

escola
jardim
do Monte

NOTÍCIAS DO JARDIM

EDITORIAL

Winter



In the midst of this winter's unstoppable rain, I look out over the fields that it seems to want to cleanse of the taint of man.

I look at the olive trees, shining in the silver that the occasional rays of sunlight make emanate from their foliage, and I see how placidly they rest from the annual task of their offering, until it is once again their time to give all they have.

I look at the tall pine trees, eternally waiting to be looked at, patiently immersed in their cosmic contemplation.

I look at the vigour of the old oaks, guardians of the land they inhabit, emanating the ancient wisdom that we have lost, crying out for us to touch them so that it can penetrate our hands and enlighten our will.

I look at the vibrant green of the orange trees, shining in the joy of the colour of their

fruit, which sings of the gesture of being picked, soon to be sprinkled with the immaculate lightness of petals that announce the repetition of the same gesture next winter.

I look at the tree trunks of what is still waiting to put its clothes back on, drawing its unique and dispossessed gesture in the sky, revealing how they rise, year after year, to connect the earth to the heavens.

At last I look at the ground I'm standing on, damp with everything that is sprouting from it, the sweetness of the grass that softens our footsteps, the surprise of an unexpected colour that appears in the form of a flower that nonchalantly announces the time to come, the life that faithfully coats the earth, now about to hatch before our eyes, which have become unaccustomed to seeing the invisible and are now reminded to relearn how to do it.

The sky above me moves majestically through the magnificence of the clouds that populate it, awakening in me the awe of its distant reality that nevertheless touches me deeply, awakening the memory of my origin.

Blessed winter, which blesses the childhood of our students, depositing in their hearts the seed of wonder at the gifts of life on earth!

Leonor Malik



HIGHLIGHTS

Rubicon & Agriculture



'Rubicon'. This is the moment when children become more aware of themselves and perceive themselves as 'different' from others. This phase is likened to a kind of 'fall from childhood paradise', where the child begins to perceive themselves as separate from the world and adults.

The Waldorf curriculum responds to this crisis by offering content and activities that help the child integrate this new perception of the world and of themselves in a balanced and harmonious way.

As the child realises that they are separate from the world, a sense of uncertainty and sometimes loneliness arises internally.

The introduction of the agricultural season in 3rd grade is one of the contents that helps children to live this phase in a healthy and balanced way. At this time, the child realises internally that there is a natural rhythm that we can trust; that human work transforms the world (thus feeling like an active part of something bigger) and; by experiencing the cycles of planting and harvesting, they realise that we are connected with nature, as it also reflects our internal cycles of transformation, which brings them security.



In this way, the farming season strengthens children's self-confidence, as they see that their efforts produce concrete results. It gives a sense of purpose, as working the land teaches patience and respect for nature's time. It creates an emotional connection with life and the world, since growing a grain and turning it into food brings a sense of belonging. And it helps to balance their emotional phase at the age of 9, as contact with nature brings security at a time of internal transition.

The Farming Season in Waldorf Year 3 isn't just a lesson in planting - it's a profound process of emotional and cognitive development, preparing the child for a new level of maturity.

And this school year, the Year 3 class rolled up their sleeves and created a beautiful field! They cleared and measured the land, built a fence, ploughed the soil and sowed wheat and oats. In the end, he built a scarecrow so that he could protect the whole crop. And how well it's growing!!!

Helena Monteiro



Study visit to Gulbenkian



On 22 November, the 4th, 5th and 6th grade classes went on a field trip to the Calouste Gulbenkian Foundation and were able to take part in two activities, thus consolidating school learning, especially in the Music Education and Natural Sciences subjects.

In the morning, we attended the commented concert 'A Midsummer Night's Dream' - designed to stimulate interest and taste in music, this school concert by the Gulbenkian Orchestra is a different and fun way to learn. In this commented concert, Mendelssohn's music was conducted by the young British conductor Bertie Baigent. In the afternoon, they took part in the workshop Light and shadow: botanical impressions. When photography was invented in the 19th century, the light sensitivity of numerous substances was exploited, including plant leaves, flowers and roots. In addition, plants also have chemical properties that make it possible, through a simple process, to create a photographic developer. In this workshop, inspired by the biodiversity of the Gulbenkian Garden, the students experimented with printing photographs of plants using their phytochemical properties. They worked on two techniques - phytography and antotype.



