

Cobblestone School

Where Children Love to Learn - Celebrating 25 Years!



HAPPY 25th BIRTHDAY COBBLESTONE!

by Paula Wooters, Director

This September marks the 25th Anniversary of Cobblestone School! In September of 1983, Cobblestone opened its doors to its first students. At that time classes were taught in the basement of a church on Park Avenue. Cobblestone has since

moved to a new location, grown to bursting, shrunk back to a more manageable size, changed directorships several times, added a middle grades program and a summer camp. Throughout all these changes, the mission of the school has remained intact. Cobblestone is still a place “Where Children Love to Learn”.

This year we plan to celebrate our 25th Anniversary with a number of events. We kicked off the year with our First Day Tea to welcome parents and then followed up on Saturday, September 13th with our Family Fall Festival. Plans are in the works for a Chocolate Dessert Buffet and Silent Auction on November 15th. Watch for your invitation!

Of particular note will be our 25th Anniversary Alumni Gathering in December. We still keep in touch with many of our alumni. It’s always fun to hear about what they’ve been up to and they enjoy coming back to reconnect and see what’s new at the school! In the past few years we’ve held an alumni lunch over the holiday break, but this year we want to make it even bigger!

With alumni home from college or visiting family over the break, it makes an ideal time for a get-together. We also hope to bring back our former directors and teachers who have helped mold

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*“A good education is
another name for
happiness.”*

- Ann Plato

the school to share in this celebration. Finally, in the Spring we hope to bring alumni and their families back to join us at our Annual Spring Fling! It's sure to be a celebration to remember!

Our Annual Appeal this year will also focus on our 25th Anniversary. We'll be reaching out to all those people who have supported Cobblestone over the past 25 years to ask for their support in sustaining us through the next 25 years.



Thinking about the past 25 years makes us all wonder what the next 25 will bring. With that in mind, I'd like to share with you my vision for the school. Cobblestone is one of the last remaining stewards of child-centered education in the Rochester area and I'd like to see us maintain our strength in advancing this mission. I'd like to see us continue the sustainability initiatives begun last year. I'd like to see us strengthen our middle grades program by adding outdoor education and service learning to the program. I'd like to see us share our successes in progressive education with local teacher education programs in the Rochester area. I'd like to see Cobblestone begin the process of becoming a fully accredited member of the National Association of Independent Schools. I'd like to see us writing grants to supplement our programming costs. I'd like to see the Board of Trustees begin a new strategic planning process to take us into the future.

Most of all, I want to see Cobblestone sustained for the next 25 years and beyond. I want us to remain not just viable, but vibrant! So as this new school year begins, expect to be drawn into the Cobblestone Community. Expect to be among those who bring Cobblestone into the next generation. I'm looking forward to celebrating our successes of the past 25 years and beginning this next leg of the Cobblestone journey with you!

MEET THE TEACHERS & STAFF

A few fun facts about us!

Christy Field (Primary)

- I speak Spanish.
- My daughter attends Cobblestone. She is in Barb's class.
- I have 4 hens at my house.
- I am attending Sunbridge College Waldorf Early Childhood Education training program.

Barb King (Primary)

- I've been at Cobblestone for 11 years --on the first floor only.
- I've been the summer camp director since 1998.
- I enjoy traveling and cooking.
- I love saving stray cats.

Barb Kimbrough (1st & 2nd Floor Aide)

- I have a beagle/lab puppy (11 weeks old) named Misty.
- I have 2 children, Alex and Ryann, who attend Brighton Schools. They were both at Cobblestone for 3 years.
- I am a jewelry maker and recently participated in the Clothesline Festival.

Susan David (Upper Primary)

- There were 52 children and one teacher in my Catholic grade school class.
- Three women accused as witches in Salem are in my family tree.
- Due to a lack of jobs in education at the time I began college, I obtained a Bachelor's Degree in Architecture and worked in that field for many years.
- At age 40 I returned to school to pursue my lifelong dream of becoming a teacher.
- A short film of mine will be shown at the Gay and Lesbian film festival in Rochester in October.
- I live with my partner Cynthia, her two dogs, our two cats and two guinea pigs.



