

# MLWS News from the Parent Council

October 6, 2017

## Hello MLWS Families...

Autumn has arrived, bringing chilly mornings and vibrant landscapes! We hope you enjoy this issue of our biweekly newsletter, which includes a Parent Council update, highlights activities of various classes and other school-related topics, offers Classified listings, and provides information about upcoming events in the community.

## PARENT COUNCIL UPDATE

Parent Council held our first meeting of the school year on September 13. We will hold our second meeting of the year on **Wednesday, October 18, 3:15-4:15pm**. We will continue to focus on several priority projects this year including: The Enchanted Walk, a Welcome Committee for new families, Parent Council presence at MLWS public events to support enrollment, Faculty Nourishment, Food Drives at Music Shares to support Family of New Paltz, and this bi-weekly newsletter. Please consider attending the October meeting or offering some of your time to one of these projects. Many hands make light work!

## UPCOMING EVENTS:

**Tuesday, October 10, 1:45-2:45pm: Winter Faire Handwork Group** Join Rosana Workman this Tuesday (and every Tuesday until the Winter Faire) in the back Kindergarten classroom, and make beautiful craft items for the Winter Faire. If you are unable to attend but still want to help, there are "take-home" craft kits available as well. Please see Mrs. Workman to make arrangements.

**Wednesday, October 11, 6-8pm: All-School Meeting:** An opportunity for your voice to be heard and for your questions to be answered. Please plan to attend! The main topic will be school finances.

**Wednesday, October 18, 3:15-4:15pm:** Monthly Parent Council meeting, in the back Kindergarten classroom.

**Sunday, October 29: Enchanted Walk:** A Halloween-time event for K through 2<sup>nd</sup> grade families. We are also seeking volunteers to donate time and/or supplies. Please contact [dana\\_rudikoff@yahoo.com](mailto:dana_rudikoff@yahoo.com) to get involved.

**Thursday, November 9: Lantern Walk:** A seasonal festival for K through 2<sup>nd</sup> grade families.

**Sunday, November 12: Annual Clothing Sale:** Please set aside your hand-me-downs to donate.

**Tuesday, November 22: Thanksgiving Work Share:** A sampling of the work of the students, Grades 1-8

## A PEEK INTO THE CLASSROOM:

**From Mr. Evans:** In The Beginning... so has the school year begun for the Third Grade. We have been listening to the stories of the Hebrew Scriptures. We began by hearing the stories of the seven days of creation and, through painting, have experienced the mood, color and form of each of the days. In our stories so far, Adam and Eve have had their time in the Heavenly Garden and are now living on Earth and must earn their bread "by the sweat of their brow." And so too have the third graders' brows been sweating each week at our Gardens of Nutrition plot in New Paltz. They have tamed our garden plot, gathered rich soil and planted our fall crop of lettuce. Let's hope the woodchuck who lives in our plot doesn't notice it. Soon we will begin our weekly visits to Four Winds Farm. Through direct hands-on experience, the children will assist in many of the chores involved with running a farm. Professional farmers will guide the children during each visit and give valuable lessons along the way. Math lessons continue as well. We engaged in an intensive review of Second Grade math concepts, which will help us greatly with our Measurement block in October. During this block, the children will learn and gain facility with time and length measurement.

**From Mr. Aram:** The Seventh Grade started the year with a study of the way we see the world. Perspective drawing is an important part of the curriculum for the seventh grade. We practiced drawing objects in isometric perspective, plan and elevation. These are the architects' and builders' way. Then we focused on one and two point perspective drawings. These subjective perspectives were discovered and perfected by Renaissance artists. The study of Renaissance will be our next main lesson block.



Drawing by Aurora Gill, Seventh Grader

## FROM THE FUNDRAISING COMMITTEE

### Spring Swing & Silent Auction

We are excited about planning our second annual spring gala, Spring Swing, which will again feature a lively contra dance, dinner and more. This year we are adding an online auction that will open for bidding during the weeks prior to our gala!

We would love your help procuring donations for the auction. If every family is able to acquire one or more items, we will have an amazing auction.

You can find donation forms in the front entrance to the school and they are also available via this link: <https://drive.google.com/file/d/0B953yiwYmb3gNmpEYU8tS3ZkeXM/view?usp=sharing> Completed forms can be submitted to the MLWS office.

Please consider attending our Spring Swing planning meeting on Monday, October 16th at 3 pm. If you are interested in helping but cannot make the meeting, please contact Carly at [fridlichc@gmail.com](mailto:fridlichc@gmail.com).

