Finding our Rhythm

From engaging events to strategic planning, our community finds its rhythm.

Children definitely found their rhythm while running the Fun Run (some running 20 laps or more), and while serving their elders at the glorious Grandparents Day Tea. Parents also learned about the importance of rhythm in kindergarten and at home from Karen Bailey, at our September Parent Enrichment evening. Rhythm, the soft beat that helps us keep our pace throughout the day, the season, the year, and life, is something that brings purpose and meaning to our days, strengthening the human being. To weave rhythm into our school community requires thoughtful strategic planning.

We are now in our seventh year of creating a school that is truly inspiring. A school where children love to learn. Where they are supported and encouraged to become who they are meant to be, not what we want them to be. We are right on track with the "rhythm" of creating something new.

Last year was an important year of defining our strategic vision. Representatives from three councils, faculty, and our principal formed what we call our “Joint Committee.” They’ve been focusing on a five-year strategic plan, and they are now ready to share it with you. Please join us to learn the direction of our school!

Date: Saturday, Nov 9
Time: 2:00 - 4:00 p.m.
Location: Eurhmy Room
Adults only please.

We are proud to announce that the middle school children will occupy their new classrooms this month. Mark your calendars for the Grand Opening Ceremony, where the doors will be open for all to see our new middle school building. Thank you for your patience throughout the construction process, and heartfelt hugs to the volunteers who made it possible.
Halloween Guidelines

Halloween is a loved holiday here at Mountain Phoenix. Children in 1st to 8th grades will have their regular morning schedule. They will be donning their costumes at 1:00 to participate in the Halloween Parade at 1:30. They will walk through the campus, winding around so all classes can see the costumes. There may be fun Halloween music! They will then proceed to their classrooms for their own class banquet of healthy foods such as hot soup, homemade breads, and fruit, and have fun for the afternoon in their classrooms from 2:00 to the end of the day. You will hear from your class teacher and/or classroom representative concerning details.

Costumes: We strive for creativity with homemade costumes rather than store bought. (Homemade is not required if this poses a hardship for anyone.)

Rules regarding Halloween:

Yes
Yes to creative costumes
Yes to characters in books (we know some of them are in movies too...and that is okay as long as it's not involving weapons.)
Yes to sports people

No
Do not show up with the costume on. They will be putting them on at 1:00. Bring them in a bag marked clearly with your student's name. No TV/movie/media only characters/costumes
No masks (covers the face)
No face paint
No candy
No weapons

Please note we do not have school the day after Halloween. Candy stays at home!

Parent/Teacher Conferences

Teacher conferences will be held this month between Oct 7-25. Teachers will contact parents directly to set-up a time to meet.

Picture Retakes & Class Pictures

Class group photos:

**Tues, Oct. 15** Mr. Erwin, Ms. Bailey, Ms. Childers, Mr. Mason, Mrs. Riccio, Mrs. Drews
Mrs. Price, Ms. Lockhart, Ms. Cain

**Wed, Oct. 16** Mrs. Ward, Mr. Wotton, Mrs. Cardona, Mrs. Hollandsworth, Ms. Hammond, Mrs. McCune, Ms. Brough, Mr. Anander, Mr. Ebert, Mr. Smith

Retakes and absentee photos for individual students (and Mrs. Price's class) will be done on Thursday, Oct. 24.

Upcoming Events

**No School**
Monday, Oct 14

**Parent/Teacher Conferences**
Oct 7-25

**Class Photos**

Tuesday, Oct 15
Wednesday, Oct 16

**Harvest Festival**
A wholesome celebration of the season. Saturday, Oct 19 from 10 a.m. - 2 p.m.

“The Nine Year Change: How to support your child through this important state of childhood” with Eric Ebert, Third Grade Teacher. Oct 23 from 6:30-8:30 p.m. EU Room

**Picture Retakes**
Thursday, Oct 24
Individual & Mrs. Price Class

**No School**
Friday, Nov 1

**Lantern Walk**
Friday, Nov 8
PreKindergarten 5:30
Kindergarten 6:30
Grades 1&2 7:30

**School Strategic Planning Meeting**
Please join us as we present the strategic direction of our school. This was previously scheduled for October but has been rescheduled for November. We highly encourage all parents to attend. Saturday, Nov 9 from 2-4:00 p.m. in the EU Room.

“The Therapeutic Effects of Storytelling in a Waldorf School,” with Kindergarten Teacher Laura Childers. Saturday, Nov 16 from 1:30-2:30 p.m. in the EU Room. Adults only, please.

**No School**
Thanksgiving Break
Nov 25-29

**Golden Holiday Parade**
A holiday parade in Golden where all parents and students are invited to walk or ride their bike to represent our school. Saturday, Nov 30.
Thank you to grandparents, volunteers, children, ...and Mother Nature for a glorious day!
Please return pledge sheets and funds by Oct 18.
What is the School Accountability Committee?

The Mountain Phoenix School Accountability Committee, or SAC, provides input to Mountain Phoenix administration on issues related to the performance of the school. SAC members include parents, faculty, and school administration representatives.