Bridget McLaughlin (Intermediate)

- I received my EdM in education in as many years as your child's age (in the Intermediate group) DOUBLED!
- This is my 10th year teaching full time at Cobblestone. I began in 1993, which means my first students are college grads.
- Teaching your children keeps my heart forever youthful!
- I absolutely LOVE my amazing family, my inspiring friends, floating in the ocean, hiking in the mountains, dancing to music, traveling near and far and laughing – just about anywhere!

Greg Kunzer (Intermediate)

- I have 2 cats.
- I play soccer.
- I play the guitar.
- I finished my Masters at Geneseo over the summer!

Cherie Karol (Lower Middle)

- I had a son last year. His name is Nicholas and he is now 10 months old.
- My husband Scott and I love to take walks with Nick around our neighborhood.
- We also love to spend time with family and friends and have a weekly game night!

Jen Little (Lower Middle)

- I spent much of my childhood on the Florida coast and hatched many sea turtles!
- I have been at Cobblestone for 13 years.
- I am an artist, as well as a teacher and paint murals during the summers.
- I love creating curriculum that builds kids' awareness of local and global issues.
- I have two daughters who attended Cobblestone, 17 years between them.

Jim Rolince (Upper Middle)

- Family – Jess, my wife, is a teacher at East High. We have a 3 year old daughter, Emily, and we are expecting another in April! We also have a 1-year old golden retriever, Dublin, a cat, Lucy, and a beta fish, Charlie.
- I coach track & field at Nazareth College.
- I just got my Masters in Education from Nazareth and I'm getting NYS certification as a Literary Specialist.
- I'm originally from Syracuse and I am a big 'Cuse sports fan.

Paula Wooters (Director)

- I grew up in Iowa, but have lived in Rochester since 1976.
- I just got my own motorcycle helmet.
- I have a golden retriever named Hickory.
- I came to Cobblestone with my son (Charlie then) when he entered the Primary Group 16 years ago!

Barb Quinn (Associate Director)

- I once did a stand-up comedy act at open mike night at a comedy club!

Kim Hunt-Uzelac (Admissions & Marketing Director)

- I have a new puppy (chow/collie mix) named Molly and an 8 year old Chihuahua, Ariel.
- I love to garden and preserve/can veggies from the garden.
- Adam (my husband) and I love to take our girls, McKenna & Kinsey, downhill skiing in the winter.
- I grew up in a very small rural town in the Southern Tier of NY.

Diana Gallagher (Office Staff)

- I love to canoe with my husband and black lab, Sam. (Sam hasn't tipped the canoe yet!)

Shira Goldberg

- My name, Shira, is Hebrew; it means song.
- My son, Scott, is a Regional Champion in gymnastics
- Mary and I completed a half marathon (13.2 miles) on September 14.

When a child is doing something she's passionately interested in, she grows like a tree — in all directions. This is how children learn, how children grow. They send down a taproot like a tree in dry soil. The tree may be stunted, but it sends out these roots, and suddenly one of these little taproots goes down and strikes a source of water. And the whole tree grows."

~John Holt~ Learning

CLASSROOM HAPPENINGS

The **Primary Groups (Barb King/Christy Field)** have spent the first few weeks of school getting to know each other and getting used to the routine of the classroom. Each child enjoyed making a picture of his/her family and house and sharing this with the class.

Students in these groups have spent a lot of time in the Cobblestone garden. The children picked fall veggies, such as pumpkins, squash and tomatoes, and have enjoyed making spaghetti sauce and mini pumpkin pies from their harvest!

Barb's group has recently started the theme of pandas. Both groups will soon begin reading and math groups.

These kids have enjoyed music twice a week with **Doug Waterman**. Doug has a special way of getting kids to move and groove to his kid-friendly tunes and guitar accompaniment!



