



The Willow

February 25, 2009

The Waldorf School of Princeton: Celebrating 25 Years!

School Calendar

MARCH

3/2	Mon	Parent Meeting for Mrs. Atkinson's Kindergarten	7:30pm
3/3	Tue	Parent Meeting for Ms. Kessler's Kindergarten	7:30pm
3/4	Wed	Wednesday's at Waldorf General Questions Answered	8:15-9:00am
3/4	Wed	School Store Opened	8:30am-1:00pm
3/5	Thu	Parent-Teacher Conferences	NO SCHOOL
3/6	Fri	Parent-Teacher Conferences	NO SCHOOL
3/8	Sun	Alumni Parents and Friends Open House Gathering in the Golden House	3:00-5:00pm
3/10	Tue	7th Grade Round Robin	5:00pm
3/10	Tue	Parent Council Meeting	7:30pm
3/11	Wed	Wednesday's at Waldorf Our Educational Support Program	8:15-9:00am
3/17	Tue	8th Grade Class Meeting	7:30pm
3/18	Wed	Wednesday's at Waldorf Discipline at Waldorf Schools	8:15-9:00am
3/19	Thu	Strings Recital in Hagen's Hall	2:00pm
3/20-3/21		A Weekend Workshop with Dr. Susan Johnson, MD, FAAP at the Waldorf School of Princeton	
3/24	Tue	<i>"What Can it Mean to be a Human Being Today? The Challenge Facing Waldorf Education."</i> Lecture by Dr. Virginia Sease in Hagen's Hall	7:30pm
3/30-4/3		Third Grade Farm Trip	

Saturday Parent Child Class Begins

Lorraine Shiarappa is holding a
Parent-Child class on Saturdays
until April 4th.
Space in the class is still available!

First Grade Teacher for Next Year

By Mollie Rose

We are delighted to announce next year's first grade teacher, David Heberlein. As a senior member of our faculty, David has been a mentor to both faculty and administration in his more than 20 years teaching at our school.

In 1987, the Princeton school, more specifically Tertia Gale, Ekkehard Heyder, and Caroline Phinney, beckoned David and his wife, Sarah to join the faculty. David became one of the first three class teachers, while Sarah became a kindergarten teacher in our burgeoning school. David and Sarah began their family in this community (Eliza '04, Lily '06, Moses '10). While here, David has taken two classes from 1st to 8th grade, one class from 5th to 8th, and his current class from 7th to 8th. During his tenure, he also served a year as school administrator which deepened his connection to the co-working of faculty and administration in the school.

Mr. Heberlein is a shining example of a Waldorf teacher. He brings his vast teaching experience and all the wisdom that goes with it. David is excited about teaching this upcoming first grade and experiencing once again the world of the child who is stepping into the grade school for the first time.

New Gardening Assistant

Please welcome Karin Weinrich, who will take Mr. Greenbaum's place in assisting Mrs. Capoferri in the garden this year. Ms. Weinrich recently completed a two year Biodynamic Gardening Apprenticeship at Camphill Village in Kimberton Hills. She lived and worked with villagers in the garden and in a Camphill household. She is excited to get involved in Waldorf Education and the Anthroposophic community here. She currently lives in Princeton. Her other interests include art, outdoor activities, and eurythmy.

Barn Renovation

The upper grades (7th grade pictured here) are renovating our red barn under the expert guidance of woodworking teacher Sam Cousins. On this day in early February, the 7th grade completed construction of the frame for the side of the building and, as a team, raised the new frame, jiggling and hammering it into place. The new windows have subsequently been installed.



Photo by Joanne Pawelko

Auction News...

By Tracy Ashcroft

Hope you all had a great vacation and reached out to your contacts. My dentist agreed to advertise in our auction program and it was less painful than the visit!

We still need big items...

**WANTED – vacation homes, villas, apartments, even land and a tent!
Anywhere in the world to auction off for the big bucks...to raise for our school.**

Here are some things to look forward to:
Goat milking and cheese-making lessons!

Wooden toys by Meadowview imports
Gift certificates from Jazaams, Learning Express,
La Mezzaluna Restaurant, and many more...

