

THE SOULARD SCHOOL

COMMUNITY NEWS

OCT
2018

A MINDFUL EXPLORATION OF JUSTICE, IDENTITY & ACTION

"Mindfulness is a way of befriending ourselves and our experience." John Kabat-Zinn

Notes From The Leadership: Haley Biehl, Assistant Principal

The start of each school year marks a time for reflection. We start with our foundation, our commitment to providing a school culture that respects and values all students, fosters understandings of all kinds, and incorporates health and wellness. From there, we thoughtfully consider where we could grow. **Two interlinked projects this year provide opportunities for growth for students, staff and our community: a new focus on mindfulness and a social-justice arts partnership.**

While mindfulness has become a bit of a buzzword lately so as research around its benefits has emerged, The Soulard School has long understood its importance. Daily yoga and self-regulation practices have been part of our day since the school's founding. Now, a formal focus on mindfulness has emerged as the next natural step in this area. Traditionally, mindfulness is defined as the act of paying attention in a non-judgmental way. Here, it could mean we are noticing the *"wind in a windchime,"* (Gus, 1st), or *"thinking about our actions,"* (Clyde, 3rd) as they impact others and ourselves.

We are excited and fortunate to build on these conversations using Smiling Mind, a mindfulness curriculum that explicitly teaches themes including awareness and attention and, acts of kindness and positive relationships. Students and teachers alike are participating in mindful meditations and corresponding activities to broaden their own vocabulary and strategies, and build a fundamental framework for working through abstract or nuanced situations that require non-judgmental attention, reflection, and action.

Additionally, our 4th and 5th grade students are learning with local "artist" De Nichols and the **Sticky Note to Self Project with emphasis on Social Justice, Identity and Action.** This year-long project began with students creating their own unique sticky notes that serve as personal mantras, as well as the cover for their individual reflection journals. Students wrote words of encouragement to themselves and others, messages like *"Never Lose Hope, Stay Strong."* These messages will provide the basis for a student-led media series and video reflections over the course of the school year, and culminate with the creation of a collaborative mural that shares a collective message with our community.

We invite you on this journey with us as we move through the year and its connections with courage and optimism. Just as our students are learning more about themselves through these unique experiences, we can also be inspired by these manifestos.



This month's
issue is
FULL

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the ED
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Sense of Self
with the Nursery
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Connecting &
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OUR CALENDAR

- 10/15 Grandparent Coffee 8:30-10am
- 10/30 Birthday Book Assembly
- 10/27 Irish Music Benefit Show 7pm
- 11/3 PA Harvest Party
- 11/6 Parent Coffee
Hosted By The Mosaic Class
- 11/8 PA Meeting 6pm
- 11/9 School Closed Records Day
- 11/10 & 11
Book Fair @ Subterranean Books
- 11/16 End of Trimester 1
- 11/21 School Closed Conferences
- 11/22-23 School Closed T-Day Break
- 11/27 Birthday Book Assembly
Parent Workshop with De Nichols



During a recent Culinary Arts class, the Alchemy class (2nd/3rd grade) prepared Three Sisters Stew. This traditional Native American dish used the beans, corn and squash grown in our own Outdoor Classroom. The cooking project was part of a larger look at the experience of native people as part of Indigenous People Day (Columbus Day). Discussion led to considering the Indigenous perspective and things we can do when we have intentionally or unintentionally caused someone harm in both the larger historical context or on an individual basis.

OUR STUDENTS RESPONDED

You can say, "Sorry" and tell the truth of what you did.
Say, "Are you ok?"
Check on them.
Ask if you can help.
Try to help them feel better.
Ask if they need anything.

INTENTIONAL COURAGE

Notes From The Leadership: Sarah Christman, Executive Director, Co-Founder

Last school year we started the year with the word "intention" as our guide. That intention has brought us to the activities and actions for this school year. So for this school year and all that it will bring I'd like to offer a new word, "courage."

We've said before that learning is a courageous act. Your children demonstrate courage everyday they are at school. They are the epitome of courage. They are challenged to try new things, they are building their sense of self and self-confidence as they try, fail and try again. Our philosophy makes space to support this. We teach our children about self-care, mindfulness, how to identify/express our emotions, ask for support from others and offer support.

We are now calling on the courage of the adults in our community. As adults, we know that courage changes. We've learned so many things over our lives and part of the call to courage is for us to revisit or reject some of that learning for the sake of change. I am thankful to the Diversity & Inclusion Parent Committee that has established opportunities for learning and conversation. Our staff has also answered the call to courage by engaging in new learning about social justice and diversity through workshops and reflecting on their own approaches to historical content and encouraging students to do the same.

Our adoption of the Teaching Tolerance Social Justice Standards has provided us with new language and goals to keep our work going and keep change a constant. We are grateful for the opportunity to work with and learn from Artist & Social Designer, De Nichols to express our learning to the community at large.



