

October 24, 2021

Dearest Nursery parents,

I hope you are well and enjoying these beautiful autumn days!
Tomorrow, we will be expecting rain showers!!! I am really excited for the children to have the opportunity to experience the rain. Please make sure they have their rainboots, rain jackets and plenty of extra clothes for tomorrow.

Last week we had a fire drill and the children did so well! We sat outside in a circle, recited a Nursery Rhyme and played a Circle game while we waited for our turn to be dismissed back to our classroom.

As a new teacher at WSOC, the school is very supportive in providing me a visit from my long-time mentor to do a supportive visit in the classroom. Patricia Rubano will be here on Wednesday to observe me in the class with the children. Please help her feel welcomed and introduce yourself if you have the chance!

Here are some important dates coming up:

- [Monday, November 1 - In Service Day](#)
- [Nursery Fall Conferences on Nov. 8, 10, 15, 17th \(Sign-Up Genius to come..\)](#)
- [Mon-Fri, Nov 22 - 27 - Thanksgiving Break](#)
- [Dec 20 - Jan 4 - Winter Break](#)
- [Monday, January 3 - Faculty & Staff Only - No Students](#)

Today, I am going to share with you an article on what often gets undervalued in mainstream schools but in the Early Childhood programs across Waldorf Schools around the world, and for over 102 years in the making, we see as what is essential in building a strong foundation for the children to be successful in their learning - movement. This recognition for the importance of movement continues through the Grades in all Waldorf Schools.

In this article by Erin McNamara, who is an Educational Support Teacher at Sandpoint Waldorf School, she says,

"Thinking and learning are not all in our head. On the contrary, the body plays an integral part in all our intellectual processes from our earliest moments in utero right through to old age. It is our body's senses that feed the brain environmental information with which to form an understanding of the world and from which to draw when creating new possibilities. And it is our movements that not only express knowledge and facilitate greater cognitive function, they actually grow the brain as they increase in complexity. Our entire brain structure is intimately connected to and grown by the movement mechanisms within our body."

If you read on in the article, McNamara lists movements and activities that support healthy movements for the children's development. These activities are often what you see us doing during our Nursery day and can be supportive to do at home. In the next two newsletters, I will share about two particular movement senses that the children are taking hold of in the early years of life, so stay tuned!

Looking forward to seeing you all tomorrow.

Warm regards,
Maria Morioka
WSOC Nursery Teacher