New Endowment Fund established at the Princeton Area Community Foundation

In 2008, a general endowment fund was established for our school at the Princeton Area Community Foundation (PACF), thanks to the efforts of Board and Development Committee members Heide Ratliff and Penny Foss Miller. Contributions made to this fund are permanently invested, and the principal remains intact, providing financial security and stability for our school in the future. As this fund grows, the revenue generated will be used to support the school's operations.

This year, 2.5 percent of all gifts made to our 2008-2009 Annual Fund will be contributed to this unrestricted general endowment fund.

To learn more about this fund, please contact Diane in the Development Office, 609-466-1970 X121, development@princetonwaldorf.org

Upcoming Lecture by Virginia Sease

Much of our traditional security both external in daily life and internal in our self-confidence, seems to be rapidly deteriorating. How can we retain and also develop further our potential as human beings in this environment? The answer to this question contains the solution to many of the dilemmas facing humanity today. One key approach involves developing initiative, especially early in life, through a multi-faceted education such as what Rudolf Steiner inaugurated for the Waldorf Schools. Even later in life there are ample ways to engender personal initiative. Dr. Sease's lecture will address these issues in light of the human being today.

Virginia Sease, Ph.D., was born in Philadelphia and received her B.A. degree from Douglass College (Rutgers University). After a Fulbright Scholarship in Germany, she earned a Ph. D. from the University of Southern California. Dr. Sease went on to teach at the Highland Hall Waldorf School in Los Angeles for many years as well as at Occidental College, Los Angeles, as Assistant Professor of German Literature. Since 1984, she has been residing in Switzerland and serves on the Executive Council (Vorstand) of the Anthroposophical Society, headquartered at the Goetheanum.

**"What Does it Mean to be a Human Being Today?
How Waldorf Education Meets this Question"**

Lecture by Virginia Sease

**Tuesday, March 24th at 7:30 pm
Hagens' Hall, Waldorf School of Princeton**

**For more information call
Herbert Hagens: 609-921-8759.**

Administrative Changes

By Nancy Lemmo

As was reported earlier this year, next year's budget includes a large decrease in administrative expenditures. This month, a new administrative structure was developed that will efficiently manage all aspects of administration but with fewer people. In the new structure, a Director of Advancement will coordinate the activities of a part-time Admissions Associate and a part-time Development Associate. Coordinating these two groups will ensure efficient admissions communications while supporting strong outreach, marketing, and development efforts. The new structure distributes the responsibilities of the Director of Enrollment and Marketing to the other three positions and eliminates one full-time position. Unfortunately, as a result of these changes, June Montanari will not return after this school year. For the last two years, June served as the Director of Enrollment and Marketing. She brought a great deal of professionalism to the position and led the school toward a better understanding of the importance of our school's marketing image. Thanks to June's guidance, the new marketing materials will be completed and ready for production this spring.

Diane Barlow, presently Director of Development, will take responsibility for the position of Director of Advancement starting in July. Diane brings a wealth of experience to this position. From 1995 -1998 she served as both the Enrollment and Development Coordinator for WSP while managing our school's capital campaign to fund the grade school building. I am confident that Diane and her staff will continue building enrollment at the school while building a strong development and outreach program.

**Please Remember:
Contracts and deposits
must be present in the
office in order for your
Tuition Assistance form to
be processed!!**

Seventh Grade Café

The seventh grade is sponsoring a coffee and snack bar as a fundraiser for their eighth-grade class trip. From 8:00 am-2:00 pm on Thursday, March 5th and Friday, March 6th during Parent Teacher Conferences, stop by the Golden House to indulge in a warm, freshly brewed cup of coffee as well as bagels with cream cheese, fruit cups, and other breakfast surprises. If you are using the childcare options that day, we can also help supplement a healthy lunch!

Names needed for Grandparents' and Special Friends' Day in May

Our annual Grandparents' and Special Friends' Day will take place on Friday, May 8 from 10 a.m. to 12:30 p.m. The Development Office is preparing to mail invitations to grandparents and special friends whose names have previously been given to the school.

Please contact Diane Barlow at 609-466-1970 X121, development@princetonwaldorf.org for further details, to provide additional names/addresses, or to update contact information by March 9.

