

## The Waldorf Weekly for November 30, 2011

A WEEKLY PUBLICATION  
OF THE WALDORF SCHOOL  
OF PHILADELPHIA

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### CALENDAR OF EVENTS

#### December

- 1 Observation Morning, 8:30–10:00 a.m.
- 2 Garden of Light Festival
- 3 Parents' Association Meeting, 1-3 p.m., Parents' Resource Room
- 8 Observation Morning, 8:30– 10:00 a.m.
- 15 Observation Morning, 8:30–10:00 a.m.
- 21-30 Winter Break, **NO SCHOOL**

#### January

- 2 Winter Break, **NO SCHOOL**
- 3 School re-opens
- 8 Eighth Grade Coffee House, TBA
- 16 MLK Day, **NO SCHOOL**, *Special Program*
- 18 "Bridge to First Grade"
- 28 Winter Open House, 2–4 p.m.



### festivals

Witness the peaceful wonder of the winter holidays this Friday at the Garden of Light, an in-school festival for children and families in kindergarten through second grade.

The Garden of Light provides a calm atmosphere in which to invite the light into the darkness of winter. Almost everyone who views the Garden of Light is moved by the reverence shown by the children as they walk an evergreen spiral to light their candles at the single candle in the center while bringing more and more light into the room. To make the festival special, we will need donations of evergreens to form the beautiful Garden of Light path. Please leave your donations outside the Daisy Kindergarten window by Thursday morning.

Teachers have communicated with class families about the schedule for this event. Parents should check with your child's teacher if you have questions.

Many, many thanks in advance.



~ Miss Lucy, Representing the Festivals Committee

### INTRODUCING THE WHISPERING WOOD

The Waldorf School of Philadelphia offers a unique shopping experience for the holidays at The Whispering Wood opening December 9<sup>th</sup> through 11<sup>th</sup> at Green on Greene, 6819 Greene Street, Philadelphia, PA 19119. Opening hours are Friday 11 a.m.–8 p.m., Saturday and Sunday 9 a.m.–5 p.m.



**THE whispering WOOD**

The Whispering Wood is more than a place to buy gifts. It is a multi-sensory conceptual shopping environment that melds core aspects of Waldorf Education with the selection of beautiful hand-made toys and gifts for family and loved ones.

Visitors will be transported out of the ordinary with unique sound and music, the scent of essential oils, together with the sight and touch of natural elements and materials that have been transformed into children's playthings and fine crafts.

Composer, digital artist, media theorist and WSP Parent, Peter Price, has cre-

(Continued on page 3)



## So Noted...

### Coming Soon: The WSP Winter Concert

We're heading into break on a high note! Featuring festive selections played by our wonderful students in String Orchestra and Recorder Ensemble, plus a beautiful variety of choral pieces sung by the Middle School Chorus and 4th and 5th grade singers, our winter concert will warm your heart and put a smile on your face. Join us at the Unitarian Society of Germantown on Monday, December 19th at 7 p.m. for music that will put you into the holiday spirit.



~ Amanda Rogers-Petro, Music and Chorus Teacher

**THE WALDORF WEEKLY** is published every Wednesday during the school year for the parents and friends of The Waldorf School of Philadelphia. The next newsletter will be published on **Wednesday, December 7, 2011**.

Submissions for the next week are due on **Monday, December 5th at 12 p.m.** submissions after the deadline will be included at the discretion of the editor.

Classified ads are published bi-weekly as a free service to the community. Publication in the classified section is available as space allows. Please send all submissions to [office@phillywaldorf.com](mailto:office@phillywaldorf.com).

**Disclaimer:**

Items and advertisements appearing in this newsletter may be the opinions or beliefs of their contributors, and may not necessarily reflect the policies or ideas of The Waldorf School of Philadelphia.

### PARENT STUDY RESUMES TODAY

Parent Study meets every Wednesday from 3:30–5 p.m. in the Parents' Resource Room in Eagles I (near the Snowdrop Nursery). Join us in reading together about Waldorf Education, parenting, and other topics of mutual interest. Aftercare services are available to participating parents without charge; however, you must register your child in the school office.

If you have any questions, please feel free to contact me at 215-226-3688. See you after school!

