

# NEWSLETTER

Wednesday, November 2, 2011

Cape Ann Waldorf School, 701 Cabot Street, Beverly, MA 01915 978-927-8811 [www.capeannwaldorf.org](http://www.capeannwaldorf.org)

## Math Brought to Life

Led by our faculty, 25 adults stood up and down on chairs, visualized changing shapes and patterns, and scratched out long division problems as we came to understand some of the many ways the Waldorf curriculum deepens a child's understanding of math through the



grades. Teachers from area schools were in attendance along with parents, prospective parents, and others. In the photo, Dianne McGaunn (fifth grade) leads the group through a math lesson while Ariadne Nevin (second grade) looks on. Ariadne also presented as did Rebecca Rugo (third grade) and Laura Quayle (seventh grade), while Connie MacLeod (fourth grade) and Kelly Hiselman (admissions director) also spoke and supported the evening. At the math curriculum night, Mrs.

MacLeod shared a seven-page chart she has drafted which compares the Massachusetts public school math curriculum (MA Math Framework) with the Waldorf math curriculum. The document is still under development and is available on the Literature Table in the main hallway!

## Re-Founding CAWS College of Teachers

Thursday, Oct. 27, a ceremony was held to re-found the College of Teachers at Cape Ann Waldorf School. Please look for more information in next week's newsletter!

**Newsletter Note:** We had to abbreviate this week's newsletter. If you don't see an item you were looking for, please check back next week! In the meantime, please see the many classroom curriculum updates submitted by teachers this week. Thank you -- *editor*

## **Open House with Lantern Making -- This Saturday**

CAWS families—this is for you! You are warmly invited to come to our annual Autumn Open House. Visit classrooms, see student work throughout the grades, have a seasonal snack, and children of all ages can make a beautiful autumn lantern to bring home! This is a wonderful opportunity for families from early childhood through the grades to come and explore the riches of Waldorf education. Bring a friend! We love the opportunity to showcase our school to you and the larger community. R.S.V.P. to Kelly at 978-927-1936. Free.

### *Calling all Lantern Makers!!!*

The Enrollment Committee is looking for volunteers for our Lantern Making Open House on Saturday. Bakers, parents and middle school students needed to bake goodies, give tours and to help families create lanterns! You can sign up for a 2 hour shift (shift times: 9:30 a.m. – 11:30 a.m. and 10:30 a.m. – 12:30 p.m.) or to bake goodies (no nuts please) at the Literature Table in the main hallway. Bakers can drop off their goodies to Kelly at the admission's office on Friday, Nov. 4.

Thank you for your consideration!

Happy fall,

-- *The Enrollment Committee*

## **Holiday Fair Craft-Making, Sessions Added**

Please join us at CAWS! All skill levels are welcome. Bring your ideas; all materials will be provided. Dates & Times:

*Every Monday, Thursday and Friday after drop off.*

Sunday, Nov. 6, 3:00 to 5:00 p.m., Knitted and Needle felted Animals

Friday, Nov. 11, 9:00 a.m. to Noon, Topic TBD.

Also, from 1:00 to 4:00 p.m. on Nov. 11 we will be pricing Enchanted Caravan items being sold at the fair.

*Contacts: Heather Collis Puro and Laura Freysinger.*

*Fresh & Bright*

# *Holiday Plants*

Help raise money for the Cape Ann Waldorf School while decorating the Holiday Fair. When you order these plants, we use them to decorate the school during the Fair, and afterwards, we give them back to you to decorate your own home. We offer high quality poinsettias and Norfolk Pines, which also make great hostess gifts to take to Thanksgiving feasts or other holiday parties.

**ORDER DEADLINE IS Thursday, November 17.**

Plant	Unit Price	Quantity	Color	Total
6" Poinsettias 3-6 flowers Red, pink, or white	\$10			
8" Poinsettias 6-12 flowers Red, pink, or white	\$18			
3' Norfolk Pines	\$28			

Please place completed order forms into Heather Collis Puro's mailbox in the office by the deadline. Payment due with this form. Make checks payable to CAWS.

