

Calendar

Important Lunch Menu Change!!

Due to an oversight on my part, I neglected to include our traditional Baked Squash and Wild Rice meal on the day before our Thanksgiving Break. I would like to do that as usual. **So, if you've already turned in your lunch form and you'd like add or delete that meal for your child(ren) on Tuesday, November 20th, please let Nan in the office know as soon as possible.** If you haven't turned your form in yet, just make the change on there and turn it in as soon as you can. Sorry for the confusion.

- Julie Turino, Cook

Wed Nov 14 Fall Concert – 6:30 p.m.

Fri Nov 16 Holiday Faire Crafting – 7:00 p.m. – see inside for details

Mon Nov 19 3rd Grade Parent Meeting – 5:00 p.m. – 6:30 p.m. – in the 3rd grade classroom

Mon Nov 19 Crafting Night at Ewetopia – 5:00 p.m. – 7:00 p.m. – see inside for details

Tue Nov 20 “Topics in Waldorf Education” discussion series – 6:00 p.m. – 7:00 p.m. – in the Handwork Room - see inside for details

Wed-Fri Nov 21-23 Thanksgiving Break – No Classes

Mon Nov 26 Crafting Night at Ewetopia – 5:00 p.m. – 7:00 p.m. – see inside for details

Friday Assembly

Assembly begins at 8:20 AM

Nov 16—Odd Assembly

Nov 23—Thanksgiving Break – **No School**

Nov 30—No Assembly – Noon Dismissal for Holiday Faire

What's Cooking!

Organic Hot Dog Lunch Friday - November 16

The 8th Grade will be serving organic hot dogs for lunch on Friday, November 16, as a fundraiser for their 8th grade trip. Gluten-free buns and veggie dogs are available by preorder.

Please sign up and pay for the hot dogs in the office in advance. The cost is \$2 in advance and \$3 when purchased on the hot dog Friday.

You will still need to send sides to accompany the hot dogs. Thank you!

- 8th Grade Class

Fall Concert - Wednesday, November 14th, at 6:30 p.m. in the PRWS Gym

Join us for a concert of choral and instrumental offerings by students in grades 5-8. The performance will be in the PRWS gym and will feature 5th grade strings and recorder, 5/6 and 7/8 choruses, the 6/7/8 recorder ensemble, and the 6/7/8 string orchestra. All are welcome!

Children who are performing should arrive by 6:15 p.m. **Concert attire** is required for all performers at the Wednesday evening performance. All concert clothes must follow the PRWS dress code.

Girls: White, long-sleeved top that covers the shoulders. Black dress pants (no yoga pants) or skirt (mid-thigh or longer). Black shoes with a flat bottom or very conservative heel. Black tights if wearing a skirt. No jeans.

Boys: White long-sleeved shirt with collar, tucked in, black pants, black shoes. No jeans. Concert clothes that have been donated over the years are available for borrowing from the front office. **Additional donations are welcome!** Please call the office if you have any further questions.

- Stephanie Pedretti and Melissa Madura,
Music Teachers

December Hot Lunch Form Due ASAP

The new December Hot Lunch Menu is attached to the back of this Lunchbox Express. **Please fill it out and return it as soon as possible.** Because of the Thanksgiving break, there will be little time to process all the forms before the start of a new month. Thank you!

- Nan Marshall, Office Manager

EVENTS

Topics in Waldorf Education - Discussion Series

We are beginning a series of monthly discussions on different topics in which parents have expressed interest. Our first discussion will be on **November 20, from 6:00 p.m. – 7:00 p.m.** in the Handwork room at the school. Mary Christenson will be facilitating this first discussion, and she has provided a description of the topic below.

