



THE MEHER SCHOOLS



# Wednesday Messages

November 13, 2019 • Parent Resource Center: [www.MeherSchoolsParents.org](http://www.MeherSchoolsParents.org)

## School T-Shirts Are Back!

The Meher Schools T-shirts we had made for the Walnut Festival sold out quickly and people keep asking about them—so we're ordering more!

We'll be sending a link to the order form in an *eNote* today. The shirts come in 10 adult and children's sizes. They're \$20 each; pay when you pick yours up.

The deadline for ordering is next Friday, November 22. They'll be here in plenty of time to give as holiday gifts.

*Reminder*  
December 1 is  
the last day to  
order school  
photos.

## Sustainability: Garden Classes “Repurpose” Straw Bales



Sustainability is about letting nothing go to waste. Students in Adrienne Wallace's garden classes have been getting a hands-on lessons in sustainability.

The Monday following our schoolwide dance, fifth graders wheeled the 16 straw bales used as decorations up to the Seven Circles Garden, where third graders arranged them into a spiral. Children in all grades helped make and apply organic fertilizer to the top of each bale. A few days later, working individually and in pairs, they planted leafy greens, vegetables, and herbs in the bales. Winter-hardy varieties, they'll be ready to harvest in a month or so.



If the bales hold up over the winter, the students will plant another crop in them in the spring. When they finally break down, they'll be turned into compost for the garden. That's sustainability!

## *The Value of Resetting Ourselves*

“MY CO-TEACHER IS STRESSED TODAY, but I’m reminding myself I don’t have to be stressed just because she is.” One of the teachers mentioned this self-reflection, which was in no way judgmental of the other person, as she passed by me. She was smiling and trying to relax on her way to a needed break in the staff room. In Nurtured Heart terms, the teacher was actually “resetting” herself by noticing her thought patterns and consciously changing them.

That’s what we ask children to do when they’re feeling upset and behaving inappropriately. We want them to take a pause, stop the problem behavior, and bring forward their best selves. As adults who are around children a lot, it’s sometimes it’s hard to remember that we can do that for ourselves.

At a Circle Time in preschool, the teacher asked the children how long it takes to reset. Some said one minute, others came back with two. Children who have learned to stop and calm themselves can sometimes do so surprisingly quickly.

However, when a child of any age is really upset, it takes a long time to soothe themselves back into feeling okay. Whether children are hurling angry words at us or crying because someone has hurt their feelings, we can reset our own internal responses. “My child is overwhelmed with angry feelings, but I don’t have to be.” In fact, if we take time to reset ourselves, and find a somewhat detached adult place in ourselves, we can actually provide more compassion and empathy. “I see you’re angry, and I used to feel that way when things like this happened when I was your age.”

## Elementary Lost & Found Leftovers to Charity Next Friday



Clothing from the elementary Lost & Found is displayed for students to check to see if any of it’s theirs. Anything that’s left at the end of the day next Friday, the 22nd, will be donated to charity. When not on display, found items are kept in the cupboard next to Room 16. Please be sure your child has looked through it—there’s a lot there!

## Free General Store Seeks Quality Toys, Children’s Books

The White Pony Express General Store accepts donations of new and like-new toys and children’s books on the table outside the Office. They distribute these for free to children in low-income neighborhoods through “mobile boutiques” they stage in schools, churches, and community centers.

Please leave only items of high enough quality and in good enough condition that you’d give them to your own child. “We want the recipients to feel love and respect, which is conveyed through the quality and condition of the donated items,” a volunteer explains. To learn more about the General Store, visit [www.whiteponyexpress.org/free-general-store](http://www.whiteponyexpress.org/free-general-store).



### Room 4’s Debris Clean-up Team

On a morning walk with teacher Michal Mader in the days following the recent winds, Room 4 children cleaned up leaves and twigs at the bottom of the front steps. Learning to care for the environment is an integral part of our preschool program.