

# Lunchbox Express

An education for heart, hands, and head

September 26, 2018

### Calendar

Thu Sept 27 3rd Grade Field Trip

Fri Sept 28 Michaelmas Festival

Mon Oct 1 5<sup>th</sup> Grade Parent Evening – 5:00 p.m. – 6:30 p.m. – in the 5<sup>th</sup> grade classroom

Wed Oct 3 New Parent Meeting - 6:00 p.m.

<u>Thu Oct 4</u> Photo Retake Day – see right side of page for details

Mon Oct 8 3rd Grade Parent Evening – 5:00 p.m. – 6:30 p.m.

**Tue Oct 9** Substitute Orientation Meeting – 9:00 a.m.

Fri Oct 12 Grandparents and Special Friends Day

<u>Sun Oct 14</u> New Family Brunch – 12:00 p.m. - 2:00 p.m.

#### **Attention! October Hot Lunch Forms**

October is a long month. Therefore, the boxes for the 29th and 30th of October are on the far left of the forms under the name box. Please be sure to look for these meals when filling out the October forms.

If you already have turned in your October lunch form and missed those days, just stop by the office and add them.

- Nan Marshall, Office Manager

# Friday Assembly Assembly begins at 8:20 AM

Sept 28—Michaelmas Festival Pageant Oct 5—No Assembly Oct 12—Grandparents and Special Friends Day Assembly

# What's Cooking!

#### Michaelmas Festival Pageant

When I conquer within me fear and doubt Michael in Heaven casts the dragon out!

On <u>Friday, September 28th</u>, PRWS will celebrate Michaelmas. We warmly invite the community to join us <u>in the gym at 8:20 a.m.</u> for our Michaelmas Festival Pageant. All of the grade students will participate as we celebrate Archangel Michael's defeat of the Dragon. The pageant will last approximately 40 minutes. The rest of the day unfolds in a special way for the students as they work together to prepare a communal student lunch which they will eat together in the gym. Please send a snack as usual, but no lunch. The menu consists of squash soup, dragon bread, and apple crisp. Gluten-free bread and apple options will be available.

After the meal, the children will break into groups for different work and play activities in the afternoon. Therefore, the children should wear their festival attire in the morning and bring clothes that can get dirty that they can change into for the afternoon activities.

- Joshua Ecklund, Faculty Chair

#### **Photo Retake Day Information**

Photos will be distributed to classrooms on Monday, October 1. If your child was absent on the original school photo day or you feel that your child did not look his or her best in the photo, the photo retake day will be on Thursday, October 4th.

Kindergarten parents should bring their children to the school library between 7:45 a.m. and 8:00 a.m. The grades students will have their photos taken during the school day. There is no additional cost for the retake photo if your child was absent on the original photo day; however, if you are asking for a reshoot because you didn't like your child's expression or hair, then there will be a \$10 charge for the retake. Please contact Drew Shonka by October 3rd at drew@drewshonkaphotography.com to schedule your photo retake.

- Drew Shonka Photography



### **EVENTS**

### What is Michaelmas?

Every year, approximately seven days after the Autumnal equinox, Waldorf schools throughout the world celebrate the festival of Michael. Outside in Autumnal nature we can see the verdant growth of summer drying, withering, changing into the many Autumnal hues, as well as making seeds. Nature thus provides a picture of how thought lights up within the human soul. The greenery of summer must make a seed to endure winter. Similarly, movement in early human life makes possible speech, and speech becomes thought. Michaelmas is known as a "Festival of Courage," and stories from cultures around the world are gathered in our schools at this time. The archetype of Michael gives us a picture of strength, courage, and clarity of thought. Strength to kindle our inner fire, and iron will to keep on working towards the clarity of thinking to know what must be transformed. Michael stands over the dragon showing that he has overcome the Lie, the Ugly, and the Bad in the name of Truth, Beauty, and Goodness. Waldorf Education echoes the essence of Michaelmas. Each and every one of us has a gift to bring to the world. Can we learn to recognize and honor our own gifts, have interest in each other's gifts, and encourage each other toward our full potential? This is what Michaelmas celebrates!

