



DECEMBER 12, 2014

TURTLE TRACKS

A WEEKLY EMAIL NEWSLETTER FOR THE VERMONT COMMONS SCHOOL COMMUNITY

UPCOMING EVENTS

December 16
Middle School vs. Waldorf
Basketball Team

Dec. 20-Jan. 4
Winter Vacation

January 8
Quarter 2 Ends

January 9
First Friday
Alumni Event

Spencer Reed Returns to Speak at VCS

Vermont Commons graduate, Spencer Reed, of Class of 2014, returned to school on Monday to speak at morning meeting about his experiences as a participant in City Year Philadelphia.

Spencer is serving as a peer mentor to children at an inner city school in Philadelphia during his gap year. Spencer shared stories of his time in the classroom and working side-by-side with young children.

He is keeping a blog of his experiences, and invites members of the VCS community to read it by [clicking here](#). He plans on enrolling at the University of Chicago in the fall of 2015.



VCS Receives Gift From Educational Alliance



Vermont Commons School was the grateful recipient of a \$500 gift from the Educational Alliance, courtesy of the Shelburne Road Quick Stop, located at the corner of Route 7 and Allen Road. We are truly thankful to them for their support of VCS and our educational programs!

SAVE THE DATE!

March 6 @ 5-7: Chinese New Year party at Zen Gardens to benefit the China trip. Buffet & entertainment provided from the Chinese students.

Seventh Grade Chinese Class Learns About Meditation

When the seventh graders came to school Wednesday to Intro to Chinese class, they were surprised to find all of the tables and chairs in the Great Room gone. Instead, they found pillows to sit on, and a meditating Bradley.

As part of Chinese class, Bradley came in to talk about Buddhism. He explained how he got interested in Buddhism in college, and has been Buddhist ever since. He also explained some of the fundamental beliefs of Buddhism; that it is non-dualistic and non-theistic, that it is about finding a middle path between selfish and humble pleasure, and how Buddhists believe all humans are basically good.



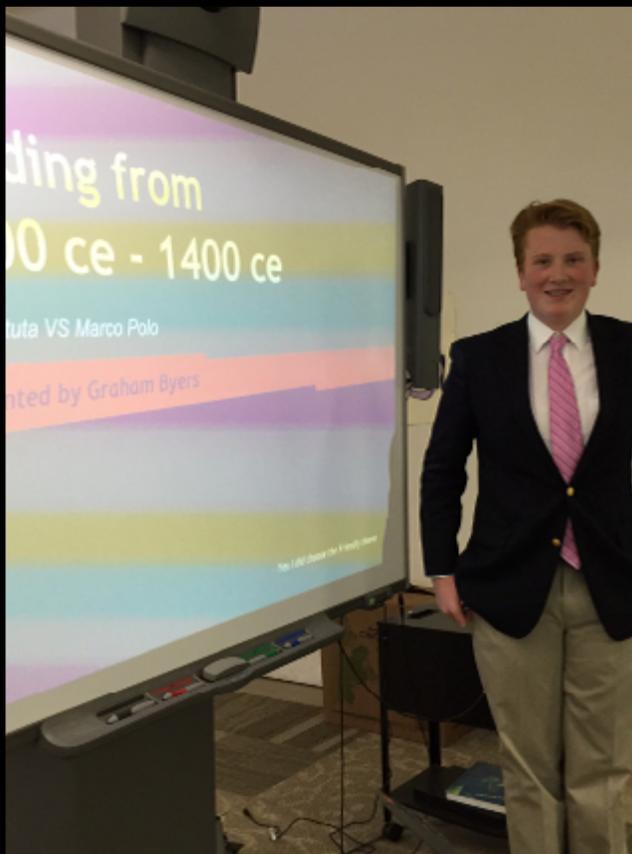
He then taught the seventh grade about meditation and its long-lasting effects; people who meditate for two full days have lower stress levels months down the road.

Meditation can also strengthen the mind. It is about feeling every part of your body.

He had the seventh graders close their eyes and count every sound they heard. He also had us focus on one object for a period of time. To end the class, he had the seventh graders notice what they felt when they ate a tasty M&M.

Bradley helped the seventh grade learn about a way of life in China, and he taught us meditation techniques with a tasty snack.

Social Studies 9 Presentations



Thank You!!!

The faculty and administration would like to extend a massive THANK YOU to PACS and to our parent community for the amazing luncheon this afternoon!

All of the food was wonderful! We are so grateful to have all of you as members of our community!



Upcoming Morning Meetings & Common Hour

The faculty will be preparing presentations and activities during Morning Meetings and Common Hour in order to celebrate the life of Martin Luther King Jr. and to help students understand the current events in Missouri and New York. Topics of the presentations include the social construction of race and the evolution of race based slavery. Activities include the Global Village simulation, small group discussions, and videos of Martin Luther King Jr.'s speeches.

Welcome, Katherine Bailey!

Please join us in welcoming Katherine Bailey, our new Administrative Assistant! Katherine will be taking over duties at the front desk from Jill Strawbridge at the start of the new year.

Jill will continue working with us in her new role as Associate Director of Advancement & Admissions starting next year.

Welcome to Vermont Commons, Katherine!

VERMONT COMMONS SCHOOL - 75 GREEN MOUNTAIN DRIVE, SOUTH BURLINGTON, VT 05403
P: 802-865-8084 F: 802-865-2429 EMAIL: INFO@VERMONTCOMMONS.ORG

WWW.VERMONTCOMMONS.ORG