The SAC explores questions such as:
- How are students performing on standardized tests?
- How are students developing in areas not measured by standardized tests?
- Is the school meeting the needs and expectations of students, parents, and faculty?
- Is the school providing a Waldorf-inspired culture and learning experience?
- Is the school fulfilling its charter?

SAC activities include the following:
- Providing input into the Unified Improvement Plan (UIP), an annual report that provides an analysis of academic performance of the school, identifies areas of strength and areas where improvement is needed, and establishes academic achievement goals for the coming year;
- Conducting student, parent, and faculty-staff surveys to determine the perceptions of the Mt. Phoenix community regarding school performance;
- Organizing the “State of the School” event in the spring, at which Dr. Long and other school leaders and committee chairs discuss achievements for the year and plans & goals moving forward; and
- Providing input to Mountain Phoenix administration on testing and student progress, including issues such as how Mountain Phoenix balances Waldorf and state standards, the role of testing at the school, communication with parents about testing, and aims for students apart from academic performance as measured by standardized tests.

If these questions and issues light your fire, or if you’d like to know more about the SAC, contact Don Toups at don2ps@msn.com.

Open Houses for November and December

Invite a friend to tour our school or take a walk through the grades. We have several open houses leading up to open enrollment for next school year.

**Saturday, Nov 16**
10:00 to 12:00 p.m.

**Tuesday, Dec 10**
8:45 to 10:15 a.m.
PreK to 5th Grade
10:45 to 12:00 p.m.
Middle School

**Tuesday, Dec 17**
8:45 to 10:15 a.m.
PreK to 5th Grade
10:45 to 12:00 p.m.
Middle School

**Saturday, Dec 7**
10:00 to 12:00 p.m.
Did you know we have a Diversity & Inclusivity Committee?

We welcome you to become involved if this is something that speaks to you. The committee typically meets on the 1st Friday of the month from 4:30 - 5:30 p.m.; however, they are looking at alternate meeting days/times. The mission of this committee is to support MPCS in reaching its fullest potential by striving to do the following:

- Build a diverse, self-sustaining community
- Cultivate a welcoming and supportive environment
- Prepare today’s children for tomorrow’s world

If you have any questions, please feel free to contact Normena Walton at normenaw@gmail.com or Teva Sienicki at teva@growinghome.org.

The Governing Council recently voted on and approved the following statement for our school.

Our School Diversity & Inclusivity Statement

Mountain Phoenix Community School supports and embraces diversity in all its forms, including differences in ethnicity, cultural and religious heritage, sexual orientation, socio-economic background, geographic origin and family structure. We will provide our students with a rich, inclusive, Waldorf inspired curriculum that reflects the world in which we live and to foster a safe atmosphere where every member of the community is respected and multiple viewpoints can be peacefully expressed.

Diversity within our community is an asset. For this reason, we actively cultivate this diversity in all aspects of school life including the composition of our student body, faculty, curriculum, administration, and Governing Council. We commit to work through the tensions that arise in the midst of genuine community and to use those tensions as a vehicle to critically and fearlessly self-reflect.

We believe this commitment to diversity will help prepare today’s children for tomorrow’s world. Our commitment to diversity and inclusiveness is integrated into our community’s core values, and we hold ourselves accountable to operating in alignment with these values.
Faculty Highlight

An Interview With Cristina Drews, M.Ed. Grade 1 Teacher

How did you come to Waldorf Education?

I began teaching in public school on Eastern Long Island in New York State. In the late seventies, I moved to Northern California and continued teaching in public schools there while completing my Masters Degree in Education.

In the early 1980’s, I was attending a conference at UC Santa Cruz where I heard the well-known author and educator Joseph Chilton Pearce speak on the neurological development of children and how our environmental and cultural choices (child birth, media, lack of nature, etc.) were negatively affecting the health of children. One brave teacher in the audience raised her hand and asked, “Is there any educational system that works in accordance with the biological development of children?” Pearce emphatically responded, “Waldorf Education.”

Ever since that time, I’ve worked in various roles helping start Waldorf schools. First from my home in Laguna Beach, CA with a playgroup and my daughter cradled in my arms, we started a small school that is now The Waldorf School of Orange County in Costa Mesa, CA. The school is now almost 30 years old and thriving with a high school. After several years in administrative roles at WSOC, I decided to enroll in Waldorf Teacher Training at the Rudolf Steiner College in Sacramento, CA.

In 1994, I moved to Boulder, CO and became involved with the then only one-year-old Shepherd Valley Waldorf School in Niwot, CO. Once again, I found myself helping form a new school. I have been involved at SVWS as a parent, enrollment and outreach coordinator, parent enrichment coordinator, reading teacher, and class teacher. Along the way, I took the three-year Remedial Education Teacher Training Course at Rudolf Steiner College, an exceptional training that enriched everything I had learned about how children grow and develop.

What brought you to Mountain Phoenix?

About eight years ago, I attended a Eurythmy class with a group of people who talked about the formation of a Waldorf-inspired charter school in Coal Creek Canyon. Ever since that time, I’ve had an interest in Mountain Phoenix and have kept up with the school’s progress. I’ve known and respected Dave and Kristi Smith as colleagues at SVWS, and knew of Dr. Long’s success at starting Peak-to-Peak Charter School in Longmont. My husband works as a high school teacher at the Denver Waldorf School, so we recently moved closer to this area. This spring, Dr. Long and I had lunch, talked about our goals in Waldorf Education, and here I am!

