

A U T U M N 2 0 1 6

# Our Waldorf Garden

The sunlight fast is dwindling, Our little lamps need kindling...



Elsa Beskow-Oktober

## Autumn is a time to celebrate light conquering darkness.

Autumn is a time to celebrate light conquering darkness. It is a time when adults are challenged to inwardly rekindle the fire of summer and bring warmth to our interactions and courage and strength to our deeds. The preschool has been full of enthusiasm and brightness by playing and working hard. The nursery has been making leaf lanterns and the mixed age kindergarteners have been singing lantern songs for their lantern

walk. The lantern walk was a warm, calm night, lovely for our little stars down on the earth shining back at the bright stars shining up above.

Some choose to honor their light by lighting a candle or lantern at mealtime.



Tasha Tudor-A Time to Keep

### Save the Date!

Winter Spiral:  
**Dec. 4 All is Quiet**  
Kane/Gallardo  
3:30pm  
Helwig 4:30pm  
Kata/Jaskowski/  
Covas 5:20pm

Simplicity for  
the holidays:  
**Dec. 12 7-8:30PM**

Winter  
Assembly:  
**Dec. 21**  
All classes  
dismissed at 12  
noon.



Elsa Beskow—Mr. Squirrel moves in

## Harvest Time

**Squirrel Nutkin has been busy too, gathering acorns from our oak trees and storing them in his nest for the winter.**

(The children love to sing the Squirrel Nutkin song in our circle)

Autumn also is the harvest time of year, when the fruits of human labor are gathered and transformed by human hands. In the preschool, rosy red apples are turned into sweet applesauce and warm apple crisp. The children helped scrub, polish and chop apples for these yummy treats. Pumpkins were carved into Jack-O-Lanterns and their seeds roasted for a salty snack! Pumpkins were also baked into pumpkin bread and sweet muffins. The golden corn has been shucked, pounded and picked to make corn on the cob, popcorn and corn bread. Oh, the children have worked hard and their tummies were full!

The kindergarten children also harvested marigolds, which we used to dye our Eurhythmy slippers so golden and bright.

*Squirrel Nutkin with his coat of brown,  
Quite the loveliest in woodland town,  
Two bright eyes look round to see,  
Where the sweetest nuts may be.  
Squirrel Nutkin with his coat of brown,  
Scampers up the tree and scampers down,  
Dashing here and swinging there,  
Leaping lightly through the air,  
All day long Squirrel Nutkin plays, in his leafy  
woodland ways,  
With his tail curled round his head  
Squirrel Nutkin goes to bed*



Tasha Tudor—Pumpkin Moonshine

## Pumpkin Muffins

**Preheat oven to 350 and bake 15-20 minutes**

- 1 15-oz can (1-3/4 cups) pumpkin puree
- 1/2 cup cooking oil or melted butter
- 3 large eggs
- 1-2/3 cups granulated sugar
- 1-1/2 teaspoons baking powder
- 3/4 tsp baking soda
- 3/4 tsp fine sea or table salt
- 3/4 tsp ground cinnamon

- 1/4 tsp fresh grated nutmeg
- 1/4 tsp ground ginger
- Two pinches of ground cloves
- 2-1/4 cups all-purpose flour
- To Finish**
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon

*In a large bowl, whisk together pumpkin, oil, eggs and sugar until smooth. Sprinkle baking powder, baking soda, salt, cinnamon, nutmeg, ginger and cloves over batter and whisk until well combined. Add flour and stir with a spoon, just until mixed. Scrape into buttered muffin tins. In a small dish, or empty measuring cup, stir sugar and cinnamon together. Sprinkle over top of batter.*

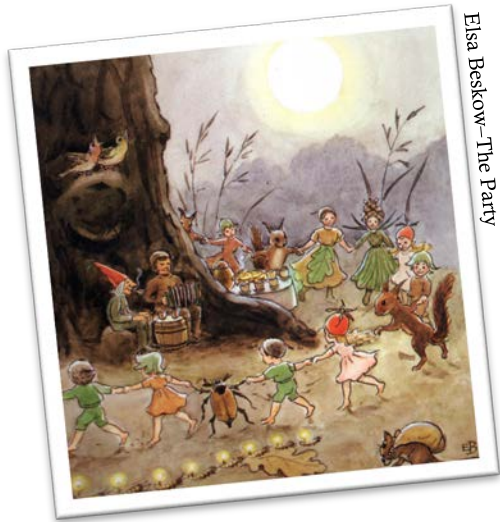
## Gather Together

### Gather together in a circle, we will sing

Gather together we will make a golden ring...