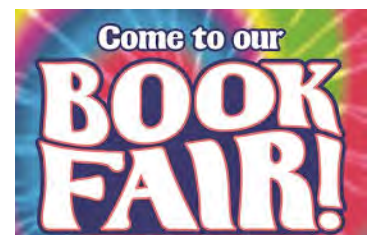
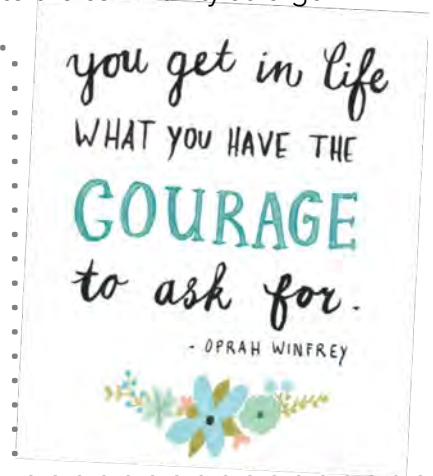
subterranean
BOOKS
BOOK FAIR

Subterranean Books
6275 Delmar Blvd. St. Louis, MO
63130

Saturday, Nov. 11th 11am - 6pm
Sunday, Nov. 12th 12pm - 7pm

The Souldard School receives 20% of qualifying sales to purchase books for our school and classroom libraries.

We hope to see you there!



MEET OUR SOULARD SCHOOL 2018-19 STAFF

ADMINISTRATION

**Sarah Christman, Executive Director & Co-Founder**

When I began my career in education I started with the youngest age group, preschool. I knew then, and now, how vital and meaningful this foundation was and felt it would be a place to make a positive impact. Little did I know when I found my way to this community years ago what an opportunity for impact I was walking into. As a Co-Founder of The Soulard School, I am delighted every day to see all that we have become, together. It has been an educator's dream to be a part of building a school that has layers of community, integrated

curriculum and innovative approaches. I value the relationships built in our close community of students, staff and parents and know what we are accomplishing reaches well beyond our school.

**Eleanor White, Assistant Executive Director**

I am a St. Louis native, growing up just around the corner from the school, in Lafayette Square. I attended Bard College, then received a Master's in Education Policy Studies from the University of Wisconsin. Returning to St. Louis, I continued my education, receiving my certification in Elementary Education from Fontbonne. After a few years of teaching at a charter school, I discovered the Soulard School, a place that looks just like the progressive elementary school I attended and loved as a kid. I can't believe

this is my twelfth year with the Soulard School! When I began, I taught kindergartners, then toddlers, but I've been in the office for the past eight years.. Meanwhile, my son Emmett is in 5th grade this year and Theo is in 2nd. I live in Shaw with my husband Brad, the kids, a big brown dog named Rufus and our hedgehog, Rose.

**Molly Walsh, Development Director**

I'm so thrilled to be a part of The Soulard School's amazing team for my third school year! I started working in my college Development office as a freshman and my passion for helping others and for growing education flourished. I have a Bachelor's Degree from Westminster College in Non-Profit Management and Law. I worked at Westminster for several years balancing responsibilities between Annual Fund and Phone-a-thon giving. After completing an independent study course with the

Dean of Institutional Advancement, I knew Development in education was the right career path for me. Previously, I worked at an all-boys Catholic school before making the move to The Soulard School. I have worked with several non-profits in the St. Louis area including Ronald McDonald House Charities of St. Louis and Annie's Hope- the Bereavement Center for Kids. I can't wait to see what the Development Office and Board of Directors can achieve this year the help the students of The Soulard School. I currently live in the St. Louis Hills. In my free time, I enjoy spending time with family especially my nieces and nephew. I love all things Irish; from Irish dance to Irish music. My favorite holiday is St. Patrick's Day and I am so excited for the next Soulard School Clovers and Stars event!

**Kimberly Shead, Development Manager**

I am a native to St. Louis but have had the wonderful pleasure of residing in great cities such as Dallas, Charlotte, Nashville and Los Angeles, where I gained invaluable experience in the nonprofit, television and marketing industries. My midwestern sensibilities and love for family compelled my move back to the Gateway City. I was blessed to be raised in a very loving and supportive home by my aunts who instilled a strong work ethic and spirit of volunteerism in me. I saw how they worked tirelessly in the field of

education to better the lives of children and youth, as well as gave any extra time to volunteering and serving our community. I believe these values are what influenced my decision to seek out an organization such as The Soulard School. It fills my heart with joy to know that I am doing work that will truly make a difference in the lives of children and our community.

**Kerri Fair, Principal**

Just as we hope to create lifelong learners in our students, we strive to inspire and challenge our teachers to be wholehearted and passionate about learning. It is my goal as principal to support both students and teachers on this journey. Before coming to The Soulard School, I was a reading specialist in the Hazelwood School District for three years, a classroom teacher for seven years in North Kansas City, and a kindergarten specials teacher in Odessa, MO my first year as an educator. While teaching at

The Soulard School, I have been a classroom teacher, literacy coach, instructional specialist, and principal. I have taught grades K through fourth grade and am now in my twenty-third year as an educator, and twelfth with The Soulard School. I hold a Master's degree in Reading Education, a Bachelor's Degree in Elementary Education, and am working on my Ed. Specialists Degree in Educational Leadership through Webster University.

My husband, Clayton, and I are also parents of three children; two continue to be Soulard School students, and one is now an alumni. We look forward to continuing to be part of this welcoming community of families and educators.

**Haley Biehl, Assistant Principal**

Every child learns differently, and it is our charge as educators to show regard for and to reflect on how students express themselves academically, socially, and emotionally. In turn, we adjust our approach and interactions to ensure the child is feeling supported and respected. Now entering into my seventh year here, I am thrilled to continually support and grow with this delightful community

While my initial bachelor's degree is in journalism, I started my journey in education at the Illinois Center for Autism, and quickly learned that nurturing the development of my students was far more rewarding than working as a freelance journalist. I returned to school and received my Master's in the Art of Teaching in Special Education, and continued as a teacher at ICA before joining the Behavior Support team in Belleville, IL, where I taught 1st through 3rd grade. I found my way to The Soulard School when I married my wonderful husband, Jason, and made St. Louis my home. We are parents to a very inquisitive one-year-old, Autumn, who loves to play and explore at the Nursery. Outside of school, I enjoy teaching fitness classes at CityFit Studio, spoiling our boxer dog, Louie, and getting into misadventures with my friends and family.

