



April 24, 2013

### SPECIAL PARENT EVENING: HOLISTIC TREATMENT OF COMMON CHILDHOOD AILMENTS



Please join Ashwood's 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 Rudolf Steiner's approach to medical care—known as anthroposophic medicine—especially as it applies to children. A form of complementary medicine developed by Rudolf Steiner, anthroposophic medicine is applied by conventionally trained medical doctors through a combination of European homeopathics, plant medicines, natural remedies, and elements of allopathic principles.

A family physician and herbalist, Dr. Einstein is also an anthroposophic physician in training. He began his medical training at the Blue Otter School of Herbal Medicine, focusing on the

healing properties of plants. He completed his conventional medical training at Case Western Reserve Medical School in Cleveland, Ohio and the Maine Dartmouth Family Medicine Residency in Augusta. In residency, he received additional certification in integrative medicine, focusing on nutrition, vitamins, supplements, and guided lifestyle change. After residency, Dr. Einstein started the training program to be an anthroposophic physician; he is currently in the second year of the five-year program. He has a medical practice at Avena Botanicals Healing Center where he treats both children and adults through a combination of herbs, lifestyle counseling, anthroposophic remedies, and pharmaceuticals.

There will be a question and answer session following the presentation. The talk will take place in the Grade School building. Please feel free to invite your friends; this event is free and open to the public.

**See page 4 for information on  
Dr. Einstein's Drop-In Clinics  
at Ashwood**

#### DATES TO REMEMBER

Ongoing		Online Auction	24/7
Thursday	Apr. 25	Sixth Grade Play: An Arthurian Tale	8:45 a.m.
		Fourth & Fifth Grades Parent Evening	6:00–7:30 p.m.
		Online Auction - bidding closes	8:00 p.m.
		Buildings & Grounds Master Plan Sub-committee	5:00–6:30 p.m.
Friday	Apr. 26	Friday Assembly - Sixth Grade Play	8:40 a.m.
Saturday	Apr. 27	CMCA "ARTicipation" Student Exhibition Opening	2:00–4:00 p.m.
		Hats Off! Auction	6:30–9:30 p.m.
Monday	Apr. 29	Ultimate Frisbee Club - First Meeting	3:15–4:30 p.m.
Wednesday	May 1	Aldermere Farm Hands	2:05–3:15 p.m.
		Ultimate Frisbee Club	3:15–4:30 p.m.
		Eighth Grade Project Presentations	6:00 p.m.
Thursday	May 2	Buildings & Grounds Committee Meeting	6:30 p.m.
Friday	May 3	Friday Assembly - TBA	8:40 a.m.
Monday	May 6	Ultimate Frisbee Club	3:15–4:30 p.m.
Tuesday	May 7	Drop-in Clinics with Dr. Dan Einstein Begin	7:00–8:00 a.m.
Wednesday	May 8	Tour of the Grades	8:15–10:30 a.m.



### FROM NATURE STORIES TO NATURAL SCIENCE

#### *Animal Studies in the Fourth Grade*

The Fourth Grade spent the month of February immersed in its second "Human Being and Animal World" block. These two blocks are truly marvelous, for many reasons. The classroom is abuzz with enthusiasm, because the children are enormously interested in animals, and throw themselves into the subject with great curiosity and interest. But this interest has a new quality now, because the children are becoming more and more aware of the distance that separates them from the world of nature. As they lose their sense of oneness with nature, they become more interested in looking at the world in a new way. A division between their rational thought and their imaginative thought begins to occur, and the children want animals that are not part of fairy tales or fables but part of the world in which they find themselves. So the teacher brings descriptions and stories of real animals, which serves as an introduction to the world of science.

The Animal Project was the culmination of the "Human Being and Animal World" blocks. Each child chose an animal that makes its home here in the landscape in which we live—an animal of Maine. I was fascinated to see how each child chose an animal that seemed, in some way, like a reflection of that child. The children got books and magazines from the library, and learned how to write a research paper, taking notes, organizing ideas and facts, then writing an essay based on the material

they had collected. This was a huge step in their academic learning, and they seemed to relish it. At the same time, they were modeling their animal in clay and beeswax and—for the first time in school—making numerous, very accurate drawings from photographs.