Circle time in the preschool is full of song, movement and verse. It is the teacher's task to create an environment worthy of the child's unquestioning imitation. It is a time where the children stand together feeling the love and warmth of a family outside of their own. It is like a small universe within a larger universe.

Barbara Cooney-Roxaboxen



Elsa Beskow - The Party

### Our Morning Verse

Good morning Dear Earth,

Good morning Dear Sun,

Good morning Dear Stones and the Flowers  
every one.

Good morning to the Beasts and the Birds in  
the Trees,

Good morning to you, and Good morning to  
me. Good morning everyone!

### We play many games

The preschool games include Witches and the Fairies, Farmer in the Dell and:

Five little leaves so bright and gay (5 children in the center of ring, holding hands and moving in a circle)

We're dancing around a tree one day

Old brother wind came blowing through the town, (a child with a blue cloth outside the ring comes blowing)

One little leaf came tumbling down (one out of the 5 stops to roll on their tummy away)

Continue 4,3,2,1...

### Morning Verse Grades 1-4

The Sun with loving light makes bright for me each day.

The soul with spirit power gives strength unto my limbs.

In sunlight shining clear I reverence, O God, the strength of human kind, which Thou so graciously has planted in my soul, that I with all my might may love to work and learn. From Thee stream light and strength. To Thee rise love and thanks. RUDOLPH STEINER

# Leaf Crowns

## You will need

- Lots of recently fallen leaves with stems.
- A basket to hold the leaves.

## What to do

1. Spend some time gathering the leaves you will use. Your children will want to help you with the gathering. Note: Very dry, brittle leaves will disintegrate very quickly. Use fairly large, freshly fallen leaves.

2. Sit in a place where you can see the children playing and where they can see what you are doing.

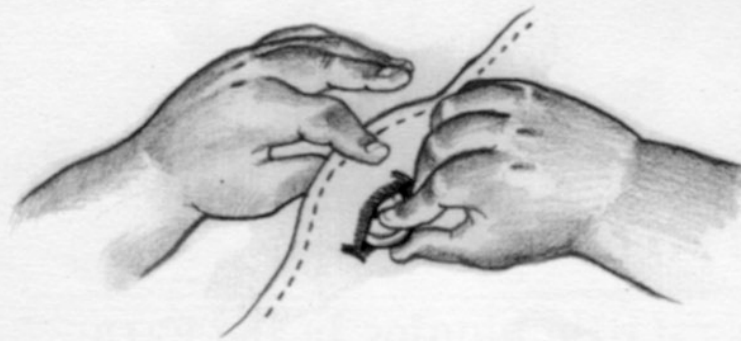
3. Take two leaves and remove the stem of one at its base. Overlap the tip of one leaf and the base of the other and use the stem to attach the two leaves by pushing it down through the place where the two leaves overlap and back up again, like a straight pin.

4. Continue to attach leaves to each other in this way. Try the crown on your child's head and when it is big enough, attach the last leaf to the first in the same way. A crown! –From Earthways by C. Petrash

## Autumn Craft

### Sing a song

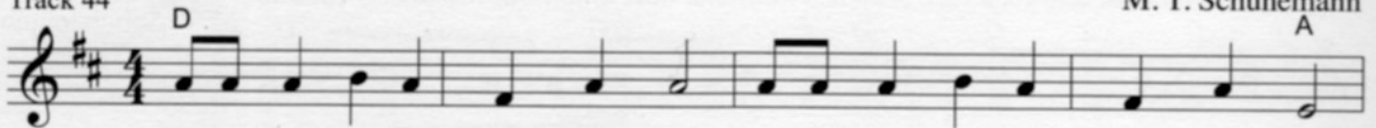
As the winds begin to blow and Jack Frost comes nipping at our noses here is a song to help the children button up their cozy-warm sweaters and jackets



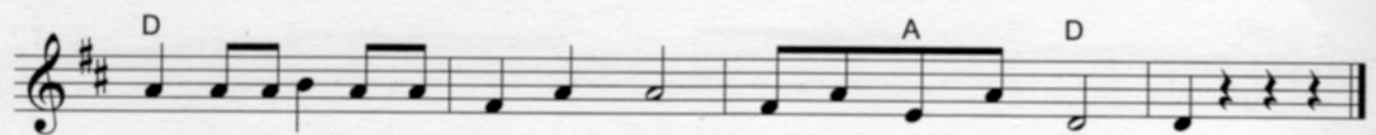
### Button Up!

Track 44

M. T. Schunemann  
A



Lit-tle round but-ton where's your home? Lit-tle round but-ton where's your home?



Oh, here it is, now I'll push you through, Now you found your home, oh!