



INREACH
... a newsletter of the Cincinnati Waldorf School
October 19, 2011



UPCOMING EVENTS

- Oct 19** – Picture Retake Day
- Oct 20** – Craft Guild, **8:30**
- Oct 22** – [Autumn at Meshewa](#), **10:30-1:00**
- Oct 24** – Magazine Sale Ends – all orders due!
- Oct 27** – Craft Guild, **8:30**
- Oct 31-Nov 1** – **NO SCHOOL – PARENT/TEACHER CONFERENCES**
- Oct 31-Nov 2** – Fall Swap Sale
- Nov 3-5** – [Anthroposophical Health Care Workshop](#)
- Nov 3** – Craft Guild, **8:30**
- Nov 8** – New Parent Breakfast, **8:30**
- Nov 8** – [Day in the Life of a CWS Upper Grades Student](#), **6:30**
- Nov 12** – [Open House](#), **10:00-1:00**
- Nov 12** – [Taste of Waldorf](#), **10:30-11:30**
- Nov 12** – [Lantern Walk](#), **5:30-7:30**

SCHOOL NEWS YOU NEED TO KNOW

Sign Up Now for your Parent/Teacher Conferences

Sign-up sheets for **Parent/Teacher Conferences (Monday & Tuesday, Oct 31-Nov 1 - NO SCHOOL THOSE DAYS)** are on the wall in the hallway just outside the Main Office. Please take a moment this week to come inside and sign up for a time to meet with your teacher.

Remember that conference times are closely scheduled and are no more than 30 minutes long. **Please be on time to your conference** and be advised that if you are late, your conference will still end at its scheduled time so as not to cut into other parents' time with your teacher. Thank you!

Child care is available on conference day from 8:00-5:30 as follows:

- EC & Grades Assistants and Extended Care teachers will supervise.
- Only enrolled CWS students may attend. Due to limited resources, siblings that are not currently enrolled will not be able to use our childcare. Babes in arms are welcome to be in the conferences with the parents.
- No child under the age of 3 is to be left with child care providers.
- Child care will take place in the cafeteria.
- Child care is provided during your conference time only.

Yearbooks Have Arrived!

The 2010-11 CWS School Yearbooks are here, and, if I do say so myself, they are quite beautiful! They feature activity and class photos of every child in every grade, a special section celebrating last year's graduates, a showcase of all our school festivals and a gorgeous cover based on an original design by Ms. Lori Kran. If you pre-ordered your yearbook last spring, please stop in to the main office to pick it up.

I have 12 extra copies and they're going to go fast! If you missed the deadline last spring, it's not too late ... \$30 ... first come, first served. See me in the office!

~Libby Rupp

Anthroposophical Health Care Workshop

The Cincinnati Waldorf School invites you to a Health Care Workshop featuring Anthroposophical doctors Ross Rentea, MD and Andrea Rentea, MD. November 3-5, 2011, On the campus of the Cincinnati Waldorf School

Doctors Rentea have been practicing physicians in Chicago for many decades. They are well known for consultations in Waldorf schools, involving work with children with both physical and behavior problems; the care of women's health concerns; the treatment of chronic illnesses such as cancers and arthritis; mood disorders and the recovery of a higher energy level of those "healthy but fatigued." They specialize in addressing these conditions with natural & Anthroposophical means.

Seven years ago the Renteas co-founded the True Botanica Company dedicated to producing nutritional supplements, herbal tinctures, functional foods and selected cosmetics based on Rudolf Steiner's indications and the latest technological advances. These breakthrough products have been very successful and allow novel ways of handling a variety of health conditions as well as strengthening well being and higher energy at the body, soul and spirit levels.

Workshop Schedule:

November 3 ~ 7:00 p.m. ~ “Healing Substances for Strengthening the Ego” – How far have we come & what did Steiner expect? ☑Anthroposophical Society members & guests interested in Anthroposophy

November 4 ~ 8:45 a.m. ~ “Addressing Common Health Problems in Children” ☑All Welcome

November 4 ~ 7:00 p.m. ~ “Can Anthroposophical Supplements Help Us in our Quest for a Complete Health in Body, Mind & Spirit” ☑All Welcome

November 5 ~ 8:45 am ~ “The Miracle of Berberine & Boswellia” ☑Health Care Providers & guests

True Botanica Products will be available for purchase at The Magic Meadow!

