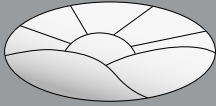


# THE SCHOOL VOICE

A newsletter from Virginia's first Sudbury school.



## Building a Trebuchet

At Blue Ridge Sudbury School, students are given the opportunity to pursue what is of interest to them. Motivated to build a Trebuchet, Nick, a third year Blue Ridge Sudbury School student, came into school and wanted to know how it could be built. He approached one of the staff members, Trudy, asking for help in finding out more about building a Trebuchet. If you are unfamiliar with a Trebuchet, it is a French medieval weapon similar to a catapult only designed slightly different with a weighted arm and sling firing action. Nick used the Internet to research and print out instructions on how to build one.

With specialized tools and wood, Nick started to build. Eventually, Will, a first year Blue Ridge Sudbury School student, took interest in Nick's project and worked alongside of Nick to complete the Trebuchet. At the start of the project, Trudy assisted them with instructions on measuring and how to properly use tools such as a saw, electric drill, and chisel. These two students spent hours measuring angles, cutting wood and gluing pieces of the Trebuchet together. As they moved forward in the constructing, they worked more and more independently, and their project was done with minimal adult assistance.

Once completed, they took the Trebuchet to a nearby park and tested it out. Using tennis balls for ammunition, Nick and Will took turns loading and firing the weapon and eventually discovered that by adjusting the weight and launch arm, the tennis balls could be shot thirty feet away.



### Psychology Today Features

#### Article on Sudbury Education

In the June, 2006, issue of the popular magazine, *Psychology Today*, writer Hara Estroff Marano visits and explores Sudbury Valley School, the original Sudbury campus in Framingham, Massachusetts. Along with giving the reader a glimpse into the Sudbury educational experience for students, the article also shares some of the results from a longitudinal study of Sudbury graduates. "The alumni shows a 'spectacularly high number' pursue careers in the arts—music, art, dance, writing, acting. Math, business and education are popular routes, too." (see *Psychology Today*, continued on page 3)

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## Board Games at School

Over the last few weeks of school, Blue Ridge Sudbury School students spent a bit of their later hours in the school day sitting around a Trivial Pursuit Junior game board. Questions such as “What’s the more common name for ‘light amplification by stimulated emission of radiation?’” (A laser), and “What part of an elephant has 100,000 muscles?” (The trunk) kept students interested and focused on trying to collect a scoring wedge in all six color categories. Our younger students liked the challenge and fun as well, and would often pair together to compete against the older students and staff. Says staff: “We’ve often seen students playing board games from the shelf when they have a brief period of time that they are trying to fill, perhaps before leaving at the end of the day or before Judicial Committee (JC)



begins (11:00 a.m. daily during the school year). There are times, too, when students become very interested in one game and will play for long periods of time. We’ve seen it with Monopoly, Chess, even Dungeons and Dragons.” Another interesting observation is that younger students gravitate towards the challenge of learning difficult games such as Chess or Monopoly. Six year old Madeline, a second year Blue Ridge Sudbury School student, learned some basics of Chess from eleven year old Sean, a first year Blue Ridge Sudbury School student. For our upcoming school year, we look forward to adding more games to the shelves. If you would like to contribute a board game to the school (one that is not out-of-date), please contact the school.

## An Interest in Writing

During the school day, it wasn’t uncommon to find Auzeen, a third year Blue Ridge Sudbury School student, reading a book or writing poetry and stories. Auzeen attributes the beginning of her interest in writing to early memories when her father would read to her. While developing characters for her stories had been fun and interesting, Auzeen is currently inspired by poetry. Reflecting on her motivation to write, Auzeen explains, “I write anytime the energy works for me. If I get an idea, I’ll start writing.” She has a goal of one day writing a book.

Poetry by Auzeen:

### ***Icarus***

*When you flew too close,*

*Icarus*

*I saw your face*

*I saw your son*

*Did you think to look back?*

*As you fell into the ocean, faithless?*

*Perhaps you knew that you had no wife*

*Perhaps you wished her to be yours but could not speak?*

*What was your final thought as you melted into the sky, scrolling  
your goodbye note in the clouds?*

*Sometimes I think it was me, and not you, who flew too close  
and drowned.*

## The Last Sound

do not run from it  
the last sound it cries  
can it hold you in a cup?  
the last sound survives  
an endless sea  
a heartless room  
the last sound it makes when it dies

pumping elation  
a grafted memory  
a well-lit tunnel  
of light  
hitting piano keys  
a crowded mind  
a burning horizon  
a breaking voice in the night

the clean-cut mystery  
it is a simple absolution  
a story in a book  
as it makes your decision  
have you ever wondered why I bother to try?  
I heard the voice of the last sound  
to make me ask the reasons why  
to make me ask the reasons why  
have you ever wondered why life was a game?  
you heard the voice of the last sound  
as it was calling your name

