



Welcome to the 2012-2013 School Year!

By Priscilla Amend, Board Chair

On behalf of the Mountain School Board of Directors, welcome to the 2012-2013 school year! I hope your summer was fun and rejuvenating, and you have arrived at the new school year ready for all the joys and opportunities for learning it will inevitably bring.

I am proud to serve Mountain School as Board Chair, and I am very excited to be working with such a talented, dedicated, and diverse group of parents who make up this year's Board. I wish to extend a big THANK YOU for the generosity of time each parent volunteer is willing to give to help our beloved nursery school run smoothly. Volunteering for Mountain School continues to enrich my life in so many ways - getting to know and work with parents from the various classes that I would otherwise not encounter and seeing firsthand what love and dedication look like. I am amazed at the level of commitment this group of parents has for our school.

While this year marks my second year as Board Chair, it is also our family's seventh and final year at Mountain School. It seems like only a short time ago I was at nursery school with my first son. My memory of that time is that I had my hands full, attending school with my first son, arranging childcare for my second son at home, and expecting my third child. I think back on that time and wonder how I survived! As I anticipate the beginning of this school year, I have carved

out time to reflect on my priorities and schedule; to see what can work and what I must inevitably let go. It becomes clear to me quickly that life is no less complicated than it was all those years ago now that Max is in 3rd grade, Alex is in 1st grade, and Charlie is in the 4/5's class.

Through the balancing act I have engaged in during our family's time at Mountain School, one thing that I have held at the top of the list, in a sacred space, is the precious two and half hours of nursery school. Being at school with each of my sons has brought an opportunity to escape the high-speed, frenetic pace of Silicon Valley, to leave the concrete-dominant, time-intensive, and crowded environment for quiet, near-empty roads surrounded by trees. Arriving at the outdoor locations or the Schoolhouse brings me to a simpler, quieter, slower place and affords me space to focus on getting to know my child a bit more as I observe him as he is on a particular day of school. I have also learned a great deal about myself during this time and gained clarity on the areas back at home that need adjusting.

Just as importantly, I have stretched myself (on certain days more than I thought possible) to drive and care for other children in the class through my family partnerships. Finding this extra willingness to stretch despite my long to-do list and already tried patience has returned much laughter and joy to me as I experience and get to know other children.

The camaraderie and deep sense of community that have come through my family partnerships, the classes I have been a part of, the Board, and the school as a whole continue to be my most cherished gifts from Mountain School.

As I embark on my final Mountain School journey, I look forward to another year of fun, learning, and connection; to engaging speakers and sharing at circle meetings; to sunshine and warm days and rain and gigantic puddles to stomp in; to splashing in the creek; to hearing the crackle of leaves underfoot; to spying banana slugs, newts, and water striders and of course to those long, breathtaking hikes in Teacher Marie's class - in essence, all the goodness that comes with being part of our amazing and unique Mountain School. Have a wonderful year!

"Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

- John Muir

The eScrip Number Crunch

By Ximena Domagalski, Fundraising Chair - eScrip/Scrip

It can be difficult for me to get a clear picture of my spending every month until I have the numbers in front of me and can see everything in black and white. Whether I am looking at my credit card statement or scanning through my bank account online, I see just how quickly my spending adds up! Now, just think if our everyday spending could also go towards benefiting our school?

eScrip allows us to do just that! By registering your grocery store loyalty cards, credit cards, and/or debit cards at www.escrip.com, a percentage of the money you spend on your usual purchases every month will go to the organization of your choice, at no extra cost to you. eScrip has also partnered with hundreds of online retailers, such as Amazon.com, so that a percentage of your purchases from these retailers through the eScrip Online Mall is also included.

Here is an example of how much you could contribute towards Mountain School without much effort, simply by registering with eScrip. In the table below, you can see the potential monthly and annual earnings that a family of four can realistically generate by shopping at eScrip merchants:

Program Type	Based on an expense of:	Monthly:	Annually:
Grocery store cards (1.5% average contribution)	\$400/month	\$6.00	\$72.00
Credit/debit card merchants (2% average contribution)	\$100/month	\$2.00	\$24.00
eScrip Online Mall (5% average contribution)	\$10/month	\$0.50	\$6.00
Total Earnings Potential for one family		\$8.50	\$102.00

Continuing with the number-crunching, if we have 100 families participating in eScrip this year, we could earn over \$10,000 for our school!

In the past few years, however, our participation has been well below this amount. Last year, we earned \$623, which is less than 10% of this potential amount. We can easily increase our earnings by registering, if you haven't already done so, and by encouraging other family members, such as grandparents, friends, and alumni, to participate in this program.