What do you enjoy doing when you are not teaching?

My husband and I spend a quiet month on the Bay of Fundy in Nova Scotia every summer. I enjoy being out in nature as much as I can. I enjoy all kinds of music, and I love to read. I have two grown children; my daughter lives in NYC and works as an entrepreneur in business and social media, and my son is a chemical engineer in Atlanta, Georgia.
Fifteen years ago, a best seller titled *All I Really Need to Know I Learned in Kindergarten* was so popular that the title essay was read on the floor of the U.S. Senate. In its themes of sharing, simplicity, and sincerity, readers recognized the greater picture of life that memories of early childhood evoke in us.

In the same way, when one enters a Waldorf early childhood classroom, adults and children alike recognize a deeply familiar longing and sense of rightness in the beauty and rhythms of the Waldorf setting. Warm, peaceful, creative, active, gentle, colorful, productive, protective are some of the adjectives used to describe the daily, weekly, and seasonal routines of cooking, gardening, building, sewing, storytelling, puppetry, fingerplays, festivals, singing, and joyous unstructured play that takes place in a Waldorf Kindergarten.

And yet, for many families wanting the very best for their children, the idea that this kind of kindergarten has anything to do with “real life” is ridiculous, despite the popularity of popular books like *All I Really Need to Know I Learned in Kindergarten.*

After all, what does playing in kindergarten have to do with the Sciences, with Mathematics, with History, with Engineering, with passing the SAT, with getting a job? As it turns out, practically everything!

*Alliance for Childhood*, an international advocacy group for children, lists scores of research, studies, and articles describing how free, unstructured play instills curiosity, problem-solving, imagination, as well as developing the sensorimotor skills in the body that build the neurology of the brain.

In most of these mainstream articles, from *Scientific American* to the *New York Times* to the *Harvard Education Newsletter*, you will find the term: “executive function.”

What is that? In healthy, unstructured, creative play, particularly outdoors, the young child’s make-believe talking to himself or herself is an essential ingredient for practicing and developing what scientists and psychologists call *“self-talk.”* Turns out that self-talk helps a child to develop skills needed for school, for jobs, and for healthy relationships:

- Impulse control
- Self-regulating emotions
- Paying attention
- Accepting responsibility
- Surmounting obstacles
- Mastering cognitive skills

This self-talk that takes place ONLY IN PLAY is the basic component of executive function.

The bottom line is that executive function is a better predictor of school success than IQ! Furthermore, the more structured the play (as in leagues and lessons), the less self-talk, and the less structured the play, the more self-talk!

Play, movement, nature experiences, and the childhood stories that are the pillars of a Waldorf Kindergarten provide the foundational inner skills needed for problem solving, critical thinking, and healthy communication needed to succeed in academics at school and in life as adults.

It is not an anomaly that the Waldorf Middle School curriculum includes a science, math, arts, and humanities curriculum that is rigorous, precise, beautiful, and creative. The play of the Waldorf Kindergarten began preparing the children for academics years before!

Written by Cristina Drews, M.Ed. Grade 1 Teacher
## Fall

**Oct 9**
“Reading, Writing, and Rushing: How language Arts are taught in the Waldorf School,” with Cristina Drews
6:30-8:30 p.m.

**Oct 23**
“The Nine Year Change: How to support your child through this important stage of childhood,” with Eric Ebert
6:30-8:30 p.m.

**Nov 16**
“The Therapeutic effects of Storytelling in Waldorf School,” with Laura Childers
1:30-2:45 p.m.

## Winter

**Jan 15**
“Navigating the Emotional Roller Coaster of Middle School,” with Dave Smith
6:30-8:00 p.m.

**Feb 12-14**
Conference To Be Announced

## Spring

**March 12**
“How Waldorf Science in 6-8th grade addresses the developmental challenges of the middle school student,” with Joe Mason
6:30-8:00 p.m.

**April 9**
“Sensory Motor Integration: an essential building block in child development and academic success,” with Lin Welch
6:30-8:30 p.m.

### What does the 9yr change look like?

MPCS third grade teacher, Eric Ebert, will give a talk about the nine-ten change. The talk and subsequent conversation will have to do with the deepening of self-awareness and first real stirrings of solid logical thinking, which typically take place around this age. Changes for all people involve difficulties to be overcome and puzzles to be worked out. They may bring a sense of loss over what was, but they bring as well a wonderful and lively excitement about the unknown things to come, at least for the nine-year old. This can be true for all of us, but for the 3rd and 4th grade child, these changes are especially stirring. The outward manifestations may seem to make little sense and can even be alarming. Questions arise for the child. Change brings questions, and questions bring change. It can be a tumultuous time. Please come to learn how the curriculum meets our students by giving them what they need to make their own sense of the world, and to engage in discussion as to how all of us as adults can support them in this important transition.

**Speaker:** Eric Ebert, 3rd Grade Teacher  
**Time:** 6:30-8:30 p.m.  
**Location:** Eurythmy Room  
**Cost:** Free. Adults only please.

