

December 12, 2012

TURTLE TRACKS

A WEEKLY EMAIL NEWSLETTER FOR THE VERMONT COMMONS SCHOOL COMMUNITY

UPCOMING EVENTS

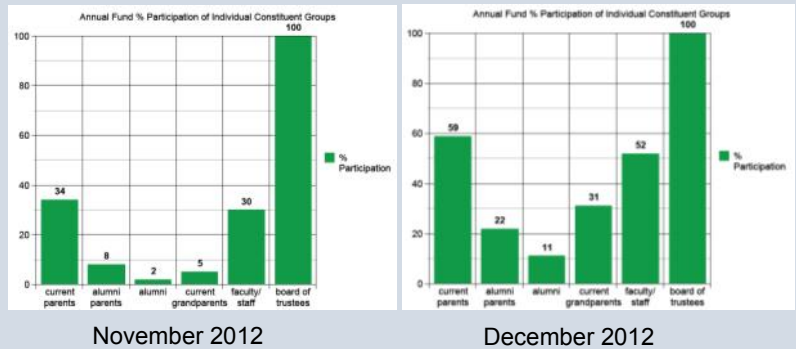
December 13	December 15	December 19	December 20	January 4
PACS Coffee Hour 7:45 AM-8:45 AM	Winter Formal Dance at Magliano's	World Language Celebration Day 1PM -3:30 PM	First Day of Winter Vacation	First Friday Alumni Gathering

Reasons Why We Choose VCS

- "Gifted and approachable teachers."
- "Small class size."
- "Environmental sustainability."
- "Academic rigor."
- "It all starts with VCS's independence."***

...perhaps you have others. No matter what your reasons, Vermont Commons School is making a difference in your child's life. Please give generously to our the VCS Annual Fund and consider making your gift before year's end. – Jeff Govoni

Notice the Progress!



A Community Wide Thank You For a Successful Artisan Fair!



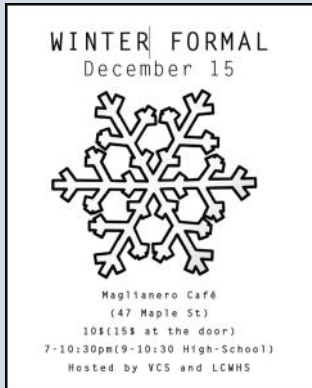
Quotes from artisans and guests alike: "What a friendly atmosphere!" "This felt like a combination of craft fair and Woodstock." "The quality of the crafts is exceptional." "I know this is a school but the only thing missing was Chablis." "The Commons Room is just transformed!" From the blacksmith outside the front door to Rachel's and Amira's voices, from tasty chili and sweets to handcrafted jewelry and ceramics, handmade books to linoleum printed bags, fine photography to Waldorfian dolls, it was an event to remember. See you next year! -Mary Hamilton-Homer

World Language Celebration Day—Wednesday 12/19 at 1 PM



In an effort to highlight and celebrate Chinese and Spanish language and culture at VCS, the World Language Department is putting together a series of acts performed by our students in the target language. This event will also be streamed ([click here to watch](#)). The acts will be conducted mainly in Spanish and Chinese, but there will be a running Power Point with translations in the background. The tentative program includes: opera dance, dragon dance, Tai Chi, poetry slam in Chinese, singing in Chinese, Mayan ritual, traditional outfits from different countries, singing in Spanish, Dora La Exploradora scavenger hunt, and a Cuban soap opera. We hope you can join us for this great event! -by Adriana Comtois

Winter Formal Dance –by Chance Cardamone Knewstub



Please join us for the first ever Vermont Commons - Waldorf Winter Formal.

When: Saturday, December 15, 7 pm-10 pm (middle school students are asked to leave at 9).

Where: Maglianero's Cafe, 47 Maple St, Burlington, VT (parking and entrance behind the building).

Cost: \$10 before hand, \$15 at the door.

Important Information:

We are pleased to announce the Winter Formal. It marks a first for us in several ways. It's our first time partnering with another school to put on a social event. All Waldorf high school students are invited to this event (providing they pay for a ticket), and there will be Waldorf faculty present. We are very happy to expand our social circle this way and we hope that this is just the beginning of a long tradition.

It is also the first time that we have made any effort to create an event for our high school students that is separate from our middle school students. Please note that we are asking that the dance be high school only from 9-10:30. This is something we've talked about for years. As you can imagine, high school students are frequently in favor and middle school students are frequently opposed. Considering that the Waldorf High School is separate from the middle school, it seemed like an opportune time to try this sort of experiment. We understand that not everyone is happy with this set-up and it is an experiment. We welcome feedback from any and all sources. It's also the first time that we've had a dance at Maglianero's, although it's not the first time that we've had a dance at another facility. We're excited about trying this new space. The cost of renting the cafe is reasonable but it is significant and that is why the ticket prices are more than our standard \$5.

Will there be food? Yes, we will be selling pizza at cost -\$1.50/slice. Pizza slices can be pre-ordered and paid for now through 7:30 p.m. at the dance. At 7:30 we will order enough pizza for those who have pre-paid, thus, if you want pizza, make sure you get me the money this week, or in the first 1/2 hour of the dance.

What if I want to bring a guest from outside VCS? Each of our students may bring one guest, provided the guest buys a ticket. I need the guest's name and parent contact info ahead of time. Host students are responsible for their guest's behavior, so please choose your guests wisely.

What does "formal" mean? We have not defined "formal." Each student will have to figure that out for him or her selves. We think that it's fun when everyone dresses up and we encourage folks to do so and to have fun with it.