Now how do you register and get started? Go to www.escrip.com and click on "Sign up - It's free!" Enter Mountain School's Group ID, 3593396, or you can search for the school by its Group Name, "Los Gatos Saratoga Observation Nursery." You can support up to 3 groups, if you would like to add our school to an existing account, and you can easily track your donations online.

So now that we've crunched the numbers and can see the dollars in black and white, let's start earning more for our school!

Fall Family Camping Trip - Big Basin Redwoods

By Tania Vong

Please join us for our annual Fall Camping Trip. The trip is open to all currently enrolled Mountain School families, and teachers of course! We have reserved two group campsites at Big Basin Redwoods State Park (Sky Meadow 1 & 2) from Friday, October 12th to Sunday October 14th, 2012. They can accommodate up to 80 people. The cost will be \$15 per person for two nights (adults, kids, and infants cost the same).

To help simplify the process, I am changing the registration procedure this year. If you would like to join in the camping fun, send an e-mail to info@lgsosn.com with the following information: family name, contact name, class, phone number (for last minute updates), and number of family members attending. A wait list will be established, if necessary. The campsites will be available to us from 2pm on Friday until noon on Sunday. We will go camping rain or shine.

Welcome

from Jane Krejci

A warm welcome to our new families and a warm welcome back to our returning families.

Thank you for choosing to be part of our unique Mountain School community - and contributing in your own unique ways.

A wonderful thing about community is that it provides us with the opportunity to go beyond ourselves, reach out to others and become something more. Here is a story that reminds us that everyone is needed to make a vibrant community.

This is the story of four people:

Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and

Everybody was sure that **Somebody** would do it.

Anybody could have done it, but **Nobody** did it.

Somebody got angry because it was **Everybody's** job.

Everybody thought that **Somebody** would do it. But **Nobody** asked **Anybody**.

It ended up that the job wasn't done and **Everybody** blamed **Somebody** when actually **Nobody** asked **Anybody**.

Parties!!!

Mountain School's Little Red Schoolhouse is the perfect place for your child's next birthday party or your upcoming family gathering. It is available for rent by all currently enrolled Mountain School families. For only \$300, up to 50 guests can enjoy a gathering at the Schoolhouse and have access to almost everything the Schoolhouse has to offer, both inside and out. For more information and to check availability, please contact the Mountain School Parties Coordinator at parties@lgsosn.com.



Like us on Facebook

Fall Mini-Courses

It is our pleasure to introduce the line-up of our fall semester mini-courses. Please be sure to check the LGSONS website for updates and additions.

It has been our goal to provide a great mix of topics that will benefit not only your child, but you as well. Feel free to attend as many mini-courses that are of interest to you. But please remember that all enrolled families are required to attend the general meeting and one mini-course per semester.

Thank you!

**-Julia Lombardi and Cristina Villarreal,
Programs Co-Chairs**

COMMON GROUND SERIES: INSPIRE GREAT THINKERS: Building a Generation of Leaders

October 3, 7pm

John Hunter

Location: Harker Upper School
500 Saratoga Avenue, San Jose
(408) 249-2510

RSVP to Crismv@ymail.com

Musician, filmmaker and award winning teacher, John Hunter has dedicated his extensive career to helping students become competent and compassionate global citizens. He shows how classroom innovations, such as World Peace Game, foster Creative problem-solving and leadership skills while empowering students to solve real world challenges. Hunter was named one of Time magazine's 12 Education Activists for 2012 and his TEDtalk was voted Most Influential for 2011. He is one of four members of TED-Ed Advisory Group, along with Salman Khan, Melinda French Gates, and Sir Ken Robinson.

* A fee of \$20 will be charged at the door.

Healthy Eating Habits for Children

October 25, 7pm

Karen Ross, MA, RD

Location: Louise Van Meter Elementary
16445 Los Gatos Boulevard, Los Gatos

RSVP to Juliabenjaminster@gmail.com

Parents want their children to grow up to be healthy eaters as adults, but sometimes the road getting there is frustrating. Karen Ross RD will talk about Ellyn Satter's Division of Responsibility, which can reduce struggles over food, because the parent and the child each have his or her own distinct and separate responsibilities. She will also discuss the importance of family meal, the parent as

a role model for his or her child, and the picky eater.

Karen Ross, MA, RD, loves talking to parents of young children to give them the tools to raise children who will grow up to be healthy eaters. Previously, Karen taught a weight management class emphasizing intuitive eating at the Palo Alto Medical Foundation. She also conducted supermarket tours and taught nutrition during pregnancy and pre-diabetes classes. About 4 years ago, she was one of four RDs in a research study at Stanford around weight control issues. Presently, she is the RD for the Cardiac Therapy Foundation of the Mid-Peninsula. Karen enjoys a healthy lifestyle – practicing what she preaches.

