

# THE SOULARD SCHOOL NEWS

October, 2010  
[www.soulardschool.org](http://www.soulardschool.org)

## from the head of school ...

There is a lot going on at our school. In this issue, you'll find photos of a farm visit where Farmer Paul donated copious amounts of fresh vegetables. (We provided the harvesting labor.) From the farm to the table, we've shared a great sweet potato recipe and information about the Feast of Thanks. The harvest theme moves from the school to the parent organization as they rally for the biggest Oktoberfest ever – both in terms of volunteer hours and potential revenue. We reach further to our families with the second annual Grandparent Coffee scheduled for October 18th. Community involvement is a cornerstone of The Soulard School.

Like our students, the types of volunteers and their level of involvement is diverse. The most successful communities have a core team of leaders who choose to do a ton of work enthusiastically organizing and promoting involvement in our school. We need other volunteers who prefer not to work in leadership roles, but reliably help out with shifts and responsibilities throughout the year. A third group stays connected, attends events, and works hard to support their child's education. Like our approach with students, parent involvement works best when we meet parents where they are, celebrate and serve those who do what they can for their children, our school, and the parent association (in that order.) The events at our school, and associated with our school, are as diverse as our students, parents, and community. Whether you like steins and polka (Oktoberfest), fiddles and the two-step (the Spooky Hoe-Down), happy hour with neighbors (Mona Parsley's party at the Loomis residence), plays and book groups (Tomato Plant Girl and Odd Girl Out), or scones and wisdom (Grandparent Coffee), there are endless ways to achieve our one goal – to support our students.

- Kelly Bock, Head of School

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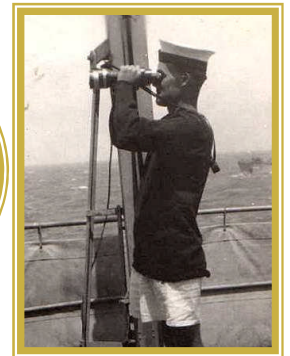
Please join us for our annual event honoring grandparents.

see page 2 for more details

**Grandparent Coffee & Cakes**  
 Monday October 18  
 THE SOULARD  SCHOOL

Invitations went out this week to the addresses you provided Eleanor. We look forward to welcoming Grandparents on October 18th.

All hands on deck ...  
**Annual Giving**  
 leaves port  
**November 1st**



Soulard Oktoberfest is **October 8-9-10** at Lyon Park at Arsenal and Broadway! The Parents Association will host both the **Beck's and Paulaner Beer booths.**

Oktoberfest is the PA's biggest fundraiser and this year we **hope to raise \$15,000.** That is more than **triple** what we have made in the past and will help the school cover programming and capital costs as well as fund social events like the Spooky Hoe-Down & First Tuesday Coffees. We really need everyone to pitch in if possible to make it happen.

Oktoberfest is a fun way to knock out some of your volunteer commitment hours. Double your fun and **bring a friend.** Help us help you not have to sell wrapping paper and frozen strudel dough. You can **sign up online or at school,** just inside the circular drive door.

If you've already signed up but haven't committed to a time slot please go ahead and do so. For more information, contact Greg Redmond at [greg.redmond@yahoo.com](mailto:greg.redmond@yahoo.com) or 401-4084.



# events & information

## metro theater play

This is one of the many ways the Parent Association is able to use their hard earned funds to support our school. So thanks to them for making this possible and to Mad Art for hosting us.

Wednesday **October 13th** 1:30pm

We will have space for 70 additional guests to join. Please RSVP to the form Eleanor will provide in the Friday Notes. You are welcome to invite family and neighbors, ages 5 and up please. Doors open at 1:00pm and the play will start promptly at 1:30pm.

