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# LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | April 11, 2014

email newsletter items to: [newsletter@lakechamplainwaldorfschool.org](mailto:newsletter@lakechamplainwaldorfschool.org)

## Sally Ann Thunder Ann Whirlwind

*"The funniest play I have EVER seen at the school."*

*--An Eighth Grader*

The fifth graders presented "Sally Ann Thunder Ann Whirlwind" last week, a story about a fictional female frontier legend who captures the heart of Davy Crockett with her strong will and independent spirit. The play adaptation was written by LCWS parent **Lisabeth Sewell McCann**, based on Mary Pope Osborne's *American Tall Tales*, and has been performed in many schools over the years.

**Mr. Foster** provided assistance with the set, and **Ms. Culhane** helped the students regale the audience with foot-stomping music using their guitars, cellos, and violins. The audience laughter could be heard down the hallway!



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## Seniors' year-long projects wrap up next week

Senior Project Community Evening

Wednesday, April 16th from 7:00-9:00 p.m.

Members of the Class of 2014 are presenting their remarkable year-long senior projects this week and next, and the entire school community is invited to attend the Senior Project Community Evening next Wednesday April 16th from 7:00-9:00 p.m. We'll be using the newsletter and the school's website to feature their work over the next few weeks.

On Tuesday, at the first presentation, **Mairead Collins** explored her topic: Happiness: How I can bring it to myself and others? The culmination of Mairead's senior project on happiness was to lead a weekend retreat with ninth and tenth grade girls on the subject of finding their own happiness. The weekend was planned by Mairead and her mentor, **Joan White-Hansen**, and included yoga, dance, meditation, artistic work, and shared meals featuring whole, organic foods. Mairead created a beautiful slide show of the weekend using photos taken by high school senior **Jonas Powell**. Check out the amazing work of these seniors [here](#).

For a printable schedule of the individual presentations, click [here](#).

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## Fourth Grade Historians Visit Montpelier



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On Wednesday, the 4th grade visited the State Capitol. They participated in a Civil War tour of the State House, had a visit from a gentleman dressed as a Civil War soldier, and were able to sit in the gallery while the House of Representatives was in session. (They were discussing minimum wage!) The children had a wonderful time at the Vermont History Museum next door, and after lunch, the fourth graders spent some time sketching the Golden Dome for themselves.

--Mrs. Markow

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## Construction Begins!

*"This is a momentous occasion.*

*You have far exceeded the vision the founding families had over 30 years ago."*

*--Michele Starr, LCWS's first teacher, at the groundbreaking ceremony for the new campus*

Construction is underway for the transformation of the former Morgan Horse Museum into the new campus for its high school. At a ceremonial groundbreaking on Monday, April 7th at 122 Bostwick Road in Shelburne, faculty, staff, grandparents and parents offered words of gratitude for the support of the community and shared their hopes for the future of the high school. Michele Starr [offered a blessing](#) that was read at the groundbreaking ceremony of the very first Waldorf school nearly 100 years ago.

We're in the process of figuring out the best way to share updates, photos, and videos about the project. We've posted pictures and video to the school's [Facebook page](#), and started a page on the school's [website](#). If you have ideas about other ways we can keep our community up-to-date throughout the construction process, please let [Kristin DeVoe-Talluto](#) know. In the meantime, you can read [the article](#) that appeared on the front page of both the Shelburne News and The Citizen.




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## Senior Emily Nelson-Foster named BFP's Volunteer of the Week

*"A burgeoning teen cultural scene is spreading throughout the greater Burlington area thanks in part*



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*to Emily Nelson-Foster and the work she does through Service Rendered, Inc."*

*---Burlington Free Press*

Senior **Emily Nelson-Foster** was named Volunteer of the Week by the Burlington Free Press and was recognized for her tremendous commitment of time, energy and creativity to the teen cultural scene in the area. You can read the write-up in the Free Press [here](#). Congratulations, Emily!



## From Chaos to Conversation

### Everyone Around the Table: Routines, Rhythms and Stories for a Healthy Family Meal

Saturday, April 12, 9:30 a.m. to noon. FREE

Childcare provided. RSVP: 985-2827x12

Saturday morning, Jason Frishman will offer delicious food and practical wisdom for parents who want to bring joy and ease to family mealtimes.

Jason is the co-owner of Burlington-based FolkFoods, and is a passionate presenter.

"I don't want anyone to think I'm pretending family meals are always beautiful or positive...When our kids were very little it was chaotic. There was lots of screaming and food on the floor. But we constantly returned to the idea that this is something that is important to our family."