## **WCA Sponsors Evening of Health, Tuesday, Nov. 8**

Tuesday, Nov. 8, is an evening of health and wellness sponsored by the Waldorf Community Association. Christine Cronin of Satya Wellness ([www.satyawellness.com](http://www.satyawellness.com)) will lead an interactive workshop about Ayurveda, the 5,000 year old healing tradition from India. Learn about its history and origins, find out about your dosha -- your unique Ayurvedic body-mind constitution -- and learn about ways to maintain or regain health with simple, everyday lifestyle practices for you and your family. Nov. 8, 7:00 – 9:00 p.m.

Christine was born and reared in Switzerland in a community that valued natural and healthy foods. She credits her mother for teaching her about the therapeutic benefits of locally grown and organic foods. In South East Asia with her husband, she became interested in natural health and the many properties of local herbs and foods. Christine is now certified by the Chopra Center for Well Being in Carlsbad, CA, as an Ayurvedic Instructor in Perfect Health. Additionally, she holds an education degree from Ecole Normale de Lausanne, Switzerland, and a PhD in Natural Health from Kingdom College of Natural Health. She is a certified personal trainer and a member of the International Association of Wellness Professionals.

## **Place an Order from Steiner Books, Support CAWS**

Recently all families received the Steiner Books Catalog. There are many wonderful titles available for the youngest child up to and including adults. If there are books that you are interested in ordering, please do so through the Enchanted Caravan School Store. Ordering this way saves on shipping costs and all the profits from your purchase goes directly to CAWS. Ordering is easy: either place a note in the Holiday Fair mailbox or email Heather Collis Puro at [heather@collispuro.net](mailto:heather@collispuro.net). Ordering deadline is Wednesday, Nov. 9.

## **Topics Discussed at the October Board Meeting**

Topics discussed at Oct. 18 meeting of the Board of Trustees:

- Review of monthly reports by committees (Development, Site, Strategic Planning, Marketing, Enrollment, Budget, Finance, WCA, College, and Administrator);
- Updating Administrator job description;
- Visit from Enrollment committee re: statistics and reporting
- Governance consultation/evaluation wrap-up
- Refinement of Board goals for remainder of 2011/12
- Organization of Board member bios and photographs for use on website and in newsletter

Next Board meeting scheduled for Wed., November 16, 2011

*Board members: Chair, Robin Taliesin; Secretary, Karen Williamson; Sabrina Babcock, Susan White, Pam Fantini, Jonathan Cosco, Laura Freysinger, Brian Macdonald, Dianne McGaunn, Jennifer Benoit, and Jonathan Poore.*

## **Eighth Grade Fall Yard Clean Ups**

The CAWS Class of 2012 is scheduling appointments for your annual yard raking. Why not get your yard cleaned up and help support the eighth grade as they fundraise for their end-of-year trip? To schedule or have any questions answered, please contact eighth grade parent Joan Wendt at meepadog@gmail.com.

## **What's Happening in Classrooms**

### ***Bluebell and Sunflower Nursery by Elizabeth Stubbs***

Both Bluebell and Sunflower Nursery classes have been enjoying the beautiful and bountiful season. We enjoyed a circle about apples, including a little game about apples falling down. To celebrate Michaelmas, we made applesauce, which we shared with our families. Since then, we have moved on to falling leaves and many, many pumpkins. We even made little pumpkins out of wool. Halloween is upon us, with stories, verses and songs about witches and jack o'lanterns. But mostly we are learning how to be together in our classroom and in the world.

The sun at my right hand,  
The earth at my other.  
The sun is my father,  
The earth is my mother.  
And all the little twinkling stars are my sisters and brothers!

### ***Red Rose and Yellow Rose Kindergartens by Lindsay Miles and Mary Mansur***

Glimmer lantern glimmer  
Little stars a shimmer  
Over meadow, moor and dale  
Flitter, flutter elfin veil  
Peewitt, Peewitt, ticka ticka tick roocoo, roocoo

Late summer came and went and now autumn is upon us! The children in the kindergartens are really beginning to come together as classes and they have started to settle into the various rhythms: daily, weekly, and monthly.

We celebrated Michaelmas by bringing verses and songs into the circle. Stories were told with messages of kindness and strength, courage and truth. The children also plant dyed silks and yarn which were transformed into golden capes that they were able to wear home.

Last week we started making our lanterns for the Lantern Walk. The children glued red, orange and yellow kite paper onto a glass jar. The parents will be crafting the wire and finger knitted lantern handles during our next parent evening.

