



Mountain Song Community School Values

Whole Child

Whole Child is an educational value recognizes and cultivates the balanced growth of every dimension of a human child. It is the foundation value of Mountain Song Community School. As a Waldorf-method public school, Mountain Song defines the values that support *Whole Child* education in alignment with the Waldorf principle of Head, Heart, and Hand:

- Whole Mind (Head)
 - Intellect (Reason, Independent Thinking, Curiosity, Open-mindedness)
 - Imagination (creativity, inner life, abstract thinking)
 - Self-awareness, self-determination
- Healthy Heart
 - Character (Integrity, Respect, Confidence)
 - Emotional Well Being
 - Spiritual Understanding
 - Community Awareness (Social Dynamics, Environmental Awareness)
 - Aesthetics
- Hale Body (Hand)
 - Physical Health (natural rhythms, exercise, nutrition)
 - Life Skills

Below is a selection of specific values that are of particular importance to Mountain Song.

Whole Mind	
Open-mindedness	<i>Open-mindedness</i> is a value that leads one to engage with others without preconceived notions, attitudes, filters, or biases. <i>Honoring the Invisible Essence</i> is a key entry-way to <i>Open-Mindedness</i> .
Independent Thinking	<i>Independent Thinking</i> is a value in which one's thought processes are not unduly affected by external forces such as social, cultural, or peer pressures, biases or opinions. One is free to think and decide for oneself, taking into account external forces as they seem relevant.
Imagination	<i>Imagination</i> is a value that leads to envisioning possibilities ("thinking big") and creative self-expression.

Inner Life	<i>Inner Life</i> is a value that encompasses all thought processes, including reasoning, imagination, critical and independent thinking, and – most importantly – self-awareness. An active and aware <i>Inner Life</i> leads to better understanding of one’s relationship to their personal external world.
Healthy Heart	
Integrity	<i>Integrity</i> is a value that is the foundation of: <ul style="list-style-type: none"> • honest, truthful interactions with others, • “doing the right thing”, and • being true to one’s word, based on adherence to moral and ethical principles. <i>Integrity</i> also means that external actions are aligned with internal values.
Respect	<i>Respect</i> is a value in which one holds another in a place of esteem (regardless of social position) and, thereby, engage with them with kindness, courtesy, openness, equality, and acceptance. <i>Respect</i> is the active companion of <i>Honoring the Invisible Essence</i> .
Confidence	<i>Confidence</i> is a value that describes the belief in one’s ability to succeed, to believe in oneself, and rely on oneself.
Honoring the Invisible Essence in Each Person	<i>Honoring the Invisible Essence in Each Person</i> is a value that when engaging with another person one consciously recognizes and acknowledges the core human being-ness of the other person. The “core human being-ness” is who a person is apart from the person’s behavior, emotions, appearance, and personality. It is the same and equal across all people, and in some communities may be called “spirit” or “soul”. This value is the same as the Hindu greeting <i>Namaste</i> , which means “the divine in me bows to the divine in you”.
Social Development	<i>Social Development</i> is a value that promotes, refines, and enriches interpersonal and community skills and enables a person to engage effectively with others in a balanced and positive manner.
Appreciation of Beauty	<i>Appreciation of Beauty</i> is a value that cultivates the awareness and wonders of the colors, forms, and arrangements of natural and man-made objects (nature settings, fine art, music, literature and poetry, and everyday items) and what they reflect back to us about ourselves.
Hale Body	
Natural Rhythms	<i>Natural Rhythms</i> is a value that recognizes the importance of the natural cycles of life and living harmoniously with natural cycles to promote physical health and well-being.

These are, of course, not the only values important to Mountain Song. Many other values support the primary dimensions of Whole Mind, Healthy Heart, and Hale Body – as illustrated in the figure below. (The values in bold font are defined above.) Over time, these other values will be defined and the Mountain Song Tree of Values will grow and evolve.