NURSERY TEACHERS



Jessica Thenhaus, Infant Teacher

I am originally from New Orleans and have called St Louis home for more than twelve years. It was not easy to leave New Orleans but I was lucky enough to find a second home in St Louis. I have an Associate's Degree in Applied Science. Previously I owned an in-home daycare and am CPR certified. My sister-in-law Sarah Kate, introduced me to The Soulard School. I have worked in collaboration with her on creating many fun Aftercare activities, including building shoebox floats and having a mini Mardi Gras parade. In my four years

at The Soulard School, I have worked as the Pre-K aftercare teacher and the Pre-K summer camp assistant. I am very excited to be joining the Nursery Team this year as the Infant Teacher. I am proud to be a part of The Soulard School, a school that has such a strong connection to the people within its community. In my spare time I love to be exploring outdoors with my husband and two dogs..



Diana Hemkens, 1 Year Teacher

I earned my Master of Arts in Teaching degree in mild/moderate disabilities from Webster University. While studying for my master's, I got involved with The Soulard School in 2011 as an elementary school reading and math tutor. Since then, I have worked as a 2nd grade teacher's assistant, aftercare teacher, Little Camp pre-k teacher, and Nursery toddler teacher. Since joining the Soulard Nursery team in 2016, I have really enjoyed my role as the 1 year old toddler teacher. It is fun and rewarding watching my curious

students become confident in their abilities to discover and maneuver the world around them. Here's to another amazing school year of fun and growth!



Sarah Henrich, 2 Year Teacher

I earned my BS in Nutrition and Exercise Science from The University of Missouri – Columbia. I have a variety of experience as an educator that includes toddler through high school age groups. I have taught preschool, worked at a before and after school program, and taught Nutrition education in the St. Louis Public Schools. This will be my eighth year working at the Soulard School Nursery. I am looking forward to another great year with a wonderful group of children and an amazing group of teachers!



Several staff on one of three teams participate in a "Yes, and" activity in COCA's Peacock Studio to reinforce our positive communication collaborative thinking practices.

PRE-K TEACHERS



Deidre Kelly, Quietude Teacher (Pre-K)

After a wonderful experience teaching first grade in 2017-2018, I'm thrilled to be joining the Quietude classroom this school year! As a California native, I grew up swimming in the ocean, hiking among the redwoods, and endlessly searching for flower fairies. I moved to St. Louis in 2012 to pursue a master's degree in Social Work at Washington University and later became a youth educator on an organic farm in North County — working to connect students to nature through experiential learning opportunities.

When I'm not in the classroom, I love to go on travel adventures abroad. Previous trips have taken me to Africa and Latin America where I lived in rural villages teaching photography to children and exploring the natural wonders of the area. Experiencing new cultures has not only enriched my life, but has been a joy to share with my students. My time at home is spent crafting botanical body care products, snuggling my new puppy and gardening with my partner, Matt. Teaching is my greatest passion and I feel honored to spend my days learning from an incredible team of devoted educators at TSS. I'm very much looking forward to an exciting year of growth with my Pre-K friends!



Kathie Mallman, Quietude Teacher (Pre-K)

I am so thrilled to begin my third year in the Quietude classroom! Along with working in the Quietude Room, I also have the opportunity to support and collaborate with the nursery staff each week. I truly enjoy being a part of such a warm and welcoming community here at The Soulard School. I received my Bachelor's Degree in Education from Webster University in 2014. After spending several years working in an early childhood center, I found my true passion for engaging young children through

problem solving experiences. It is truly amazing to watch children learn something for the first time, while also supporting their learning in the process. Outside of teaching, I love to be outdoors and spend time with my family. My husband, Mike, and I just got married in September! Together, we have an adventurous one-year old, Louie, and also my amazing step son, Aiden, who is nine years old. We love to spend our time outdoors, watching movies, and cooking delicious food together! I am grateful to be apart of such an amazing community, and I cannot wait to see what this year has in store for me!



Jenna Morrison, Quietude Teacher (Pre-K)

I am beyond excited and grateful to have the opportunity to continue my adventures in teaching Pre-K at The Soulard School! I earned my Bachelor's degree in Child Development and Education from the University of Missouri-Columbia. Throughout my time at Mizzou, I was a teacher in a Montessori classroom and in the University's Child Development Lab. Additionally, I completed my student teaching experience at The College School in Webster Groves, where I was inspired by the school's Reggio Emilia

based curriculum. Having been exposed to these various curriculums has helped me to develop my own unique teaching philosophy, which I have been able to put into practice and expand upon in the Quietude classroom. I strive to pass on my love of learning to the children by encouraging them to explore their individual interests through our play-based, inquiry-based curriculum. My boyfriend Dan and I have a 1 year old daughter, Maeve, who is at the Nursery. In our free time, we enjoy taking Maeve on new adventures around the city and playing with our dogs, Pippa and Carl. I have loved being a part of the Soulard School community for the past five years, and am excited to see what my 6th year brings!

