

December 13, 2007

Cape Ann Waldorf School, 668 Hale Street, Beverly Farms, MA 01915 978-927-8811 www.capeannwaldorf.org

CLASS UPDATES

HANDWORK

by **Deborah Bishop**

Second Grade has been very busy with their handwork. Many children have finished knitting their rainbow balls and some have started their winter ear-warmers. Many students have now learned to cast on, to knit, to tie on a new color, and to bind off. The winter ear-warmers offer the opportunity to learn to carry an additional color instead of tying on.

Second Grade took a short break from their knitting with a sewing project for Thanksgiving when they overcast the edges of a pretty autumn window decoration made from waxed paper and leaves. They have also reviewed finger knitting and making a twisted cord. Busy, busy!

Fourth Grade has been busy knitting, too! The first projects of the year were an embroidered felt bookmark and a needle-case with the students' monogram. Now the fourth grade is learning to follow his or her own written knitting instructions and diagram to knit a stuffed bear. Some finished bears are on display in the hall showcase. Please stop and have a look.

Sixth Grade has been busy since September on their dolls. This special project takes a whole year to finish and all the skills (and then some) that the *(Class Updates continued after Eye in the Sky p.4)*

Paradise and Shepherd's Plays

Tuesday, December 18, 2007

Paradise Play 6:00- for adults and children third grade and up. Childcare for younger children is available during the Paradise Play

Shepherd's Play 7:00 - all ages welcome at CAWS, 668 Hale St. Beverly Farms

PEACE – SHALOM – SALEM ALECHIM

All this is full. All that is full.
From fullness, fullness comes.
When fullness is taken from fullness,
Fullness still remains.
Peace, peace, peace.

Hinduism. Isha Upanishad: Peace Chant

This is Peace, this is the excellent, namely the calm of all the impulses, the casting out of all "basis," the extinction of craving, dispassion, stopping, Nirvana.

Buddhism. Anguttara Nikaya v.22

Now is the gracious Lord's ordinance promulgated,
No one shall cause another pain or injury;
All mankind shall live in peace together,
Under a shield of administrative benevolence.

Skkism. Adi Granth, Sri Raga M.5

Peace be on you because you were constant, how excellent, is then, the issue of the abode.

Islam. Qur'an 013.024

The whole of the Torah is for the purpose of promoting peace.

Judaism. Talmud, Gittin 59b

Glory to God in the highest, and on earth peace, good will toward men.

Christianity. Luke 2.14

They shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more.

Judaism and Christianity. Isaiah 2.4

MARSHMALLOW CATAPULT, AUTOMATIC EGG CRACKER, PAGE TURNER, ETC.

Seventh graders have produced some creative, complex inventions that make simple actions needlessly complex. After their study of simple machines in main lesson, their inspirations came from cartoonist Rube Goldberg who believed that human beings often prefer to make simple actions as convoluted as possible. Thus, in his hundreds of cartoons for New York newspapers in the last century, Goldberg designed about 20 absurd steps to (1)unfold a napkin, (2)remember to mail a letter and (3)wash a store window involving a person slipping on a banana peel and a runaway dog. (Go to rubegoldberg.com and hondarubegoldberg.com for pictures.)

Students in our class took everyday objects---marbles, cardboard tubes, string, hammers, balls and plastic bottles---and fashioned them into projects involving several steps that could catapult a marshmallow into a cup, break an egg, strike a bell, turn the page of a book and launch "super cow and super car." Their ingenuity was remarkable and they worked hard, sometimes with frustrating results.

Inventors such as Edison and Tesla also produced wonderful items but with many failed outcomes first. As Edison would say, "Genius is 2% inspiration and 98% perspiration."

Look for some of them after next week's holiday assembly and meet the inventors!

Tom Braden for the Seventh Grade

ANNOUNCEMENTS

STILL DRIVING - 8TH GRADE FOOD DRIVE CONTINUES

The food drive has attracted only a modest response so far. We would like to encourage you add to this so that we can support this important organization fully at this time of the year.

We will continue the food drive until the December holiday break. All donations will be given to the Beverly Bootstraps Food Pantry on Cabot St. We have taken donations a number of times over the past few years, and they are always extremely grateful for our help and support. Any canned or dry goods are welcome. So please keep the food coming for this wonderful cause.

8TH GRADE FUNDRAISER CONTINUES

We have Waldorf calendars along with our bookmarks, aprons and cards (see last week's newsletter). The calendars are available through the school store, or come shopping in the Eighth Grade classroom. All wonderful presents for a good cause!