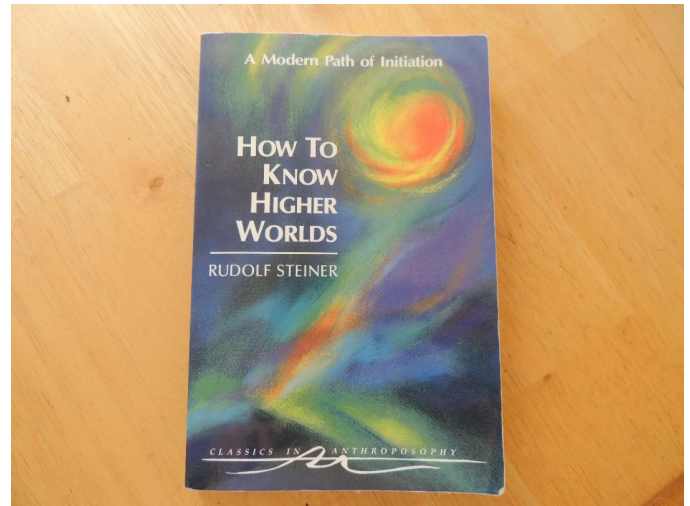
We look forward to celebrating our community with you and thank you!

Carly Fridlich,  
Chair, Spring Swing Gala  
on behalf of the Fundraising Committee

## STEINER STUDY GROUP FORMING

We are excited to announce that, beginning in November, Theo Lundin will be leading a Study Group. Theo is currently teaching First Grade at Mountain Laurel, which marks the beginning of his third cycle as a grades class teacher. No prior experience is necessary to join the group, just a genuine interest in learning about anthroposophy and Rudolf Steiner. The first book we will study is *How To Know Higher Worlds*.

The group will meet twice monthly for one hour, in the First Grade classroom at Mountain Laurel. The day and time will be determined based on the availability of those who are interested in participating. If you are interested, please email [pattyjacobson@gmail.com](mailto:pattyjacobson@gmail.com) with your availability. The Study Group will be free of charge.



## CLASSIFIED LISTINGS

**Cleaning out your closets?** Please put aside donations for the Third Grade clothing Sale! Collections will begin in October or you can call Brandi at 914.388.9325 to arrange drop off in advance. Adult and child clothing, toys, books and useful household items accepted.

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**ISO Apple Press** The First Grade class is looking to borrow an apple press (or two!) to make warm cider. If you have one to share, please pass it along to Theo Lundin.

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**Hearth to Hearth Bread Club CSA** - slow fermented, brick-oven baked, fresh bread from our hearth to yours. Sign up for weekly, bi-weekly, or monthly pickup/delivery in Saugerties, Kingston, or New Paltz. [www.hearthtohearthbreadclub.com](http://www.hearthtohearthbreadclub.com). Any questions, email [baker@hearthtohearthbreadclub.com](mailto:baker@hearthtohearthbreadclub.com)

### Valentine and Wilder's Pet-Sitting Service

Experience with cats, fish and guinea pigs, but also open to other pets as well! (917) 309-7790 or [seanaskye@me.com](mailto:seanaskye@me.com)

### Circus Arts classes come to Mountain Laurel!

Satori Circus Arts will provide after school classes, instructed by Richard Ferrono. Classes will teach tumbling, juggling, aerial silks, partner acro, unicycle, tightrope walking (1 foot off ground with mat), barrel walking, stilt walking and more!

When: Fridays from Sept 29 - Nov 17

Who: Age 9-12 3:15-4:15 PM,  
Age 12+ 4:15-5:15 PM

Where: Mountain Laurel Community Room

Cost: 8-week series for \$112.00. Drop-in welcome at \$15  
Please call beforehand to see if there is space.

Register: 845 475 2949 or [gymboss76s@gmail.com](mailto:gymboss76s@gmail.com)

**Tutoring** Ashley Sapir Lathrop is offering tutoring for children in reading and literacy skills. She holds dual master's degrees in elementary education and literacy, with certification in both areas. Whether it is decoding, phonics, comprehension, fluency, or simply finding more comfort with literacy skills, Ashley finds fun and meaningful ways to help children shine. Ashley is available year round for tutoring, at an hourly rate of \$60, and can be reached at (845)519-5067 or [ashley.sapir@gmail.com](mailto:ashley.sapir@gmail.com)

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**Looking for a reason to stay in shape this winter, while meeting other MLWS parents?**

Let's form a team of MLWS Parents to participate in the 2018 Rock the Ridge 'endurance challenge'. This Mohonk Preserve fundraiser caters to all abilities. We'll divide the course into equal parts that each team member (or twosome) can walk/jog at their own speed. To prepare, we'll schedule once per month group training walks. Interested?...contact Mischa Cohn: [mischac@hotmail.com](mailto:mischac@hotmail.com)