Other things to note:

This is a school event. All school behavior policies will be in effect. That's my way of saying that this is a drug and alcohol free event. Arriving at the dance under the influence, possessing drugs or alcohol at the dance, consuming drugs or alcohol at the dance, etc, are all expressly forbidden. Violation of these policies will most likely result in expulsion from VCS.

There will be no re-entry at this event. Once you leave, you can't return. There will be Vermont Commons and Waldorf faculty present at all times. There will also be Maglianero's staff present, including a security guard.

Please direct any questions or concerns to me.

PACS News –by Dinah Larsen and Lisa Lillibridge, PACS Co-Chairs



PACS Coffee this Thursday morning 12/13. This invitation is extended to staff, faculty and parents. Come join us for a hot cup of jo amongst friends.

Just in time for the holidays, we will be selling our new VCS Spirit Wear at the Thursday morning coffee. Hoodies are \$40, T shirts are \$25. We have girl and boy style shirts. Checks or cash please!

Thank you again for your support, help and laughter. However you celebrate the holidays, we hope you have plenty of peace, love, and joy.

Flashbags For Sale



Beautiful Vermont Commons School "Bird in a Box" flashbags are now for sale!

Prices are \$40.00 for a large tote bag (they are available for \$30.00 for artists that participated in this project).

Please visit the front desk to look at the prototype and to sign up to purchase a bag.

College Counseling News –by Sarah Soule



We're looking forward to welcoming Rachel Reed, sister of Spencer '14, to VCS on Tuesday, December 18th at noon. Rachel attends Johns Hopkins University in Baltimore, MD and works in their admissions office. She will meet with interested students who want to learn more about the university!

Juniors are reminded to "save the date" for our introduction to Naviance information session which is scheduled for January 29th at 6 p.m. in the Computer Lab! More details to follow after break.

Community Engagement Action Committee (CEAC) Survey

The CEAC would like to thank all parents who took the time to fill out our Community Resource Survey. (As a reminder, the CEAC is working to start a database of parents' talents and expertise that our faculty may use to enrich the classroom, Encounter Weeks and Research & Service opportunities for our students.) We are sorting through all the amazing talents and skills our parent community is willing to share and will be contacting you shortly as we move forward with this endeavor.

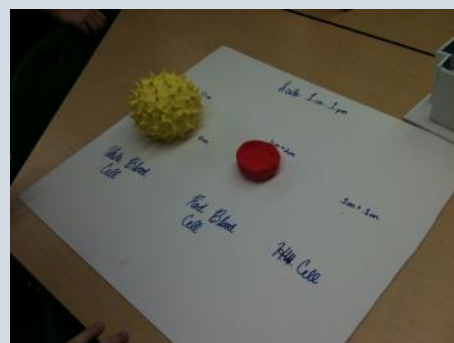
For those of you who have not had time to do so, it is not too late. Please click [here](#) to access the survey. Again, thanks so much for taking the time to fill out the survey. Please feel free to contact me with any questions, concerns or suggestions.

Laury Shea (parent to Nora '15 and Mason '17 Hill) boblaury@aol.com

Math 8 Students Make Scale Model –by Jessica Redmond

Students in Math 8 class have been learning about proportionality and scale modeling and were challenged to apply their understanding in creating a scale model of either the solar system, a microscopic organism or a cell, or their room. Each option presents particular challenges mathematically but all require finding an appropriate scale with which to build a model. For example, Katie Darrow's model of a white blood cell, red blood cell and the HIV virus required her to think about scaling up enough so that she could actually make a model HIV virus (it's 1 square mm) while keeping the white blood cell small enough to get through a door. Similarly, Aidan Deane and Will Shayne needed two scale factors to model the solar system--one for the planets and sun and another for the planet distances from the sun. It's also fun to see students model their not-so-clean rooms.

Congratulations, Math 8 students, on a job well done!



Wellness Fun!

The wellness initiative and the Vermont Commons senior leadership presented a fun and educational Common Hour today on stress reduction. Stress is more than a feeling of being overwhelmed; it is coupled with body responses that occur when you are in danger. It affects your hormones, heart rate, respiratory patterns, and gives you a burst of energy (a fight-or flight response). It is a common feeling for everyone, and sometimes stress isn't dangerous. However, you may develop stress if you experience many ongoing or difficult situations over an extended period. Chronic stress can assault the nervous system and overtax the immune system. It can be the main culprit for headaches, stomach aches, back pain, sleeping problems, depression, weakened immune system, and tension. Our stress reducing workshops focused on the use of humor, meditation, nutrition, yoga, and physical activity to balance the effects of stress. Ask your kids about their favorite stress reducing activity.

Easy to Make Stress Busting Smoothie

- ½ cup blackberries
- ½ cup Greek yogurt
- 1 cup apple cider
- ½ frozen banana

Dairy

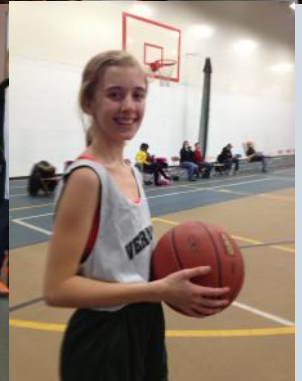
A stress buster is the time-honored glass of warm milk or a bowl of yogurt as a remedy for insomnia and restlessness. Researchers have found that calcium eases anxiety and mood swings linked to PMS.

Complex Carbohydrates

Berries are a great source. These power foods soothe the stress response by replenishing levels of serotonin.



This Week In Photos



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