Strings Recital

The Fourth and Fifth Grade Strings would like to invite First through Third grade students, as well as parents, faculty, and staff to a concert featuring our wonderful students!

When? Thursday, March 19th at 2:00 p.m.
Where? Hagen's Hall

Please come and enjoy the music!

A note for parents of Fourth and Fifth grade students: Dress code for the concerts is white top with black or very dark pants or skirt that is knee-length or longer.

Wednesday's at Waldorf

Wednesday's at Waldorf are an opportunity to meet people and discuss topics about the school that are of interest to you. Join us Wednesday mornings in the Community Kitchen between 8:15 am and 9:00 am.

Upcoming:

March 4th: Nancy Lemmo
Answering General Questions

March 11th: Mollie Rose
Our Educational Support Program

March 18th: Peter Sheen
Discipline at the Waldorf School

**B6T Transportation Forms
due immediately!
Please call Solveig Pearson
(x114) with questions.**

Trading Post

Three any-day (including weekends) passes to Camelback Mountain are available. If interested, please contact Solveig Pearson at pearsonslid@comcast.net

Enrichment Workshops

Attention 7th and 8th graders: Come Tuesday, March 3rd to try a SAMPLE IMPROV class. For \$25, see if the Improv workshop is for you. If we reach our minimum enrollment, the class will continue until March 31st. Total cost for all 5 Tuesday sessions will be \$105.

Crafters unite! Enjoy some companionship as you learn to make a tote bag and support our auction.

Attention 8th graders: Look for the Keyboarding Workshop in March.

News from the Windy Hill Store

SPRING IS AROUND THE CORNER...

The school store carries Spring craft books, Plant-Dyed Felt, and Hinode Candles (decorative, votives, and tapers). We can special order SmartWool tanks, tees, and camis for the Spring.

We are also carrying new beautiful handmade items such as heart necklaces, gnomes, and other small items. These are perfect for gift giving.

DR. HAUSCHKA SALE

All Dr. Hauschka Products are 10% off! Stock up now while supplies last.

About the Willow

- The Willow is published every Wednesday during the school year.
- Submissions are welcome from school parents, especially for Trading Post items. All submissions are subject to approval and may be edited for length or content.
- The Willow does not accept paid advertising or announcements promoting for-profit businesses.
- All submissions should be typed in plain text and sent via email. The text can either be in the body of the email or in a Word document.

Please send all submissions and any inquiries regarding The Willow to: willow@princetonwaldorf.org

2009 Deadlines for the Willow

March 4th issue: Submit items no later than Thursday, February 26th

March 11th issue: Calendar only

WALDORF SCHOOL of PRINCETON

presents

A Weekend Workshop with Dr. Susan Johnson, MD, FAAP at the Waldorf School of Princeton

Friday, March 20, at 8:00-9:30 pm
and Saturday, March 21, 9:00-4:00 pm
Waldorf School of Princeton, Hagens Hall

Are you a parent, teacher or practitioner who is worried about the current trend of pushing "academics" in preschool and Kindergarten? Are you disturbed by the alarming rates at which children are being diagnosed with attention and other learning disabilities? Would you like to learn about non-pharmacological strategies to help empower parents and children?

This is truly an incredible opportunity to add to your knowledge base, whether you are a parent or a practitioner

Toward an Understanding of Neurological Science and Learning: What can science tell us about the healthiest way for today's children to learn?

The Waldorf School of Princeton is honored to host Dr. Susan Johnson, a behavioral and developmental pediatrician from Colfax, California. Dr. Johnson will share her unique perspective with all those interested in working toward a true understanding of children's development and learning. Drawing on her training and experience, Dr. Johnson will explore the real effects that early learning has on children. Dr. Johnson will also offer practical guidance for those interested in working holistically with children.



This workshop will provide the following information:

- What is going on in a child's brain that enables them to read and write, and at what age(s) is it most effective to teach them these skills?
- What happens to a child when they are asked to read and write before their brains are ready?
- The physical signs to look for to tell you when a child is ready to learn to read and write.
- Effective movements and movement therapies that create the brain pathways needed for academics.

Workshop Schedule, Sat. March 21

8:30 arrival and registration
9 - 12 Workshop
12 - 1 Lunch (on your own)
1 - 4 Workshop

New Jersey educators attending this workshop will be eligible to receive professional development credit hours. Certificates will be available at the conference.

