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LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | March 7, 2014

email newsletter items to: newsletter@lakechamplainwaldorfschool.org

Vermont Writes! Continued

Last month our students participated in a statewide writing event sponsored by the Young Writer's Project. Here is a sampling of responses (most produced in a 20-minute free-writing exercise) from our older grades:

Fifth Grade

"Alive" by Cassie Woodson

The place I feel most alive is in the pool. I love to swim.

Whenever I get into the pool, no matter how tired I am, I always can go fast and work hard. The water rushing over my head

calms me, and I go into a mood of concentration. I get the feeling that I could go on forever, and everything slows down and speeds up too. Before I know it I'm done with the first hundred laps, but I feel like I only did twenty-five.

Sixth grade

"Stopping by Wood on a Snowy Evening" by Mason Palmer

I stopped in a glade to watch the snow fall. It fell heavily and peacefully. It gave me a sense of deep comfort and purpose. The only sound was my horse when it shook its head to get the snow off. The snow had fallen so heavily so quickly that I couldn't see my tracks or my horse's. I listened to the silence as the snow lessened and listened until it stopped all together. The only movement I could see was the steam rising from my mouth. The moon came out from behind a cloud making the snow whiter than milk.

Seventh Grade

"Afraid" by Anonymous

Helen jumped up, banging her head on the low attic ceiling. She thought she'd seen another of those faceless, black, twisting shadow people peering through her third-story window. She told herself it was her imagination but she'd been seeing them for a while. She ran to the attic stairs and took a second look over her shoulder at the window. No shadow person was there. Helen turned back to the stairs and screamed. There was another twisting, black, faceless shadow with little human form. Another twisting figure glided up behind her; there was another in the window, one on the banister, and one in the corner. They all glided close. They weren't moving quickly, but there was no where to run. The



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lights went out and Helen fainted.

Eighth grade

“Alive” by Colin Netzel

Vermont is home, the place I feel truly alive. From the cold winter days to the hot summer breezes, this is my home. Where friends and family are, this is my home. Where you can climb trees and see a view of the house, this is my home. Fall comes with a warm breeze, winter with its cool breath, midsummer days with their perfect heat. This is my home.

Pasta-making with the Caterpillar and Woodlands children

Tai's Caterpillar and Woodlands programs made their own pasta! Kindergarten students in the Caterpillar Aftercare group measured the ingredients and kneaded the dough. Woodlands Extended Day students then rolled out each ball and used a hand crank pasta machine to cut each piece into thin strips. The children loved eating their own rich yellow egg noodles with tomato sauce and parmesan cheese for snack!



The Nourishing Foods Initiative hosts another successful evening



Doug Flack, farmer and natural foods advocate, spoke to a large gathering on Tuesday night. He shared information about how to prepare grains, nuts, beans and seeds to get the maximum nutrition from these foods. It was an inspiring topic for everyone and was especially appreciated by those whose diets are animal-free.

Did you know that all seeds have a defense system called phytic acid in the outer layer, which keeps the nutrients safely locked up inside until conditions are right for the seeds to soften and sprout? When we soak beans and grains, we take away the outer, toxic layer and release enzymes that neutralize the acid. After all, we don't have a cow's four stomachs to break down and fully digest food. **We humans have to do the early stages of food preparation outside of our bodies, and the best way to do that is to cook our grains, nuts, seed and**



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beans before gently cooking them.

The phytic acid in unsoaked seeds combines with minerals to block their absorption, leading to a net mineral loss. Over time, a diet high in unsoaked grains can lead to mineral deficiencies. Soaking, like fermentation, also leads to an increase in lots of good, healthy enzymes and microorganisms like lactobacilli that break down hard-to-digest proteins and carbohydrates.

Doesn't it make sense to look at how we prepare our foods before we eat them? Soaking grains and beans is an easy way to increase the nutrient content of foods already in our diets.

Our busy lives sometimes challenge us to adopt food preparation habits such as these. Easy ways to add soaked seeds and grains include eating sourdough breads, Manna bread, and "sprouted corn" tortillas that are available in some stores. Check the label for sprouted and soured ingredients.

Next week, look for recipes and more about grains, beans, nuts and seeds and how they are best soaked– a quick and easy task to start the night before.