This was a full, fun and enriching day for everyone who, in addition to the activities at the emblematic Gulbenkian Foundation, was able to travel by train to and from Lisbon, counting on the good humour and joy of our children.

Sofia Soares

'The Advent Garden'

Story for Advent Spiral



Winter was coming. Snow and ice covered the ground and the days grew darker. Mother Earth gathered her elements and creatures and said:

' - It's time to create our Evergreen Garden. It will bring warmth and light to the earth during the deep winter. Who can help me?'

' - We'll help clear a path through the forest,' said the stones.

' - We'll sparkle in the candlelight like the stars in the sky,' said the crystals.

' - We'll make a spiral path of green branches,' said the trees.

'And we will hold the candles,' said the apples, 'for we have stars in our hearts.'

The queen of the bees said she would give the wax from her hive to make candles the colour of gold...



‘The Advent Garden’

...

garden and ensure that no harm came to those walking through it. The stars said they wanted to take part and some fell to earth to light up the garden path. Mother Earth thanked everyone and said that only one thing was missing - the love of the children to fill the garden.

So the children came and, one by one, walked along the spiral of the garden, lighting their candles and setting them down on the golden stars/ illuminating the garden.

And the whole garden shone illuminated and its light shone in the hearts of all those who, with their love, make it live.



2nd and 3rd year field trip



The 2nd and 3rd grade classes went on a field trip to Quinta Chão do Prado, in Bucelas, on 5 December 2024.

On this field trip, the children were able to get to know a wine farm in the region and, at the same time, experience the work of a grape harvest: they picked grapes, stored them, transported them and took part in the manual process of turning them into wine.

It was a marvellous and enriching experience, in which we had the precious company of Margarida, who explained and took us through each stage in a wonderful, fun and simple way!

It was a morning full of discoveries, in a very cosy atmosphere full of magic!

Ana M. Passos

Candlemas

At the beginning of February, we celebrated the feast of Candlemas at school. It marks the exact middle of winter (2 February), and we soon glimpse the arrival of spring. And how this fills us with hope and renewed light!...

There's nothing better than letting go of the old and preparing for the new.

That's what the 3rd year class did! They collected the remains of candles that had been used over the autumn and winter and made new ones. In this way, they prepared for the new cycle that will arrive after the light of spring and summer, where they can be used when darkness returns.

We used the earth as an element to shape the candles, and each one became new and unique!



Composting at School



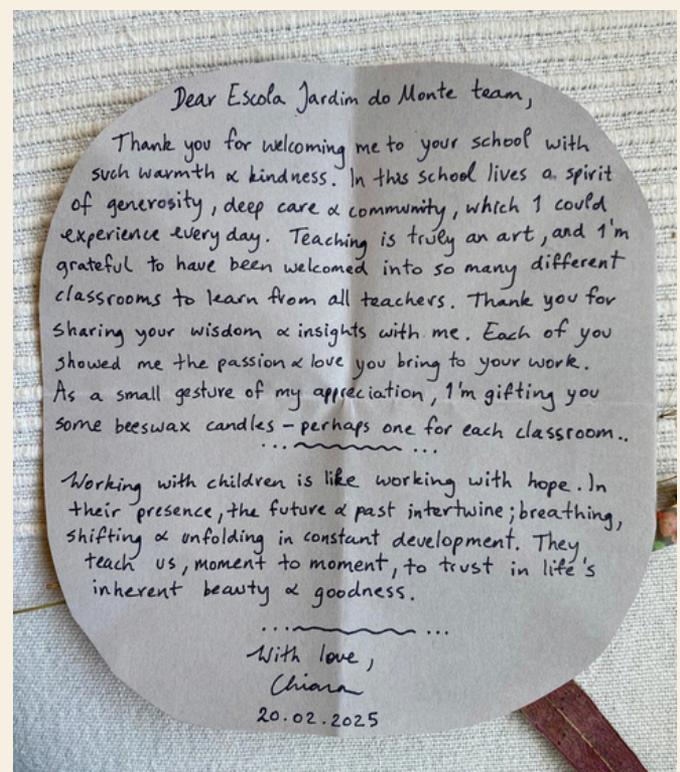
We invite you to bring leftover vegetables from your kitchen to school to increase the quality of our compost for our garden. Leave your airtight container in front of the greenhouse on the red fence. Thank you!

