



*The Hartsbrook School, a Waldorf School in the Pioneer Valley, is dedicated to nurturing the unique spirit of each child. Our program from early childhood through high school integrates academic, artistic, and practical work to awaken clarity of thought, warmth of heart, and strength of purpose. Through joy in learning, kinship with nature, and working in community we prepare students to meet the challenges of the future and to find purpose and meaning in their lives.*

**The Hartsbrook School** | A Waldorf School in the Pioneer Valley

193 Bay Road  
Hadley, Massachusetts 01035  
www.hartsbrook.org



*Over 25 years of Waldorf Education in the Pioneer Valley*

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**OUR HEALTHY CHILDREN WORKSHOP SERIES**  
*Nourishing Body, Spirit and Soul*  
**WINTER/SPRING 2009**



**AGRICULTURAL ARTS:**  
*for our children... for our earth!*

A WORKSHOP WITH NICKI ROBB  
Saturday, February 28, 2009 9:00am-1:00pm



PARENT EDUCATION CLASSES

*Cooking for Life*  
WITH ELIZABETH SUSTICK

*Become a Knitter*  
WITH GRETCHEN SCHOLL

## OUR HEALTHY CHILDREN WORKSHOP SERIES



### AGRICULTURAL ARTS: *for our children... for our Earth!*

*In this OHC workshop, we will look at the role of agricultural arts in the lives of children. By working hands-on with the soil, plants and animal kingdom, children are supported in developing a true and heart-felt relationship to their role as stewards of this earth.*

#### WHY IS THIS SO IMPORTANT TODAY?

It is clear that in our culture we have become increasingly alienated in our day-to-day relationship with the natural world around us, and as a result we no longer feel secure in our knowledge of such essential life questions as – Where does our food come from? Many important life skills that are intimately woven into our relationship with our work on the earth have been lost as we witness the demise of our agricultural systems.

Working in the agricultural arts offers children the tools needed to learn anew some of these essential life skills so important today for them to find a healthy relationship to the world in which they live. Throughout the grades at The Hartsbrook School, the children learn hands-on, through activities such

as grain growing, cultivating a three-sisters garden, learning about the honeybee through the active care of our beehives, or taking on the daily responsibility of our livestock at the Farmstead. These activities combine to deepen their experience and awaken within them an informed and heartfelt understanding of their relationship to the world.

In this workshop we will look at the experience of agricultural arts and explore the ways these activities accompany children throughout their childhood and adolescence, preparing them for their work in the world.

**DATE:** Saturday, February 28

**TIME:** 9-1pm

**COST:** \$25 /person if registered before Feb 13  
\$35/person if registered after Feb 13

**LOCATION:** Piening Hall, 193 Bay Road, Hadley MA 01035

**ON SITE REGISTRATION:** at 8:30am on the day of the workshop

**NICKI ROBB** directs the Agricultural Arts Program and runs the Farm Camp at The Hartsbrook School. She has received a Diploma in Curative Education at Camphill Rudolf Steiner Schools in Scotland, and a Master's Degree in Education from the University of Massachusetts. Nicki was a Co-Founder of Brookfield Farm in Amherst, MA and former Director of The School-To-Farm Program at Hampshire College.



## PARENT EDUCATION CLASSES

### *Cooking for Life*

A three part exploration of cooking in a simple way, one that relies on our conscious participation in the transformation of whole foods into delicious meals. We will engage in food preparation that is practical, nutritious and economical. Participants should bring a cutting board and knife for practice.

**ELIZABETH SUSTICK R.N., L.M.T.** has been part of the Hartsbrook Community since it's founding, as a parent of three graduates, a teacher and a trustee. She is co-owner of Paul and Elizabeth's Natural Foods Restaurant, and has a private practice in Anthroposophical Nursing and Massage Therapy.

**DATES:** Saturdays, MARCH 7, 14, and 21. **TIME:** 2-4pm

**COST:** \$75 for all three classes (the class size is limited to 7 people – so please sign up early to reserve a space.)

**LOCATION:** These cooking classes will take place at Elizabeth Sustick's home at 15 Manhan Street, Northampton, MA

### *Become a Knitter*

Knitting is easy, fun and useful. In fact, learning to knit is the hardest part. It simply isn't done in a day. The best way to learn is to have an experienced knitter to turn to with questions and to support you with encouragement. These lessons will guide you through the beginning phase of knitting. With projects designed to teach you basic skills, we will focus on the craft as it serves to enhance family life – making articles that are both useful and beautiful. Best of all, you will begin in the winter as someone who is not a knitter and emerge in the spring as someone who is.

**GRETCHEN SCHOLL** is a Hartsbrook parent, teacher and experienced knitter. Her enthusiasm for diverse fiber arts is evident in her own work and in her passion for sharing her experience with others. Gretchen has long been involved in Waldorf education and holds a Masters in Education from Antioch University.

**DATES:** Tuesdays, February 24, March 3, 17 & 24, April 7 & 14. **TIME:** 9-11am

**COST:** \$90 for all six lessons, plus a \$12 materials fee. Total \$102. (Class size will be limited to 12 people.)

**LOCATION:** Ben Smith Building, 94 Bay Road, Hadley, MA 01035

WINTER/SPRING 2009

## REGISTRATION

NAME(S): \_\_\_\_\_

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

*For our children...  
for our Earth!*  
WORKSHOP WITH NICKI ROBB

**Saturday, February 28,  
9:00am-1:00pm, Piening Hall**

- \$25/person - if registered by February 13  
 \$35/person - if registered after February 13

*Come prepared for some real  
hands-on activities!*

## PARENT EDUCATION CLASSES

All classes have limited space. Pre-registration is recommended, no early registration discount available.

### *Cooking for Life*

DAY: Saturdays TIME: 2-4pm

DATES: MARCH 7, 14, and 21

COST: \$75 for all three classes, limited to 7 people.

### *Become a Knitter*

DAY: Tuesdays TIME: 9-11 am

DATES: February 24, March 3, 17 & 24, April 7 & 14

COST: \$90 for all six classes plus \$12 materials fee.

TOTAL PAYMENT ENCLOSED: \_\_\_\_\_

Pls return registration form and payment to:  
The Hartsbrook School, Ben Smith Office  
94 Bay Road, Hadley MA 01035 413-584-3598  
Pls make checks to: The Hartsbrook School, OHC

(WORKSHOP/CLASSES ARE FOR ADULTS ONLY)