### Dress for the Weather

One of the beauties of childhood is jumping in puddles and playing in the snow! Please send your child to school prepared to play in all weather. Now is the time to prepare for the cold weather that is quickly approaching. All children need waterproof boots, coats, and gloves, as well as warm hats, warm undergarments, and those nifty mitten clips that come in handy for young children.

See special promotion on the side panel to help you prepare now!

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### Special Promotion for MPCS Families

For the month of October, Palumba is extending a 5% discount on their entire store for Mountain Phoenix families. Stock up now on wool/silk undergarments, slippers, and more.

Visit: [http://www.palumba.com](http://www.palumba.com)  
**Coupon Code:** MPCS
Ongoing Parent Council Fundraiser
Easy Way to Support Mountain Phoenix Community School

Scripts Program Now Available

What is Scrips Program?
The Scrips Program is an easy way to raise money for our school by shopping at places you already do. This fundraiser has the potential to raise 20K or more for our school. That would be more than our largest PC Fundraiser—the Fun Run, and would help the Parent Council purchase goods for classrooms, festivals, and other elements that enrich our campus for our children.

Shopwithscrip.com is a free, online, scrip management tool. It allows families to place their own scrip order online making it a breeze for families by offering a complete list of retailers. You can also look up a number of reports for your family, including your order and rebate history.

How does it work?
Basically, you are buying gift cards for stores that you frequent often, and those stores commit to give Mountain Phoenix a portion of the card sale. The amount we receive ranges from 3% to 15%. Some are reload-able and some are not.

How do I get started?
The first step is to create your free account by visiting ShopWithScrip.com and clicking on the green “Sign Up” box. Fill in the form and follow the simple registration instructions. This includes entering our school’s non-profit enrollment code.

MPCS Enrollment Code: E4A3E95F34319

**Orders will be received twice a month and be available for pickup in the office on the 2nd and 4th Friday of each month.**
Our enrollment coordinator is Rich Peters. If you have questions, please contact Rich at richard.peters525@gmail.com.

Remember Your Grocery Cards
Grocery Cards are a great way for grocers to support their customers and an easy way for us to support the school. Last year, MPCS raised over $8,000 – and only a fraction of our school was using the cards. With increased participation, we could easily double that amount. Buy your grocery cards in the office; they take cash or check only for grocery card purchases.
4th Graders return to Spring Kite Farms in Ft Collins to assist with their Fall Harvest. Our students learned how to plant seeds at this amazing biodynamic farm last May. It is a joy for them to experience first hand the circle of life.

Prekindergarten classes went to the Sunflower farm in Longmont where they climbed through tree-houses and over bales of hay, and even met turkeys, lambs, and more.

Miss Laura’s Kindergarteners explore the mountains and experience nature at Lookout Mountain Nature Preserve in Golden.

Driver Verification
Don't wait until the last minute to find out whether you are authorized to drive other students on a field trip. It takes only a few minutes to make a copy of your current Colorado driver's license and your current car insurance information. Please stop by the office to get verified.
Dear MPCS Families,

The first months of school have seen extreme changes in the weather from summer sun requiring air conditioned buildings, to snow and flooding rains. Ah to live in Colorado. As I write this letter, a sunny 70 degrees and sunshine permeates this beautiful Saturday morning. What a special place to live!

This brings to mind the amazingly successful Stewardship Day we experienced on September 28th. Volunteerism at MPCS is alive and well! What a fun day of working together to plant bulbs, paint doors and shutters, weed and build gardens for spring. Thank you to the many who came with good spirits to clean up our campus and make it more beautiful. We simply cannot provide what we do without such a strong community of involved families, and your children benefit tremendously from your participation at events such as this.

By October, classes have already formed, and teachers and students are steeping themselves in their main lesson blocks, specials, and skill classes—all part of our rich Waldorf curriculum. Our new Phoenix Flyer Newsletter and Weekly Updates will keep you informed of happenings within the school. This year, many parent evenings are being provided for you by your student’s teacher, as well as Evening Talks by MPCS staff to enlighten you about our approach to literacy and other interesting and informative topics for parents.

One of the unique things about a Waldorf school is our conscious development of the school community as a whole. Adults, as well as the children, benefit from a place where they can come together to celebrate life and our human relationships. MPCS provides such a place through the celebration of festivals and events.

Surrounding the children, as we fulfill our educational mission, is our community of adults—teachers and parents. We provide the sphere of warmth that the children feel as they grow into adolescents and eventually young adults. My heart has been warmed by a number of young students who have said to me with glowing smiles, “I’m going to be at this school through 8th grade.” Having graduated a number of 8th-grade classes as a Waldorf teacher in Hawaii and Seattle, I am able to picture them, self confident and capable, ready to tackle the world. I have seen many of last year’s graduates on campus already this year. They are prospering, it seems, with hugs and smiles for all of us.

October 1st marked our 3rd Annual MPCS Grandparents Day and Fun Run. Chair persons Debra Jones and Susie Kumley organized a welcoming environment for Grandparents and Significant Elders. Thank you to the many volunteers who made this event so fantastic! Grandparents Day allows us to honor these elders with classroom visits, ECE puppet shows, and the Annual Tea. Combined with the Annual Fun Run, grandparents who wished to join in the fun were able to do so. Thanks to those who sponsored students as they ran to send their teachers back to school.