~ Donna DiStefano

### Ordered A Customized Puzzle?

If you were at the Holiday Fair with your teenage daughter and ordered the puzzle: "Recipe for Happiness" by Mary Engelbreit, please get in touch with me at [marliskz@gmail.com](mailto:marliskz@gmail.com) as I have lost your information and want to make sure that you get your puzzle. Thanks.



~ Marlis Kraft-Zemel

### MLK Day is Coming

We are seeking a couple volunteers to coordinate our MLK Day program and activities on January 16th. If interested, please contact Brenda Ridley at (215) 248-1662 x 222, or via e-mail to [administrator@phillywaldorf.com](mailto:administrator@phillywaldorf.com).

### THE FAIRY'S WING



The Fairy's Wing is your school store and a great source for beeswax, crayons, and Waldorf-inspired playthings.

Store hours are :

Monday– Friday , 8:15–9:30 a.m.,  
Tuesday and Wednesday , 12:45–1:30 p.m.  
& Wednesday–Friday, 2:45–3:30 p.m.

### LEFT SOMETHING AT THE FAIR?

Pots, pans, serving dishes and card tables are waiting for pick-up on the 3rd floor of Eagles II and just inside the building's main entrance. Please remember to pick up your items.



### Looking for ways to recycle and help support the Seventh Grade's fundraiser?

The Seventh Grade is collecting any used or outgrown bikes to raise money for their senior class trip. These bikes will be given to the Bicycle Coalition in exchange for funds. What a great way to also support the community! Drop off any bikes that you can spare starting next week on Wednesdays between 3:30-5 p.m. We'll even do pick-ups; just call Donna. Feel free to cut this notice out to give to a friend! Any questions, please call Donna DiStefano at 215-226-3688. Thanks for your help.

(Continued from page 1) WHISPERING WOOD

ated a unique collection of sounds from The Waldorf School of Philadelphia that will be blended with rhythm and instrumentation to replicate the Waldorf environment. Price creates sonic and visual environments for live performance, and is co-director of <fidget>, a platform for his collaborative work with choreographer Megan Bridge and the fidget space, a research laboratory for new forms of art, performance, and media. His music has been presented by Network for New Music, the Relache Ensemble, and performed at many Philadelphia venues including the Kimmel Center and the Painted Bride Art Center. Price has an extensive history of collaboration with Group Motion Multimedia Dance Theater and other dance companies and performing artists in Philadelphia. His work has toured to Tokyo, Poland, Lithuania, New York, Vienna, Berlin, Dresden, and South Africa. Price studied at Oberlin Conservatory of Music, and received a degree in composition from the University of the Arts in Philadelphia. He holds a PhD from the European Graduate School in Saas Fee, Switzerland, and his new book, *Resonance: Philosophy for Sonic Art* was recently published by Atropos Press.

Price said, "When I was first looking for a school for my son Tristan and visited The Waldorf School of Philadelphia I was struck right away by the beauty of the total sensory environment. A visit to a Waldorf kindergarten class at snack time proves that spaces of focused serenity are still possible in today's accelerated and hyper-mediated world. My sonic contribution to The Whispering Wood tries to capture that feeling among the many resonant environments of the Waldorf Education." Price's conceptual sound installation will be at The Whispering Wood during the weekend. For more information on Peter Price visit [www.thefidget.org](http://www.thefidget.org). For more information about The Whispering Wood visit [www.phillywaldorf.com/the-whispering-wood](http://www.phillywaldorf.com/the-whispering-wood).

~ Alexandra Borders, Director of Admissions

## Middle School Students Get Ready for "Hoops" Season

Students in grades 6 through 8 will warm up next Wednesday for this winter's basketball season when they join new coach and WSP parent, Rich Casey, and Games teacher, Treacy Gallagher, for practice at the Water Tower Recreation Center in Chestnut Hill.

The coed team offers teens opportunities to develop physical skills like running, pointing and shooting the ball, as well as defending the basket and, most importantly, working as a team. Over the winter months the WSP team will get chances to try out their skills at games with local independent schools and at a mid-winter tournament with other Waldorf schools in the tri-state area.

Information about the basketball program was sent to middle school families last week; however, a permission form is necessary before a student can "suit up". For questions about the program, please contact Treacy Gallagher at [mbtgal@msn.com](mailto:mbtgal@msn.com), or in the school office.



## CHORUS WILL RING IN THE SEASON WITH CONCERT IN CHESTNUT HILL



The WSP Chorus will be one of several school singing groups to perform in an outdoor concert in Chestnut Hill this Sunday.

