

escola  
jardim  
do Monte

# NOTÍCIAS DO JARDIM

EDITORIAL

## Spring Impressions



Early morning.

The fresh air caresses my face.

I walk along the path, flanked by lush green vegetation, dotted with flowers of all colors that suddenly appear everywhere.

I stop to observe them. Some are tiny, yet their presence is so strong. Who brought them there? What secrets do they hold?

Enraptured by their simplicity and beauty, the poetic words of Luísa Barreto come to mind:

*What else can I do  
but live  
looking at this little flower? ...  
What else can I express?! ...  
I only know that I feel  
that it is a little bit mine ...  
That it is not mine,  
but I am hers  
My heart smiles  
at seeing her  
rising like this from the ground  
... even alone ...*

(«Florinha», in Pelo Caminho das Fadas)

Continue walking.

The silence of the hour is broken by the song of birds jumping from branch to branch, singing endless melodies.

In the Garden of Olives, everything remains still. There is a sense of calm, permeating the space that awaits the children to come. On either side of the path, flowering trees announce future fruits.

Baa! Baa! And I am greeted by the sheep, faithful to the mountain. I continue, observing and feeling, seeking to bond with these beings I encounter on this spring morning. I want to learn from them to remain and simultaneously renew myself, to be hope and at the same time certainty.

I arrive, at last.

In one last glance before entering the building, I look ahead. In the orange sky, the sun shines brightly above the tall cedars.

I breathe in and, full of life, I am grateful to be able to “be born every morning” (title of a poem by Miguel Torga, in his Diary XIV).

Maria Dulce Augusto



# HIGHLIGHTS

## “Easter Bunny”

Here is another short story to illustrate this celebration.



“A long time ago, in a village surrounded by beautiful mountains and vast green fields, there lived a little rabbit.

He loved to venture out into the world, exploring every corner and discovering new things.

One day, while out walking, he came across a school surrounded by a flower garden and many trees laden with delicious fruit. He was enchanted by the beauty of the school and decided to make it his new home.

He knew that the children at the school would do something special for Easter. So he had an idea: to hide colored eggs in every corner of the school for the children to find.

The little rabbit spent days and nights working hard to create the most beautiful and colorful Easter eggs. And he hid them in the most unusual places in the school: inside pencil boxes, in flower beds, in bushes, and even in the high branches of trees.

When Easter morning arrived, the children were delighted to discover the colorful eggs hidden in every corner of the school. They laughed and played together, sharing the treats that the Easter Bunny had prepared with such care.

## “Coelhinho da Páscoa”

...

Since then, the school has become an even more special place, where children gather to explore and discover new hidden treasures.

And the bunny... well, he continued to explore the world, always finding new adventures to tell the children about.

And so, every year at Easter, the children eagerly awaited the return of the real Easter Bunny and the beautiful colored eggs he hid in their school.

At our school, we all went looking for the Easter eggs the bunny left... How much fun it was!



Making nests for the Easter bunny



Mothers and fathers from the kindergarten knitting and making woolen rabbits.

# Visita de estudo 4º ano



On April 28, the class took a hike to Bateria Nova da Subserra. This hike was a real challenge, but also a moment of sharing, liberation, and contemplation of the nature of this beautiful world we live in.

We learned a lot, ate flowers, laughed a lot, danced, and helped each other jump over ditches and climb steep slopes. We passed through a magical portal into the forest, saw the Tagus River, the Vasco da Gama Bridge, and, on the other side, Lisbon!

We saw Alhandra, Arruda, and beyond, all the way to the Serra de Monte Junto!

We walked in places where, 200 years ago, Napoleon's French soldiers fought to try to take possession of Lisbon.

We smiled, sang, looked at flowers with a magnifying glass, talked to animals, and even found a fossil!

It was a beautiful, sunny day, which served as the backdrop for all these beautiful memories that remain in our hearts.



# World Book and Copyright Day



World Book and Copyright Day is celebrated annually on April 23, with the aim of continuing to encourage reading and promoting copyright protection, while also highlighting the importance of books as a fundamental element of education and progress in society.



