM
Friday	October 22
Free HANDLE lecture.....	7 PM
Saturday	October 23
Wattle Fence Workshop.....	9 AM-3 PM
HANDLE Workshop.....	9 AM-4 PM
Sunday	October 24
HANDLE Workshop.....	9 AM-4 PM
Saturday	October 30
Fall Story and Craft.....	2 PM



Administrative Office Hours

Marianne Fieber, Administrator
7:30-4:00 pm Monday - Friday
drop-in times: 8:00 - 8:30 am, 12:15 - 12:45 pm, 2:30 - 3:00 pm
Please call to schedule a time for conversations when needed.

Barbara DuRocher, Office Coordinator
7:30 - 12:30 Monday - Wednesday
7:30 - 3:15 Thursday

Robyn Abend, Enrollment Coordinator/
Registrar
8:00 am - 12:00 pm Monday - Friday

Front Office Volunteer Staff
Mon & Weds: **Melissa Rutkowski**
Tuesday: **Jocelyne Roy**
Friday AM: **Kelly Kasper, Hal Hancock**
Friday PM: **Parvaneh Smith**

Harvest Fest Saturday, October 16, 2010 Noon - 3:00 pm

Please join us for our annual fall family festival at Four Winds!
- Bring one non-perishable food item for the *Humanitarian Service Project* food drive as your admission
- **Friendly** costumes are welcome
- **Bring your own table service**
- Musicians welcome to play (students too!)
- Drop Acorn Shop items in office
- Bake sale items welcome! Remember to follow allergy policy: no nuts, please.
- Delicious Food: cider, soup, baked potatoes and bread. **Help us make stone soup to serve to all!** Please bring diced veggies on Saturday to add to the soup by 12:30 p.m., so we have enough time to cook them.



This year, the Harvest Fest will be a smaller event than in previous years, focusing on our community of family and friends. We hope to reduce the need for heavy volunteer efforts during the festival so we can all come together for this community gathering. The festival will feature internal vendors only - families from our community and class fundraisers - who will not need to complete a vendor form for this event. Musicians are needed for our music circle around the campfire. Sign-up to help in the front foyer, or contact Eduardo Nigro, Festival Chair: x-nigro@comcast.net.

Woven Wattle Fence Workshop

With special guest master gardener: *Jim Long of Long Creek Herbs*
October 23, 2010, 9:00 am - 3:00 pm
At Four Winds Waldorf School
Now at a reduced fee! \$50/person; \$30 for Four Winds Community Members

Learn to weave a woven wattle fence from professional gardener Jim Long. This workshop will weave construction instruction and hands-on experience in identifying and harvesting the natural materials from our own lush woods and transforming them into a functional work of art. Workshop participants will work together in smaller groups to construct sections of wattle fencing which will be used on our grounds to provide a beautiful natural enclosure to our play area. Time permitting, Mr. Long will also instruct attendees in the creation of other objects which may be planted in your own garden. Be prepared to work. Please dress for the weather as we will be working outdoors. Work gloves and loppers, pruners and a pruning saw will be useful tools for participants to bring.

Jim Long writes extensively and travels the world looking for interesting new plants. He's a regular columnist for herb and gardening magazines and is the author of several books. You'll see Jim occasionally on HGTV garden shows. Jim also teaches Master Gardener classes regularly.

Registered participants will automatically be entered in a raffle to win gardening tools donated by Corona, the leader in professional garden tools. Registration Fee includes: snacks and lunch provided by Two Mothers Foods. Registration form is attached to this week's mailing.

FROM THE DESK OF *Marianne Fieber*

Last night a group of 17 people came together to “Continue the Conversation” on the heels of the RACE TO NOWHERE showing. It was a mixed group of parents and educators with 7 people coming from outside our community and it was a wonderful conversation. There was a great deal of passion and interest in striking the healthiest balance in education; rigor without pressure if you will. Sunday Cummins helped kick-off the facilitation and as the discussion got underway there seemed to be a growing recognition that to make any changes in the educational system we must begin to notice how our own behavior and choices are creating the world in which we live. There were a few key statements which came up which were powerful and require a paradigm shift; I’m including a couple here to share with you all.