The Waldorf School movement began in Stuttgart, Germany, in 1919 and has since spread across the world. What were the founders of Pleasant Ridge wishing for when they adopted this philosophy and curriculum as their guide? What makes Waldorf unique? How it can be a reflection of our community and at the same time be true to its philosophical foundations? After a short presentation we can discuss your observations, questions, and what more you might want to learn. I will bring many easy-to-read articles that can help you gain a deeper understanding of the roots of Waldorf and of Rudolf Steiner's role as its founder, as well as resources that report on how the curriculum manifests in schools today. If you haven't listened to the 3 short videos that were produced for our 25th anniversary in 2005, you might want to do so before this conversation. You can find them [here](#) on our website.

Childcare will be provided by the 8th grade class for donations towards their class trip in May. Please RSVP for the discussion and childcare (if needed) by contacting Jordan at enrollment@pleasantridgewaldorf.org.

- Jordan Brudos, Enrollment and Outreach Coordinator

Twinklefest Parade

PRWS will be participating in the Twinklefest Parade again this year, and we are looking for families to walk in the parade and hand out items. The parade is on **Friday, November 23, at 7:00 p.m.** – so if you are in town and would like to be involved, please contact Jordan at 637-7828 or enrollment@pleasantridgewaldorf.org for more information. I hope that you can join us!

- Jordan Brudos, Enrollment and Outreach Coordinator

ADMIN

***Upward Gravity** weekly thoughts from the
Administrative Chair, Amy Hazell*

Building Community: Sharing the Light of Martinmas

Just as drawing in a full breath of air is invigorating, restorative, and settling, so too is filling your mind with positive thoughts and good feelings for others, especially those you have conflict with. Once you clear an open heart-path to that person, set aside a specific time to hold an honest conversation in which you truly listen to the other person's perspective. Wait for his or her words rather than presume to know. Leading with a gesture of grace for each one's journey will allow your hearts to expand, seeing that person, maybe for the first time, for who that individual truly is.

PRWS 1-Page Phone List

The PRWS 1-page phone list is available in the front office. Please stop in to pick up a copy.

- Nan Marshall, Office Manager

HOLIDAY FAIRE

Holiday Faire Ice Skating

As in the past, the Viroqua Community Arena has been reserved and is open for Pleasant Ridge children on Friday, November 30th, during the Holiday Faire setup. If your child wishes to skate, please make sure he/she brings a sack lunch to eat at school before walking or being driven to the arena. The cost for this activity is \$5. **Please pay in the office by end of day on Wednesday, November 28th.** Skates are available for rent at the arena at the cost of \$2 per child. Pay for skate rental at the rink. All children must have a signed permission form to participate in skating. A form is attached to the back of this Lunchbox Express. They are also available in the office.

We will need parent drivers who are able to help transport children to the arena. Please see the signup sheet outside of the office. **If you sign up to drive, make sure that the office has a copy of your current driver's license and car insurance.**

We would also appreciate assistance gathering children from each class from their rooms and moving them in an organized manner to the front of the school. If you can help with your child's class, find Mike Moon in the hall outside the office at 11:50 p.m.

- Mike Moon and Steven Kottke,
Skating Coordinators

Adult Crafting Night for the Holiday Faire

Join us at Margret Lenarz's house **Friday, November 16, at 7:00 p.m.** at 510 S. Rusk for an evening of simple crafting, snacks, and beverages. We will be making a few different things to stock the Children's Castle for the Holiday Faire.

- Margret Lenarz, Holiday
Faire Coordinator

Holiday Faire Joyful Wassail for Adults, Friday, November 30th, 6:30 p.m.-Midnight

Please join us for a magical evening with artisan vendors, a beautiful meal, decadent desserts and libations, silent auction, live music featuring the Ridgetones, tree lighting, raffle, and dance party featuring DJ Chris Dunn.

General Admission: \$8 advance/\$10 door (includes entry and entertainment)

Golden Wassail Pass: \$25 advance/\$30 door (includes entry, entertainment, festive meal, decadent dessert, and one Holiday Faire raffle ticket).

