

Four Tellings

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

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

Calendar of Events

Thursday October 7
Parent Council Meeting.....7 PM

Friday October 8
No School- Faculty In-Service

Monday October 11
No School- Holiday

Tuesday October 12
"Race To Nowhere" Follow-up.....7 PM
Continuing the Conversation, with Sunday Cummins
in the FW Community Room

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

Sat-Sun October 23-24
Wattle Fence Workshop.....9 AM-3 PM
HANDLE Workshop.....9 AM-4 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**

*Courage is the discovery that you may not win,
and trying when you know you can lose.*
-Tom Krause

October 6, 2010

REMINDER- No School Friday, Oct 8 and Monday, Oct 11

A Tribute to Paul Thompson

Paul has been working at Four Winds Waldorf School since 1998 as our Accounting Manager. Paul and Arlene Thompson got involved in the school in 1997 when their two sons were very young. Zak was enrolled at FW at age 3, graduated from 8th grade, and now he's 17; Ian was enrolled in EC and grades 1-4 at FW and is now 14. Early on, Paul offered his expertise to the school in the area of accounting, and we have been benefiting ever since. Unfortunately, as a result of our budget cutbacks, Paul's position has been eliminated. This is his last week at school.

We must offer a warm and heartfelt **THANKS to Paul Thompson**. I don't think I've fully processed yet that we are no longer going to have the benefit of Paul's even, humored and generous presence in the front office. I have come to know Paul more deeply during this past year as I have taken up the administrative function. I have relied on his historical knowledge about our school and have been his willing pupil as I take up the day-to-day bookkeeping function. He is always patient with the children— ready to bandage a knee or offer a kind word. **He will be deeply missed.**

Please join the faculty and staff for a send-off for Paul tomorrow night,
Thursday October 7th at Two Brothers at 5:15 p.m.

-Marianne Fieber, Administrator

FROM THE DESK OF *Marianne Fieber*

CONGRATULATIONS "RACE TO NOWHERE" TEAM!

What a fabulous event last night at the screening of **Race To Nowhere** at the College of DuPage. It was a proud moment for me to stand in front of such a large crowd and announce that I was involved with Four Winds Waldorf School.

The documentary film raised quite a number of questions and thoughts to consider and it definitely felt to me that this was not the end of the conversation but rather a beginning. There is no one single answer to ending the race. There is no perfect solution as a "one size fits all", but I do believe Four Winds Waldorf School has an incredible response to the pressures children face today. It is worth protecting, fostering and developing this gift we are giving to our future leaders; our children.

I look forward to October 12th and **Continuing the Conversation** with Sunday Cummins here at Four Winds as we follow-up on the themes posed in the film. I hope people within our community begin engaging in further discussion among one another to look at how we as adults serve as models for our children. How are we in our race? Are we displaying a balanced respect for time and task by striving to fully live in the present or are we always chasing the next task that looms on our horizon? Do we provide healthy doses of encouragement to strive for the best or do we inadvertently increase pressures by expecting nothing less than perfection? How do we define success not only in word but in deed? If only we had more time to tackle these issues. We'll keep talking.

Harvest Fest Planning

Harvest Fest will be held Saturday, October 16, 2010, from 12-3 p.m. 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, as are craft and game coordinators. Planning for a simple meal is underway—stay tuned. Anyone interested in joining the Harvest Fest planning committee should contact Eduardo Nigro at x-nigro@comcast.net.

News from the Board of Trustees

This month there will be two board meetings; **October 14th and 21st** held in the Community Room.

October 14 – 6-7 pm: During this meeting there will be ONE item on the agenda. We will be articulating the governance model of the school, the decision making process, and the roles and responsibilities of the governing bodies at Four Winds Waldorf School. *The meeting is open to anyone who wants this information and/or has questions about it.*

October 21 – 7-9 pm: This will be our regularly scheduled board meeting. Anyone wishing to put forth an item for discussion is encouraged to do so by submitting a request to me (until we have a board Secretary) via email no later than the Friday (October 15th) preceding the board meeting. *This meeting, as with any board meeting, is open to anyone who wishes to attend.*

-Rich Hill, Board President

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

From the Enrollment /Registrar Desk

Dear Community,

Many thanks for all of the well-wishes that you have bestowed upon me in my new role here at Four Winds Waldorf School. It is wonderful for the children to be back at school and to hear their music and singing from the hallways of the school.

