

Share this:   

LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | April 4, 2014

email newsletter items to: newsletter@lakechamplainwaldorfschool.org



The Time IS Now!

"I never knew that the sight of a construction trailer could bring on a bout of uncontrollable laughter/shouting/honking/fist pumping!"

--Delighted Parent

The renovation of the Lake Champlain Waldorf School's new High School campus is officially underway! The construction company DEW moved in on Tuesday, and we couldn't be more thrilled.

As we undertake this next phase our growth as a school, we have the deepest gratitude for:

- ...the extraordinary team of volunteers whose countless hours of work have carried this massive project forward;
- ...our inspiring faculty and staff who have held the impulse behind our school's vision;
- ...the generous donors who have gifted the resources that are transforming this vision into reality;
- ...our proud community which will soon have one of the most beautiful sites in the area as the home of our high school.

As Josh Simonds, President of the Board of Trustees, reminded us in an announcement earlier this week, while we savor this moment, our Capital Campaign continues and we must join together to raise the remaining funds needed in the the coming months. A huge thank you to everyone who has already responded to our goal of reaching 100% parent participation. If you haven't yet made a gift or pledge, now would be the perfect time.

If you would like to see the Morgan Horse property, the last chance to get in the building is this Saturday. Please stop by between 2:00 and 3:00 on the afternoon of April 5th for a tour, a photo-op, or to offer your blessings to the project.

As the renovations progress, we'll be updating the community with photos and articles in the school's newsletter, on the website and on Facebook. If you have any questions or would like to share your ideas about the project, please get in touch with Josh: jsimonds9@gmail.com. If you are curious about the "open house" this Saturday, please contact Maureen Wheeler: 238-7042.

[Subscribe](#) to our email list



Senior Project Presentations

Members of the Class of 2014 are in the final stages of their senior projects. Each project:

- Represents a year-long research project
- Answers a question the senior is deeply interested in exploring
- Involves a community mentor who offers guidance and support
- Culminates in a substantial product (artistic, practical or academic) and a paper
- Includes at least 8 hours of community service related to the project
- Is offered to the community in a 45-minute presentation and question-and-answer session

Beginning next week, each student will present his or her project to a panel of faculty and community members. The school community is invited to attend all of the presentations listed below and is especially encouraged to **come to the Community Presentation on April 16th at 7:00 p.m. when all of the students will give brief overviews of their work.**

Tuesday, April 8

3:45 - **Mairead Collins** - Happiness: How Can I Bring It to Myself and Others?

7: 15 - **Jenna Perrapato** - Acting: The Empathetic Art and My Journey into a Character

Wednesday, April 9

3:45 - **Vincent Gauthier** - Golf Instruction: The Keys to Game Improvement

7:15 - **Amanda DeBellis** - Equine Spatial Dynamics--Building a Partnership with Horses through Liberty Training and Coordinated Movement Exercises

Thursday, April 10

7:15 - **Noah Ranallo** - Obtaining My Pilot License: How It Changed the Direction of My Life

Friday, April 11

4:00 - **Emily Nelson-Foster** - Athletics: How Does the Environment of Team Sports Affect the Development of Middle School Students and Help to Promote Positive Interactions Among Them?

Monday, April 14

3:45 - **Ian Wheeler** - Exploring the Business of DJing: How I Turned My DJing into a Business

5:30 - **Jonas Powell** - Fixing a Motorcycle - Learning How I Think Through Hands-on Experience

7:15 - **Oliver Creech** - Exploring Music and Emotion - How Does a Musician Express Emotion through Music?

[Subscribe](#) to our email list

Tuesday, April 15

- 3:45 - **Marissa Guidry** - Vermont Archaeology: Exploring Archaeology in Vermont and What It Tells Us About Our History
- 5:30 - **Madi Cook-Comey** - Fairy Tales - Exploring Fairy Tales from their Origins through their Modern Adaptations
- 7:15 - **Thomas Fortin** - Building a Bamboo-Framed Bicycle - Utilizing Alternative Resources

Wednesday, April 16

- 3:45 - **Oliver Scanlon** - The Process of Creating a CD and How the Process Affects the Musician
- 5:30 - **Nancy Lewis** - Sound Through Architecture: Looking into the Acoustics of the Boston Symphony Concert Hall
- 7:00 - Community Presentation
- Unscheduled: **Willa Cowan-Essig** - Exploring Freakishness: What Makes a Freak?

