



# Sant Bani School Notes

Celebrating 36 years

November 2009

www.santbani.org

## Calendar of Events

- 11/4 Jazz Band, Chorus and 7th grade performance 7 p.m.
- 11/6 End of First Quarter
- 11/9 Fall Sports Banquet (grades 5-12)
- 11/10 Louis Armstrong Presentation 7 p.m.
- 11/11 Veterans Day--**No school**
- 11/12 Pizza Lunch
- 11/14 Autumn Potluck 6 p.m.
- 11/16 Geography Bee (grades 4-8)
- 11/19 Parent Conferences--**School out at noon** (4:30-8:30 p.m. for grades 5-12; noon on by appointment for grades K-4)
- 11/20 Scholastic Book Fair at school in the Library
- 11/21 Admissions Open House 2:00 p.m.
- 11/25 Thanksgiving Holiday begins--**No School**
- 12/17, 12/18, 12/19 High School Play

Editor Jyoti Demian

*Sant Bani School Notes* is published monthly during the school year to share news of the school community. We are grateful for contributions from staff, friends and the Parent Committee.

## Mira Takes First, Taylor Fourth in Class S Girls Cross-Country

Competing against runners from fourteen Class S schools (350 students or smaller) in New Hampshire, Sant Bani senior Mira Carey-Hatch ran to the 2009 Small School Cross-Country Championship title in Portsmouth on October 20. Junior Taylor Clark was close behind in fourth place.

Sant Bani has produced some of the finest runners in the state over the years, and Mira and Taylor have continued this tradition. Mira started her running career in fifth grade and Taylor in eighth, which both girls explained to the current middle school cross-country team during a recent practice. They are role models to younger runners and show what can be achieved with dedication and training. We congratulate them and look forward to results in the Class M-S meet and All-State meet in the weeks ahead.

## Empty Bowls Dinner a Fulfilling Success

by Ann Saunderson

The Empty Bowls event on Friday, October 9th was a huge success! And for those of us involved it was tremendous fun. We had a full house for both seatings and everyone was able to enjoy Barry and Gretchen's presentation on their trip to Peru as it was conveniently plunked between the two seatings. Genius!

The Studio was dressed up a bit with pictures by the fourth and fifth grade and Jen's Haiti posters. The tables were covered with newsprint and colorful table runners created in an art block. The soups were spectacular and varied. I wished I had a little cup so I could try them all! We are all so grateful for the enormous amount of positive energy that went into making this event such a success and so much fun...and on top of all that we raised \$1,000 for New Beginnings...and on top of that we only produced three small bags of trash!

If you missed the event you can go to the website and see pictures...but the tastes, well, you'll just have to imagine those.

## In this issue:

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# Autumn Potluck Dinner

November 14, 6 p.m., at Sant Bani School

Come meet fellow Sant Bani School families for a potluck meal and recipe swap!

Bring a vegetarian dinner dish (labeled) and its written recipe.

We also will provide ideas for what to pack for a healthy lunch.

If you would like to help provide light musical entertainment, contact Emily Galvin.

# Upper Building Students Learn to Farm Sustainably at D'Acres

by Ann Littlefield

Every fall Upper Building teachers take our third-, fourth- and fifth-grade students on an all-day field trip. Destinations have varied as much as the weather at this time of year. We decided to try somewhere new this year, which landed us at D'Acres Farm in Dorchester. We headed out on a big yellow bus during morning session on Wednesday, October 14.

D'Acres Farm is an organic self-sustaining education center. The people running the farm value knowing the origin of their food, so they employ many "best practices" for everything from land clearing to harvest. The wood splitter, for example, is powered

by vegetable oil.

We enjoyed a tour of the farm, hearing about all they do. We saw the farm's sap house, which was built in the 1940's, several flocks of hens, fruit trees, many vegetable gardens, the farm's team of oxen, several pigs and many compost piles in various stages of decomposition. We visited the farm's greenhouse, the root cellar and learned about the composting toilet system.