--Jason Frishman

### Vegetarian Dip

This spread is a recipe from Jason Frishman's grandmother, and four generations of his family love making and eating it now. Its also one of those recipes where you keep coming back for more! For adults, it makes a nice sandwich on toasted rye bread, with fresh, thinly sliced onion and a warm-from-the-garden tomato. Packed with protein, it's great for kids.

2 hardboiled eggs

2 yellow onions, sliced

3 Tbs. olive oil, plus extra for drizzling in the food processor

1 can sweet peas, drained, or 1 package frozen peas, blanched and drained

¼ cup walnuts

opt. 2 Tbs. lemon juice (to taste)

salt and black pepper to taste

Boil eggs. Fry onions in olive oil and salt for about 15 minutes on medium heat, until becoming nicely browned. Add peas



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processor and pulse to a good paste, adding extra olive oil as needed to get a hummus-like consistency. Add salt and pepper as needed.

Serve with cut-up cucumbers, carrots, other vegetables of choice, or crusty bread/crackers.

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## Voices of Support

### Renee Dame-LaBarre, parent

"It is not always easy to give financially, which is one reason why I try very hard to volunteer my time. I was moved to make a charitable donation to the capital campaign and the annual fund when I realized the importance of high parent participation. Being able to show that our parents believe in our school and its amazing future, opens the door for more charitable organizations to also believe in us.

Supporting my children's education (actually, it is more than an education...it is the complete nurturing of who they are and what they will become) makes me feel like I am doing everything I can for the community I am so grateful for. It is an honor to be part of this community."



[Pledge!](#)

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## Spring Benefit News

### Family Concert Venue Change

We are delighted to announce that this year's Thursday Family Concert, the first event in our Spring Benefit Gala weekend, will be held at Saint Michael's College Chapel. With ample seating for all, there will be no need for a waiting list this year! Guests will still need tickets to attend, but the large venue means that you can now invite your friends, family, colleagues and neighbors to the Family Concert. The all Dvořák program, which will also be performed at the Spring Benefit Gala on Saturday evening, May 17, includes the beautiful Mass in D Major, which is dedicated to the memory of Joshua Moore. The Thursday concert will start earlier this year, 5:00pm, to give families with



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our friends at Saint Michael's for graciously hosting our performance.

This year Mr. Olson's father, Gareth Olson, an accomplished music director and organist, will be playing the organ for our Spring Benefit musical program.

We're are ironing out the student musician logistics and re-imagining the flow of the event. Parents with 5th-12th grade students: please put a BIG STAR on your calendar for May 15, and we will keep you posted as to plans for arrival, pick-up, and any changes that may result in the school day.

Kristin DeBellis, Development Associate

985-2827, x14

## Love the Restaurants in our Online Auction?

We need your help! We have a list of 20 varied restaurants that we'd love to include in the auction, beyond our beloved, loyal donators. Only problem is, we could really use a little help in following up with them to see if they can support our school. Could you stop by at one or several of these businesses in the next couple of weeks? Please contact [karengovett@gmail.com](mailto:karengovett@gmail.com) or 425-4230 and we'll set you up with the information you need!



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## Windridge Farms Syrup is Flowing

Jack Frost did not want to let go of winter, so the syrup has just recently begun to flow. The great news from the Bryans is that, once started, the taps have not stopped delivering liquid gold. Bottling will begin this weekend, and as orders are brought to the school we will contact you.

Ah, can't you just taste the sweetness? If you have any questions about your order, contact Kristin DeBellis at 985-2827 x14.



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**Questions and Answers About  
National Screen Free Week**  
by Abigail Diehl-Noble



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**What is Screen-Free Week?**

Screen-Free Week is a nation-wide invitation to families to choose not to use screens for entertainment for one week, May 5-11. It's organized by the Center for a Commercial Free Childhood to raise consciousness about the impact of screens on children and family life.

**Who participates?**

Schools, libraries, religious organizations, pediatricians, environmental groups, museums, colleges and universities, bookstores and other retailers--thousands of organizations around the country help sponsor Screen-Free Weeks in their communities. Families choose how to implement the ideas according to their needs.

**Why is the Lake Champlain Waldorf School acknowledging Screen Free Week?**

It's a natural fit! Waldorf education is deeply aligned with many of the values of Screen-Free Week. We support more time for creative and active play, more time in nature, face-to-face interaction with friends and family, reducing the commercial pressures on children that come through media, and reducing family stress that comes from too many demands on our time and attention—including the demands that come to us through screens.