The **Upper Primary Group (Susan David)** have started to discuss their first theme of the year, "Community". They have been introduced to the topic by reading various versions of "The Gingerbread Boy". Susan and the kids baked actual gingerbread people (yum!) and then wrote a letter to King LeRoux on behalf of the gingerbread people, asking for help in building houses, buildings and stores -- thus, the beginning of the community!



This group can often be heard singing their new favorite classroom song, "Recycle" and they recently participated in a school grounds clean-up.

The Primary and Upper Primary groups have both enjoyed their bi-weekly yoga sessions, taught by **Cherie Martin Campbell**. Last week the children were thrilled when Cherie asked them to listen to their bodies, create their own yoga pose and give their pose a special name!

The **Intermediate Groups (Bridget McLaughlin/Greg Kunzer)** expanded on the idea of creating a peaceful classroom by asking the students to describe how peace looks, feels, tastes, sounds and smells. Some of the responses included, “peace smells like basil, peace feels like a hamster, peace sounds like soothing music, and peace tastes like tea loaded with sugar.”

Last week this group discussed Wilma Rudolph and all that she overcame to win three Olympic medals. This initiated a discussion on goal-setting and each child spent some time setting personal goals for the year.

During math, both Intermediate groups have been solidifying their understanding of place value by playing games and participating in math-related activities.



This group has also enjoyed spending time with **Cathy Feinen** for art, making clay animal sculptures, as well as paper mache masks.

The **Lower Middle Groups (Jen Little/Cherie Karol)** are learning about the 2008 United States election in Social Studies and Language Arts. They have discussed the electoral process, differences between the Democratic and Republican platforms, the Independent and Libertarian party and the specific major issues that candidates are discussing this election. The students also staged their own class elections, voting in presidents and vice presidents who serve one month terms in office. This month’s officers are President Brenna, President Lillian and Vice President Erik. Stay tuned for the result of next month’s election!



This group’s science studies began with discussions about the benefits of close observation and detailed, specific and factual notes and drawings. Students practiced drawing and writing field notes on leaves and shells, then guessing which actual specimen belonged with which drawing/notes.

Math groups have commenced and Lower Middle students seem to be enjoying the challenges! Also, this group just began its first P.E. swim class at the Monroe YMCA.



The **Upper Middle Group (Jim Rollince)** have delved right into their core curriculum, including math, science, social studies and language arts. Following Cobblestone's philosophy of child-led learning, the science and social studies curricula are derived from students' questions, current events and topics relevant to students' lives in the UMG. These curricula also attend to topics traditionally covered in 7th and 8th grade NYS curricula

(Biology and Chemistry in science; American History in social studies).



The students have also begun their Writing Workshop, which begins with students developing their writing territories, which are lists of topics of personal interest, such as memories, likes, dislikes, hobbies and experiences. The students will then be given instruction on how to develop their ideas into compositions.

Finally, the Upper Middle Group has recently begun rock climbing at Rock Ventures for P.E.; this is a new adventure for the Upper Middle Group!

THE READING CORNER...

What Are the Intermediate Group Kids Reading for Fun?!

Diary of a Wimpy Kid by Jeff Kinney -- Dayvionn

Spiderwick Chronicles by Holly Black & Tony DiTerlizze -- Liam

Geronimo Stilton Series by Geronimo Stilton -- Ethan

The Magic Tree House Series by Mary Pope Osbourne -- Nya

The Tale of Despereaux by Kate DiCamillo -- Shiva

Gregor the Overlander by Suzanne Collins -- McKenna

The Edge Chronicles by Paul Stewart & Chris Riddell -- Quin

AND...What Books Are the Administrative Staff Reading for Fun?!

Gone With the Wind by Margaret Mitchell -- Barb Quinn

The Rachel Ray Cookbook by Rachel Ray -- Diana Gallagher

The Omnivore's Dilemma by Michael Pollan -- Kim Hunt-Uzelac

A Leg to Stand On by Oliver Sachs -- Paula Wooters

FIRST DAY TEA

“First Day Tea” is an annual tradition enjoyed by Cobblestone families.
A big thank you to Susan Plunkett for catering the event!