All sessions are free, however we do need to know you’re coming! Registration deadline is October 28th. Late registrations will be accepted based on availability. You may register in the main office or at our website [HERE](#).

Annual Children’s Campaign off to a great start!

Thanks to generous donations from the CWS Board of Trustees, current families and loyal grandparents and alumni, our 2011-12 Annual Children's Campaign is off to a great start! To date, we have received pledges totaling **\$35,531** and have collected **\$14,706**.

In response to the generous matching fund being offered to first time donors and those increasing over last year, we have had **7 families donate for the first time**, totaling **\$1,675**. When these first-time donations were matched dollar for dollar, the total benefit to CWS is **\$3,350!** **6 families have increased their donations over last year's**, totaling **\$2,975**. When the increased amount was matched dollar for dollar, the total benefit to CWS is **\$3,925!**

In the spirit of our Children’s Campaign theme – “Every Child Benefits” – our faculty gathered recently to honor their love and respect for the students in their care. Together they created a beautiful work of art in support of our campaign. We invite you to visit our website [HERE](#) to view a slide show of the faculty painting project! In the coming months, we will unveil portions of this work of art in our front hallway as the campaign unfolds and donations increase.

Please make *your* secure donation to the Children's Campaign at our website [HERE](#)!

Reminder

If you arrive at school in the morning before 8 a.m., please remain with your child until the cafeteria doors open and the faculty begins the morning greetings! Thank you.

Costco on Campus October 31st

Representatives from Costco will be on campus on October 31st around noontime to share information about memberships and offer product samples. Costco will share with us a sample of some of the items they carry including organic and gluten-free options. No pressure, but new memberships will receive a free Costco CashCard for future purchases!

Seeking Handwork Support in Grade 5

We are seeking some qualified knitters to support our newest students in grade five. These new students would appreciate some help strengthening their basic knitting skills. Class is on Tuesdays, 1:20-2:50 pm. If you are a skilled knitter and are available to help for part or all of this double period, please contact Christine in the office at 541-0220 extension 101 or at cmasur@cinciwaldorf.org.

Are You Interested in Early Care?

We are exploring the possibility of developing an Early Care Program for students who need to arrive at school as early as 7:30 am. If your family would be interested in enrolling your child(ren) in such a program, please let us know. If there is enough interest, then we will continue to explore this opportunity. Please respond to Christine via email to cmasur@cinciwaldorf.org or call 541-0220 extension 101.

Recent Calendar Changes

The CWS calendar is always subject to change and here a few recent ones:

- Lantern Walk on November 12th is now starting at 5:30pm
- 1st Grade Class Play rescheduled to April 4th
- April Open House rescheduled to April 14th

Remember your best bet for the most up-to-date CWS event information is the calendar on our website. You can access that [HERE](#). FYI – this is a Google calendar so it can be easily synched up with various email servers, smart phones, etc...

CWS Ski Club

Yes, it's that time of year again to start thinking about SNOW! How fortunate we are to have Perfect North Slopes as a great winter getaway only 30 minutes away! Perfect North Slopes offers 30% off of the regular pass price for skiing, snowboarding, tubing and lessons when purchased through the school club program. This special pricing is open to families, friends, neighbors and anyone who wants to get outside and play this winter! Easy online registration is available at www.perfectnorth.com. These prices will be available until November 20th and our club password is "backstage." Don't let the winter blues get you down ... dig out your crockpots and coolers, don your winter gear and have more fun in the

wintertime than you thought possible! Look for the brochures in the community room or contact Sharon Smith at 513-614-9270 or sksmith@sibcycline.com with any questions.

~Sharon Smith, CWS Ski Club Coordinator

WHAT OUR CLASSES ARE DOING NOW

Nursery ~ Felting apples and making soup

Oak Tree K ~ Making lanterns and buckeye leaf fairies

Rose Blossom K ~ Making lanterns, raking leaves and mulch, creating a book for a friend

Sweet Pea K ~ Making lanterns

Grade 1 ~ Language Arts, making puppets

Grade 2 ~ Arithmetic – place value

Grade 3 ~ Measurement and time, making clocks

Grade 4 ~ Zoology- what it means to be human

Grade 5 ~ Arithmetic – decimals

Grade 6 ~ European Geography

Grade 7 ~ Chemistry

Grade 8 ~ Age of Revolutions

HOW DO WE LOVE THEE?

