



# ISC Views and Voices

"Education is not a preparation for life; education is life itself." - John Dewey

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## Parent Perspectives

by ISC Parents

For the purpose of reporting to the homeschooling centre, I had the joy of collecting feedback from parents regarding how they saw their children's progress this year. I am blessed to be able to witness our students' growth first-hand, but getting parents' perspectives is fascinating and delightful! I am so thankful parents and students were willing to share these tidbits! Enjoy!

[From Cheryl Bergquist regarding her daughters, Kaelyn and Izzy:](#)

Kaelyn: This past year at Indigo for Kaelyn has been very interesting. In some ways it wasn't what I had expected, but



there have been little, wonderful surprises too. I had expected her to jump in and totally embrace the freedom...filling up her time

with all the creative ideas that had been held back - freedom at last. This isn't how it went, though. She stepped in gently. Yes, she did completely enjoy the peacefulness and the freedom, but she stayed rather still for the most part (from our perspective). She reported to us that she was thoroughly enjoying observing, that

she didn't feel any urge to engage in the school. Watching was working really well for her. At home during this time, she was very relaxed and happy. We also noticed that Kaelyn is sharing much that she learns at Indigo (through discussion) with her friends outside of the school. Recently I have noticed another change. Kaelyn has started to wonder and question. She has opinions and now is confident (after a period of observation) to begin to speak up. She participates in the family even more and remains peaceful and happy. The changes seem very subtle, but they are profound. She dances around the house and sings again. Her light is back on and it is getting brighter.

Izzy: Izzy's year at Indigo has been big. She began the year as a huge "pleaser". At first it seemed that she had totally embraced the concept of Indigo and that she was a natural fit. She is a perfect fit for Indigo but as a parent watching, I realized that in the beginning she was "acting" the part. Just like she did in the public system. She loved the freedom and space, of course, but she was a bit lost on the inside because she was used to doing what was expected of her, and now she was the boss. This was a crucial time and I thank the wonderful expert staff at the school for doing such a great job and not rewarding Izzy for "good" behavior. I think it must have felt a bit like a big hole inside her for a brief moment. So, Izzy filled it with play. Ya-



hoo! And she plays hard. She comes home dirty and sweating and happy. Today she came home

wet from dancing in the rain. She has learned so many things about being part of a group and having a voice. Now when she speaks up, it is Izzy - the real Izzy and not the "pleaser" Izzy. It is wonderful to watch someone learn about who they are, what they like, what is important to them - to speak up and become empowered. This has been a life-changing year that has made a permanent impact on Izzy.

Thank you so much for starting the school. I wish all of my kids could have gone to Indigo.

[From Roze Groeneveld regarding her daughter, Kysten:](#)

There have been a lot of changes in Kysten this year. She has shown a renewed interest in science-related things and recently requested a copy of the periodic table. A trip to the Science Centre sparked a lot of interest in the cosmos and the constellations.

She is currently pursuing her interest in photography with a new camera and Photoshop abilities. She has been spending time with Tim learning about photography, ie: lighting, shadows, etc. She has also been taking art / drawing classes from Tim. She continues to love music.



On a personal level she feels she had a major shift just after Christmas. She continues to explore many different aspects of life and is motivated by the teachings in "What the Bleep" as well as "I Heart Huckabees". She has changed the way she takes care of herself when it comes to nutrition and continues to evolve in the department of taking care of herself and having personal responsibilities.

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From Rhonda Quewezance regarding her daughter, Mei-fah:

Mei-fah has been attending ISC for almost two full years and during these years, she has grown and improved in many ways. For example, she tries very hard to plan events in advance as opposed to last minute. At home she has become more vocal and stands up for herself instead of crying and feeling like a victim. She also volunteers at home with daily chores and cooking as opposed to not wanting to do anything.

I could go on about her improvements/accomplishments since attending ISC, but this would take too long! Mei-fah still has moments where she feels helpless and becomes emotional, but I'm happy to say I see this decreasing not increasing. I know for a fact Mei-fah has never been happier! Thank you, ISC!