After the reports were written and the children had an understanding of the world of their animal, they each wrote a story, told from their animal's point of view. Several children in the class told of brushes with death: the bear cub witnesses the death of a male bear, the fisher kills his first porcupine, the turtle is almost crushed by a wagon, the fox is killed

by a farmer. Several told of an important moment on the journey from childhood to the independence of adulthood: the owlet learns to fly, the otter gets lost and then finds his way home, the beaver builds her own lodge, the moose grows his first antlers. And one story details a quest for a magical healing flower, which may well be a part of a baby hummingbird's day!

The final step for the children was the construction of dioramas, showing their animal in its habitat, going about some aspect of its day. These were beautifully done, with careful attention to detail and novel solutions to showing the landscape of Maine (including eight different ways of showing water.) They were presented to the whole school, with the children standing by their dioramas and answering questions about their animal.

During this project, I saw the children make great strides in their ability to do academic work independently, and also form a deeper conscious connection to the natural world and its inhabitants. I was also delighted by the generosity of the adults and of all the other children in our school, who were so supportive of the class during their visits to see the children's animal presentations.

—Lesley Finlayson, Fourth Grade Teacher

See pictures of all of the Animal Dioramas at: [Fourth Grade Animal Dioramas](#). When you get there, click on one of the photos for a very colorful slide show.

**AUCTION UPDATE: ONLINE BIDDING ENDS THURSDAY, APRIL 25 AT 8:00 P.M.**

The Hats Off Online Auction is going at full throttle, and the live event at the Rockport Opera House is just around the corner! Here are a few reminders as well as "tips and tricks" for the online auction as well as the big event this Saturday, April 27!

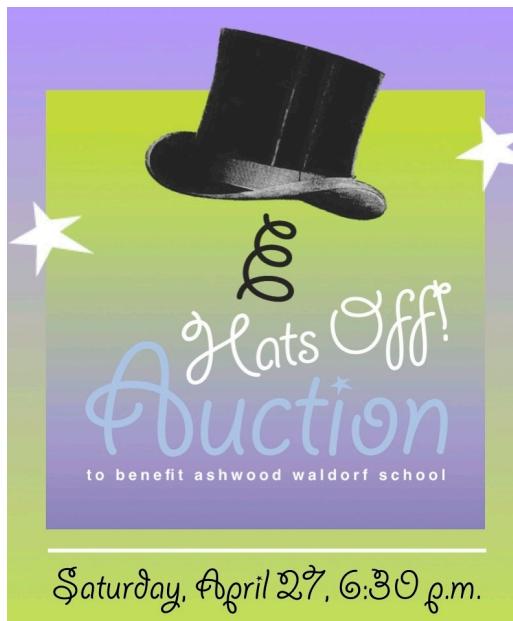
**Online only Items:** In order to have a chance to win one of these fabulous items, you *must* bid by April 25 at 8:00 p.m. We have close to 250 items from which to choose, and most of them are online only. Highlights include:

[prenatal care](#), [postpartum care](#), [constellation workshop](#), [baby afghan](#), [books from Hello Hello](#), [homeopathy with Kelly Callahan](#)

**Pre-bidding:** [Pre-bidding](#) for live auction items, which will carry over into the live event, will also end April 25 at 8 p.m. These items will be auctioned live auction at the Rockport Opera House. Feel free to begin early on your favorite items!

**Absentee bidding:** If you are unable to attend the live auction, but would like a committee member to bid for you with your maximum bid in hand, contact Kate Chandler ([khbchan@hotmail.com](mailto:khbchan@hotmail.com) or 207-273-3267). We are happy to provide this service.

**Auction Night Prizes:** This is the category for all items that will be offered as prizes the night of the live



Saturday, April 27, 6:30 p.m.

auction. These [Auction Night Prizes](#) are for preview only, not available for bidding.

**Bidding Notifications:** To make sure you get notifications when you have been outbid, go to "my account" and the "your bidder details". Just above the save button at the bottom are two boxes to check—one for emails and one for text notifications.