Real Parents, Real Kids, Real Talk

November 28, 7pm

Susan Belton

Location: TBD

<http://susanstonebelton.com>

RSVP to Crismv@ymail.com

Family Coach and Motivational Speaker Susan Stone Belton uses humor and real life situations to show you how to build a healthy, loving and rewarding relationship with your children that will last a lifetime. See why spending time with your kids is the most important thing a parent can do, learn new communication techniques that help to develop close bonds, and discover how to calmly and competently deal with your child's behavior in any situation and at every age. Please join us for this informative, thought-provoking, and entertaining presentation that is aimed for parents with children of any age.

Susan Stone Belton, BSE, Family Coach and Motivational Speaker, is a certified Special Education Teacher with over 40 years experience working with children and families. She has presented hundreds of talks to Bay Area groups, focusing on healthy communication and effective discipline for all ages. She also meets with individual families in their homes to help solve their parenting concerns and challenges.

Susan recently published her first book, "Real Parents, Real Kids, Real Talk", a book that is designed for parents with children of any age. Susan's wide range of professional experiences include operating home-based preschools, leading Gymboree classes for babies and toddlers, teaching teenagers with emotional and behavioral problems in juvenile hall, and managing crisis hotlines for parents and teens. Susan is also the proud mother of two successful young adults: a 28 year old son and a 24 year old daughter.

Hicklebee's

December 5, 7pm

1378 Lincoln Ave, San Jose

(408) 292-8880

RSVP to Juliabenjaminster@gmail.com

Need to know the newest and best titles of the season? Hicklebee's co-owner, Valerie Lewis, presents the best of the best in her Spring & Fall Previews. All purchases at Hicklebee's receive a 5% credit for our school. Seats are limited RSVP soon!

Sock Horse Creation

December 11, 7pm

Teacher's Karyn Cline and Jan Eby

Location: TBD

RSVP to Crismv@ymail.com

Come create a unique gift for your child with teachers Karyn and Jan.

Playborhood: Turn your Neighborhood Into a Place for Play

December 13, 7pm

Mike Lanza

Location: TBD

<http://playborhood.com/mike-landa-author/>

RSVP to Juliabenjaminster@gmail.com

Children hardly play outside on their own in their neighborhoods, and they are suffering in many ways as a result. Many people lament this problem, but feel powerless to change it. This session will describe how parents can give children a life of neighborhood play, every day. First, the problem will be characterized as a social problem, so that individual solutions like limiting screen time or structured activities are, by themselves, grossly inadequate. Then, Lanza will describe many innovative communities in the US that have successfully addressed this problem with innovative community approaches. Finally, he will provide a comprehensive set of step-by-step solutions to this problem.

Mike Lanza is the author of Playborhood: Turn Your Neighborhood Into a Place for Play . He also blogs at www.playborhood.com. He's worked hard to create a very rich neighborhood play life for his three boys - ages 8, 5, and 3 - in Menlo Park. He's also discovered and written about dozens of neighborhoods throughout North America that are doing innovative things to make a vibrant life for kids. Prior to his writing career, Mike was a five-time software and Internet entrepreneur in Silicon Valley. He holds an MA in Education, an MBA, and an MA and BA in Economics, all from Stanford University.

Turkey Trot Raffle

By Kuni Shira & Amoreena Lucero, Fundraising Co-Chairs - Raffle

The Turkey Trot Raffle is held each year at the Turkey Trot. We are in the midst of planning and gathering prizes, but here are the highlights: Pick your prize! - Each ticket can be designated for a specific prize in the raffle. This is an exciting change we made last year, which gives purchasers a better chance at winning the prize they really want. Please be sure to emphasize that choice when selling tickets. This way, you can sell to your parents in another state, as not all the prizes will be location dependent.

Tickets are \$5 each or 5 for \$20 - Giving this option helps you sell more tickets and raise more money for our lovely school.

Seller bonuses - We are working on the details for this year, but we promise a bonus for selling raffle tickets. It's a win-win!

Why do we have a raffle? It's a fun and easy way to raise money for our lovely school that doesn't pick from just our own pockets. We have set a personal goal for the raffle tickets this year, and hope to exceed it.

We plan on sending raffle tickets home at least three weeks before the Turkey Trot and will be sending out an email with specifics when the date gets closer and prizes are finalized. In the meantime, please feel free to contact us through your Fundraising Class Liaison if you have any questions.

As part of the process of gathering the terrific prizes, we are reaching out to you. Do you have a vacation rental or Opera/Ballet/Orchestra tickets you are willing to donate? Perhaps you own a restaurant and are willing to make a dining experience donation? As you all know, the raffle is a big part of the annual fundraising for our lovely preschool, and we hope to have another record-breaking year!