**Histórias que vêm do mar**

1. TÍTULO DA HISTÓRIA: *O Trampolim*

2. PERSONAGENS PRINCIPAIS: Quem são os heróis da tua história?  
Nome: *peixe, uma turma de peixe e um trampolim*  
É um:  Animal do mar  Humano  Outro: *um trampolim*  
Qual é a sua maior qualidade? *ele é muito simpático*  
E o seu maior medo? *parar-se no mundo dos Humanos*

3. ONDE ACONTECE A HISTÓRIA: (Ex: no fundo do mar, numa praia escondida, numa ilha com gaivotas...)

4. O QUE ACONTECE?

<input checked="" type="checkbox"/> Encontram um objeto mágico	<input type="checkbox"/> Há um problema misterioso
<input type="checkbox"/> Alguém precisa de ajuda	<input type="checkbox"/> Descobrem uma mensagem
<input type="checkbox"/> Um amigo vai embora	<input type="checkbox"/> Aprendem algo importante

5. COMO TERMINA? (Ex: resolvem o mistério, aprendem uma lição, fazem as pazes...)  
Final: *fazem as pazes e a guerra acaba*

6. ILUSTRAÇÃO (opcional):



This year, the 2nd cycle classes marked this day with a meeting with the author of the book "A Gaiivota Marcela e o Caranguejo" (Marcela the Seagull and the Crab), Joana Reis, who began by asking the group: "How is a book born?" Joana shared her experience of the book-writing process and, with good humor and curiosity, answered questions from our students, who were also able to enjoy the illustrations in the book "A Gaiivota Marcela e o Caranguejo" and create their own stories, which they read and shared at the end of the meeting, resulting in a valuable learning experience for everyone.

# Construction period – 3rd Year

The third year was a time of study, integrated into the Social Studies curriculum, entirely dedicated to building houses.

Starting with the arrival of humans on Earth (based on the narrative of the creation of the world), we explored the origins of housing in different regions of the world. We learned about the emergence and characteristics of stilt houses, Berber tents, igloos, teepees, yurts, wooden houses, and stone houses.

To experience this theme more deeply, we also became builders.

Together, at school, we built a chicken coop so we could welcome chickens, with their rich eggs and, who knows, chicks.

First, we chose the ideal location and prepared to collect the material that was already abundant on our farm: wood (pallets).

We observed the geographical orientation, took measurements, drew up a plan, did a lot of calculations, sawed and hammered a lot!



We also learned and used a very old (but very effective) construction technique by covering one of the walls with adobe.

We chose the wall where the nest will be, as it is the one most exposed to the cold in winter and the afternoon sun in summer. With this coating, they will be well protected!

It was super fun to put our hands and feet in the mud!

Finally, we put the roof on—because without it, it wouldn't really be a house. And that's how it turned out!

## Construction period – 3rd Year



To conclude this project, we offer the poem “Blessing of the House,” wishing that this will be a good home for our future chickens.

### House Blessing

*The house was built on the land.  
May fire not destroy it!  
May lightning not strike it!  
May a good spirit inhabit it,  
May it ward off the dangers that threaten it  
And protect it from floods!  
Peace to this place!  
Blessed be this house and all beings who inhabit it,  
Enter and leave.*

We couldn't end this season without imagining what our ideal home would look like.

So, during the Easter break, everyone imagined, designed, and built a model. It was so special!



# Field trip - São Miguel Island, Azores



It is believed that São Miguel Island was discovered between 1426 and 1439, already marked on mid-14th century portolan charts as “Ilha Verde” (Green Island). Its settlement began in 1444, on September 29, the day of the dedication of the Archangel Saint Michael, then patron saint of Portugal and saint of special devotion to Infante D. Pedro, then Regent of the Kingdom, and who gives his name to the island. The island of São Miguel is the largest island in the Azores archipelago and also the largest among the islands that are part of Portugal.