Chestnut Hill, long-noted for its "Stag and Doe" holiday shopping nights, has extended Stag and Doe to weekends this year. Shopping is often coupled with entertainment by singers and musicians or special events. This year, area schools were invited by the Chestnut Hill Business Association to offer samplings of their seasonal choral artistry.

The WSP Chorus will perform under the direction of Music and Chorus teacher, Amanda Rogers-Petro, at 1 p.m. in Buckley Park, 8201 Germantown Avenue (at Hartwell Lane). Bundle up, grab a mug of hot cider, and take some time out of your shopping to enjoy some festive music.

## A NOTE FROM THE PA CONVENER

Dear Parents,  
Our next Parents Association meeting is scheduled for this Saturday, December 3rd from 1-3 p.m. in the Applied Arts Wing. Child care, located in the Parents' Resource Room, will be provided at a cost of \$2 per child, payable at the time of drop-off. All parents are welcome to attend and the full agenda is published below and the Social Health Group Mandate, one of the topics on the agenda for discussion, is published on the next page. Thank you.

~ Jim Brannon, Convener

## TEN SECOND ELEVATOR SPEECH

Looking for something to say when you talk to others about our school? Make it short and succinct with a ten-second elevator speech. This week's speech:

*"Mainstream education (public and private) is failing children because it creates a false and uninformed choice between academics and the arts. Consequently, it produces children who can regurgitate facts, but who are unable to provide a penetrating analysis of those facts. The Waldorf School of Philadelphia offers parents an effective solution to the shortcomings of conventional education."*

## PA Meeting AGENDA

December 3, 2011, 1:00 – 3:00 p.m., Parents' Resource Room

Jim Brannon and Ania Mazurkiewicz-Munoz, Conveners

Time	Topic	Presenter
1:00-1:05	Welcome and Verse	Jim/Ania
1:05-1:10	Introductions	All
1:10-1:30	Class Reports	Parent Reps
1:30-2:00	Committee Reports	Various
	A. Governance	
	B. Saint Peter's	
	C. Parent Handwork	
	D. Board Report	
	E. Administration Report	
2:00-2:05	Break	
2:05-3:00	Discussion Topics	Various
	A. Social Health Group Mandate	
	B. Parent Representation	
	C. Parent Mixers	
3:00	Adjournment	Jim

## MANDATE OF THE SOCIAL HEALTH GROUP

October 2011

### Purpose of This Committee:

The Social Health Group (SHG) exists to develop, promote and sustain a culture of inclusion and safety, respect and courtesy, transparency and trust in our school for all members of the community. This work is done in accordance with the Social Inclusion Process developed by Kim John Payne.

The SHG oversees and guides both the Social Inclusion Program (pertaining to the school's student body) and the Common Concern process (pertaining to the school's adult community).

### Guiding Principles:

We acknowledge that conflict is a normal part of life and offers opportunities to learn about ourselves and each other. It is with this understanding that SHG members work towards conflict resolution within our school community. Conflicts are not avoided; instead the encounter will be entered into and guided with consciousness and wisdom.

### Goals and Actions:

The SHG will fulfill its mandate by taking the following actions:

1. Orient the whole school community to the Social Health program adopted by the school;
2. Integrate Social Health values and practices into all aspects of school life;
3. Provide structure and support for students, teachers and parents to address social concerns;
4. Respond promptly, compassionately and skillfully to all social concerns and tensions;
5. Guide and support the work of the Social Inclusion and the Common Concern program;
6. Seek ongoing guidance and training from experts in educational, spiritual and mental health vocations;

### Committee Membership:

Members are teachers, parents, the school administrator, and, when possible or advisable, a representative of the Parents' Association, and a board member. All members demonstrate an understanding of the Social Inclusion Process and support its implementation within our school's community.

### Members agree to:

- \* Participate in Social Inclusion training and regular SHG meetings throughout the school year
- \* Maintain objectivity and confidentiality
- \* Serve on this committee for 3 years
- \* Serve as liaisons to the respective bodies that they represent: teachers, parents, administration, board
- \* Nominate a chair and vice chair every 2 years

### Authority/Reporting Responsibilities:

1. The SHG reports to the full faculty and to the Parents' Association, communicating its yearly objectives and accomplishments.
2. The SHG is responsible for ongoing and transparent communication about SHG policy and practice to the adult school community
3. Whenever all or any one party involved in a conflict is unwilling to participate in the SHG process, the SHG will refer this/these individual(s) to either the Faculty Development Group, the full faculty and/or the administrator.

