



**ASHWOOD'S NEW WEBSITE HAS LAUNCHED**  
*An endeavor that has required the talents of many generous people*

Ashwood has a new website, and you're invited!

Go to [ashwoodwaldorf.org](http://ashwoodwaldorf.org) and you'll find a new look, a new navigation structure, and many fun, helpful, and informative features for current and prospective parents, as well as the general public.

Creating this website was a huge endeavor that required the heads, hearts, and hands of many people.

It all started in 2010 when a group of parents and administrators serving on the Public Relations Committee decided that Ashwood needed to find new and better ways to tell its story.

The first step was to find out what the general public was thinking and saying about Ashwood. In doing this, the public relations committee discovered that many members of the community at-large—from which Ashwood might draw new students—were either only peripherally aware of us or had ideas about the school that were inaccurate or erroneous. With characteristic energy, the committee set out to correct this picture. **Continued on following page.**



**ANTHROPOSOPHIC MEDICINE COMES TO ASHWOOD**

Last week during Faculty In-Service Day, Daniel Einstein, MD and Deb Soule from Avena Botanicals, gave a presentation on childhood illnesses and herbal remedies. Subsequent to the presentation, I met with Dr. Einstein to discuss how his relationship with Ashwood might develop. As you will see inside this issue, Dan will be giving a public presentation at Ashwood and begin holding limited office hours on campus. Please join me in warmly welcoming Dr. Dan Einstein to the Ashwood community! **Continued on page 4.**

—Jody Spanglet, School Director

**DATES TO REMEMBER**

Saturday	Mar. 30	Independent Schools Association Open House	10 a.m.–1:00 p.m.
Wednesday	Apr. 3	Aldermere Farm Hands	2:05–3:15 p.m.
Wednesday	Apr. 10	Tour of the Grades	8:15–10:30 a.m.
		Aldermere Farm Hands	2:05–3:15 p.m.
Monday–Friday	Apr. 15–19	Spring Break - No School	
Wednesday	Apr. 24	Aldermere Farm Hands	2:05–3:15 p.m.
Thursday	Apr. 25	Sixth Grade Play: An Arthurian Tale	TBA
Friday	Apr. 26	Sixth Grade Play: An Arthurian Tale	TBA
Saturday	Apr. 27	CMCA "ARTicipation Student Exhibition Opening	2:00–4:00 p.m.
		Hats Off! Auction, Rockport Opera House	6:30–9:30 p.m.

### ASHWOOD'S NEW WEBSITE HAS LAUNCHED

*continued from page one*

Dollars were committed through the careful husbanding of the advertising budget, and an initiative was launched to improve awareness, increase inquiries and enrollment, and help to build a more stable, healthy school.

The new website is a major aspect of this initiative. Countless hours, as well as much love, thought, and good will have been poured into this project. A large heaping of gratitude goes to Jana Herbener, whose tireless work in her previous role at Ashwood laid a solid foundation for the new site.

The Public Relations Committee—Mary Riley, Betsy Morrell, Maria Northcott, and Jody Spanglet—have been the guiding light behind the initiative, with the website as an integral component of an effort to present Ashwood to the world in a way that is vibrant, inviting, and true to our mission.

Louise Ellis, our website developer, was always willing and patient, enthusiastic, and resourceful. Parent Dennis Gannon told us about things we never knew a website could do and got down to work on giving us an interactive calendar, online forms, and a slideshow app. Many other parents offered creative ideas, advice, and support.

We're also grateful to Marti Stone and Doug Mott who generously donated their time and photographic talents. Many other photographers have also contributed to our archives in recent years, most notably our multi-talented Director of Admissions Mark Ferrero. Mark was also instrumental—and long suffering—in managing the transfer of our website to its new hosting company.

So, what will your website experience be? In the look and design of the website we've tried to take full advantage of the interactivity that characterizes the Internet, while keeping in mind the spirit of Waldorf education by striving to make it simple, beautiful, and useful.

There are a number of new features for you to discover, and we hope you'll have fun trying them out. Among them are:

**Community Calendar:** This customizable calendar allows you to change the way you view the calendar, search by categories, and import events directly into your own desktop or mobile calendar. It also interfaces with Facebook.