Coming up, we plan to see you at the following Waldorf-unique Festivals and special dates:

- Harvest Festival—Saturday, October 19th from 10:00 a.m. to 2:00 p.m.
- Lantern Walk—Grades PreK to Grade 2–November 8th in the evening
- Middle School Classes move into the new building by October 15th, we have been told. Stay tuned for further updates. The new field will also be opened up for use on that day.
- Grand Opening Ceremony for the New Middle School—November 15th (Save the Date)
- Spiral Walk—celebrate the entrance of Winter—December 6th
- Winter Faire—December 14th—fundraiser and Winter Festival (children’s activities & seasonal gifts for sale)

Best wishes for a great autumn,
Dr. Long
When can we play on the field?

Thank you to all the children, teachers, and staff who have been so patient with the construction on the playing field, giving sod the ample time to attach strong roots. The sod was supposed to be laid in July to give 6 weeks to build a strong and healthy root system before school started, but due to construction delays of a very important trench spanning from the middle school to the pond, we had to wait until September to put it in. So here we are, almost to the end of a healthy 6 weeks of rest for the sod.

When will the field be open?
We plan to open the field for Harvest Festival on Oct 19.

What can we do to help keep the grass green?
Please stay on the designated pathways when walking through campus. If there is a sidewalk, brick pathway, or flagstone pathway, please use it instead of cutting across the grass. If we can all remind each other of this simple courtesy, it will keep our grass healthy and strong, and will be green for the children to play. Please be especially conscious of the walkway near the pond, which gets extremely muddy in the winter if people walk over the grass.

When is the next Stewardship Day?
Saturday, April 26

Special Thank You’s:
We would like to especially thank those of you who came back out after Saturday to finish projects and the family who offered to have their business patch stucco on several of our older buildings. We can’t thank you enough for extending your service to our school!

Stewardship - A Way of Life

Thank you to everyone who came out and serviced our campus on Stewardship Day. We accomplished our “long list” of fall chores and cleaned, planted, painted, and organized many corners of campus. We were delighted to have gorgeous weather and powerful community spirit. Our campus is now ready for the winter and what a beautiful sight it will be in the spring when all the hundreds of bulbs begin to bloom!
Meet our New Facility Manager,
Vince Ruiz

We are happy to introduce you to Vince Ruiz who made sure we had all the materials we needed for Stewardship Day. He maintains our buildings and oversees the grounds. He also manages independent contractors such as the crew that built the wall seating at Wood Henge.

Coming from Denver Public Schools, he brings a great deal of expertise to our school. We are so happy to have him as part of our community. Please welcome him next time you see him on campus.

Every $10 spent is 1 hour earned.

Do donations count towards volunteer hours?
Yes. If you donated materials to Stewardship Day or any other event during the year, you may use the dollar amount spent towards your volunteer requirements.

Every $10 spent is 1 hour earned.

How do I track them?
You track all your donations and volunteer hours on Help Counter.

Please follow this link: https://helpcounterweb.com/update/home_request.php to log your hours.

Donations and volunteer hours you may have overlooked:

Kindergarten grocery shopping
Driving to and from field trips
Tulip bulb donations
Cider donations
Potatoes donation
Camping trip food
Harvest Festival

October 19th 2013
10:00 AM – 2:00 PM

Performances!
10:00 a.m.
Grades 1-8 will perform:
St. George & the Dragon Pageant
At Fruitdale Park across the street from the school.

Activities!
Butter Churning
Corn Toss
Hay Bale Maze
Pumpkin Walk

Food!
Corn
Homemade Chili
Breads
Pies $5
Carmel Apples
Refreshments $1

Help Needed For Harvest Festival

Need baby jars with lids (or 3-ounce mason jars with lids) for butter churning. Please drop them off in the office.

Need 6 trucks and strong people to pick up 3-tie straw bales on 10/18 and 10/19, set-up maze, and take back the on 20th. We are picking up a total of 80 hay bales from Legacy Valley Stables in Arvada, who is graciously donating them to our festival.

Need extension cords and electrical bars for chili. Please wrap them with tape and label them well.

Sign up on Help Counter or contact Stacie Blatnick at clvlndgrl@gmail.com.

Books, Books, Everywhere Books!

Mountain Phoenix has been working to ensure that we have a large variety of high quality books for our students to use. The Parent Council has supported us in purchasing many additional book sets and teacher guides to supplement the book sets we already had. Over 4000 books can be found in our Book Set Library where teachers can choose leveled books to meet the needs of their students in reading groups.

Parent volunteers have worked tirelessly to sort through thousands of books in our library for 4th to 8th grade students. Sorting, shelving, and going through boxes and boxes of books took the better part of last year. Students visit the library where they can check books out to read for their own enjoyment. Picture books and books for beginning readers as well as chapter books are also being enjoyed by 1st through 3rd grades in the Primary Building. We have a very special parent volunteer who has leveled, sorted, and even covered thousands of books for the younger students on campus.

In addition to libraries throughout campus, each class has books on their own shelves for those times when work is done, which is the perfect time to pick a book to read!

