



Calendar of Events

- Oct. 22 Thurs. Dr. Eisen Lecture in Brown Wing 7:00pm
- Oct. 24 Sat. 2nd Grade Parent Morning 9:30-11:30am
- Oct. 25 Sun. Open House starts in Brown Wing 3:00pm
- Oct. 26 Mon. 8th Grade Visits to High School (next 2 weeks)
H.S. Parent/ Advisor Meetings (next 2 weeks)
H.S. Soccer game @ Home vs. East Wake 4:00pm
Steiner's Lecture on Social and Antisocial
Impulses 7:00pm
- Oct. 27 Tues. 4th Grade Parent Evening 7:00pm
- Oct. 30 Fri. Halloween Celebration Day
- Oct. 31 Sat. Happy Halloween!
High School Soccer Conference Tournament
- Nov. 1 Sun. **DAYLIGHT SAVINGS TIME ENDS**
- Nov. 2 Mon. 8th Grade Parent Evening 7:00pm
- Nov. 4 Wed. Kim Payne Lecture 7:00pm
- Nov. 5 Thurs. 3rd Grade Parent Evening 7:00pm
- Nov. 6 Fri. **HALF DAY-KIM PAYNE IN-SERVICE
12:00NOON DISMISSAL**

Directory Updates

Carson, Laurie & Stanley Monroe

New address: 5225 Old Woods Rd.,
Hillsborough, NC 27278

Charlie Monroe—10th Grade

Alice Monroe—6th Grade

Henry Monroe—1st Grade



Dyess, Leslie & Tim

New address: 251 Seminole

Drive, Chapel Hill, NC 27514

Hannah Dyess—10th Grade

Social Inclusion Mini-Study Group

Reminder: Monday, October 26 from 7:00-8:30 p.m. in the Woodland Cottage is the first of three mini-study group sessions. This study is part of our school's focus on Social Inclusion and this aspect of the adult community coming together to explore social issues is an integral part of fostering our school community.

Pre-reading is not required (although looking at part of it is encouraged) – I will have conversation starters and some other fun activities related to the lecture. To indicate interest, get a copy of the lecture (available by email), or with any other questions, please contact Lauren Nyland 968-7721 or mills.lauren@gmail.com.

Halloween Celebration on October 30

Halloween will be celebrated on Oct. 30 from 11:05-12:40 for grades 1-12. When the 11:05 bell rings, grades 7-12 will meet in the classroom of the younger grades to carve pumpkins. The older students will help the younger ones carve pumpkins that each student in grade 1-6 brings from home. **Children in grades 1-6 need to bring their pumpkins to school by Wednesday, October 28. Grades 7-12 should bring carving tools and utensils.**

At 12:20 the outside bell by the playground will be rung, signaling the start of the viewing of the pumpkins; students will circle the lower school in a clockwise direction (imagine that the pond is 12:00). After the "parade" students will return to their classrooms for lunch and the school day will resume its normal schedule for the remainder of the afternoon.

At the end of the school day, students in grades 1-6 will take their pumpkin home to light and enjoy on Halloween night!

PARENTS: please label your child's pumpkin with his or her initials/name prior to bringing them to school, and please bring a medium-to-small pumpkin. Carving tools will be returned; these should be brought in a bag with the student's name on it. **THANK YOU!!**

**BE AN AMBASSADOR FOR EWS:
INVITE A FRIEND TO OUR OPEN HOUSE
THIS SUNDAY, OCTOBER 25th!**

The deadline for the Gnome News is
Friday, October 23rd by 3:00 p.m.
The deadline for the November Emersonian is
Wednesday, October 28th by 3:00 p.m.



Main Office: 967-1858
Mon-Fri 8:00am—4:00pm
High School Office: 932-1195
Early Childhood Office: 967-3362

Announcements *Fall*

Thank You from Connie Helms

I want to express my gratitude for the wonderful experience I had during my eight week stay at Emerson Waldorf School. Parents, teachers, staff and students were all friendly and welcoming, and they made my work fully enjoyable. The Woodland Cottage was an ideal place to work with students and hold meetings; I hope this will continue to be a well-used spot on campus. Thank you to the community for making the Extra Lesson work well received from the grade school into the high school. Blessings on your school! - *Connie Helms*

Social Inclusion Welcomes Kim John Payne

Kim John Payne, social inclusion expert (www.thechildtoday.com) and author of recently released *Simplicity Parenting*, will be joining us in just two short weeks! His visit begins with a lecture open to our community and the public on Wednesday, November 4th around the topic of his latest book, "Simplicity Parenting" (www.simplicityparenting.com). Invite your friends and arrive early to get a good seat! Mr. Payne, along with his colleague Lezlie Diaz, then will spend the next three full days in professional development with either the faculty, the SICG (Social Inclusion Coordinating Group), or the SAC (Student Social Action Committee) leading us further into the social inclusion process. Eventually, through this process, EWS will develop a school-wide social inclusion policy and procedures for challenging social issues. Questions? Contact Merideth Tomlinson, SICG Parent Volunteer, MeridethT711@gmail.com.

Garden News

As the weather cools and there is less planting to be done, gardening is moving to a Thursdays and Saturdays only schedule. However, Thursday will be extended until 4:30.

- Thursday, 10/22, 12:30-4:30: Last minute touch-ups before the NC Outdoor Classrooms tour on 10/24. Spread seeds for rye and alfalfa cover crops. Prep bed for asparagus. Weed cabbage, chard, spinach, kale, & sorrel. Harvest kale & sorrel.
- Saturday, 10/24, 8:30-10:30: Plant any remaining garlic. Prep bed for asparagus. Weed parsnips, carrots and beets. Harvest sweet potatoes and any carrots and beets that are ready. NC Outdoor Classrooms Symposium tour to stop at the garden from 10:00 to 11:00 a.m.

Please keep the cardboard coming! Leave it by the green dumpster on the driveway behind the lower school or by the grey shed at the farm. Your contributions make a huge difference. Thank you! If you have any questions about the garden or would like to get more involved, please call Mary Beth Mueller 929-9791 or Mary Leonhardi 967-1858 ext. 14.

Good Advice For Preventing the Flu!

While you are still healthy & not showing any symptoms of the flu, consider using these steps for prevention:

1. Frequent hand washing.
2. Hands-off-the-face (resist temptation to touch your face).
3. Gargle twice a day with warm salt water.
4. Blow your nose hard once a day.
5. Clean your nostrils at least once a day with warm salt water- swabbing both nostrils with Q-Tips dipped in warm salt water (very effective in bringing down the viral population).
6. Boost your natural immunity with foods that are rich in Vitamin C (citrus fruits are a great source). If you choose to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
7. Drink as much warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.



Excerpt from an article by Dr. Vinay Goyal who is an MD, DM and MBSS.