Thanks in advance for any donations or connections you can provide.

Auction 2013 News

Amy Williams, 3/4s, Auction Solicitations Co-chair

Mary Ly, 4/5s, Auction Party Planning Co-chair

Rusti Kenogle, 3s, Auction Logistics Co-chair

We are very excited to tell you about the changes we have in store for the auction this year! While eliminating bottleneck lines at the auction and past auction tasks, these changes will also provide more time and hopefully inspire families to create unique and wonderful family donations.

For those of you new to Mountain School, the auction is our biggest fundraiser of the year and a wonderful adult-only evening when our community gets together to enjoy great company, yummy food, and bid on some terrific and unique auction items - all while raising needed funds for our beloved nursery school!

This year we are holding our auction on Saturday April 20, 2013 at a new location, the Saratoga Foothill Club! Most of our families pass it on the way to class at Savannah-Chanelle or Saratoga Springs since it is close to the intersection of Saratoga Avenue and Highway 9. For information on the Saratoga Foothill Club and a sneak peak, you can visit their website: www.foothillclub.org

We are very happy to report that this year we will not have to ask all families to make solicitation calls to acquire business donations as has been done over the last two years. We have been able to form a Solicitations Committee to make those calls! Instead, we are asking families to spend this time thinking about and working on their family donations. In the interest of creating a lovely event and focusing our solicitation efforts, there is no longer a family donation buy-out option. Our best donations have always come from members of our community - Mountain School families know what other Mountain School families like! By creating an item, donating a service or partnering with other families to create a "basket", we will be able to increase the monies raised for the school and allow the culture of our school to come to life. Eliminating the family donation buy-out option also helped make it possible to bring the number of solicitation calls to a reasonable level so that our Solicitations Committee can do this work for us all.

Please look for ideas and thoughts on what makes a terrific family donation from your Fundraising Class Liaison (FCL) in time for the October circle meetings. Your FCL will also help you as a class decide on your class donation project. Your FCL is your resident fundraising expert.

We are also very excited that we are using new auction software that we believe will make all of the data entry smoother for those involved and will allow us to host an ONLINE auction. Look for details on the online pre-auction in the Spring!

The Giving Drive

By Caroline Forman, Community Service Chair

Each year the Mountain School community comes together to help those in need and to model the importance of community service for our children. I invite you to join our valuable community service projects this year and involve your children in the fun. This winter we can help brighten spirits through The Christmas Project. In the spring, we can help nourish bodies with a food collection for Second Harvest. These are opportunities to model compassion for our children and perhaps spark dialogs about thoughtful subjects such as abundance, scarcity, empathy and gratitude.

The Christmas Project

By Caroline Foreman, Community Service Chair

November 13-December 8

The Christmas Project is a program that collects and distributes toys, gifts and food certificates to over 300 families living in farmworker camps in Watsonville. Mountain School is participating by collecting toys and gifts. The Christmas Project board will be in the schoolhouse parent room with angel tags hanging from the board. To participate, take a tag and then return the specified gift, unwrapped with the angel tag firmly attached, to the collection bin. If you want to help but don't have time to purchase a specific gift, you can donate gift cards (Target, Safeway, etc.) or money towards gift cards that I can purchase at the end of the drive. The Project Coordinator has requested that gift cards not be in excess of \$5 each, to facilitate more equal distribution. The Angel Board and a collection bin will be in the parent room at the schoolhouse until December 8th. If anyone is interested in helping to wrap the gifts, there will be a wrapping party on December 15th at Watsonville Community Hospital from 10am-4pm.

Recommendations by the Mountain School Community

Web Links

- Ohlone Day @ Deer Hollow Farm
- Opting Out of the 'Rug Rat Race'
- Hidden Villa Farm Calendar of Events
- Apple Picking @ Gizdich Ranch
- Swank Farms Corn Maze and Pumpkin Patch
- Autumn @ Filoli Festival
- Raising Healthy Eaters

"The Grammie guide" Coming Soon!

"[The Grammie guide – Activities and Answers for Grandparenting Today](#)", a book written by Mountain School teacher Jan Eby and three grandmother friends, will soon be in print.

The idea for the book began when the authors were frequently asked about age appropriate activities, songs and books for young grandchildren. That simple list has grown into this comprehensive guide for grandparents with grandchildren from birth to five. It includes information for getting ready for visits, equipment gathering, a developmental refresher and best of all hundreds of easy to execute activities for the home, outdoors and beyond—encouraging creativity and wonder, without the use of screens.

A wonderful gift for new or experienced grandmothers. Stay tuned.

