

Dear Waldorf Parent Body:

The Parent-Teacher Association hopes that you and your children are thriving during this very difficult time. With the theme of "Building Community" in mind, we would like to offer some opportunities for outreach, kicking off during Spring Break next week. Some of the activities are for adults only, while others are intended for the entire family. A list of events with their descriptions can be found below, along with the recommended ages.

**\*\*\*Note: Please email [felicia.busto@gmail.com](mailto:felicia.busto@gmail.com) to be added to our participant list if you wish to take part in any of these activities. Every night, an email will go out to the participant list with the next day's Zoom links. (e.g., on Sunday night we will send out the Zoom links for the two events on Monday.) \*\*\***

In addition, the PTA is hoping that every child in the school will take a heavyweight 8 1/2x11 piece of paper to help us create a sort of "time capsule" to commemorate this unprecedented time in the school's history. These will then be compiled, bound and left in the school library for viewing. Encourage your child to draw, paint or write about what this point in time means from their perspective.

Finally, we are hoping as a community to show our appreciation to members who are currently on the front lines. Please reach out and let us know who they are or any ideas you may have as we figure out how to support them. Expect future communication from your PTA representatives on this matter.

Wishing you and your family health and safety during this time, as well as wishes for happy holidays to those who celebrate.

### **EVENT DATES AND TIMES**

#### **MONDAY April 13**

- 12:00 pm - Storytime (Grades 2 & 3), hosted by Pauline Seremetis
- 8:00 pm - Happy Hour (Adult), hosted by Felicia Busto-Fraim

#### **TUESDAY April 14**

- 12:00 pm - Yoga (Family), hosted by parent Gina D'Addario
- 7:30 pm - Kundalini Yoga (Adult), hosted by Marni Levine Goldner
- 8:15 pm - Hanging By a Thread (Adult), hosted by Karen Talluto

#### **WEDNESDAY April 15**

- 10:00 am - Optical Illusions & Paper Tricks (Grade 3 & up, Grades 1&2 with supervision), hosted by Mara Lise Esposito
- 8:00 pm - Yoga (Adult), hosted by Gina D'Addario

#### **THURSDAY April 16**

- 9:00 am - Kundalini Yoga (Teens to Adult), hosted by Marni Levine Goldner
- 8:00 pm - Book Club (Adult), hosted by Felicia Busto-Fraim

## **FRIDAY April 17**

- 12:00 pm - Storytime (Early Childhood/1<sup>st</sup> Grade), hosted by Pauline Seremetis  
12:00 pm - Kitchen Concoctions (Grades 1 & up, younger with parental supervision),  
hosted by Mara Lise Esposito  
5:30 pm - Show & Tell (Family), hosted by PTA Co-Chair Josh Levitt

## **LIST OF GATHERINGS**

**Book Club (Adults only)** – Come to the inaugural meeting of the Waldorf PTA Book Club. Since we have not yet chosen or read a book together, join us to recommend your latest or favorite read. Also hear about our plans for an upcoming (fiction) book club! Hosted by parent and PTA Co-Chair Felicia Busto-Fraim.

**Hanging By a Thread (Adults only)** – Bring your knitting, crocheting, needlepointing or whatever handwork/craft you choose and chat while making progress. Or just join in and enjoy the socializing! This meeting should last 90 minutes, so feel free to join us in progress. Hosted by our amazing 1<sup>st</sup> – 6<sup>th</sup> grade Handwork Teacher Karen Talluto.

**Happy Hour (Adults only)** – Whether you have a glass of water, wine or cocktail in hand, join us for a virtual happy hour. See familiar faces and make new friends. Happy Hour is a great opportunity to socialize with our incredible community. Hosted by current/alumni parent and PTA Co-Chair Felicia Busto-Fraim.

**Kitchen Cabinet Art Concoctions (Grades 1 and up, Parents of younger children welcome)** – Hosted by parent Mara Lise Esposito.

- Learn how to combine watercolors, crayons, and markers with some basic kitchen cabinet ingredients to make colorful concoctions that fizz and flow.
- Supplies needed
  - vegetable oil (about 1 cup)
  - baking soda
  - dish soap
  - white (or light colored) vinegar
  - 3-4 small cups
  - a shallow clear container (bowl, pie pan, glass storage ware, etc.)
  - 3 eye droppers or spoons
  - few sheets printer paper
  - watercolor cakes, liquid watercolors, or food coloring
  - crayons or markers
  - a few paint brushes
  - table salt
  - white glue
  - flat cardboard (any thickness or kind)
  - kitchen towel (spill catcher)

**Kundalini Yoga & Meditation (Teens to Adult or Adult)** – Hosted by current parent Marni Levine Goldner.

- In this Kundalini Yoga and Meditation class, we will move our bodies, breathe consciously, focus our gaze (dristi), perform hand postures (mudras) and chant mantras to align the energy centers (chakras) awakening our natural creativity. In addition, we will activate the glandular system (the gatekeeper of our health) to strengthen our bodies and bring about feelings of connection, calm and bliss.
- Please wear comfortable clothing, bring a bolster or pillow to sit on and a blanket if you would like to cover yourself during relaxation. Find a comfortable surface to practice on; a yoga mat is ideal but carpeting or a blanket or towel will do the trick!

**Optical Illusions & Paper Tricks (Grades 3 and up, Grades 1-2 children welcome with parents)** - Hosted by current parent Mara Lise Esposito.

- Make a little artful magic, 2d and 3d optical illusions that trick the eye and tickle the mind, using paper and color and everyday office and art supplies.
- Supplies needed:
  - some index cards, cardstock, or thick white paper
  - few sheets regular printer paper
  - scissors
  - clear tape and glue stick or glue dots or double-sided tape
  - colored pencils, crayons, or markers
  - chopsticks, bamboo skewers, or long pencils
  - paper straws (optional)
  - ruler (optional)

**Show and Tell (Family)** – Bring your favorite object, pet or anything else you want to share with the Waldorf community. Hosted by current parent and PTA Co-Chair Josh Levitt.

**Storytime (Younger children)** – Join our wonderful Waldorf librarian Pauline Seremetis as she reads a children's story or two.

**Yoga with Gina (Adult)** – Hosted by current parent/alumni spouse Gina D'Addario.

- Enjoy a relaxing evening yoga practice in the tradition of yoga master T. Krishnamacharya that will foster well-being in all dimensions - physical, mental, emotional, and energetic. This holistic and accessible practice will include physical postures (asana-s), conscious breathing techniques, and visualization, and is appropriate for all levels of yoga experience or none at all.
- Find a place to roll out your mat, or any place on a comfortable floor where you will not slip, to enjoy peace and presence together, apart.

**Yoga with Gina (Family)** – Hosted by current parent/alumni spouse Gina D'Addario.

- A fun break to get moving in a healthy and relaxing way with the whole family, this yoga class is ideal for lower and middle school ages plus parents/adults. Including

physical (asana) sequences, games, and breathing practices, family yoga will create a balanced and connected feeling for your entire family.

- Just roll out your mat or find a spot on the floor where you have room to move and won't slip!