*Accept the children
with reverence,
educate them with
love, send them forth
in freedom.”
– Rudolf Steiner*



THE BOARD CORNER

Cobblestone School holds a unique and special place in the minds and hearts of all those who currently have or have had their children or grandchildren enrolled. It is certainly my hope and perhaps my expectation that each of us accept certain responsibilities to ensure the quality of our school.

As we celebrate our 25th Anniversary each of us should think about what we might do to enrich our community:

- Participate actively in the enrollment of students by sharing the successes of your own child and suggesting enrollment to friends and families
- Participate on a school committee
- Participate and support special events and activities
- Participate in the Cobblestone Fund, our annual giving program, with a gift of financial support
- Participate in classroom activities (share your passions and experiences with a class or join the children for lunch and/or outside play).

Our successes are many, our opportunities are endless
and our Cobblestone Community is strong and welcoming...

JOIN WITH US IN SUSTAINING OUR SCHOOL FOR THE NEXT 25 YEARS!

Bill

Bill Spelman, Chair
Board of Trustees



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Board meetings are held on the third
Thursday of each month at 7:15pm.

EXPLORING SUSTAINABILITY



Garden Team Organic Garden News by Aimee Wood

The organic garden continues to flourish in the front yard of Cobblestone School. Please take time to visit the garden and witness the beauty of nature. The children, teachers and parents spent

many hours this spring planting this wonderful garden. Also, the summer camp and various families ensured its progress by taking great care of the garden over the summer months.

Teachers and students have been enjoying the bounty in the following ways:

- The Lower Primary Groups harvested pumpkins and tomatoes and made mini pumpkin pies and spaghetti sauce
- The Intermediate groups harvested carrots and made carrot/raisin muffins. This group is also participating in a seed saving program and are currently in the middle of drying seeds.
- The Afterschool program harvested tomatoes and peppers and made salsa.
- Other groups have picked tomatoes and raspberries and have enjoyed the taste of fresh fruit and veggies!

The Garden Team is always looking for volunteers. Ideally, we would like one parent per classroom. If you are interested in joining us, please email: barbq@cobblestone.org and she can add you to the online discussion group. ALSO, we will graciously accept donations of the following: children's tools, adult tools, wheelbarrow or cart, seeds, plants, etc.



Other Cobblestone Green Updates

Cobblestone has purchased environmentally friendly cleaning products to be used throughout the school this year.

Also, the school has purchased recycling bins to be placed on each floor. The Upper Middle Grades will be responsible for emptying them each day.

How Can You Do Your Part?

- Use reusable containers instead of plastic bags.
- Use reusable water bottles instead of juice boxes.
- Check lunchboxes after school to see if there is any food left over that can be eaten as a snack.
- Encourage children to help prepare their lunches and snacks. When children have a sense of control over what they eat, they usually don't waste as much.



Back To School Nutrition

By Aimee Wood

1. **Start the day off right with a nutritious and balanced breakfast.**

Make sure to include a source of protein such as yogurt, eggs, tofu, and nuts/seeds. Combining protein with breakfast gives children some extra fuel for the morning.

2. **Choose foods that contain natural sugars vs. those that contain sugar as an added ingredient.**

Try to steer away from corn syrups or high fructose corn syrups. Unnatural sugars cause blood sugar to go on a roller coaster ride, along with moods. Good choices are: fruit such as grapefruit, apples, oranges, grapes, cherries, and berries.

3. **Choose carbohydrates wisely.**

Choose complex carbohydrates over simple sugars found in packaged baked goods, table sugar, candy, etc. Good carbohydrate choices are: fruits mentioned above, oatmeal, bran, beans, yogurt, and veggies. Juice is inferior to a whole piece of fruit as it lacks the fiber that is essential in slowing the sugar response in the body.

4. **Pack your child's lunch with a balance of proteins and carbohydrates.**

Examples include: egg salad sandwich, bean burrito, salad, veggies, turkey/cheese sandwich, and quinoa salad with tomatoes. Supplying your child with a lunch heavy in carbohydrates might cause him/her to crash in the afternoon. Keep in mind to always add protein to maintain energy.

