

Nelson Waldorf School Bulletin

November 18 2009



CALENDAR OF EVENTS

November 2009

Tue.	24	5pm	Nelson Waldorf School AGM
Wed	25	6:30pm	Class 8 Parent Meeting
Thur.	26	Main Lesson & 6:30pm	Class 7 Play
Monday	30 th	8:10-9:10am 8:30am 9:30-12pm 1:30-2:40pm	Spiral Walk (Class 1) 1 st Advent Assembly Kindergarten Spiral Walk Spiral Walk (Class 2/3)

December 2009

Fri.	4		St. Nicholas Day
Mon.	7	8:30am 10:30am-Noon	2 nd Advent Assembly KG. St. Nicholas Celebration
Thur.	10	6pm	Concert of the Festival Season
Fri.	11	9:30am	Santa Lucia Assembly (Cl. 8 Performance)
Sat.	12	10am – 4pm	Winter Faire
Mon.	14	8:30am	3 rd Advent Assembly
Wed.	16	10:45am-Noon	KG Seasonal Potlucks
Thur.	17	11am 12:30pm No KG	Shepherds Play (Faculty Performance) Early Dismissal All Classes No KG Classes
Fri. Dec. 18 – Sun. Jan 4	CLASSES KG – 8 WINTER BREAK		
Mon. Dec. 21–Sun. Jan 4	MARIGOLD WINTER BREAK		

All Parents & Students are Welcome to Attend CLASS SEVEN'S PERFORMANCE OF JOAN OF ARC

Thursday, November 26 8:45 a.m. and 6:30 p.m. in the SilverKing Hall

IMPORTANT NOTE:

The Kinderhouse is now a **"NUT FREE"** environment.
This includes all nuts & nut butters.

MARTINMAS FESTIVAL & LANTERN WALK

St. Martin Play & Lantern Walk
Classes 1 & 2/3
Thursday, Nov. 19th
At 5pm *SHARP*
(No admittance after 5pm)
Can everyone please bring a food donation for the Nelson Food Cupboard and put it in the bin by the Fire Pit on the lower field.

St. Martin of Tours was born in 316 and died Nov. 11th 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.

POWER TO PARENT WORKSHOP

Dear Parents,

Don't miss the final two Power to Parent sessions with Liz Amaral. Sessions have been received enthusiastically by all who attend and have provided a wealth of insight into our parenting issues.

Wednesdays, 6:00-8:00 pm in the Eurythmy Hall

Topics are:

⇒Wed., Nov 18th: How to Deal with Resistance without Sabotaging the Relationship

⇒Wed., Dec 3rd: How to Use Discipline that is Attachment-safe and Developmentally Friendly

See you there!

A BOUQUET OF GRATITUDE – to the many hands and hearts who volunteered for this year's Halloween Journey. Thank you for presenting this wonderful evening, an offering to the community that shows our school in such a warm and enchanting light.

Bev

CONGRATULATIONS – To Victoria Makortoff and family, Dylan Class 8, Brandon Class 5, Megan Class 4 and Kaitlin Class 2/3, on the birth of their new baby brother Nikolas, born November 14th.

NWS Faculty & Staff

THANK YOU PROJECT WEEK PRESENTERS

During the week of November 2 - 6 NWS Middle School students participated in the second annual PROJECT WEEK. One student commented that if they were to rate the week at school on a scale of 1 to 10, "**project week was a 20**".

A group of gifted adults who were inspired to share their skills made this week a memorable week for the middle school students. Mrs. Switzer, Ms. Mulligan, Mr. Fertey and their students offer a great big THANK YOU to the skilled, creative, inspiring workshop presenters:

Marcelo Porto Goncalves (copper jewelry), Greg Nybo (willow basketry) Neese Lavalle and Deb Thompson (painting), Ilana Pengelly (wet felting) Aaron Nelson and Sarah Connolly (samba drumming), Amber Santos (hip-hop dance) Melissa Owen (cake baking and decorating), Pierce Sharelove (cooking), Leah Weinstein (fiber arts), Chris Raabis (outdoor education), Jaime Valdes (archery) Trena Gauthier (mosaics), Danny Rondeau (fire spinning), Myra Rasmussen (paper mache) and Anne and Sjeng Derkx (Co-op radio show creation).

SOCIAL INCLUSION CORNER

The Adult Put Down Diet Weeks One and Two

This week, we begin our Adult Put Down Diet (forgot to take into account the November break, apologies for the oversight). Because of the break last week, in this entry we will discuss both Weeks One and Two, and invite you to begin them now. For those of you who missed the last newsletter, the Adult Put Down Diet is a three week invitation for adults to explore and shift our own social behaviour and language, if we are to help children do the same.

