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LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | November 15, 2013

email newsletter items to: newsletter@lakechamplainwaldorfschool.org



Seventh Grade Watercolor

In our Upper Grades program (seventh and eighth grades) students begin artisan craft intensives. As you would expect, many leaning modalities are seamlessly woven into what appears to be a singular experience. These artisan intensives allow students to immerse themselves deeply in the flow of an activity, integrate their academics, experience the “intelligence of the hand” which fosters intellectual thought, work through practical problems to find solutions, and develop a sense of competence and confidence that applies to all aspects of life. Recently, the seventh grade met in the afternoon for ninety minutes, three times a week, for an intensive study of watercolor painting; other intensives include woodworking, copper, clay, and sewing clothing.



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Life of the Child Conference begins tonight!

There is still time to register. You can pay at the door Friday Saturday morning.

Discipline with Heart: Guiding Our Children with Sharifa Oppenheimer is happening this weekend, November 15 and 16. Sharifa Oppenheimer's Friday night keynote speech is from 7-9 p.m. at Contois Auditorium in Burlington; the Saturday conference is from 8 a.m.-1 p.m. at the Turtle Lane Campus of LCWS.

Cost is \$20/Friday night only, \$60 for the entire conference. For further information, contact Pam Graham: pgraham@lakechamplainwaldorfschool.org or (802)985-2827 ext. 12. Limited scholarships available.



Wills at Work in the Kindergarten

Our kindergarten has been working hard each Farm Day at New Village Farm. We spent a long morning in the "back forty" at One Mitten Farm where owner Christie invited us to share in month-long chores at her horse and donkey barn.

Several of us enjoyed pushing hay bales and wood shavings out of the upper barn storage area. Shouts of "All clear?" filled the air before the heavy bundles flew downward to the barnyard way-y below. Children mucked out horse stalls, were enthralled with Joe the new giant mule and Ernie and Arthur the donkeys. (see photo)

Many magnificent horses were stroked and befriended. We tried our hands, and hearts, at training donkeys to walk on a leash and the children were quick to learn! Then off to the quarry we went to dig pits for burying biodynamic preparations. These will be buried in Mother Earth throughout the winter months and later enhance the agricultural life of the farm and thus the forage the animals eat. Now that was some HARD work! Our snack amidst the chirping crickets and rainbow illuminated colors of the autumnal landscape gave us a deep breath of joy and contentment for a day's work done well.

--JoAnne Dennee



December 6 & 7

The Holiday Fair is only weeks away.

Help us spread the word on Facebook!

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Go to our [Holiday Fair Event Page](#) and share it on your wall, invite your friends, and help us make the greater community feel a warm welcome to come enjoy this beloved event!

Parents: If you haven't already signed up to help with your class's activity, please do so now! Every slot on every tab needs a name. Let's get it filled soon, so...no more reminders!!

Choose the place you'd most like to help and

SIGN UP! And please remember, we need two people from every class to help with clean up. Here are the links:

[Kindergarten through 7th grade Sign Up](#)

[High School students and parents Sign Up](#)

[8th grade & 12th grade Cafe Sign Up](#)

Thanks to all for the grand effort!

Congratulations

to Vincent Gauthier on his acceptance to Washington and Jefferson College in Washington, Pennsylvania!

A Martinmas Challenge

We are in the season of Martinmas, an ancient European holiday that celebrates the warmth and light that carries us through the winter. In our school, kindergarteners through third graders have glued tissue paper to glass jars and stepped into the darkness over this last week. Seeing a wavering row of lanterns over a forest path, and hearing the children sing, is one of my favorite parts of this season.

It's the story of St. Martin, though, that lives most strongly for the children. Here it is, simply told:

Martin, as a young Roman soldier in the fourth century, passed under an archway in the city of Amiens, France, and found a beggar there. He tore his own soldier's cape in half to cover and warm the man—a bold gesture, since that cape was his symbol of status, the token that he was a citizen of Rome. After a dream the following night, Martin knew he had to devote his life to service, and became the patron saint of beggars and outcasts. A gentle and unassuming man, he brought light and



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What is amazing about this story is that it brings together the two kinds of warmth we need to survive—physical and emotional. In our time and place, when we are generally protected from the worst cold, we sometimes forget the need for physical warmth, and its relation to immune function and health. That's why in Waldorf schools we are very focused on hats, mittens, and layered clothing for children in the cold months!



But there's another kind of warmth—the emotional kind. And while we all love our children dearly, it's amazing how easy it is to express it less than we mean to. Our lives are so full of work, driving, meetings and appointments, and all the work that is required to keep a family going. Our interactions can become all about the business of living, and not the joy of it.

And yet it's the emotional warmth between family members that makes our family lives worth having. Sometimes we need a reminder to get back to the basics of loving. Here's a three-day challenge I've taken up from the excellent Waldorf parenting blog "Parenting Passageway": How many times a day do we laugh with our children? Hug our children or sit with them? Smile at them? Say positive and encouraging things to them?