Failure Can Lead to Success

By Jane Krejci

There is a new book by Paul Tough entitled [How Children Succeed: Grit, Curiosity and the Hidden Power of Character](#).

Many people believe that success rests primarily on cognitive skills. Tough questions this assumption with the notion that persistence, self-control, curiosity, conscientiousness, grit and self-confidence are more crucial than sheer brainpower. In a sentence: Character is created by encountering and overcoming failure.

Here at Mountain School, we are big on risk-taking - and, yes, 'failure.' Far more is learned from making mistakes than from doing something right. The determination to try again - and again! - is crucial for learning and growth. Too often we shield our children from adversity; we draw a safety net so tight that it becomes a harness. We can weaken the resolve of our children to figure it out for themselves and develop character. Or we can offer emotional support and imbue them with high expectations by providing them with the opportunity to make mistakes and be involved in their own learning. Then they will develop self-control, discipline and character which can lead to real success.

Water Play

By Jane Krejci

A puddle of water - children will splash in it.

A garden hose - children will squirt it.

A bucket of water - children will pour it.

A creek - children will wade in it.

Children have a natural affinity for water which is one of the basic raw materials for purposeful play. But for children, it is just plain fun!

We are so lucky to have lots of creek play here at Mountain School. Children are not constrained by one, right way to explore it. It is so intriguing and constantly changing. It challenges their large motor skills; and allows them to use their small motor skills to manipulate objects. Water play fosters curiosity, imagination, and experimentation. They are learning about properties and structure. It is science and math; it promotes social interaction and it enriches language experiences.

Here is just a small sampling of the learning that occurs during water play.

Physical: navigating the stream; climbing over rocks and trees; practicing eye-hand coordination when pouring, scooping, retrieving, hauling

Social: solitary, parallel or interactive play all involve an awareness of others and a consideration of their needs; some big projects require cooperation with others

Language: words describe the movement of water (flow, rapid, still, falling); objects of water play (funnel, sieve, net); positional words (above, over, next to)

Science: flow; sink and float; pouring; prediction; force; surface tension; displacement; general experimentation and building of concepts

Math: empty/full; more/less; shallow/deep; before/after; classification; liquid measurement

Nature: the creek as part of the natural world; how it affects and is affected by the rocks, trees, soil, plants and animals in its midst

The list goes on and on. What is important is to remember how much learning occurs when children are 'just playing' in the water. What fun!

Resources ++

Want to know more about moral development? Need ideas for a rainy day? Have questions about gender issues? Concerned about separation anxiety?

If so, you can find articles and research in Binder 4, 1, 3, and 6 in the Parents Room at the Schoolhouse.

The two Jane's (Alumna Jane Dodge and Teacher Jane) went through hundreds of files and compiled the most relevant and best in 6 large Binders.

The Binders are clearly labeled covering more than 45 key topics.

You are free to browse. You can also borrow articles (and copy) and then return them. Our intent is that they are accessible and useful! (If you have an article you would like to share with others, we will be happy to add them to these Resource Binders.)

Cooper is Back!

By Casey Walter, Animals Chair

After sustaining an injury last year Cooper was removed from the flock and nursed back to health by Cathy Spears (alumni) or the "Chicken Lady" as I like to call her. I am happy to say that she has made a full recovery thanks to Cathy and will be returning to the schoolhouse this October along with Henrietta and Sophie. Currently all three hens are at my house making me breakfast every morning.

The schoolhouse guinea pigs Sunny and Foggy have been going home with students all summer and enjoying many special treats. Sunny and Foggy are now a hefty 1.12 kg and 1.06 kg respectively. If you are interested in housing them this Winter Break and/or Summer Vacation please contact me for more information. They make great temporary pets.

The animals at the schoolhouse are an integral part of the Mountain School experience. It is believed that animals foster a sense of responsibility in children and can teach children to nurture and respect life. Children exhibit a great interest in animals and this interest facilitates learning and has a positive effect on a child's development. I have seen these developmental changes first hand as Jake, my 2 year old, has shown a great interest in the chickens this summer. He has exhibited a more gentle and responsible side. He has learned the routines of the chickens and is able to feed them, open their chicken run, and collect eggs. I think this is pretty impressive for a 2 year old. My daughter Addison collects the eggs every day and has declared them her favorite food. She loves to crack the eggs and scramble them on the griddle. Recently, she has asked me to explain why the eggs we eat don't have baby chicks in them. She is now able to tell you what a fertilized egg is. The guinea pigs have also made an impact on the students this year. Family housing of the guinea pigs through the winter and summer breaks are very important and well received. The Benson family was kind enough to house the guinea pigs this

summer and was able to turn a vet visit into a learning experience. It is always nice to hear such positive feedback on the school animals.