The Elks Lodge from Evergreen Colorado has also donated student dictionaries, for several years now, to our 3rd grade classes. The Elks Lodge joined “The Dictionary Project” in 2004 and have donated more than 1.2 million dictionaries to third-grade students nationwide over the last six years. There are over 600 Elk Lodges that currently participate in the program.

Want to donate books or dollars to this program? See Kristi Smith to find out what books we can receive or how to contribute to purchasing book sets we would love to have. Email her at kresmith@jeffco.k12.co.us or visit her in the Main Office Building. To everyone who has been part of building up and organizing our books: THANK YOU!
PreK thru 2nd Grade

Lantern Walk

A heart-warming experience you’ll treasure.

Each November, an evening of beauty, wonder, and inspiration takes place for Waldorf schools around the world. The Lantern Walk commemorates Martinmas, as it is more commonly known in Europe, in honor of St. Martin, whose story (below) reminds us all of our shared humanity. The Lantern Walk is a simple, reverent event bringing to life for our youngest children their role as a spark of light in the dark of night, a spark of light in the world. Processing peacefully along luminarie-lit paths, children carry their handmade lanterns, and all those walking sing traditional Lantern Walk songs that encourage us to be that warmth and light for ourselves and for others. Martinmas celebrates hope and kindness and being called to help others and be the good in the world.

The Story of St. Martin

Once upon a time there was a young man named Martin. He was kind and gentle. One day he was going to the city of Amien. As he walked along the country road he rejoiced at seeing the tall trees with their branches swaying in the breeze and flowers of many colors growing from the ground and at hearing birds chirping and singing.

He said, “The world is good,” and felt happy to see the trees and flowers and hear the birds. The sun shone down on him and he felt its warmth on his shoulders.

Soon he came to the gate of the city of Amien. He walked through a large archway. The sun was fading and it began to get dark so he lit his lantern. As he walked along he came upon a man crouched on the ground shivering and cold with hardly any clothes on. Martin took off his cloak, tore it in two and laid one half over the shivering man and gave him his lantern so he would have warmth and light.

Then he went on until he came to his place of rest and lay down on his bed and went to sleep. While he slept he had a dream. In his dream there was an angel who said, “Thank you for giving part of your coat to the shivering man and your lamp so he could have warmth and light. Your name shall be St. Martin.” Again and again St. Martin gave clothing to those who were cold and food to the hungry and light to those in need.

(Borrowed from Waldorf Yarns)

As we walk together in light on November 8, we may ask ourselves, “What light – in other words, unique talents and gifts – lives within me that I can share with my family, with my community?” There are countless ways, every day, in which parents and teachers act on behalf of their children. Loving guidance and patient understanding shine on the children like a lantern leading them on their journey through childhood. Let our Lantern Walk inspire and rekindle the light that lives within, and remind us to take that light, those gifts that each of us harbors, and share them in the innumerable ways that are meaningful to ourselves and those around us.

Lantern Walk Schedule

Friday, November 8

Please meet your teacher and classmates on the hay bales under Wood Henge at the time listed below. Please be prompt.

Pre-Kindergarten 5:30 p.m.
Kindergarten 6:30 p.m.
Grades 1 & 2 7:30 p.m.
Parents' Role for the Lantern Walk

The weather is going to be cold on our Lantern Walk. Please dress the children, and yourselves, in layers, and don’t forget your mittens! (The snow fairies might be out.)

It will also be helpful to bring extra matches or long-handled clicker fire starters.

If you are not coming, please let us know. Grandparents & siblings are invited.

Pre-K through second grade children and/or teachers will be making lanterns in class or during Parent Nights. We will have some borrowing lanterns at school for family members, or you may bring a lantern from home. (Please, only flame-powered; no battery-operated lights.) Some families will have siblings’ lanterns from previous years they may wish to use.

Arrive with a full tummy. Customarily, a meal of hearty soup and warm bread is enjoyed on Martinmas. You may wish to make this a part of your family’s tradition.

Please, please practice the songs your teachers share at Parent Night in October. We cannot stress enough the importance of this. Your children will be learning them as well, and they can help you at home or in the car! If older siblings plan to walk, please include them in your song practice. All boisterous singing voices are needed!

Stay close to your child/ren and make sure they do not run ahead. This is especially important with older siblings who like to seek out friends.

While many MPCS festivals and events lend themselves to lively socializing within the community, Lantern Walk is not one of them. The most important role of parents on this night is to model reverence. Take advantage of the opportunity to leave cell phones in the car or at home!

We will ask for a volunteer from the Yearbook Committee to take photographs, but others should kindly refrain from photographing the Walk. It is distracting to others (children and adults, alike).

Please respect the walk schedule. In order for all classes, Pre-K through 2, to enjoy the Lantern Walk experience, each group will peacefully depart into the quiet night, following the walk leader off the lit path and into the parking lot. Many families choose to maintain the mood while driving home in a quiet car, lighting candles to peacefully let the story sit with the child into their slumber.

See you at Woodhenge!
Lantern Walk lyrics

Sunlight Fast is Dwindling
Sunlight Fast is Dwindling
My little lamp needs kindling
It's beam shines bright in darkest night
Dear lantern guide me with your light.

