

FOR IMMEDIATE RELEASE

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CONTACT: June Montanari  
609-466-1970 x115

**THE WALDORF SCHOOL OF PRINCETON JOINS THE NATIONAL  
*NO CHILD LEFT INSIDE* COALITION**

The Waldorf School of Princeton, located on Cherry Hill Road in Montgomery Township, New Jersey, has recently become the first school in the Princeton area to join the *No Child Left Inside* Coalition. The initiative represents 800 members throughout the country who are finding new ways to encourage children to experience nature and learn about the environment. The coalition seeks to combat what is termed a nature deficit among children.

Diane Barlow, the Director of Development at the Waldorf School and a parent of two Waldorf school alumni said, "Students come prepared to be outside in all seasons of the year, and many of our alumni recall their walks in the woods as a highlight of their time at our school." Time spent in nature, both structured and open-ended, is woven throughout the curriculum at each grade level, in order to engage all of the students' senses during the learning process."

Third graders at the Waldorf School of Princeton recently built shelters in the woods by the School's Pebble Beach using materials from the earth and trees like branches, moss, grass and bark. This practical activity is part of the third grade curriculum, which includes learning how people live on, and care for the earth.

Richard Louv, author of "Last Child in the Woods", recently came to Princeton in an effort to bring the issue of nature deficit to the attention of area residents. Louv directly links the lack of nature in the lives of today's children to disturbing trends such as the rises in obesity, attention disorders and depression. His book has helped influence a growing number of initiatives, including the No Child Left Inside Coalition.

On December 4 at 7:00 p.m. there will be an opportunity to learn more about the importance of children spending free time outdoors. The Waldorf School of Princeton and the Princeton Public Library will co-host a screening of the award-winning documentary film, "Where Do the Children Play?". The event will be held at the Princeton Public Library. For more information please contact Marla Hanan at the Waldorf School at 609-466-1970 x620.

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Mollie Rose, Director of Teacher and Faculty Enrichment at the Waldorf School offers the following suggestions for spending time in nature with your family during the upcoming winter months:

- Help care for creatures like birds and squirrels by making or buying a simple bird feeder. Be sure to hang it in view of a window!
- Go on nature hikes and look for animal tracks.
- Notice and observe animals outside – which ones are around in the winter and which ones are missing?
- As it gets dark earlier, look up at the sky and star gaze!
- Go outside and try to notice how many different colors you can find in winter.
- Walk outside and collect fallen evergreen branches and bring them indoors and enjoy the smell of fresh greens!

The Waldorf School of Princeton is one of over 900 schools worldwide sharing an educational philosophy and curriculum that supports a child's natural development. Waldorf education is one of the largest, independent, non-sectarian school systems in the world. The School's campus is located on 20 acres of woods, rolling meadow and surrounding creek in Montgomery Township. The Waldorf School of Princeton welcomes children of all cultural, racial, social and religious backgrounds. The school is a non-profit, tax-exempt educational organization, accredited by the New Jersey Association of Independent Schools and the Association of Waldorf Schools of North America. Tuition assistance and scholarships are available.