### Duration of Mandate:

The mandate of the SHG is given jointly by the full faculty and by the Parents' Association. This mandate will be reviewed and approved yearly by all SHG members, full faculty and the Parents' Association.

### Indicators of Progress/Success:

- \* Conflicts are addressed in a timely and satisfactory manner as per SHG policies and procedures;
- \* Members of the community feel safe in raising an issue, concern, or question. They are willing to ask for help and choose to participate in the social inclusion process;
- \* Faculty utilizes the SHG for support with social inclusion and common concern issues;
- \* Trained facilitators and helpers are participating in Social Inclusion and Common Concern meetings;
- \* The school is recognized in its community for providing a safe and inclusive environment for all of its members.

## The Why and How of Waldorf

Supporting Parents in Digestible Bites

### BREATHING IN, BREATHING OUT: THE IMPORTANCE OF HOME RHYTHM

A recent article in the online newsletter, *Waldorf Today*, discussed the importance of establishing a home rhythm not only as a way of making family life easier, but as a step to helping children develop good, life-long habits.

The article's author, Helle Heckmann, a Danish Waldorf teacher, points out that a daily family routine allows children (especially young children) a way to balance their relationships with their budding selves with social relationships. Heckmann describes this balancing act as breathing in and breathing out, and points to the rhythm of the Waldorf kindergarten classroom as an example: "The children go through the day in alternate periods of concentration and expansion, as if in a breathing rhythm where there is inhaling and exhaling.

In the inhaling or breathing-in phase the child directs his attention to an activity that basically relates him to himself. For little children each breathing-in period (drawing, water painting, and knitting, eating...) is very short because little children can only concentrate for short periods of time. In the exhaling or breathing-out period, the child relates mainly to the surrounding world (free play, free running etc.). For each breathing-in period the child needs a breathing-out period and so a pattern is established."

During the breathing in periods, parents have to be "present" says Heckmann, emotionally available

to greet and respond to their child. For example, the parent who is talking on his cell phone at pick-up time isn't being present for his child in that moment. Heckmann explains that "... for your child who has been gone for five hours and who really wants you... you are not there. So the child screams *I want an ice cream! I want this or that!* or he starts running around, or falling, or getting into little conflict because he is confused, because he has not really met you. On the contrary, if you take the time (and it is five seconds perhaps), you bend down, give him a hug and then smell him (*so lovely!*) and really you are there, his eyes will tell you more than words, how his day was. He cannot tell you with words because he cannot remember, but his eyes will tell you everything. And then you take his hand and walk together ... and this is really lovely because you are making a new nice situation, a "you and I situation." The child feels that she is where she should be: with her parent.

In the breathing out period, children also need rhythm. Having mealtime and bedtime routines help the child to understand what is expected and how one should behave when with others. If your family can enjoy dinner together most nights at which everyone sits to eat and uses utensils, the child comes to know that this is how one eats in the company of others, and he carries those habits as he grows. Heckmann says that mealtime routines show children that

there is a beginning, a process, and an end. "...this is how you should live the whole of life. Everything has a beginning, a process and an end. It may take you only fifteen minutes to sit appropriately, to check how the child holds and drinks from cup... to eat with closed mouth, and everything you are given and so on, being, in this way, an example for your child to follow, but more importantly you have taken this short moment to make again a "you and I situation" and at the same time you also help the child to find a social form of *how we are when we eat together.*"

By being present when the child is breathing in, a parent builds "trust between your child and you. And this trust will be important when they get a little older and get into pre-puberty and puberty because with this, they will come to you when they have problems and listen to you when you tell them what and what not to do. But they will only do it if they trust you, if you have been there for them. And that is why the first seven years of children are so important, because their whole trust, their believing that the world is good, is the basis of their future lives."

You can read Heckmann's article in its entirety at [www.waldorftoday.com/2011/11/daily-rhythm-at-home](http://www.waldorftoday.com/2011/11/daily-rhythm-at-home).