5. **Omega 3 fatty acids are important for brain power.**

In particular, DHA (docosahexaenoic acid) helps the brain by allowing neurotransmitters to better communicate with one another. DHA is an important nutrient found in cold water fish, flax seed oil, and soy oil.

6. **Not all fats are bad fats.**

There are two types of fats; those that help heal and build the body and that are essential and those that are not essential and are often found in processed foods (hydrogenated oils). The brain requires a modest intake of good fats in order to work properly. Good fat choices are: cold water fish, flax oil, walnuts, almonds, avocados.

RECIPE CORNER:

Buddha Sauce

excerpted from *Fresh At Home*

- 3 T olive oil
- 1 cooking onion, minced
- 6 T minced fresh ginger
- 6 cloves garlic
- 2 t curry powder
- 1 t cayenne pepper (optional)
- 1 1/3 cups carrot juice
- 3/4 cup rice vinegar
- 1 cup water
- 2 cups smooth peanut butter
- 1/4 cup lemon juice
- 2/3 cup tamari
- 2 T toasted sesame oil
- 1/4 cup oil

Heat oil in a pot. Add onions, ginger and garlic. Cook 5 minutes or until onion is soft.

Add curry powder and cayenne pepper. Cook for 2 minutes. Remove from heat.

Add remaining ingredients. Stir and let cool. Puree in a blender until smooth.

Before serving, heat gently.

*This is great over tofu & rice. The recipe makes a lot; it freezes very well!

Transitions -

From Summer to School

by Arlene Levit, Counseling Consultant

Welcome all to a new school year! To quote our director, Paula, "Cobblestone is a community whose purpose is to honor how children grow and become a part of the world". For our new families or returning ones whose children are moving to a new floor, I'd like to share some ideas on transition.

First, **RELAX!** You've already made the hardest and best decision – you've chosen Cobblestone. Second, please know that change or changes at school bring both excitement and anxiety for students, parents and staff. **TRUST** that your goals and ours are the same: namely to bring out the unique talents and learning style of your child.

Third, be **PATIENT.** Just as it takes time for learning to unfold, it takes time for a group to gel. I remember my concern when my child, Sarah, an early reader was placed in what seemed like the lowest reading group. By October, she'd progressed to the highest reading level as her shyness gave way to her desire to interact with others.

Fourth and Fifth, **LISTEN** and give us **FEEDBACK.** How does the transition look and sound at home? You are the expert on your child. Collaboration between our hard working teachers and equally hard working families is key. One boy I knew had a tough transition into 6th Grade. He came home in tears for weeks. Again by October, he'd reached his comfort zone and was happily

involved with both peers and activities - much to his family's relief. After listening to your child or noticing non verbal clues, support their own way of coping before offering ideas that may help them. Next, contact staff by a note, email or phone. You might offer to discreetly observe or volunteer to help at lunch.

Generally, children are resilient and cope well but bring home their exhaustion or emotional overload. Often, parents with worries over separation and change linger and may need to remember to let go: that's truly the

challenge of parenting from the heart.



THE COBBLESTONE FUND

Raising \$25,000 in Philanthropic Support for Our 25th Anniversary

by Cynthia Woolbright

Somewhere in our relatively recent history, we began to ask families and friends of Cobblestone School to support us – support with an annual gift. Our history is chock full of traditions of support – from assisting teachers in the classroom to watching our students during “outside time.” We’ve also supported our school through sharing our talents in the classroom, taking our students on a field trip and helping out on “work days.” So, the tradition of *giving back* is one that is constant with Cobblestone School. It helps build our community, it helps build our program and it helps build our sense of “giving back” to an amazing place which benefits our children.

Thus, raising philanthropic support for our school is something else that we do.

While the concept of philanthropy is an age old American tradition of “serving the public good,” it’s a tradition that we must continue to build at Cobblestone. Each and every year, we ask families to consider making *another gift* to the school.

