



Grade 7 charcoal
drawing

These woods are lovely, dark and deep.
But I have promises to keep.
And miles to go before I sleep.
And miles to go before I sleep.

-Robert Frost

Dear Corvallis Waldorf School Community,

As the darkest days of winter approach, we pause our everyday activities and plan for time with family or friends. Whatever your Winter Break plans may be, I encourage you to set aside time for quiet personal reflection. As you'll see in this edition of the newsletter, our inner light glows brightly as the darkness of the season settles over the land. Which values have guided your decisions and actions over the past year? What will you carry forward into the new year, and what no longer serves you or those you love?

The faculty and staff at Corvallis Waldorf School will enjoy a well-deserved break. We are truly grateful for the support of our families and friends near and far who have once again demonstrated their support through well wishes, volunteerism, and contributions to our Annual Giving Campaign. We cannot fulfill our mission without your recognition and appreciation. If you haven't yet contributed to our annual campaign, please join the families and friends who have brought the school well past the halfway point of our goal: Raising \$200,000 in support of our operating budget. The link to our online gifting page is below.

I look forward to seeing our students and families again in 2022. May you experience peace and joy this holiday season.

Sincerely,
Peter Zaremba
School Director



[Click here to support our Annual Giving Campaign](#)
Every contribution helps!

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Mark Your Calendars

Winter Break
Dec 17th to 31st
No School / No EDP

First day of Classes 2022
Jan 3rd

MLK Jr. Holiday
Jan 17th
No School / No EDP

Parent Council Meetings
1st Wed of each month via
Zoom, 5:30-7:30pm
Email parent_council@corvalliswaldorfschool.org
for more information

Board Meetings
3rd Wed of each month via
Zoom, 6:30-8:30pm
Email Board Chair rcollins@corvalliswaldorfschool.org
for more information



Grade 8 painting

Advent at CWS



Chalkboard drawing by an 8th grader decorates the front office



Advent Spiral in the Forest



Candles lined the spiral as each student walked to the center.

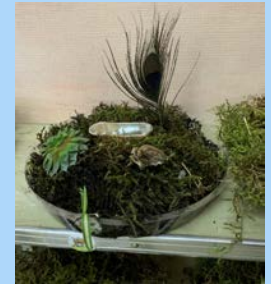
The celebration of Advent is a big part of December at our school. Each Monday, all the grades classes gathered under the overhang and sang songs to music played by our own musicians in grades 5 through 8. A Nature Table is set out with additions from each class celebrating each of the four kingdoms as mentioned in the song *People Look East*. Week one is the rose (plants), week two is the star (minerals), week three is animals, and week four is Mankind.

The second week of December the children celebrated with the Advent Spiral. A large spiral of fresh greens was laid out in the forest for the kids to walk through, one at a time, by classroom. Candles lined the walk and each child walked to the center of the circle, selected a rose from the spiral again. It was a quiet, meditative experience with the long rays of sunshine or the soft fall of raindrops adding to the magic of the experience.

The lead up to the holidays can often be hectic and filled with activities. By taking a few minutes during these weeks to acknowledge peace, quiet and the return of the light, we hope to bring some calm to ourselves and those around us. We are grateful to have such a beautiful environment to celebrate in, and to have such wonderful people around us!



Willow Wind Nature Table



Rosemary Advent Garden



Grade 1 Painting

Bringers of Light

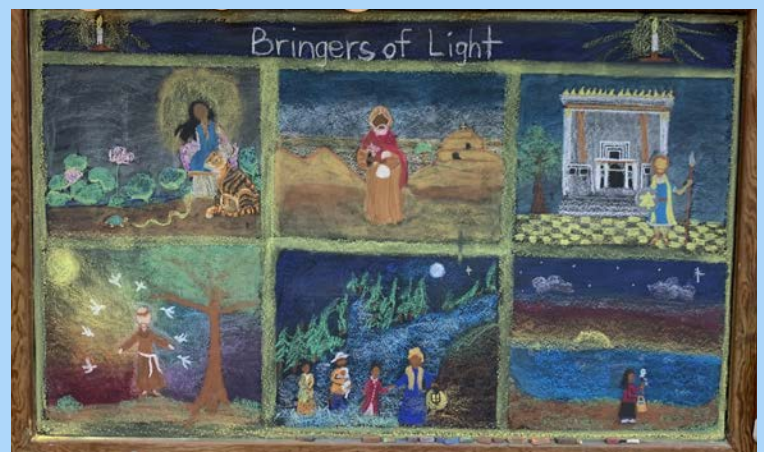
Ms. Chanti's 2nd grade class has been hearing stories of the "bringers of light" - people who have illuminated the world by bringing hope and compassion to humanity. Classroom discussion following their stories was always interesting!