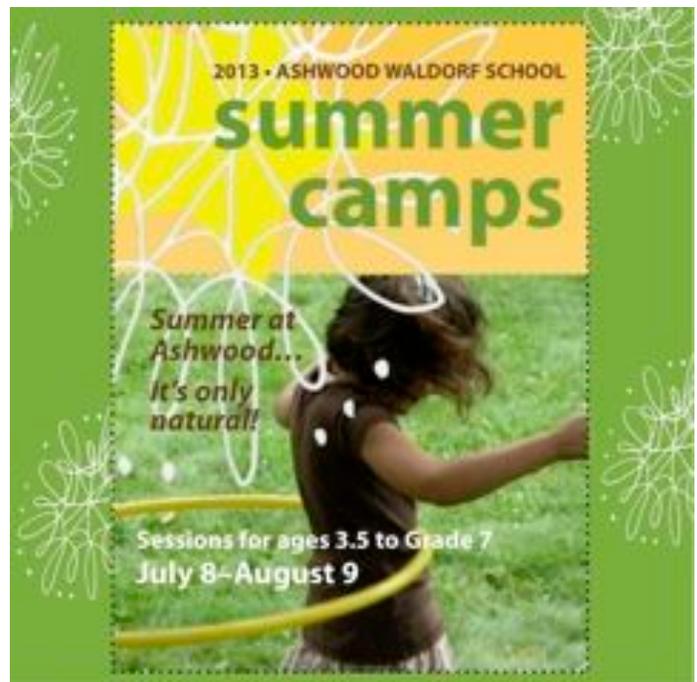
**Gallery:** What better way to let people know the joy and wonder of how children learn at Ashwood than to see our students at work and at play? We hope you'll enjoy this ever-fresh feature of our new website.

**Blog:** Here you'll find news, tidbits, educational pieces, interesting links, inspirational quotes, and more. Faculty members will be blogging as will guests with interesting perspectives on childhood development and Waldorf education in the midcoast and beyond. On blog pages, you have the option of creating a comment on the post. We'd love to hear from you!

The new website is in beta mode, so there will surely be some issues to work out in the coming days. We'd love to hear from you about your experience. What's working? What's not? What do you like? What would you like to see in the future? Please be in touch through our [contact form](#) or [lpurdom@ashwoodwaldorf.org](mailto:lpurdom@ashwoodwaldorf.org).

We are committed to making this website a fresh and lively resource for all.

— Laura Purdom, Director of Public Relations & Marketing



### ASHWOOD SUMMER CAMP: SIGN UP TODAY!

Go to: [www.ashwoodwaldorf.org/summer-camp](http://www.ashwoodwaldorf.org/summer-camp) to download the brochure/application or come by the office for a copy. For more information, call 207-236-8021 or email [info@ashwoodwaldorf.org](mailto:info@ashwoodwaldorf.org).

**HATS OFF AUCTION WITH THE OFFBEATS**

*Saturday, April 27, 6:30 p.m., Rockport Opera House*



Thank you to everyone who donated to the upcoming Hats Off Auction, and who solicited area businesses as well. We have an incredible array of items to bid on, ranging from gift certificates for local restaurants and shops, a week at a lakefront vacation home, a private

tour of Hope Elephants, and an overnight on North Haven, to a private bird-watching tour on Beech Hill, original artwork by Mary Bourke, a custom birthday party by some remarkable party planners, and a schooner trip aboard the J & E Riggan. Wow! We can't wait for the bidding to begin!

There will be two ways to bid on these and many other incredible items: online, beginning at 6 a.m. on April 1, and at the Hats Off Auction itself, on April 27 at the Rockport Opera House. *A select group of special items will be featured in the live auction. The rest must be bid for online only.* The online auction will be available to the entire community and will be sent to you by Ashwood via a link. This link can be sent to family and friends. Please make sure to open the link when it is sent, and to follow the simple online bidding directions.

**Please invite and bring your friends to the auction on April 27.** It's going to be a great night, with entertainment by the fabulous OffBeats, a male a cappella group featuring some

extremely talented Ashwood alumni, delectable dishes, a cash bar, games and prizes, and, of course, Hats Hats Hats!

There are three easy ways to invite your friends and family:

1. **Email:** Send your friends' names and email addresses to [development@ashwoodwaldorf.org](mailto:development@ashwoodwaldorf.org) and we'll send them an evite.
2. **Facebook:** Click "going" on the auction event on Ashwood's [Facebook](#) page. then invite your friends.
3. **Pickup:** Get your paper invitations in the school office to hand deliver or mail.