Good, healthy friendships are critical for children to grow into kind, caring adults. *Tomato Plant Girl* is a funny, yet poignant story of the trials of childhood friendship. The play features three unforgettable young characters playing in a garden: Little Girl, Bossy Best Friend, and Tomato Plant Girl. Though the play is set in a fantastical world, it presents relationships among children that are achingly honest as it deals with problems that girls and boys in the audience will recognize. Most importantly, it leaves young people with a hopeful message

about celebrating their individuality. We hope you enjoy your time in *Tomato Plant Girl's* garden and that you'll use the play as a vehicle for dialogue with the young people you are nurturing.



## grandparent coffee + cakes

We would like to welcome Grandparents on Monday, **October 18th** 8:45-10:00am, to honor their place in our community. After being buzzed in at the Victor entrance, Grandparents will be welcomed in the McGurk's Room by Administration and will then head to their grandchild(ren)'s classroom. After that, similar to our First Tuesday Parent Coffees, they will head down to the McGurk's Room for coffee, cakes and conversation with their grandchild(ren). Grandparents are asked to RSVP to Eleanor.

Donations of baked goods/fruit plates would be very much appreciated. The Foodies will have a sign-up by the driveway door. Thanks in advance!



## feast of thanks

The Feast of Thanks is fast approaching. This is a time for us to recognize and thank everyone who has supported the school. The Feast will be held on Friday, **November 19**, 12-2pm. It is possible that the selection of a venue will determine the number of people we are able to invite so watch the Friday notes as details are confirmed.

## Spooky Hoe Down

Come one, come all to this year's all-new fall celebration. The Soulard School will commemorate the changing of the seasons with a Spooky Hoe Down!

Date: Friday, **October 29**

Time: 6:30 to 9:30

Place: The Soulard School

What: Hoe Down with live fiddle music and Square Dancing for children and adults, face painting, body stickers and glow sticks for everyone!

Food: Chili Cook off with prizes and pot luck.

Costumes are optional for children and parents - Dress up in your best western outfit or a costume of your choice (nothing too scary please).

Look for volunteer sign up sheets for help with set up and clean up on the bulletin boards near the front entrance and the McGurk's entrance. We will also be looking for volunteers to assist with face painting and body stickers. Contact Angela Cooper at [Angela.L.Cooper@uscg.mil](mailto:Angela.L.Cooper@uscg.mil) if you would like to volunteer. This party is a fun and easy way to fulfill your monthly volunteer hours.

Brought to you by your PA Social Events Committees.



## events & information

### What is the Size of the Problem?

Irving Berlin says,

“Life is 10% what you make it, and 90% how you take it.”

Some people seem to have a gift to take it in stride, not take it personally, go with the flow...But given the rise of road rage, anti-anxiety medications, and our nation's average blood pressure, it seems most of us struggle with this. Children are no exception. In fact, for many, dealing with life's frustrating elements is compounded by the overall lack of control children have over their own lives. We tell them when to go to school, what to eat for lunch, when to bathe, go to bed, wake up, turn off the television, etcetera. Sometimes this challenge looks like an inappropriate outburst – loud and/or physical. Sometimes it's quiet and internal, sulking and holding a grudge. Sometimes it's tears and “I'm having the worst day of my life!” At The Soulard School, we help students grow and develop Irving Berlin's wisdom by asking, “What is the size of the problem?”

Here's how it works: Using pen and paper, I draw a number line from 0 to 10. Zero represents no problem. Ten is the very worst thing that could happen. Every child's (and adult's) ten is different. Obviously, the worst thing that a 3-year old can imagine is different than what a 12-year-old can imagine. There are no wrong responses. However, I have encouraged an “If I fall down and get hurt” response to include “hurt so badly that you have to go to the doctor or hospital.” We then write that down under the ten. Next, we return to the problem at hand. For example: Joe knocked down Sue's block tower. Sue screamed, took a swing at Joe, and then broke down in tears. “Sue, on this line when 0 is no problem and 10 means you got hurt and have to go to the hospital, what is the size of the problem when your blocks get knocked over?” Older children tend to accurately place the problem low on the scale (even if admitting it somewhat begrudgingly). Younger children, still driven mostly by emotion, will often tell me it's a 7 or 8. I plot it and ask, “Really? Blocks getting knocked down is almost the same as going to the hospital?” After reflection, and a more accurate sizing of the problem, I then point out that his/her reaction was more suited for a 7 or 8 sized problem. Finally, we brainstorm on what things we could do to help the response match the size of the problem.