Camp Enrollment Day 2014: Camp Discount for LCWS families

Summer is coming and it's time to make plans! Book your LCWS Art and Nature camp (ages 3-8) or Adventure Camp (ages 8-12) session on **TUESDAY, MARCH 18**, at the **Turtle Lane Camp table at drop-off or pick-up time**. **Families who turn in their registration form and check at the table receive a special, one-time LCWS discount of \$25 off the total tuition.** Our camps are beginning to fill from outside our school and usually have waiting lists by late spring, so be sure to get the week you want now. Already turned in your camp forms? No worries! The early bird discount will be automatically applied to you. Please visit the [website](#) to find registration forms and more information.

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Splash and Dash, June 30-July 3

Leader: **Maria Cimonetti, Triathlete and professional coach**

"Kids love triathlon because you never to stay too long with one activity. What I like about coaching this camp is that the diversity of activity lets most kids find something they feel really good at."



Lotions and Potions, July 7-11

Leader: **Danielle Drogalis, chemistry teacher and amateur herbalist**

"What I like about making these lotions and potions is that it's both exciting—will it work this time?—and so relaxing. You have to trust that the ingredients will come together! I love foraging with kids to make our own simple health and wellness products."



All About Adornment, July 14-18

Leader: **Rebecca Freedner, Henna artist and craftsperson**

"I'm really excited to help kids find their own sense of style and fashion, to know we don't need to rely on store bought things or trends. We'll have fun tapping into our natural tendency to express ourselves through clothing and adornment."



These Green Mountains, July 21-25

Leader: **Heather Bauman, outdoor enthusiast and obstacle racer**

"We see these mountains every day—but in this camp we'll interact with them in a very different way. The familiar becomes new as we have all sorts of outdoor adventures! In this camp we'll focus on helping others even as we push ourselves."

Voices of Support

Dear Fellow Parents,

Eric and I recently received the news from the Capital Campaign leadership that the school needs to raise an additional \$200,000 to complete a modified version of the high school or another \$600,000 to realize the complete vision for the high school. These are big numbers, and **we are going to have to join together as a school community to make it happen!**

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Roughly 50% of LCWS families have contributed to the capital campaign to date and I am certain that this does not accurately reflect the widespread commitment parents feel toward the school. **I would like everyone in the school community to know that a contribution, regardless of size, makes a big difference.**

The school is best poised to receive additional contributions from its largest donors if there is evidence of robust parent contribution. In fact, one of these large donors said recently, "I would give again if I knew LCWS families were all contributing."

We firmly believe in this education for our son, and so we made an donation to the capital campaign that was right for our family. **I hope that in the next few weeks there will be an outpouring of gifts from the community so that, together, we can reach this important goal!**

- Julie and Eric Strong

[Pledge!](#)

[Donate!](#)

Thank you for supporting the Lake Champlain Waldorf School.

Maple Syrup Magic

We still have spaces open in our preschool and kindergarten for the 2014/15 school year, and so we are offering prospective families a glimpse into the magic of our programs tomorrow, March 15th!

All of our early childhood teachers will be at school from 10:00-11:30 to host a **playtime for 3-6 year olds and their families**. The morning will be spent making pancakes, singing songs, having circle time, doing puppet play and exploring the classrooms.

This is a wonderful opportunity to introduce your friends and neighbors to the beauty of our kindergarten.



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See Your Children for Who They Are...and Who They Will Become

Parents of grade school and high school students are encouraged to attend Florian's talk

Wednesday March 19th at 7:00 pm
\$10 suggested donation



International educational consultant Florian Osswald arrives in the United States next week and will be giving a public talk for parents and community educators at our school on Wednesday evening. Although he will focus his remarks on adolescence, every parent's connection to Waldorf education will be enlivened by his message. RSVP to [Pam](#).

The first à la carte social gathering...starting a great tradition!

From the moment guests were welcomed into Martin and Avis Krag's home, they were met with a graciousness that epitomizes the values of our school community. Conversation bloomed and excellent repast flowed. Though not everyone knew each other, it was as if we did...it felt like family.

In our time at the school, we come across each other's names and see familiar faces in the hallway, but we don't really know the common likes and backgrounds we share. The gathering enabled us to connect our common ground in such a wonderfully intimate setting. Martin Krag and Case Newberry discovered similar reading interests, Doug Weaver and Tom Hyde discovered common political and historical ground, and Kristin DeBellis and Su Newberry discovered...that they are not willing photo subjects!



Attendees included (right to left in photo): Su Newberry, Tom Hyde, Doug Weaver, Martin Krag (Host Extraordinaire), Avis Krag (Hostess Extraordinaire), Troy Krahl, Sharon Richards, Case Newberry, and Kristin DeBellis.

