

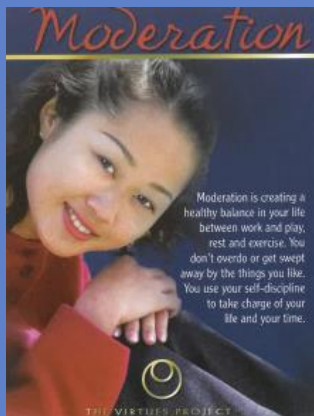
This month, Eurythmy Teacher, Ms. Debra Jacobs will be at Winterberry and Anchorage Waldorf sharing her gifts and knowledge and guiding the children in the art of Eurythmy.



What is Eurythmy?

In eurythmy lessons, children learn to become attentive to the variety of sounds, rhythms, and images in a poem or piece of music. They are led in differentiated arm movements that express the inner feeling and creative force of the vowels and consonants or the tones and intervals. Moving through the room with others in choreographed geometric or asymmetric forms, the participants also focus on conveying the rhythm, phrasing, and dynamics of the piece.

This week's Virtue is Moderation



You are practicing
Moderation
When you:

- Get enough of what you need, no more, no less
- Use self-discipline to stop yourself from overdoing
- Take care of your health
- Balance work and play in your life
- Know your own limits and set boundaries for yourself
- Are content with enough

Affirmation

*I am moderate. I am thankful and content to get what I need.
I use my time and energy wisely. My life is well balanced.*

Come get
some pizza!
The 7th
grade will be
selling cheese pizza to 5th,
6th, 7th and 8th for \$2 a
slice.



Come by the 7th grade
room on Friday before
8:30am with cash.
be there or be square ;)

Dates to Remember

Winterberry Parent Guild
will meet via zoom
April 6th
6:00pm

Time: 1st Thursday of the month

Topic: WPG Zoom Meeting

Join Zoom Meeting

<https://asdk12.zoom.us/j/95290064733?pwd=ZEFyVXV1RCsyV1NPK3lHVnlEeTdYZz09>

Winterberry Charter Council

will meet via zoom
Tonight
6:00pm

Time: 3rd Thursday of the month at 6pm

Topic: Winterberry Charter Council

Time: 6pm

Join Zoom Meeting

<https://asdk12.zoom.us/j/519426010>

ASD Climate Survey is still open for comments

Dear Winterberry Families,

We hope that you are looking forward to participating in this year's School Climate & Connectedness Survey. This is Winterberry's fourth year collaborating with ASD to offer this survey. The responses are sent anonymously and offer insight to areas that can be improved and areas where we can excel.

Survey:

- Survey Window for families is open Now until March 25.
- Language Options: Survey is available in English, Spanish, Tagalog, Hmong, and Samoan. Families can toggle to their target language in the upper left-hand corner.

Family Survey Link: <https://surveys.panoramaed.com/aasb/asdfamily>
