

# Four Tellings

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

## Calendar of Events

### Wednesday Sept 15

Welcome Back Night & Open House...7 PM

### Thursday Sept 16

First Grade Parent Meeting.....6 PM

### Saturday Sept 18

Building and Grounds Work Day.....10 AM

### Tuesday Sept 21

School Photographs.....In School  
Rainbow and Oak Tree Garden Parent Meetings.....7 PM

### Wednesday Sept 22

School Photographs.....In School

### Thursday Sept 23

School Photographs.....In School  
Board Meeting.....7 PM

### Monday Sept 27

Rhythmic Movement Training Wksp...7 PM  
Free Introductory Seminar, Community Room

### Wednesday Sept 29

Michaelmas Festival.....In School

### Thursday Sept 30

3rd Grade Parent Meetings.....7 PM



## Free Soup Next Monday!

Two Mothers Foods will be offering free potato soup at school next Monday, 9/20, at lunch time. Thank you Two Mothers!

## School Photographs

Scheduled for September 21-23. Questions to Barbara DuRocher in the front office. Order forms for photos are due in the school office by Friday, September 17th.

**Food Forms** for school lunches will be coming to you by Friday. Forms are due on Sept 24th.

## Building and Grounds Needs YOU!

Please join us this Saturday, 9/18 at 10 am to remove the ramp to the mobile unit and spread mulch around the playground. Many hands make light work. Thanks!

*The greatest work that kindness does to others  
is that it makes them kind themselves.*  
- Amelia Earhart

September 15, 2010

## Don't Miss Welcome Back Night Tonight!

Join us tonight at 7 p.m. in the Community Room for Welcome Back Night! Meet the faculty, staff and new members of our parent body At 7:45 p.m., we will have an open house in the classrooms, allowing parents the opportunity to visit with the teachers of each of their children, and the subject teachers. Some teachers may be giving out handouts, so please be sure to stop by all your children's classes. This is an adult only event. We recommend that you make child care arrangements at home because of the late hour.

## Welcome New Students!

Four Winds is happy to welcome these new students (some from Parent-Child) to our preschool and grades programs:

### Early Childhood Additions

- **Lucy Brown**- Oak Tree Garden, 3 days. Parents Jim Brown and Kathryn Barrett-Brown live in Warrenville.
- **Avery Hancock**- Oak Tree Garden- 3 days. Parents Hal Hancock and Debra Joslin live in Clarendon Hills.
- **Zachary Kabbani**- Oak Tree Garden- 3 days. Parents Christy and Nour Kabbani live in Winfield.
- **Amandeep Khanna** - Oak Tree Garden, 5 days. Parents Gurpreet and Savraj Khanna live in Wauconda, and hope to relocate here soon.
- **Nathan Kruchko**- Oak Tree Garden- 3 days. Parents Shellie and David live in LaGrange.
- **Ella Villacreses**- Oak Tree Garden- 5 days. Parents Amanda and Walter Villacreses live in Batavia.
- **Aakash Jain** - Rainbow Garden - 5 days. Parents Ajay and Rajashree Jain live in Naperville.
- **Joey Lauro** - Rainbow Garden - 5 days. Parents Kathy and Joe Lauro live in Franklin Park.
- **Zinnia Manning** - Rainbow Garden - 5 days. Parents Kathrine Gandolfo and Sean Manning live in Aurora.
- **Evelyn Sauer** - Rainbow Garden - 3 days. Parents Margaret and Jeremy Sauer live in Batavia.

### Grades Newcomers

- **David Anton Gustafson** - Ms. Power's Second Grade Class. Parents Tonia Rucker and David Gustafson live in Warrenville.
- **Jasleen Khanna** - Ms. Power's Second Grade Class. Parents Gurpreet and Savraj Khanna live in Wauconda.

## Race To Nowhere Monday, October 4th

Join us at at the College of DuPage, 7 p.m., to view the riveting new documentary **Race to Nowhere**. It explores the disastrous effects of performance stress on students across the country. With our culture of achievement and competition, students are overloading on advanced placement classes, too many extracurricular activities and extreme focus on test scores as a measure of success. The frightening results of this pressure are evident as many students are having emotional meltdowns, depression, reduced ability to perform in school and inability to function out in the world. \$10. Tickets at [www.fourwindswaldorf.org](http://www.fourwindswaldorf.org)  
Watch the trailer: <http://www.racetonowhere.com/>.