We were able to do some service work projects for the farm, too. Our small groups loaded firewood into a truck and trailer and unloaded the wood at a different location. We raked leaves to load into a trailer for mulching

and composting, and we shelled beans. Our students proved to be committed, enthusiastic workers!

A welcome break from the wind and cool temperatures was had when we sat in the house's great room to enjoy our carry-in/carry-out lunches, while several people worked in the beautiful open kitchen packing cabbage for sauerkraut.

Our day away from the classroom ended with play in a mown field and a group photo. Memories of the day will be as varied as our students' personalities. We can be sure though that everyone's horizons were broadened by the experience.

# Middle School Field Hockey Roundup

by Andrea Burns

The 2009 Middle School Field Hockey team has many reasons to celebrate. It collected food for those in need as a team service project. The team laughed more than most teams I remember. Team members also taught several newcomers how to work together and play as a cohesive group. Every year I am amazed how much the group improves together, but this year I was especially amazed. There were fewer experienced and confident players than usual at the start of the season, so the progress they made was even more remarkable.

Captains Teresa Danciewicz-Helmers, Emmy Fay and Giullia McDonald were the most enthusiastic captains I have

coached in a while. Every year there is a handful of players who have never held a field hockey stick until one or two weeks before our first game. This year those players did extremely well catching up. They were Emily Curry, Emma Walker, Melanie Nix, Ivy Storey, Karissa Cegelski and Olivia Galvin. Last year's beginners became this year's determined and talented athletes. They were Teagan Gamble, Sophia Marinace, Samantha Schechter, Stefanie Schechter and Sadie Newton.

Of special note is that this year we did not have a designated goalie. This is the first year I have ever coached that not one player wanted to or was willing to be the regular goalie. Since we cannot

play without a goalie according to the rule book, the team showed great collaboration by agreeing to take turns. The result was that we didn't have goalies with a lot of practice or experience, but we had happy players who did not have to play goalie more than they wanted to. The team thanks sincerely those who offered to take a turn as goalie: Teresa Danciewicz-Helmers, Giullia McDonald, Samantha Schechter and Sophia Marinace.

I would like to thank the entire team for being so fun to coach. I really appreciated the unusual dedication to having fun that they shared this season.

## Sant Bani Student Named Semifinalist in 2010 National Merit Scholarship Program

Senior, Nicholas Lockwood of Canterbury, has been named a semifinalist in the National Merit Scholarship Program. Sant Bani has a number of National Merit Scholarship Semifinalists disproportionate to its size.

To be considered for a Merit Scholarship award, Semifinalists must fulfill several requirements to advance to the Finalist level of the competition. To become a Finalist, a Semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by the high school principal, and earn SAT scores that confirm the student's earlier performance on the qualifying test. The Semifinalist and a high school official must submit a detailed scholarship application, which includes the student's essay and information about the Semifinalist's participation and leadership in school and community activities.

Approximately 15,000 Semifinalists are expected to advance to the Finalist level and it is from this group that all National Merit Scholarship winners will be chosen. Merit Scholar designees are selected on the basis of their skills, accomplishments, and potential for success in rigorous college studies. Congratulations to Nik!

Don't get left out of the loop--  
sign up for Sant Bani listserv!

To receive informative emails with late-breaking Sant Bani news, sign up for the Sant Bani listserv. You will be added to an email address list of members of the Sant Bani School community. To be added to this list, send an email to

**SantBaniSchool-subscribe@yahoogroups.com.**

## Ski and Snowboard Club Information

**DATES:** January 8, 15, 22, 29  
February 5

**TIME:** Friday afternoons  
leaving school at 12:00;  
finished at Gunstock 4:30

**COST:** These are totals for all five weeks.

Each ticket, each week will be valid from open to close on the day.

Lift Ticket / Lesson.....	\$120
Ski Rental.....	\$75
Snowboard Rental.....	\$75
Helmet Rental.....	\$25

**TRANSPORTATION:** Grades K and 1 - parent(s)  
Grade 2- teacher's car or parent  
Grades 3-12 - school bus

**COMPLETE:** OUTREACH PARTICIPANT WAIVER and  
RENTAL WAIVER AND AGREEMENT, if applicable

Complete one form for each student and/or parent.  
Extra forms are available at the front office.