Top (left to right)

1. Kuan Yin, the bodhisattva of compassion, in the human form of Miao Shan
2. Abba Moses, early (Eastern) Christian Saint
3. Judah Maccabee and the miracle of Chanukah

Bottom (left to right)

1. Francesco d'Assisi
2. Harriet Tubman
3. Nokomis Josephine Mandamin, founder of the Mother Earth Water Walkers



Ms. Chanti's December chalkboard



Handwork at CWS

Ms. SHELLECE is beginning her 14th year teaching handwork at Corvallis Waldorf School! Her dedication and experience enriches the lives of our students everyday.

We're spotlighting the Handwork program this year in our Newsletter - covering how the activities for each grade fit the student.

Grade Two

Second grade students get right down to work. With the foundation that was laid in the first grade they are now able to take on more challenging projects that combine a variety of new skills and techniques as well as take more time to complete. They learn to cast-on, cast-off, increase, decrease and purl. All the while they continue to develop their ability to change colors, secure ends neatly, problem solve, and even begin to correct mistakes on their own. Our rows and stitches give us the opportunity to work on the four math processes in a practical way using colors and much counting. The animal projects require increased focus and attention to keep track of the shaping and changing number of stitches. Our year often ends with a gnomie friend who gets a hat and cloak. Through all of our work an emphasis is placed on awakening a sense of reverence and joy for work, and a feeling for color, form and beauty.



Austin ~ grade 2



Around Campus



Kindergarten during their lantern walk



Grade 1 field trip to Jackson Frazier



Grade 2 singing procession sharing light with the school



Grade 4 learning fractions

Grade 6 oil pastels



Early Childhood Rainbow Soup

Soup day is a favorite amongst all of the early childhood classes! From the choosing of the vegetables, the chopping, and the delicious smells as it bubbles, we're involved in the whole process. When we sit around our table, we are warmed from the inside out by the warm soup and the warmth of our friends who helped prepare it. Every week there is a different medley of vegetables that arrive, but with a sturdy base, it's always delicious! It reminds me of a quote from Sue Bender's book, *Plain and Simple Wisdom*, ~ "When making a batch of vegetable soup, it's not right for the carrot to say I taste better than the peas, or the pea to say I taste better than the cabbage. It takes all of the vegetables to make a good soup!"

We all wish you a wonderful winter holiday filled with the warmth of soup and friends!
~Wendy Willard



Willow Wind Rainbow Soup

Set your instant pot to sauté. Add 1 onion cut up, 5 cloves of garlic minced, and 3 Tbsp avocado oil, butter or coconut oil. Stir for a bit. Add 8-10 C water and 2 bouillon, ¼ C nutritional yeast and salt if needed.

Sit with your child and cut up whatever is in your fridge for a hearty soup! I usually cut up the veggies into long french fry shapes first. Then I share the veggies with your child.

Our soup song: "Chop chop choppity chop. Chop off the bottom and chop off the top. What's left in the middle, we'll put in the pot. Chop chop choppity chop."

After you put the veggies in the pot, simmer for 20 minutes, then add a can of organic coconut milk (the non organic kind often has strange preservatives in it) And a ½ pkg of gluten free rice noodles. Let simmer for another 10 minutes, then turn off.



Rosemary Rainbow Soup

Ingredients: chopped vegetables, garlic herb seasoning, ginger, turmeric, coconut milk, coconut oil, red lentils, bouillon cubes

Instructions:

1. sauté onion in coconut oil, add carrots and celery and sauté
2. Add rest of vegetables
3. 1 tbs garlic and herb seasoning, 1 tbs salt, 1 tsp ginger, 1 tsp turmeric, 1 c red lentils, 2-3 bouillon cubes
4. Add water or broth 2 inches over vegetables
5. Turn instapot to RICE setting with lid off.
6. Before serving 1 can coconut milk.

Chickadee Rainbow Soup

Saute: 1 diced sweet potato and 1 diced onion in 2T coconut oil (mash when soft)

Add: 2 T bouillon

1 t salt

4 c water

1 c red lentils (or a can of beans)

Rainbow vegetables (cut into "birdie bite" size)

Bring to a boil, then simmer until vegetables and lentils are tender.