"We love everything about the Waldorf school. From the teachers, faculty, parents and community to the level of attention our children receive. Our family travels round-trip, an hour and a half a day to get to school, but our choice was simple from the start. We love the core values behind the school and the rigor with which they stay true to the classic Waldorf education."

~Laura Thomas, parent of Isabelle and Julie

STUDENT COUNCIL NEWS

Congratulations to our newest Student Council Officers:

- **President – Jesse Wydman**
- **Vice President – Cydney Leonard**
- **Secretary – Tig Southwind**
- **Treasurers – Jacob Biederman & Michael Stevenson**

Sweet Treats for the Troops

The CWS Student Council is collecting Halloween candy to donate to deployed US service members. Please donate any extra Halloween candy in the large candy box outside the CWS main office. We will mail the box on December 1! In addition to donating candy, please consider writing a letter or drawing a picture to be included in care packages. Operation Gratitude is also collecting toothbrushes to send with the candy and letters!

Hat, Mitten and Scarf Drive

The CWS Student Council is also working hard to provide warm clothing items to those in need this winter. They are seeking donations of new or gently used hats, mittens and scarves. Store-bought are fine, but they think it would be really great if some families knitted their own donations! Be on the lookout for their “collection tree” display in the school – they’ll be working on that this week. Meanwhile, start knitting!!!

PARENT ASSOCIATION NEWS

Thanks to all who attended last week’s PA meeting! You can read the meeting minutes [HERE](#).

Magazine Sale ends October 24!

The magazine sale has been extended to Monday, October 24. Please note that there is an option of magazine **renewal** on the form, which means that even if your favorite magazine isn’t due to expire until next year, you can order the renewal now to pay for the 12-month subscription following expiration. Also, there is still a \$25 Scrip card available to anyone who sells at least 10 magazines.

CONGRATULATIONS BRENDA NDIAYE ~ our first \$25 Scrip card recipient!!!

Swap Sale 10/31-11/2

Please remember to bring in your gently used items for swap as early as Wednesday, October 26. The Swap Sale begins on the 31st, coinciding with Parent/Teacher Conferences and giving you plenty of child-free time to shop. If you don’t have items to swap, donations to the PA will be accepted in the Magic Meadow.

Please note: **Lost and Found** items will be displayed on a designated table during the Swap to be claimed by their owners until Wednesday morning, at which time they will be up for grabs.

Holiday Faire is right around the corner!

It may not seem possible, but it's true ... mark your calendars now for **Saturday, December 3rd – 11:00-3:00** and for the **Holiday Affaire on Friday evening, December 2nd**. We are well underway in the planning department. If you know of a friend or business that would like the opportunity to sell creations or products at this year's events, please send their contact information to lisasuttschenko@gmail.com. Also, this year we have a special incentive for each of the grades classes to have a fundraising table of their own at no cost. Please contact Lisa for additional info. Thanks!

The next Holiday Faire planning meeting is scheduled for **Monday, October 24 at 9am** in the Community Room. Anyone interested in helping is welcome! We will be discussing marketing and layout, as well as planning the 2nd annual adults-only Holiday Affaire scheduled for the evening before the Faire.

Organization of specific events is the responsibility of individual classes as follows:

- *Parent & Child*- Bake Sale
- *Willow Tree*- Bake Sale & Puppet Show
- *Oak Tree*- Angel Room
- *Sweet Pea*- Treasure Gnome
- *Rose Blossom*- Bake Sale
- *Grade 1*- Food
- *Grade 2*- Angel Room
- *Grade 3*- Crafts
- *Grade 4*- Games
- *Grade 5*- Vendor Coordination & Pocket Fairy
- *Grade 6*- Music & Clean-Up
- *Grade 7*- Set-Up
- *Grade 8*- Tickets

Angel Room gift donations are now being accepted! There is a large box in the corner of the community room where gifts can be placed. For those new to the school, the Angel Room is a magical store set up by parent volunteers at the Holiday Faire for children to "shop" for their loved ones. Ideas for gift donations: candles, simple handmade jewelry, seed packets in little pots, or any other Waldorf inspired gifts. Thank you!!

MAGIC MEADOW NEWS

Supplies Sale 20% off!!!