**What will the school be doing about its own screen use?**

The week of May 5-11 is one of our busiest weeks at school. We are preparing for the Spring Benefit, our largest annual fundraiser, and keeping parents informed about end-of-year class plays, concerts, graduation festivities, and celebrations. That means we do a lot on email and with social media, and of course we think it's important. Our one small, do-able change for this year is that the school administration (Enrollment, Development, and front office administrators) that week **will send no emails to you after 3:30 p.m.**

Of course parents can check email any time, regardless of when a message is sent. This small step is just an acknowledgement that even Waldorf schools need to raise consciousness about our screen use—about when employees work, and when families are expected to receive and respond to information from school.

Screen-Free Week is meant to help us sort out what in our screen use is work-related, what is essential to family business, and what is entertainment—and to consider how we really want to use our time.

**What will the school do for children and families in honor of Screen-Free Week?**

The focus of Screen-Free Week is helping families enjoy time together, and helping children find or remember activities they love to do. For that reason, we won't be adding anything more to your evening calendar! There will be some activities for children in school to encourage enjoying each other and the spring weather. Classes may keep journals of their activities, and older students will learn about media literacy with a panel of parents who own or manage alternative media companies.

For parents, we'll share ideas about how to get work done at home without using media to entertain kids, and questions to ponder about being present with our children when screens are in our lives.

Happy Screen-Free Week!

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## Early Childhood Mayfest

The 29th annual Early Childhood Mayfest is Saturday, May 3 from 10:00 a.m. to 2:00 pm. This beloved event is especially designed for children ages six and under and their families. We'll be sending along an e-announcement next week so that you can invite friends with young children to join you at Mayfest.

**We are still looking for volunteers, either parents or older students, to help with the children's activities.**

Please call Pam Graham at 985-2827 x12 if you can volunteer or simply sign up on the poster in the grade school lobby.



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What are some things that make Turtle Lane Camp special?

- 22 acres of woods, meadows, and wetlands to explore
- Fun programs tailored to the needs and interests of active kids, from kindergartens to tweens
- Sessions focused on creativity, art, and physical play
- Days filled with a balance of quiet and active time
- Our highly-trained staff of educators and experts in their fields
- Home-made, tasty, and wholesome snacks made just for our art and nature camps.

Register today! Registration materials can be found [here](#) or visit the [website](#) for details about each session.

## Community News

### Students Perform Traditional Music this Saturday

Remember last year, when the "Northumbrian Ranters" performed traditional music from England, Ireland, Scotland at our grade school? In a few short weeks, Young Tradition Vermont is taking 18 young musicians across the pond to perform our own traditional music in Northumberland and Scotland...a music and cultural exchange. Come hear this fantastic group perform on Saturday April 12, 7pm at All Souls Interfaith Gathering in Shelburne. More than half of the young musicians who are going on the week-long tour are LCWS students and alumni: Lily Espenshade, David Fischer, Dana Hartshorn, Gianna Kiehl, Chris Krag, Sasha Pearson, Oliver Scanlon, Ruth Snow, Cooper Strong, and Addison White. This will be their final concert prior to leaving for England. Joining the group will be special guests, the Strawberry Hill Fiddlers from the Hudson River Valley in New York. For more reservations or more information contact Mark Sustic at [mark.sustic@gmail.com](mailto:mark.sustic@gmail.com) or call 802-233-5293.

### Kidpower Events at LCWS High School Campus, May 10th

- 1) "Starting Strong with Kidpower" Workshop for Children Ages 3-5 and their Adults: a 50-minute introduction to People Safety Skills with your young child. Stories, puppets and interactive role plays introduce simple but powerful skills to handle unkind words, check first before touching something unsafe, move away from someone doing unsafe things such as throwing sand or playing too roughly, and get help from you effectively, even when you are busy. A few simple but powerful skills help kids notice, stop, and get help with potential safety problems like these and many others.  
11:00-11:50 am. \$30 fee includes the child's adult(s) and our Kidpower Safety Comic book (retail \$12).

- 2) Kidpower Safety Workshop for Children Ages 6-12 and their Adults: an upbeat workshop in which children learn assertiveness and boundary-setting skills they can use right away to feel safer and more confident at home, with peers, and out and about in the world - as well as emergency-only physical self-defense skills. Their adults are coached in how to practice these skills with their children. 1:00-5:00 pm. \$100 fee includes the child's adult(s).