On the front, this takes a lot of time. But subsequent events are quickly addressed with just the questions, “What is the size of this problem?” “What is the size of your reaction?” “What can you do to help yourself make those numbers the same?” Eventually, I only ask, “What is the size of the problem?” and the child is able to help him/herself. This has been so effective; I have heard children help each other saying, “This is only a size 2 problem. We can work it out.” Few things in life are a 10 – for any of us. When we help children with the 90% of life to take, we empower them to shift their energy to move mountains with the 10% of life they make.

- Kelly Bock



The Mosaic class is becoming a greater presence in the Quietude Room this year as they take turns volunteering their time and assisting the children. Here Quinn spends time one-on-one reading with David.

## studio connections

This month in studio, Soulard School students have been brainstorming, journaling, and drawing, about “How to think like an artist”. We explored concepts and images in our everyday life that could serve as inspiration for art making. Students came up with responses like: “Sketch soccer balls”, “Think like I did when I was one”, “Think big, but not too big”, “Use different parts and pieces”, and “Be the art you make”.... Each student has developed their own artist statement based on these responses, and are creating art with a twist to explain the creation of their very own inspiration! The mystery of Soulard School creative thinking will begin to be revealed next week on the walls of the main hallway outside of pre-K. Students have chosen not to sign their artwork, so that students, parents, and visitors immerse themselves in learning “How to think like an artist”, all while trying to de-code which student artists are behind these deep thoughts of creative expression.

The art studio can easily be brought into your home and everyday life, by just doing small exercises that reinforce the ideas behind thinking creatively. As summer fades and leaves fall, the landscape changes and new shapes are revealed. Try drawing with your child as the seasons change and see what new shapes you come up with together.



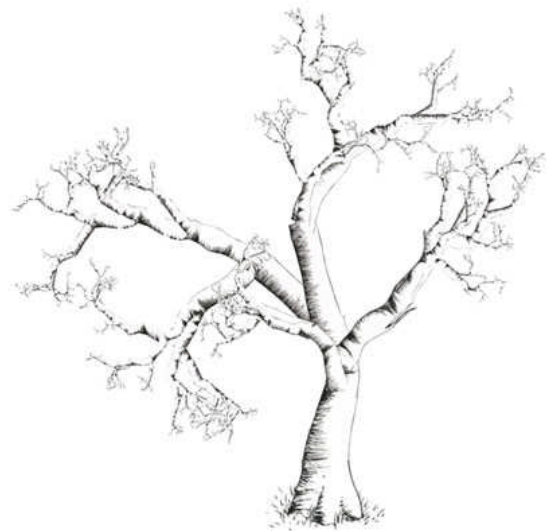
## events & information

# AlcHEmy

What's in a name? Much! After a couple of weeks of being nameless, we came across the name Alchemy. We are now the Alchemists and are learning all of the facets of the word. This week, in preparation for a presentation we plan to share at the next Monday assembly, we read a book called Alchemy by Carol DiMarco. We read the definition written in the book which states, "Alchemy is the seemingly miraculous change of a thing into something better." The rest of the book consists of pictures that gradually change to show how a tree nurtures a caterpillar that turns into a butterfly. The illustrator draws the butterfly in a way that shows all of the elements (sun, rain, etc.) which helped it come into being. We asked our students later to describe alchemy. Maxine said, "Alchemy is life coming together." Harry said, "Alchemy is turning lead into gold, which means turning something into something better." During our presentation we will share who we want to become at a later stage in our lives and how what we are learning this year will help us get to that goal. We hope to miraculously turn into something better than we are now through our learning experiences in the Alchemy room.