Stock up on your beeswax, block crayons, watercolour pencils and much more on **October 31st-November 1st** (open during Parent/Teacher Conferences)

*****For every \$75 you spend you'll receive any Clearance item of your choosing FREE!!!**

True Botanica Workshop Special--November 3rd & 4th

New products being featured by Drs. Ross and Andrea Rentea include *Vital Mind AM or PM* and *Multi-Action Vitamin for Mental Clarity*.

***FREE *True Defense for Kids* with any True Botanica purchase of \$20.

NEW ARRIVALS:

- Local artist, Marianna Briner, has delivered her beautifully handmade dolls. Custom orders are accepted.
- Sarah Miller's whimsical collection of handmade fairies and home decor
- Gently Used Books are now available for \$7 including titles from the Waldorf Reading List and Elsa Beskow.
- Face pencils are here and great for Halloween!
- Don't forget your "Halloween Fairy" needs!

COMING SOON:

- Beeswax candles
- Handmade, wooden lucets and drop spindles
- Wooden toys & games

SCRIP UPDATE #3: Make it easy and get online!

Some of us like to go to the Magic Meadow and write a check to pick up our Scrip cards, but others love the convenience of a more virtual world. If this is you, get online ... Scrip card ordering and purchasing via direct bank withdrawal is easy and convenient!

Start at [Shop With Scrip](#) and register for an account in the Member's Login box. Follow the simple registration instructions and then move forward to the next screen: "Join an Organization." The CWS enrollment code is: **316F244F9875**. By linking this code with your account, all shopping activity benefits CWS and you! Now you're ready to browse the 676(!) stores (including Amazon.com and Groupon for you true blue web fans), select cards that you wish to use, and your order goes automatically to our CWS Scrip coordinator, Grant Kattmann.

Next, you decide how you'd like to pay. You can either:

1. Bring a check in to the Magic Meadow to pay for your order
- or
2. Use Presto Pay – click [HERE](#) to learn how to automatically debit your bank account when you order for a small convenience fee of \$0.39 cents per order. Then just pick up the cards when they come in!

Still have questions about Scrip? Please visit the [Scrip page on our CWS website](#) or contact Grant Kattmann [via email](#).

SOCIAL HEALTH UPDATE

In the last *Inreach*, we introduced **DADD: Disapprove – Affirm – Discover – Do-over**, which our faculty is bringing to our students as part of a school-wide Respectful Engagement campaign. Parents can use DADD at home with their children to support the faculty's practice at school. It's good practice to use even just the first two parts of the practice (Disapprove and Affirm) for many situations.

DADD and the Temperaments

Timing is all-important in DADD (Disapprove-Affirm-Discover-Do-over) practice, and there are few better ways to get the timing right than to know the temperament of the child. Waldorf teachers and parents often use the four temperaments as a tool for understanding the nature of children, especially between the ages of six and ten. If it is tricky to determine the child's temperament, try asking "Which temperament is my child least?" Below is a summary of characteristics of each of the four temperaments and how to use knowledge of the child's temperament in DADD practice.

Phlegmatic Children

Phlegmatic children live through their senses. Children of this temperament value safety, order, and comfort. They are methodical and reliable. They take joy in rich sensory experiences, and tend to have good memories. They often appear soft, a bit round, and their skin usually feels warm and moist. Their favorite color is often green. Their element is water, and they tend to take joy in activities involving water.

In DADD practice, Phlegmatic children can become very stubborn if they feel their side has not been heard. Don't take them by surprise. Let them know, for example, that when you are home you will want to understand why they are speaking in that way. Key Words: Fairness and Timing

Sanguine Children

Sanguine children, like sunbeams, bring light into the spaces they occupy. Sanguine children want to know everything and everybody, and to do everything, and in pursuit of this end may appear easily distractible and forgetful. They enjoy variety and spontaneity. They often appear slender and frequently run on their toes. Their element is air, and you may see all the colors of the rainbow expressed in whatever they do.

Using DADD with the Sanguine is straightforward. The Sanguine needs to be tackled right there and then. If you don't, s/he will wonder what you are bothering about ten minutes later. Key Words: Implications and Actions

Choleric Children

Choleric children are energetic, enthusiastic and often impulsive. They love working hard, especially when the task has clearly defined parameters including an easily identifiable conclusion. These children immerse themselves fully in everything they do. They accomplish a lot in a short period of time, but find sustaining activities over an indefinite period to be challenging. Their element is fire, and they frequently show a preference for fiery colors, particularly red. Choleric children often have a sturdy build and can wear out a pair of shoes at record speed because of their firm, purposeful tread. Their handshake is firm, and often very warm. They are quick to anger, but also to laugh, and often can't remember exactly what sparked the emotion.