Return completed Outreach Participant Waiver and Rental Waiver & Agreement to school by Tuesday, Nov. 3, 2009

Payment may accompany the form(s) or must be turned in by Friday, Dec. 4, 2009. Checks should be made payable to Sant Bani School.

Questions? Call Anne Dancewicz Helmers

# Upcoming Events

## Learn about Louis Armstrong November 10 at Sant Bani School

"The local Jazz Great Louis Armstrong: A Backstage Look at the Legendary Trumpeter" will be given by Michael Cogswell, author of, "The Offstage Story of Satchmo" and Director of the "Queens College Louis Armstrong House & Archives." on **Tuesday, November 10th, at 7 p.m.** at Sant Bani School.

This presentation promises to be a rare behind-the-scenes glimpse into the life of the great jazz trumpeter Louis Armstrong. Music historian Michael Cogswell of Queens College, NY, will present a lively, multi-media look at the life of one of America's most fascinating icons.

In addition to Cogswell's presentation, Sant Bani School is excited to introduce Boston artist and Sanbornton native, Gerard Wiggins and his portfolio of cityscapes that will be on display. The public is welcome, admission is free to all, and RSVPs are encouraged but not required.

Cogswell will speak at Sant Bani School about his own journey that started in 1991 when he was hired by Queens College to arrange, preserve, and catalogue Louis Armstrong's vast personal collection of reel-to-reel tapes, scrapbooks, photographs, gold records and awards, and papers that were discovered in Armstrong's home. Three years later the Louis Armstrong Archives opened to the public in May of 1994. Cogswell then began a seven year, \$1.6 million dollar project to open the Louis Armstrong House, a national landmark, as an historic house

museum. The Louis Armstrong House opened to the public in October 2003.

Cogswell has made presentations about Louis Armstrong in cities across the United States and in Europe. Cogswell has said, "Louis was a very public person. His letters even to fans and casual backstage acquaintances are very candid, very open. He was very open in interviews. Unfortunately he would always get asked the same questions again and again, you know, 'How did you start playing trumpet?' and things like that. But when good interviewers asked him penetrating questions he gave terrific answers. Louis was always very open with everybody, and there was nothing to hide. Louis was open about his music and his marriages and his marijuana use, so there was really very little that I felt was private, you know, that Louis would not want to have known. Who you saw onstage on "The Ed Sullivan Show," smiling and laughing and making music and cracking jokes, that's who he was offstage too."

When Armstrong passed away in 1971, Cogswell had just graduated from high school and was just making his first gigs as a professional saxophonist. He never met Armstrong, but says, "I do feel like I'm meeting him now from my years spent working with his manuscripts and tapes and trumpets and so forth, and also my years spent working in his house and interpreting his house to others. So it's just the way that it has played out."

The public flocked to the modest frame house at 34-56 107th Street in Corona, Queens, which Armstrong called home for decades. "We hosted receptions in the basement of the house, but it could only hold up to 40 people," says Cogswell. "We stopped doing them because more people would show up than we could accommodate."

Cogswell is now preparing for construction of the museum's Visitors Center, a \$15 million project across the street from the Armstrong House Museum. The new building will include a performance space for lectures, concerts, and film screenings; multi-media exhibits; a museum store; and space for the Armstrong archives, currently housed in Rosenthal Library.

The Cogswell lecture and Wiggins' exhibit are part of a series of cultural events hosted by the school and open to the public. For information call 934-4240 or visit the school's website at [www.santbani.org](http://www.santbani.org).

Sant Bani School is excited to introduce Boston artist and Sanbornton native, Gerard Wiggins, and his portfolio of cityscapes. On display November 8th through 22nd.