**Share:** Please send the auction link, [www.biddingowl.com/ashwoodwaldorfschool](http://www.biddingowl.com/ashwoodwaldorfschool), to your friends, family, donors and all those on Facebook. It's true in fundraisers as in life—the more we share, the better for us all!

**Remember: Online bidding and pre-bidding ends April 25th, 8:00 p.m.**

• • •

### See you at the Auction!

**When:** Saturday, April 27, 6:30 p.m.

**Where:** Rockport Opera House

**What:** Live auction, hat parade and contest, live music with the OffBeats, great food and sweets, cash bar

*—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.*



### CMCA TO FEATURE STUDENT ART

*CMCA Opening Reception Saturday, April 27*

Join us on Saturday, April 27 from 2 to 4 p.m. at the Center for Maine Contemporary Art, 162 Russell Avenue, Rockport, for the opening reception of "ARTicipation," CMCA's annual pre-season community celebration of student art from schools within the Five Town area. Every Ashwood student will have a piece featured in the show, and a wide variety of media will be represented, from beeswax and clay to watercolor, fiber, colored pencil and more. There will be hands-on art-making activities for all ages throughout the galleries. Admission is free. Dates and times to visit the exhibition will be April 27 through May 12, 9 to 5 p.m. For more information, contact the Center for Maine Contemporary Art: 207-236-2875.

**A FOND FAREWELL TO MR. STRIPINIS!**

To every thing there is a season, and a time to every purpose. For me, the 2012–2013 Ashwood year has been a time of rejuvenation and an affirmation of purpose. My dedication to working for organizations whose missions are also personal passions led me to accept the invitation to join Ashwood's faculty, and while I have decided to leave my position as Business Manager, I shall remain a member of our community. My work here has felt less labored than any I have ever done in my professional life, thanks to our director, Board, faculty, and most of all, our children, and from it I have profited handsomely. It is not given to me to know the course my life will take, but wherever it leads, I will hear, if I but stop to listen, the wind in the trees, and the songs of happy children.

—*Jason Stripinis, Business Manager*

**CHILDREN'S DROP-IN CLINIC AT ASHWOOD**

*Begins Tuesday May 7, 7–8 a.m.*



Starting on May 7, Dr. Dan Einstein will offer a weekly drop-in clinic at Ashwood for ailing children to get quick evaluations before school. Clinic hours will be Tuesdays from 7 to 8 a.m., from May 7 to May 28 in the school library (red building behind the offices). Parents should bring along any medications, vitamins, or other supplements their child is taking. The fee is \$25

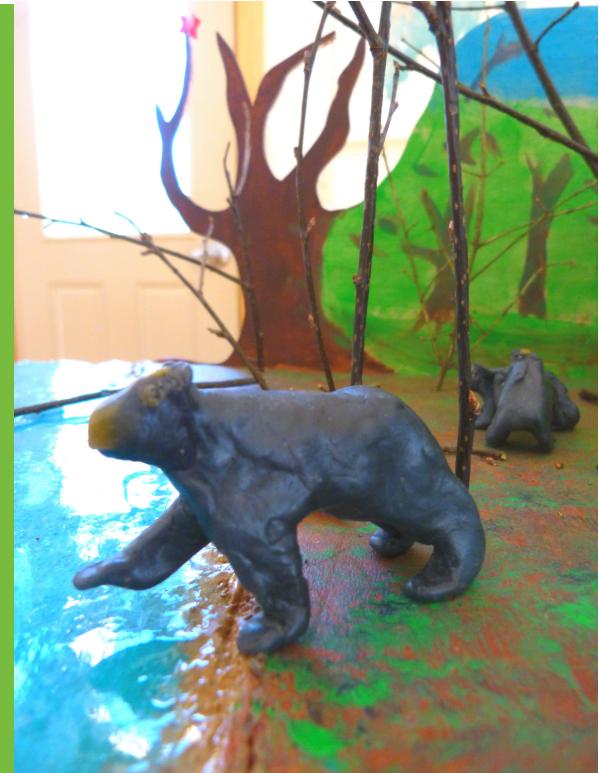
for a 5–10 minutes consultation. (However, if this fee is a burden, please consult Dr. Einstein.) You will need to fill out paper work on arrival. No appointment is necessary.