From Janice Windjack regarding her daughter, Sarah:

This is really hard to put into words! I'm not sure if it's wise to do this, but I find myself comparing what things would be like if Sarah were still in "regular" school. She may have memorized some facts about one thing or another - and if her grades were good then I would be the proud parent - and if they weren't good we'd have been fighting about studying and grades. And who knows what she might have felt she had to say or do to "fit in". What I'm most happy about regarding Sarah's year at Indigo is that she has had the opportunity to run the gamut of "maturity" (from one day to the next) - from running around and playing freely like a little kid to spending a week living independently and cooperatively with her peers - and everything in between. I'm sure she's learned some facts somewhere along the way, but they just don't really matter in the big scheme of things. She's living her life! What more can a parent ask for?

Thank you, thank you, thank you - to Nicolette, Ric, Tim and Rocket Man for supporting both of us throughout the year!!!



From Carollyne Robertson regarding her children, Nathen and Alyassa:

Alyassa: I have noticed in Alyassa her confidence in what she consciously chooses to do. It has also made her strong team player. Her confidence in reading and spelling is starting to reflect in the things she reads and her interests as well. Being able to partake in the weekly 'ranch/horse' schedule, she not only has the patience, but the confidence and desire to give it her all in whatever she undertakes. She also likes to draw animation.

Nathen: Being part of the computer program is, of course, where his strength lies, however he has also chosen to learn many other things, ie. welding etc. He also thoroughly enjoys driving the lawn tractor! I also see that he has compassion for others and will assist when an opportunity presents itself. What this school has done for him is to allow him the opportunity to grow in his own personal interests and develop skills in working with other students in the computer area, whether it be in teaching, repairing, etc.

What the school has also done, is taught all of us to be more responsible, respectful and reasonable.

From Candice Goudreau regarding her son, Brynn.

We, Claude & I, have been really happy with Brynn's inner growth this year. He is a lot more confident, less introverted and more expressive in his needs and feelings.

I have to mention that through the year I was getting anxiety over Brynn being on his computer playing games, all day every day. Lately though, I think he has realized that there is more for him at ISC, and I believe he is enjoying the association of others more.



Generally, Brynn is the happiest he has ever been. It's been a great year, and we're looking forward to next.

From Enid Dufresne regarding her children, Bretton and Kassie:

Bretton: Of the four years that Bretton has been attending, 2005/06 has most definitely been the year of biggest growth. He has matured into this wonderful, thoughtful, very confident young man. He has become quite the philosopher, and we have the most amazing conversations about the state of the world and the solutions he sees. He has always been a social person, but he seems to have developed beautiful, deep listening skills. I am absolutely confident that whatever road Bretton embarks on, he will do it with much consideration and importance. He is very purposeful in his commitments to what he is doing. Whatever Bretton is passionate about, he puts his whole heart into it. For this year, it has been and continues to be his relationships, including his primary relationship with Kaelyn, and secondly, his self-taught guitar playing.

Kassie: She is so very clear about who she is and always has been. I know, for me, this keeps me on my toes in terms of not taking things personally. I see Kassie at school applying the one rule very well; her challenge is to continue this method at home. Her reading continues to astound me. My story of how Kassie taught herself to read continues, and it never ceases to amaze those who hear it. Her passion for horses and everything to do with horses indicates to me how willing she is to learn when she is passionate about something. I was listening to her telling her Dad everything she does, and when I spoke to him afterward, he was so impressed with how much she knows. The horseback riding has also stretched Kassie's comfort zone. She has been a little reluctant to try new things, but with her love for the horses and her trust of them, she is now even jumping. Kassie continues to be very articulate and is comfortable in any situation with adults or her peers. Her confidence teaches me much.

Thank you for this incredible year of growth for both my kids and me.

From Shauna Schwartz regarding her boys, Chase, Dakota and Logan:

I have seen great improvement in all my kids!

I would say Dakota has changed the most this year. He is always talking I can remember worrying when we first started at Indigo that he would never speak up. Well, I was wrong, thank goodness! He has also found another interest

# Snapshots: An Inside View of ISC

By Nicolette Groeneveld and Ric Rosborough



other than computers! He loves to talk about Spirituality and the Angels. He has even talked about this with Mars on the trampoline. I think the best thing is he is finding out who he is and is very

happy and that is the best!

Chase has ideas all the time and even if they don't go far, he is always creating something. He has found a passion for the guitar and is very excited about learning Japanese! I think he has really grown up this year and I couldn't be more pleased!