**So what do you need to do now?**

- Arrange childcare for your night out so you can be sure to make it on April 27!
- Start thinking now about your hat: What are you going to wear? How do you want to decorate it? Creativity encouraged! Prizes will be given for the best and most creative hats. Think Audrey Hepburn in *My Fair Lady*, Kate in the royal wedding, *Go Dog Go!*, or your best spring hat.
- A sign up board will be circulating soon for volunteers the night of the event (for making food or taking a shift).

Thank you to everyone who has helped get this wonderful community event going. We are so looking forward to a wonderful and successful fundraiser for Ashwood!

If you have any questions, please contact Elizabeth Lally via email: [lally@tds.net](mailto:lally@tds.net), phone: 207-273-3331; or Kate Chandler via email: [khbchan@hotmail.com](mailto:khbchan@hotmail.com), phone: 207-273-3267 or 207-975-6307.

—*The Hats Off Auction Committee: Kate Chandler, Emily Gannon, Elizabeth Lally, Tina Lipmanowicz, Kari Luehman, Annie Mahle, Lisa Newcomb, Buck O'Herin, Liz Snider, Madrona Wienges, and Vicky Willey*



**THANK YOU AND A TIP OF THE TOP HAT TO OUR AUCTION SPONSORS**

Hearty appreciation goes to the Hats Off Auction sponsors. We are deeply grateful to the following businesses for their invaluable support and generosity:

**Camden National Bank • CedarWorks • Fiddlers Green • Swans Island • Van Steenberg and Associates**

ANTHROPOSOPHIC MEDICINE COMES TO ASHWOOD

**HOLISTIC TREATMENT OF COMMON CHILDHOOD AILMENTS: A PARENT EVENING**

*Tuesday, May 14, 7:00 p.m.*



Please join Ashwood's new school physician, **Daniel Einstein, MD** on Tuesday, May 14 from 7:00 to 8:30 p.m. for a talk on holistic therapies for common childhood illnesses, including colds, sleep disturbances, stomach troubles,

allergies and ADHD. Dr. Einstein will also give a brief overview of Steiner's anthroposophic approach to medical care, especially as it applies to children. There will be a question and answer session to follow. This event is free and open to the public. For more information: 207-236-8021; send an inquiry to [info@ashwoodwaldorf.org](mailto:info@ashwoodwaldorf.org) or visit [www.ashwoodwaldorf.org](http://www.ashwoodwaldorf.org).

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**Anthroposophic Medicine Defined**

Anthroposophic medicine (from *anthropos* = human being and *Sophia* = wisdom) is a form of complementary medicine developed by Rudolf Steiner that views the entire human being. The anthroposophical approach to medicine adds spiritual insight to diagnosis and healing. Applied by conventionally trained medical doctors who combine orthodox medical treatment with complementary practice, this modern holistic paradigm combines European homeopathics, plant medicines, natural remedies and elements of allopathic principles. Inspired by Rudolf Steiner (1861–1925), anthroposophic medicine takes into account that human beings, nature, and the cosmos are interrelated. Many other therapeutic disciplines that have developed within the approach include homeopathic and herbal remedies, home care, nursing, artistic therapy, music therapy, hydrotherapy, curative eurythmy (movement), and massage."

—Rudolf Steiner Health Center

**DANIEL EINSTEIN, MD TO OFFER HOLISTIC DROP-IN CLINIC AT ASHWOOD**

I am pleased to introduce myself as the new school physician at Ashwood Waldorf School. As school physician, I'll be assisting the staff when medical questions come up and giving periodic presentations to parents and faculty. I will also offer a weekly drop-in clinic at Ashwood for ailing children to get quick evaluations before school. My Ashwood visiting hours will be Tuesdays from 7 to 8 a.m., May 7 to May 28. (Parents should bring any medications, vitamins, or other supplements their child is taking.)

I hope that my background as a family physician, herbalist, and Anthroposophic (Steiner) physician in training will be a great addition to the education offered here at Ashwood.

As for my background, I began medical training at the Blue Otter School of Herbal Medicine. This school is based on a Native American approach to herbs, focused on the healing power of plant energies. I completed my conventional medical training at Case Western Reserve Medical School in Cleveland, Ohio and the Maine Dartmouth Family Medicine Residency in Augusta. In residency, I received an additional certification in integrative medicine, which is focused on nutrition, vitamins, supplements, and guided lifestyle change. After residency, I started the training program to be an Anthroposophic physician, and I am currently in the second year of the five-year program.