The ways we show affection depends on the age and temperament of our children, but all children (and spouses!) respond to more warmth. However tense the situation, when we offer warmth freely, there's a softening, an opening, and a little more room for a relationship to grow.

So, the three-day Martinmas Challenge is this:

Set a goal for how many times a day you are going to try to laugh, hug, smile and say positive things to your child--and act on it! This can seem a little stilted (and if you have a teenager he or she may ask what you're up to) but usually we need to structure ourselves to make a change. See after three days if there is a difference in not only you and your children, but in the feeling of your household. If you saw a difference, extend the effort to 21 days—the span of time behavioral experts say it takes to create a new habit.

Happy Martinmas!

--Abigail Diehl-Noble



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From James' Kindergarten: Wyatt Nelson on an apple picking adventure!

Parent & Child Classes

We still have a few spots open in the next session of Parent & Child Classes, beginning the week of December 2. The classes, crafted for children newborn to three years, are held in Shelburne at the All Souls Interfaith Gathering. Please share information about this program with any interested friends. The descriptions of the different age groups and the registration form are on [our website](#). If you have any questions, please contact Pam Graham at 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org.



Parent Workshop: Simplify the Holidays

Monday, December 9, 7 p.m., An evening with Anne Shapiro

As we gear up for Thanksgiving and all that lies beyond, many of us feel something like dread. If it seems like holidays bring more stress than joy, then it's time to simplify. Here is a "Holiday Quiz" (courtesy of the "New American Dream" website) to get you started:

The Holiday Quiz

Ask yourself these questions. You can include grade school children on a consulting basis, and teenagers will certainly be part of the decision making:

- What traditions are most important to you?
- What is your favorite thing the family does each year?
 - What are your favorite foods?
- What is the most stressful thing the family does that you'd like to take away?
 - What service-oriented activity do you want to include in the holidays?
 - What things can the family let go of doing this year?
- What is at the top of the list for favorite things the family does for the holidays?

Ask yourself these questions:

- What things do I try to do that are just for me, that maybe my family wouldn't care if I let go?
 - How can I simplify my food this year?
 - How can I simplify my decorating?
- How can I simplify and cut back on shopping?
 - How can I simplify my gift list?

For more ideas, inspiration, and support, don't miss our upcoming workshop "Simplifying the Holidays." Anne Shapiro, parenting coach, Waldorf teacher, and mother of three, will share strategies for creating holidays that fit your family's needs. Shelburne Campus, FREE, RSVP to Pam Graham at (802)985-2827 ext. 12 or

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pgraham@lakechamplainwaldorfschool.org.

Our deepest condolences to our former colleague Addie Hall, past President of the Board of Trustees Harry Reindel, and their children LCWS alumni Emily, David and Eric Reindel, on the recent passing of Addie's mother Karen Hall.

Community News

Joseph and the Amazing Technicolor Dreamcoat

Come see Lyric Theatre Company's "Joseph and the Amazing Technicolor Dreamcoat"! Support Lyric and enjoy a wonderful show! 8th grader Avery McLean and 6th grader Beckett Pintair will be performing in the children's chorus. Flynn Center for the Performing Arts Thursday November 14th through Sunday the 17th. For tickets: (802)-86-FLYNN or www.flynncenter.org.

College Street Congregational Church Fundraiser

Sunday, November 17, your chance to sing or play Beethoven 9 to benefit our restoration fund. B9 Emergency Benefit Concert for College St Congregational Church. Burlington Ensemble (BE) is coordinating an open invitation for instrumentalists and singers of all experience levels to join a community rehearsal and performance of Ludwig van Beethoven's Symphony No.9 benefiting College Street Congregational Church, damaged recently by fire. Our conductor David Neiweem will lead us in this work of hope! 100% of the proceeds will benefit the church rebuilding.

Rehearsal: 1-4pm (venue TBD)

Call for performance: 6:45pm (venue TBD)

Performance: 7:30pm (venue TBD)

Concert attire: Black

Tickets: \$20/adult; \$10/children and students, www.burlingtonensemble.com (on sale November 11). If you would like to participate as a musician, contact BE by email at burlington.ensemble@gmail.com and type "B9" in the subject line.

Indicate your participation in the orchestra or chorus, with instrument or vocal range. Participants, please obtain and print music part from IMSLP, and bring a music stand and pencil. Contact us with questions.

(802) 864-7704. Thanks for your help restoring this important landmark!

Classifieds

Viola for sale: 15" training viola in very good condition. Has new strings. Asking \$400. Contact Nancy Lewis, LCWS Senior, for details, 825-1948.

Massage Gift Certificates Available for the Holidays! Massage gift certificates make awesome stocking stuffers!

Therapeutic massage, relaxation massage, and hot stones massage. \$30 for 30 minutes, \$60 for an hour, and \$90 for 90 minutes. Hot stones massage costs an additional \$10 per session. Kirsten DeLuca, NCMT. 53 Front Street, Burlington.

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The Week Ahead and Beyond...

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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359 Turtle Lane | Shelburne, VT 05482 US



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