As for Logan, he has gone through changes as well. He has become more quiet. Funny enough, he and Dakota changed places! I'm not worried about this because I know it is a phase in his life and anything can come of this. Nothing wrong with some quiet contemplation! And he still speaks his mind when necessary.



## Quotable Quotes

Kylen had a patch with Einstein on it attached to her pants. Someone made a comment about it and she said, "These are my smarty pants!"

Josh, Liam and David were playing with forts and swords in the living room. Logan walked in and said, "What are you doing, Josh?" "Oh, just ruling the world," he answered.

Laughing, Dawn Schumacher (ISC mother and volunteer) said to Shauna Schwartz, "The darn school just doesn't stay at school! It comes home!"

What has been happening at ISC these past two months? Here is an insider's report!

- A group of students ages 12 through 17 had a deep and intense discussion about poetry, its value and how it is interpreted differently by each reader.

- An 11-year old student initiated a Japanese class. He went around the school to see who else was interested and then a teacher was found. Two classes have been held to date, and the involved students are pumped; there is a lot of practicing going on! Konnichiwa!



- A number of teenagers were inspired by one of their group who got a job at the Princess Theatre; they all create resumes and applied at the theatre as well.

- A Science Corporation was created and a college-level microscope, science kits and science-related books were donated to the school. Several students went to see What the Bleep—Down the Rabbit Hole, and one teen asked for and received a poster of the Periodic Table for her birthday. There have also been numerous discussions about astro-travel, Zacharia Sitchen, Nicolai Tesla and alternative history based on the Somarian Tablets.

- There was an intense period of fort building that developed into a highly complex game revolving around a Fighting/Magic School. Students gave classes to each other on weaponry, swordsmanship, being knights and the healing arts. There were different levels of directorships, and involved students voted on promotions. There were guards for the "school" and students outside the play group had to get special passes to get in.

- The kitchen was puzzle-making central for a while; several different puzzles became works in progress and anyone who

happened by could work on them.

- The board game "Marbles" is popular among the teens again this spring, and students as young as five played the Transformation Game. A number of card games have also sprung up around the kitchen table.



- "Phys. Ed." at ISC continues to involve trampolining, biking and horseback riding (the girls are now jumping!) A few boys also decided to walk home from the school one day, which ended up taking six hours! Our "horse girls" also went to a special one-day horse clinic where they learned the 5 Tibetan Rites and how to connect on an energetic/spiritual level with horses.

- A new activity that one student in particular enjoys is mowing the lawns! Ric bought a lawn tractor which students can get certified to use.

- The sewing machine got a lot of use this month as a few teens made clothes, hats and "Brick Buddies". (Kris was not actually purposely modeling his self-made shirt—I got lucky with this pose!)

- We had a poetry reading one day. One of the teens got the complete Edgar Allen Poe collection for her birthday and proceeded to read to her friends her favorite poem from the book.

- There have been all kinds of popsicle stick constructions in the works lately as well as a wide variety of other crafts.

- One student decided to have a "regular



school” day and spent her day doing math, spelling and vocabulary exercises, as well as reading up on Japan and then asking to be quizzed on the information. A few younger boys also spent quite some time with Ric one day exploring basic addition and square roots.

- Music and art continue to be key activities: we regularly hear the guitars and the drums, and there are often students painting and drawing. We also have other highly creative endeavors in the works: one student makes amazing music videos by taking Anime clips and tying them all together in tune to his favorite songs. We also have a student who has written and is making his own movie. Tim also had the idea to make a cast of Nicolette’s

belly and then, once the baby is born, transfer a photo of the baby onto the inside of the cast. (The “goop” was awfully cold when first applied, which Kris, the photographer, thought was quite humorous!)



- Students continue to practice the art of interpersonal skills. Students also had to deal with loss, as Sebastian and Sofia moved back to Mexico.

- There have been some discussions about travel and going to visit/do exchanges with other Sudbury Schools.

- Nutrition is often a topic of discussion around the lunch table, and one student learned firsthand how it feels to eat a whole bucket of ice cream almost single-handedly in two days. Experimental baking continues to be a pleasure for a number of our teenagers as well as going out to restaurants to try foods from different cultures.

- One of our cats broke her jaw, so the school cat caretakers were immersed in veterinary care. One of the girls made

arrangements to do volunteer work at the veterinary clinic when she’s old enough.