My Lantern! My Lantern!
My lantern! My lantern!
Sun and moon and stars
Put out all the lights
Put out all the lights
So my lantern can really shine bright.

I Go Outside with My Lantern
I go outside with my lantern, my lantern goes with me
Above me shine the stars so bright, down here on Earth shine we.
So shines my light in the still dark night, la bimme, la bimme, la boom.
'Neath heaven's dome till we go home, la bimmel, la bammel, la boom.

Glimmer, Lantern, Glimmer
Glimmer, lantern, glimmer
Little stars a-shimmer
Over meadow, moor and dale
Flitter, flutter, elfin veil
Fee-wit, pee-wit, tikka-tikka-tik
Rucoo, rucoo.
Cost of Before & After Care...Revised

REVISED: We apologize for a few typos last month regarding Before & After Care prices. Please see the list below for accurate pricing on these important programs.

Before Care: M-F, 7 a.m. - 8 a.m.; between 8 a.m. - 8:30 a.m., children are supervised by on-duty staff, free of charge.

<table>
<thead>
<tr>
<th>Punch Card</th>
<th>5 Punch Card</th>
<th>10 Punch Card</th>
<th>20 Punch Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>$40</td>
<td>$72</td>
<td>$135</td>
</tr>
<tr>
<td>Visit</td>
<td>$8/visit</td>
<td>$7.20/visit</td>
<td>$6.75/visit</td>
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After Care: M-TH; 3:30-6 p.m., F 1:30-6 p.m.

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<tr>
<td>Price</td>
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<td>$135</td>
<td>$250</td>
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<tr>
<td>Visit</td>
<td>$15.00/visit</td>
<td>$13.00/visit</td>
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Before & After Care Combo

<table>
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<tbody>
<tr>
<td>Price</td>
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<td>$190</td>
<td>$350</td>
</tr>
<tr>
<td>Visit</td>
<td>$20.90/visit</td>
<td>$19.00/visit</td>
<td>$17.50/visit</td>
</tr>
</tbody>
</table>

Sibling Discount, per punch card:
- 2 Children = 5%
- 3 Children = 7.5%
- 4+ Children = 10%

Per Visit = 1 punch per child, each visit to Before or After Care

Late Pick-up Fee = $1 per minute, per child if after 6 p.m.

Visit or call the Main Office at 303-728-9100 to purchase.

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Juice-sicle Wednesday

Every Wednesday at pick-up
$1/popsicle
All proceeds go towards
8th Grade Class Trip

Mr. Smith’s 8th grade class has been selling juice-sicles for $1 after school on Wednesdays between Woodhenge and the large, round, flower planter near the Primary Building. This project puts into practical use the math and business skills they are learning in 8th grade. It also provides a chance for the 8th grade students to use leadership and mentoring skills as they present “A Golden Phoenix Ticket” to students on Wednesday morning that have been observed offering kindness to others, displaying good choices as well as leadership qualities themselves. This Golden Ticket is a very special acknowledgement and entitles the receiver to a free juice-sicle on Wednesday after school. As the weather changes, we may see new treats from the 8th grade such as apple cider or hot chocolate! The money from this project will go towards the 8th grade end of year trip to Moab, Utah.

Class Fundraising at MPCS

The Governing Board, MPCS Foundation, and the principal have an overarching perspective of the school as a whole, which allows them to make informed choices regarding the priorities and the most effective ways to fundraise as a school. A variety of ways to contribute to the school are offered throughout the year. We want to base our fundraising efforts on reaching the goals of our MPCS strategic plan. Ideas are welcomed and can be brought to Parent Council Meetings.

Can classrooms do their own fundraising throughout the year? No. The Parent Council and the Foundation work to raise funds for many things at MPCS like ongoing Waldorf teacher training for teachers, building a financial reserve, purchasing books for our libraries and classrooms, and special projects on campus. The 8th grade class traditionally has been allowed to raise their own funds for their end of year trip. This trip is a culmination and celebration of their journey at MPCS. We have found that if all classes do separate fund raising, the fund raising efforts are scattered, less effective, and contribute to the feeling of families being asked for money at every turn. Therefore, we keep classroom fundraising to a minimum so parents can plan to contribute to annual school-wide fundraising. On occasion middle school classes will be approved to fundraise towards their more costly 8th grade end of year trip. While not all grades have an “end of year trip,” field trips are supported by families as each class goes on different expeditions.
Guerrilla Marketing hits the pavement in October at MPCS

Bumper stickers rolled out and on to the backsides of cars in the Mountain Phoenix Community. They even won some lucky Phoenix families a prize for placing the bumper sticker on their vehicle. Go MPCS! If you have not received your bumper sticker. Please stop in the main office and pick up one. The lucky winners of the contest received a reloadable grocery store card with $5.00 of free groceries loaded. We are looking forward to seeing your MPCS sticker proudly displayed this fall.

We now have some beautiful brochures and flyers!! If you belong to a mother’s group, business-networking group or own your own business, or would like to share Mountain Phoenix brochures with potential families, please pick up a package of flyers. The marketing team will be distributing flyers to area community centers, businesses, churches, and groups. Many hands make light work, so grab flyers to share, or let us know how many you need, and we can deliver them to you.