# SBS Chamber Music Series Presents the Tempest Trio December 11

Alon Goldstein, piano, and Amit Peled, cello are both well-known musicians at Sant Bani School and as international soloists and chamber musicians. In the second concert of the school's Chamber Music Series, they are joined by Ilya Kaler, a Russian violinist, who has been compared to the likes of Heifetz and Perlman.

The Tempest Trio's reviews range from "breathtaking," to "their phrasing is elegant, their attention to dynamics is scrupulous."

Goldstein and Peled's youthful energy is blended with Kaler's experience and consummate musicianship. They will play Bloch's "Three Nocturnes for Piano Trio," Schumann's "Piano Trio in d-minor" and Dvorak's "Dumky Trio." The reception will begin at 6:00 p.m. and the concert will commence at 7 p.m. Tickets are \$15 for adults; children are free. Contact Roxanne at 934-4240.

## Upcoming Drama

On November 5 the seventh grade will present the comedy *Not-So-Grimm Tales*. After overhearing her young daughter playing with her princess doll, a mother decides to take matters into her own hands and retells three famous fairy tales in a politically correct way--Little Red Riding Hood, Snow White and Cinderella are inspirational models of social consciousness. The Jazz Band also is on the program.

## Shaw's gift cards work like cash and benefit SBS!

Next time you buy groceries at Shaw's supermarket, consider paying with a Shaw's Gift Card. **Shaw's gives 5% of your total purchase to Sant Bani School**, which can add up to a lot over time. Gift cards are sold in \$50 increments. For more information or to make special arrangements for purchasing or picking up your Shaw's Gift Cards, contact Roxanne at the front desk or [Roxanne@santbani.org](mailto:Roxanne@santbani.org).

## Scholastic Book Fair November 18-23

Sant Bani will be hosting our third Scholastic Book Fair beginning on Wednesday, November 18th. Scholastic offers good literature for low costs. Fliers will be sent home soon along with other fair information. Some of the titles you see on the flier may not be available as we are trying to be as "media free" as possible and offer quality literature to our students. The fair will accept cash, checks (made out to Sant Bani School) and credit cards. There will be someone available during lunch each day for students in grades 3-12 to purchase books if parents would like to send them with money. There also will be someone available

from 3:30-4:15 each day after school, but at this time children should be accompanied by an adult. Teachers will be filling out wish lists if you would like to purchase a book for your child's class. There is also a ONE for Books program that you can donate to with many benefits for all. If you are unable to make it to the fair, you can fill out the order form on the back of the flier and we can pull the books for you and send them home with your children. We are looking for volunteers to help work the fair on the afternoon or evening of Thursday, November 19th. If you are able to help, please contact Hillary Pincoske. Hope to see you there!

### Book Fair Hours:

Wednesday, 11/18	12:00-12:45, 3:30-4:15, 6:00-8:00 Parent Committee Meeting
Thursday, 11/19	12:00-8:00 Parent Conferences
Friday, 11/20	12:00-12:45, 3:00-4:15
Monday, 11/23	12:00-12:45

## Students Become “Illuminated” about Solar Electricity in Uganda

In mid-October Sant Bani students in grades K-12 expanded their understanding of solar electricity while they learned about service.

First grade teacher Hillary Martin’s mother, Barbara Hathaway, and Barbara’s husband, Bishop Alden Hathaway, of Beuford, South Carolina shared during Morning Session the mission work they have been doing in Uganda, bringing lighting via solar power to remote villages.

With slides from their 2009 trip to Uganda, Barbara and Bishop Hathaway explained how much electric lighting means to the people and villages they have worked with. They explained how people can improve their lives when even one lightbulb is there to light a home. They have watched people’s income grow with the help of solar-powered lighting. One woman was able

to double the productivity of her small-farm operation with all-night lighting.

The Hathaways also explained why solar electric lighting, in addition to being environmentally friendly, makes sense for the villages they work in in Uganda: The location near the Equator makes for readily available energy from the sun. His group uses solar batteries that are able to harvest and use that energy.

Bishop Hathaway also emphasized the importance of the Ugandans his group has helped being able to maintain the lighting and batteries in order to be independent.