Internship at Jardim do Monte



From 30 January to 21 February, our school welcomed intern Chiara, a student at the Alanous Hochschule in Germany. Chiara participated with great interest in various dynamics and activities, especially in the 5th and 6th grade classes, managing to engage with the students in an enthusiastic and friendly way. The children welcomed her as if she had always been in our classes.

Chiara easily built up this rapport with the students, as well as with the whole school team, in a genuine, harmonious, calm and cheerful way, leaving her mark! We'd like to take this opportunity to share the message she left us about her experience at the Jardim do Monte School.



Mother Tongue Day

This school year we wanted to once again celebrate International Mother Language Day, which takes place annually on 21 February and was created by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) on the initiative of Bangladesh in 1999.

The Jardim do Monte School, as a member of the UNESCO Associated Schools Network - an international network of educational institutions that promote education and peace, welcomes the symbolism of this mother tongue day in a special way, as we are a multilingual and multicultural school community. UNESCO advocates the importance of cultural and linguistic diversity for sustainable societies, as languages transmit and preserve traditional knowledge and cultures in a sustainable way. In fact, we couldn't help but celebrate this linguistic richness with our students, given the diversity of mother tongues present in the school.





In this context, 1st and 2nd graders used this theme to explore facts about their mother tongues, write a set of words (hello, friend, school, nature, thank you, etc) in different languages, and draw flags. The 5th and 6th graders were also cartographers, drawing two colourful and beautiful 'world maps'. Through these activities, we learnt, for example, that many mother tongues are at risk of extinction, unlike Portuguese, which has more than 220 million speakers and is even one of the top ten languages in the world spoken by native speakers. We also learned that, as well as having Portuguese as an official language, other languages are recognised, such as Mirandese (the latter with fewer than 15,000 speakers) and there are also other languages spoken in Portugal, but not official: Minderico (Minde); Barranquenho (Barrancos), Creole, Caló, Romani. Like so many thousands of species of animals and plants, there are also endangered languages on our planet. They are losing speakers, they are not well documented and, as a result, they are disappearing forever.

The celebration of this UNESCO Day ended in the Music and Movement room, in an atmosphere of conviviality and joy among the 1st and 2nd cycle classes, who sang and played songs from all over the world with the help and guidance of teacher Markéta!

Sofia Soares

International Women's Day

The idea of creating Women's Day arose between the end of the 19th century and the beginning of the 20th century in the United States and Europe, in the context of feminist struggles for better living and working conditions, and for the right to vote. In the 1970s, 1975 was designated by the UN as International Women's Year and 8 March was adopted as International Women's Day by the United Nations, with the aim of remembering the social, political and economic achievements of women, regardless of national, ethnic, linguistic, cultural, economic or political divisions. The CEDAW Convention (Convention on the Elimination of All Forms of Discrimination against Women) was recognised by the UN General Assembly in December 1979. It is one of the great human rights treaties and is often referred to as the Women's Human Rights Charter.



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CHRISTMAS / KINGS / CARNIVAL





CHRISTMAS / KINGS / CARNIVAL





CHRISTMAS / KINGS / CARNIVAL





OTHER INITIATIVES

Participation in the Biodynamic Congress at the Goetheanum

When the forces of the earth are working more intensely in the depths of the earth, the farmer can direct his forces more temperately towards thought. Every winter, therefore, the International Congress on Biodynamic Agriculture takes place at the Goetheanum in Switzerland, the physical headquarters of the Anthroposophical Society.