An island of calderas, volcanoes, and lagoons. In São Miguel, volcanism bears witness to the power of nature, impressing with its diversity. There are about 500 volcanoes, 35 lagoons, and a wide variety of mineral and thermal springs.

As part of their History and Natural Sciences curriculum, the 6th grade class traveled to São Miguel Island, where they enjoyed a wonderful four-day experience. Everyone depended on each other to create the harmony felt throughout the trip, with several outings immersed in the island's abundant natural life, alternating with visits to significant historical sites that allowed the group to learn new things and, with enthusiasm, deepen their knowledge. The class always had a positive and responsible attitude, enjoying the various moments with joy, which was also manifested through the school songs they often sang, enchanting those around the group! Field trips are always a memorable event for our students, as they provide experiences that are indelibly engraved in each one's memory.

# The story of Margarida

A story for Pentecost



Once upon a time, there was a little flower that lived in a meadow. Her name was Daisy. She dreamed of flying or running like the other creatures, but she couldn't, because her roots grew into the ground and held her there.

So she bowed her head.

One day she heard singing:

rook-a-dee-goo, zeet-zeet-zeee,

Lift your head and look at me!

Daisy lifted her head and saw a white dove perched on a branch above. Its feathers were bright as the sun and its eyes sparkled like candles.

"Oh, White Dove," said Daisy, "how beautiful you are!"

"I'm glad I made you lift your head," said the Dove, "but I can't stay here with you forever, for I have to visit many other creatures.

Why did you lower your head?

"Well," said Margarida, "I'm stuck here on the ground. I don't have wings to fly or legs to run, so I have no friends and nothing to do in the world."

## The story of Margarida



"You are a flower and a daughter of Mother Earth," said the Dove, "and you have much to do in the world because you must guard a gift from Father Sun, a golden treasure that you can share with the bees and butterflies."

"How can I find this golden treasure? Can't I fly up to Father Sun to get it?"

The Dove said, "I will fetch it for you. Open your petals as wide as you can, and then you will be ready to receive the golden treasure when I bring it to you."

The White Dove flew through the sky, higher and higher. And the Daisy opened and stretched her petals wide and began to sing:

Rook-a-dee-goo, zeet-zeet-zeet,  
Little white dove fly to me!

And soon the Dove returned. She carried in her beak a tiny flame, a golden flame from Father Sun for the Daisy.

The Dove hovered over Margarida and gently laid the little flame on top of her. Immediately, a heart of the brightest gold appeared among her petals, and Margarida knew that she would forever hold her head high and give her gold to the bees and butterflies.

# Careers Period (3rd year)



During Career Week, every third-year student experiences and learns about various ancient human professions and how they have evolved to the present day.

An example of this was the visit we received in our classroom on 12 June from Vera, a potter. We moulded clay with our hands and created a small bowl, just as Eve did for Adam when he arrived on earth!

We also tried the potter's wheel and it was really cool to realise that our arms have to be very steady while keeping our hands soft and relaxed.

It was really fun!"

"At the São João festival, the third-year class also had the opportunity to experience being artisans and sellers. First, we created several handicrafts and small unique books at home in our free time. Then, with the help of what we learned in maths about the monetary system, we tried to figure out the most appropriate value for each of these works. That was the beginning of our craft as sellers. Next, we prepared the price list, the money, the poster and the shop itself. We had to do a lot of mental arithmetic... But it was well worth it!

It was through this experience that we became sellers for a day! I hope you visited us and enjoyed it! It was very special for us, and it helped us raise funds for the field trips we want to take in the fourth year!

# Greek Games



"We, the Olympic athletes of the Greek city-states, pledge to compete in accordance with the motto: BEAUTY, TRUTH, AND STRENGTH.

BEAUTY: We will take care to ensure that our movements are as fluid, harmonious, and beautiful as possible.

TRUTH: We will act with honesty and respect. We will accept the results achieved and the decisions of the judges.

STRENGTH: We will give our best, striving to overcome the difficulties that arise.

Finally, we pledge to respect, help and support other athletes, whatever city they come from.

