



Potomac Crescent  
**WALDORF SCHOOL**



## ABOUT OUR SCHOOL

Founded in the late 1990s, Potomac Crescent Waldorf School began as a small parent-child Waldorf program with a core group of dedicated families and teachers. Our school has evolved into a vibrant Waldorf school offering nurturing Early Childhood Programs and a well-rounded Elementary Grades Program.

### Educating the Whole Child

In Waldorf education, the curriculum is based on developmental stages of childhood. Coursework is designed to meet children where they are academically, emotionally and physically. Teachers identify each child's strengths and help develop other aspects of the child, allowing for the development of a well-rounded, confident, and creative individual, eager to take on new experiences and knowledge.

Teachers in Waldorf schools are dedicated to generating an inner enthusiasm for learning within every child. Without competitive testing and academic placement, motivation arises from within, and the capacity for joyful, life-long learning grows.

*The heart of the Waldorf method is the conviction that education is an art – it must speak to the child's experience. To educate the whole child, the heart and will must be reached as well as the mind.*  
– Rudolf Steiner





## Connection with Nature

We believe in teaching a respect for nature and our place in the natural world. Children at our school experience abundant time outdoors and in natural settings.

Early Childhood children spend much of their day on our natural-materials playground, digging in the sand, building with wood, and balancing on stumps. They also assist the teachers in the biodynamic garden. The Mixed-Age Kindergarten spends two days a week exploring a nearby forest building bridges, climbing trees, and observing natural phenomena.

The elementary grades curriculum intertwines outdoor experiences with academic instruction, providing a hands-on understanding of the coursework. Grades students grow food in our biodynamic garden, play on our natural playground, take nature walks in the surrounding wooded areas, and go on adventurous field trips such as multi-day farm trips, canoeing and camping in Jamestown, and fieldwork for botany.

## Small Class Size

Our school offers smaller class sizes and low student-teacher ratios which allow teachers to connect with each child as an individual and meet the child where they are. Students are more engaged with the curriculum, their teacher, and their classmates. Class culture is cohesive and every child has the opportunity to contribute and build relationships. In addition, smaller classes offer children a more peaceful learning environment, which supports involvement, development, and joy for learning.

## Individualized Approach

In Waldorf education, the curriculum is part of an established approach, but the tools used to teach and engage each student are determined by the teacher. Teachers shift and adapt their approach to meet the needs of the child.



*The more slowly trees grow at first, the sounder they are at the core, and I think the same is true of human beings.*  
– Henry David Thoreau

## EARLY CHILDHOOD PROGRAMS

Free, imaginative play is one of the cornerstones of early childhood programs within Waldorf schools. Play allows children to develop their creativity and imagination as they learn through exploration.

Our school offers young children a warm and nurturing environment. The classrooms are set with soothing colors, natural materials, and natural lighting. Each class follows a reliable flow and rhythm that provides children with a sense of safety and security. Daily activities are designed to help develop their fine motor and gross motor skills through active outdoor play, games, handwork, painting and more.

### Parent-Child Classes

Offered in the fall and spring semesters, our parent-child classes provide guidance, support and a sense of community for families, while introducing children to a preschool setting and social play.

**Acorn:** 6wks to 10 mo. w/caregiver\*

**Sprout:** 10 to 24 mo. w/caregiver\*

**Seedling:** 24 to 36 mo. w/caregiver\*

### Early Childhood Classes

Offered during the traditional school year, our early childhood classes provide young children with a nurturing environment, the space to explore, and room to develop.



**Preschool:** 3yrs to 4 yrs 4mo. old\*

**Mixed-Age Kindergarten:** 4yrs to 6yrs old\*

Early morning and afternoon programs are also available to extend your child's day at our school, allowing them to begin as early as 7:30am and end at 5:30pm.

*\* Child must be in this age range by the start of the school year/session.*

## ELEMENTARY PROGRAMS

PCWS' elementary program, first grade through fifth grade, provides students with a solid academic foundation and something even more important - a deep sense of their human potential and the self-confidence to step out into the world.

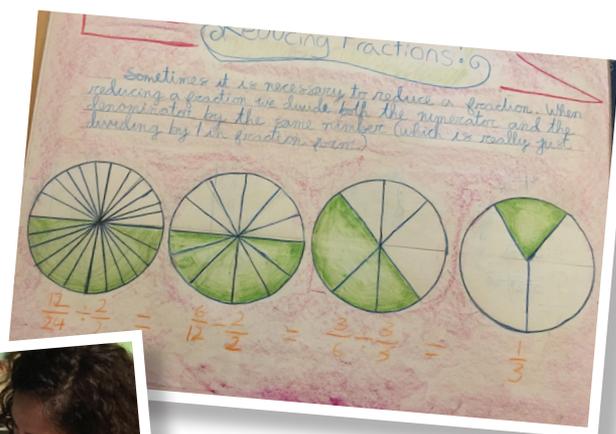
### Curriculum

At the heart of elementary Waldorf education is the Main Lesson. Main Lessons are taught as blocks of time which allow for in-depth exploration and focus. Subjects include: Language Arts, Social Studies, Science, Math, and Art.

In addition to the main lessons, children are taught a variety of specialty subjects and have two outdoor recesses a day.

### Specialty Classes

- Movement/Games
- Spanish
- Painting and Modeling
- Music
- Strings
- Handwork



*Our highest endeavor must be to develop free human beings, who are able of themselves to impart purpose and direction to their lives.*

*– Rudolf Steiner*



## LEARN MORE

- **Group Tours:** Offered regularly throughout the year, tours give parents/guardians a glimpse into our classrooms and the opportunity to learn more about our school.
- **Open House:** Offered twice a year, this family-friendly event allows families to experience the school in a hands-on way. Stroll the hallways, explore the classrooms and meet our teachers.
- **Preschool and Kindergarten Playgroups:** A wonderful way for prospective families to connect with other families and our Early Childhood teachers.
- **Evening in the Grades:** Spend the evening learning more about Waldorf Education in the elementary years. You'll experience some of the curriculum and hear how core academic and specialty subjects are taught.

COME VISIT: [POTOMACWALDORF.ORG/VISIT](https://POTOMACWALDORF.ORG/VISIT)

## WALDORF EDUCATION

Founded in the early 20th century, Waldorf education is based on the principles of education outlined by scientist, philosopher and educator Rudolf Steiner. One notable and unique aspect of Waldorf education is the alignment of the curriculum with the phases of child development and cognitive awakening. Based on the philosophy of Steiner, Waldorf education views these developmental stages as significant to healthy learning.

Waldorf schools are part of an international movement. The schools are united by the shared dedication to the Waldorf curriculum and a conviction that this approach to schooling can help children to become free-thinking, socially-responsible, and resilient adults.

On September 19, 1919, the Independent Waldorf School opened its doors. Waldorf education has been available since 1928 in North America. There are currently over 150 schools in North America and over 1000 schools worldwide.



### Contact Us

212 S. Washington Street  
Alexandria VA 22314  
703-486-1309

[info@potomacwaldorf.org](mailto:info@potomacwaldorf.org)  
[potomacwaldorf.org](http://potomacwaldorf.org)