- We are challenged to model for our children the changes we want to see.
- Resist over-scheduling
- Find dynamic stillness to stop the rushing
- Consider the process not the product
- Take the lead from our children
- Consider how we define success

These were only a few of the nuggets I wanted to share. The last reminds me of the list developed by Ralph Waldo Emerson as a response to the question *What Is Success*. I’d presented this last year but feel there is value in reiterating it.

What is Success

by Ralph Waldo Emerson

- To laugh often and love much;
- To win the respect of intelligent people and the affection of children;
- To earn the approval of honest critics and endure the betrayal of false friends;
- To appreciate beauty;
- To find the best in others;
- To give of one’s self;
- To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;
- To have played and laughed with enthusiasm and sung with exultation;
- To know even one life has breathed easier because you have lived...
- This is to have succeeded.

HARVEST FEST is this weekend! See you there.

Parent-Infant & Parent-Toddler Classes-Fall Session II

Even if your children are beyond their toddler years, please forward this information to your friends and family with little ones still at home. Session II of the Parent-Infant & Parent-Toddler Classes meets for three consecutive Wednesdays beginning October 20 and ending November 3. Naomi Studebaker is the instructor of these gentle, supportive programs; she has a wealth of knowledge in the areas of speech and motor development in the early years, and she enjoys sharing her own parenting wisdom with new moms and dads. Download the attached Registration Form and register or invite a friend today!

The following is the first paragraph of an excellent article attached to this week’s mail. Please take some time to read the whole piece. The article is timely as it touches on many themes brought up in the recent Race to Nowhere documentary.

Why Waldorf Works: From a Neuroscientific Perspective

By Dr. Regalena “Reggie” Melrose
“Why Waldorf works has more to do with how the brain develops and functions optimally than Rudolf Steiner ever could have known. Sure the educator and founder of Waldorf Education theorized convincingly about how children learn best, but until MRIs and other sophisticated measures of the brain were developed, we had no way to prove or disprove any of Steiner’s theories, not with the kind of precision and accuracy we can now. An overwhelming body of evidence from the last 20 years of neuroscientific inquiry supports Steiner’s theories, including some of the most fundamental foci of Waldorf Education.”

-See your email for the entire article.

Weekly Regular Meetings

Grades Faculty - Tuesday 12:45 pm
Early Childhood Faculty - Tuesday 1:20 pm
Student Services Committee - Tuesday 2 pm
Leadership Council - Wednesday 1:15 pm
Executive Steering Committee-Wednesday 3 pm
SICG- Thursdays at 11:15
Full Faculty - Thursday 3:20 pm

An Introduction to HANDLE Work

- **FREE** Evening Presentation, Friday, October 22nd, 7-8:30 p.m.
- Training Workshop, October 23 & 24, 9-4 p.m.
Community Room, Four Winds Waldorf School

HANDLE addresses a wide range of learning, behavior, and developmental issues. It is a gentle, natural, non-drug treatment modality, offering hope and help to those wishing to reach or regain their full potential. **HANDLE** is more holistic, including all body systems, when compared with the more specific reflex work. Using organized movement activities, it also builds new neuro pathways to, within, and from the brain, but it goes deeper, working with bringing strength and fortitude to the vestibular system, which is centered in the inner ear.

This introductory training is for Educators, Parents, and all others who want to understand the “whys?” of children’s behavior AND would like to help them without medication.

With a program of specific movements, (Reflex Programs) reflexes can be integrated (*new* neural pathways from the brainstem to the higher brain allow volitional control) and the vestibular system can be strengthened, (Handle Program) allowing students to have enough focus of attention to do school work with ease and releasing the “struggling” energy for *new activities of choice*. Emotional challenges resolve themselves (emotional re-regulation), tutoring, to catch-up, moves forward rapidly, and your student has impulse control because s/he now has the possibility of conscious choices. This is not a magic pill; it takes time investment to do the prescribed program. The life-long results are well worth it! Other aspects of life like adequate exercise, a great diet, enough sleep, and limited media will allow the child to make the most rapid progress and will strengthen their body systems for a *life full of choice and potential*.