What can we do with this cardboard tube?



This question was the start of a math exploration at the beginning of the year. Over the past few weeks, the Alchemy class has been turning the creative wheels in their minds to plan and organize what is becoming an imaginative and inspiring TREE! WHAT, WHEN, WHERE, WHY, WHO, and HOW framed this session of final brainstorming.

## events & information

Saturday  
November 20<sup>th</sup>  
10am—6pm

# BOOK FAIR

Left Bank Books – Central West End location

Sunday  
November 21<sup>st</sup>  
11am—6pm

**SPREAD THE WORD!**  
Left Bank Books is hosting a  
Book Fair in support of The Soulard School

20% of all designated purchases will be  
donated as store credit to acquire books for the  
school library and classrooms. Last year's  
Book Fair raised almost \$1,600 in book credit  
and collected over 60 book donations.

If you are interested joining the Book Fair committee  
and volunteering that weekend as a parent  
representative, please contact Erin  
Quick at [erin.eq@gmail.com](mailto:erin.eq@gmail.com).



Tell your friends and family to get some of their  
holiday shopping done and support our school at  
the same time!

The Book Fair is an excellent opportunity to  
spread the word about the school. We will  
have an information table set up to answer  
questions about the school, with a raffle and  
a wrap station to offer free giftwrapping for  
customers (with a donation jar at the table).  
Students are encouraged to help out at the  
wrap station.

Order forms will be sent home on October  
22nd for families to pre-order books they  
would like to purchase at the Book Fair. They  
are due back the following week, on October  
29th.

### School pictures are online!

To see your child's photos, go to  
[www.nordmannphoto.com](http://www.nordmannphoto.com). Click on "view your  
photos" and enter the password.

(If you've forgotten it, ask Eleanor).

Remember, DO NOT order your photos online.

Call John @ Nordmann (783.0300) and let him  
know the image number of the picture/s  
you would like.



NORDMANN  
PHOTOGRAPHY

### first tuesday coffee



Join us Tuesday, **October 5**, at  
8:30 AM (after dropping off your  
child/ren) for some good company &  
great treats. Or grab something to go if  
you can't stay. This month's coffee  
hosted by The Parent Association.

# day at the farm



The Mosaic class visited Farmer Paul at Bellew's Creek Farm to help harvest the squash and sweet potatoes. Check out the recipe on page 8 for mashed potatoes & yams that was prepared last week with all the harvested goodies.



# 2010/11 calendar

## Bike to School Day

**note:** school is closed on Friday, 10/15  
for Professional Development

### October 2010

5	Tu	8:30am	Parent Coffee
8-10	F-Su		Oktoberfest
13	W	1:30pm	Tomato Plant Girl Metro Theater Production Hosted by Mad Art
15	F		<b>School Closed- Professional Development</b>
18	M	8:30-10am	Grandparent Coffee & Cakes
25	M	2:30pm	Assembly: Birthday Book
29	F	6:30pm	Spooky Hoe Down

### November

1	M		Annual Giving Kick-Off
2	Tu	8:30am	Parent Coffee
12	F		<b>School Closed- Records Day</b>
19	F		End 1st Trimester
19	F		Feast of Thanks
20-21	Sa-Su	Noon	Left Bank Book Fair
22-24	M-W		Conferences: Parent & Teacher
25-26	Th-F		<b>School Closed- Thanksgiving</b>
29	M	2:30pm	Assembly: Birthday Book

### December

7	Tu	8:30am	Parent Coffee
TBA			Winter Concert
20-31	M-F		<b>School Closed- Winter Break</b>

### January 2011

4	Tu	8:30am	Parent Coffee
13	Th	7-8pm	+ State Of The School
14	F		<b>School Closed- Professional Development</b>
17	M		<b>School Closed- Martin Luther King Jr. Day</b>
22	Sa	1-4pm	Open House
31	M	2:30pm	Assembly: Birthday Book