ELEMENTARY CLASSROOM TEACHERS



Amy Cross, Mums Teacher (K)

I have been at The Soulard School since the 2012-2013 school year. I have taught in the Quietude classroom and Pre-K summer camp. This is my third year co-teaching kindergarten with Julie. My passion in life is working with children. They bring smiles to my face every day as I learn as much from them as they do from me. I am originally from the St. Louis area and graduated from UMSL with a degree in Elementary Education. While attending UMSL, I lived in Benton Park and really fell in love with the local community.

After graduating, I was fortunate enough to travel extensively while living in Europe, Asia and Latin America. I taught English in a public all-girls school in South Korea. At that time, I volunteered at an afternoon program for economically underprivileged 4- 6 year olds. Although I always knew I wanted to teach, that was the first time I felt passionate about an age level - early childhood. I went on to the Dominican Republic where I was given the opportunity to work with preschool students again at Punta Cana International School. I stayed there four years before returning to St. Louis. Now, I am living in the Soulard neighborhood with my ever growing family - James, Dakota (5th grade), Cameron (1st grade) and Pickle (our dog). I look forward to continued growth within an amazing environment where I see children being inspired and encouraged to live in such a positive, respectful way! In all my travels I found the uniqueness of individuals is what makes the world wonderful. I look forward to teaching in a way that helps students love themselves and appreciate others.



Julie Radin, Mums Teacher (K)

Joining the community at The Soulard School was a dream come true for me. In my years as a teacher I have learned the value of allowing student curiosity to guide the curriculum, so I am happy to be a part of a school that embraces this philosophy. I have over 20 years of teaching experience at various grade levels. I earned my Bachelor of Science in Education from Missouri Baptist University. I have continued growing as an educator through professional development workshops and participating in professional learning

communities. In my spare time I enjoy taking long walks through city neighborhoods, catching up with friends in coffee shops, and reading with my dog curled up beside me. Mem Fox, one of my favorite authors, perfectly described how I feel when she wrote; "I like children. I like them very much. I have enormous respect for their intelligence and ability, and high hopes for their future."



Anna Austin, Enigma Teacher (1st Grade)

I feel so lucky to be beginning my sixth year at the Soulard School. I was introduced to this school during my student teaching while getting my Master of Arts in Teaching degree from Webster. I spent the fall of 2011 in the Mums kindergarten class and was able to return in 2013 to teach those same students as second graders. Before all of that, I earned my undergraduate degree at Mizzou (Go Tigers!). I am newly married and have an 8 year old stepson, Luke. We live in Ballwin with our dog, Franklin. Our favorite things to do

together are to travel, go to the pool, go to the movies, and spend time with family. I am looking forward to learning, growing, and laughing our way through first grade this year.

Bethany Burress, Enigma Teacher (1st Grade)

Joining the Soulard School community has been such an amazing experience for me. The school's philosophy and view of education is what initially attracted me to this community, and I am thrilled to be a part of such an innovative and imaginative environment. This is my sixth year at The Soulard School, and my first year in the Enigma classroom. I have my Bachelor's degree in Early Childhood Education with a concentration in Family and Child Studies from Eastern Illinois University. I have been teaching young children for 10 years, and I love that every day is a new adventure for both myself and



the kids. Outside of teaching, I love spending time with my two daughters, Holland and Harper, and my husband, Joe. We enjoy camping, dancing, and gardening together. I look forward to getting to know each and every family and working together to ensure the children thrive and blossom in the Enigma classroom. I feel incredibly fortunate to be a part of the Soulard School community, and I am excited for the new adventures this year will bring!



Lee Hahn, Lab Teacher (2nd Grade)

I am excited and very proud to be able to continue my learning journey with this amazing community and these personality-filled students! I have a wonderful husband, and 3 boys of my own: a hilarious 12 year old (Jaxon), a very clever 5 year old (Linkyn in Mums), and a very observant and imaginative 4 year old (Hayze in Quietude). Generally, I am family-oriented, and occupied at all times by the interesting aspects that they bring to my life! My children make me view everything in a different light and I am so thankful to them for allowing me to view education through a

parental perspective. I received my BA in Elementary Education from Webster University, and my Master's in Curriculum Design and Instruction with an emphasis in Teacher Leadership through Concordia University located in Portland, Oregon. This is my ninth year at The Soulard School, and I have an emotional attachment to all of the students here. I love being able to implement TSS philosophies that I feel are essential for a prospering generation.



Rob May, Alchemy Teacher (2nd & 3rd Grade)

Born and raised in Kansas City I attended the University of Missouri-Kansas City earning a Bachelor's degree in Studio Art. After years of working as an artist and a musician I decided to switch gears and become a teacher with the hope that I could be an instrument for positive change in the world. I moved to St. Louis in 2012 and enrolled in the teacher education program at Webster University. Four years later I completed my Master of Arts in Teaching and was offered a full-time teaching position at the Soulard School. As I begin my third full year of teaching at TSS I look forward to new adventures and opportunities for growth alongside our students.



Melissa Uhl, Alchemy Teacher (2nd & 3rd Grade)

I am delighted to begin my fifth year at the Soulard School as one of the second/third grade teachers in the Alchemy room. I feel so fortunate to continue my journey as a teacher in a school that values self-discovery and individuality. These values have been a part of my philosophy since I began my study of education. I attended Webster University where I earned my Bachelor's degree in Elementary Education. During this time, I completed my practicum at The Soulard School. I fell in love with the tight-knit

community and core values of the school. While attending Webster, I was president of the Speech and Debate team and studied abroad in London, England. I live in St. Louis and enjoy reading, traveling the world, and spending time with my family and friends. I am looking forward to this year with the Alchemy students. I am hoping to instill a love of learning in each student as we explore the world through authentic learning experiences.