As you all know, we have an amazing Waldorf Charter school! So every opportunity you get to speak one-on-one about Mountain Phoenix is an opportunity to promote our school to others. Thanks for all you do!

Marketing Committee Meetings are the second Monday of each month at 7 p.m.
For more information please contact: Margaret Flynn at: mpcsmarketing@outlook.com.

Join us at the Golden Holiday Parade
Saturday, Nov 30

After School Programs & Classes

Destination Imagination (DI)

DI is a program that takes the ideas of creativity, problem-solving, and teamwork and packages them in a fun and meaningful program. The purpose is to inspire kids to imagine, create, and develop solutions on their own. Teams are formed (up to 7 participants) and are given a Challenge area to solve. Teams choose between Technical, Scientific, Fine Arts, Improvisational, Structural, or Service Learning. DI encourages children to build on their strengths and to discover skills they never knew they possessed, be they technical, theatrical, analytical, comic, linguistic, musical, the list goes on.

Need:
Student participants (3rd-6th grade), Jr. leaders (7th-8th grade) and team parent leaders.

Meeting times:
Fridays 1:45-2:45, Oct-March, Location TBD

Cost:
Approximate $50 (Depends on Team’s Challenge solution materials and scholarships possible). MPCS is covering registration and competition entry fees.

Contact:
Melissa Kaltenbach, sauri_s@hotmail.com, 303-954-0780

Doll Making Workshop

Learn to make this dreamy 18” Waldorf doll! Liza Cole-Brant (Handwork Teacher) will be bringing her talent and sharing her knowledge of Waldorf doll making! Looking for the perfect holiday gift? This is a great opportunity to make a handmade, one of a kind and special gift for your child.

Saturday November 9th & 16th
9am-1pm
All Materials included
Adults only

$95
Sign up with payment by Oct. 25th and get a 10% discount

SIGN UP FAST!
LIMITED SPACE AVAILABLE!

Basic sewing skills required, come on time, bring your lunch, work diligently and join the fun! Doll clothes not included/patterns available. Class will be held in the Handwork Classroom @ MPCS

Contact: Liza Cole-Brant ahandspunheart@gmail.com
While we cannot provide endorsements, we do ask you to think of our community first.

If you have an ad, please email an all-text ad to gina@blue-fusion.com. All ads are free but donations are appreciated. Deadline for submission is the last day of each month.

**Services**

Relax & heal at Moon Over Mountain, Massage & Wellness right down the street from MPCS! We offer integrated massage therapy, reflexology, and ear candling in a beautiful setting with incredible mountain views. We value the Earth and only use the finest ECO-friendly products, including handmade organic oils blended with pure essential oils, organic cotton sheets, and ear candles made of organic cotton and beeswax. Schedule today and receive $20 off your first 90 min. massage. Blessings and hope to see you soon! www.moonovermountain.com 720-402-1005  Elesha Bettinger

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WorldwideVintageAutos.com is your home for classic cars and trucks right here in Denver. Anything from a $7,000 daily driver to a $50,000 showpiece. We can find what you need. Call Sean at 303-339-0763.

Unique Real Estate Investments, LLC. We buy homes and commercial properties. Call Sean at 303-339-0763.

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CranioSacral Therapy by Gail Laurence, 10+ years as an Upledger trained CranioSacral Therapist. I specialize in pediatric and obstetrical CranioSacral Therapy but have worked on a myriad of symptoms including: headaches, vision problems, broken bones, sprained joints, emotional issues, colic, Asperger’s, Autism, and so many more. Call Gail at 720-771-7745 (ref avail upon request).

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Unified Health Group - All family members of Mountain Phoenix School will receive 20% off Chiropractic Adjustments, Massages, Acupuncture Treatments and more! Call 303-996-2550. www.UnifiedHealthGroup.com

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**Greater Community Classes**

Parent discussion group with Lois Hartman. The first meeting will be in October. This group is open to all, not just MPCS parents. A donation of $10/person, or $15/couple is requested for Lois’s time. For those interested, please RSVP to megandaikman@yahoo.com, and she will pass along her address and any other important information. This meeting will be the place of her previous lectures which were held at MPCS. Lois offers this quote to foster conversation and inspiration for our gathering:

“Play is a remarkably creative process that fosters emotional health, imagination, original thinking, problem solving, critical thinking, and self-regulation.”

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**Wanted**

SEEKING: Rental home close to MPCS. A small house or duplex, with a yard and garden. Would consider a roommate. Garage or carport. Character or charm is a plus! I’m looking in about a 5-7 mile radius around Mountain Phoenix. Please contact Laura Childers at miss.laura.childers@gmail.com.

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**For Sale**

Do you love to dress your kids in chic style? The Enchanted Wardrobe will be your one stop shopping place for girls boutique clothing, shoes, & boots! Brands that I currently sell are Matilda Jane, Persnickety, Mustard Pie, Oilily, Catimini, Flowers by Zoe, Hanna Andersson, Lipstik by Madonna, The English Roses, Tea Collection, Clayeux, Loves Me Not, No Added Sugar, and so much more! If there’s a brand you love but don’t see it here, contact me and let’s see if that’s a brand I love to shop for!

Call Gail to find out more or set up a time to shop! 720-771-7745.