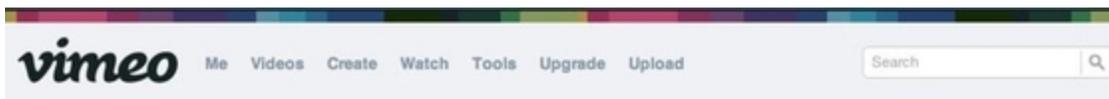
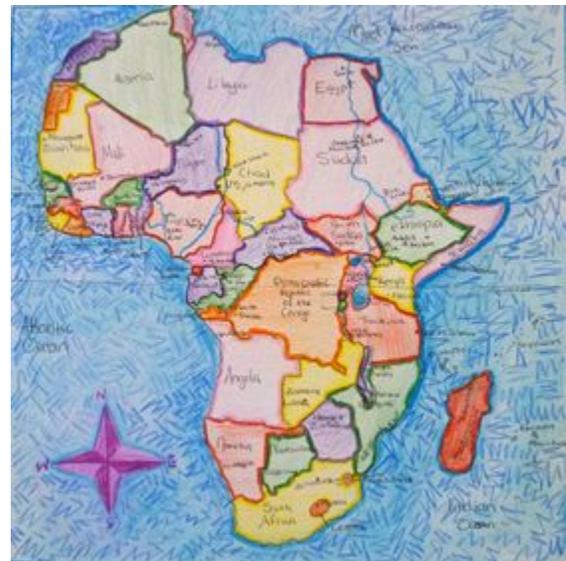
Upper Grades Raise Their Voices

Click the image below to listen

The seventh and eighth grades recently finished a joint geography block on Africa, co-taught by Mr. Diehl-Noble and Mr. Foster. Together the classes explored the cultural, geographic, political and musical landscape of the African continent.

Guest presenters included two new Americans who spoke to the class about their childhoods in Tanzania and the Congo. Mr. Moruthane shared stories of growing up under apartheid in South Africa, and brought a meal of South African food. A Burlington-based music professor with expertise in African instruments demonstrated and played for the classes. The block culminated in a writing project: in mixed groups, the seventh and eighth graders retold and illustrated three African folk tales as handmade books, gifts to the younger grades.

Every morning the classes practiced Nkosi Sikelel' iAfrika, the national anthem of South Africa. Click [here](#) or on the image below to listen to their powerful voices.



[Subscribe](#) to our email list



Semester-long Adventure

Junior **Rosa Dews** and sophomore **Forest Swanborn** are having a great adventure on their Kroka Winter Semester trip! They have been skiing the length of Vermont, after which they will canoe back. The expedition group will make a stop at our high school for two days early next month and we can't wait to see them.



Jason Frishman, Psy.D., presents:

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

Saturday, April 12, 9:30 a.m.-12:00 p.m. FREE

Childcare provided. RSVP: 985-2827x12

What inspired you to do this work?



[Subscribe](#) to our email list

The most important times in my life have involved being around the table with friends, food, and family. When I trained in psychology my first job was in a residential treatment center. I noticed the best work, the most helpful and healing conversations, happened around food. It all made sense.



What do you like best about working with families and food?

I love it that when we get families together around food, people's defenses go down. We get to hear each other's stories. We get to see what's most important to others. When I ask people about their childhoods and family meals, their memories are not always positive, but they are always evocative.

I don't want anyone to think I'm pretending family meals are always beautiful or positive. All sorts of interpersonal difficulties come through, but a lot of good things can come out of it too.

What is something important you've learned about family and food?

Children reflect back our own concerns about food. We may pride ourselves on making wonderful, well-rounded meals from scratch. But if we eat those and then get really excited about the dessert, that's where our children's attention will turn.

What do you have to say to families with young children?

When our kids were very little it was chaotic. There was lots of screaming and food on the floor. It was a constant returning to the idea that this is something that is important to our family. And it gets better.

Persistence means a lot. In our family we eat a whole-grained hot cereal for breakfast most days. For several months Micah decided he was going to have bagel and cream cheese for breakfast, and nothing else. We decided not to create a fight around it. So everyday he got his bagel and a small bowl of oatmeal, like the rest of us. He didn't touch the cereal for months. Then one day he just started eating it again. He saw our commitment to that food, and eventually that won out.

What do you think is the biggest barrier for families trying to create shared meals?

The one that people talk the most about is time. I think it's a big problem, but I don't know if that's the underlying one. It certainly takes time to make a meal, sit down, have it, and clean up after it. But a bigger problem seems to be that family members are going in different directions, and how do we make the commitment to connect?

What might people be surprised to know about your own food?

I do so much cooking, and we eat a great variety of food--but my birthday dinner every year, by choice, is pizza, bagels and tater tots.

What are some helpful strategies for creating positive shared meal times?

- Dinners are not a time for bargaining.
- There should always be one thing on the table that everyone will eat, and it's OK if that's all they eat.
- Parents get to decide when, what, and how the family eats (its rituals around food). Children get to decide if

[Subscribe](#) to our email list

and how much they will eat. This can be hard to do, but the results are worth it.

- Dessert is not to be bargained for. If it's on the menu, it's a part of dinner. If children don't eat anything else, they still get dessert. We don't want to elevate dessert to reward.