## FROM THE DESK OF *Marianne Fieber*

Here we are in week TWO! And tonight is the **Welcome Back Night at 7:00 pm**. This night is an opportunity for us to come together as a community and celebrate the beginning of another school year, hear about the exciting curriculum that will be delivered to your children and have an opportunity to visit the classrooms. It is especially wonderful this year to have finally opened our doors to welcome the children. Many individuals have worked extra hard throughout the summer to ensure that this school year would not only begin but that we would be sustainable throughout the year.

Last Friday I attended a meeting at the Community Unit District 200 headquarters in Wheaton. It was the annual meeting to solidify the partnership between private/parochial schools and District 200. Linda Knicker, Assistant Superintendent of Special Services expressed her desire to strengthen this partnership to ensure all students are supported in their educational development.

The presentation provided information on the referral process for requesting assessments for students needing support. We were given a copy of the new referral form and I expect to receive it via email this week. Mrs. Knicker acknowledged that this program has been gaining strength over the years and despite its limitations the processes are clearer and more streamlined. They are committed to developing Service Plans for our students based on the available proportional share of service minutes allotted to our school. The proportional share of available minutes is roughly based on the number of students enrolled in our school and the amount of money available through the state budget.

The new Student Services Committee will be working together with the faculty members to identify students needing support and begin the process toward referral.

This is just one of the efforts being made to serve our students in their journey to becoming the best that they can become. I hope to see you tonight.

### **Weekly Regular Meetings**

*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

*Grades Faculty* - Thursday 10:30 am

*Full Faculty* - Thursday 3:20 pm

### **Way to go Rich!**

Board President Rich Hill competed this past Sunday, September 12 in the Madison Ironman Triathlon. (His first attempt at this distance--2.4 mile swim, 112 mile bike, 26 mile run) Rich placed 4th out of 157 in his age group and qualified for the Ironman World Championships in Kona, Hawaii in October 2011. Congratulations!

## **Volunteers Needed**

There are so many ways to volunteer for the school from our scrip program, to school fundraisers, to marketing, just to name a few. It is easy to volunteer, a great way to support the school, and so appreciated! *Thank you to Debra Joslin for volunteering for the newsletter and Frances Moritz for volunteering to work on the scrip program. We so appreciate it!*

### **RED HOT...we need volunteers in these areas:**

- Soup Servers on Mondays at Lunchtime
- Front Office Friday Mornings
- Buildings and Ground Committee
- Development/Fundraising
- Scrip Program- still more folks needed
- Marketing

Email [kellyokasper@gmail.com](mailto:kellyokasper@gmail.com) and let me know how we can make it work.

*-Kelly Kasper, Volunteer Coordinator*

## **Board of Trustees**

The Board of Trustees is a group of parents, faculty and staff who have energetically taken up the task of overseeing the legal and financial viability of the school. We are grateful for the time and energy they have already contributed to the continuation of Four Winds Waldorf School.

Rich Hill, President

Renae Anastasia, Treasurer

Eduardo Nigro, Parent Council Representative

Shelagh Savino

Jocelyne Roy

Carlene Mogavero, Faculty Chair

John Keeney, Faculty Representative

Marianne Fieber, Administrator, Ex-officio

The next Board meeting is September 23<sup>rd</sup> at 7 pm. These meetings are open to our community members. If you wish to present an item for the Board's consideration, please contact Rich Hill a week prior to the meeting to assist in developing an agenda that can best accommodate all business matters.

## **Practitioner List**

You may be aware that our school maintains a list of recommended academic and therapeutic practitioners who have provided supportive services for our students. These names were suggested by parents who found them to be helpful. One day, it is our hope that we will be able to have services available at Four Winds, but as a private school, we lack the funding used by public schools. If you have found a practitioner to be helpful for your child, and would like others to know about them, please leave their identifying information in Parvaneh Shidnia-Smith's mailbox.

*-Parvaneh Shidnia-Smith, Collaborative Counselor*

## Third Grade News

Here is a brief summary of several of the activities already begun by this year's third graders. The second day of school found us listening attentively to the fourth graders as they handed over the garden they planted last spring. We learned about companion plants, composting and how to know if the garden needs watering. The class could not wait to dig in (no pun intended), and Friday found us vigorously yanking weeds, staking up tomatoes and turning the compost.

