



*Receive the children in reverence; educate them in love; let them go forth in freedom.*  
-Rudolf Steiner

# THE GARLAND NEWSLETTER

Winter 2015



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## SCHOOL NEWS

### Announcements

#### Late Summer and Fall Birthdays:

Oliver	Katja
Dean	Eliza
Lily	Felix
Mila	Aiden
Harper	

#### New students

Welcome: Bridger:  
Nursery



## DECEMBER AT THE GARLAND SCHOOL: A FESTIVAL ALL MONTH LONG

DURING DECEMBER WE ENJOY SPECIAL ACTIVITIES EACH WEEK. MANY CULTURES CELEBRATE FESTIVALS OF THE RETURNING OF THE LIGHT. AMONG THOSE FESTIVALS ARE SOLSTICE, CHANUKAH, CHRISTMAS AND DIWALI.

WE REFERENCE RUDOLF STEINER'S INTERPRETATION OF ADVENT IN OUR SCHOOL'S RELATIONSHIP TO THE FOUR DARKEST WEEKS OF THE YEAR. WE DRAW STRENGTH FROM HONORING ONE ASPECT OF THE NATURAL WORLD EACH WEEK AS WE AWAIT THE RETURN OF LIGHT.

THE FIRST WEEK IS RELATED TO THE MINERAL KINGDOM, THE PHYSICAL FOUNDATION FOR LIFE. THE MINERAL WORLD GIVES US A FIXED STAGE, A BASIS FOR OUR EVER-CHANGING EXISTENCE.

THE SECOND WEEK FOCUSES ON THE PLANT KINGDOM FROM WHICH WE RECEIVE NOURISHMENT FROM LIVING FORCES. EARTH, RAIN, LIGHT AND WARMTH CREATE A BALANCE OF GROWTH AND DECAY.

THE THIRD WEEK FOCUSES ON THE KINGDOM OF ANIMALS. WE SHARE OUR CAPACITY FOR MOVEMENT AND FEELINGS WITH THE ANIMAL KINGDOM.

THE FOURTH WEEK OF ADVENT SPEAKS OF THE HUMAN BEING. ALL THE KINGDOMS OF NATURE CONTRIBUTE TO OUR EXISTENCE. WE ALL HAVE MINERAL PLANT AND ANIMAL ASPECTS SURROUNDING AND SUPPORTING THE FLAME OF OUR INDIVIDUAL HUMAN SPIRIT. THIS FLAME IS THE ESSENCE OF WHAT IT IS TO BE HUMAN.

*"In the winter garden  
Bright the lights do glow  
Stars are gleaming,  
streaming, gleaming,  
Down to earth below."*



WE SUPPORT THE CHILDREN IN THIS TIME OF SHORT DAYS AND LONG NIGHTS BY LIGHTING ONE CANDLE FOR EACH WEEK OF DECEMBER. IN OUR SONGS, STORIES, AND CIRCLE MOVEMENTS WE HONOR EACH KINGDOM AND THE COMING OF THE SOLSTICE LIGHT. WE CELEBRATE THE WINTER GARDEN WITH A SPIRAL WALK TO FULFILL THE MOOD OF THE SEASON BY OFFERING THE PHYSICAL EXPERIENCE OF THE SLOW JOURNEY THROUGH DARKNESS TO RECEIVE THE GIFT OF LIGHT.



### WINTER GARDEN SPIRAL WALK

For those who are new to the Winter Spiral Garden, it is a tradition in Waldorf Schools. Evergreen boughs and or silks are laid on the floor or ground to create a spiral. In the center of the spiral a special person dressed in festive clothing (often an much older sibling or friend) holds a lit candle, soft music is played, the room is darkened and each child takes a turn to walk the spiral holding an unlit tea light nestled in a carved out apple. As the child reaches the center, she lights her candle from the center candle and then makes her way out of the spiral (a teacher helps when desired). The child brings forth the light as she walks outward and chooses a place along the spiral to set her lit candle. As child after child has a turn and more and more lit candles grace the spiral, the room becomes increasingly filled with light. The children delight in watching the light return to the room—echoing the imminent return of the light to the outside world.