Thank you The Eighth Grade

WELCOME YULE, A MID-WINTER CELEBRATION

Friday evening, December 21 a presentation of mid-winter story, song, music and drama will be presented in the main hall of the Cape Ann Waldorf School. The festivities get under way at 7:30 PM. The evening will be participatory in nature. The event is free and appropriate for all ages. For more information, contact Rose Sheehan at rose.sheehan1@verizon.net or call Rose at (978) 283-4223.

PHYSICS LAB NEEDS A FISH TANK

The physics department is in need of an empty fish tank for various experiments. If you have one that you can donate, we would be grateful. Please see Virginia McWilliam (Grade 8).

PICK UP POSITIONING CHANGES AHEAD

For safety reasons we will be changing the lay out of the 2:40 pick up. A letter will be sent out over the holiday break. Watch for it and prepare for the changes when we return. Have a wonderful break!
The Office

DIRECTORY CHANGE

Sarah Prescott's phone number has been changed to her cell phone number for the rest of the school year. She can be reached at 978-578-5138.

CURRENT ADDRESS FOR THE SHEENS AND SEARCH FOR AN EXERCISE BIKE

Stephen and Libby Sheen's current address is 628 R Washington St., Gloucester, MA 019, 978-282-0393.

Also, does anyone have an exercise bike that they are not using and can lend to Libby? She fractured her tibia in August and now has to do lots of exercising! Please call the above number if you can help. Thank you.

-\$-MAKE MONEY WITHOUT SPENDING A PENNY-\$

Think of CAWS while you are doing your Holiday shopping!

It's as easy as this:

- ***Schoolpop's*** Shop and Earn™ is a free, online shopping program that allows you to earn money for our school through everyday purchases at online stores and websites (such as Amazon.com, Barnes&Noble.com, Hearth Song, LLBean.com, Travelocity, etc.). Up to 36% of each purchase goes right back to our school! All you have to do is:
 - Go to www.schoolpop.com
 - Register with Schoolpop (our school ID is 116493)
 - Start shopping online by starting at Schoolpop!
- ***Target's*** Take Charge of Education program will donate 1% your purchases at Target and ½% of Target Visa Credit Card purchases to our school! Here is what you can do:
 - Go to <http://redcard.target.com>
 - Get a RedCard.
 - Select our school to receive money from your purchases.

- Start shopping!

PERSONAL

CD RELEASE CONCERT

Produced by 3-time Grammy Award winner Will Ackerman, co-founder of Windham Hill Records, the new age EP "Lantern" by Waldorf parent Dan Kennedy is being released. You're invited to the CD Release concert, which will feature Dan (piano), Juan Carlos Carpio (quenacho flute, guitar, and bass) and John Hughes (African drumming and kora playing). The concert is at 2:00 p.m., Saturday, December 15, 2007, First Parish Church (Unitarian), 225 Cabot St., Beverly. General Admission: \$9. For info call 922-3968 or visit www.dankennedy.us

ANYONE NEED A HANDYMAN?

A Waldorf husband is looking for work doing handyman projects and/or carpentry. If you have need of such help call Phil or Patty at 978-283-8843.

NORTHWATERS WILDERNESS PROGRAMS

Northwaters Wilderness Programs provides young people with fun and enriching summer experiences to complement their Waldorf school education. From two picturesque island base camps in the heart of the Temagami Forest Reserve, Northwaters offers a series of canoeing programs designed for youth at various stages of adolescence. Northern Lights (girls ages 11-14) is a two-week program to help girls cross the bridge to becoming young women. Excalibur (boys ages 10-12) introduces "the quest" to boys. For older or more experienced adventurers, Langskib (all boys) and Northwaters (all girls and co-ed) programs provide 12 - 17 year olds the opportunity to participate in wilderness experiences in which balance, individuality and community are honored. Since 1971 several hundred students from over 20 Waldorf schools have shared in these adventures. More information, schedules and applications can be

found at www.northwaters.com or by calling 866-458-9974

SNOW/ICE DELAYS

This year for the first time, we have had delayed openings due to snow or ice, rather than closing for the whole day. In the past, it was felt that having a delay would be too disruptive to the rhythm of the school day (e.g., in the grades with concentrated work of Main Lesson in the morning). However, recognizing the impact on the time we have with students as well as family needs, we decided to have delayed openings if needed. We decided on a standard two-hour delay in these situations, so that in the grades, Main Lesson could take place before lunch, and the regular third and fourth periods would occur after lunch. This year Mother Nature has given us the opportunity to implement this twice already.