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**Wellness: Holistic, Drug-Free Asthma and Allergy Relief.** Buteyko Breathing Method is the most effective drug-free approach for the management of asthma, other breathing related problems, anxiety and panic attacks. Technique can be practiced by children and adults. Anna Yashayeva, RN, Dip BBM. [yaanna1@gmail.com](mailto:yaanna1@gmail.com). 917-750-2652

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**Naam Yoga Classes with Renée at The Living Seed in NP!**

Tues: Shakti Naam class (strengthening and vivifying)  
Thurs: Flow of Naam class (gentle and harmonizing)  
10:00am-11:15am (Classes are held Oct - Dec)  
All levels welcome! Call 917-655-2540 for more information.

Naam Yoga/Shakti Naam\* synergistically merges the precise science of BREATH (pranayama), POSTURE (asana), harmonizing and rhythmic MOVEMENT, MUDRA (hand posture) and SOUND MEDITATION (Naam).

- balances brain, glandular, digestive, and nervous systems
  - restores the natural flow of life-force
  - assists in stress reduction, anti-aging, and optimal health
  - contributes to positivity, peace of mind and heart-presence
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**Welcome Wellness** MLWS parents Liz Duncan-Gilmour, Callie Hershey and Nancy Hoose invite you to experience Ondamed® PEMF therapy. Liz and Callie founded Welcome Wellness after our children achieved remission from neurological Lyme Disease with the help of Ondamed® therapy. Our team has seen the benefits from Ondamed® therapy with issues including stress management, sleep disorders, sports injuries and surgical rehab, Lyme disease and other chronic and degenerative issues. A one-hour session generally costs \$75, but MLWS families will receive a special "friends and family" discount. We are located across the street from MLWS at 29 South Chestnut St., Suite 201. Please call to learn more. Liz: 845-616-2709, Callie: 914-456-5406, Nancy: 518-269-6357.

**Home Inspections:** emfs, dirty electricity, radio frequency  
Concerned about children's cell phone or lap top use? Get protection from new electric meters. Get emf readings on prospective new homes. Learn about router signals. Create an emf free sleeping environment. Teach children about safe wireless use. Decrease overall field exposure. Measure offices, cars, dorms. Learn about resources. Public talks. Harrison Barritt, [selfkindness@yahoo.com](mailto:selfkindness@yahoo.com), 256-0446

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**Permaculture designs and landscapes** created, installed and maintained by Andrew Faust and Adriana Magaña, suited to your vision and the ecology of your site. We use our 20+ years of experience and a great crew to bring you these services: Real Estate Assessment, Land Selection, Natural Building, Native Landscapes, Permaculture forest gardens, Biodynamic Orchard and Tree work, Organic Vegetable Gardens, Ponds and Solving water problems of all sorts. Contact us at 917-584-4588 or visit us at: <http://www.permaculturenewyork.com/design-consultation>

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**Traditional landscape paintings in oil – Tim Smith**

Offering private tuition for adults and 8th grade students in classical oil painting method. To organize a session around your or your child's specific schedule and needs, contact Tim at <https://www.timsmithpaintings.com/>

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**Guitar and mandolin lessons** with Mr. Steve Bernstein at his home in Gardiner, NY. Children, teens and adults are all welcome. Please call: 845 255 0822 or drop a note in his mailbox (2nd floor) at school.

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**Private Drum-Set Lessons** Amir Ziv (Head of the Drum Dept at the New School University's Jazz & Contemporary Music Program) is now offering students of all ages private lessons from his home studio in Kerhonkson. Serious students only. For more details and to set up a time to speak on the phone or in person, please email: [az\\_prod@yahoo.com](mailto:az_prod@yahoo.com)  
To view Amir's bio: <http://www.newschool.edu/jazz/faculty-az/?id=4e6a-417a-4f51-3d3d>

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**Music Composition with 'Famous Waldorf Alumna'**

Have you ever wanted to write a piece for recorder? Maybe a piano sonata? Or even a symphony? My name is Stephanie Ann Boyd, I'm a symphonic composer in New York City, and I went to the Rudolf Steiner School of Ann Arbor. You can find me on the list of Famous Waldorf Alumni, and my music is being played all over the world. I teach music composition lessons via Skype and I have helped over 100 people write their first pieces. I charge \$100 an hour, and I have financial scholarships for those who need them. You can read more here: <http://stephanieannboyd.com/teaching> and you can contact me at: [stephanie@stephanieannboyd.com](mailto:stephanie@stephanieannboyd.com)