Collect for the
Culinary Arts Program!





Lauren Wadsworth, Mosaic Teacher (4th Grade)
I am so excited to be joining The Soulard School's team of exceptional educators. This is my first year as a co-teacher, and I'm so thankful to be experiencing it in such a supportive and innovative environment. I graduated from Missouri Baptist in 2017 with a degree in Elementary Education, and worked last year as an assistant teacher in Ladue. Prior to beginning my journey into education, I worked with a performing arts company based out of South Africa where I coordinated and taught drama workshops to Middle and High School students. I currently call Maplewood home, and when I'm not teaching, I enjoy taking my pug, Tsitsi, on long walks around the neighborhood.



Phillip McFarlane, Mosaic Teacher (4th Grade)
I am very proud to be a part of the experienced and capable team at the Soulard School. In the past, I have been a professional actor working primarily with children's educational programs, violence prevention, AIDS education, and children's literature. I have worked as a Montessori educator for 17 years, working with both elementary and middle school students. I was also a theater director for 8 years during which I wrote, produced and directed 3 operettas with 70 little Montessorians. I have my BA in Applied Behavioral Science from National Louis

University and a degree from NAMTA in the Montessori Orientation to Adolescent Studies. When not teaching, I enjoy playing the guitar, gardening, adding to my vinyl collection and working as an advocate for children.



Brad Gordon, Thrive Teacher (5th Grade)
I can't reiterate enough how happy I am to be part of The Soulard School. I have taught for 15 years now, and I can honestly say that this is the most caring and nurturing environment for kids I have ever been a part of. I grew up in Southern California in the suburbs of LA. I moved away and graduated with a degree in Elementary Education from the University of Tennessee. From there, I spent nearly a decade teaching in Las Vegas. I have been in St. Louis for a handful of years, and have grown to love it here. I

live across the river in Collinsville with my wife, Lorrie, and our kids (Scott, Ryann, Ethan, and Emma).



Anna Elwood, Thrive Teacher (5th Grade)
This is my third year as part of The Soulard School community, and I absolutely love being one of the teachers in the Thrive classroom! I feel extremely privileged to teach, grow, and learn alongside our fifth grade students. I love project-based learning and focusing on the uniqueness of all learners, and I am always excited to continue my own lifelong learning journey! I have BAs in Elementary Education and Spanish from William Jewell College, as well as a Master's degree in Elementary Education with a focus on Reading. After graduating, I was fortunate to

teach abroad for two years in southern Spain. It was amazing, and I love incorporating my travels into the classroom! I have been back in St. Louis teaching elementary-aged students since 2011.

I have been married just over a year to my best friend and the love of my life, Nathan! I love spending time with him and with our adorable poodle mix, Rogue. In addition to spending time with family and friends, I also love speaking Spanish, traveling, and cheering on the Cardinals. I look forward to new adventures awaiting us this year and hope to ask questions, take risks, and dream big with everyone at The Soulard School!

EXTENDED CORE TEACHERS



Lisa Berman, Physical Education Teacher
This is my sixth year as The Soulard School's physical education teacher. I have an M.Ed. in Literacy, Language and Cultural Studies and have taught for more than 20 years in both formal and informal settings including the first K-12 charter school in Massachusetts and at the St. Louis Zoo. I currently also work for the World Sport Stacking Association overseeing their tournament programs in the US. A few evenings each week, I volunteer as the sport stacking coach and DANCEPL3Y instructor at Concordia Gymnastic Society. My kids, Holly and Darius, and I are all on the USA Sport Stacking Team. Holly is a Soulard School graduate attending Metro Academic and Classical High School and Darius is in the Thrive class at The Soulard School. My husband, Alex, is a Wash U Physician in the Neurology Department.



Alex-Anne Troxel, Strings Teacher
As a second generation musician and third generation youth educator, I'm so happy to be a member of The Soulard School staff as Strings Instructor. I received my Bachelor of Music in viola performance in 2014 from Southeast Missouri State University. I have extensive training in the Suzuki Violin Method, studying Books I, II, and III at the University of Memphis (2014-15) and Book IV at Otterbein University (2016). I finished my Elementary Education certification in August 2018.

In addition to teaching at TSS, I maintain two private string studios, in Cape Girardeau and St. Louis. I'm also fortunate to have an active performance schedule in the greater St. Louis area. I play violin and viola regularly with the Saint Louis String Quartet, the Keough String Quartet, and the Matt McCallie Jazz Orchestra. I am also part of the music ministry at St. Peter Church in Kirkwood playing the weekly contemporary mass on Sunday evenings as well as special holiday masses. I live in Affton with my wife, Nicole and our two cats Keiffer and Nettie. We are very excited to be welcoming our first child, daughter Tallis, in December! In my spare time I enjoy thrift shopping, researching my favorite historical time periods, and trying new restaurants. I look forward to meeting and connecting with everyone in The Soulard School community!



Erica Lee, Performing Arts Teacher
"Everyone has inside of him(her) a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" The Soulard School embodies the sentiments of this quote by Anne Frank as shown through the hearts of every person I've met in this community to first seek the greatness within each child (and person!) and work with them to nurture that greatness through education. I am so grateful to continue my journey with the amazing staff, children and community here

for a second year!

