

# Next Week's Lunch Menu

- Mon** Cheese & tomato pasta bake      Fruit salad
- Wed** **Class 1's "You Choose" meal**  
Cheesy chips, beans & carrots      Jelly & plums
- Fri** Vegetable & coconut curry with rice      Flapjack

## STUDIO SPACE

Marco (*Martha*) will be vacating the studio space, which he currently rents, from January of next year. If you know of anyone who would be interested in renting this space or have creative ideas about how it could be utilised to generate income for the school, we'd love to hear from you.

Please let the office, Lizzie, Marco or Charlie know.

## DATES FOR YOUR DIARY

<b>Tue 7</b>	<b>Swimming for classes 1-6 - 8.45am at the Leisure Centre</b>
<b>Wed 8</b>	<b>Drama Club - 3.15-4.45pm Harvest Celebration - 2.30pm</b>
<b>Thu 9</b>	<b>Yoga Club - 3.30-4.30</b>
<b>Fri 10</b>	<b>Craft Gathering from 9am Quiet Room</b>

**Wed 15**      **Open Day  
PET refresher course begins**



I sometimes think that being a parent is just a slow but inevitable process of letting go of cherished theories. One of my earliest, of which I was swiftly disabused, was the theory that if I don't hit them, they won't hit anybody else. As one of the founders of Lewes New School, I had a similar idea, that if we treat children respectfully, they will never be mean or unkind to each other. But they sometimes are. And it took me quite a long time to understand that giving up a theory is not necessarily the loss of an ideal, but a reality check. And that the reality is actually O.K. as it is.

Having had four children move through the school, with all their different social experiences, was illuminating for me. Some of those experiences were harder than others, and yet I saw how much my children learned each time they went through a difficult time; always coming out the other end eventually, a bit wiser and a bit stronger. It made me realise how awful it would be if we had been able to create the utopia I think we had all imagined at the start, and how much we would have been taking away from our children.

3 Oct 2008

I now view those social scrapes and upsets as a necessary part of children's learning, and just as I trusted that my children would eventually walk, I learned to trust that they would learn to handle difficult personal relationships, with a little help and support.

And that's really the difference with this school I think. Not that we will protect our children from all of life's inevitable problems, but that the teachers at this school will support all children to resolve their differences peacefully, and that if our children HAVE to experience those upsetting things in life, they are in the safest place to do so.

And actually, children at this school are generally friendly and kind...I haven't quite given up on this theory yet!

**Stephanie (founding parent)**

# Day OPEN Forum

As you know, the next open day is scheduled for Wednesday October 15th and we need to spread the word.

If you have been on the LNS website recently you will have seen notice of it there but we need posters in shops, cafes, libraries and in the backs of your cars/bikes/pushchairs everywhere!

If you missed the playground distribution you can pick up A3, A4 or A5 size leaflets/posters for the venue[s] of your choice.

## LAST CHANCE for the PHOTO OPPORTUNITY OF THE YEAR

If you haven't placed your order for class/school photos please do so by next Wednesday 8<sup>th</sup>. Remember, that as well as being a record of your child's time at LNS it is also an opportunity to raise funds for the school.

***Why not order copies for family and friends?***

Many thanks to the person who reminded us via the 'Can we talk about . . . ?' board (which is now situated outside the hall) that we need to fix a date for this term's Open Forum.

This will take place in November with the date to be confirmed as soon as we have confirmed who will chair the meetings now that Anni is no longer a parent at the school.

In the meantime please use the above mentioned board for ideas and questions that are already coming to mind.

## Help...

...us to decorate the hall.

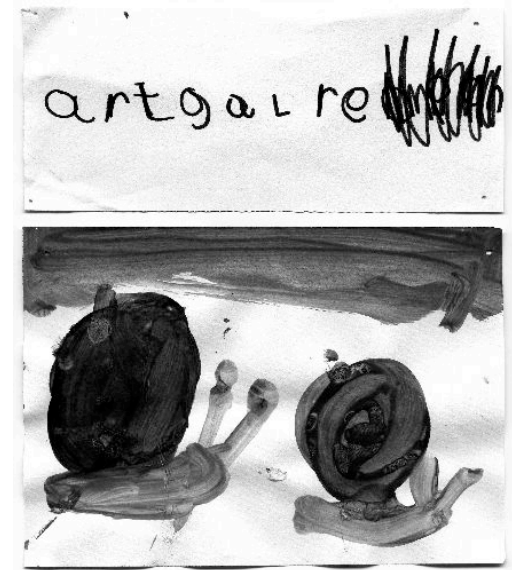
Do you have autumn foliage, seasonal produce or time to spare to decorate the hall for our annual Harvest celebration next Wednesday?

Please let Lizzie or the office know.

## Take note

We are always looking for places to take the children in connection with the different projects they are engaged with.

If you come across leaflets describing places or events that you think might be of interest please bring in a copy and pin these to the large notice board in the quiet room.



Amber & Holly (class 1)

## Definite article

Have a look at the article published in September's Ecologist and enclosed with this week's Friday letter. It should make encouraging reading for all you who are working so enthusiastically to make this school all that it can be.

Lizzie is writing to Nick Kettles (who wrote the article) in the hope that he might like to come and see what we're up to.

## Yoga

New Yoga course at Lewes New School with Suzanne Baker. Starting on Nov 6th from 6 - 7 pm and every Thursday for 7 weeks. £40.00 for the course.

Calm and refresh your mind and body. Relieve mental and physical stress. Have fun and relax, get super-fit flexible and bendy, creating that body you've always wanted. All levels and ages welcome. To book a place call Suzanne on 01273 516 616 or 07875 129 483 or email [suzieyoga@hotmail.co.uk](mailto:suzieyoga@hotmail.co.uk).