The inspiring presentation expands upon Sant Bani School’s work in service and sustainable energy and we thank the Hathaways for coming to us to share their experience.

## Upper Grades Make Alumni Connections

As high school seniors ponder where to apply to college they often sit in on classes and stay overnight in student housing. What better way than to stay with alumni of their own school, who understand where they are coming from?

This is exactly what Sant Bani seniors did during their trip to Worcester, Massachusetts to visit Becker College, College of the Holy Cross, Worcester Polytechnic Institute and Clark University. Alumna Hannah Tirrell-Wysocki ('07) hosted five seniors, while Ethan Lawrence ('08) hosted four and Julia Kelley-Vail hosted two.

Seniors also have stayed with Sant Bani alumni at Colby College and the University of Maine at Farmington.

Travis Filter ('07) spent a Split Morning Session with grades 8-12 explaining how college can happen in a variety of settings, from ivy-covered halls to a biodiesel school bus (where he spent a year studying environmental science with the Audubon Expedition Institute, a division of Lesley University). Last semester Travis lived sustainably and learned how to reduce his carbon footprint at Ravenwood Organic Farm in Maine.

## Holiday Catalogue Needs Shippers

As orders are received the Sant Bani School Holiday Catalogue needs people to wrap, pack and ship items to customers.

The dates shippers are needed are November 21 and December 5, 12 and 19. The need on December 5 is particularly urgent. If you could help out, please e-mail parents Jo Elliott or Lea Smith.

## Knit Hats for Newborns in Rwanda

Sant Bani often offers Art Blocks that give students the chance to do service for others. This set’s “Hot Heads Knitting Project” is no exception. The Art Block will be answering a call from Partners in Health for knitters and crocheters to make hats for babies born in the Burera district of Rwanda. Burera is high in the mountains and hypothermia is a threat to newborns. The goal is to have a hat for every baby born there.

The tiny hats are about the size of a grapefruit for a full-term baby and the size of an orange for premature infants. The Art Block hopes to make many hats to send to Partners in Health to ship to Rwanda. Students also will learn about the country of Rwanda.

If you or someone you know is interested in knitting or crocheting hats to add to our collection, visit: [http://hotheadknitters.blogspot.com/2009\\_08\\_01\\_archive.html](http://hotheadknitters.blogspot.com/2009_08_01_archive.html) (knit pattern) or <http://www.touchinglittlives.org/barbhat.html> (crochet pattern).

## Sant Bani Has “Energizing” Visit from New Hampshire Electric Cooperative

Sant Bani School started an ongoing mission to make the school buildings as “green” as possible a number of years ago. Currently the school is working with New Hampshire Electric Cooperative (NHEC) in an effort to reduce the school’s consumption of energy by installing new boilers and adding more blown-in cellulose insulation in the attic of the main building. Sam Conkling, third grade teacher and the school’s maintenance supervisor, met with Ben Stephenson of New Hampshire Electric Cooperative this week to inspect the completed boiler job and hand in the completion forms for the \$5000 rebate available to the school for making the upgrades.

Sam took Stephenson on a tour of the school, showing him all the areas that the school has focused on recently in its ongoing attempt to improve energy efficiency. Two years ago the school renovated the sixth grade classroom from floor to ceiling. Sam brought in Mor-Tite Insulation of Jaffrey, NH, to work on the insulation end of the project. Mor-Tite has since blown in more than twelve tons of cellulose insulation (a green product) so far throughout the school. Sam stated that there are additional areas he hopes to have them insulate in the near future. Mor-Tite to date has focused on attic spaces and has sealed many small areas such as hatches, canister lighting and even around the school’s solar lighting tube in

the library.