I moved to St. Louis from Singapore in 2012 to attend Fontbonne University where I received my BA in psychology with a minor in performance studies. I fell in love with this city and stayed to study applied educational psychology at Webster University where I received my MA in 2016. I am currently working towards an MA in educational theatre at NYU over the summers, and am on track to become a registered drama therapist and clinical Thai bodywork practitioner. My deepest belief is in caring for and educating the whole person within a community, which includes learning to take care of our minds, physical bodies and advocate for our needs before challenges arise, so that when storms come, we may be more equipped to ride the waves with curiosity and self-compassion alongside each other. I have seen the power of performing arts to be one of the many ways children learn this compassion for self and others, and a growth mindset.



Jacsi Ross, Studio Arts Teacher

I first learned about the philosophy and teaching methods at the school through a former Soulard School family. Heading into my second year at TSS I am very excited to continue to collaborate with the classroom and other extended-core teachers, as well as the creative minds within our student-body.

Originally born in St. Louis, I grew up in Columbia, Missouri and moved north to Kirksville to attend Truman State for my BFA in Visual Communications. I returned to St. Louis and felt unfulfilled in my career path so I decided to go back to my happy place and attend graduate school. After earning my Master's in Ed and Art (K-12) certification through Fontbonne University, my husband and I picked up and headed to St. Petersburg, Florida where I taught Art for 5 years at a public elementary school. I returned to St. Louis in 2013 (under protest!) and began exploring a non-traditional teaching path including working with Springboard St. Louis, teaching summer and afterschool programs at The College School in Webster Groves, teaching private art classes, and joining the staff of The St. Louis Art Fair. Two years ago, I also had an opportunity to pursue a certification in Kids Yoga and Mindfulness through Southtown Yoga studio, This course has fit well into my curriculum and the practices of The Soulard School as well as helped inspire my work with the intentional mindfulness program we are piloting this year .

Outside of my extreme passion for the arts, I love to travel, try new restaurants, see live music, and exercise. Other than that, I am usually chasing my rambunctious toddler around the house, trying to make my baby boy giggle, or collapsing in exhaustion with my husband.



Monica Watson, Culinary Arts & Nutrition Teacher

"One cannot think well, love well, sleep well, if one has not dined well." Virginia Woolf
Finding my way to the Soulard School five years ago felt like destiny. I'm thrilled to have an opportunity to do what I love. Working in a supportive school community allows me to combine my two passions, children and food. I'm committed to educating kids on how to make healthy choices for life. I believe nutrition plays an extremely important role in developing whole children. I have spent the past ten years working with

this purpose by improving nutritional standards for young children in school settings and working for a farm-to-school lunch program.

I have a degree in Restaurant Management and Culinary Arts. I began working many years ago in restaurants and catering. After spending time at home with my children, I returned to find my focus nurturing kids with food and empowering them with food knowledge. Our family began in Chicago before relocating to St. Louis. My husband and I have two sons and a daughter who have all graduated from college and are spread across the country. In my free time you'll find me running, spinning or on walks with my husband.



Courtney Keefe, STEAM Teacher

I am incredibly excited to tackle the role of STEAM Instructor yet again this year! Collaborating closely with classroom teachers and students alike, I am looking forward to the awesome learning experiences and projects we will be creating together as we continue to embrace the Makers Movement as we engaged in the Design Thinking Process. Think, Design, Make, Build, Tinker, Improve!

It's hard to believe that this is my seventh year with The Soulard School and my fifth as the STEAM instructor! I feel extremely lucky to be a part of this special community and have the opportunity to work with such remarkable children. I attended undergraduate at Loyola University in New Orleans where I received a Bachelor's degree in Psychology. After Hurricane Katrina, I migrated to Miami for two years before returning to St. Louis to attend graduate school at Lindenwood University where I received my Master of Arts in Teaching in Elementary Education.

One of my goals as an educator is to inspire a love of learning in my students, as I share my passion for learning with them. I believe that teaching is more than a sacred responsibility; it is a privilege. When I am not at school, I can be found spending time with my family, friends, and beloved canine companion Jewel, curled up with a good book, chasing pavement at the various city parks, or exploring anything that piques my curiosity.

As a way to build community and be active together outside of school, Soulard School Staff bonded on a whole new level as the Angels in the Outfield vs. Playground Prodigys' and took to the field for a mildly competitive game of kickball!



AFTER SCHOOL TEACHERS



Sarah Kate Buckles, Out of School Time Coordinator
This will be my fourth year as the Out of School Time Coordinator. Aftercare and Clubs are my domain during the school year. I support Nursery and Pre-k during the day, and I'm Camp Director of our summer program as well.

I joined the ranks of Alumni Parents this year; and when my son received his Soulard Star, he joked that he was graduating, but I was being held back. I prefer to think of it as holding down the fort.

My background is very diverse. I have a degree in Culinary Arts and Restaurant Management, but I spent ten years working with not-for-profits in many different capacities. I've been a roller derby league president, a booker for an all-ages nightclub and art gallery, and a grocery co-op manager. I have worked as a caterer, a camp counselor, and a restaurateur. All these different jobs have given me an appreciation for the ever-evolving organism that is the city of St. Louis and a strong drive to be involved in changing this city for the better and helping bring colorful and exciting events to the community.