You may wonder why, if things seem okay in your neighborhood, our school is delayed or closed. We draw on families, teachers, and staff in a 30-mile radius, and we want everyone to be able to get to school safely. On this past Monday, for instance, we delayed our opening, as did the Salem and Peabody public schools, though it may not have been icy in other communities. On days that are questionable, staff members are up at 4:30 a.m. monitoring the weather reports, the actual road conditions in a number of communities, and other school closings. These are not easy decisions, but we do our best to balance all the considerations involved, with safety being paramount.

As always, the primary ways to find out about closings and delays are 1) WBZ-TV Channel 4, WBZ 1030 AM Radio and its website, and WHDH, Channel 7 and 2) the school's outgoing phone message. We are reviewing and will consult with the Parent Association regarding whether supplementary class phone trees or e-mail messages would be helpful. However, because we can't be sure these messages will reach everyone in time, it is important that you check the media or the school answering machine if there are

questionable road conditions in the North Shore/Cape Ann area.

EYE ON THE SKY for the week of Jan. 10, 2007

The METEORS of December are scheduled to reach their peak intensity this week, especially Thursday night and early Friday morning. Up to 120 meteors per hour may be seen under ideal dark-sky conditions. Viewers should wait until the waxing crescent Moon sets around 8:10 p.m. before beginning their vigil. These Radiant Geminid meteors originate near Castor, the dimmer of the "twin" stars of Gemini the Twins. They can be located just northwest of Orion's right hand club. These December meteors are the best of the annual showers, surpassing even the Perseids in August.

(Adapted by Tom Braden from The New York Times.)

(Class Updates continued from p. 1)

students have acquired over the last five years. Their sketches done and the selections for skin color and hair color ready, the students have carefully made their heads and are proceeding to sew their individual proportioned bodies. It's definitely time to take a break and work on a holiday project! Whew!

The eighth grade has just returned from a field trip to select their fabric for their machine-sewn pajamas. Button-down collared shirts with set-in sleeves and elastic-waist pants made with a commercial printed pattern are the next and central project this year. Earlier in the year they reviewed their machine sewing skills by designing and sewing a muslin tote bag. The eighth grade also learned about the different types of fibers and fabric constructions in order to prepare for the pajama project.

GYM

by Tyler Macdonald

First grade has enjoyed learning circle games and has also started to learn group tag games such as Stormy Sea. Another favorite is Red Light, Green Light. Inside, we have learned a marble game and a quiet circle game.

The second grade has been very active outside playing many tag games. A game called Dragon is a particular favorite. The class has also recently caught on to a variation of Kickball, called Caterpillar Kickball.

In the third grade we have been great runners and actors in Lemonade, which imitates real grown-up jobs. They have also briefly been introduced to Kickball. Spud has been lots of fun as well.

Fourth grade has been playing many tag games including Capture the Flag and Hawks and Hens. Kickball and Kick the Cone are also a part of our classes.

Fifth grade with the warm fall has been preparing for the Olympics. We have been able to get a great start on the javelin and discus, which are two difficult skill activities.

The middle school has been busy playing different sports such as an introduction to lacrosse, football and basketball. We are now entering into our street hockey block. We've also not forgotten some of our favorite tag games. Inside, we have just begun some of our circus arts, such as spinning plates and juggling.

RED ROSE KINDERGARTEN

by Caroline Mercier

"I looked up carefully into the deep night sky. A thousand stars were twinkling from on high. But one star shone so very, very bright upon the dark earth waiting...waiting for its light."

The Winter Solstice approaches us. It is cold; we can see our breath. The earth crunches beneath our boots. The air is crisp and clear. These

children are dressed so warmly that we can stay outdoors for as long as we wish. With the surprise arrival of many pine boughs and big stumps, all kinds of houses and forts are being constructed. Some are for humans and some are for fairies and gnomes. There was even a gigantic nest built for a large flock of "eagles" that appeared one week.

When it is time we come into the warm building and it feels just right. Sometimes we can smell our special snack for the day cooking, and the children guess what it might be. Sometimes the aroma of Rosemary's baking wafts all the way upstairs to our noses. Yum! On special days we hear beautiful singing and/or recorder music on our way. And if we are very lucky, we see a first grader or two making their way back to their room.

Heigh ho, down we go to the Red Rose room where Miss Finnavaire awaits us with her happy smile. She has prepared some nice warm hand-washing water that smells sooo good. We take our outside clothing off, wash our hands, and then have our "birdie snack" (dried apricots these days). Then we gather in a circle and say our morning verse together: "Little drops of water, little grains of sand make the mighty ocean and the pleasant land. Little deeds of kindness, little words of love help to make earth happy like the heaven above."