I also want to invite all of you to my medical practice at Avena Botanicals' Healing Center where you will find everything you might expect at a doctor's office, including care for children and adults, medication management, lab tests, and prenatal care. Perhaps more importantly, illness is treated from the Anthroposophic perspective that views illness as a great teacher in life's learning journey. Anthroposophic medicine complements Waldorf education. Treatments are aimed at helping children achieve developmental goals according to Steiner's teachings. These treatments are accomplished with a combination of herbs, lifestyle counseling, Anthroposophic remedies, and pharmaceuticals. Clinic hours at Avena are Tuesdays and Wednesdays, 8 a.m. to 5 p.m.

Contact me at [dan@holistic-einstein.com](mailto:dan@holistic-einstein.com) for questions or visit my website [www.holistic-einstein.com](http://www.holistic-einstein.com) for more information about my practice. I can also be reached at 207-470-0499.

—Dr. Dan Einstein

## ALMOST BROTHERS

*Alumni to Donate a Portion of Concert Proceeds to Tuition Assistance Fund*

Sean Oshima '08, Alex Wilder '08, and Jamie Oshima '12, are Almost Brothers who love to make music together. They have prepared a night of music to kick off spring on Saturday, April 13, 7 p.m., at the John Street Methodist Church, 98 John Street, Camden.

The trio will donate a portion of their concert proceeds to Ashwood's Tuition Assistance Fund. Alex Wilder '08, just back from the National Honor Choir in Dallas, said, "I attended Ashwood from kindergarten up through middle school. I feel that it's made a strong, positive impact on my life—both academically and otherwise. Sean, Jamie, and I decided we would love to help other students have that experience, and given the fact that Ashwood nurtured us musically, we felt that the concert was the perfect opportunity to give back."

Sean, Alex, and Jamie have been jamming, performing in bands, and acting in plays together since they were at Ashwood and before they knew how to tie their shoes. Mostly Brothers is a culmination of their musical experiences to date, featuring original songs as well as rocking covers. All three are multi-instrumentalists and singers, although each member brings something unique to the group. Their tight harmonies have, on occasion, been reported to make passersby swoon. Mostly Brothers looks forward to seeing you for this lively night of music and fun! Tickets: adults \$10; students \$6.



## DUNCAN HALL '10 AWARDED FIRST PLACE AT NATIONAL HONOR SOCIETY TALENT SHOW

Duncan Hall '10 took first place this month at the Camden Hills Regional High School Talent Show at the Strom Auditorium. This annual event is a fundraiser for the National Honor Society.

The show included many talented performers who sang and played their various instruments with amazing skill. Ashwood's own Duncan Hall was happy to be invited to compete for the second year in a row. Last year Duncan played bass guitar, and this year he performed on his electric cello, made here in Maine by Ned Steinberger. Surrounded by blue light and elevated on a low platform, Duncan used Ableton Live's looping and effects capabilities as well as a MIDI foot controller to create a winning performance piece. Congratulations, Duncan!

Proceeds from the show fund the school's NHS chapter activities, the NHS Scholarship Fund, and a variety of local charities.

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***Given the fact that Ashwood nurtured us musically, we felt that the concert was the perfect opportunity to give back.***

If you can't make it to the April 13 performance, catch the trio on Friday, April 12, 7 p.m. at the Sheepscot General Store, Townhouse Road, Whitefield.

**But wait! That's not all!** Come see Alex, Jamie, Sean, and Duncan Hall (see next article) as part of the OffBeats, an a cappella group that will be the featured entertainment at the Hats Off Auction, April 27, 6:30 p.m., at the Rockport Opera House. Details on the auction can be found on page 3 or at our website: [Hats Off! Auction](#).

**ASHLEY BRYAN: 90-YEAR-OLD ARTIST SHARES HIS JOIE DE VIVRE WITH STUDENTS OF ALL AGES**

Two years ago, Laura Purdom's Fifth Grade class and my Fourth Grade class, as part of a camping trip to Acadia National Park, took a side trip out to Little Cranberry Island, Maine to meet artist and poet Ashley Bryan. It was an unforgettable experience for us all as we toured his studios, played with his handmade toys, marveled at his beautiful children's books, and got to know this unique man.