Dr. Einstein treats illnesses within the context of his background as a family physician, herbalist, and anthroposophic medicine, which views illnesses as a great teachers in life's journey.

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

**WHY WALDORF?**

Find out! Join our **Tour of the Grades** on **May 8** from 8:15 a.m. to 10:30 a.m. for a behind-the-scenes look at Waldorf education. Every morning, in more than 1,000 Waldorf schools worldwide, the day begins with a dynamic and interactive main lesson. 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.



2013 • ASHWOOD WALDORF SCHOOL

# summer camps

*Summer at Ashwood...  
It's only natural!*

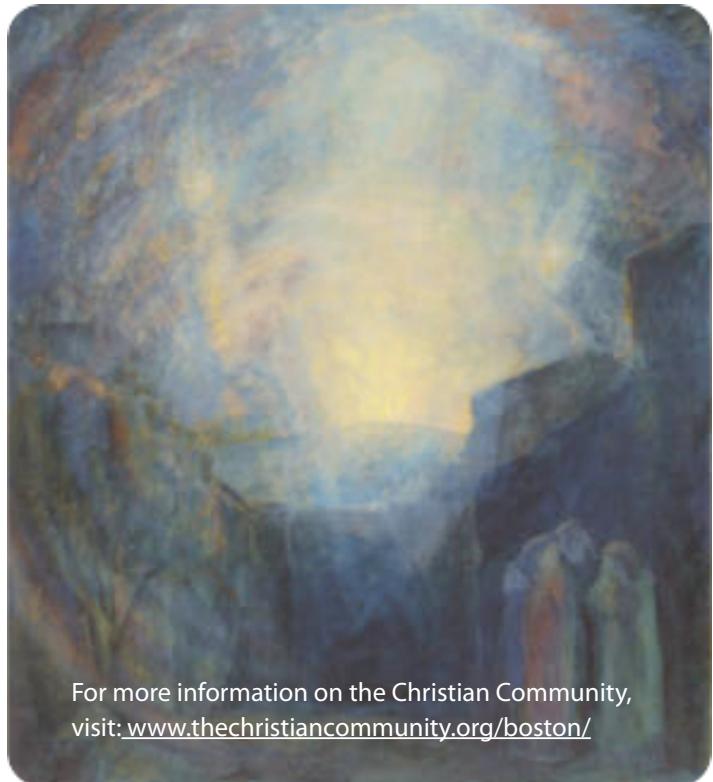
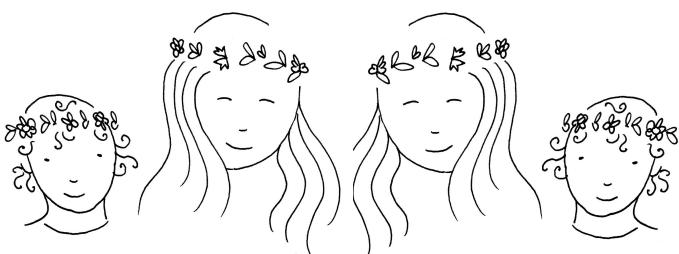
Half and full-day options • multi-week discounts

**NATURE CAMP**  
4 sessions for 3 ½ to 6 year olds  
July 8–August 2

**TUMBLING CAMP**  
2 sessions for children entering  
1<sup>st</sup>–4<sup>th</sup> grades • July 22–August 2

**NEW! ULTIMATE FRISBEE CAMP**  
1 session for children entering  
4<sup>th</sup>–7<sup>th</sup> grade • August 5–9

For more information: 207-236-8021 or  
[info@ashwoodwaldorf.org](mailto:info@ashwoodwaldorf.org) • [www.ashwoodwaldorf.org](http://www.ashwoodwaldorf.org)



## CHRISTIAN COMMUNITY OF MAINE TO BEGIN MEETING AT ASHWOOD

Ashwood has graciously welcomed the Christian Community of Maine as a tenant for its tri-annual services. The Christian Community has met in the Freeport/Brunswick area for about 10 years with attendees from far north, farthest south, and inland Maine. Thus a move to the Rockport area felt prudent for more equal access to all.