The theme of Week One is **right speaking**. For the first week, we are encouraged to become very conscious of the put downs we use, both verbally and with our body language. Taken from the Buddhist Eight Fold Path, right speaking means that:

*In speech with others, say only what has sense and meaning.
Make your conversation thoughtful. Do not be afraid to be
silent often. Try not to use too many or too few words.*

For the whole three weeks, we reflect on our progress (journaling is an excellent way to do this, and also a way we can share our progress with others). Explore what might have been bothering you at the time, and emphasize how you might have done things differently. Most importantly, do this in a self-forgiving way, as the compassion that we give first to ourselves is ultimately what radiates out toward others!

The theme of Week Two is **right thinking**, wherein we become very conscious of the put downs that form in our feelings and thinking. Right thinking involves being able to refrain from approving or disapproving judgment, and from criticism. In this way, one arrives at the habit of forming opinions that humanize rather than dehumanize. While still staying conscious of our verbal and body language put downs, we are now encouraged to reflect each night on our progress with right thinking.

Please feel free to share your insights with us, and good luck!

The Parents of SICG

Deirdre McLaughlin (mother of Chloe in Class 4)
Paige Adair (mother of Tanoa in Class 7)
Georgia Argyle (mother of Raven in Class 4)

To contact anyone on the SICG, please call the school at 352-6919 and leave a message through Danny Finley, our SICG Coordinator. We will get back to you right away.

WINTER FAIRE NEWS

Saturday, Dec. 12th 10_{am} - 4_{pm}

In the darkest part of the year when candles and fairy lights remind us of our Inner Light glowing and sparkling the school hosts the Winter Faire. This is a wonderful seasonal celebration and fund raiser for the whole school community and the wider Nelson community. The school transforms into a Winter Village with a Bakery, Candle Dipping, a Children Only Store, Cafes, the Silver King Market, Winter Crafts, Puppet Shows, Gnome Crafts, Music by a Central Fire, and the Cookie Kingdom.

VOLUNTEERING & ORGANIZATION OUTSIDE CLASS EVENTS:

Contact Martha 352-0953 marthaellenw@gmail.com

- Admissions Desk
- Parking
- Fireside Cafe (hot cider, popcorn, wieners and hot dogs)
- Musicians
- Door Keepers for the Puppet Shows, "The Shoemaker and the Elves"
- Truck loads of Cedar boughs

ALSO NEEDED FOR

⇒ **NWS Table** in the Artisan Market for **Advertising** and the **Lighting the Future Fund Raising Campaign:**

⇒ Community Business Donations for **10 Sustainable Solstice Toonie Auctions** (earth friendly, fair trade, hand-made, soulful)

ORGANIZATIONAL RESPONSIBILITIES:

Class Winter Faire reps to organize their class event with their class

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

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 or call Sheryl @ 352-9830.



Notes from Administration – Beverley Barcham, Administrator

H1N1 Flu Update

This year there is heightened awareness about the strain of influenza known as H1N1, sometimes termed “swine flu.” As you know we have diagnosed cases in our school, and the public schools throughout the community are experiencing high absentee rates due to illness.

To avoid contracting the flu, we encourage everyone to wash hands frequently, avoid touching your face (especially eyes), and get plenty of sleep. We would like to remind you that information is provided at [www.nelson-waldorf-school.org](#) and encourage you to familiarize yourself with the information found there.

We ask that if your child is ill, please keep them at home. We also encourage the adults: teachers, staff and volunteers, to stay away from school if they are feeling ill and we are working on bolstering our substitute list in order to support teachers who may need to be home.

At the Nelson Waldorf School, we have a strong belief in each individual choosing what is right for their personal health. We take no official stand on whether to vaccinate or not vaccinate for this flu nor do we serve in the place of professional medical advisors. Please consult your medical provider about whether to vaccinate or other steps you might wish to take to stay healthy as flu season progresses. The administration will stay informed about what guidance public health agencies are providing and share them with you here.

NELSON AREA WALDORF SCHOOL ASSOCIATION Annual General Meeting November 24, 2009 @ 5:00 p.m. Nelson Waldorf School – Eurythmy Hall

AGENDA

1. **Welcome and Call to Order.**
 - Motion “That the Minutes of the Nelson Waldorf School Annual General Meeting 2008 be accepted as Read.”
2. **Introduction of Board Members.**
3. **NWS Board of Directors President’s Report.**
4. **NWS Board of Directors Treasurer’s Report.**
Presentation of Financial Statements of June 30, 2009.
 - Motion “That the Financial Statements of the Nelson Waldorf School be accepted as presented.”
 - Motion “That NWS continue to retain the services of Certified General Accounting Firm Comishin & Astle Inc., for the fiscal year of July 1, 2009 to June 30, 2010 for the purpose of reviewing our financial records and providing a financial report.”
5. **NWS Administrator Report.**
6. **Election of Directors.**
7. **Adjournment**

PARENT NEWS

November 18 2009



Published Weekly
(Submission deadline is Mondays by 3pm)
Email ~ 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.

