



Calendar of Events

- Sept. 9 Wed. *Movement and Learning* a talk by Connie Helms in the Brown Wing 7:30 p.m.
- Sept. 11 Fri. 4th Grade Parent Evening 7:00 p.m.
- Sept. 12 Sat. 4th Grade Parent Morning 9:00 a.m.
Jubilee Kick-off Potluck 5:00 p.m.
- Sept. 14 Mon. Morning Garden Session 1 9:00 a.m.
Early Childhood Parent Evening 7:00 p.m.
- Sept. 15 Tues. 12th Grade Parent Evening 7:00 p.m.
- Sept. 16 Wed. 7th Grade Parent Evening 7:00 p.m.
- Sept. 17 Thurs. 1st Grade Parent Evening 7:00 p.m.
- Sept. 18 Fri. Half Day In-Service 12:00 NOON DISMISSAL
FOR E.C. AND GRADES ONLY
- Sept. 21 Mon. All School Photo Day
- Sept. 22 Tues. All School Photo Day
9th Grade Parent Evening 7:00 p.m.
- Sept. 23 Wed. *Fostering Responsibility Through Chores* a talk by
Connie Helms in the Brown Wing 7:30 p.m.

A New Year....A New Name

The Eagle's Nest is now Gnome News and you may be wondering why. Our High School students decided that our school mascot is more appropriately "Gnomes" instead of "Eagles." In a school as unique as ours, only a truly unique mascot will do and based on student research, there is no other school that identifies themselves as "Gnomes!" So enjoy our new look and come out and cheer for the Gnomes at our athletic events! And you know what they say....Gnome News is Good News!

BACK TO SCHOOL PICNIC and BIRTHDAY PARTY!!! September 12, 5:00-7:00 p.m.

Saturday, September 12 is the beginning of our year-long 25th Anniversary Celebration, as well as our annual Back-to-School potluck picnic. All students and their families are invited to join us on the lower school playground for a potluck supper, socializing, music, contra dancing, and a birthday cake! **Please bring enough food that feeds your family plus one, your own dish-ware and something to sit on.**

New Requirements for Volunteer Drivers at EWS

- ⇒ Background & DMV check- one form to be filled out in the office at least one week in advance. EWS cannot allow someone to drive if they have had a violation or accident within the last five years.
- ⇒ Copy of your current driver's license.
- ⇒ Copy of your current insurance card (if you are only driving students in your own car).
- ⇒ Scheduled bus training with Ian Ostrowski, Facilities Manager (for people who are not experienced drivers of the bus). The bus may not be hard to drive, but please keep in mind the enormous responsibility involved with driving 13 children.

The school asks that everyone come to the office to confirm that they are authorized to be a volunteer driver at least one week before your scheduled trip. Please keep in mind that your driver's license or insurance card may expire between trips so we may need a copy of the updated items before you can drive.

While this is very important for the safety of our children, it is also required by our insurance company. Please feel free to contact me or Joanne Andruscavage with any further questions or concerns. – Tara Furze, Finance Director

Michaelmas Celebration Reminder

Michaelmas will be celebrated in the Nursery/Kindergarten on Friday, September 14th. For grades 1 – 12 it will be celebrated on Tuesday, September 29th.

Pizza Order Forms Due Sept. 10th

Please remember that your pizza order forms and payments are due tomorrow, Sept. 10th. This order covers 11 weeks of pizza from Sept. 16-Dec. 16. - *The 8th Grade*



Main Office: 967-1858
Mon-Fri 8:00am—4:00pm

High School Office: 932-1195

Early Childhood Office: 967-3362

Announcements



Upcoming Presentations by Connie Helms

Movement and Learning

TONIGHT 7:30-9:00 p.m. in the Brown Wing

Part of the philosophy of Waldorf education is that physical development and learning in school are connected. Parents can therefore promote a healthy foundation for their children in the early years so that learning in school is relatively smooth. This presentation will focus on practical daily activities that support children's neurodevelopment including eye/hand coordination, fine motor skills and auditory processing skills. Through discussing the profound ways that childhood play, playground activities and rough horse-play support child development from birth to age 12, parents and teachers will gain greater understanding of how simple activities promote healthy neurodevelopment.

Fostering Responsibility through Chores

Wednesday, September 23rd, 7:30-9:00 p.m. in the Brown Wing

Chores are not only necessary for order and cleanliness; they also promote a sense of responsibility in children and teens AND they support healthy neurodevelopment. Through a fun review of our own childhood memories of smells, textures, and other impressions we associate with chores, this talk will help parents and teachers gain a greater respect for the tasks we need to teach our children that they will carry as memories. Please come with a few "chores" memories to share!