Three ways to celebrate our community

"One Fair Evening" the Spring Benefit Gala on Saturday May 17, is our school's largest social event of the year. It is an evening that celebrates what we love: sublime music (performed by our 5th-12th grade students and community chorus), delicious food (catered by Shelburne's fantastic Rustic Roots), a huge and enticing silent and live auction, and of course...great company.

Right now there are three ways to support the event:

- 1) **become a Sponsor**, with levels from \$250 to \$1,500;
- 2) **donate an item or service to the fantastic auction**;
- 3) **advertise in the event playbill**.

Invitations include the name of sponsors, so if you are interested, please contact [Kristin DeBellis](#) by April 10 in order to meet the print deadline or click on the buttons below.



Creative Contribution to the 100% Parent Participation Goal

"I wanted to be included in the push for 100% parent parent participation in the capital campaign," said Amy Hoeltge, "but it is not possible for me to simply write a check. I can, however, sell my creations and make extra money to donate."



[Subscribe](#) to our email list

Amy's Etsy shop, Sweet Little Bouquet, will be donating 100% of its sales (after Etsy and credit card fees are deducted) to the Capital Campaign through the end of June. Sweet Little Bouquet makes play clothes, farm dresses, pinafores, hats, totes, and toys for wee ones. Visit and shop at

www.sweetlittlebouquet.etsy.com Amy will deliver items to the grade school for LCWS families.



"My inspiration for choosing to do this is the school itself. I believe that the only way to begin healing our world is by lifting up those who will take part in it - our children. Our school does just that."

Thank you, Amy, for your creative generosity!

Roman Get Away: A La Carte gathering #4

Eight Waldorf moms gathered at a Chef Contos "Girls Night" last Friday, and there may just have been as much laughing as there was cooking. Make no mistake...from the artichokes to the gnocchi to the veal saltimbocca to the best hazelnut tiramisu we have EVER tasted, this was a meal made in heaven (actually, it was made by all of US!). But, between Sarah peeling and chopping her artichoke just a BIT too small and Trina regaling us with so many stories, it was easy to get distracted. Chef Courtney regularly teaches Waldorf teen classes, and she did say the kids were much easier to teach than the moms. Lucky Flo Foerg...Tarn brought half her meal home to him; the other husbands weren't quite so fortunate. Let's just say that "Saltimbocca" translates to "jump into the mouth."

There definitely is a common theme to all of these A La Carte gatherings: new friends were made, old friends reunited, and fun was had by everyone.



[Subscribe](#) to our email list

The girls make their own ricotta gnocchi. L. to R. in photo: Tarn Foerg, Kathy Pintair (blocked), Sarah Thompson, Trina Webster, Heather Fowler, Sharon Richards, Gretel Schueller, Heidi Willoughby.

Roman-style artichokes with mint and parsley.

Early Childhood Mayfest

Every year we celebrate the coming of spring (yes, it is coming!) with the Early Childhood Mayfest Celebration for children ages six and under.

This year we will be celebrating on Saturday May 3 from 10:00 to 2:00 pm. **We are looking for volunteers, either parents or older students, to help with the children's activities.** This is a wonderful opportunity for the older students in the school to come still enjoy this festival. Please call Pam Graham at 985-2827 x12 or look for the sign up sheet.



Observation Mornings in April

High School Observation Morning

Next Thursday, April 10 at 8:30 am is our monthly High School Observation Morning. The ninth grade block is Descriptive Geometry with Kate Crowe. The tenth grade block is Ancient Civilizations with Steve Crimby. The eleventh grade block is Parzival with Mary Collins. The twelfth grade is studying Modern Physics and How We See The World with visiting teacher Michael D'Aleo. Please come for a glimpse into the high school curriculum and invite your interested friends.

RSVP to Pam at 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org.

Turtle Lane Observation Morning

The Observation Morning on the Shelburne campus is scheduled for next Wednesday, April 9 at 8:30 am. Please invite any of your interested friends for kindergarten and grade classroom observations followed by a question and answer period. If you or an interested friend would like to attend, please RSVP: 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org



[Subscribe](#) to our email list

Request for Support

My name is Vincent Gauthier and I'm a senior at the high school. **Nora Neely, a tenth grade girl from the Kimberton Waldorf School, the school that I previously attended, was in a horrible skiing accident a week ago in Lake Placid. She is currently in a coma at Fletcher Allen Hospital** with many broken bones and a fractured skull among other things. We are doing all we can to help her and her family get through these [challenging times](#). There will be a table set up for donations at the senior project presentations, which are starting next week and here is a link if you'd like to make an [online donation](#). Please come and support the seniors and Nora. Keep her in your thoughts and prayers. Thank you very much!