For Halloween each class carved a pumpkin and the children enjoyed hearing a story about a nasty little hobgoblin who learned to 'mind his manners' with the help of the Jack O'lanterns around the

town. The children will be hearing about the Switch Witch this Halloween week, who loves candy and will bring a present in exchange for the bag of candy a child has collected.

Moraine Farm is beautiful in this autumn season and we have been exploring it on our Friday walks. We have discovered a babbling brook, trees to climb and hills to run down. The children are getting to know the area and comment on the flowers that have gone to sleep and the leaves that have brightly turned. Wenham Lake is becoming more visible on our walk as the trees become more bare. Our path has become a golden carpet and when the winds are blowing we get showers of golden leaves from above. Simply beautiful!

### ***Second Grade*** ***by Ariadne Nevin***

Last week we began our first math block of the year, and thus far have been working with times tables, number patterns, rhythmic stepping/speech/clapping/jumping, and gaining facility with number bonds under 20 ( $8+4=12$ ,  $9-2=7$ , etc.). Technically much of this is review, but of course this body of mathematical content and numeric literacy is of such crucial importance that we will work it and rework it (backwards, forwards, sideways, upside-down) in many layers for several more years. By doing this, my goal is to help them have all these basic math facts truly at their finger tips, so that when they "reach" for them in any given situation, in school or anywhere else, they will really feel confident in their ability and don't have to grope around or count on their fingers or do the times table through from the beginning.

If you haven't heard about our scale of good and not-so-kind deeds yet, I recommend inquiring with a second grader. We're still in the stage where they mostly proclaim their own deeds, eagerly seeking credit for even the slightest kindnesses. Once enough gems are earned/placed that the scale has finally tipped (and been reset the next day) we'll have a new rule that only a friend or the teacher can call attention to your good deed. One of my aims is to develop their awareness of the kindnesses of others, and of the needs of others.

Likewise, I recommend inquiring about the 5 angels' children (e.g., the first angel can sing words with long beautiful A vowel sounds, while her son can only say short-vowel words like cat, bat, hat, etc.) This literacy content feels new for some, review for a few others, and is just right for a majority. Many of them are digging into the short vowel early-reader books in our library, each at their own level, and I'm encouraging but not pushing them. We had a full list of words up on the board for many days, but one day we discovered it had been erased, and we worked together to recreate it on our own papers, adding any new ones we could think of. I'm putting the alphabet up over the board, as a visual reference for them, and tying it in with our new snack and lunch reading, *The Wise Enchanter*. If you are not familiar with this delightful alphabet adventure story, ask the children. It was written by a Waldorf teacher, especially for first graders but they're listening to this in a way they haven't to any other book we've read yet this year. The more I can bring letters and numbers to life, the more deeply they will understand them.

### ***Third Grade*** ***by Rebecca Rugo***

An important focus in the third grade's curriculum could be titled "Life on Earth." This covers many areas and long sweeps of human history. We will spend time learning about many types of shelters;

what humans have created to live in for different environments and in various cultures. We will look at the different materials used in traditional clothing and how they are grown and harvested. We have been spending every Friday afternoon at the Moraine Farm CSA experiencing some of what is involved in producing food. On one memorable, beautiful morning, the class went to the Mansur's home to help Mr. Mansur harvest honey. We worked in a screen tent carefully scraping away the wax that sealed the honey in the comb and turning the extractor to collect the golden sweetness. The children worked very productively and with care for each other in the small space. Before long, brought by the fragrance and the warming sun, thousands of bees were gently buzzing against the tent. It felt as though we were in the heart of the hive. There are other skills one needs to build and make things: measuring, for example. The third grade began an arithmetic block last week in which the students will learn to measure length and area. Already the children have chosen their measuring sticks, quite literally sticks of various lengths, and have measured each other and many things in the classroom. They experienced how it would be helpful to have a standard unit of measure and will be making their own 12 inch rulers this week. We have also been reviewing vertical addition and subtraction with regrouping.