- Learning in the area of computers always continues; one of our students went to a Microsoft Conference and was delighted with all that he learned as well

as the new programs he picked up.

- The shop has seen some action, particularly in the area of woodworking. Last I heard, there are also some new bike making/altering projects coming up.



- Buffalo rides remain extremely popular!

One day, the students got to see a baby that was only a few minutes old!

- Finally, we had our Staff Elections on June 7th. It was off to the polls for students ages 5 through 17! All current staff are returning for 2006-07!



## ISC Goes Hollywood

by Nicolette Groeneveld

Chase has been on fire for the last few weeks about the movie he is making! In fact, he’s so excited he asked me to write an article about it! So I interviewed him and here’s what he told me:

**What made you decide to make your movie?** When I was at my Uncle’s, I had an idea about having Gaian and Sebastian doing funny things in time to a song. But over time, the idea changed, and I decided to use Gaian and Zack and a few other characters and make the project a movie instead of a song.

**How did you pick your characters?** They’re all just playing themselves.

**How did you decide who you wanted in your movie?** I looked for the funniest people in the school, and I invited extras just to show up if they wanted.

**What have you had to do to develop your movie?** I wrote four different copies of the script because I made changes and corrections. Tim gave me some feedback on the story line, and the other changes I just made on my own. I had to develop the opening sequence, and I worked with Tim to make the story board.

**What is a story board?** We drew pictures of all the scenes and what’s going to happen in them. These pictures included camera angles, lines and characters.

**Have you had to make other preparations?** I’ve made two costumes so far and I’ve made one prop. I still need more.

**Has there been a lot of interest among students to help you make the movie?** Yes! I’ve got two camera men, one sound effects person, and costume designers and hair and makeup people.

**When do you plan to start filming?** Tuesday, June 13th.

**Who do you plan to show the movie to?** Parents and students at the school.

**And when will this happen?** At the June sleepover.



Sneak preview!

## Announcements

- Many thanks to Gary MacPherson for helping us to find a Japanese teacher, and for his support both of the classes and of our school in general!
- Thanks to Nozomi for teaching our students Japanese and to Anne for driving her!
- Mars is in need of an old rug at least 2 meters long by two meters wide for a surprise in the barn.
- Welcome to our new students: Jordan, Quinn, Jasper and Demico!

# Unexpected Blessings

By Dawn Schumacher—ISC Parent and Volunteer

How little I realized the full impact of sending my boys to Indigo Sudbury Campus. Foolishly, I believed that the only impact to me would be a little loneliness – empty nest syndrome. I had no idea what was in store for me.

When I first heard about ISC from my home schooling facilitator, I thought “what a wonderful place it could be for my boys.” We checked it out and I knew, through to my very soul, that this was where my boys needed to be. After 7 years as an un-schooling, home schooler, I was burned out, had nothing more to offer my boys and Indigo shared my belief that the best way for children to learn is to offer them lots of choices and opportunities and let them choose for themselves which they will pursue and for how long. Without hesitation I registered my boys at Indigo Sudbury Campus.

And then, alas, the first day came and happily, although with some trepidation, I drove my boys out to school. Although, I wanted to follow them in, hang on for just a few more minutes (kind of like hitting the snooze button on growing up), I didn’t. I turned around and drove away and was so proud of myself for doing that. The first week or so was fine. I was a little lonely, and out of sorts (kind of grumpy too!), but nothing too bad. I kept myself busy with my friends and my quilting. Sometime during the second week the full impact of not having my boys at home with me hit. Suddenly, I realized I had no idea what I wanted to do with my life. I had no idea who I was, what I wanted to do, where I wanted to go. I was having a very hard time letting go of my boys. I had spent the last 12 years defining myself only in terms of being a stay-at-home mom.

With grim determination, I set out to let go of my boys. Of course I didn’t really want to let go of them, but knew I was “supposed” to. I promised myself that I wouldn’t push them to share more with me than they wanted to share, and for a while this worked. After all, it was the new me....the happy me....the “me” separate from my boys. And so for about a month or so I played that part, until one day on the drive home, I just couldn’t take it any more. I HAD to

know. What did you do? What did you talk about? Are you really happy there? Is everything really going OK? I pried and pried and pried (crowbar included), got all the answers I needed and felt horrible afterwards. I suddenly realized that I hadn’t let go, I was just playing a role.