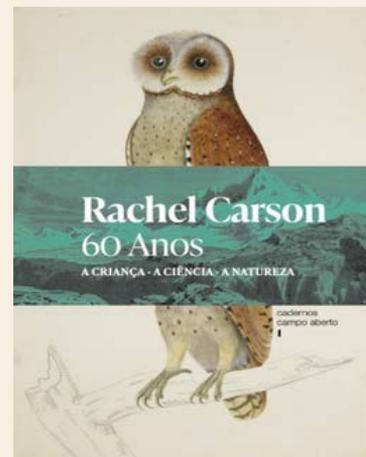
This year our horticulture teacher, Cristóbal Sahr, took part in this event from 5 to 8 February with the central theme 'The Earth as a living being'.

'It's a great boost of freshness to take part in this Congress with more than 1,000 people taking part in talks, workshops and meetings where we enthusiastically share research, study and new milestones in the growth of biodynamic agriculture around the world, with challenges that seem particular but are revealed as common paths to be faced,' Cristóbal commented on the congress.



The child. Science. Nature: Rachel Carson 60 Years

It was with great joy and enthusiasm that the Jardim do Monte School, at the invitation of the Campo Aberto Association, took part in the presentation and debate of the book Rachel Carson 60 Years, which covers the life and work of a scientist who is one of the greatest names in the modern universal ecological movement.



The book presentation was co-organised by the Department of Plant Biology of the Faculty of Sciences of the University of Lisbon and took place on 6 February 2025. The presentation was attended by Professor Jorge Marques da Silva, Professor Alexandra Gonçalves, representing the Jardim do Monte School, and the Organic Farming Forum, represented by farmers and agronomists António Mantas, Jorge Ferreira and José Eduardo Amorim.

The book, Rachel Carson 60 Years, covers the author's thoughts on educating children in contact with nature, as well as her entire body of work, a trilogy on marine biology and, above all, Silent Spring, a book that left a profound mark on the problems of modern agriculture, pesticides and human and wildlife health.

In this presentation, the Jardim do Monte School had the opportunity to share its relationship with Rachel Carson's vision of reconnecting children with nature. The daily work with students throughout the year was highlighted, leading them to create an affective relationship with the natural world, imbued with respect and wonder for life.

We end our participation by mentioning our admiration and respect for the message that Rachel Carson left as a legacy, bearing witness to our teaching practices in direct contact with life and its manifestations, which leads children to involve their whole being in understanding the world around them, rooting in them a bond of respect and love for Life. On this foundation, they will become citizens who truly care for the Earth.

Alexandra Gonçalves



INITIATIVES WITH MUMS AND DADS

Crafts

with the school's mums and dads

Every Wednesday, from 9am to 11am, we meet at Casa das Artes to work with wool, fabric, yarn, wood and various materials, together with volunteer mums who want to learn and collaborate in making different items for our shop. If you'd like to take part in these moments, contact our arts and crafts teacher Natalia Núñez (935765937).



Mãos a obra

'Mãos à obra' is a group of parent volunteers who do manual labour to improve the school's infrastructure. On Wednesdays, starting at 8.30am, parents take advantage of the first hour of the morning after dropping their children off at school to give a hand to spaces throughout the community. To get involved, contact Cristóbal!



www.escolajardimdomonte.org





READING RECOMMENDATIONS

Amidst the discord that separates us, may we find in the words of this beautiful poem the stillness of a feeling that unites us.

Peace without winners or losers

Give us, Lord, the peace we ask for
Peace without victor or vanquished
May the time you have given us be a new
A new beginning of hope and justice.
Give us, Lord, the peace we ask for

Peace without victor or vanquished

Raise our being to transparency
So that we can better read life
To understand your commandment
So that your kingdom may come to us
Give us, Lord, the peace we ask for

Peace without victor or vanquished

Lord, grant us the peace that belongs to all
Give us the peace that is born of truth
Give us the peace born of justice
Give us the peace called freedom
Give us, Lord, the peace we ask for

Peace without victor or vanquished

in "Dual" of Sophia de Mello Breyner Andresen.