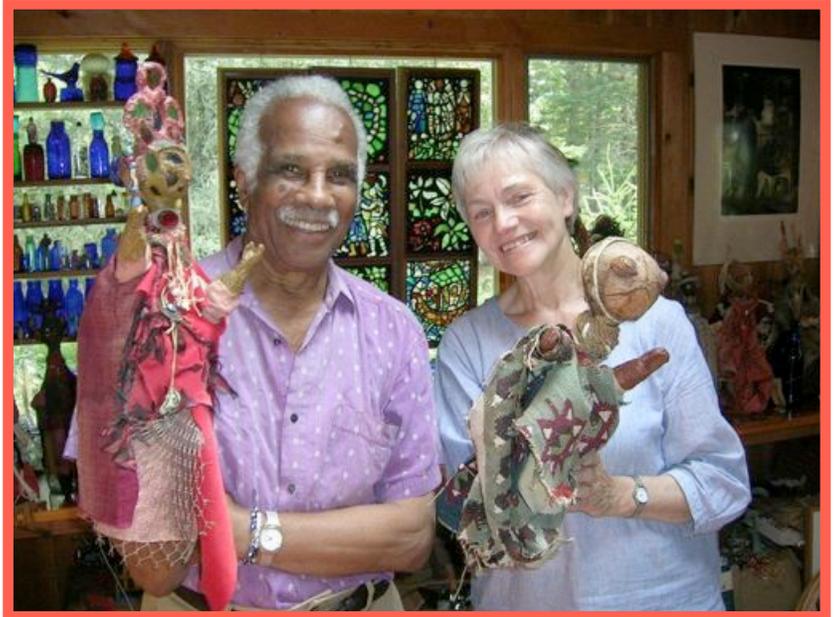
Though this former Dartmouth professor, artist, author, and poet, is soon to be 90 years of age (his birthday is July 13), Ashley Bryan has kept young, physically and in spirit, his mind always in creative mode. There is no question that he has kept his inner child alive throughout the years. Children and adults alike are drawn to Ashley who makes everyone feel special by giving his whole attention to them, no matter who, or how old they are. His enthusiasm and his love of life and people have no bounds. He will engage deeply in a conversation with a five year old and demonstrate one of his movable toys, happily playing with the child in his "Toy Museum", quite forgetting the time. His house and studio are brimful from floor to ceiling with handmade toys, collectibles, and artifacts from all over the world, as well as with Ashley's own creations: his paintings, collages, puppets, stained glass windows made from sea glass, papier-mâché, woodcuts, and of course, books of all kinds. It is a fascinating place to visit!

Ashley loves to share his art, and he loves to tell stories. His mind is overflowing with ideas, poems, and wisdom. I remember Ashley welcoming our classes at the mail boat landing on Little Cranberry Island and walking with us in long energetic strides on the way to his house, reciting some of the poetry of Langston Hughes in a booming, resonating voice. With patience and unwavering commitment he tended to two busy classes of children and several adults that day, demonstrating his toys, answering questions, and making us feel that we were his honored guests.

—Ursula Leonore

There's more to Ursula's story about Ashley Bryan. For the full text of this article go to:

[An Encounter with Maine Artist Ashley Bryan](#)



*Ashley Bryan and Ursula Leonore demonstrate two of Ashley's puppets in Ashley's studio on Little Cranberry Island, Maine.*

**MAY FAIRE IS  
COMING...**



**SATURDAY, MAY 4, 11 A.M. TO 2 P.M.  
GAMES • FOOD • FUN!**

### RETIRED WALDORF TEACHER URSULA LEONORE REFLECTS ON A LIFE IN SERVICE



As a recently retired teacher, after almost 35 years of teaching and close to 70 years old, I have the leisure now to think about and reflect on a long string of life experiences. When I began to write the article about Ashley Bryan (previous page), I realized that all my life I have been drawn to, or was surrounded by interesting and inspiring people who have played an important part in my life. Throughout my teaching career in the Waldorf schools I strove to bring biographies of outstanding men and women to my students as models for them, or I invited people to the classroom who had the quality to inspire them. I grew up myself with strong models in my life.