"We had a lot of fun with the little furry ones." -Scott Benson, Ky-Van, Julian, and Samuel

Before we head back to the schoolhouse I would like to take this time to remind everyone what an important part of school the animals are. Mountain School would not be the same without the chickens running around the playground. Please remember to treat the animals kindly while we are at the schoolhouse and intervene when you feel that they are being mistreated. Chickens make great pets and love to be held but please don't let your children drop them or throw them in the air. Please follow the rules which will be clearly posted on the hen house and guinea pig's cage. This year I would like to invite the families to bring carrots, cucumbers, and lettuce to feed the guinea pigs. The chickens also like lettuce and the kids love to feed them. Enjoy the school animals as they will make your child smile.

Please contact casey@yahoo.com if you are interested in housing Sunny and Foggy this winter and/or summer break.

Chicken Care Fast Facts

-Handling: Please handle with care. Chickens are great to pet and carry around. Never drop, hit, throw rocks at, or toss the chickens down the slide. Parents should help oversee and educate their children.

-Toxic Foods: Raw potatoes and peelings, avocado, chocolate, onion, any moldy food

-Food: Lay crumble or pellets and water will always be available.

-Treats: Scratch, oyster shells, sunflower seeds, fresh greens and veggies are always welcomed. Not too much as it will affect their egg production. There will be a pitcher with treats for the children to feed the chickens as they roam the school yard.

-Coop: The children are welcome in the coop especially to collect eggs but please remember to supervise and keep the coop clean. Leave bedding in the nesting boxes and make sure the children do not play in their water.

Guinea Pig Care Fast Facts

-Handling: Please handle with care. The guinea pigs are very friendly social animals. They love to be handled. They are best when held on a towel on your child's lap. Never step on, drop, kick, squeeze, or hit the guinea pigs. Parents should help oversee and educate their children.

-Toxic Foods: Processed food, broccoli, cabbage, cauliflower, Brussels sprouts, potatoes.

-Food: Timothy hay and pellets. Water will always be provided. Please feel free to refill their water often.

-Treats: Apple wedges, dried apricot, banana, blueberries, cantaloupe, strawberries, carrots, romaine lettuce, green pepper, cucumbers.

-Bedding: A class will volunteer to clean the cage once a week but please remember not to play with the bedding.

Kindness

The best, like water,
Benefit all and do not compete...
In their dwelling, they love the earth;
In their heart, they love what is deep;
In personal relationships, they love kindness;
In their words, they love truth.
In the world, they love peace.
In personal affairs, they love what is right.
-Lao Tzu

As teachers and parents, we are challenged daily to model kindness for our children. Kindness is more than just being nice. It is being open and honest and compassionate. It is resisting gossip, which is often just idle talk and rumor. Things are never black and white. In any given situation, we need to assess what does the most good, and the least harm. It takes effort and work to make choices that reflect our core values. Our constant challenge is to deepen our relationship with our precious children; support each other in our unique Mountain School community; and care for the natural world. Let's make kindness the centerpiece of this challenge.

-Teacher Jane

Go Green News

By Angie Giacalone, Go Green liaison

I want remind everyone there are Kleen Kanteens with the Mountain School logo available for sale at \$15 each. We also have some reusable grocery bags (also double as a "dirty creek clothes" bag) and they are 3 for \$5. Please contact me at angiebuse@hotmail.com if you are interested in purchasing any of these items.

Precious Days

By Stevie Caceres, Assistant Teacher

Going through my files, I found an old article I submitted in 2006, when my little boy attended Mountain School. I cried...remembering just last week as I sent him off to his first day of Middle School and loving it. This article brought me back to where I wanted to be.

I missed Mountain School so much, I came back as an assistant teacher to enjoy a whole new group of friends. I'm truly honored to be a part of an amazing teaching staff. I wanted to share this with you parents, as I think you might enjoy reading it.

Precious Days

It amazes me how fast time flies watching my children grow. It feels like just yesterday I was both nervous and excited as we arrived for our first day at Savannah Chanelle in Karyn's Wednesday 2's. I remember how timid we both felt approaching the sea of new faces.

I recall feeling much more comfortable the next year in the 3's. Approaching the first day in the woods felt refreshing and familiar. I was so excited that Teacher Amy would be there again to greet Antonio; however, we both missed our old friends as most had moved on to the 3/4s. It still took me a couple of months until I would leave Antonio's side. I remember clearly, as he clutched his yellow lunch box, holding Audrey's hand and waving good-bye. I sensed he felt nervous, but ready. After Amy reassured me, I stayed in the car, hearing their voices and missing his sweet face.