### February

1	Tu	8:30am	Parent Coffee
5	Sa		Trivia Night @ Mad Art
18	F		<b>School Closed- Records Day</b>
21	M		<b>School Closed- President's Day</b>
28	M	2:30pm	Assembly: Birthday Book

### March

1	Tu	8:30am	Parent Coffee
5	Sa		Madri Gras
8-10	Tu-Th		Conferences: Parent, Teacher (& Student K+)
11	F		End 2nd Trimester
14-18	M-F		<b>School Closed- Spring Break</b>
28	M	2:30pm	Assembly: Birthday Book



\* event added/changed this month      + mandatory attendance

# 2010/11 calendar

## April

1	F		<b>School Closed- Professional Development</b>
5	Tu	8:30am	Parent Coffee
22	F	10:30am	Teaching Peace Parade
25	M	2:30pm	Assembly: Birthday Book

## May

3	Tu	8:30am	Parent Coffee
tba	Sa		Soulard Soiree
13	F		<b>School Closed- Records Day</b>
23	M	2:30pm	Assembly: Birthday Book
25	W	6-8pm	Student Art Show & Concert @ Mad Art
27	F		Last Day Of School: Field Day & Portfolios

\* event added/changed this month      + mandatory attendance

## culinary arts

### Rosemary Mashed Potatoes & Yams with Garlic and Parmesan

8 cloves garlic  
 3 tbsp olive oil  
 1 1/2 pounds baking potatoes, cubed  
 1 1/2 pounds sweet potatoes, peeled and cubed  
 1/2 cup milk  
 2 tbsp butter  
 1/2 tsp dried rosemary  
 1/2 cup grated Parmesan cheese, divided  
 Salt and pepper to taste

1. Preheat oven to 350. Drizzle garlic with olive oil and wrap in foil. Roast for 30 minutes, until very soft. Cool, peel and reserve oil.
2. Cook potatoes and sweet potatoes in a large pot of salted water until tender, about 20-30 minutes. Drain, reserving 1 cup liquid.
3. Place potatoes in a bowl. Add milk, butter, rosemary, garlic and reserved olive oil. Mash until smooth, adding reserved cooking liquid as needed. Mix in 1/4 cup cheese and salt and pepper to taste. Transfer to a greased 8x8 baking dish. Sprinkle with remaining cheese.
4. Bake for 45 minutes, until heated through and golden on top.

## library corner

Many thanks to everyone who signed up on the Library and Book Fair Committees at the volunteer rally! We are still looking for a couple more Library Catalogers this year. The Catalogers meet together one Saturday a month to catalog and label the books for the library. If you are looking for a way to get your volunteer hours and are available on Saturdays, please consider signing up. The sign-up sheets are still posted on the bulletin board by the circle drive entrance.

The Book Fair at Left Bank Books is fast approaching! This is a wonderful opportunity to support both our school and a cherished local bookstore, and we ask all families to attend sometime that weekend. Look for all the details in this month's newsletter.

As a reminder, students may check out books only during their class library day. We ask that books not be taken from the library during before/aftercare, meetings, volunteer time, pick-up/drop-off, or other such times, as the books tend to get misplaced or taken home without proper checkout procedures.

Our Aug. & Sept. Birthday Book Assembly was last Monday, and we had several birthdays to celebrate. Thanks to everyone who brought in their Birthday Books! What a great new selection of picture books and chapter books to add to our collection - including an audio book set, and *The Mysterious Benedict Society* and *the Prisoner's Dilemma* to complete this book series for our library collection! Yea!

Word.  
 -Erin the Librarian

### NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Soulard School admits students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. The Soulard School does not discriminate on the basis of race, color, national and ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.