Magnificent Autumn!

He comes not like a pilgrim clad in russet weeds,

He comes not like a hermit clad in grey, But he comes like a warrior

- Wordsworth

Join us for our Michaelmas Festival Pageant Friday, September 28th, 2018, at 8:20 a.m. in the Gym.

- Davina Hemmer, Michaelmas Committee

#### Hot Dog Lunches Fridays, October 5 and 19

The 8<sup>th</sup> Grade will be serving hot dogs for lunch on Fridays, October 5<sup>th</sup> and 19<sup>th</sup>, as a fundraiser for their 8<sup>th</sup> 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. Thank you!

8<sup>th</sup> Grade Class

# <u>Grandparents and Special Friends Day:</u> <u>Friday, October 12, 2018</u>

Each autumn our Friday morning program and luncheon for grandparents and special friends draws about 80 people. It's a great opportunity to enjoy an assembly, visit their loved one's classrooms, ask questions, and experience our unique school culture. Invitations have been mailed to all grandparents and special friends for whom we've received addresses (those who attended in previous years are on the invitation list and should have already received theirs). If there are others who should be added to this list, please provide names and addresses to Robin Kottke and we'll get an invitation to them straight away.

R.S.V.P.s are necessary to ensure we are well prepared with an adequate number of chairs for classroom visits, nametags, luncheon servings, etc.

Volunteers are needed to help set up, serve, clean up, and provide refreshments for the reception. Please contact Robin at <a href="mailto:robin@pleasantridgewaldorf.org">robin@pleasantridgewaldorf.org</a> if you're able to help out in any way. Thank you much!

- Robin Kottke, Development Director

# Welcome to the Newest Member of Our Community!

Kathryn and Keith Ashley-Wright welcomed a sweet, baby girl into their family on Monday. Everyone is doing well, and names are still being considered! The baby was 8 lbs. 4 oz. and 20" long. Click here to sign-up to bring the family a home-cooked meal. There are different ways that you can deliver a meal to them. You are welcome to drop meals off at



their home in LaFarge between 5:00 p.m. – 6:00 p.m., at Ewetopia by 5:00 p.m., or at PRWS at 2:45 p.m (pick-up time). Thank you!

- Jordan Brudos, Enrollment and Outreach Coordinator

### **JOIN IN**

### Join the Parent Association!

The Parent Association is looking for individuals to join our committee. If you are interested in community building and planning fun events, then this is the group for you! Our first meeting is scheduled for **October 4 at 6:00 p.m.** For this gathering we will be meeting at the Legion in Viroqua so that we can play trivia afterwards! Meetings are monthly and rotate between different locations – local venues and members' homes. If you have questions and would like to learn more about the Parent Association, please contact Jordan Brudos at iordan@brudos.net.

- PRWS Parent Association

### We Need Your Input

We are in the process of scheduling some Parent Education events for the year, but are curious about what topics you are interested in? Please send your ideas to Jordan at enrollment@pleasantridgewaldorf.org.

> Jordan Brudos, Enrollment and Outreach Coordinator

### **Photographer Needed!**

Calling all photographers! The Marketing and Communications Committee is looking for parents interested in joining our Event Photography team. (We take pictures of various school events for posting in the Parent Portal.) If you're interested in helping with this important service, please contact David Levin for more information at david@davidlevin.com.

- David Levin, Marketing and Communications Committee

# <u>Seeking Substitute Teachers and</u> Office Volunteers

We are looking to add to our list of substitute teachers for the upcoming year. If you are interested, please give Nan a call in the office. We'd love to help you get started.

# Our Substitute Orientation will be October 9th at 9:00 a.m. Please call the office to register.

We are also looking for additional volunteers for helping out in the office. This would be on an occasional, as-needed basis. Some training would be involved. Please call Nan in the office if you are interested.