Prior registration required. Please contact Marla Hanan at the Waldorf School of Princeton, 609-466-1970, x620 or at mhanan@princetonwaldorf.org.

Registration Form for Weekend Workshop with Dr. Susan Johnson

Name: _____

Email: _____

Phone: _____

Street: _____

City: _____ State: _____ Zip: _____

Are you a parent? _____ Children's ages _____

Are you a teacher? _____ Are you a doctor? _____

How did you learn about this workshop?

Check here to receive a professional development certificate

Weekend Workshop, March 20-21, \$65 BEFORE March 9, \$75 AFTER March 9

Talk, Friday only, March 20, \$10

Enclosed is my check made out to Waldorf School of Princeton

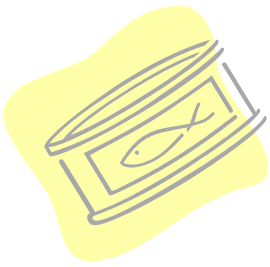
I prefer to use my

VISA MasterCard

Expiration Date ____/____/____ CVV Code _____

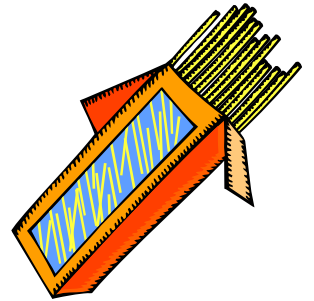
Name as it appears on the Credit Card:

Signature: _____



We  heart-healthy foods
like these...

- Canned proteins (tuna, salmon, chicken, chili)
- Shelf-stable milk (like Parmalat)
- Peanut butter
- Canned spaghetti sauce/canned tomatoes
- Canned potatoes
- Cans of fruit, low-fructose
- Cans of legumes (like kidney beans, black beans)
- Hot cereal (oatmeal, grits, cream of wheat)
- Small/medium box of cold cereal
- 1–2 lbs. pasta
- Small jelly, jam, or honey (plastic container)
- Boxed macaroni and cheese
- 2 lbs. rice
- 1 lb. dried beans
- Dessert box or treat Jell-O, pudding, cookies, granola bars)



Low-sodium and low-sugar foods are especially appreciated!

NOTE: ALL CANS SHOULD BE #303 size or 12-16 oz.

NO GLASS CONTAINERS PLEASE!

Low-income people—from children to seniors and from throughout Mercer County—will receive nourishment from the food you donate.

We are grateful for your donations.

Learn more about Crisis Ministry and how you can volunteer your time!

www.thecrisisministry.org

IN PRINCETON: Nassau Presbyterian Church,
61 Nassau St., Princeton, NJ 08542 609-921-2135
Pantry/Office Hours: M-Th, 1:30 – 4:00 pm

IN TRENTON: 123 E. Hanover St., Trenton, NJ 08608 609-396-9355
Store Hours: 9:00 am – 12:00 noon
(office hours: 9:00 am – 5:00 pm)



Tote Bags or Over the Shoulder Bags



Auction Project
March 4 and 11
8:45-11:00 am

Nothing compares to being with friends and using your hands to make something new. Learn how to make a knitted-felted bag and see how fun it can be. It's free to participate! One bag can be completed in two sessions depending on your knitting speed and ability. Finished projects will be donated to the school's upcoming auction. With your new skills, you can make another on your own!

In this workshop, you will create a tote bag or an over the shoulder bag, with a pocket or without. The size can also be altered. The beauty of fulling (knitting, then felting) is that most mistakes can be hidden and therefore, altering patterns is less stressful. You will have an option of sewing the base or learning a three needle bind-off if necessary.