The *first gift*, of course, is sending *your child* to Cobblestone. The *second gift* is *your contribution to The Cobblestone Fund*, our annual giving program. Such an investment in our school continues to meet

"Whatever an education is, it should make you a unique individual, not a conformist; it should furnish you with an original spirit with which to tackle the big challenges; it should allow you to find values which will be your road map through life; it should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whomever you are with; it should teach you what is important.

-John Taylor Gatto

the critical priorities of a well-rounded education for our children. Making it a place “where children love to learn,” requires on-going nurturing and support.

Did you know that tuition alone does not support our school? Tuition revenue meets 70% of our overall financial position. Thus, through other revenue areas we seek to balance our position. One such area is annual gifts.

Another critical aspect to supporting our school with an annual gift is the “participation” of our families. Here, we want to reach all of our families, as it’s critically important to those whom we seek our sources of revenue. When we seek such funding, we are always asked about our rate of participation, as these funders believe it’s an indicator of commitment from the community. “If the community doesn’t invest, then why should we,” is often the response. So, regardless of level of support, each and every gift makes a difference in our overall position.

As we celebrate our 25 years where children love to learn, we ask each family to consider a gift to support our beloved school! Regardless of size, each gift is a commitment that will benefit our students and teachers. Collectively, as a community, we will reach our goal of \$25,000! Please join us, when you are called upon.

UPCOMING EVENTS & CALENDAR

September/October/November Dates to Remember:

September 26	Orienteering 8:30am – 1pm
October 10	NO SCHOOL Teacher In-Service*
October 13	NO SCHOOL Columbus Day*
October 15	School Photo Day
October 16	Curriculum Night & Open House 6:30 – 8pm
November 3	NO SCHOOL Conference Day*
November 4	NO SCHOOL Conference Day*
November 11	NO SCHOOL Veteran's Day*
November 15	Chocolate Buffet & Silent Auction 8 – 10pm
November 26-28	Thanksgiving Holiday

* vacation camp available

Chocolate, Chocolate and More Chocolate!

What do chocolate, students, and yard work have in common? Or, a canoe, scholarship and champagne have in common?

These and much more will be at the **“Chocolate Dessert Buffet & Silent Auction,”** to be held on Saturday, November 15 from 8:00pm to 10:00pm at the Perkins Mansion on East Avenue. This event, part of the 25th anniversary celebration series, will provide support for Cobblestone's scholarship and financial aid program.

“We are excited about the event as we are already receiving support from area restaurants and bakeries for the chocolate desserts and we already have amazing items for the silent auction,” said Paula Wooters, Director. “I'm particularly pleased with the canoe that will be auctioned, once it's been painted by our students.” Wooters continued, “there also will be original artwork, jewelry, handmade scarves, four hours of yard work by four men and a handmade, wooden peace pole that will have peace written in four languages.” “Definitely,” she states, “something for everyone.”

The committee, co-chaired by Angie Ferris and Cynthia Woolbright, is already meeting; however any interested individual should contact them or the office to join.

**Mark your calendars now for Saturday, November 15.
Ticket prices are \$30/person and \$50/couple.
All proceeds will benefit the scholarship and financial aid
program of Cobblestone School.**



OPEN HOUSE & CURRICULUM NIGHT Thursday, October 16th 6:30 – 8pm (*Date Change)

Curriculum Night is an opportunity to meet with your child's teacher in his/her classroom to learn more about Cobblestone's philosophy of learning, as well as specifics about student-centered curriculum. This is a wonderful way to discover why Cobblestone's children “love to learn!”

We will also be holding our first Open House of the year on October 16th. While you are participating in Curriculum Night, you may notice a few prospective families touring the school. If you know of a family that may be interested in Cobblestone, please let them know about this upcoming Open House. Refer a family and earn \$200 if they are accepted and enrolled!