The next morning I went in and spoke with Ric. I was hoping he would tell me that what I was feeling was perfectly normal and that it was ok. But Ric being Ric didn’t try to placate me. He went straight to the truth of the matter - I was afraid (in my mind, the words “big chicken!” came clucking at me). Hmmm, I thought. What is there to be afraid of. And why would I be afraid. And if I really am afraid, then how do I let go of that. Ric had me make a fist and open it, saying that letting go of my fear is as easy as opening my fist. As I left the school that morning, I realized that I knew nothing about who I was, who I am, and that really made me afraid.

For the next several days, every time I felt a fear creep into my thinking I would make a fist and open it. As easy as that, I would think to myself. That’s all I have to do, open my fist and the fear is gone. This “fear less” exercise became a ritual several times a day. In letting go of my many fears I was also able to recognize them and see them for what they were. I also came to the realization that I had used my being a home schooling mom as an excuse to stay locked into many patterns that were less than healthy. After all, I was so busy with my boys that I didn’t have time to look at myself.

A few days after my talk with Ric, while filling out the volunteer forms for the school I was hit with such a profound realization that it left me speechless (not a common situation for me). I was literally vibrating with excitement. As I was writing about what I had to offer the school the last of my fear just exploded out of me and I was suddenly, absolutely and completely “OK” with who I am. In fact I was more than just OK with it, it was absolutely wonderful. I AM!!!! And it’s great, wonderful, exciting. I realized that I had been defining myself in terms of absolutes; in the results of my pursuits and not in my pursuits themselves. I came to realize that for me it is the jour-

ney not the destination that matters. It is the process, not the results that I love. I realized that it is the NOW that matters and not yesterday or tomorrow. For yesterday is done and tomorrow is not here yet. NOW is the only reality. And that living in the NOW is a wonderful place to be. Who would have thought, that “fear less” could bring you closer to fearless?

When I dropped my boys off at Indigo Sudbury Campus their first day of school, I believed that it would enrich my boys, as I was only thinking in terms of them. What I found is that the school doesn’t stay at the school; that the students aren’t the only ones affected by the one rule. I have found for me and my family, that the Indigo Sudbury philosophy has become a part of our lives and that there is great power in the one rule. “In this place of Peace, be respectful, responsible and reasonable, to yourself, each other and the environment.” I finally understand....PEACE, loving yourself so completely you are able to love others and that when you find “peace”, respect, responsibility and reasonableness is a natural outpouring of that peace. So for today I am busy rejoicing in this new-found sense of peace, and I am busy on this exciting journey of life without being weighed down by thoughts of the destination.



# Body Mind & Soul Season

It all started with a pair of shorts. Mars bought them but didn't know when to wear them. She decided to wear them going for a run. While running, Mars discovered she was a bit out of shape, but she really enjoyed running. The idea came to her to create a program for taking care of herself.

As Mars thought about this, she decided she didn't want a program that just takes care of her body; she knows that if you only take care of your body but ignore your soul and mind, you ultimately won't be fully healthy. "It's only if you take care of all three areas that you can really feel great," she said. "It's like soup: you have a bunch of separate ingredients, and if you mix them all together, you end up with a great soup." Mars decided to focus each day of the week on a different "ingredient" of self-care and thus, Soul, Body and Mind Season was born.

So, how does it work? Monday is fitness day: Mars and her friends jog, run, walk or do anything else that is exercise. Tuesday is eat healthily day: refined sugar is not allowed and Mars, in particular, is making an effort to eat organic foods and those that match her blood type. Wednesday is peace day so things like yoga, meditation, being in nature and giving lots of hugs are the order of the day. Thursday is "challenge yourself day": the idea is to do something that stretches your boundaries or is something you've never done before. Friday is "spoil yourself day"; it's the day to treat yourself to something sweet or do anything else that makes you feel good. Weekends you can do a mix.

So far, Izzy, Kassie and Alyassa are participating with Mars in her Soul, Body and Mind experiment, and they check in with each other at the end of the week. "But ultimately," says Mars, "it's not something we're trying to do. We're just doing it." Cheers to healthy living!



## Pouring Rain = Kingdom of Childhood!