I live in Fox Park with my husband Matt Thenhaus, our son Joss, and a flow of houseguests and visitors. We travel every chance we get and often host friends and family visiting from all over the world. You can also find me on Cherokee Street divining the future at The Fortune Teller Bar, the fine local watering hole my husband owns.



Kaitlyn Carter, PE Assistant & Aftercare Teacher
Hi everyone! This is my very first year with The Soulard School! I graduated in May 2018 with Cum Laude honors from Lindenwood University with a BA in Physical Education and a minor in Health Education K-12. I was selected by my professors and advisors to receive the Joe and Nora Killian Physical Education Honors Award.

I have a wide range of teaching experience with preschoolers all the way up to middle school. I have experience working with adaptive preschoolers and

designing lessons to accommodate their needs to help them reach their individual goals for Parkway Preschool. I completed student teaching placements at Fort Zumwalt South Middle and Francis Howell Fairmount Elementary School. I coached U10-U12 girls' volleyball club teams for the St. Charles Elites VBC and assisted camps for Panathinaikos Volleyball Club. Working with both students and their families has helped me develop an understanding of how to create a safe and effective learning environment to meet the needs for all types of learners. I am so excited to get to know the students, families, and staff here and am ready to have an awesome first year!



Wil Caruthers, Aftercare Teacher
Hi! I take care of the pre - K students after school and substitute in the classrooms as needed. I also worked with Sarah Kate and Camp Soulard last summer.

Prior to being at the Soulard School, I worked at Division of Youth Services as a Youth Specialist. I have myriad volunteer experiences working with at-risk youth and adults all over the city of St. Louis. I joined the Soulard School team in November of last year (My first anniversary at the school is coming

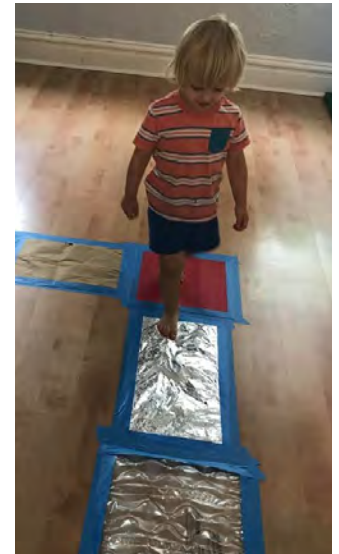
up!) and every day I'm impressed with the brilliant, compassionate professionals I get to work with. I am also a student, and hope to start at the SLU School of Nursing early next year.

A SENSE OF DISCOVERY

Babies and toddlers are masters at living in the moment and exploring the big world around them. Nursery students have been focusing on sensory play during the first couple weeks of school. We are having a blast using our senses and building our gross motor skills in our school environment.



The Nursery students have been focusing on sensory play during the first couple weeks of school. Clark is exploring sight by watching colors swirling in a sensory bottle.



Brooks exploring different textures by walking barefoot across the sensory walk.



Coragan popping bubble wrap with her hands.



Regina showing off her gross motor skills, using big muscle movements on the trampoline.



Warner is exploring new textures with his hands.

FORE THE LOVE OF PHYSICAL EDUCATION

Lisa Berman, PE Teacher

Physical Education is a subject that students study to gain physical literacy skills so they have the competence, confidence and motivation to be active throughout their lives. There are many other standards we cover in PE that are related to facing challenges and developing personal and social responsibility to support student success in the classroom and in their daily lives. **The theme for PE this year is core values including respect, responsibility, integrity as they relate to being active and being members of a community.** The First Tee Golf Program provides a great platform for beginning our year of study because, as students learn to play golf, they are also learning core values needed to be successful in this sport. There are also healthy habits tied in to each lesson to round out this curriculum as both a sport education program and a wellness program. This is the school's first year participating in First Tee, thanks to a donation of materials by First Tee of St. Louis.

Students from kindergarten through fifth grade are mastering many skills in golf. Everyone has learned that golf is a target sport. They are learning the different kinds of clubs, how to hold and use the clubs and when different kinds of swings are used in playing golf. At the same time, we're working on responsibility for the equipment, courtesy when taking turns as golfer and caddy, and that it is important to fuel our body with good sources of energy when being active. Learning golf has been a great way to start our school year and everyone is excited to finish the unit with field trips to go play golf outside of school. Grades K-3 will play mini-golf to demonstrate their mastery of putting and the core values we have studied. 4th and 5th graders have reached a greater level of skill in their unit and will go to play 9 holes of "real" golf where they will demonstrate their mastery of 4 different kinds of strokes as well as the personal and social responsibility that is expected when playing a sport at school and in the community.

RECIPE CORNER *with Chef Monica Watson*

Healthy Comfort Food: Cauliflower Grilled Cheese Sandwiches

Ingredients

- 1 head cauliflower, (to make about 4 cups processed cauliflower)
- 2 eggs, lightly beaten
- 1/2 c. finely grated Parmesan
- 1 1/2 c. shredded Cheddar (or cheese of choice)

Directions

Step 1: Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice. Alternatively, you can grate the cauliflower. Combine processed cauliflower, eggs and parmesan. Mix then season with salt and pepper.

Step 2: Spray a large nonstick skillet with cooking spray and turn heat to medium. Press two scoops of cauliflower mixture between sheets of waxed paper. (these are your "bread" slices.) Press down on both pieces with a spatula and cook until golden about 5 minutes.