BEAUTY, TRUTH AND STRENGTH  
LET THE GAMES BEGIN!

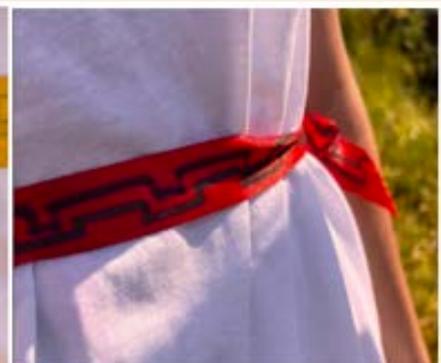
With this oath, the fifth-year athletes from the Waldorf, Jardim do Monte, A Oliveira and Escola da Terra schools began the Greek Games competitions.

## Greek Games

In Waldorf education, each stage of a child's development is accompanied by meaningful experiences. Thus, in the fifth year, our students enjoy a unique experience: the Greek Games. Inspired by the ancient Olympic Games of Ancient Greece, these games do not focus on competition, but rather on experiencing values such as respect, courage, personal effort and teamwork, offering them the opportunity to express themselves with beauty, truth and strength.

During the school year, Greece, its history and mythology are one of the central themes of the fifth year, and the study of Hellenic civilisation is marked by the recreation of the Olympic Games of Antiquity in an atmosphere of celebration and true communion.

From 3 to 6 June, students from participating schools were warmly welcomed by the New Discoveries Project team in Lagos, where, over three days, they actively and enthusiastically experienced the various activities that were practised in the Greek Olympics: running, javelin, discus, Greek wrestling, long jump and marathon.



## Greek Games



The classes from the participating schools were organised into teams named after different cities in Ancient Greece. Each team included students from several schools, promoting a spirit of unity and sharing from the outset. Alongside classmates they had just met but who quickly became part of the same group, the children faced the challenges with enthusiasm and solidarity. The teams — Athens, Olympia, Sparta and Crete — celebrated the beauty of collective effort by participating with dedication, courage and joy.

At the closing ceremony, a beautiful celebration was held, marked by an atmosphere of joy and recognition. Each child received an olive wreath and a medal that signifies not only participation, but the true spirit lived throughout this experience with beauty, truth, and strength.

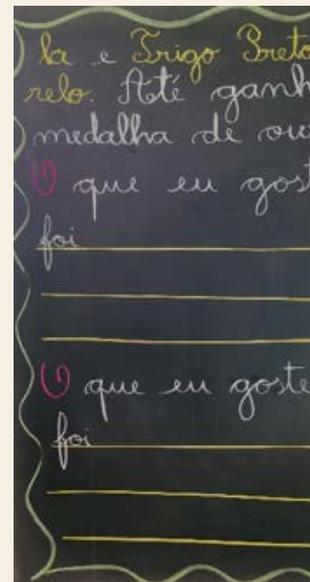
It was undoubtedly a unique and unforgettable experience, rich in experiences and learning, which will remain etched in the memory and hearts of all participants.

# Study visit to the Avis Mill, in the Montejunto Hills

Last Friday (13 June), the 3rd year class went on a field trip. We visited the Avis Mill, in the Montejunto hills. It took us about 45 minutes to get there by bus! There, we saw several mills and the surrounding landscape. We met Mr Miguel Nobre, who rebuilt this (and other) mills.

The Avis Mill is the largest in Portugal and the one located at the highest altitude.

To be a good miller, Mr Miguel had to learn a lot about cereals. He always chose the best cereals for people: BARBELA WHEAT and YELLOW BLACK WHEAT. He even won a gold medal!



# Quinta da Boa Vista Study Visit

Quinta da Boa Vista, in Cotovios, where the children observed, fed, interacted with and learned more about various animals. During this field trip, the children also had the wonderful experience of riding horses.



# Astronomy Night

On 11 July, a very special evening dedicated to Astronomy took place, as part of the Natural Sciences course. This event, exclusively for 6th grade students and their families, aimed to provide an opportunity to share the work developed throughout the year and to deepen the connection between content, artistic expression and the sharing of experiences between students and their families.