And so it goes day after day... fresh air, sweet smells, smiling faces, and yummy snacks. A world that is safe, predictable and ever-so-simple.

"The Angels filled the sky with light, and sing to the child who is born upon this night. But one star shone so very, very bright upon the people waiting...waiting for its light."

FIRST GRADE

by Dianne McGaunn

The first grade classroom has been alive with stories, actions, movements, plays, and verses about the letters of the alphabet. We have learned so much about the sounds that the letters make, as

we learn how to make these letters in our lesson books, on each other's backs, and even out of beeswax. It is truly a multi-sensory approach to learning, one which we hope will live very deeply with the children. In this way, the letters have come "alive" for the children, and as we move into learning about the vowels, we remain open to the surprises that these "singing" letters may bring to us! We have begun writing a bit more now, and the children are quite enthusiastic about this. What makes things even more special is the joyous atmosphere in our room - the children are truly filled with the magic and wonder of the holiday season. These are the memories of a lifetime, ones that we will cherish in our hearts for many years to come.

SECOND GRADE

by Vanya Yoors

Second graders have been busy with all kinds of seasonal activities. The season began with the Spiral of Light and has continued with an advent wreath, a menorah and many songs and verses. The stories which the students have been hearing recently have been focusing on the Saints, and as they have been writing these stories and drawing related pictures in their Main Lesson books, Saint Nicolas even stopped by for a visit to speak to the students. Santa Lucia has been the subject of another story. The students have been learning a song about her, have been making pointed star caps and will be processing thought the school on Monday morning, sharing a Santa Lucia festival with the rest of the school.

THIRD GRADE

by Laura Quayle

There are twenty worms in the compost bin munching on a rotting pumpkin. Five of them detect the mouth-watering scent of an apple core and burrow over to check it out. How many worms are left at the rotting pumpkin?

In the third grade, we concluded our Farming Block with a focus on composting and the invaluable work that worms do for the soil. We began composting in the classroom and are raising

a fine herd of red wiggler worms, which we plan to release into the compost bin this spring. The worm theme carried us into our first math block, in which we practiced the four math processes through stories about our favorite worm characters.

We recently returned to the fascinating stories of the Old Testament and will continue with the stories of Abraham, Jacob, and Joseph. In addition, we are beginning to learn about grammar, including parts of speech, punctuation, and letter writing. The third graders continue to be excited and eager to learn!

FOURTH GRADE

by Sabrina Babcock

The fourth grade is in the middle of our first Human Being and Animal block. Last month we had our first Local Geography block. The students are busy learning all about the cuttlefish, the octopus, the oyster, the clam and the garden snail. We have been writing essays about them as a class and individually as well. The students are increasingly confident in their writing and have produced many fascinating and well written pieces.

The fourth grade is also making great strides in math, multiplying by and dividing by two and three-digit numbers. Long division is such fun! Everyone is working to polish up their knowledge of the times tables and other math facts. We are a busy bunch and we all are looking forward to the coming break.

FIFTH GRADE

by Rose Sheehan

What a very full year we have been having in fifth grade! After our botany block we moved onto math and learned about factoring. Next came geography. We began with an overview of the North American continent and then proceeded to a study of the United States. In a brief grammar block, we reviewed the major parts of speech followed by an introduction to sentence subjects and predicates. Finally, we began our first ancient

civilizations block with stories from ancient India. We are now hearing stories from ancient Persia.

A highlight for the class is our weekly Literature Study class. That's when each fifth grader has the opportunity to work with a partner or in small groups to discuss the current class reader. Discussion time is followed up with time for individual writing related to the book. Our first two books have been *Kneeknock Rise* by Natalie Babbitt and *Call It Courage* by Armstrong Sperry. The class has embraced this new activity with enthusiasm, especially the discussion part.

Fifth grade will be headed to Camp Glenbrook in January for some active outdoor winter experiences. It's become an annual event for our class to have this outing. Our families join us on the week-end and it becomes a grand class social! If you'd like to know just how fun it is, ask any fifth grader or a fifth grade parent.