Don your fanciest frocks and attire, or simply come as you are. Just be sure to get here; it's going to be a great night!

New this Year:

Online ticket sales for Friday Evening Wassail at pleasantridgewaldorf.org. No convenience fee; only convenience and savings! Advance tickets may also be purchased at the Viroqua Food Co-op and the school's front office. Get yours today!

Friday evening childcare: online registration open now! Childcare will once again be provided next door at the Landmark Center by Youth Initiative High School students from 6:15 p.m. – Midnight. Visit the above link and click on "Schedule and Advance Ticket Sales" for more information and the link to the online childcare registration form.

- Holiday Faire Committee

Seeking Silent Auction Donations!

Please consider a donation to the Holiday Faire Silent Auction. Goods and services (bodywork, basket of canned preserves, yoga classes...), practical and/or beautiful home wares (artwork, furniture, jewelry...), and unique and adventurous experiences (family cabin up north for a weekend, unicycle lessons, wild food walk...) are all encouraged and welcome! Email donation ideas or suggestions to: prwsholidayfaire@gmail.com. Thanks so much!

- Kate Holmes and Amber Biver,
Silent Auction Coordinators

Holiday Faire Class Assignments

The Holiday Faire is a much-anticipated, all-school event that requires the participation of each PRWS family. Each grade is assigned an area of the Faire to support through setup, staffing, cleanup, etc. Below are the parent assignments by grade. Signup sheets are posted outside the front office. Thank you in advance for your support. We couldn't do it without you!

GRADE ASSIGNMENTS FOR PARENTS:

- Kindergarten—Crystal Boat and Children's Crafts
 - 1st and 2nd – Bake Sale/Café (Friday and Saturday shifts)
 - 3rd – Friday Night Food Serving and Cleanup
 - 4th – Faire Cleanup (Saturday)
 - 5th – School Store
 - 6th – Lunch Service and Cleanup
 - Students help with Ice Skating Friday afternoon
 - 7th – Friday Afternoon Decorating and Children's Crafts
 - Parents help set up Faire on Friday
 - Students help with Faire setup on Friday and assist with Children's Crafts on Saturday
 - 8th – Children's Castle and Crafts
 - Parents help staff Children's Castle and Children's Crafts on Saturday
 - Students help with Faire setup on Friday and staff Children's Castle and Children's Crafts on Saturday
- Holiday Faire Committee

Pocket Person Trinkets Needed

Looking for sweet little items for the Pocket Person to give out at the Holiday Faire. Simple, natural items appreciated: jewelry you no longer wear, wooden or stone trinkets, anything tiny (kids love tiny stuff!). Please drop off any donation you have in the office. Thanks!

- Margret Lenarz, Holiday
Faire Coordinator

Let the Holiday Faire Bake Sale

Baking Begin!!

Dear friends, it is that time of year to buy some butter and start your holiday baking. The days are shorter and the nights are colder, so give in to the urge to warm your house via oven.

Helping us create a rich spread of special delights can be a full-family event - dust off your grandmother's recipe collection and make a mess in that kitchen! Bake and freeze now - thaw and cook the day before the Faire.

There will be a large sign-up sheet available outside the main office by the end of the week. Please sign up early for a slot that inspires you. Prefer to bake savory items or special candies? Even better! Looking forward to seeing your new ideas. Please contact Julia Ugo (606-9125 and juliahundt@gmail.com) if you have questions.

- Julia Ugo, Bake Sale Coordinator

Waldorf Resale Shoppe: Call for Donations

We're excited to bring the Waldorf Resale Shoppe to this year's Holiday Faire! The Resale Shoppe, an expansion of our School Store, offers gently used wooden and natural toys for sale. This is great opportunity help raise funds for PRWS by donating items your children no longer use and also to shop for beautiful, quality toys for less than retail prices. Donations of wooden and natural toys in good, resale condition may be dropped off at the school office through November 23rd. Thanks so much for your help! Questions? Contact Jordan at enrollment@pleasantridgewaldorf.org or 608-637-7828.

