

# Nelson Waldorf School Bulletin

November 4 2009



## CALENDAR OF EVENTS

### November 2009

Thur.	5	Morning	KG Martinmas In House Festival & Lantern Walk
Fri.	6	11:00am 12:30	Assembly/Project Week Presentations EARLY DISMISSAL All Classes
Mon-Sun	9 - 15	<b>NO SCHOOL</b> Classes KG-8	<b>FALL BREAK – Classes KG - 8</b> <b>Marigold in session(except Nov. 11)</b>
Wed.	11	Statutory Holiday	Remembrance Day <b>No Marigold or Classes</b>
Thur.	19	5 – 6pm	St. Martin Play & Lantern Walk for Classes 1–3.
Tue.	24	5pm	Nelson Waldorf School <b>AGM</b>
Thur.	26	Main Lesson & 6:30pm	Class 7 Play
Monday	30 <sup>th</sup>	8:10–9:10am 8:30am 9:30-12pm 1:30-2:40pm	Spiral Walk (Class 1) 1 <sup>st</sup> Advent Assembly Kindergarten Spiral Walk Spiral Walk (Class 2/3)

## PROJECT WEEK PRESENTATIONS

Friday, November 6<sup>th</sup>

11am in the Silver King Hall.

**Come and See**

Dance, Archery, Fire Spinning presentations and more.....

**ALL PARENTS WELCOME**

## MARTINMAS FESTIVAL & LANTERN WALK

St. Martin of Tours was born in 316 and died Nov.11<sup>th</sup> 397. He is known as a deeply religious man who shared his cloak with a beggar and represents the attitude of brotherliness.

According to old customs at this time, as the days become shorter and the stars appear earlier, children would walk with lanterns singing through the streets.

As the world grows darker, the inner light of man wants to shine forth. Kindergarten children, younger grade children and parents participate in a Lantern Walk.

- **Kindergarten - Martinmas & Lantern Walk Tomorrow Morning Thur. Nov.5<sup>th</sup>**
- **Classes 1 – 3 - St. Martin Play & Lantern Walk, Thur. Nov.19<sup>th</sup> 5-6pm.**

## Nelson Waldorf School Annual General Meeting

**Tuesday, November 24, 2009 at 5:00 p.m.**

### NWS Eurythmy Hall

The Nelson Waldorf School Annual General Meeting is open to all members of the Nelson Area Waldorf School Association. Membership includes those with children registered in the school and those employed as faculty or staff. It is also available to those wishing to support the Nelson Waldorf School. Proxy forms will be available for those members unable to attend.

An Annual General Meeting provides the opportunity for the Board of Directors to present the membership with a comprehensive picture of the school's current situation and with considerations for the future, financially and operationally. As well as serving as a vehicle for communication, certain required business is conducted at an AGM – specifically the confirmation of the school's auditor, the acceptance of financial statements for the previous fiscal year, and the election of directors.

Our by-laws require that the names of those nominated be published a minimum of 15 days before the election. In consideration for the November Fall Break, a list of nominees will be **published in the November 4<sup>th</sup>, 2009** Bulletin to meet the requirement.

The following have accepted Nomination for NWS Board of Directors.

James Loepky  
Joanne King  
John Leishman

**The Agenda for the AGM will be published in the Bulletin prior to the Meeting.**

Beverley Barcham,  
Administrator

## Social Inclusion Corner

..An invitation...

### THE ADULT PUT DOWN DIET *Self Change and the Authentic Adult*

When children are asked about how bullying begins, many will tell you that it begins with verbal and body language that is implicitly accepted and not addressed by adults and other children. As such, the child who is bullying takes this as permission to keep going or to escalate the behaviour. Interrupting anti-social language is the key to preventing an escalation in bullying, and it requires us, as caring adults, to explore and shift our own social behaviour.

For the month of November, the parents of the Social Inclusion Coordinating Group (SICG) at the Nelson Waldorf School invite parents to participate in the "Adult Put Down Diet". The diet involves three steps, done over a consecutive three week period without a break. The steps involve aspects of the Buddhist Eight Fold Path, beginning with our intentions, or **right endeavour**. In essence, this encourages us to "do what is doable", which means to not struggle to achieve that which is beyond our power, but to do everything that is within our power to bring our ideals into line with the highest ideals of a human being. A challenge, indeed!