***Fifth Grade***  
***by Dianne McGaunn***

Last year, in fourth grade, we studied animals as a first "natural science" block. Now that we are in fifth grade, we move one step closer to the earth and study the plants as well as some of the local fauna in our area. Through several field trips and nature walks in our own beautiful Moraine Farm, we are developing excellent observational skills. We practice these through sketching plants in their natural environment and also by describing and writing about the plants. We are following the methodology of J. W. Goethe, a nineteenth century researcher known for his poetry and scientific work. Goethe stressed the importance of observation and understanding the metamorphic life of the plant. As always, our studies create another lens into ourselves as beings also with plant-like qualities (transformation and metamorphosis). This is a fun, experiential, many-faceted block, with opportunities for form drawings which illustrate the beauty and geometry of botany, as well as for sharpening our composition skills and building our comfort with sketching. Of course, music and artistic work rounds out the curriculum. Here is an example of a verse we are reciting together:

"Little by little," an acorn said,  
As it slowly sank in its mossy bed,  
"I am improving every day,  
Hidden deep in the earth away."

Little by little, each day it grew;  
Little by little, it sipped the dew;  
Downward it sent out a thread-like root;  
Up in the air sprung a tiny shoot.

Day after day, and year after year,  
Little by little the leaves appear;  
And the slender branches spread far and wide,  
Till the mighty oak is the forest's pride.

***Sixth Grade***  
***by Anna Scalera***

*“I was a little scared that once we were in the cave we wouldn’t be able to get out. The room we went in first was called the Big Room. In the Big Room Rick gave a two minute speech and we began going through tunnels. This cave is a limestone cave that was formed from sea creatures and water.*

*“In the Lake Room everyone found a place to sit and turned off their headlamps. It was pitch black! All I could hear was drip, drip, drip, from all the water.”*

*“We walked, sometimes crawling, until we came to a very tight spot and had to army crawl to get through. It was very dark but we all had headlamps so it was easy to see. We stopped and Rick explained what the white stuff on the walls was. He said that it was called moonmilk, formed by calcite on the walls. He also said that the mini stalactites were called soda straws, formed by dripping water.”*

*“The most fun part was the catacombs, where most of the time, the sixth grade can’t go in because the water is so deep. We got to go. We slid down a sheet of rock on our stomachs and into water as deep as our necks. Once we got to the other side we all dunked except for one person. The water was not too cold; it was very refreshing. When we arrived out of the cave we came onto the street and walked back to the car to change into dry clothes. We had lunch at Jake Moon’s Diner. It was a very fun field trip.”*

The excerpts above were taken from the 6th graders’ written accounts of their mineralogy trip to Clarksville Cave in Albany County, New York. The trip exceeded our expectations for fun and adventure. Mineralogy came to life for us as we experienced geological formations and phenomena that we had read about and discussed in class.

In early October, we left the world of mineralogy to study ancient Rome. From its legendary beginnings, up through the Republic, and with last week’s story of the death of Julius Caesar, the history of ancient Rome has kept us on the edges of our seats. The bold personalities and tales in this block have provided ample material for writing, illustration, speech, and dramatic retelling. This week’s shift to a Business Math block will be yet another contrast before we finish the story of ancient Rome in January.

***Seventh Grade***  
***by Laura Quayle***

The seventh grade began the year with fire, explosions, building a kiln, and making our own cement in a Chemistry block. We even found time for some poetic inspiration from the fire we observed and studied:

*The Reach of Fire*  
*Leaping towards the heavens,  
But never getting too far,  
Why do you reach for the stars*

*With your flickering flames,  
Coughing black clouds of death air?  
Even if you got there  
You would soon see your destiny  
Brought death to your lair.*

*By Shane MacLeod*

Then we moved on to study the Age of Exploration. As adolescents begin to explore new passages into the unknown within themselves and the community around them, they are greeted with the Renaissance explorers, who did the same as they sought to map out unknown territories and discover new trade routes. We even wrote log books from the perspective of explorers and their crew. Below, is Ben Hacker's account from the perspective of a sailor on Christopher Columbus's ship.