- Holiday Faire Committee

Last Call for Artisans and Vendors for the Holiday Faire

Last Call for Holiday Faire Artisans and Vendors! There's still time to apply to be a vendor at this year's faire scheduled for Friday, November 30 - Saturday, December 1st. Vendor applications are now available online at: <https://pleasantrydgewaldorf.org/our-school/holiday-faire/>. Please see the webpage for contact and application information or contact Robin Kottke at holidayfairevending@gmail.com.

- Holiday Faire Committee

GRATITUDE

Work Day Thanks

Thank you to all who participated in the "Fall" Work Day last Saturday. The winter weather did not keep a good crowd from showing up to trim trees, spread wood chips, clean windows, move a gargantuan picnic table, and take care of many other tasks. We've readied the yard for winter and the halls for Holiday Faire. And once again, we enjoyed a delicious wood-fired pizza lunch. We are grateful for your efforts.

- Joe Lenarz, Facilities Committee

EXCITING NEWS!

Solar-Powered Pleasant Ridge!

Last Saturday, we kicked off Solar-Powered Pleasant Ridge with a small group of volunteers. The first phase was to lift all of the 30 solar panels and the 172 cement blocks onto the roof using muscle and ingenuity (and Jim Olson's handy bucket truck - thanks Jim!). The second phase will be to construct the 10kW array, connecting the panels to the bases weighed down with engineered ballasts.

Finally, once that's all built and wired together, we will interconnect to the school's electricity meter outside of the kitchen. That is where the

inverter will be installed, taking the DC power from the solar panels and "inverting" it to AC power to be used directly on-site.

The project was brought to the school earlier this year by parent Keith Ashley-Wright, with Joe Lenarz as board president and Jim Olson, also a parent, with skills in energy savings. The installation is a collaboration with Ethos Green Power in Viroqua and is, in part, a gift in honor of Maiela and Zirelia Leinberger's father David Blecker, who was also the company's master electrician for many years.

The school will also receive grant funding through Focus on Energy and another non-profit grant through RENEW Wisconsin called "Solar for Good," with the remainder of the cost being paid for by Ethos as a partner. The solar array is expected to produce about 12,500 kilowatt hours each year, which should save the school \$1,500 in electricity expenses.



Solar panels and cement blocks on the way to the roof.

Annual Raffle Update

The theme for this year's raffle is **Adventure Awaits: Road, River, and Trail!** We think the lineup of prizes this year should help tickets go like hotcakes!

Grand Prize: Brand new 2018 Chevy Spark from Sleepy Hollow Chevrolet!

Second Prize: Two GIANT brand bikes with custom fitting from BlueDog Cycles.

Third Prize: Kayak and accoutrements from Rutabaga Paddle Sports

Raffle packets will be available for pickup shortly, just in time for holiday gatherings. Be on the lookout for a sneak peak at our Grand Prize rolling through this year's Twinklefest Parade!

- Raffle Committee

IN OTHER NEWS

Eurythmy Class for Adults

Ever wanted to learn eurythmy? If you can come Wednesdays at 4:00 p.m. to 5:00 p.m. you have a chance! Joshua Ecklund will be leading a class at that time in Ye Auld Maine Building (southwest corner of Washington and Decker). We shall be learning the fundamentals, practicing them, and working on W.B. Yeats' 'The Isle of Innisfree.' Cost is from \$5 to \$10. **Classes are underway.** Just show up.

- Joshua Ecklund, Eurythmy Teacher

Group Anthroposophic Book Study

Those interested in studying Rudolf Steiner's 'Occult Science' in a social setting are welcome to come to Ye Auld Maine Building (southwest corner of Washington and Decker) at 9:10 a.m. Fridays where we shall study it for an hour. Joshua Ecklund shall host. First session was October 19; however, all are welcome. No cost but your focus.

