



## Calendar

**Mon Jan 11** Korean Student Welcome Assembly

**Fri Jan 18** Epiphany/Martin Luther King, Jr. Festival

**Wed Jan 30** Kindergarten Parent Meeting – 5:30 p.m., in the kindergarten classrooms

**Mon Feb 4** 3<sup>rd</sup> Grade Parent Meeting – 5:00 p.m. – 6:30 p.m., in the 3<sup>rd</sup> grade classroom

**Mon-Fri Feb 4-8** Re-Enrollment Week

**Sat Feb 9** Kindergarten Morning

**Tue Feb 12** Screen-Free Week Dance – in the school gym

**Fri Feb 15** 8<sup>th</sup> Grade Eurythmy Performance – in the school gym

**Mon-Fri Feb 18-22** Parent/Teacher Conferences and Mid-Winter Break

## Friday Assembly

Assembly begins at 8:20 AM

*Jan 11 —Korean Welcome Assembly*

*Jan 18 —Epiphany/Martin Luther King, Jr. Assembly*

*Jan 25 —Open Assembly*

## What's Cooking!

### Special Assembly – This Friday

Come welcome our Visitors from South Korea



- Amy Hazell, Administrative Chair

### Tuition Statement for Tax Purposes

If you'd like a statement of tuition paid in the 2018 calendar year, please email your request to [finance@pleasantridgewaldorf.org](mailto:finance@pleasantridgewaldorf.org). Thank you!

- Sofya Hundt, Business Manager

### Hot Lunch Volunteer Help Needed!

**HELP!** We still need more volunteers to help prep and serve in the kitchen for January. Please consider signing up for at least one volunteer shift using the following link:

<https://docs.google.com/spreadsheets/d/1RVz0oqRa3g0vAQGYC1OPhQueBNgQSYOJAukhN2WJ0-c/edit#gid=0>.

Thank you!

- Amy Hazell, Administrative Chair

### Instrument Rental Payment Reminder

For those of you paying for your instrument rental in two payments, now is the time to make the second payment so as to avoid a late fee.

Thank you!

- Sofya Hundt, Finance Coordinator

### Raffle Ticket Reminder

There are still some raffle tickets in the office. Don't forget to pick them up!

- The Raffle Committee

## Ice Skating this Year

Each winter, the students in 1<sup>st</sup> through 8<sup>th</sup> grades have an opportunity to ice skate at the Park Bowl during their movement class, weather and ice permitting. First through 3<sup>rd</sup> grades will only go once/week. To make this possible, we will need parent support on those days to help tie skates. For 2<sup>nd</sup> graders, we will need parents to meet us at the Park Bowl at 12:55 p.m. on Tuesdays. For 3<sup>rd</sup> graders, we will need parents to meet us at 12:55 p.m. on Mondays. **Please sign up with Nan in the office if you are able to help tie skates. Be sure to check in during the morning to make sure skating is happening each day.**

We hope the weather favors a nice stretch of ice skating this January and February. **Lerie hopes all students will have skates within the first two weeks of school in January, if possible.** There will need to be a minimum of  $\frac{3}{4}$  of the student body per class with skates to make ice skating possible.

Skates will not be available for rent from the Park Bowl. However, the school does have some skates that can be borrowed. **The skates are available in the office now. Please make sure you sign them out when you borrow them.** You can also find used skates at Play it Again Sports in La Crosse, and they also can sharpen them. You can also get skates sharpened at the Viroqua Arena. Anyone with skates to sell, please notify the Lunchbox Express, and we will put an ad for you in the Community News. It is important for all students to have good laces, blade guards, and sharpened skate blades. This makes the skates safer to skate on than those with dull blades. We recommend hockey skates for structural support and for keeping the children's feet warm. Skate guards or tote bags are essential for safety while sharp skates are being carried.

- Lerie Alstad van Ells,  
Movement Teacher

## When School is Closed due to Inclement Weather

It's that time of year! Here's the scoop on winter-weather closings. PRWS (and YIHS) follow the Viroqua School District when it comes to closing for inclement weather. We would only deviate in the case of a closing that is not weather-related or if the VAS school schedule is different than ours (for instance, when they may have a half day already scheduled). We rely on the bus garages, who have their eye on all the roads, to make the safest decision, and - no matter what - if it doesn't feel safe to drive, don't! Though only a few PRWS students take the bus, many families, faculty and staff drive in, and safety comes first.

During the winter, be sure to check for schedule changes every day. Often the roads are worse in areas outside of town, which can lead to unexpected delays or closures.

### **How do we account for snow days in our calendar?**

Each year the faculty and administration carefully make the yearly schedule, including multiple drafts and much forethought and intention for the health of the children and their families. When the ideal schedule is found, the administration carefully counts up the hours (not days) of the school year with plenty of cushion for those inevitable snow days. When the public school "makes up" hours for snow days at the end of the year, this is actually because of their funding structure.

### **There are many ways to find out if school will be closed or delayed.**

1. Text message and/or email: Sign up ahead of time by going to [www.news8000.com](http://www.news8000.com). Under the weather tab, find email/text alerts. Sign up for your county. The message will come out as soon as the decision is made.
2. Online: [www.news8000.com](http://www.news8000.com). Click on School Closings, located under the Weather tab.
3. Call the school at 608-637-7828. **A message will be on the machine by 6:50 a.m.** in the case of a closing or delay. In the case of a delay, it's a good idea to check back before the



10:10 a.m. start time in case the weather has turned.

4. School Facebook page, TV/Radio: WDRT, WVRQ, WKBT, WTCO

Do you have other questions? Ask a faculty, staff, administration, or board member or a veteran PRWS family. We will find the answer.