For this week, we will introduce the themes, and begin our three week journey on the week beginning on November 9<sup>th</sup>. Adults are encouraged to reflect on their progress each night for the whole three weeks: journaling is an excellent way to record triumphs and setbacks in speech, thought, and action. We also invite you share your experience with the Social Inclusion Coordinating Group (SICG). Our discoveries may be revealing and rich in insight!

So, to familiarize you with the themes that will begin next week, week one involves **right speaking**, though it includes both verbal and non-verbal body language put downs. It encourages us to be thoughtful, to say only what has sense and meaning, and to refrain from harmful words but apologize and reframe them if they are spoken.

During week two, while staying conscious of right speaking, we are encouraged to explore **right thinking**, becoming aware of the put downs that form in our feelings and thoughts. This involves being able to refrain from judgments, both approving and disapproving, and from criticism. In this way, we arrive at the habit of forming opinions that humanize rather than dehumanize others.

Finally, during week three, we engage in **right action**, becoming conscious of put downs we hear around us and finding ways to intercede and shift the conversation. As one person who went on this put down diet said, "This is not a yo-yo diet...it really goes deep and if taken seriously makes real shifts in the way in which you interact." We look forward to beginning this journey with you next week!

*Our gratitude goes to Kim Payne who brought the Social Inclusion Approach and awareness of the Put Down diet to our school in the training years of 2006-2009. Please feel free to call any parent member of the SICG for further conversation about this article or any other questions about Social Inclusion.*

#### **Warmly, The Parents of the SICG**

Georgia Argyle  
Deirdre McLaughlin  
Paige Adair

# WINTER FAIRE NEWS

**NEW DATE is SAT., DEC. 12<sup>TH</sup>**

## **ORGANIZATIONAL RESPONSIBILITIES:**

Marigold - Gnome Cafe  
Kindergarden - Gnome Crafts and Cookie kingdom  
Class 1-2/3 - Candle Dipping  
Class 2/3 - 'tentative' Bread Bakery  
Class 4 - Wool Works  
Class 5 - Winter Crafts  
Class 6 - Children Only Store  
Class 7 - Cafe  
Class 8- Rudolph Cafe

**VOLUNTEERS & ITEMS NEEDED** - Admissions, Parking, Fireside Cafe, Musicians, NWS P.R. Table, Toonie Auctions, Silent Auction Organizer and Truck Loads of Cedar boughs.

**TABLES FOR CRAFT VENDORS in the Artisan Market are available**, Call Andrea at 352 551-2228

**LOVE THE SMELL OF MELTING BEESWAX** Need to warm up for winter? Come help us make candle starts for the Winter Faire candle dipping! Wed. Nov. 4, after drop off in the Parent Room (lower level of school building) Supplies & snack provided. Please email [jmdigi@gmail.com](mailto:jmdigi@gmail.com) or [jbergman@shaw.ca](mailto:jbergman@shaw.ca) if you're coming.

**CHILDREN'S ONLY STORE** Donations are requested for the Children's Only Store at our Winter Faire! New hand crafts only, please. Your time sewing or assembling is much appreciated as well. Some ideas are beeswax ornaments, felted soaps, potpourri, mint tea, bath salts.. To donate email [sherylnia@telus.net](mailto:sherylnia@telus.net) or call Sheryl @ 352-9830.