PHOTO credit: Martin Krag

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our many building projects at the school, what an excellent opportunity to remember that our families are what holds LCWS together. ~Kristin DeBellis & Sharon Richards

Record sales this year! Thank you.

The syrup is just a few days away from flowing, and the popcorn is set to pop next week. In the meantime, you should all know that your choice of snack and sweetener has filled our community chest with gold. **Around \$6000 has been made for the school with this year's sale, and I do believe that is a new record!**

Due to the ordering extension and the havoc wreaked by this late season snowstorm, popcorn distribution will begin Thursday or Friday of next week. Mother Nature will play a greater role in determining when the syrup will show up, so you will be informed of pick-up dates via phone, e-mail, future newsletter, and possibly Pony Express.

For questions, please contact [Kristin DeBellis](#) in the Development Office.



Enroll your child on Tuesday, March 18th and receive a discount!

With art and nature camps for ages 3-8, and a whole new series of adventures camps for children ages 8-12, we are looking forward to a great summer here at Turtle Lane!

Dates: June 30-July 25

Hours: 9 a.m.-3 p.m. (extended day from 8 a.m.-5 p.m.)

Price: \$285 (includes morning snack and afternoon cool treat)



If you bring your completed forms (found [online](#)) and payment to school at drop-off or pick-up on Tuesday, March 18th, you will receive a \$25 discount. If you can't make it to campus that day, please get in touch with Camp Director Abigail Diehl-Noble for more information:

adiehl@lakechamplainwaldorfschool.org

Re-enrollment Update

The re-enrollment form will be coming electronically this year. Because this is a new process, we are trying to work out all the kinks. We will have it to you next week.

Those of you who have applied for tuition adjustment should have received an email from the Tuition Adjustment Committee. Please email financialaid@lakechamplainwaldorfschool.org if you have not received this email.

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Waldorf in the News

Here's a link to the [March issue of Inform](#) published by AWSNA and another link to a video [Preparing for Life](#) from Paul Zehrer which was filmed at the Waldorf School of the Peninsula in California.

Condolences

Our deepest condolences to Carol Reed whose sister, Mary Louise Youngs, passed away this week.

Community News

If you love wildlife, here's your chance to help! Monkton Road Wildlife Crossing: The Race to Save Our Salamanders. A collaborative team including the Lewis Creek Association is working to raise the final funds to build two wildlife crossings to funnel frogs, salamanders, and other animals under Monkton Road in central Vermont. This is one of the largest and most diverse amphibian populations in the northeastern US, and it is currently at great risk of dying out due to increasingly heavy traffic on a road that the animals must cross to reach their breeding site. Visit here to help! <http://igg.me/at/bluespotted/> Laura Slesar



The Kinetics of Abstraction: Exploring Bio-Linguistic Code through Classical and Modern Literature. An alternative Literature/Poetry Workshop for Homechool/Unschool/Private High School students, aimed at the highly gifted. An innovative, highly advanced and out of the box approach to studying literature, through exploration of the neuro-biology and metaphysics of language. Class participants will be guided through self-observation of somatic response, metaphysical and bardic codes, kinetic wordplay, feminine and masculine integration, DNA frequencies and more, in interpretation of both classic and modern masterpieces. Jocelyn Wood: Ecstasyofacripple@gmail.com

Young Traditions Touring Group Concert: March 22nd at 7pm at the Burlington Hilton. Many LCWS students and alumni participate in this group and are looking forward to performing a free mini-concert for family, friends and supporters.



Classifieds

Families Needed for Research Study We are studying family relationships. To participate, families must have a 9- to 11-year-old child whose parents are married to each other. The study involves two 2- to 3-hour lab visits about 2 weeks apart (Visit 1: mother & child; Visit 2: mother, father, & child). Participating families receive \$100 for Visit 1 and \$150 for

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[/~kproject/](#) kids.parents.project@uvm.edu Wendy Bratt

Upcoming Events At A Glance

March 15: Maple Syrup Magic in the Kindergarten, for families with children ages 3-5, 10:00a.m-11:30p.m.
March 19: Face to Face: Teaching teenagers what they need to know. A public talk with Florian Osswald. 7:00p.m.
March 20: Simplicity Parenting Series: Rhythm and Schedules, Turtle Lane Campus, 7:00p.m.
March 21: NO SCHOOL
March 27: Simplicity Parenting Series: Filtering Out the Adult World, Turtle Lane Campus, 7:00p.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
April 17: Simplicity Parenting Series: Simplicity Parenting to Go, Turtle Lane Campus, 7:00p.m

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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