- Joshua Ecklund, Eurythmy Teacher

COMMUNITY NEWS

Grass-fed Beef for sale! Rotationally grazed and harvested on our farm, our sweet steers received scratches daily. No grain or chemicals. Available for your freezer by the whole, half, or quarter. \$3.25/# hanging weight plus butcher fees. Contact Lisa Geary at (608) 604-2886 or mariposa@mwt.net.

The Viroqua affiliate of the Christian Community

invites all to a talk: "Reincarnation—A Christian Idea?" given by Reverend Paul Newton. This will be on Thursday, November 29, at 7:00 p.m. in the Old Main Building at 321 E. Decker in Viroqua. All are welcome! For more information, contact Donna at morningglory62@zoho.com.

On Thursday, November 15th, Viroqua Plastic-Free will be presenting their final film from the Vernon Film Festival 2018: A Plastic Ocean.

It is showing at Bekkum Memorial Library in Westby at 6:30 p.m. Free admission. All are welcome to attend, but we are extending a special invitation to local business owners, managers, and leaders of local and educational institutions.

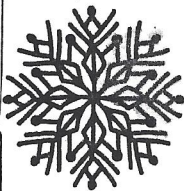



LUNCHBOX EXPRESS COMMUNITY NEWS POLICY

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 8:00am. There may be occasions, due to unforeseen circumstances or space restrictions, that the Community section will not be printed. Thank you.

December Lunch Menu

One Form Per Person		**** Please CIRCLE the dates you want to have lunch. ****			Add \$ totals across and down				
NAME _____	3	Pizza and Salad	4	Burritos w/ fruit and veg	5	Chili And Cinnamon rolls	6	Baked Potato w/ fruit and veg	GF
GRADE _____	10	Pasta Marinara and Salad	11	Beans & Rice w/ Nachos	12	Soup And Bread	13	Rice and Veg w/ fruit	GF
	17	Mac-n-Cheese With Salad	18	Tostadas w/ fruit and veg	19	Stew And Cornbread	20	French Toast w/ fruit	
   									
<h2>Happy Holidays!</h2>									
Monthly plan due by					FRIDAY Nov. 16th		Subtotal		
All meals are \$3.50 each.							Credits -		
							Total		

HOLIDAY FAIRE ICE SKATING PERMISSION FORM

WHO: Pleasant Ridge students from grades 1 to 6.

WHAT: Ice Skating fun and child supervision for grades 1-6 at the Viroqua Community Arena while others set up for the Holiday Faire (*children of adults setting up can skate for free*)

WHY: School is released on Friday, November 30th, at noon – for Holiday Faire preparations

WHEN: Friday, November 30th, 12:00 p.m. - 2:45 p.m.

SCHEDULE:

- 1) Eat lunch at school at 11:30 a.m.
- 2) Caravan to arena at noon
- 3) Skate and have fun safely until 2:30 p.m.
- 3) Be ready for pick-up at the arena 2:45 p.m.

There will be NO bus pickup at the school in the afternoon on November 30th.

Parents, if you would like your child to spend the afternoon at the ice arena, please see below:

TO SKATE:

- **Fill out the form below, one for EACH child**
- **Return the form and \$5.00 to the office by the end of the school day on November 28th.**
- **Send your child to school on November 30th with lunch and either ice skates in hand or \$2 for skate rental, which is available at the arena**
- **Pick up your child at 2:45 p.m. at the arena**

Further questions – please call Mike Moon at 608-772-4386.

I give permission for my child, _____, grade _____, to go skating at the Viroqua Community Arena. I understand this means that my child may ride in a car driven by an adult or may walk to the arena.

(Initial) _____ I will pick up my child at the arena no later than 2:45 p.m.

Parent or guardian's signature

date

Phone Number Where You Can be Reached if Needed: _____

I am part of the Holiday Faire setup crew: Y / N