- Nan Marshall, Office Manager

#### Save the Date for the Fall Concert!

Please add the date for the Fall Concert to your school-year calendars. The concert will take place in the gym at **6:30 p.m. on Wednesday, November 14.** Students in grades 5-8 will be performing.

Stephanie Pedretti and Melissa Madura, Music Teachers

### **ADMIN**

### **Volunteerism Celebrated!**

We CELEBRATED VOLUNTEERISM at the All-School Meeting last night. Thank you to all of those who were able to join us and to the 8<sup>th</sup> grade students who provided childcare. The faculty, staff, and Board of Directors were pleased to see many of our new families in attendance as well as so many 'veteran' parents.

Being a Volunteer at PRWS is a celebrated core value because we can do so much when we work together. In fact, this school exists because of the efforts of countless volunteers who put their beliefs into action. We are grateful to those who labor for the good of many, acting from an intention of love for another!

On behalf of the Board, faculty, and staff, thank you for spending the evening with us at



the All-School Meeting and to our generous families who sustain PRWS with gits of talents and time.

Amy Hazell, Administrative Chair

### October Aftercare Registration Form

It's not too early to register for October aftercare. The form is located in a box on the wall across from the office.

Nan Marshall, Office Manager

### <u>Pleasant Ridge Google Calendar</u>

We have a Pleasant Ridge Google Calendar. If you would like to be able to check parent meetings, holidays, assemblies, or other school information from the comfort of your own home or phone, please stop by the office and ask Nan to send an invitation to you.

Nan Marshall, Office Manager

# 70 Hands + 35 Willing Hearts from Grades 2 and 7

We send our thanks to the many hands that made light work this week at our farm, helping us clean up our lower goat pasture from flood flotsam. Natural disasters such as floods can wear us down – especially those of us who live rurally. In less than an hour, Ms. Davina and her class, Ms. Hotchkiss and her class, and accompanying parents and babies were able to move flood debris out of creek and field. It was a burst of beautiful energy, a fine example of community service, and a generous act of taking care of a need. Thank you all who made it possible, and thanks for giving us such a fun Monday morning. Warm wishes,

 Ms. Catherine and the Thalhammer family

### An Apple a Day...

The eighth grade will have organic apples from the Link orchard available for sale in the hallway near the office on and off throughout the fall. We have HoneyCrisp and Fuji, prized for eating; Golden Delicious; and Cortland - for eating or baking, sauce, or cider. Just \$5 for a 3 lb. sack. Fill a bag yourself and pay Nan in the office.

This year we will also have freshly pressed cider for sale. Pay in the office.

This upper-grade fundraising is toward our 8th grade trip. Thank you for your patronage.

- The Eighth Grade

## **COMMUNITY NEWS**

VSN kicks off new program series - Conservation on Tap. This is a six-part series of talks with discussions about local conservation topics given by regional experts. Join us to hear engaging presentations about regional conservation topics in a fun and relaxed setting while sampling local brews and beverages. The first, "Nation's First Watershed Project," is Wednesday, Oct 10th, at Rooted Spoon from 7:00 p.m. – 9:00 p.m. Learn more at valleystewardshipnetwork.org.

The Viroqua affiliate of the Christian Community again welcomes Reverend Ann Burfeind, from the Chicago congregation. The schedule is as follows: Friday, October 5<sup>th</sup>, at 7:00 p.m., in the Old Main Building (OMB) at 321 E. Decker. Facing the World Today in the Light of Michael - A talk given by Reverend Burfeind.

Saturday, October 6th, OMB, 9:30 a.m. Story for the children (first- through eighth-graders) (if two or more children).

10:00 a.m. Service for the Children (first through eighth-graders) (if two or more children). 10:30 a.m. The Act of Consecration of Man (adult service).

Community potluck meal to follow in the Wickert home near the OMB.