## CALENDAR:

12/12 Winter Garden  
12/23 Winter Break  
1/3 School Resumes  
1/18 MLK Day- No School



## Looking Back at The Fruits of Our Labors:

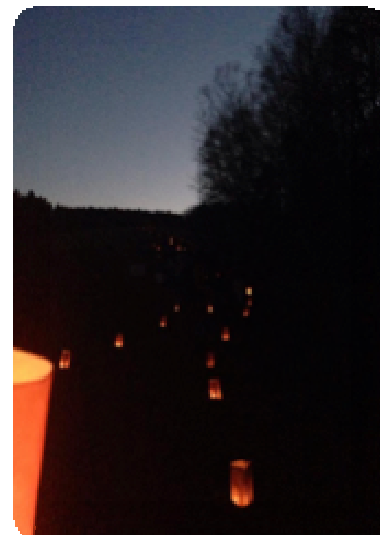


*Garland Teachers Jan and Shayne at the Putney Harvest Fest October 2015*

The Garland School could not exist without the entire community sharing in fundraising and community outreach. Each year Garland takes our commitment to organic, local foods made with love out into the community at the Putney Harvest fest. We baked beautiful, organic Pumpkin nut Rolls and served organic coffee for this wonderful community wide fundraiser. Come join us in Putney next October!

## Remembering Lantern Walk

*The sunlight fast is dwindling, our little lamp needs kindling, the beam so bright in darkest night, dear lantern guide us with your light...*and so began the glorious night of Lantern Walk. We all lit our lanterns and made our way through the night-quiet forest winding our way along the lantern lit path beneath the sparkling stars. Garland marks the seasons with celebrations and community gatherings to enliven our curriculum. Each student participates in elements of festival preparation bringing a sense of purpose and accomplishment to each—even if they are only one years old!



## TEACHER'S CORNER

## ROSEBUD NURSERY

This fall the Rosebud Nursery is going into it's second year at our new Austine Campus home! In fall 2014, Miss Courtney pioneered this new young Nursery program for 1 & 2 year olds at Garland. This year we have four wee ones in the class: Eliza, Madelyn, Zakiya and Chunya! The Rosebud Nursery is a gentle transition for the youngest children away from home and into a group care school setting. Miss Courtney combines the insights of Waldorf early childhood education and the work of Hungarian Pediatrician Emmi Pikler, to provide a nurturing and respectful environment where the youngest children can grow and thrive. The rhythm of our days include: time for play and self initiated free movement, meal times, caregiving, rest and outdoor play. Woven throughout our days is song, simple finger plays, touching games and nursery rhymes. The children have fallen gracefully into our daily routines together and always know what is happening next. The Rosebuds have grown exponentially since the beginning of September and are becoming more and more independent each day. The children are learning to walk, talk, and beginning to participate in caring for themselves in dressing, diapering and learning to use a spoon and glass at meal times. Rosebuds participate in caring for our classroom by wiping the table, sweeping the floor, folding laundry and tidying toys & babies to sleep. Our play yard and gardens are tended by their little hands and hearts by watering & weeding the garden, raking leaves and planting garlic bulbs to their delight. This fall the children have become fast friends and have enjoyed the bounty that autumn brings including big leaf piles, picnic snacks, watching squirrel nutkin gather nuts and colorful leaves fall.. And last but not least- Eating applesauce! Their favorite!!

I truly look forward each day to witnessing and supporting this group of little ones grow and blossom. I anticipate with joy what wonders Jack Frost & the winter months will bring for the little Rosebuds as the snowflakes begin to fall!