This year, it seems, Antonio prefers the days without Mom hovering. He often tells me now that I will miss him because he will be in kindergarten soon. I held on, hoping to send him to the 4/5's. It just seems like it has all gone so fast. My heart aches with sadness that my baby is gone, but at the same time, leaps with joy as I watch him grow, so confident now. I feel lucky the days he stops to give me a kiss good-bye when I drop him off. He takes pride, telling me his best friend in school is Max.

After lots of debate, we have decided to move on....but before we go, I wanted to share with you a recent observation I wrote. I guess I am hoping by making it public I will put extra effort forth to make it happen. Each day is a new day to start again. This observation is on "Resolutions and Goals," asking us what we would like our child to remember about their family and childhood. It also asked us to think about specific parenting goals. Here goes:

One of the most important things I would like my kids to remember is nature: the smell of the trees, the sound of running water, the names of various plants. I hope they feel grounded by nature.

I hope they do not feel rushed. They need time to play and be idle. I hope they feel we (parents and teachers) had time for them, that their voices were heard, that their thoughts and dreams mattered, that they were an important part of a whole.

I hope my children learn from me that mistakes, weakness and insecurity can be overcome (over and over) and that we are never too old to change, to admit we are wrong and that forgiveness (especially for ourselves) is healing. I hope they learn from me a bit of humility, spirituality, and simplicity. It would be wonderful if we could learn to garden, to cook, to enjoy the company of others, to host, and to comfort. I also hope we don't forget to give to those less fortunate and to remember how blessed we are.

This new year, '06, I've begun to slow down, to take walks right outside our front door. I want to enjoy the beauty of the mountains we live in. I would like to begin setting new limits with both my children in order to meet my personal needs. In the past, I feel, I've given too much, I've burnt out and lost touch with what is important. I have forgotten to connect with them, to look into their eyes, and to hear their words. I've forgotten to let Adrian help with bedtime stories so I could get a few moments of silence.

I hope to spend more time with like-minded moms who enjoy simple living and nature to help foster friendships that will last – for me and for them.

Finally, I hope that this year we can all just focus on the bright side. There is so much to be thankful for; I just hope I can be an example.

Thank you, Antonio, for 3 of the most precious years of my life. Go on your way now, and don't worry about me....I will be OK. I love you.

2012-2013 Mountain School Board

Voting Members

Chair*	Priscilla Amend
Treasurer*	Dominic Giacalone
Information Membership*	Tania Vong
Registration Membership*	Martina Kocianova
Secretary	Kirsten Lundstrom
Auction Co-Chair	Amy Williams
Auction Co-Chair	Mary Ly
Auction Co-Chair - Acting	Rusti Icenogle
Facilities Chair	Tandem Hayden
Programs Co-Chair	Julia Lombardi
Programs Co-Chair	Cristina Villarreal
Newsletter	Michele & Derek Moore
Forms/Correspondence Chair	Shelly Moss
Purchasing Chair	Yumi Hiroshima
Technologist	Eric Rider
Webmaster	Vaughan Sheridan

Non-Voting Members

Alumni Liaison	Ashleigh Coffeng
Animals Chair	Casey Walter
Family Partnerships Coordinator	Alison McElravy
Community Service Liaison	Caroline Foreman
Garden Coordinator	Robin Horton
Go Green Advocate	Angie Giacalone
Grant Writer	Margaret Pettit
Librarian	Kari Benassi
Marketing	Tania Vong
Miscellaneous Fundraising – eScrip/Scrip	Ximena Domagalski
Miscellaneous Fundraising – Raffle	Amoreena Lucero
Miscellaneous Fundraising – Raffle	Kuniko Shira
Mountain School Parties Coordinator	Margaret Pettit
School Photos Coordinator	Vivian Yuan
Social Chair	Linda Hutchins-Knowles
T-shirts/Sweatshirt Sales Coordinator	Jae Hee Aochi
Turkey Trot Committee Member	Anna Burde
Turkey Trot Committee Member	Denise Horton
Workday Coordinator	Kumi and William Wang

* Denotes Executive Board Position

ANNUAL FALL PICNIC

**SUNDAY OCTOBER 7, 2012
11-2 P.M.
SCHOOLHOUSE**



A fun time to return to our
Little Red Schoolhouse to
~ reconnect with old friends ~ meet new friends
~ share in a meal ~ sing-along with our Mt.
School musicians ~ play ~