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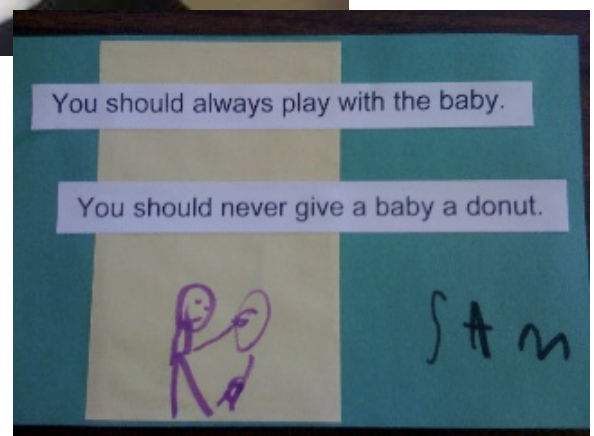
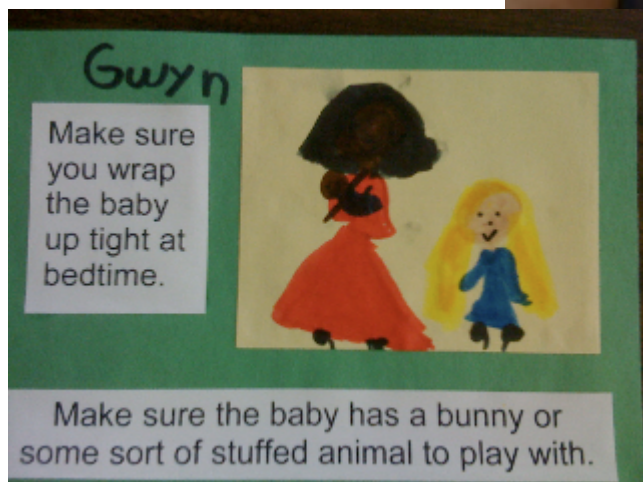
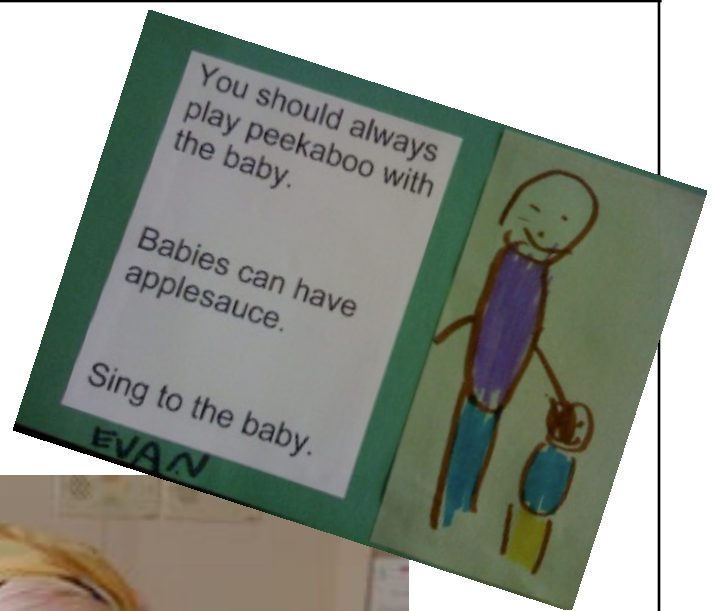
**Also, please bring your
used ink cartridges &
box tops to the office.**

THANK YOU!

OTHER COBBLESTONE NEWS!

NEWSFLASH! Engrish & Andy Johnson-Culver gave birth to baby boy, Gannon, on September 14th. He was born at Rochester General and weighed 6 pounds 1 ounce. Everyone is happy & healthy!

Students from all groups at Cobblestone have been busy making “Congratulations” cards for Engrish, Andy & Gannon. The cards have been incredibly thoughtful and creative! (We actually think that these cards may be a great idea for a children’s book!)





WHERE CHILDREN LOVE TO LEARN
CELEBRATING 25 YEARS!

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SAFETY REMINDER:

Stop for school buses unloading children in both directions. It is the law. Protect your most valuable resource - our children!