Trainer Janet L. Oliver MA has been in private practice as a neurodevelopmental specialist for over 13 years, designing home programs for students with sensory, processing, motor and reflex concerns. Janet works in Chicago, Atlanta, Seattle, Minneapolis and abroad. She received her Master’s degree in Human Development from St. Mary’s University in Minneapolis, Minnesota. As a professional training consultant for The HANDLE Institute, one of the world’s leading education and research organizations of neurodevelopment, Janet designs and conducts trainings in the U.S. and Europe.
www.planforlearning.com

For more information on HANDLE, contact **Naomi Harpest Studebaker**, nomignomiel@sbcglobal.net, 708.908.0083, or see the flyer attached to this week’s mail packet.

The following article excerpt compliments the ideas explored in the documentary, *Race to Nowhere*. The article summarizes some of the programs being used by public schools, but one in particular caught my eye because it is similar to the one we practice at Four Winds. Researchers Susan Swearer and Dorothy Espelage found that the most effective interventions are ‘whole school’ approaches that include establishing rules and consequences for bullying, teacher involvement, conflict resolution strategies, classroom, curriculum, and individual social skills training. If interested, you can read the entire article in this month’s issue of *Family Circle* magazine, or you can contact me for a copy.

-Parvaneh Shidnia Smith, Collaborative Counselor

Too Cruel for School: The Rise of Bullying

“So what causes a student who is doing well to go out of his or her way to hurt another?...Research suggests that the growing frequency and intensity of bullying may be the result of a troubling decline in social skills among adolescents....Psychologists say these changes may be connected to the way we’re raising our kids. In the last 20 years, opportunities for preschoolers and elementary school kids to engage in free play with other children has pretty much evaporated. Instead, parents relentlessly cram their kids’ schedules with an array of adult-led academic and sports enrichment activities. While those certainly have their upside, unsupervised interaction teaches young kids impulse control and enhances emotional stability, which in turn helps them manage friendships and other relationships. ‘In our enthusiasm to make our children smarter and stronger, we’ve forgotten that they need time and opportunities to learn how to be competent social beings, which is every bit as important as knowing algebra and grammar,” says Kathy Hirsh-Pasek, a professor of psychology at Philadelphia’s Temple University who has researched and written extensively on the social, cognitive, and emotional growth that accompanies play. While there is no direct evidence to suggest that enrolling your kid in pee-wee soccer or conversational Mandarin will increase the likelihood that he’ll turn out to be a bully, research indicates that free play – and plenty of it – does indeed enhance skills needed to avoid the aggressor/victim dynamic....”

“Technology is short-changing our kids as well....The time young people spend engaged with technology (cell phones, ipods, television, computer, etc.) is time not spent playing on the playground, or learning verbal cues and face-to-face skills, like maintaining eye contact....Those are all things that could help reduce the surge in school bullying....”

CHESS CLUB UPDATE

Two chess classes fell on school holidays and have been re-scheduled. There will be no chess classes on October 11 and November 22. These two classes are rescheduled for December 13 and December 20.

Four Winds Fundraising - Ultra Foods 5% Donation

Ultra Foods, which has grocery stores in Wheaton, Lombard, and Downers Grove, is running an **Ultra Foods Smart Shopper Program** promotion. This program donates 5% of total purchase made by school families back to the school. The program runs from Sept. 1, 2010 to Dec. 30, 2010. Turning in receipts is all you need to do! So if you shop at Ultra Foods, include your receipts in your school folder when you return it to school or place the receipts in the envelope that is located inside the front door.

Save the date for...

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

March 4-6, 2011, Conference at 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.

STORAGE NEEDED

Do you have a corner in your attic or basement to store some items for early childhood classes? Our hope is to use all these items again in the near future. Most are from the previous parent-child classroom. Please see Barbara in the front office if you can help us out.

Keep Saving Your Box Tops!

We'd like to encourage everyone to save "Box Tops." It's an easy way to support our school. Though some of our community families may not buy products with "Box Tops," many of our extended families and friends might. Asking them to save box tops for you is an easy way to help our school with very little effort (you can even place a collection box at work or other places you frequently visit). For every top turned in, the school earns \$.10 to spend on anything it wants. Look for the box in the front foyer to deposit your Box Tops. To find a complete list of participating products, visit <http://www.boxtops4education.com/>.