- Amy Hazell, Administrative Chair

**Winter/Spring Session of Parent-Child Classes at PRWS**

Parents and their young children (ages 1-4) can join Ms. Martha once a week on Tuesday or Wednesday mornings from 8:45 a.m. - 10:45 a.m. Classes begin the week of January 29. Cost is \$135 for the 9-week session.

Click [here](#) for more information and registration form. Contact Jordan at 637-7828

or [enrollment@pleasantrydrewaldorf.org](mailto:enrollment@pleasantrydrewaldorf.org) with questions or to register.

- Jordan Brudos, Enrollment and Outreach Coordinator

**January Aftercare Form is Now Available!**

Be sure to sign up for your January aftercare now. The January form is located at the end of this Lunchbox Express.

- Jordan Brudos, Aftercare Coordinator

**Re-Enrollment Week for School Year 2019-2020 February 4 – 8, 2019**

Please look for program changes, additions, re-enrollment forms, tuition information, and adjustment applications beginning February 4<sup>th</sup>.

**Registration fee of \$165** per family is due with your re-enrollment form by **February 8<sup>th</sup>**.

Registration fee **AFTER** February 8<sup>th</sup> will be \$500.

Tuition Adjustment applications will be due **February 15<sup>th</sup>**.

- Amy Hazell, Administrative Chair

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

The article I'm sharing this week was written by Meredith, a Waldorf class teacher. I hope adults will be inspired to practically apply Steiner's words to their work in the school. Whether you are a class parent serving hot lunch or working on a committee, all our group experiences at PRWS are most actively rooted in creating a socially healthy community. We should expect to struggle through tasks with one another from time-to-time. Group work, done with love for the other, will refine us as individuals. We are doing more than academically educating our children, we are transforming communities! I am so glad we are on this journey together.

***The Healthy Social Life*** by Meredith  
<https://www.awaldorfjourney.com/2011/01/the-healthy-social-life/>

*"A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living."*  
Rudolf Steiner

A socially healthy class has a finely tuned understanding of each individual part of the group at the same time that each individual recognizes the needs of the group as a whole. As this quote from Steiner suggests, a healthy social group is a delicate balance between the needs of the individual and the needs of the group. Ideally, by working with the social life of the class, the needs of the group and the needs of the individual become one. I give a lot of attention to working with the social being of my class. For me, this is a lot more than outwardly speaking to them about being kind to each other. Every morning we begin our day with this kind of social work in movement. There is a series of exercises that we do together, first in unison facing each other, then in a round, then not facing each other, then in a round without facing each other. The students take great pride in being able to start together, in unison without even looking at each other.

I'm always on the lookout for activities like this to cultivate this social understanding. In the past we have built human pyramids, timed how long it takes the group to climb to the top of a playground structure, jumped rope with the entire class (with a very long rope!). Things like this have been some of my students' favorite and healthiest activities.

As we do these things, we are learning so much! Can we help our classmates do what is needed (group) without getting frustrated (individual)? How much can we express our own individuality and still honor the needs of the group? This is truly the work that creates world citizens! What could be more important?!

### **Front Office Volunteer Needed**

Do you enjoy meeting new people? We are looking for front office volunteers to help out on Fridays. Could you put in a couple of hours after drop off? Or maybe spend a few hours in the afternoon? If you are interested, please stop in and chat with Nan about what might be involved. Thanks!

- Nan Marshall, Office Manager

### **Volunteers Needed at Growing For Good**

We have a volunteer opportunity coming up at Growing For Good. We will be propagating geraniums and could use your help! The work days are Saturday 1/19 from 1:00 p.m. – 5:00 p.m. and Sunday 1/20 from 1:00 p.m. – 4:00 p.m. Let me know if you might be available by emailing [info@growingforgood.org](mailto:info@growingforgood.org). Thanks!

- Amber Knutson, Growing For Good Staff

### **Renewal Magazine Available**

We have recently received the fall issue of *Renewal*, a bi-annual publication of the Association of Waldorf Schools of North America (AWSNA). It features an article about Growing For Good, our greenhouse business. Extra copies are available in the office at a discounted price of \$5/issue. If you want to inform yourself more about Waldorf education, *Renewal* is a great way to learn about the Waldorf curriculum, about association news,

Alumni news, and Waldorf schools across the continent. The magazines are available in the hallway. Please pay in the office. Enjoy!

- Amy Hazell, Administrative Chair

### **St. Lucia Thanks!**

Many, many thanks for all those who helped with the St. Lucia Celebration on December 13<sup>th</sup>. We are grateful to Jordan Brudos, Marianne Miro, and Cathy Brummer who helped provide the saffron breads and prepare for the many details and accoutrements of the procession. Thanks also to Mrs. Link and the eighth graders for sharing your light on Lucia Day.

- Catherine Young and Julee Caspers  
Agar, St. Lucia Coordinators

### **With Gratitude**

Today after school (January 8<sup>th</sup>), I read the card and received your gifts, including the gifts of Hershey kisses and candy canes, plus the coffee gift card.

Thank you from my heart for your kindness.

- Lerie Alstad

### **Missing Basketball**

A brand new Dick's Sporting Goods basketball is missing from the Games closet in the gym. It belongs to YIHS who gave me two balls. Please return it...it is missed.

- Lerie Alstad, Movement Teacher

## COMMUNITY NEWS

**Lost – one multi-colored (mainly teal with yellow, black, and other colors in the design) neck warmer.**

It was lost during the Holiday Faire. It was last seen on the Lost and Found Table outside the faculty lounge. Please, if you picked it up, return it to the school office. It belongs to Franzia and is very dear to her. Thank you.



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**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](mailto: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.