After the war, my father was given a leading political position in the town of Bremerhaven in northern Germany where I spent most of my childhood. My parents often invited people who played an important part in the political restructuring of Germany after the war. This reflected on the nature of our home life. It was a rich and inspiring environment. I feel fortunate that I lived in a close-knit family where lively discussions and debates were the norm, as well as much humor and

good-natured laughter—maybe to offset the terrible times of the war and Russian occupation my family had to endure. Classical music resounded daily in our house from our Gründig record player, in addition to my mother’s beautiful piano playing. Thoughtful conversation, literature, music and art, and folk singing were a constant part of my childhood, until I left home at 18 to study nursing.

I lived in a sheltered environment, the youngest of three; but after my siblings who were much older than I, had left home, I grew up like an only child. I adored my

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***It was a habit among many German families to take a Sunday afternoon hike in the forest on the outskirts of the town. My family kept to this custom religiously, hiking every Sunday, rain or shine, several hours in the woods and then going home for the traditional “Four O’ Clock Coffee and Cake.”***

mother, and she and I became inseparable. My playmate and companion was my dachshund, not other children. This was after World War II and people struggled with rebuilding their bombed-out houses, trying to find normalcy again in their lives. Children were often left to their own devices, or had to help after school. My parents were very protective and cautious; the streets were not safe in the late forties and early fifties for children to roam on their own. We had a fenced-in yard where I played by myself and created many imaginary games; I tended to my beloved flower bed in our vast garden, or I amused myself playing with my little dog, my dolls and stuffed animals. I had then, and still have, a strong love for nature and animals and one of my hobbies as a teenager was to observe and photograph wild birds and keep a record. It was a habit among many German families to take a Sunday afternoon hike in the forest on the outskirts of the town. My family kept to this custom religiously, hiking every Sunday, rain or shine, several hours in the woods and then going home for the traditional “Four o’ Clock Coffee and Cake”. The feeling of wonderful togetherness with close family in nature has never left me and inspired me to continue exploring the outdoors with my own children and my students.

—Ursula Leonore

There’s more to Ursula’s story. Read the entire article on our website at: [Ursula Leonore: A Life in Service](#).

You may send your community news or classified announcements to [lpurdom@ashwoodwaldorf.org](mailto:lpurdom@ashwoodwaldorf.org). Please note that in order to be considered for publication, items must be 150 words or less.



### Kroka Expedition's Waldorf-Inspired 2013 Summer Camps:

Our summer programs—for ages 9–18—span one to three weeks and offer experiences in wilderness living, traditional native skills, rock climbing, caving, and white water paddling. Centered around the

principles of Waldorf education, our daily adventures are punctuated by singing, swimming, building with natural materials, learning practical handcraft skills, and exploring with new friends. All of this is done within the holistic lifestyle of a nurturing community: celebrating food, sharing living spaces, and working and playing hard in nature. For more information visit our website at [www.kroka.org](http://www.kroka.org) or call 603-835-9087.



**Pre-Diabetes and Type 2 Diabetes Group Starting:** "Six Weeks to get Educated, Get Connected, Get Activated": A new group is forming in Rockland for people who have signs of developing type 2 diabetes or who already have the diagnosis. Some of the signs of this metabolic condition are stubborn belly fat, high blood pressure, acne, carbohydrate cravings, polycystic ovarian syndrome, and fertility issues. The group will be led by Ashwood First Grade parent Jenna Labbe-Watson, certified Ayurvedic practitioner and herbalist. The group

will be held on six consecutive Mondays from 6-8 p.m. at the Center for Health and Healing, 17 Masonic Street, Rockland, beginning April 1. Each week there is an hour of teaching followed by an hour of discussion and questions. Participants are given actionable "assignments" so that they can begin to achieve their health goals immediately. The final session covers "making the changes stick" in order to promote long-term success. Upon completion, participants are invited to attend a weekly drop-in group for ongoing support and inspiration. Cost: \$160 total (per person) for six weeks. Due in-full upon registration. FMI: Jenna at 207-390-0737 or [DeepRootsAyurveda@gmail.com](mailto:DeepRootsAyurveda@gmail.com).

**Pentatonic Flutes:** Does your child have a pentatonic flute that is collecting dust in a closet? If so, we'd love to put their instrument to good use. In an effort to be environmentally and fiscally responsible, the First Grade (and next year's First/Second Grade) is looking for used pentatonic flutes in good condition. Please contact Jeremy Clough ([jclough@ashwoodwaldorf.org](mailto:jclough@ashwoodwaldorf.org)) if you have any questions. Thank you!