(Psychology Today, *continued from page 1*) The article also provides parents with the following “7 Unorthodox Lessons from Sudbury Valley”:

### How to Raise Kids Who Think for Themselves

1. **Children are full human beings**, who, from about the age of 5, can direct their own education and build their own lives—if they are given trust.
2. **Good teachers model self-expression** and the ability to stand up for ideas. They don’t just pass on information.
3. **Free play is crucial to natural development.** The better people are at play, the better they are at fashioning new models with which to understand the world and at learning to take risks.
4. **Conversation and collaboration are keys to learning**, the exchange of ideas and the ability to tap into another person’s world.
5. **Learning is driven internally by curiosity**, a drive that normally can’t be stopped at any age, Rote teaching is the opposite. It’s driven by coercion, which, given human nature, breeds resistance. The assumption that there’s no learning without teaching flies in the face of human experience.
6. **Creative children are often labeled mentally challenged** in traditional schools, simply because they cannot pay attention or tolerate the unnatural confinement of the classroom. They are often medicated and think of themselves as losers, while kids who never learn to think on their own are treated as healthy.
7. **Children have to grow up practicing responsibility** to ultimately take responsibility for themselves. That means allowing children to exercise their interests and use their judgment to solve problems—and giving them the freedom to make mistakes.



If you would like to receive a copy of the *Psychology Today* article, contact the Admissions Clerk at Blue Ridge Sudbury School.

### Dates to Remember

for Students and Families of  
Blue Ridge Sudbury School

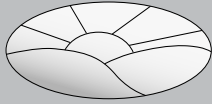
August 28th	First Day of School (returning students only) Enrollment forms & Tuition Payment Due
September 4th	Labor Day (no school)
September 5th	First day of school (visiting students)
September 8th	Family Potluck
October 2-5	Tuition Due (Late Charge: 10%)
October 13th	Family Potluck

### End of the School Year

#### Pool Party

We are still drying off from the splash of our end-of-the-school-year party the Brown family so graciously hosted at their home for the Blue Ridge Sudbury School students and family members. The day started out on the cool side with a mix of sun and clouds. The temperature rose into the mid 70s by early afternoon. Those who attended had fun swimming, jumping on the trampoline, playing crochet, eating s’mores and engaging in lots of great conversation. The event was an ideal way to end a fabulous school year with our growing number of Blue Ridge Sudbury School Students. Thanks to everyone who participated and contributed—We’ll do it again next year (and we won’t forget our camera)!

**BLUE RIDGE SADBURY SCHOOL**  
*"Empowering Children for Life"*



3524 Campbell Avenue, Lynchburg, Virginia 24501

Phone: (434) 846-3140

Email: [info@blueridgesudbury.org](mailto:info@blueridgesudbury.org)

**Is your child in the right school?**

**At school, my child...**

- is motivated and challenged.
- learns to problem solve and think independently.
- develops responsibility, confidence, focus, and resilience.
- has a voice in the governance of the school.
- acquires knowledge in preparation for a rapidly changing world.

*"The future belongs to people who can stretch their minds to handle, mold, shape, organize, play with new materials, old materials, new ideas, new facts."*

--Daniel Greenberg,  
Co-founder, Sudbury Valley School

Blue Ridge Sudbury School welcomes cultural, religious, and racial diversity. We do not discriminate on the basis of race, color, sexual orientation, gender, religion, or national or ethnic origins.

Call to schedule an overview  
and learn if Sudbury is right  
for you and your family.

# Sudbury Methods



**IS SADBURY EDUCATION RIGHT  
FOR YOUR FAMILY?**

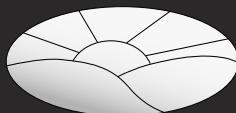
Information on Blue Ridge Sudbury School for  
Prospective Students and Parents

**Visit us at Givens Bookstore :**

Thursday, August 3rd, 1-2:30pm  
Wednesday, August 9th, 1-2:30pm  
Monday, August 14th, 7-8:30pm  
Friday, August 18th, 7-8:30pm

-or-

**BLUE RIDGE SADBURY SCHOOL**  
*"Empowering Children for Life"*



**Visit us at Blue Ridge Sudbury School Campus:**

Sunday, August 20th, 2-3:30pm

**Please call (434) 846-3140 for more information.**

**www.BlueRidgeSudbury.org**