***PLEASE
BRING:***

***Picnic food & supplies for your family
One dish to share***

Los Gatos-Saratoga Observation Nursery School

aka Mountain School

presents its

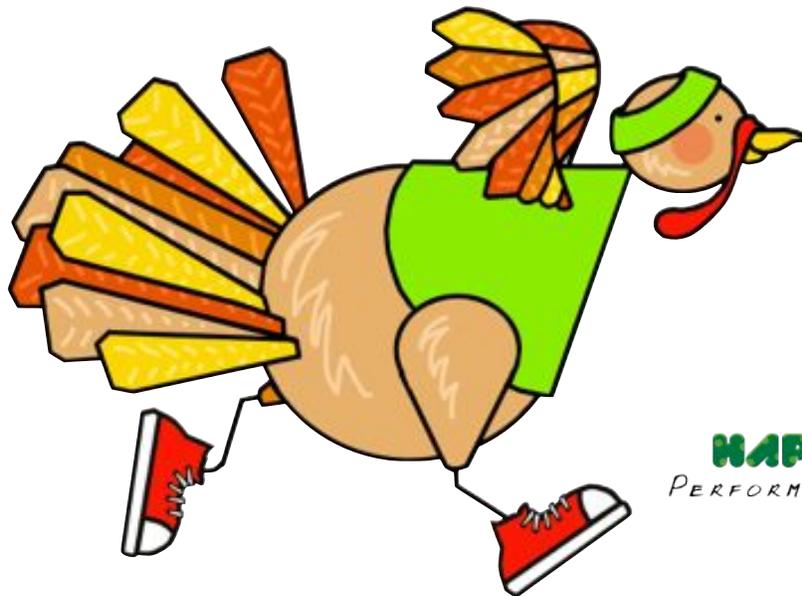
Annual Turkey Trot Family Fun Run

2 course options - 1 mile or 2 mile loop

Run, Walk, Bike, Scooter, Stroll

Saturday, November 17, 2012

Almaden Lake Park



HAPPY BIRDS
PERFORMING PARROT SHOW

8:00am

Race Registration Begins

10:00am

Fun Run Begins

11:00-1:00pm

Food & Fun at the Arroyo picnic area located in Almaden Lake Park

★ Children's Activities

★ Entertainment - Performance by "Happy Birds" as seen on The Ellen Show & Pet Star on Animal Planet

★ Raffle Drawings

To register & for more info go to www.lgsons.com/fundraising/turkey_trot



Affectionately known as Mountain School, we are a parent-participation school for children ages 2-5 years. We offer an outdoor-focused preschool program in the woods where parents are the students and children come to play! Established in 1956.

SPECIAL THANKS TO OUR SPONSORS

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Susan J. Weiland Photography

1255 Saratoga Ave. #102B
San Jose, CA 95129

Telephone (408) 996-1933
email: s.weiland@ix.netcom.com

Fall Family Photo Days for Los Gatos-Saratoga Observation Nursery School Sunday September 23, Sunday September 30, Saturday October 13, and Sunday October 14 at Oak Meadow Park, Los Gatos

Color family photos will be taken in a beautiful outdoor location at Oak Meadow Park all days in the morning only by appointment only. Please call Susan J. Weiland, but not before Tuesday September 4, Monday - Friday 10am to 8pm only, directly to book your appointment: 408-996-1933 or email s.weiland@ix.netcom.com Appointment times are first come, first served. After you make your appointment, details as far as clothing choices, preparing for your portrait and directions where to meet me in the park will be emailed to you.

Sitting fee will be \$30.00 due the day of your portrait, cash or check only. Make checks payable to Susan J. Weiland. Each sitting will consist of a minimum of 8-12 images and up to two-three poses. Online gallery and order information will be emailed to you approx. two weeks later, when orders can be made. All proofs will be viewed and all orders will taken online.

CANCELLATIONS: If you have to cancel your appointment, please notify me by telephone as soon as possible so I may offer your appointment time to another family. If it is less than 24 hours from appointment date/time you will be charged a \$30 cancellation fee.

Portrait Packages: (each photo in a package must be from the same image)

Package A \$44.00	Package B \$38.00
2 8 x 10's	1 8 x 10
2 5 x 7's	2 5 x 7's
1 4 x 6	1 4 x 6
8 wallets	8 wallets

Package C \$32.00	Package D \$29.00
2 5 x 7's	1 5 x 7
1 4 x 6	1 4 x 6
8 wallets	8 wallets

Bonus Wallets 8 for \$14.00

Ala Carte: 8x10 = \$18.00 5x7= \$14.00 4x6=\$11.00 Minimum Ala Carte Order is \$25.00

9.375% sales tax plus shipping will be added to all orders. No substitutions on packages, please. Payment can be cash or check made payable to Susan J. Weiland or by paypal. Please allow four weeks for finished photos to be delivered to you. A \$35.00 charge will be applied to all returned checks.

New Holiday Greetings for cards will also be available!

Any questions please call Susan at (408) 996-1933.

2012

No orders will be placed until your payment is received in my office.
Send no money now! Wait until you see the proofs, then decide which package you would like!