Now that the backlog of enrollment work is complete I will begin splitting my time between enrollment & registrar duties. In the registrar department, I will begin processing all new student health documents that have arrived over the last few weeks in order to prepare our report to the state of Illinois; this report details our student body's compliance with Illinois immunization, health exam, and eye exam requirements. Dental exam reporting does not occur until the spring, so I will not be addressing that until 2011. If I have requested health forms or eye exam forms from you, please submit them ASAP so that I may return my focus to enrollment as quickly as possible.

On the Enrollment front, I will continue to work with prospects and applicants as they explore Waldorf education and all that our school has to offer. I will also be expanding the scope of my work to include the managing of student accounts in our accounting system; Paul and I have been working together on this over the last few weeks, and I should be flying solo by early October.

One of the most important projects that I'll be involved with over the next few months will be the redesign of our Re-Enrollment Process that will begin in January, 2011. The goals of this project are to increase the efficiency of the process in addition to providing timely financial information to the board on projected enrollment for 2011-2012. Please look for updates in December as we strive to better communicate timelines and deadlines for re-enrollment commitments.

Sincerely yours,

Robyn Abend

Enrollment Coordinator/Registrar

Thank you for the picnic table!

Margaret and Jeremy Sauer answered our request for another picnic table in the front meadow. Thank you so much!

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?

- There are 3 very important skills that a child needs in order to enjoy and be successful in school and, later, in life. These are to be able to:
 - Focus Attention – for repeated and long segments of time
 - Re-regulate Emotions – to handle upsets within a reasonable time and to let go of it, when it is over, moving on with life.
 - Manage Impulse Control – I am the master of my body; cognitively making good choices because choice is an option.

WHAT DO WE SEE AND STRUGGLE TO UNDERSTAND when a child’s body is not allowing choice as an option – at least, not with ease?

- What is going on when a child who appears to be plenty bright acts disinterested, is not working up to potential, or perhaps often uses dismissive language like “this is boring”?
- Why is a bright and happy child who starts school with enthusiasm, beginning to flag as the year wears on, and by March, is complaining bitterly at home, if not also being unproductive at school.
- What about the child who tries and is interested, but is constantly wiggling and jiggling or sitting in their chair in many odd positions?
- What is happening within a child who has trouble focusing on what the teacher brings and just doesn’t seem to be aware of others in the space around him?
- What is going on with a child who comes home from school so exhausted s/he wants to do nothing else and is a bear to live with? How does a parent help this child through the *on-going struggle* of getting through the reams of homework s/he has brought home to do?
- What about the intelligent child who just can’t “get” a verbal instruction?

...continued, next column

HANDLE, continued

Smart children, over time, can cognitively over-ride the un-integrated reflexes or unsupported vestibular (inner ear) system. But, it can be absolutely exhausting for them to do so. Other children, with less help or less resources just “give up”.

WHAT ARE THE RESULTS?

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.

**Holistic
Approach to
Neuro-
Development and
Learning
Efficiency**

Woven Wattle Fence Workshop

With special guest master gardener: Jim Long of Long Creek Herbs
October 23-24, 2010, 9:00 am – 3:00 pm
At Four Winds Waldorf School
Cost: \$100; \$75 for Four Winds Waldorf 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 for our youngest students. Upon completion of the fencing sections, Mr. Long will 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: The Herb Companion, The Herb Quarterly, The Heirloom Gardener, The Ozarks Mountaineer, and Small Farm Today magazines. You'll see Jim from time to time on reruns of P. Allen Smith Gardens as well as HGTV garden shows. His books include: *Making Bentwood Trellises, Arbors, Gates and Fences, Growing and Using the Top 10 Most Popular Herbs and Herbs, Just for Fun – A Beginner's Guide to Starting an Herb Garden*. Jim Long often teaches Master Gardeners and speaks at Master Gardener conferences.

Long Creek Herbs is located in Blue Eye, Missouri between Branson and Eureka Springs in the heart of the Ozarks. [Welcome to Long Creek Herbs](#)

Registered participants will automatically be entered in a raffle to win gardening tools donated by Carona the leader in professional garden tools. [Corona: The Leader in Professional Quality Tools](#). Registration Fee includes: Snacks and lunch provided by Two Mothers Foods. Registrations are complete with a completed form and payment by check or credit card (add 3% service charge).

CHESS CLUB UPDATE

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

Old Fashioned Barn Dance

October 10, 6:30-9 p.m.
Fermilab's Kuhn Village Barn, Batavia on the Fermilab grounds.
Live music. All dances taught. Traditional American folk dances. No experience needed! \$6 Children under 12 free. Seniors and students \$3. Bring a water bottle for refreshment. Just show up or for more info, contact Meg Dedolph, 773-960-9364 or go to www.fnal.gov/orgs/folkclub.

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.