**Watercolor paper for sale:** 148 sheets of 18x24 student grade Bienfang 140 lb. paper for \$70 (retails for \$111). Please contact Steve Donoso at [stevedonos@yahoo.com](mailto:stevedonos@yahoo.com) or 207-785-2610.

## Ashwood Arabica

shade/organically-grown in Java  
locally-roasted in Lincolnville!

With a balanced aroma and flavor,  
this medium-bodied coffee from Java is  
personally selected for—and sold exclusively by—Ashwood  
and its community by **Green Tree Coffee**, our neighbor in  
Lincolnville, Maine.

**\$12/lb. (ground or whole bean)**

**On Sale Now**

See an Ashwood Eighth  
Grader or purchase  
anytime in the Ashwood  
main office

Payable to:  
Ashwood Waldorf School  
(memo: 8<sup>th</sup> Grade fundraiser)



# TOUR OF THE GRADES

Please join our Tour of the Grades on **April 10** from 8:15 a.m. to 10:30 a.m. for a behind-the-scenes look at Waldorf education! In this tour you will wind your way through three grade school classrooms, seeing firsthand how Waldorf works from the early elementary grades through the middle school. After the tour, meet with School Director Jody Spanglet for a Q&A. Pre-registration is required: [info@ashwoodwaldorf.org](mailto:info@ashwoodwaldorf.org) or 207.236.8021.



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The next *Leaflet* will be published on Wednesday, April 10. Deadline for submissions is Monday, April 1 at 9 a.m.  
**Please note that the deadline for the next issue is a week in advance of the usual deadline. We appreciate your cooperation!**

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## **Administrative Staff**

207-236-8021

**Jody Spanglet**, Director – ext. 103

**Mark Ferrero**, Admissions Director and Registrar – ext. 102

**Jason Stripinis**, Business Office Manager – ext. 109

**Elizabeth Larrow**, Administrative Assistant – ext. 101

**Laura Purdom**, Public Relations and

Marketing Director – ext. 105

**Dale Griffin**, Custodian

## **Board of Trustees**

**Betsy Morrell**, President

**Annie Mahle**, Vice President

**Ingrid Van Steenberg**, Treasurer

**Maria Northcott**, Secretary

**Vicki Willey, John Morin,**

**Robert Kaczor, Jody Spanglet**

## **Street and Mailing Address**

180 Park Street, Rockport, ME 04856

## **Email Contacts**

**Board of Trustees:** [boardoftrustees@ashwoodwaldorf.org](mailto:boardoftrustees@ashwoodwaldorf.org)

**Alumni Committee:** [alumni@ashwoodwaldorf.org](mailto:alumni@ashwoodwaldorf.org)

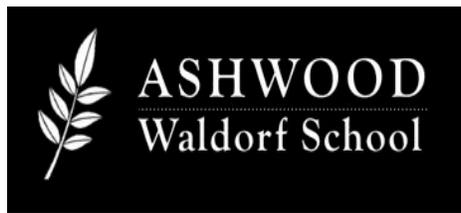
**Parent Community Council:** [pcc@ashwoodwaldorf.org](mailto:pcc@ashwoodwaldorf.org)

**Newsletter:** [newsletter@ashwoodwaldorf.org](mailto:newsletter@ashwoodwaldorf.org)

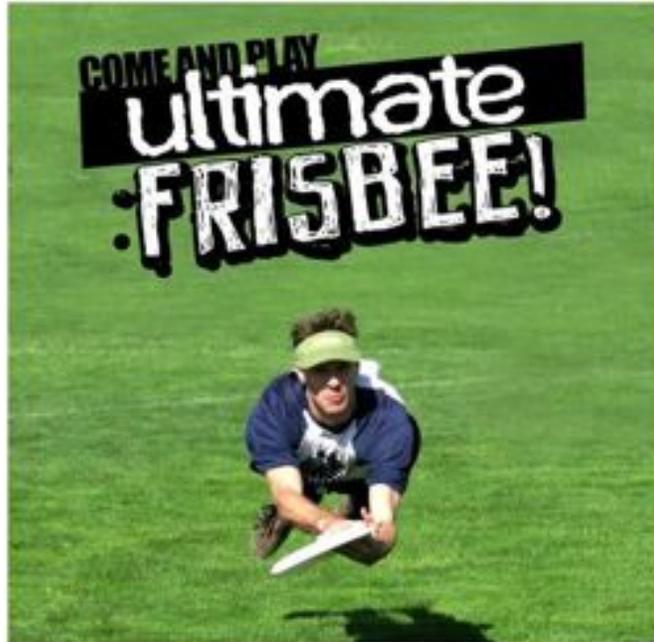
**Development:** [development@ashwoodwaldorf.org](mailto:development@ashwoodwaldorf.org)