Services begin on Saturday, May 11, with a Gospel Study (Matthew 17:1-13) at 5:30 p.m. This will be followed by an informational talk at 7:15 p.m. by Reverend Darryl Coonan on "The Christian Community Movement: What Does It Stand For?" Following the talk, there will be a Close of Day Service at 8:30 p.m. On Sunday, May 12, there will be a Children's Hour at 9:30 am, conducted by Reverend Coonan, followed by the Sunday Service for Children at 10:30 a.m. This service is for children between the ages of seven and 14. Parents and adults are also encouraged to attend, lending their support to the children participating in this service.

At 11:00 a.m., The Act of Consecration of Man will be held. (Children nine years or older are welcome at this service.) To arrange for childcare during this service, please call Cherry Short-Lee (207-273-3045).

A potluck brunch will follow at noon. If you are able, please contribute a potluck dish for all of us to enjoy. Please bring your own place settings.

—Cherry Short-Lee

# ASHWOOD WALDORF SCHOOL

**May Faire and Open House, May 4, 2013 • 11 a.m. – 2 p.m.**



## EVENT SCHEDULE

11 a.m. – noon	Open House & Eighth Grade Projects
11 a.m. – 12:30 p.m.	Crafts, Activities, Food, and Market
11:30 a.m.	Puppet Show - First Performance
12:15 p.m.	Puppet Show - Second Performance
12:30 – 12:40 p.m.	Processional to Maypole
12:40 – 12:45 p.m.	Welcome & Earth Blessing
12:45 – 1:30 p.m.	Morris Dancing & Maypole Weaving
1:30 p.m.	Cake Walk
1:45 p.m.	Tug-of-Peace

*Children must stay within the recess grounds. They may not enter the woods without adult supervision. Please be sure to supervise your children throughout this event.*

### OPEN HOUSE 11 a.m.–noon

Come have a look inside Ashwood's beautiful classrooms to see examples of the students' academic and artistic work. The Early Childhood Center is also open.

### EIGHTH GRADE PROJECTS 11 a.m.–noon

On display in the Eighth Grade classroom

### CRAFTS AND ACTIVITIES 11 a.m.–12:30 p.m.

- **Willow Crowns:** Hosted by the Miss Teri
- **Painting:** Hosted by First Grade
- **Plant-a-Posy:** Hosted by Second/Third Grade
- **Foxtails & Ribbon Sticks:** Hosted by Fourth Grade
- **Paper Flowers:** Hosted by Fifth Grade
- **Obstacle Course & Challenges:** Hosted by Sixth Grade

### MARKETPLACE 11 a.m.–12:30 p.m./1:00–2:00 p.m.

**Parent Community Council Marketplace**

Come and check out the great art supplies and other items for sale. Buy your Cake Walk tickets here!

### Maple Syrup and Mini Farmers Market

The Third Grade is selling its own maple syrup —tapped, collected, and boiled right here on campus. You will also find plants and seeds.

### FOOD SALES 11 a.m.–12:30 p.m./1:00–2:00 p.m.

- **Soup, Chili, and Cornbread:** The Fourth Grade will be happy to provide you with a warm lunch!

• **Healthy Snacks and Drinks:** Delicious nibbles and drinks from the Fifth Grade

• **Desserts:** The Sixth Grade offers yummy cookies, cakes, and treats.

### PUPPET SHOW 11:30 a.m. and 12:15 p.m.

For children two years old and up. Come see this much-anticipated annual treat in the Early Childhood Center.

### PROCESSION TO THE MAYPOLE 12:30 p.m.

Follow the sounds of the bagpipes to the Maypole.

### WELCOME AND EARTH BLESSING 12:40 p.m.

### MORRIS DANCING & MAYPOLE WEAVING 12:45

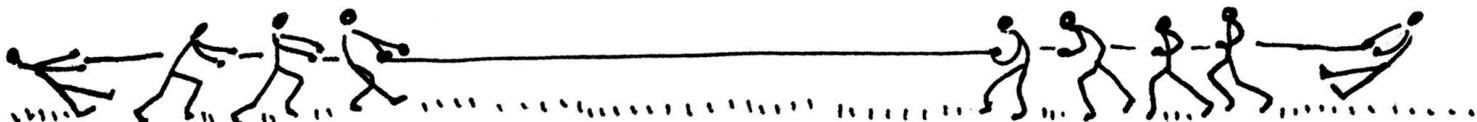
Fancy footwork presented by Fourth and Fifth Grades Students will demonstrate their Maypole weaves, followed by Maypole dancing to live music for all!