Beyond insulation, Stephenson also emphasized the importance of swapping out all remaining traditional fluorescent light bulbs in the school’s classrooms and halls. Sam mentioned that NHEC sent a lighting specialist to do an energy audit in 2005 and that the school has been replacing bulbs as they burn out with their efficient counterparts. As a result of this audit and changing so many bulbs, the school’s energy usage has steadily gone down from 86,960 kWh in 2005 to 71,120 kWh in 2008. Stephenson said there are still rebates available for changing the remaining T-12 bulbs and magnetic ballasts with T-8 high efficiency bulbs and electric ballasts in the fluorescent tube lighting.

Sam then brought Stephenson to the school’s boiler room which holds two new Buderus boilers and one relatively new Viessmann that supplies radiant floor heating to the new wing that houses the library and junior high classrooms. Sam explained, “The three older boilers had been limping along for a number of years and we were always fearful that they may give out. We replaced the three older models with two of the newer, more efficient models, as well as a new control system. We’ve had heat control issues that we could never get right and this new system will solve that problem and use a lot less heating oil. We also switched to a tankless hot water system rather than storing a tank full of hot water all year.”

Sam questioned Stephenson on the pros and cons of a propane burner versus an oil one. “When measuring price per BTU,” Stephenson said, “oil still gives

the most cost savings. Propane is more efficient, but it still won’t equal out over oil. The newer oil systems also burn a good deal more of the oil used, bringing them a bit above the 85 percent efficiency rate. They are now able to burn micro particles of oil that the older systems were unable to burn.” Stephenson also commented that “Maintenance costs for the new systems are also much lower.”

NHEC rebates are available for 50% of the costs to upgrade older, less efficient systems with the new high efficient models, with a maximum rebate amount of \$5000.

## Coaches Sought for Alpine Skiing and Girls Junior High and High School Basketball

Just weeks before the seasons of Alpine Skiing and Girls Basketball begin, both programs lack coaches.

After years of generous service to the Sant Bani Girls Basketball program, junior high coach Bonnie Laughlin and high school coach (and former parent) Randy Gaudette, will not be returning. We thank them for their service of molding Sant Bani athletes into the best players they can be.

If you are interested in coaching either alpine skiing or girls basketball or know someone who might be, please call Athletic Director Chris Demian at 934-4240 or e-mail him at [chris@santbani.org](mailto:chris@santbani.org).

# General Parent Meeting Notes, October 14, 2009

On October 14 Principal Kent Bicknell began the first General Parent Meeting of Sant Bani School's 37th year with a moment of silence and commented on how nice it was to see parents come out for a parent meeting. Many new parents filled seats, as well as parents of children who have attended Sant Bani for many years and many staff members.

First on the agenda was responding to ten questions posed to the school by new parents at the New Parent Meeting in September. Questions were posed to faculty and alumni in an attempt to provide answers.

## **1. What characteristics does a Sant Bani student possess over a traditionally educated student?**

Kent turned to his son, Nick Bicknell, and Jyoti Demian, both Class of 1993, for help on the first two questions. Nick believes that Sant Bani alumni have a strong sense of optimism in tasks they undertake. He explained to Kent that when he is involved in a group project at work he often is the only one in the group to feel that the group can succeed at solving a difficult problem. Sant Bani gave him a sense that the seemingly impossible is, in fact, achievable.

Jyoti, an English and Language Arts teacher at Sant Bani, responded that having spent several years teaching in the public schools, a main difference is not necessarily the instructional methods, the teachers or the students. Rather, it is the climate of respect for all at Sant Bani, teacher to student reciprocated in student to teacher and student

to student. This infused her teaching and parenting with the knowledge that for a student to most effectively learn she or he must feel respected by the teacher. She explained that the respect she felt from teachers at the school, coupled with a philosophy of making learning and teaching fun, makes for a profoundly different school day at Sant Bani every day than students experience in many schools.

## **2. Have you found that the spirit of the child carries over into adulthood?**

Jyoti responded that she has found this to be true for kids who come out of Sant Bani School. She remembers gaining, along with students around her, a strong work ethic and healthy drive for success in school that carried over into their lives after graduation in college and professional life. She also noted that Sant Ajaib Singh's messages to the graduates every year emphasized the importance of becoming successful in the world as well as gaining a deeper spiritual understanding. Knowledge that true success means gaining a spiritual understanding, which students gain while attending Sant Bani, can carry on into their adult lives.