School Office hours are 8:15 a.m. – 3:30 p.m. (8:15 a.m. – 1:15 p.m. on Thursdays)

Thank you to Toki Oshima for artwork used in *The Leaflet* and Parent Handbooks.  
We encourage your contributions to this school newsletter. Please send submissions, paper or email, to the Public Relations and Marketing Director or send to [newsletter@ashwoodwaldorf.org](mailto:newsletter@ashwoodwaldorf.org). Deadline for submissions is **Monday** at 9 a.m. the week of publication.



# Ultimate Frisbee Club!



**Coach:** Jeremy Clough, Ashwood Waldorf School movement and class teacher

**Who:** Any students in the midcoast community in Grades 4–7. Bring your friends! This club is coed, and no experience is needed. You will learn all the skills and rules you need to play. Your skills are sure to improve, but the main goal is to have fun.

**When:** Monday and Wednesday from 3:15–4:30 p.m. • April 29–June 5 (11 sessions; no practice on May 27). Students may sign up for two days or one day per week.

**Where:** We will meet at Ashwood Waldorf School, 180 Park Street, Rockport, at 3:15 and walk to the Marge Jones Recreation Fields on Rte 90. We will be playing on the Babe Ruth Field. *Pick up is at the recreation fields at 4:30p.m.*

**Cost:** \$25 per student

**Sign up information:** Please call Elizabeth Larrow at 207-236-8021 if your child would like to join the club.

Students will need to bring running shoes or cleats, a snack, water bottle, and appropriate clothing for the weather.

Come forth into the light  
of things; let nature be your  
teacher. — *William Wordsworth*



*Now  
enrolling*

© Marti Stone Photography

# Ashwood Waldorf School



CONFIDENCE • CREATIVITY • CARING

PRE-K-GRADE 8 • 180 PARK STREET • ROCKPORT

207-236-8021 • [WWW.ASHWOODWALDORF.ORG](http://WWW.ASHWOODWALDORF.ORG)



# INFORM

## AWSNA SUMMER CONFERENCE

**June 24-27, 2013**

The online registration for this summer's AWSNA conference is available now. [Here's the link](#). Co-Sponsored by the Anthroposophical Society, the theme is **Practical Life, Meditation, and the Waldorf School: The Anthroposophical Challenge**. This conference promises to be one of the best ever!

*Sponsored by the Austin Waldorf School, in Austin, TX. Please inform your communities and mark your calendars!*



## WALDORF-INSPIRED SERVICE WEEKEND

**APRIL 19, 20, 21, 2013**

This year the traveling Service Weekend will be at the **Detroit Waldorf School**. Join us in lending a hand to a school with a long-standing special mission to serve Detroit's children of all nationalities and economic levels. Contact [aturowski@awsna.org](mailto:aturowski@awsna.org) for information.



## SCREEN-FREE WEEK

**APRIL 29-May 5, 2013**

On April 29-May 5, children around the world will celebrate Screen-Free Week (formerly TV-Turnoff) by turning off entertainment screen media (TVs, computers, video games) and turning on the world around them. The Association for Waldorf Schools of North America continues to be an endorser of Screen-Free Week, as do all our Waldorf schools and communities in North America.

Here are the facts: On average, preschool children spend over four and a half hours a day consuming screen media; older children spend over 7 hours a day. Excessive screen time is linked to many problems for children, including childhood obesity, poor school performance, attention span issues, and psychological difficulties. And it's primarily through screens that children are exposed to harmful marketing.

As an official supporter, AWSNA invites all member schools to involve their communities in this awareness endeavor. This is the annual celebration where children, families, schools, and communities turn off screens and turn on life. It's a wonderful way to help children lead healthier, happier lives by providing free play time, connecting with nature, daydreaming, reading, creating, and exploring. Waldorf communities know this already, and by consciously committing to a national activity such as this, we're promoting healthier childhoods around the country. Join with us in working to have a completely free-of-screens week to emphasize the importance of this effort.