### CAKE WALK 1:30 p.m.

In the Early Childhood Center. Every ticket is a winner in this delicious fundraiser by the Parent Community Council!

### CLOSING GAMES 1:45 p.m.

Join the fun with our traditional Tug-of-Peace. Will the adults finally manage to prevail against the youngsters? Come find out!



## COMMUNITY NEWS AND CLASSIFIEDS

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.

**Take a Waldorf Weekend!** Come to Sunbridge Institute this summer and immerse yourself in a fun-filled, experiential introduction to the foundations and fundamentals of Waldorf Education. Ideal for parents, staff, and new Waldorf teachers, Waldorf Weekends are offered June 28–30, July 5–7 and July 12–14. Sunbridge Institute is located on the beautiful, family-friendly, 140-acre campus of Threefold Educational Center in Chestnut Ridge, NY, offering nature-filled recreation (swimming pond, gardens, farm) just 25 miles from NYC. Visit [www.sunbridge.edu](http://www.sunbridge.edu) for registration and information on our complete Summer Series 2013 course line-up.

**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!



**NATIONAL SCREEN-FREE WEEK**  
April 29–May 5

Screen-Free Week is an annual event in which parents, children, teachers, and others across the country turn off screen media (TV, video games, computers, cell phones, etc.) and celebrate the magic of being unplugged. The next scheduled Screen-Free Week is April 29 - May 5, 2012. Screen-Free Week is a program of the [Campaign for a Commercial-Free Childhood](#).

The next *Leaflet* will be published on Wednesday, May 8. Deadline for submissions is Monday, May 6 at 9 a.m.

### 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 Larow**, 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)

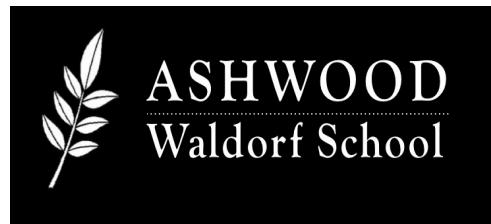
**Newsletter:** [newsletter@ashwoodwaldorf.org](mailto:newsletter@ashwoodwaldorf.org)

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

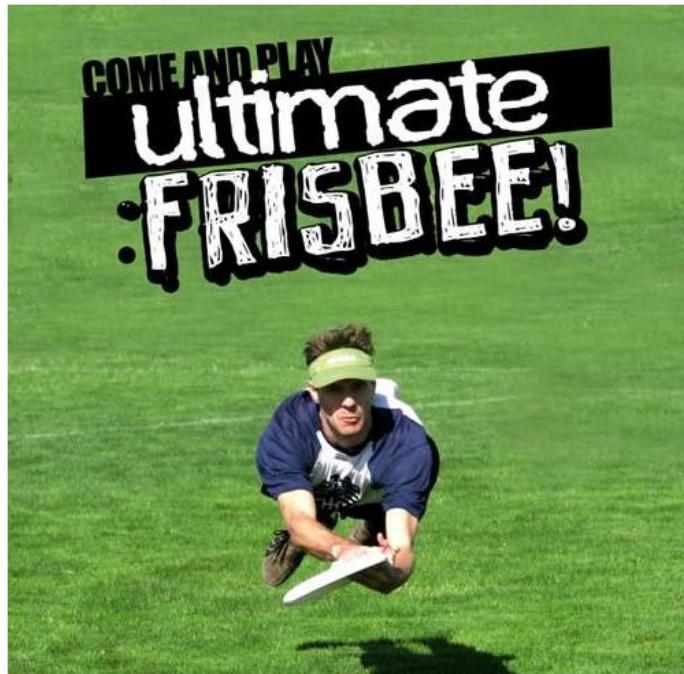
School Office hours are 8:15 a.m. – 3:30 p.m. (8:15 a.m. – 1:15 p.m. on Thursdays)

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.