Practicing DADD with the Choleric involves careful consideration of timing. The Choleric needs to be spoken to away from friends and usually after s/he has calmed down. Key Words: Defer, Deflect until you can be Direct

Melancholic children

Melancholic children are thinkers and planners. They take their responsibilities seriously. Melancholic children are typically loyal friends and careful workers. They tend to care deeply for all living things, and are drawn to healing and fixing all that is damaged or broken. Melancholic children often appear slender and pale and, unlike the sanguine children, the melancholics tread firmly on the earth, sometimes even dragging their feet a little. Their hands often feel cold to the touch. Melancholic children often show a strong interest in nurturing occupations and will work tirelessly for the benefit of others. Their element is earth, and they generally find the care of the earth satisfying. With their propensity for seriousness, they usually exhibit a strong, reliable memory, and a talent for leadership.

In DADD practice, the Melancholic needs to be spoken to with an understanding of the vulnerability they often experience. Key Words: Safety, Empathy and Quiet Accountability

MUSINGS ON MESHEWA

Fall is in the air at Meshewa! Our NatureTots children are rolling in the leaves, taking crunchy hikes and generally enjoying the sunny, brisk days. The gardens are being put to sleep, while our cold weather greens are starting to poke their heads up to gather in the last of the warm, sunny days.

In other Meshewa news....

To celebrate this time of year, the **Autumn at Meshewa Festival** will be held this Saturday, October 22nd from 10:30 to 1:00 for parents and children up to 4 years old. We are excited to announce that so many have registered that this event is now closed! Thanks to everyone who signed up. We are looking forward to a beautiful, brisk day this Saturday. Festival starts at 10:30. So, bundle up and we'll see you then!

We are also looking for 2-3 helpers for this event - Friday set up (11:00 - 1:00), Saturday parking assistance (10:00-11:00) and clean up (1:00 - 2:00). Please contact Teri Heist at theist@cinciwaldorf.org as soon as possible if you can lend a hand. Thanks!

Chef Laura is holding an "**All About Squash**" cooking class this Thursday, 6:00 - 8:30, \$35, at Meshewa. Learn about a variety of squash and cook a "Three Sisters" stew and a squash souffle. A few spaces are left so please register at the [Dandelion Chef Website](#).

Finally, thanks to all who came out a few Saturdays ago and raked, dug, swept and chopped Meshewa into fine shape for the fall and winter seasons. We are truly grateful to our kindergarten, 1st and 2nd grade families. Extra credit to **John, Mary Pat** and **Ben Savage**, who stopped by just because they were in the neighborhood - outstanding work!

~Teri Heist, Meshewa Program Coordinator

HAVE YOU SEEN THIS?



PARENT TO PARENT

PlanetBox Testimonial from CWS Parent

With my "parent-hat" on, I would like to make a quick plug for PlanetBox lunch containers. Our children have used PlanetBox containers for a couple of years now and though they are not ideal for all lunch foods-particularly hot foods-I think the design is great and I love the easy clean up! Foods are nice and tidy in appearance and we don't spend precious time searching for matching reusable containers and lids! For more info, check out their website at: www.planetbox.com.

~Christine Masur

Tutoring with Lori Ann Kran, PhD

I am offering tutoring services for grades 1-8. I have 20+ years of teaching experience, grade 1 through college. Because I use Waldorf methods, I will strengthen and support what your child is learning at school.

Areas of expertise: mathematics, reading, writing, high school entrance exam preparation, form drawing, painting, guided drawing, pentatonic flute, C flute, and organization skills.

Qualifications:

- PhD US History, University of Massachusetts, Amherst, 1993
- Waldorf Teacher Training Certificate, 1999
- Grade School Teacher: Cincinnati Waldorf School. 2001-present

Please contact me at 513-861-2968 or 513-293-5999 to set up tutoring classes starting now!

CONTENT WITH THE CONTENT?

Do you have a cute or interesting story about what's happening in your child's life – either in school or at home? A testimonial to share, review of an event or a thoughtful comment? Some photos you've taken? A question about *Inreach*? [Send Libby an email](#) to discuss.

**Submission Deadline for next *Inreach*:
Tuesday, November 1st at 9:00 a.m.**