Wednesday morning we held our first cooking class. After a lesson on kitchen tools safety, each student peeled and chopped potatoes while I sautéed onions in olive oil. While the potatoes simmered we added salt, garlic and pepper-our first potato soup enjoyed by all at lunch.

If you go back behind the third grade garden, you will see a stack of branches lined up by the fence. These branches are awaiting the building of our sukkah. A sukkah is a harvest booth, or hut, which the Hebrew people erected each Fall in order to be closer to their crops. The third grade will be constructing the sukkah next week and will enjoy their snacks and lunches inside its leafy boughs.

Lastly, next week we begin our study of life on a farm. We will be visiting Primrose Farm outside of Saint Charles to visit with the cows. Lots of Fun!

-Liz Gantner, 3<sup>rd</sup> Grade Teacher

## Free Introduction To Rhythmic Movement Training

Monday, September 27, 2010; 7:00-8:30 p.m.

Four Winds Waldorf School, Community Room

What are rhythmic movements? Simple, gentle, targeted rocking movements which stimulate brain development and help to integrate primitive infant reflexes. Primitive infant reflexes are involuntary physical responses originating in the brain stem before and soon after birth (initiation). They help the baby gain information about the world and form vital, early connections in the brain which will be used for further development. Integration and inhibition of these primitive reflexes allow for the next stage of development, the postural reflexes. These are crucial for the unfolding of motor development, speech, etc. Failure of initiation, integration and/or inhibition of the reflexes results in a roadblock in the maturation of the neural systems, inevitably leading to mild-to-severe balance, learning, performance and emotional challenges.

**WHO SHOULD ATTEND:** early childhood educators; special needs providers; therapists; and parents of small children with motor and emotional challenges.

See the flyer attached to today's email.

-Naomi Studebaker

## Chess Club News

Thank you to all who have attended the first meeting of our Chess Club. We had over 20 children! Chess classes will now continue with a 12-week series on Mondays at the school 3PM-4PM, September 20 - December 6 (12 classes), total cost \$120. If you would like to sign-up your child for the classes please register on Chess Wizards' website: [http://www.chesswizards.com/?page\\_id=61](http://www.chesswizards.com/?page_id=61) or fill out the form in the school office. Registrations are due Friday, September 17. If your child missed the introductory class, but would like to try chess - they are welcome to come to the first class for a free trial (next Monday, September 20th 3-4 PM).

## Special Offer! Klean Kanteens Available

In the office, we have six 27 oz stainless steel bottles w/ loop cap, made from high quality, 18/8, food-grade stainless steel - a metal superior in both strength and safety that contains no harmful chemicals or toxins. BPA-free. \$13 (reg retail \$18).

## Classifieds

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

**Chess classes in Aurora on Thursdays 5-6pm.** Small group, up to 6 children, ages 6-10. Price is \$10-\$15 per class depending on the number of children. Excellent teacher from Chess Wizards. This is a good opportunity if Mondays do not work for you or you want a smaller group. No long term commitment is required. My friends are organizing this class in their house in Aurora, 5 min from school, so that their 8-year old son can learn chess. If you are interested or have questions, please contact Natalia Lukina at 617-407-6438 or [natalia@alumni.caltech.edu](mailto:natalia@alumni.caltech.edu).

**Excellent Air Purifier available at Wholesale.** What do **viruses** like Swine flu, Bird Flu, SARS, Norwalk, or **bacteria** like E.Coli, Listeria, MRSA or **gases** like formaldehyde or VOC or **mold** have in common? Most of them are found in the environment more often than you think, and ALL of them are killed by a simple device that can be user installed in your furnace in 10 minutes. This is not a commonly used UV lamp, but technically advanced system endorsed by governments of U.S. Canada, Japan, China, leading hospitals, upscale hotels. Popular Science Magazine, Fox, ABC, CBS News have all featured this technology. I've been working as a Naturopath for 20 years and my daughter was attending Waldorf school until just recently. Waldorf is dear to my heart and knowing that many parents here are more conscious about their health, I have decided to offer this system at the factory WHOLESAL price. This is my gift to Waldorf. RGF's most advanced system, Guardian Air REME Cell retails for \$1,100, and is sold to contractors for \$450. Their Guardian Air PHI Cell is normally \$950 and wholesale \$350. Basically you have a chance to obtain their system for a very limited time for about 1/3 of the cost. Call Ray Bisevac, 630-456-4943 or email [treemed76@yahoo.com](mailto:treemed76@yahoo.com).