



Calendar

Wed Mar 21 Community Game Night – 6:00 p.m. – 7:00 p.m. – in the school gym – open to the whole community

Fri Mar 23 Alumni Parents Potluck – 5:00 p.m. – 7:00 p.m. – school gym – see inside for details

Sat Mar 24 Clothing Swap – 10:00 a.m. – 1:00 p.m. – in the school gym – open to the whole Viroqua community – see inside for details

Tue & Wed Mar 27 & 28 5th Grade Play – 9:00 a.m. and 1:00 p.m. on Tuesday and 9:00 a.m. on Wednesday, at the Landmark Center Auditorium – 500 E. Jefferson

Fri Mar 30 – Sun Apr 8 Spring Break!

Please Note! New Date for Spring Concert!

The March 23 date for the Spring Concert has been changed to **Friday, April 20th**.

The Viroqua Parks and Recreation Department 2018 Activity Guide is out! Copies of the brochures are available on top of the Parent Library shelf across from the 3rd Grade classroom. Registration begins April 2nd. The last day for registration is May 4th. There are several new programs this year. Come join us!

Friday Assembly

Assembly begins at 8:20 AM

Mar 23—Open Assembly

Mar 30—No Assembly – Spring Break!

Apr 6—No Assembly – Spring Break!

What's Cooking!

School Store Open this Friday in the Lobby

The school store will be open this Friday morning in the lobby **before and after the assembly** offering a variety of Easter items. You are also invited to stop by Ewetopia on Main St. in Viroqua to check out our larger selection of products.

- Jordan Brudos and Kathryn Ashley-Wright,
School Store

Hot Dog Lunch Friday, March 23

The 7th Grade will be serving hot dogs for lunch on Friday, March 23rd, as a fundraiser for their 8th grade trip. **Please sign up and pay for the hot dogs in the office in advance.** You will still need to send sides to accompany the hot dogs. More information to follow next week.

- The 7th Grade Class

Community Game Night – March 21

As part of a Community Screen-Free Week, PRWS is joining with the McIntosh Memorial Library and Viroqua Elementary School in hosting a screen-free event.

Wednesday, March 21st, PRWS will host a Game Night in the school gym. The 7th grade will sell snacks as a fundraiser for their 8th grade trip.

Thursday, March 22nd, Viroqua Elementary School will host an evening music and movement with CrossFit Kids and music led by Liz Voz and Jesse Downs. Every student will get one free book and a healthy snack.

All events take place from 6:00 p.m. – 7:00 p.m. The entire Viroqua Community is invited to attend one or all of these evening activities.

- Jordan Brudos, Enrollment and Outreach Coordinator

Alumni Parents Potluck

If you're missing your fellow class parents and wish to visit and relax over an excellent meal, please join us on

Friday, March 23, from 5:00 p.m. – 7:00 p.m. We are hosting parents who have had a child (or many) graduate from Pleasant Ridge. This is an adults-only event. Please bring a dish to pass and eating utensils. Questions? Please contact Mary Christenson at mary@pleasantrydewaldorf.org.

- Mary Christenson, Development

Homeopathy Saturday conversation cancelled this week!

One More Thank You

Last week, I forgot to acknowledge and thank the people *behind* the Raffle. They are the other 'winners' for putting together some great prizes, shepherding along the marketing materials and the new educational video, and hosting the prize drawing event. My gratitude to Hallie Ashley, Erica Gerrity, and Simon Stumpf for leading the charge, as well as to Geri Shonka and Pete Hodapp for putting together the tickets and flyer. Internally, our admin staff also helped to prepare packets, track tickets and get the word out: thanks to Cynthia Olmstead, Nan Marshall, Sofya Hundt, and Kristin Pomykala. My sincere appreciation to all.

- Mary Christenson, Development

Swap ~ Don't Shop! PRWS Clothing Swap

Saturday, March 24, 2017,

10:00 a.m. – 1:00 p.m.

Hooray for Spring! Time to clean out closets and drawers, just in time for the annual PRWS Spring Clothing Swap!

How it works: Donate clothing and outerwear your family no longer needs. Score some new-to-you items that you need. It's that simple!

Drop off: Please bring items to the Pleasant Ridge School office beforehand. Doing so before the swap is strongly encouraged, though if you need more time you may bring items to the swap on Saturday morning.

Won't you join us? Questions? Call Robin Kottke at 608-638-2609 or email

ringleka@hotmail.com.

- Parent Association

Baby Green Shares from Growing For Good

Growing For Good and Thoreau College collaborate to bring you a 3-week baby greens share so you can taste the first leaves of spring! Running mid-April through early May, each week you will get a mix of kale, mustard, pak choi, mizuna, collards, parsley, and cilantro. The share costs \$20, and we just have a few shares left. Please contact Magda at magdabermudezlana@gmail.com to sign up!

- Magda Bermudez, Growing For Good

MealTrain for Carrie, Aaron, and Sons

Sign up to bring meals to Carrie, Aaron, Santi, and babies. The link to their MealTrain is below: <https://mealtrain.com/4w56e7>. Thanks!

- Stephanie Brown

Contemplative Moment

As the outer world begins to bud and bloom, so too our inward nature grows.