## **Much Gratitude to all those who co-created the HALLOWEEN JOURNEY**

*On an autumn night that began with a thunder storm during set up & turned into a beautiful moon lit night to see through the Magical Veils to the Wizard, the Fallen Star & the Gnomes who had found her, Grandfather Cedar, the Elf King & Elves, Jack Frost & the Woodland Nymph, the Pirate, The Queen Bee & Worker Bees in the Bee Hive, the South American Grandfather's Quechua Hummingbird story, & Grandmother Moon.*

## **THANKS TO:**

- Dharel Verville, Jaime Sanchez Valdes (parents) as Wizards (both took this on Sat. 31st 8am !!!)
- All the Angel Guides - Natasha Kraus, Lisa Bramson, Marcello P Goncalves, Carron Mulligan (teachers), Jody Bergman, Michelle Beneteau, Georgia Argyle, Iain Pardoe, Joanne King, Martha Wilson (parents), Alex Cormier (alumni), Sydnee Paavola (alumni parent)
- Cathy Lummiss (parent) who created and set up the beautiful silhouettes in the Kinderhouse
- Sarah Aasen (Marigold teacher) and her sister Kristin, who set up / took down, scripted/ created, and acted in the Fallen Star and Gnomes
- Mykyta Lysenko (parent) for the donated crystals for crystallized star light
- Actors: Sage Barret and Jon Scott (community Elders), and scene coordinator /creator Lisa McGready (parent) for Grandfather Cedar
- Actors: Sandy Boyd (parent), Sonia Boyd (student), Raven Johnson (student), Keana Nisbit (student) and Scene coordinator Georgia Argyle for the Elf King and Elves
- Lee and Monica (Sarah Aasen's friends from the community) as Jack Frost and the Woodland Nymph
- Louise Shannon (parent) for part of Jack Frost's costume and Marianne Desjardins (parent) for Woodland Nymph wings and costume parts
- Actor Gabriel Keczan (community member), & scene coordinator, Sabrina Baker (parent) for the Pirate
- Brandie Disher (parent) for creating the pirate's gold
- Actors : Shayla Wright and her Worker Bee (Community Elders), scene coordinator /creator /set up, Lisa Lucket (parent), and set up, Jeanine Koeltgen (parent) for the Queen Bee's Bee Hive
- Terrence Buie & Ruth Beck (community Elders) for the South American Grandfather's Quechua Hummingbird story
- Quechua Elders in Peru who requested Terrence and Ruth to tell their Humming bird story
- Actor /script writer Jo Ann Lowell (community Elder, alumni parent), scene set up Pam Loeppky (parent) and Star and Moon making, Shauna Robertson for Grandmother Moon
- Carol and Denis (Grandparents) for admissions and pop corn making
- Sat set up: Julien Cormier (maintenance), Georgia Argyle, Andrea Scholtz, Martha Wilson, Michael Nisbet (parents), Raven Johnson, Keana Nisbet (students), Michelle and Leah (community members)
- Sun clean up: Julien Cormier (maintenance), Georgia Argyle, Jaime Sanchez Valdes, Martha Wilson, Pam Loeppky, Cathy Lummiss (parents), Sarah Aasen (Marigold teacher), Cian & Relmu Wilson-Valdes (Students)
- Paul Edney for the beautiful Poster
- Andromeda, Keitha and Bev for all their office support !!
- All the children for their wonderfully carved pumpkins !!

**WHAT A COMMUNITY CAN CREATE !!**

# PARENT NEWS

November 4 2009



Published Weekly  
(Submission deadline is Mondays by 3pm)  
Email ~ [info@nelsonwaldorf.org](mailto:info@nelsonwaldorf.org)  
or drop off at the School Office.

**Note:** Ads for the Parent News are space permitting & are on a first received basis. All ads printed are for one week only. An ad may run for an additional week if space permits but is not assured. To re-submit an ad, allow at least a 2 week break.

**NO POWER TO PARENT WORKSHOP ON NOV. 11**  
(Stat Holiday). Regular sessions resume Wed. Nov. 18.

**FOR SALE** - Two Lovely, gentle BABY DOVES, hand-fed, 20.00 each; can be sold together for 35.00 or alone. They will be ready in two weeks! 250-229-4458

**TOWNHOME FOR RENT** - Luxurious townhome on Nelson's Golf Course is available for short or long term rent Dec 1<sup>st</sup>. Constructed in March/08, the home is in excellent condition. Many features include central vacuum, hardwood & marble floors, 1600sq ft, 3 bedrooms, 2.5 baths & loft. \$1850/mo+utilites No pets/smoking. Photos/info@ [www.thevillasatgranitepointe.com](http://www.thevillasatgranitepointe.com) or call Ray at 250-505-2020.