Payment plans and scholarships are available. Pre-registration is required: [tinyurl.com/kpvt-reg](http://tinyurl.com/kpvt-reg). Contact Laura Slesar at [KidpowerVermont@gmail.com](mailto:KidpowerVermont@gmail.com) or (802) 425-KIDS for information on workshops, scholarships, or registration. Visit [kidpowervermont.org](http://kidpowervermont.org) for more information. Kidpower is a nonprofit safety education organization, endorsed by mental health professionals, law-enforcement officials, educators and parents.

**Adventure Game Theater Weekend at Orchard Valley Waldorf School, May 30-June 1st, 2014.** Lake Champlain Waldorf students grades 6-12 are invited to join us for a weekend of perilous quests and daring adventures. Orchard

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Valley will be transformed into a land where magical fairies and dangerous monsters may roam the woods and where you may rise as a hero on a quest to save the Kingdom. We will battle with swords and ancient weaponry, use magic to heal and fight off evil, and use our strength of spirit and mind to achieve the impossible. \$150. Scholarships available. For information visit: [www.ReTribe.org](http://www.ReTribe.org) (go to programs brought to you) or email: [ReTribeTransformation@gmail.com](mailto:ReTribeTransformation@gmail.com)

### **ReTribe: Teen Rites of Passage Retreats this summer!**

*Adventure Game Theater:* August 17-24, ages 12-18. Transform through improvisational theater and live action adventure where you may become a hero, meet magical creatures, face dark powers, and fight for your life with swords and magic. *Inner Journeys:* June 29-July 6, ages 14-18. Where does your path lead? Find your inner power and vision using transformative practices including Mindfulness, Yoga, Breathwork, Nature Immersion, Steam Lodge, and Celebration! Our retreats take place in the beautiful woods of Sky Meadow Retreat Center in Stannard, VT. Enjoy food right from the farm and swim in natural ponds. Workshops include: improvisational theater, poetry, drumming and dancing, dream interpretation and shamanic journeying, wilderness skills, capture the flag with swords, handcraft arts, and more. Our Staff includes mindfulness teachers, psychotherapists, outdoor educators, theater professionals, musicians, and artists. \$790. Scholarships Available. For more Information visit: [www.ReTribe.org](http://www.ReTribe.org), email: [ReTribeTransformation@gmail.com](mailto:ReTribeTransformation@gmail.com), or call: 802-371-5027

**Livery Equestrian Farm Camp for Waldorf Students.** This year, June 9-13, I will once again offer a horsemanship and riding camp especially for Waldorf students. The hours are 8:00 a.m. to 1:00 p.m., the cost is \$250, and the location is in Hinesburg. For more information, contact Kim Johansen at 373-1966 or [www.liveryhorsefarm.com](http://www.liveryhorsefarm.com).

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## **Classifieds**

**Violin For Sale.** Is your student growing and ready for a first full-sized violin? Consider our German-made violin, including 2 basic bows, nice case, extra strings and well-used shoulder rest. All for \$490. 15% OF PURCHASE PRICE WILL BE DONATED TO LCWS CAPITAL CAMPAIGN. Call 425-4230 or [karengovett@gmail.com](mailto:karengovett@gmail.com). See photos at <http://burlington.craigslist.org/msg/4385906878.html>

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## **Upcoming Events At A Glance**

April 12: Everyone Around the Table: Routines, Rhythms and Stories for a Healthy Family Meal 9:30-noon  
 April 16: 6th Grade Play--Mattie the Bold and the Evil Beans, Parent Performance, 9:30 a.m.  
 April 16: Senior Project Evening, Ferry Rd Campus, 7:00-9:00 p.m.  
 April 17: 6th Grade Play--Mattie the Bold and the Evil Beans, School Performance, 9:30 a.m.  
 April 17: Simplicity Parenting Series: Simplicity Parenting to Go, Turtle Lane Campus, 7:00p.m  
 April 18-25 : NO SCHOOL, April Vacation  
 May 3: Early Childhood Mayfest, Turtle Lane Campus, 10:00-2:00  
 May 13: Grade School May Day, Turtle Lane Campus, 10:45-12:15  
 May 15: Spring Benefit Family Concert, St. Michael's College Chapel, Colchester  
 May 16: Grandparents' and Special Friends' Day, Turtle Lane Campus  
 May 17: Spring Benefit Gala, Coach Barn at Shelburne Farms  
 June 4: Last Day of School, K-12 (end of the year picnic at Shelburne Beach is in the works)  
 June 5: 8th grade graduation

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June 7: 12th grade commencement

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**TO SEE THE SCHOOL CALENDAR [click here.](#)**

There are four, layered calendars (All School, College Guidance, Middle and High School Sports), which you can turn on or off. Click on the drop-down arrow next to the "Agenda" tab.

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