EWS High School Varsity Cross Country Team Makes It's Debut

The EWS Men's and Women's cross country teams made their inaugural runs last week at Cedar Ridge High school. The men's team was lead by Bo Marchman with a 5K time of 20:52 and the women's team was lead by Katie Mirzoyan with a 5K time of 26:56. Several of our runners are new to running and yet our school's team beat River Mill academy by a comfortable margin. Please congratulate these athletes on a race well run! —*Will Hicks, Cross Country Coach*

Come Support High School Varsity's First Home Cross Country Meet

Be down at the main entrance **this Thursday** after school for this exciting event. Our runner's have worked hard this season and are excited to host this historic event! Please come support them. The race will begin when all teams arrive and can walk the course beforehand. Many volunteers are needed along the course to direct runners and give times, meet at the purple mailbox before the race for details.—*Will Hicks, Cross Country Coach*

High School Email Google Groups

If you are a high school parent and have not been getting the Aerie or some of the sports updates via email please contact me at emersonian@emersonwaldorf.org with your email address and I will add you to the EWS high school parents google group. If you are a high school student involved in high school sports and have an email address please email me to be added to the EWS high school athletics google group. Thank you.—*Kelley Wiley*

Thank You

Thank you to Victoria Flynn, Matt Furze, Kathleen Stone-Michael, Joanne Andruscavage and Alice Armstrong for lazuring the lower school office and new wellness space.—*Kelley Wiley*

Library Books

Please take a moment to go through your house and see if you have any books from EWS that need to be returned. They could be from the adult book library in the office or books from the children's classrooms. If you do find them please bring them into the lower school office. Thank you. —*Dee Anne Lamb*

Announcements

CDC Guidance for State and Local Public Health Officials and School Administrators for School (K-12) Responses to Influenza during the 2009-2010 School Year

- **Stay home when sick:** Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs. (For more information, visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>.)
- **Separate ill students and staff:** Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home. CDC recommends that they wear a surgical mask, if possible, and that those who care for ill students and staff wear protective gear such as a mask.
- **Hand hygiene and respiratory etiquette:** The new recommendations emphasize the importance of the basic foundations of influenza prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- **Routine cleaning:** School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. CDC does not believe any additional disinfection of environmental surfaces beyond the recommended routine cleaning is required.
- **Early treatment of high-risk students and staff:** People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.
- **Consideration of selective school dismissal:** Although there are not many schools where all or most students are at high risk (for example, schools for medically fragile children or for pregnant students) a community might decide to dismiss such a school to better protect these high-risk students.

CDC may recommend additional measures to help protect students and staff if global and national assessments indicate that influenza is causing more severe disease. In addition, local health and education officials may elect to implement some of these additional measures. Except for school dismissals, these strategies have not been scientifically tested. But CDC wants communities to have tools to use that may be the right measures for their community and circumstances.

- **Active screening:** Schools should check students and staff for fever and other symptoms of flu when they get to school in the morning, separate those who are ill, and send them home as soon as possible. Throughout the day, staff should be vigilant in identifying students and other staff who appear ill.
- **High-risk students and staff members stay home:** People at high-risk of flu complications should talk to their doctor about staying home from school when a lot of flu is circulating in the community. Schools should plan now for ways to continue educating students who stay home through instructional phone calls, homework packets, internet lessons, and other approaches.
- **Students with ill household members stay home:** Students who have an ill household member should stay home for five days from the day the first household member got sick. This is the time period they are most likely to get sick themselves.
- **Increase distance between people at schools:** CDC encourages schools to try innovative ways of separating students. These can be as simple as moving desks farther apart or canceling classes that bring together children from different classrooms.
- **Extend the period for ill persons to stay home:** If influenza severity increases, people with flu-like illness should stay home for at least 7 days, even if they have no more symptoms. If people are still sick, they should stay home until 24 hours after they have no symptoms.
- **School dismissals:** School and health officials should work closely to balance the risks of flu in their community with the disruption dismissals will cause in both education and the wider community. The length of time schools should be dismissed will vary depending on the type of dismissal as well as the severity and extent of illness. Schools that dismiss students should do so for five to seven calendar days and should reassess whether or not to resume classes after that period. Schools that dismiss students should remain open to teachers and staff so they can continue to provide instruction through other means.