



Newsletter May 2020

FREE PUBLIC CHARTER!

WHOLE-CHILD EDUCATION | NATURE | ARTS-INTEGRATION



Mountain Sunrise Academy emphasizes whole child education by utilizing Waldorf principles to promote academic excellence through educational artistry and experiential learning while inspiring the spirit and imagination of each child.

SERVING GRADES K-6 IN SARATOGA SPRINGS!



**MOUNTAIN
SUNRISE
ACADEMY**

- Waldorf Education
- Permaculture Gardening
- Multi-Cultural Festivals
- Outdoor Classrooms
- Spanish • Drama • Music

ENROLL AT: MountainSunriseAcademy.org
CONTACT: Hello@MountainSunriseAcademy.org

Letter from the Founder/Director

WELCOME



Dear Families,

Welcome to Mountain Sunrise Academy! This is our very first monthly newsletter and we want to let you know how excited we are to meet you! Reciprocally, we've heard many responses from families about their enthusiasm and gratitude for Mountain Sunrise Academy. Thank you! We value creating and sustaining meaningful relationships with one another. Our intent is to also develop a deep understanding of each child, as opposed to having a child feel disconnected or like they are "just a number." When we are known, feel loved and cared for, learning and academics naturally emerge. This is supported by psychology and illustrated in "Maslow's Hierarchy of Needs." This connectedness we feel and create through our school culture is a crucial part of our whole-child model. This model values and is mindful of a child's academic, psychological, social, emotional, spiritual, and physical well-being. You may read more about [Whole Child/Holistic Education](#) by clicking on the link.

Waldorf Education facilitates this warmth and connection by a concept called "looping" in which, ideally, a core teacher stays with the same class as a child progresses through grades 1-8. This creates a deep understanding of a child's development, personality, and academic progress. This care and sharing of experiences through time, cultivates fond memories and facilitates deeper learning. This doesn't just affect the teacher/child relationship but allows for deeper connections as parents get to know other parents in the class. Classmates are also able to develop deep friendships with one another. There are many stories of Waldorf students who have become lifelong friends or have even gone into business ventures together long after their class time has ended. In addition to their main class teacher, children have other specialty teachers, typically in subjects such as language, handwork, gardening, movement, eurythmy, music, and art. This model creates a strong relationship with a stable and consistent adult in a child's life and also allows for multiple teachers to share their perspectives, expertise, and personality to create a well-rounded educational experience for each child.

Making connections are important not only with each other but also emphasized in our "Head, Heart, and Hands" learning model that we implement at our school. Our

program of instruction provides a rigorous academic setting. We are mindful of emotional and social development. We also emphasize active learning with the hands or by doing. This holistic model is implemented through the use of experiential learning, being mindful of developmental appropriateness, integrating Howard Gardner's multiple intelligences theory, utilizing whole-brain learning, and incorporating Waldorf pedagogy.

Connections in various topics are also made as we teach in "block" or unit lessons. Subjects such as botany, physics, geometry, chemistry, zoology, Norse myths, the Renaissance, etc. are explored for 3-4 weeks in a two hour time period called the "main lesson." This allows for a depth of experience integrating science, language arts, history, math, etc into each block. This structure strives to emulate "real life" learning. In addition, arts-integration is utilized to deepen learning. Thru the arts, learning becomes relevant and engaging as each child creates and demonstrates how they are personally taking in and understanding the content. One example of this is the "main lesson book" in which the child both illustrates and writes about topics they are learning about. Children are engaged and invested as they are creating their own books of learning.

Math is taught in a developmental way which includes movement, music, stories, and manipulatives in the younger grades and becomes more prescriptive in the older grades. We have a rigorous math program in which all four math processes are introduced in first grade following Waldorf Education's "whole to parts" model. Geometry is also introduced in first grade through studying the straight line and the curve. In addition, (pun intended ☺) we will be utilizing Saxon math along with the Waldorf math curriculum. Children will also deepen their learning with practical arts in learning handwork, cooking, and gardening. These program structures all combine to provide a whole and rich academic learning environment.

We had hoped to connect with families at a May Faire this month. The festival would have provided a fun and meaningful experience to gather, but due to current world events, we won't be able to hold this event. We are however, planning to hold a "Meet Your Teacher Picnic Social" on July 25th! We look forward to seeing you there! We are staying apprised of state guidelines and will communicate if there are any changes.

Our school building looks fantastic and is on schedule to finish August 1st! We look forward to our grand opening on Saturday, August 8th and our first day of school on Wednesday, August 12th! We welcome you to connect with us through Facebook, Instagram, LinkedIn, and our website.

In a desire of connecting with families before school starts, I encourage you to sign up to volunteer in various committees. In addition, we have created a sewing project which will benefit the children of Mountain Sunrise Academy that we invite you to participate in! The more you get involved, the more there is to gain from your experiences and build relationships with other school families!

We will have further school registration information that will be disseminated in June. We look forward to beginning our new school year and getting to know and connect with the AMAZING children and families of Mountain Sunrise Academy!

Warmly,
Krystelle Rose MBA, MA
Executive Director
Founder
Mountain Sunrise Academy

[Volunteer Here](#)

Building Progress Photos



UPCOMING!