WANTED - looking for a live trap for a pack-rat! We prefer to borrow one or purchase it used if anyone has one lying around. Please call Sabrina 354-4476

FREE TO LOVING HOME: 5yr. old cat, white & black spayed female, healthy, good mouser, sweet companion, kid friendly. She would prefer to be in a household without other cats. Phone Sheila 505-5201

WANTED - Last minute nesting needs: Sheepskin rug for baby, a bean bag chair, and a bookshelf. Thank you! Rayya: 352-3635.

05/TOYOTA MATRIX – for sale. 78,000km, red, great condition. 5speed front wheel drive, keyless entry, \$12,900 obo. Call Julien 505-5399.

BLEWETT CARPOOL – New Blewett & Bedford Rd. Waldorf family looking to share some rides to & maybe back from Waldorf School. Please call Gary or Mimi at 352-9768.

DOG NEEDS NEW HOME – “Copper” is looking for a new home! Very friendly 1.5 yr old malamute\shepherd cross needs a place with more space & people with more time. If this is you please give us a call at 352-5663.

BATIK WORKSHOP – for adults & youth ages 9yrs & older starts Thursday, Nov. 26 from 3:30-5:30 for 4 weeks in the Blue Rm. at the Civic Center. Cost is \$85 - materials & tea included. Call Jeanine 229-5645 > snow.queen@shaw.ca.

PARENT COUNCIL NEWS

IT'S COMING - The highlight of everyone's month - the next Parent Council Meeting! Mark your calendars for Tuesday December 1, 7pm. It's not too late to become involved with this small group of dedicated parents who are working behind the scenes to make our school even better. Please send an email to iainpardoe@gmail.com if you'd like to know more.

PLASTIC BINS NEEDED - Parent Council is looking for the donation of clean plastic totes with lids in all sizes for the newly created, cleaned and rebuilt festival supply room. We are creating an organized and cataloged system for storage of all festival supplies and would like the totes to ensure the supplies remain in usable shape. Contact Georgia at 250.825.2249

COMPUTER HELP NEEDED - The Parent Council is looking for a community member to upload documents and images to the Waldorf School MediaWiki site for festivals, fundraisers and events. Throughout the school year volunteers have been and will continue to create comprehensive festival guides, supply lists and directions. Some of these documents are complete and we need a parent volunteer who is comfortable with computer use to take these documents and upload them to the MediaWiki site. This will be an ongoing task as documents are completed but will **not** take a large amount of time. If you have the skills and knowledge for this task and would like to contribute please contact Georgia at 250.825.2249.

DID YOU KNOW? There are currently about 140 Nelson Waldorf School families. Parent council thanks *all* the parents who are supporting the school through class events, festival organization, and other "behind the scenes" activities. All this parent help makes the school a much richer place for everyone. We'd also like to inspire those parents who have not yet had a chance to participate in the **Food For Fundraising Grocery Card Program** to consider doing so. Up 'til now, this program has been raising almost \$150 a week. But, if every family bought just one \$100 card a week this could increase to nearly \$1,000 a week, and by the end of the school year we could raise about \$30,000! Remember that it costs you nothing to participate, other than a few moments of your time to buy the cards from Andromeda in the Finance Office. And by increasing the money raised through this program, we could even reduce or eliminate some of the other fundraising burdens on parents!

STILL NEEDED - Still looking... The Spiral Walk supplies still need a yellow or gold cloth/silk to overlay the darker cloth and two large sea shells for the permanent supplies. Thank you to those who have donated the other items requested. Contact Georgia at 250.825.2249.

CLASS 8 FUNDRAISER, POLESTAR PLANNERS STILL AVAILABLE –flexible, spacious format for recording family's daily activities all in one planner. A sample book is available for viewing at the Front Office. Email orders gezfinch@hotmail.com or call 250 352-3957. Orders can also be made with **exact** change or **cheque** **payable to NWS Class of 2010** at the Front Office.

Class 2/3 Fundraiser

Class 2/3 is very excited to present to you their first class fundraiser!

For sale are 2 beautiful art calendars, representing a collection of seasonal work from each child in the class. These calendars make beautiful gifts for family and friends for this coming holiday season. Please visit the school office to view a sample of each calendar and to place your order.

Thank you for making our Class Fundraiser a huge success!

ORDER FORM

Calendar #1.....\$12.95 ea ____ copies ____
\$24 for 2 ____ sets of 2 ____
\$35 for 3 ____ sets of 3 ____
Total \$ ____

Calendar #2.....\$12.95 ea ____ copies ____
\$24 for 2 ____ sets of 2 ____
\$35 for 3 ____ sets of 3 ____
Total \$ ____

Name: _____ Phone: _____ E-mail: _____

To order please leave your order form at the school office.
We are able to accept exact change only, or cheques payable to NWS Class of 2016