**WANTED:** A good futon or double mattress for a Grandmother visiting this week, either to buy or borrow. Contact: Martha Wilson, 352-0953 or [marthaellenw@gmail.com](mailto:marthaellenw@gmail.com)

**FOR SALE:** 36" Leclerc weaving loom \$200, wool drum carder \$75, spinning wheel \$50, wood twin bed frame \$75, "papasan" round chair \$50, snowboard boots sz.8.5 mens \$25, Elan downhill skis 153cm \$80, new black OR ski pants mens \$90, phone Sheila 505-5201

**HOUSE RENTAL** - September 1-June 15, 2010 (possibly longer) 1991 Sunny, Beautiful, Lakefront cottage 7.8 acres in Harrop 30 minutes to town 3 bed, 2 bath, washer/dryer/woodstove/laying hens! fully furnished 2 private beaches, vegetable garden, easy walk to school/city bus no pets 1200.00 month lease/ plus deposit [www.kimhowardcreations.com](http://www.kimhowardcreations.com) for photos or call Kim 250-229-4458.

**KNIT-A-THON FOR PEACE** - Knitters & crocheters join with others in your community & spend the day creating hats, mitts, scarves or baby blankets for people in need throughout the world. This is an opportunity to join your fellow community members at the historic Mir Centre for Peace & share your time, stories & love of handwork to support others. All levels encouraged to join in. Bring your own needles, yarn and lunch. A limited number of simple patterns will be provided for participants or bring your own. Selkirk College - Castlegar Campus at the MIR Centre for Peace, Saturday, Nov. 7th 10-3. \$8 (covers cost of shipping) Pre-register at: 365-1208.

**FOR SALE** - Bissell stand up vacuum in excellent shape for sale, it's about a year & a half old, \$75. Call Julie @ 354-4765

**WANTED** – Looking to buy Downhill Skis about 140cm. Please call Natasha or Frank at 505-2103

## PARENT COUNCIL NEWS

**FUNDRAISING COMMITTEE:** The Fundraising Committee is meeting on Monday Nov 16<sup>th</sup> at 6:30pm. Come with your ideas, your wit, or your charm. We are working on our committee's mandate. Your support would be most welcome. Please contact Claire Leishman @ 354-4965 for further info.

**FOOD FOR FUNDRAISING:** Boost your karma by buying a grocery store gift card from Andromeda today.

**PARENT COUNCIL ACTIVITIES:** Look for news about Parent Council goings-on on the School Website: [http://www.nelsonwaldorf.org/parents\\_council.php](http://www.nelsonwaldorf.org/parents_council.php)

## CAFÉ CORMIER ORDER FORM

SINGLE PRICES 1 meal is \$3.00/Additional Portions are \$2.00 each		TUESDAYS ~ Pizza ~ With veggies & juice Cheese Vegetarian Pepperoni Ham/ Pine	THURSDAYS ~ Hot Dogs ~ With fruit & juice Tick column of choice			Notes to Julien
FAMILY PRICES 2 meals \$5.00 - 3 meals \$7.00		Portions & topping Eg. Cheese X 2	2-BBQ Hot Dogs	1 Tofu Dog	1 Smokie	Advance Orders by number of weeks.
NAME	CLASS					X _____ Weeks
1)						
2)						
3)						
CHEQUES PAYABLE TO <u>JULIEN CORMIER</u> (Not the School) Or <u>*EXACT CHANGE ONLY*</u>						Total Paid \$

# Food for Thought

Nelson Waldorf School class trips and other events are carefully crafted by faculty and parents to work with the curriculum in supporting the healthy development of the children through their growing years. Individual classes use fundraisers to bring these extracurricular activities to life. Each year new fundraisers evolve to supplement those that have become long-standing traditions at our school. Their organizers generously offer such fundraisers to upcoming parents and students in subsequent years, creating an atmosphere of shared support and reducing the work for each class.