SIXTH GRADE

by Brian Macdonald

Hello everyone! We've been so busy; we can't even remember when last we reported! Let's see... After Physics we spent a long time studying Roman History. We began with the founding of Rome and the Italian peninsula and went through the Seven Kings period. Then we heard a lot about a plebeian named Marius and a Carthaginian General named Hannibal. He did a pretty amazing thing. He invaded the Italian peninsula from the north by crossing the Alps in October with ELEPHANTS! Then we continued Marius' career with Sulla, Cinna and all those people. Next we heard about Julius Caesar, Crassus and Pompey, Gaul, Britain, Iberia, Palestine, Celts and Teutons and a whole lot of politics. Mark Antony, Cassius and Brutus, Cleopatra, Caesar Augustus and Jesus Christ followed. We read a great book, *The Bronze Bow* about the Roman occupation of the Holy Land, and the forces of hatred and love. At the end we heard about all the really mad crazy Caesars like Nero, Caligula and Tiberius. We also learned about the Christian martyrs and the Flavius Amphitheatre. Roma meant Power and

Amor eventually overcame that might. Romans certainly were very practical and brutal folk! **(That's a pun, you know.)**

Now we're studying Geometry which is wicked cool. Mr. Macdonald gave us all these great tools and it's fun making these beautiful constructions using just curved and straight lines that we learned about back in first grade. Shading them in color is awesome. We also got another new tool and that's a calligraphy pen. It's wicked cool, too. It makes everybody's handwriting look great! We started with Roman block writing and some of us know later when we study the Middle Ages we'll do illuminated pages. So, we get to apply some of our Physics learning, too! **(That's a joke, you know.)** We started basketball practice and games and that's wicked cool, too. It's like we use that word like a lot but that's like wicked cool too. We're playing at the Bertram House in Salem this Thursday and that'll be, like, OK. The old folks like it. The staff like stops work and like come and listen a bit. We'll play holiday songs and some things from ensemble and orchestra. Well, we gotta go now 'cuz like our fingers are tired and we hafta make our Secret Santa gift. See ya.

SEVENTH GRADE

by Tom Braden

Our seventh graders are extremely fortunate to have a wonderful group of special people teaching and supporting them:

In foreign languages, Kati Manning, German teacher of many years, and Alex MacGregor, Spanish teacher, inspire our students into two contrasting ways of thinking and speaking.

Eurythmy teacher, Mari Yamaguchi, teaches the students twice a week, leading them through lessons that emphasize cooperation, movement and balance. They are accompanied by Betsy Vicksell and Julia Elliott on piano. Julia has also recently started working with our class on an English madrigal.

Tyler Macdonald, our gym teacher, gets the class enthusiastically moving and playing games. He and Karl Pulkkinen are the middle school's basketball coaches. The recent victories of both the boys' and girls' teams was a real affirmation of their hard work and dedicated practice. Earlier this fall, Shannon McHone volunteered as cross country coach.

Our strings teachers, Stephen Smith, Susan Slowick and Patty Doucette, have been teaching the class pieces written by diverse composers such as Bach and the Beatles.

Heather Collis-Puro is the students' handwork teacher. The class is working on felting projects, some of which are on view in the display case in the upper hallway.

Brian Macdonald keeps the class active in English class with the focus on grammar and writing.

Having just returned from England with his wife, Libby, Stephen Sheen has begun a woodworking block with seventh graders. The woodcarvers are using gouges and cherry wood to fashion large cooking spoons.

The office staff and Rosemary's kitchen nourish seventh graders in many kind and important ways. We recognize other teachers who serve at recess time, on committees and in meetings.

Behind the scenes are the hard-working parents who volunteer for so many activities at school.

In other areas, including main lesson, the class has been working on ratios, simple machines, poetry recitation, recorder, painting, spelling and singing.

It is obvious that it takes a village to raise a child and that is very evident in our vibrant Waldorf village!

EIGHTH GRADE

by Virginia McWilliam

The eighth grade worked for two and a half weeks rehearsing *Mid-Summer Night's Dream*, gave two glorious performances and then went right back to academic work. We returned to algebra and used graphs to solve algebra equations.

Since our Thanksgiving break the eighth grade has been challenged to explain some fundamental phenomena. Our first week was spent figuring out, "What floats your boat?" We followed our explanations with experiments to our theories. Next we'll be working with aerodynamics of "What holds the plane up in the sky?" We will end the block with study of electro magnetism.

Along side of our block work math skills, class has led us through series of exercises with number bases which continued with work on base 2 or the binary system. We now understand how this is the way a computer encodes information. (I am old enough to remember encoding information to give instructions to a computer.)

The eighth grade year is very full and busy. There is so much going on beside our curriculum studies: applications to high schools, tests and examinations, fundraising, basketball late at night, long English research papers, etc. This current eighth grade is a joyous group meeting all aspects of this busy year with enthusiastic hard work and a good deal of humor.

Have a great holiday!!!