*September, 1492*

*After we left Spain, we did not see land for days, although it seemed near because of the seaweed. The food is dried beans, cheese, onions, salted meat, and occasional fruits and veggies. By looking at the stars, the crew and I think we are traveling farther than Columbus says. In a few days we will turn around if we do not hit land.*

*October, 1492*

*Finally we hit land after months of sailing. we arrived on a string of small islands in the Indies. There are lots of tribes people on the islands. Columbus says we found China, but I think it is just a big island off the coast. There are lots of tropical plants and animals. We lost one ship on a coral reef so 39 men have to stay and look for gold while we return to Spain.*

## ***Eighth Grade by Sabrina Babcock***

***“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity ...”***

Thus wrote Charles Dickens in his famous opening paragraph of his novel **A Tale of Two Cities**. It is an appropriate quote for the start of our eighth grade year as we began our first main lesson block with the reign of Henry VIII and ended with the French Revolution and the Reign of Terror. During this journey we learned some of the best of which humankind is capable and some of the worst. It is a dynamic time, not only in history, but in the life of the eighth grade as they finish their last year at CAWS. They are capable of great wisdom and yet they have not grown out of their capacity for foolishness (have any of us?). We have had wonderful discussions of the year ahead of us and it is grand to observe their interactions with their first grade buddies as they relive through them their first year in the grades. It is a year of balance between the students' nostalgia for the past and an eagerness to spread their wings and take flight. It is also a year to try to find balance as their academic load increases as well as the demand upon their time with their many activities (thank you all for your support with our fundraising activities!), both school related and outside of school. This is a busy group! Just as in the history block we have completed, the students need to find within themselves, the strength and determination to make the best of this time of change and enlightened thinking to carry them to new places and ways of meeting the world. It promises to be an exciting year!

***Handwork***  
***by Heather Collis Puro***

First Grade: *What we are making:* Hand-made knitting needles. *What we are learning:* How to cast on for knitting and how to finger knit. *Upcoming:* Knitting with needles.

Second Grade: *What we are making:* Knitted lions from hand-dyed yarn. *What we are learning:* Increasing and decreasing in our knitting. *Upcoming:* Winter hats!

Third Grade: *What we are making:* Knitted Balls. *What we are learning:* Short-rows. *Upcoming:* Crocheting.

Fourth Grade: *What we are making:* Knitted Spirit Bears (White Brown Bears). *What we are learning:* How to use knitting patterns. *Upcoming:* Cross-stitch.

Fifth Grade: *What we are making:* Knitted Marble Bags and Headbands. *What are we learning:* Knitting in the Round, Ribbing. *Upcoming:* Socks on four needles.

Sixth Grade: *What we are making:* Soft-bodied Waldorf Dolls from the students' design. *What we are learning:* Back-stitch, invisible sewing stitch. *Upcoming:* Working with proportion and ratios in order to make patterns for the dolls.

Seventh Grade: *What we are making:* Felted mats and masks. *What we are learning:* Wet felting techniques, needle-felting. *Upcoming:* Felted pouches using yogurt containers

Eighth Grade: *What we are making:* Draw-string Eurythmy slipper bags. *What we are learning:* Proper use of a sewing machine. Using patterns and written directions. *Upcoming:* Tote Bags

## CAWS Calendar November 1 – 19, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2	3 3:15 Boys Basketball Practice  7:00 – 9:00 8th Grade Parent Evening  7:00 – 8:30 2nd Grade Parent Evening  7:30 Madrigal Singers Rehearsal in Eurythmy Room	4  12:30 – 2:30 3rd grade to CSA	5  10:00 – 12:00 Open House and Tour with Lantern Making
6	7 3:15 Boys Basketball Practice  7:00 – 8:30 7th Grade Parent Evening	8 3:15 Girls Basketball Practice  7:00 – 9:00 Adult Speaker Series	9  5:30 Lantern Walk for grades 1 & 2	10  Professional Day – No Classes  Lantern Walk 4:30 Nursery 5:30 Kindergrtn	11  No School	12  10:00 Madrigal Singers Rehearsal in Eurythmy Room
13	14  3:15 Boys Basketball Practice	15 8:15 – 10:30 Admissions Grade Tour Grades 2, 4, 6 and 8  12:00 – 2:30 4th & 5th Grades to Salem Maritime Museum  3:15 Girls Basketball Practice  7:30 Madrigal Singers Rehearsal in Eurythmy Room	16  7:00 – 10:00 Board Meeting  7:30 – 9:00 3rd Grade Parent Evening	17  3:15 Boys Basketball Practice	18  No Sweet Pea Classes  12:30 – 2:30 3rd grade to CSA  3:15 Girls Basketball Practice  7:00 – 9:00 Holiday Fair Preview Night (Adults Only)	19  9:00 – 4:00 Holiday Fair