Here are a few great examples of this "pay it forward" energy:

- Class 5 - Crepe sales at Carnaval and a bottle drive to help fund their trip to the Waldorf Olympics.
- Class 6 - Strawberry Shortcake Sales at Upper School May Fest to help fund their bike trip.
- Class 7 - Spring Chicken sales to help fund their ropes course trip, the year-end camping trip, and to begin saving for graduation.
- Class 8 - Fall Turkey Sale, Polestar Calendar Sales, and SaveOn Grocery Cards to help fund their winter trip, year-end trip, and graduation ceremony.
- And new to the school this year - Safeway and Co-op Cards to help fund the new theatre lighting and other Parent Council initiatives.

In another new development this year, the Parent Council requested the support of Class 8 in growing the Grocery Card Program in the hopes of maximizing participation and generating more funds for everyone.

You can purchase grocery cards of your choice from Andromeda in the school finance office with a cheque or cash (exact change if possible). If you can't come in person, you can send grocery card money in with your child to bring to Class 8. Class 8 will be happy to facilitate your participation by picking up your cards and delivering them to you in the parking lot after school or even to your home.

Imagine the potential of this annual fundraiser. If we all get into the habit of using cards purchased from the school to buy our groceries, we should be able to grow its profits until they cover not only the needs of Class 8, both now and in the future, but also other needs within the school as they arise. For example, improving the upper playground, or upgrading our library, or creating a catalogued costume room, or fixing our fountain, or ...

What's your dream for the school?

*With appreciation for your support of fundraising at the school,  
NWS Parent Council*

Dear Parent/Guardian,

Some children at your child's school have had symptoms of influenza (flu). Your child may have come in contact with these children. Interior Health would like to share important information with you about flu.

Flu germs spread from person to person mainly through the coughing or sneezing of a sick person. Flu germs may also be spread when a person touches something that has the germs on it and then touches their eyes, nose or mouth.

To prevent the spread of germs:

- ◆ Wash hands frequently with soap and water for 15 seconds.
- ◆ Cough and sneeze into a tissue or into the inside of the elbow.
- ◆ Stay at least two metres (six feet) away from people who are sick.

The symptoms of influenza are:

- ◆ Fever
- ◆ Cough
- ◆ Sore throat
- ◆ Body aches
- ◆ Headache
- ◆ Chills and fatigue
- ◆ Sometimes, vomiting (throwing up) and diarrhea ("the runs")

Most people who get the flu recover quickly. People with other health problems such as asthma and diabetes may be more ill.

If your child is sick:

- ◆ Keep them at home from school until all symptoms have gone, unless they need medical attention. Let the school know that they are sick and what symptoms they have.
- ◆ Take their temperature daily.
- ◆ Have them drink plenty of liquids such as water, juice and soup.
- ◆ Have them rest.
- ◆ For fever, sore throat, and body aches, use fever-reducing medicines that the nurse, pharmacist or doctor recommends. Do not use aspirin.
- ◆ Keep tissues and a garbage bag for the used tissues close by the sick child.

Seek medical care if you are concerned about your child or if your child has any of the following:

- ◆ A rapid change in the illness such as higher fevers or painful ears
- ◆ Difficulty breathing
- ◆ Symptoms improve but then return with fever and worse cough

Call ahead to let them know you are coming and what your child's symptoms are.

Seek emergency care if your child has any of the following:

- ◆ Fast breathing or has a hard time breathing, wheezing or coughing up blood
- ◆ Chest pain
- ◆ Bluish or grey skin colour or lip colour
- ◆ Not drinking enough fluids
- ◆ Not waking up, unusually quiet or unresponsive, having strange thoughts or actions
- ◆ Not urinating (peeing) or no tears when crying, gets dizzy when they stand up
- ◆ New onset of vomiting (throwing up), diarrhea ("the runs") or abdominal (tummy) pain

Call HealthLink BC at **8-1-1**, 24 hours a day/seven days a week to speak to a nurse if you have questions or are concerned about any illness.

For the latest facts on the flu, visit <http://www.interiorhealth.ca/health-and-safety.aspx?id=9028> or [www.gov.bc.ca/h1n1](http://www.gov.bc.ca/h1n1). For information on looking after someone at home with H1N1 flu virus go to <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/guidance-orientation-05-03-eng.php> .