

# Mandala News

## December 18, 2012



### Maslow's Way

Abraham Maslow studied psychologically healthy people to find out what determines an integrated, wholesome psyche. He decided that to be healthy we need to be physically cared for, feel safe, have a sense of belonging, and be competent at what we think important. Then we can “self-actualize”.

The terrible events at Sandy Hook were not the result of mental illness so much as social illness. That young man had endured years of alienation which led to a sense of powerlessness. From powerlessness comes violence.

In our small school we work every day to help children overcome their conflicts in healthy, empowering ways. Sometimes these troubles are with academic subjects, sometimes with each other.

Whether one draws from psychology, religion, or philosophy, the paths of honesty, compassion, respect, and trust all lead to a place of well-being. Others could learn much from us.



### Projects

This week students presented projects on what they have been studying.

- *chemical additives to cosmetics (Josie)*
- *history of video games (Ethan)*
- *how to care for a pet tortoise (Lizzy)*
- *sleep deprivation (Tino)*
- *Mahatma Gandhi (Erin)*
- *learning to interview (Elyse)*
- *tetrachromacy (Audrey)*
- *mummification with painted mummy lid (Giacomo)*
- *Buddhism (Lydia)*
- *game theory (Sebastian)*



January is Drama Month  
Scripts, skits, poses, and roses.  
*Who are you today?*

*Happy Holidays!*