## **3. Will children be judged if they do not maintain the vegetarian lifestyle at home or away from school?**

Kent responded that children are not judged—respect for all kinds of lifestyles is taught to students.

## **4. Do you sign your children up for clubs? Are students limited**

## **in what time they spend in extracurricular activities?**

Hillary Pincoske replied that yes, you sign your children up, based on their choices. Children who do not get their first choice one time are guaranteed first choice the next time. Kent added that students are not officially limited in time they spend on extracurricular activities, but parents are encouraged to look at balancing activities with homework as homework demands increase in middle school.

## **5. Could there be a bus route to Andover?**

Susan Dymont responded that the school looks at demographics every year, and student locations fluctuate with the year.

## **6. Are Sant Bani's high school electives comparable to Advanced Placement courses offered at many schools?**

Richard replied that the staff develops curriculum for each course based on students' developmental needs. Curriculum can be tweaked to go with changes in the subject area. We are preparing them for success in college; we are not teaching them college courses. Strong writing skills, a wide range of experience in different academic areas and interpersonal relations with faculty are emphasized. Other private schools in New Hampshire also do not teach AP courses, such as St. Paul's and Phillips Exeter, for example.

## **7. Does Sant Bani strive to achieve local food provenance?**

Kent responded yes and no to

this question, explaining that we make strides to do what we can. It is in our consciousness. Part of it is that we do not provide meals to students.

### **8. Could there be a workshop on organic gardening?**

Susan replied that yes, there could be, if there is enough interest. We can do more and we will do more. Open gardening hours occur on Friday afternoons from 3:30 to 5:30. Right now we are building raised beds in preparation to plant garlic at the end of October. We also plan on mulching blueberries with newly-fallen pine needles. We can learn from each other. The Adult Education Day is returning this year, and an organic gardening workshop could take place then.

### **9. Could there be a green fashion show?**

Kent responded that fashion shows have occurred in the past ("recycled fashion") and we could do another one. No one has yet made a commitment to making that happen.

### **10. Does Sant Bani have a carbon footprint reduction plan?**

Robert Schongalla addressed this question. The short answer is no, but the school has done a lot in terms of our footprint over the years, such as no shoes in the building, reusing used furniture from other places like office buildings and Plymouth State University, recycling half of our waste and composting. He explained that the vegetarian diet goes a long way toward reducing an individual's carbon footprint; we are not preaching the vegetarian diet but offering it

as a way to reduce our footprint. Earth Science class nine years ago wrote a report on how to reduce energy used by replacing light bulbs and turning lights off. From that time there has been a consciousness of keeping lights off. Extra insulation has been added to new construction and to older buildings. Furnaces have recently been upgraded. There is a solar hot water heater at the Old Lab. This information is getting integrated into classes so that students can become aware of what efforts the school is making. There is a new trial on floor covering at the Lower Building as an alternative to carpeting. The school is making a lot of efforts at becoming greener. The Vision Plan has a statement regarding school's greenness. Kent added that we are always working on it; our focus is on the mundane and finding ways to save energy on a daily basis.

The next item on the meeting agenda was Professional Development: How do teachers and staff nourish themselves? What activities are we engaged in?

Jonathan Powell reported on the elementary mathematics all-day workshop that elementary math teachers attended on October 9. He explained that seven years ago we looked into and reassessed our mathematics programs. We adopted Investigations in Mathematics and then found it was lacking. However, that program came out with a new edition that filled in a lot of gaps. Kirsten Wilkinson attended a week-long workshop on the new edition last summer and on Staff Development day an instructor from Investigations gave a daylong workshop to

elementary teachers.