The 2011 Holiday Fair might be history, by Pat hasn't had her last word. There's a final "Ask Pat" column that we couldn't print in last week's issue of *The Weekly* due to space considerations. But we can't let Pat Fiorella hang up her apron and retire as Fair chairperson without giving her one last chance to share some sagely advice. So, Pat, thank you for many years of devotion to the Fair. When we have questions about the Fair, we'll always ask you.

## **Ask Pat**

***Dear Pat, If you are no longer going to chair the Holiday Fair, will there still be chicken with figs? I was too late to get some Friday night! Signed, Peepless***

Dear Peepless, I think there will always be chicken with figs if they want it. Pat

***Dear Pat, Did I hear you say that you should do an all "mac and cheese" lunch room? That would be great because you ran out before I had seconds. Signed, A first grader***

Dear First graders and all the parents who ate mac and cheese, I was only half joking but perhaps more mac and maybe an adult version too....mac with pesto? Pat

***Dear Pat, Where'd we get the cider press? Great idea while we waited for the jump rope machine. Signed, Patient Parent***

Dear PP, The cider press was arranged by Kirsten Carangi and her son Aries, compliments of Weavers Way. Hopefully, we can do it again! Thanks Pat

***Dear Pat, Over the years I have gotten some of the recipes but this year I would love the turkey chili recipe. How about it? Signed, Foodie Dad***

Dear Dad, The turkey chili each year is made by Kerry Hoffman's mother, Kris Clark so I don't have that recipe. Sorry we neglected to put that thank you in the program. **Thanks, Kris Clark for another year of great, sold-out turkey chili!** Pat



### **SOCIAL INCLUSION CORNER**

### **COURTESY OF THE MONTH**

Patience becomes understanding. -Rudolf Steiner

**"It is very strange that the years teach us patience—that the shorter our time, the greater our capacity for waiting."**

*~ Elizabeth Taylor, American actor*

*The Social Inclusion is an on-going project designed to bring greater awareness to issues of social inclusion, courtesy and bullying in our school. Our school participates in, and supports, The Social Inclusion with the goal of creating a healthy social environment that nurtures children and adults, encourages open discussion, and provides ways of resolving disagreements and conflict that are beneficial to the school community.*

## THE CLASSIFIEDS

### ADULT SEWING CLASS STARTING DECEMBER 1ST

This is the class! From basic stitches and understanding how a sewing machine really works to pattern use and alteration technique, to cutting and sewing a shirt to wear. Bring your own pattern or make a shirt just like the 8th grade!!!

- ▶ Sign up quickly; minimum enrollment required.
- ▶ Thursday evenings 7-9pm in the Applied Arts Classroom. Learn a useful skill in a fun, supportive environment.
- ▶ 7 classes, \$150, plus supplies, fabric and thread.

\* All fabrics and threads at Fabrics on the Hill currently 50% off!!!

Contact Nicole Nicola at [nicolenicola@verizon.net](mailto:nicolenicola@verizon.net) or 215-850-2657 to enroll.



### FROM BALI TO BALA:

Holiday Sale of unique Indonesian handcrafts and contemporary batik paintings by Laura F. Cohn will run from November 25 - December 18, Mon. - Sat. - 11 a.m. to 7 p.m., Sunday 12 - 5 p.m. at 8200 Germantown Avenue in Chestnut Hill. *FROM BALI TO BALA* invites you to experience the exotic sounds and tastes of Indonesia as you explore a treasure trove of crafts and gifts hand selected by Laura Cohn this past spring and bought directly from artisans. Celebrating the 15th anniversary of the show, the opening night party on Saturday, November 26, from 7:00 p.m. to 9:00 p.m., will feature a special dance performance by the Indonesian Cultural Club. Everyone is more than welcome! The show is just up the road from school (and very educational) - please stop in for a visit! For more info and updates on the many special events - travel slide show, film screening, Balinese dance class, etc. throughout the show, call Laura at (610) 529-2083, visit [www.FromBalitoBala.com](http://www.FromBalitoBala.com), or follow *From Bali to Bala* on Facebook.

**Wendy Weingarten, MSW, LSW**, provides coaching and teaches classes using mindfulness for enhancing parenting skills, reducing stress and managing anger.. Wendy has taught at the Penn Program for Mindfulness, the Jefferson Mindfulness Institute and at other educational and communal organizations. For registration and Information regarding her programs, please contact Wendy at [wend53@gmail.com](mailto:wend53@gmail.com) or 267-471-4821



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