Step 3: Flip and cook until the other sides are golden, about 3 minutes more. Top one cauliflower slice with cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes more per side.



Follow us on Instagram! @tsscullinary

DOCUMENTING OUR EXPERIENCES

In Thrive (5th grade), we have begun our year with an emphasis on mindfulness through documentation. Students are learning how to create pictures and videos of learning experiences that are meaningful to them. Students identify a subject for documentation that is both important to them and also something from which the rest of The Soulard School community could benefit. We began by learning the techniques necessary to capture our subjects in creative and purposeful ways. Students discussed taking tight, medium, and wide shots and are beginning to explore with iMovie as well. Thrive students are charged with deciding what they want to document, as well as how they creatively want to portray their subject. **We are working to connect this to the idea of storytelling and the messages we send about ourselves to the community around us.**

“Documentation is important to show the other students what is important to Thrive. These are helpful in showing the other students how to care for the chickens and other things.”
-Amir



CONNECTING CURRICULUM & CONSTELLATIONS



This year in Alchemy (2nd/3rd grade), our first integrated study focused on constellations and constellation mythology. We chose this unit based on student interests in space as well as gods and goddesses. Our unit began with an exploration of the characteristics of stars and the scientific details of what they are and where they exist. At the same time we were learning about stars and how they combine to make up constellations, we were also learning about the myths associated with each constellation. We were able to incorporate math by graphing constellations on a coordinate plane, art with constellation embroidery, science and geography. In writers workshop, students are developing mythology based on constellations they created.

For our field experience the Alchemy class went to the planetarium at the St. Louis Science Center and saw all of our favorite constellations come to life. As a culminating experience we will participate in a nighttime stargazing event at Forest Park with our extended Alchemy family. Students will get the chance to look at the night sky through high powered telescopes and share their mythology writings with members of the St. Louis Astronomical Society.

The Alchemy class attending a constellation viewing at the planetarium.



Alchemists doing some daytime stargazing with the help of the Sky Guide app.

Alchemists made their own constellations using flashlights.



Emma creating a yoga pose based on a constellation.



HELLO FROM THE PARENT ASSOCIATION

It was so much fun seeing you at the Back to School BBQ. Up next, we're looking forward to hosting you at the annual **Harvest Party on November 3rd at the South Broadway Athletic Club** (yes, this is an exciting new venue change!) We want to extend a huge thank you to everyone who signed up for the Parent's Association committees at the Volunteer Rally. You've been added to Basecamp and will begin receiving emails about your committees. **If you haven't had a chance to join a committee or just want to know what the PA is all about please join us, meetings are second Thursday of each month at 6 p.m.**

We are all PA and even a small contribution goes a long way to building a strong Soulard School Community!

THANK YOU! -Samantha Fisher & Morgan Cameron

2018-19 PARENT ASSOCIATION

- Co-Presidents: Morgan Cameron
Samantha Fisher
- Vice VP: Charles Bock
- Treasurer: Dennis Purkis
- Secretary: Rachel Kryah
- Fundraising Chair: Sarah Folkemer-Coleman
- Social Events Coordinators:
Annie Lehrer
Charla Claypool
- Room Coordinator Coordinators:
- EC: Stacey Sullivan
- Elementary: Lisa Donahue
- Room Coordinators:
- Nursery: Lan Sasa
Anna Blaser
Kelli McKee
- Quietude: Sarah Henrich
Anne Krause
- Mums: Sierra Volaski
Liz Frymire
- Enigma: Autumn Handley
Sarah Freeman
- Lab: Jim Noonan
Angela Wildermuth
- Alchemy: Martin Casas
- Mosaic: Heidi Hoskins
Jen Fuller
- Thrive: Dawn Pulsipher
Lisa Donahue



YOU'RE INVITED TO THE ANNUAL HARVEST PARTY

WHEN: Saturday, November 3rd
5:30-7:30pm

WHERE: South Broadway Athletic Club

WHAT: Chilli Cook-Off with prizes! Bring chili or a side dish to share! Wear a costume! Kid drinks provided. Cash bar.

PICTURE YOURSELF, NATURALLY



Self portraits are an important way to engage students in the process of slowing down, practicing introspection, and discovering the parts of themselves that they love.

We began our pre-k year with self-portraits because they are a fun student-led project and because they help us (teachers) make observations of our students (How are they holding their marker? Are they leaning close to the paper? Are they sitting, standing or wiggling while they draw? Are they excited to point out their unique features?). Later, students collected natural objects from our outdoor classroom and created self-portraits using walnut shells, flowers, twigs, rocks, and veggies from our garden.

2018-19 Annual Appeal Kick-Off: There's No Place Like The Soulard School

For the past 14 years The Soulard School has been a home away from home for hundreds of learners. Here, our students learn to walk the road, make connections and build independence. We are able to continue in our mission to serve all families no matter their income due to the success of the Annual Fund. A gift to the Annual Fund is an investment of our home and mission to serve all students. Gifts to the Annual Fund are especially beneficial as they allow us to address the school's most pressing needs and provide the flexibility to seize unique and important opportunities.

Strong support of the Annual Fund reflects the community's belief in our home and desire to sustain it for future generations. Every gift is a vote of confidence in our learning environment and our quest to deliver a high quality, integrated learning experience for the St. Louis area.

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6th Annual Irish Music and Dance Festival

to benefit

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SOULARD ★ SCHOOL

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**THANK
YOU!**
To our
many
partners
and
supporters!