"Every moment a new reality is being formed and it is I who decide how it will unfold. The vision of human beings as three-fold beings of body, soul, and spirit, and learning to relate to each other as such is an essential task for our time. The alternative is to slowly forget that we are something more than a body, becoming tragically entangled in a web of false thinking. This is a call to become something more! Let us ponder our options and choose to become strong and pure in our own inner being so that we may be helpers to those who still struggle. Let us build an indomitable will to work together, in love, for the future of humanity."

Love is for the world what the
sun is for outer life.

No soul could live if Love
departed from the world;
It is the moral sun of the
world...

To spread Love over the earth,
To the degree possible;
To promote Love-
That alone is wisdom.

-Rudolf Steiner

Written by Cindy Taylor
Waldorf Teacher, MEd, Canadian Certified
Counsellor

8th Grade Fundraiser

Please stop by the office to buy packets of Naming Poem cards that feature the names and qualities of all the 8th graders. The funds go toward their 8th grade class trip.

- The 8th Grade Class



Snow Shoveling at the School

Clearing the doorways and sidewalks of snow and ice at Pleasant Ridge is a job that falls to parent volunteers. **The end is near!!** The schedule and class coordinators are listed below:

Class	Coordinator	Week1	Week2
8	Krings	11/5-12	1/21-28
7	Dehlin	11/12-19	1/28-2/4
6	Hundt	11/19-26	2/4-11
5	Brudos	11/26-12/3	2/11-18
4	Lenarz	12/3-10	2/18-25
3	Cole	12/10-17	2/25-3/4
2	Severson	12/31-1/7	3/4-11
1	Ugo	1/7-14	3/11-18
K	Hundt	1/14-21	3/18-25
	Facilities Comm.	12/17-31	3/25-

Please contact Jason Cole at 608-637-7160 or jasoncole@gmail.com or your class's coordinator with any questions.

COMMUNITY NEWS

PRWS music teacher Stephanie Pedretti and guitarist Erik Gundersen will present a classical flute and guitar concert as part of the Richland Concert Association series at 2:00pm, Sunday, April 8 at the Seventh-day Adventist Church, 26625 Crestview Drive, Richland Center. Tickets are \$15 each. Students under 18 are free with a paying adult. Come join us! Questions? Email richland.concert.board@gmail.com or stephpedretti@yahoo.com.

Baking for Kids

On Saturday, April 14, Josie Hundt (Grade 6) will be teaching a Driftless Folk School class on baking for kids. We will be learning things like how to separate eggs, how to knead pizza dough, and how to make apple crisp! For kids ages 8 to 14. Please join us! To sign up go to: <http://driftlessfolkschool.org/event/baking-for-kids/>. There are only 6 spots, so sign up now!

Kathy Hanson for Viroqua City Council Ward 4

I am life-long resident of Viroqua, and my career was spent teaching in public schools. However, I have a deep respect for PRWS and its philosophies, and I pledge to honor its importance in our community. Please consider me on April 3.

Questions? Dialog session on Saturday March 24 from 10 – 12 am at 208 E Jefferson, Phone 606-5009, email kahans@mwt.net

Creative Movement for 3- to 6-year-olds facilitated by PRWS parent Mandy Herrick. Thursdays, April 12-May 17, 5:00 p.m. - 5:45 p.m., at the Old Main Building at 321 E. Decker. Cost: \$45 or \$8/drop-in. Creative Movement facilitates brain/body learning, confidence, attention/focus, emotional stability, and awareness of self and other. Contact Mandy at herricam@gmail.com.

It's Games Friday at the McIntosh Memorial Library on **Friday, March 23rd** from 3:30 p.m. – 4:30 p.m., ages 6-14. If you have any questions, please call the library at 637-7151.

Music and Movement Family Night, Thursday, March 22, 2018, 6:00 p.m. – 7:00 p.m., at the Viroqua Elementary School Cafetorium and Gym. There will be CrossFit Kids activities and demonstrations and music and dance by Liz Vox and Jesse Downs. There will be a free, healthy snack, one free book for every student, and info about public and private Title I programs. This event is open to ALL students and their families, regardless of where they go to school. All students must be accompanied by an adult at this event. Invite a friend!

2018-2019 Laurel High School applications are due by 3:00 p.m., Wednesday, March 28th, in the High School office or by mail.

LUNCHBOX EXPRESS COMMUNITY NEWS POLICY

The Lunchbox Express Community News section is provided as a service to the school community. Printing of an ad does not imply endorsement by Pleasant Ridge Waldorf School.

How to Place an Ad:

1. Limit your ad to 70 words. We do not edit. We will not print ads over 70 words. If you must have a long ad, make a note & give it to the office staff to place on the bulletin board.
2. Ads will be printed only once.
3. Put your ad in the folder in the LBE's mailbox in the Office marked "Lunchbox Community News" OR e-mail ad to info@pleasantridgewaldorf.org with "Community News" in the subject line.
4. Deadline is Tuesdays at 8:30am. There may be occasions, due to unforeseen circumstances or space restrictions, that the Community section will not be printed. Thank you.