For parents bringing children to the story/Service for the Children and/or needing childcare, one needs to contact Jenny Spann by Thursday the 4th. For more information, contact Jenny, communications coordinator, at <a href="mailto:jennyspann@frontiernet.net">jennyspann@frontiernet.net</a> or 637-8759.

Our friend Hannah, a PRWS alumna, is experiencing health issues that required a week-long hospital stay. The positive news is that Hannah is back home and doing well. Over the next few months Hannah and her family need our help -- especially financial help -- for providing care for



Ezra so she can rest and heal. Chris is trying to remain a full-time college

student, so childcare is a primary need. Other acts of generosity are loved and appreciated, but financial support is the most urgent.

If you would like to visit Hannah she would welcome the company. Please TEXT Hannah beforehand to arrange a time. 608-632-1784. Bringing some sort of handwork or craft to do together could be a lovely addition to your visit. Sign up for the meal train at: https://www.mealtrain.com/trains/n7ol96.

Awakening of Love (AOL) – Viroqua, October 19-21, 2018. AOL is a unique, 3-day workshop that is a loving, joyful, and liberating process that supports your journey of self-discovery. In this group you will start to understand unfulfilling patterns and obstacles, release blockages, and re-connect to your longing and deeper purpose. Re-ignite your passion for life! Call 608-606-3500 or 608-606-0759 for details or go to <a href="https://www.sacredinquiry.com">www.sacredinquiry.com</a>

## Active Hope and the Work That Reconnects: 4 part workshop

This is a spiral journey of gratitude for our relationship to nature, honoring our grief, and discovering our deep connection to each other and to the web of life. Facilitated by Nicole Penick and singing led by Kva Mary.

1st & 3rd Sundays of October & November (10/7, 10/21, 11/4, 11/18) 1:00 p.m. – 4:00 p.m. If interested contact Nicole at <a href="micolerwc@gmail.com">micolerwc@gmail.com</a> or 608-606-1942. We ask that you are able to commit to the full 4 workshops. Dana/Gift Economy.

# The Viroqua Harvest Parade is holding their community puppet and costume building extravaganza this coming weekend!

What: Puppet Jam!

When: Saturday, September 29th, and Sunday, September 30th, from 12:00 p.m. – 4:00 p.m.

Where: The Ark

No experience necessary. Wear clothes that can get messy. Bring your own ideas for what you'd like to make this year OR help the puppet crew complete some of this year's new projects. This is a great event for families or anyone that loves to create! See you there!

**SAVE THE DATE:** This year's Viroqua Harvest Parade will take place on October 13 at 2:00 p.m. More info:

https://www.facebook.com/viroquaharvest/Questions? Denise Semanchin: 608-354-2309.

**Quintet concerts this weekend** - Kristina Gullion on violin, performing with wonderful La Crosse area musicians. Dvorak Piano Quintet highlights the program as well as some shorter pieces. Saturday, September 29. 7:30 p.m. (Concert lasts about one hour.)

Annett Recital Hall, Center for the Arts, UW-La Crosse campus. Free admission.

https://goo.gl/maps/NYq9iU7JCD72

Also performing at Old Main in Galesville on Sunday, September 30, 3:00 p.m. \$10 admission. Mozart Clarinet Quintet and Dvorak Piano Quintet I hope many of the students and their families will attend! Feel free to spread the word. I hope you can make it! Kristina Gullion

Cultivating Conscious Leadership – This program is here to help guide young adults to use their voice, stimulate their leadership, practice compassion, be courageous, and delve into self-worth and reflection. Dates: October 17 and 24, November 7 and 21, and December 5 and 19 after school from 3:30 p.m. – 5:30 p.m. The program is for 6<sup>th</sup> – 8<sup>th</sup> graders. The cost is \$25. YIHS will be the meeting place each week. The program is being offered by Perla Grenier as her senior project at YIHS. Her mentor is Dave Puig. Contact Perla at 608-606-6519 or perlaskye@gmail.com.

#### **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.