DATES TO REMEMBER

**MEET YOUR
TEACHER EVENT!**
Saturday, July 25

Family picnic and games!

GRAND OPENING!
Saturday, August 8

Save the date! More
details to come.

SCHOOL BEGINS!
**Wednesday,
August 12**

Can't wait for the big day!

A LITTLE SEED FOR ME TO SOW.
A LITTLE EARTH TO MAKE IT GROW.
A LITTLE HOLE, A LITTLE PAT,
A LITTLE WISH, AND THAT IS THAT.
A LITTLE SUN, A LITTLE SHOWER,
A LITTLE WHILE, AND THEN A FLOWER.

WALDORF VERSE

SPOTLIGHTS



Teacher Spotlight

Sarah Stewart

I used to listen with rapt attention as my Mom would make up bedtime stories as a child and have loved all kinds of stories ever since! I graduated with my BA from BYU in English Teaching, and taught both 7th and 8th grade Language Arts in Arizona. While I was teaching, I also got a Master's degree in Elementary Education from Northern Arizona University with a reading specialist endorsement.

I came back to Utah with the plan to get my doctorate, and I was approached by my brother to help him translate his company's relationship building culture into a business fable, which lead to an unexpected path, as I co-authored *The City of Influence* with him, then joined the company to design and present trainings that have been used inside of books, videos, manuals and live events to create real connection between professionals. It's been an extraordinary experience and has helped me grow in ways I could never have imagined, but my heart never really left teaching and my desire to help kids retain their creativity and love of learning only grew. When I found Mountain Sunrise Academy while searching for a school for my son, it was like someone had taken all my thoughts and feelings about what education could and should be and laid it out in front of me. Through a series of remarkable experiences, I now get to return to teaching and be part of what this amazing community is creating.

I am the ultimate middle child (number six of eleven children) and during my many years as a single person, I focused on being a consummate aunt to 45 nieces and nephews and traveling the world--visiting 4 of the 5 continents--Jerusalem and Turkey being two of my favorites.. At 39, I finally found my own Prince Charming and discovered he was well worth the wait, and we welcomed our precious baby boy 10 months later. I love to sing, direct plays, do yoga, go on adventures, study ancient cultures, garden and hang out with my little family.

Board Member Spotlight

Doctor Tim McGaughy, Board President

Dr. Tim McGaughy earned his Bachelor of Science degree from the College of William & Mary in Williamsburg, VA. He then went on to graduate school in Chemistry and earned a Ph.D. from Tufts University in the Boston area.

Following that, Tim did post-doctoral research in chemistry for a few years at the University of Oklahoma. During those years there was also experience teaching chemistry and math at both the high school and college levels.

Interest then shifted to medicine first at a Naturopathic Medical College in California, then back to the University of Oklahoma for a degree in medicine. That was followed by a residency in psychiatry in Norman, Oklahoma. Work experience has included over 25 years of psychiatric work in mental health centers, psychiatric hospitals and Gould Farm, a residential psychiatric center in Massachusetts. Tim enjoys working with a wide range of adult psychiatric issues with an emphasis on chronic mental illness. He helps encourage others to make positive changes in their lives from a more holistic perspective including nutritional and life style changes as well as psychiatric.

Tim is married with two children. He enjoys taking advantage of the local mountains with hiking and winter sports. Tim is Board Certified in Psychiatry from the American Board of Psychiatry and Neurology.

**Receive the children in
reverence, educate them in love,
and send them forth in freedom.**

Rudolf Steiner

[quote fancy](#)

GET INVOLVED

Sewing Project



**We have a great opportunity available for sewing block
crayon rolls for grades K-3, please sign up by clicking
the Sign-Up Genius link below.**

We will contact you with more information!

[Sign-Up Genius Link](#)



May is the perfect time to take softwood cuttings from your favorite plants, perennials, shrubs and vines. It is a great family activity, and who doesn't love free plants?

A beautiful bush often found around Utah is a Snowball bush. Almost all viburnums produce attractive clusters of fruits that are popular with birds and wildlife.



Tilda Swinton, Actress

“When I went into the Steiner school for the first time, I was struck not only by the trusting and familial atmosphere for younger children, but mainly by older children, because I had never walked into a school before where teenagers had been so welcoming and self-possessed and kind. The older children play with and care for the younger children...As my children go through education, I am continually more impressed by how rigorous and engaged all the learning is. I heard of a student who got a double first in physics from Edinburgh University, who said that all he was ever interested in was science and if he had an education other than Steiner then he would have been another ‘geek’ – unable to do anything other than his subject. But through the Steiner system he had to learn other crafts. The Steiner [model] had nurtured him to become a fully functional person. The new upper school, which has only recently started here, has a 100 per cent success rate in placing students at universities, including Oxford and Cambridge. A don at Oxford, who sits on the interview board for applicants, said that state education is so under question that they long for Steiner pupils who still have that love for learning.”



Jens Stoltenberg, NATO Secretary General, past Prime Minister of Norway

“When approached by the news media and asked the question, ‘What did Waldorf education do for you?’ I replied, “It encouraged me to always strive to become a better human being.”

Mountain Sunrise Academy

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