Vincent Gauthier



The Class of 2016 is selling Dan's Chocolate Truffles to support our senior class trip to Ecuador

In Ecuador, our class will be participating in service to the indigenous people who will so graciously be hosting us. We will be backpacking in the mountains part of the time, and staying near the capital of Quito for two weeks. We are so excited at the prospect of this trip!

Dan's is a Burlington-based company. Each \$12 bag of truffles has 16 chocolates. You can choose between six delicious flavors: Peppy-R-Mint, Orangadu, Caramel River, Caffeinator, PB Ecstasy, and Lot-A-Choc. These chocolates last for up to three months so they are great gifts for Mother's Day, Father's Day, and graduation! We will be selling now through April 17th. To order you can approach any member of the tenth grade or call their family in the school directory. **On Friday at pick-up time, there will be a table set up at the grade school with order forms. We hope to see you!**



Nancy Hilton and Tobias Freedner

Shout-Outs!

We are experimenting with a new section of the newsletter that allows readers the chance to express gratitude toward other members of the school community. If you'd like to give anyone a shout-out, please send a short blurb to newsletter@lakechamplainwaldorfschool.org.

[Subscribe](#) to our email list

Shout-out for **Lisabeth Sewell McCann** who not only wrote a delightful play for the Sixth Grade, but is directing it with ease, joy and much skill. The sixth graders are thriving under her guidance. Meanwhile, the fifth grade just performed Lisabeth's play based on Mary Osborne's book, *American Tall Tales*. Many, many thanks to this talented lady.

---Katherine Verman

I am so touched by the sweetness and positive energy that has come my way since someone, unbeknownst to me, made it known to our community that I had opened a fundraising site to help me to raise money for a brain condition that I learned about in the fall. Part of my healing has been all the amazing love and support I have received. **Thank-you Waldorf community**, you have given me strength since I was 4 years old and now I am about to graduate from college!

For those of you who wish to follow my progress, you may do so in the [Update section](#) of my site. So much love and gratitude. ---Ayla Yandow '09

Community News

Bridget Ryan is pleased to announce the opening of The Magic Forest Early Childhood Center in Shelburne.

The Magic Forest provides care for children birth through 4 years old. Our philosophy is inspired by the principles of Waldorf education, The Forest Kindergarten programs, and the infant and toddler care philosophies of Emmi Pikler and Magda Gerber. Enrollment is now open for infants and young toddlers in our morning program. We have openings now! Contact us through the website at <http://magicforestearychildhood.com/>

The Happenings at Terri's Morning Garden (and More). Yes... It's Happening; taking applications now for Enrollment to Terri's Morning Garden. Yes... Terri's Art is being shown at Speeder&Earls. The Art is whimsical and fun. Check it out. Yes... Fairy and Gnome Camp is Happening; 2 weeks each month of summer for 3-8year olds. Sharing the secrets of Mother Earth; a GREAT place to Create Magic and Play. Check out my [website](#) to sign up or call (802)343-0471 or email terispirit2002@yahoo.com. Thank you to this Community for its 20 plus years of continued support.

Classifieds

Horse looking for a new home: Copper is a 14-year-old 15.3 hand Quarter Horse gelding. He has a calm temperament with excellent ground manners, is good with children, dogs, cats, and other horses, stands, trailers, clips and bathes easily and is good for the farrier and vet. He has lived outside for the past 4 years with a run-in shed with mares, other geldings, and alone, all with no issues, and can also live happily in a stall. He has been barefoot for the past year with no problems. He is up to date on coggins, rabies, vaccinations, and worming. He has done some basic dressage, loves to trail ride and enjoys jumping on occasion. He is a very forward horse, and would probably be best for an intermediate rider. He can either be leased or given to a good home. Please call Isabelle (802) 363-3018, or Isabellelw@gmavt.net

Seeking Car to Buy: Dani Proudman, Karen's assistant in the kindergarten, is currently in the search for a car. Price range is between 3-5,000. If you or anyone you know is trying to sell their car at or around this price, please e-mail or phone Dani at dproudman3@gmail.com or 978-844-1884. Your help would be greatly appreciated! Thank you!

[Subscribe](#) to our email list

Upcoming Events At A Glance

April 9: Grade School and Early Childhood Observation Morning, 8:30-10:30 a.m.

April 10: High School Observation Morning, 8:30-10:30 a.m.

April 12: Everyone Around the Table: Routines, Rhythms and Stories for a Healthy Family Meal 9:30-noon

April 16: Senior Project Evening, Ferry Rd Campus, 7:00-9:00 p.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: Mayfest, Turtle Lane Campus 10:00-2:00

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

June 5: 8th grade graduation

June 7: 12th grade commencement

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.

Copyright © 2014 Lake Champlain Waldorf School. All rights reserved.

lakechamplainwaldorfschool.org

359 Turtle Lane | Shelburne, VT 05482 US



[Subscribe](#) to our email list