Dates: Wednesdays, March 4 and 11

Time: 8:45-11:00 am

Location: School Store

Bring:

- Size 13 circular needle (any length between 24"-36")
- Tapestry needle or needle with eye large enough to thread yarn
- A straight needle size 11, 13 or 15 for the three needle bind off if you wish to learn that
- If you have double pointed needles in a size 13 they would work for the handle. If not, Susan will teach you how to make an I-cord with a circular needle.
- Yarn supplied (or bring your own skeins of 100% felt-able wool – one bag takes 3 bulky or 5 worsted skeins)

Prerequisite: The ability to cast on, knit, purl and bind off. Experience of knitting on a circular needle is helpful. Finally, be open to throwing your knitted item in hot water for the transformation! (*Don't know how to knit? That shouldn't stop you. Come to any Wednesday morning handwork group in the school store and you can learn by making a bowl!*)

Susan Niedt has worn several hats at the Waldorf School of Princeton: parent, teacher, parent council, fundraising and auction chair. She has mastered many crafts and sells her wares at our various fairs. She particularly enjoys creating new items using the unique knitted-felted technique and has kindly offered to support the Waldorf School by sharing her talents.

To Register:

Contact Jessica Alfaro at (609) 466-1970 x110 or
<mailto:frontdesk@princetonwaldorf.org>

See www.princetonwaldorf.org – for more Enrichment Workshops



The Waldorf School of Princeton
1062 Cherry Hill Road
Princeton, NJ 08540



Grades 7-8

Acting Workshops:

Tuesdays

3:30-5:00

Improv



This fast-paced, fun workshop explores the challenges and spontaneity of improvisation. Improvisation exercises and games can be moving, are often hilarious, and build teamwork. Improv also increases your listening skills, sharpens your focus and encourages you to think on your feet. Good actors study improv--- but you don't need to be an aspiring actor to have a great time doing it. No experience necessary!

7th and 8th graders -- Come Tuesday, March 3rd to try a sample class. For \$25, see if the Improv workshop is for you. If we reach our minimum enrollment, the class will continue until Mar 31. Total cost for all 5 Tuesday sessions will be \$105.

Dates: Mar 3 – Mar 31

Location: 7th grade classroom

Questions about the Acting Workshop? Contact Carol Kehoe at <mailto:ckehoe228@aol.com>

Carol Kehoe is a member of Actor's Equity and has worked professionally in the theater as an Actor, Director, Producer and Teacher for over 25 years. She has taught adults and children of all levels, as well as coached actors for theater, film and television. Her stage credits cover a wide range. Over 50 leading roles in professional theater include most of Shakespeare's fascinating women and several east coast premiers, four of which won Performance of the Year awards from the Newark Star Ledger. Of her portrayal of Lucy in the east coast premier of Michael Frayn's comedy *Alphabetical Order* the New York Times wrote "...Kehoe is a marvelous Lucy, in a perpetual elegant daze, when she isn't suddenly caught up in her own internal terror."

The Waldorf School of Princeton is a leader in developing student creativity and imaginative thinking. One way is by giving students an opportunity to be an actor. Every year, every child participates in a class play. Plays are specifically designed to deepen the curriculum of each grade.

To Register:

Contact Jessica Alfaro at (609) 466-1970 x110

www.princetonwaldorf.org – Enrichment Workshops



The Waldorf School of Princeton
1062 Cherry Hill Road
Princeton, NJ 08540

WALDORF SCHOOL
of **PRINCETON**



Grade 8

Keyboarding Skills

Thursdays

3:15-4:15

Many children use a computer nowadays, but work with the hunt and peck approach. In this class, students will learn to use all of their fingers to type without looking at the keyboard, while maintaining appropriate posture and position. Their typing speed and accuracy are likely to improve when they learn the keyboard format and practice using the finger positions. Using the appropriate keyboarding techniques enables students to type comfortably for an extended timeframe without fatigue or risk of repetitive motion injury.

Each student will be working on a small keyboard that the school owns. Mrs. Wasem will provide step by step instruction so students learn proper typing skills. Students are expected to practice at home between classes, working at their own pace.

Dates: Mar 12 – April 30 (excluding 4/9)

Cost: \$150 for 8 sessions

Location: 8th grade classroom

Ondria Wasem is a member of the Waldorf School of Princeton's faculty. This is her third year teaching keyboarding. She values teaching this skill because it has been vitally important to her own productivity in her previous engineering career, her current teaching career and her personal life.

To Register:

Contact Jessica Alfaro at (609) 466-1970 x110 or
<mailto:frontdesk@princetonwaldorf.org>

www.princetonwaldorf.org – Enrichment Workshops



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