Jyoti reported that CPR and First Aid certification was received by about a quarter of the staff; some staff members received training in building wikis and Google maps; Richard spent the day researching online courses; elementary music teachers collaborated to share resources and find new resources. Seven staff members used staff development money to travel to D.C. to attend a 2-day conference on cultivating a healthy mind, brain and heart. (See below)

### **A brief synopsis of the conference from Karen Gregg:**

During the Mind and Life Institute's conference, "Educating World Citizens for the 21st Century" in Washington, D.C. with the Dalai Lama, Educators, scientists and contemplatives shared with each other ideas on cultivating a healthy mind, brain and heart.

New research on emotional and social learning and brain development was presented. A focus was to share cultural perspectives and knowledge about human development in order to help humanity evolve. Presenters included Linda Darling-Hammond, Mattieu Ricard, Linda Lantieri, Ronald Dahl, Kathleen McCartney, Richard Davidson, Takao Hensch, Martin Brokenleg, Peter Benson, Mark Greenburg, Daniel Goldman, Lee Schulman and Marian Wright Edleman.

There was so much information and so much affinity to what we do at Sant Bani; those who went are still processing it all. We plan to present what we learned at an evening event for parents.

## New Basketball Court Appreciated and Enjoyed

Students in grades Kindergarten through twelfth have been enjoying the new basketball half-court on the playing field at recess.

Sitework and clearing more area for new paving was generously donated by Sant Bani parent Brian Bordeau of Bordeau's Field and Land Improvements.. Students and staff thank him for helping to open up a new activity at recess. Planning for a student-teacher tournament is already in the works!

## Middle School Cross-Country Roundup

by Jyoti Demian

When they sign up for cross-country running in the fall, many middle schoolers new to the sport are surprised to find out that what they do everyday in recess is something they can do in competition. They also are sometimes in awe of the two-mile distance they will be running.

This year's middle school cross-country team adapted to the race distance and to workouts as they grew into athletes. Seventh grader Sloane Frederick was Captain to fifth graders Gretchen Dancewicz-Helmers, Sohani Demian, Lindsey Tarbin, Brennan Macaig, Finn Callahan and Sam Newton. Each runner improved throughout the season to get a personal best by the rainy and muddy state championship October 24.

## Angels for Internationals Needed

Each year Sant Bani's high school is enriched by welcoming students from all over the world. This year is no exception. Our parents are hosting students from Vietnam, Slovakia, Estonia, Germany, Cote d'Ivoire, Belgium, Bulgaria and Afghanistan.

At a recent Parent Committee meeting we asked the question, how can the whole community help support these brave students and the families who will take care of them for the year.

The answer was "Angels!" We imagined a flock of helpers who could assist and enhance the Sant Bani experience for our students from afar and for their host families. We predict the blessings of this arrangement would go both ways.

- Here are some of the ideas.
- Provide rides after sports practices.
  - Offer to take a student on a hike or family outing
  - Invite a student to dinner
  - Open your home to a student during the weekend or school vacation
  - Bring a high schooler with you on a visit to relatives

- Ask a student to come with you to your religious service

We are interested in creating a list of people to help and an "archangel" to coordinate it all. This overseer would help make matches. For example, if you have younger children who have been begging to go to Squam Lakes Science Center and you have room for a "big brother" for the day, the coordinator could match you with an international student who is missing his younger siblings and would love to see a bobcat or bear for the first time. If you have a spot in your car after soccer practice, you could let our archangel know that you are going to Canterbury and could give a lift. Do you have a spare bedroom but aren't able to take in a student for a year? Could you offer to host just for April vacation to help out a family who has to travel but can't bring their international student?

Opportunities abound. Here's a way to enrich your own children's school experience and contribute to our "Sant Bani International." Call or email Pam at school to find out how.

## Sant Bani School Holiday Catalogue Meets Your Holiday Gift Needs

For many years now, the Sant Bani School Holiday Catalogue has compiled the fine products of local artists, artisans, musicians and craftspeople, as well as products created in other countries by artisan collectives working toward self-sufficiency.

Proceeds from Holiday Catalogue sales benefit the Sant

Bani Scholarship Fund. Look for the catalogue in your mailbox soon and please be sure to think of this important fundraiser when you buy gifts this season.