Thank you dear parents, for your children. With Love, Miss Courtney



## -TEACHERS CORNER CONTINUED

### MORNING GLORY NURSERY

In the Morning Glory Nursery we learn to care for ourselves, each other, and our environment, both indoor and out.

The children are learning to express themselves with their growing vocabularies, to dress and undress, use a spoon carefully, and the toilet instead of a diaper. They are concerned for each other when someone is upset or hurt and ask for more food with a "may I please." We're also practicing respecting each other's space and trying our best to find another rake or toy when the one another child holds looks utterly appealing. The children have created works of art with crayons and watercolor and often begin the day helping with lunch preparations - making applesauce from gathering the apples and cutting them, to milling the cooked slices into sauce, and kneading bread.

In September the children enjoyed watering the garden, the grass, sand, rocks, and themselves. Now summer has given way to autumn and we tend the schoolyard with rakes and buckets, moving golden leaf piles to compost away from our grassy play area. Inside our classroom we polish wooden blocks and dust our shelves, dress the dolls and replace our toys when playtime is over.

The children are well nourished with songs and stories, a beautiful school, and nutritious food from Mr. Taylor.

With gratitude for my work with your children,

Miss Shayne

### SINGING CRICKETS

The children have settled into our rhythm here in the Garland kindergarten; the warmth, nutrition, exploration of nature and self-guided play. They have establish safety outside the initial needs required for transitioning in the beginning of the school year, the light within guides them towards new relationships and new boundaries. There are no more cries at drop off, familiar friends have gravitated towards new friends and rhythm holds a container for the weaving in and out of each day. The children are embodying the daily rhythm; designated daily activity, songs, finger plays, forest walk and stories, who's attending on what day, as well as, what yummy meals Mr. Taylor will provide and, of course, who's milk is fax, almond, goat, rice, coconut or cow. The children's inner strength has broadened, trust is here, they are safe, well nurtured, and free to engage in the process of nature and life slowly, as it is intended for the young child.

Bessie

### THANK YOU TAYLOR!!!!

Our wondrous Cook **Taylor Burt** offered a fermenting workshop that was widely attended. When Taylor is not here he is finishing his Master's Degree in Nutrition and making special desserts for DUO- a Parent owned restaurant specializing in locally produced ingredients.

Below is the basic recipe for sauerkraut from Nourishing Traditions by Sally Fallon page 92.

1 Medium Cabbage cored and shredded  
1 Tablespoon Caraway seeds  
1 Tablespoon sea salt  
4 tablespoons whey (if not available use additional tablespoon of salt)

In a bowl, mix cabbage with caraway seeds, sea salt and whey. Pound with a wooden meat hammer for about 10 minutes to release juices. Pace in a quart-sized, wide mouthed mason jar and press down firmly until juices come to the top of the cabbage. The top of the cabbage should be at least 1-inch below the top of the jar. Cover tightly and keep at room temperature for a bout 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but will improve with age.







## APPRECIATING OUR FRIENDS AND SUPPORT

We received generous gifts of support for our annual appeal letter. The fund of \$5,500. goes towards tuition assistance for families in need for which over half of our families are eligible, supporting our teachers so that they receive continuing education to broaden and deepen their teaching skills, and finally, funds go towards classroom materials and supplies, for example wool roving for wet felting, watercolors, and material to make dolls.

**THANK YOU!**



The Garland School is a nonprofit preschool offering both nursery and kindergarten programs. We serve children from 2 years to 6 years old. We are committed to fostering a fully inclusive school community and welcome students and staff of all races, ethnicities, nationalities, religions, socio-economic backgrounds, sexual orientations and spiritual values. Our Mission is to nurture the innate development of the young child within our nature informed preschool using the guidance of Rudolf Steiner, who emphasized the importance of play within a rhythmic structure to provide a sense of purpose, predictability, and peace. As a developing community, we are committed to engage our heart, hands and minds while fostering reverence for the natural world.



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WEB!**

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