The evening began with a welcome prepared by the teachers, who shared a poem and a myth related to the theme of Astronomy. This initial moment served as a symbolic introduction to how humans observe and interpret the sky. Next, families had the opportunity to explore an exhibition of the work done by students in various subjects. Notebooks, drawings, poems, records of different experiences and other materials showed the richness of the children's journey throughout the year, revealing their involvement, creativity and deepening of the content worked on.



## Astronomy Night

One of the most significant moments of the evening was the family art activity, in which each family created their own 'constellation sky' using watercolours. This experience promoted creativity and collaborative work between parents and children, providing an experience of the proposed theme.

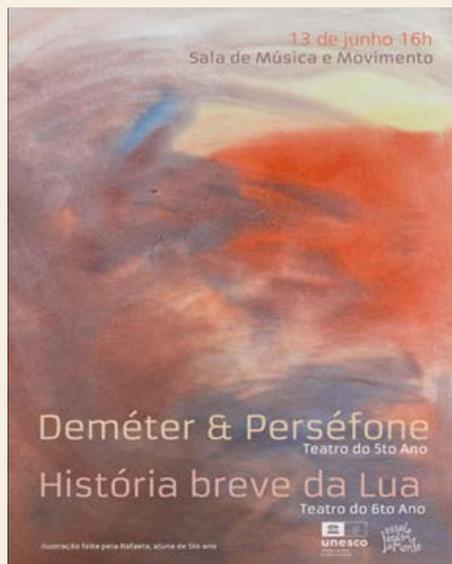
After the artistic activity, during a shared dinner, everyone present had the opportunity to socialise and celebrate each other's presence. Soon after, there was a very special musical moment: the parents prepared and offered their children a musical performance, creating an atmosphere of joy, surprise and great involvement.



To conclude the evening, astronomer Carla Natário joined the group and, before the night-time observation, shared some of the mysteries of the universe in a lively and passionate way. In a moment of great engagement and curiosity, questions were answered, curiosities explored and the desire to learn more and better about the cosmos was fuelled. The session culminated in an observation of the sky, where participants were able to identify visible constellations and learn about other celestial phenomena, such as the 'Strawberry Moon,' in an atmosphere of discovery that enchanted and fuelled everyone's imagination.

Astronomy Night was a moment of encounter between science, art and community that will remain in the memory of all who participated.

# Theatre - 2nd cycle



In Waldorf schools, theatre is a fundamental pedagogical activity, a meeting place between 'education and the art of make-believe', a joint effort in which each person depends on everyone else. This school year, the 5th and 6th grades spent several weeks rehearsing, allowing each class to immerse themselves in the spirit of their plays until the day of the performance for their families, a very special moment that requires the students to focus intently on their tasks in order to achieve a common goal.

Once again, the 5th grade class, based on Greek mythology, presented the play 'Demeter and Persephone' by Ruth Salles, while the 6th grade class, inspired by what they had learned and experienced during the school year, particularly in Astronomy class, chose to prepare a performance of the dramatic text 'A Brief History of the Moon' by António Gedeão. Both performances provided very exciting artistic moments for each participant, as well as for everyone in attendance.

# St. John's Day Celebration at the Kindergarten



On 24 June, the Kindergarten held its St. John's Day celebration. As is now tradition, the families prepared and presented a short play. This year, the story chosen was 'The Children of the Roots'. It was a beautiful and entertaining moment for both the children and adults who attended!





# READING RECOMMENDATIONS

## Being born every morning

Despite my age,  
I cannot get used to life,  
living it until my last breath,  
with faith in my mouth,  
always for the first time,  
with the same appetite,  
the same amazement,  
the same anguish.

Not allowing it to become trivialised  
In the senses and in understanding.  
Forgetting at each sunset  
The one from the day before.  
Savouring the fruits of everyday life  
Without having their taste in my memory.  
Being born every morning

Miguel Torga

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