

Nelson Waldorf School Bulletin

December 2 2009



CALENDAR OF EVENTS

December 2009

Fri.	4		St. Nicholas Day
Mon.	7	8:30am 10:30am-Noon	2 nd Advent Assembly KG. St. Nicholas
Thur.	10	6pm	WINTER CONCERT
Fri.	11	9:30am	Santa Lucia Assembly (Class. 8 Performance)
Sat.	12	10am – 3pm Activities/Food Areas 10am – 4pm Artisan Market	Winter Faire
Mon.	14	8:30am	3 rd Advent Assembly
Wed.	16	10:45am-Noon	KG Seasonal Potlucks
Thur.	17	11am - 12:30pm 12:30 - Early Classes 1 - 8 NO KINDERGARTEN	Shepherds Play (Faculty Performance)
Fri. Dec. 18 – Sun. Jan 4 Mon. Dec. 21–Sun. Jan 4		CLASSES KG – 8 WINTER BREAK MARI GOLD WINTER BREAK	

~ WINTER CONCERT ~

**Thursday, December 10th at 6pm
in the Silver King Hall**

We hope you will join us for this special holiday sharing. Our initial program consisting of Music and Eurythmy has been adjusted to account for the extended absence of our music teacher, Bree Switzer, while she has been recuperating from surgery. Therefore, in the spirit of sharing, we will offer a medley of performances from many of the grades, including Eurythmy, poetry, singing and music.

We look forward to seeing you there!

NWS Annual WINTER FAIRE

Saturday, December 12th

10am – 3pm Activities/Food Areas

10am – 4pm Artisan's Market

Please see attached page for more information.

SHEPHERD'S PLAY – Performed by NWS Faculty, Staff & Parents

In the Christmas festival the great image is of a birth, surrounded by love; the Christ child in the stable, with the mother and father, shepherds and animals. In the dark of winter, the son, "the light of the world", has been born, just after the winter solstice when the light is now returning. It is the birth of the sun in the deepest darkness of the year. Faculty and staff traditionally perform the reverential and humorous medieval nativity, "The Shepherds' Play", as a gift to the students and school community. This tradition of "The Shepherds' Play" is observed in most Waldorf schools throughout the world.

NWS 2010 SKI/SNOWBOARD PROGRAM DATES are: Jan. 15, 22, 29

& Feb. 5. - Full information, payment details & permission forms will be posted in next week's bulletin. **Ralf Hoerger**

ANNOUNCEMENTS

ST. NICHOLAS DAY

**Classes 1-8 Friday, Dec. 4
Kindergarten, Mon. Dec. 7th**

St. Nicholas Day is a European tradition in which Bishop Nicholas and his silent servant Rupert visit children. Saint Nicholas often visits the classrooms, reads from his golden book, which records the deeds of all the children and afterwards he leaves gifts for the children. On the eve of December 5, in many traditions, children place their shoes outside the door hoping Saint Nicholas will leave a treat. (Your children would love a surprise)

SANTA LUCIA

Class 8 performance

Friday, Dec. 11 at 9:30am

According to the old Julian calendar, December 13th was the longest night of the year. The ancient people were very much aware of the diminishing daylight and feared the cold and hunger that accompanied the sun's decline. Men yearned for a friendly spirit to intercede, restoring the light to the earth. Over many centuries, this spirit of light became personified in St. Lucia, the Queen of Light. In the present day, St. Lucia's Day is most commonly celebrated in Sweden. "Lucia", usually the eldest daughter who comes singing the ancient Sicilian song "Santa Lucia", awakens families all over Sweden. Dressed in white and wearing a crown of lighted candles, she presents saffron buns and Christmas cookies to members of the family. Traditionally, Class Two and Class Eight lead a Santa Lucia celebration for the whole school.

Bouquets

Bouquet of Flowers to Carron Mulligan for producing and directing another excellent Class play, "Joan of Arc"; it was a meaningful and moving production. Thanks from all of the children and parents in Class 7.

SOCIAL INCLUSION CORNER

Simplicity Parenting

For the month of December, the Social Inclusion topic comes from Kim John Payne's concept of "simplicity parenting". Trained as a psychologist and working closely with children who had been diagnosed with severe attention deficit and/or hyperactivity disorders, Kim Payne began to offer parents one year's worth of free therapy, or one day where he and his coworkers would come over to the families' homes, and spend the day with them, from sunup to sundown.

Payne had previously worked with children in Thai-Cambodian refugee camps who were suffering from post-traumatic stress disorder, and noticed that the treatment programs that he was creating for London children with attention deficit disorder, and those that he had created for the refugee children were identical. All the children shared similar symptoms of nervousness, jumpiness, anxiousness and hyper vigilance. Payne came to wonder if the cumulative stress of life in the western world could be at the bottom of the symptoms he was seeing. He thought that if caregivers could find ways to build up a child's vitality, etheric forces, or qi, while at the same time quieting down stimulation, then maybe the symptoms would recede.

When he goes in to family homes, he focuses on simplifying three main things: environment (including food), screen media, and schedules. More or less, the idea is to identify what influences a child is receiving, and cut them in half. It is normalized in our culture, posits Payne, to have access to all sorts of information, food, toys - in short, "stuff". With less "stuff" around, the hijack on the senses is relieved, and the calmer a child (or anyone, for that matter) can feel.

Next week, I will go into more of his suggestions about how to simplify, and the week after that, we will look at simplifying over the holidays. In the meantime, however, I highly recommend listening to some of Kim Payne's audio CDs which are available, with a deposit, from Keitha at the office.
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.

The Parents of SICG Deirdre McLaughlin, Paige Adair, Georgia Argyle



Notes from Administration – Beverley Barcham, Administrator

NWS ANNUAL GENERAL MEETING

On Tuesday, November 24, 2009 the Nelson Waldorf School held it's Annual General Meeting. This meeting is in accordance with the legislation and by-laws adhered to by the School. Although attendance was low, those who were able to attend were appreciated.

The NWS Board of Director nominations and elections were completed with the following Directors voted into office:

Mr. James Loepky
Ms. Joanne King
Mr. John Leishman

With continuing Directors:

Mr. Steve Forté
Mr. Ralf Hoerger
Ms. Carron Mulligan
Ms. Donna Switzer

Minutes and reports have been posted on the website www.nelsonwaldorf.org

Should you wish more information or clarification please contact me or any of your Board Directors.

NWS Head Lice Protocol

During September and October of this year a submission was received from a group of parents requesting a review of the protocols practiced at the School in relation to our Head Lice Policy.

Working in collaboration with parents, the School has adopted the attached new protocol. This new protocol will be published in our next Parent Handbook. It is our intent to have an all-school head lice check in January when we return from the Winter Break (assuming we do not have reported cases prior to that time).

If you have any concerns or questions please contact me.

HEAD LICE SCHOOL POLICY

The collective goal of the NWS community is for nit-free classrooms. This is seen as a communal effort. It is agreed that the best way to eliminate the cycle of re-occurrence is for every family to help and support this goal.

Families are the first line in lice management and prevention. However, the NWS will assist families in accessing supports, where requested, or deemed necessary by both family and School.

In support, NWS adopts the following guidelines that allows for the ongoing detection/ treatment of lice and nits.

- The school will offer opportunities for education regarding lice to staff, parents and children. Emphasis will be on the benign nature of the insect and infestation, the need for acceptance/respect and ways to minimize infestation. The school will offer reminders to students through the school year to minimize activities that can assist the spread of lice (sharing hats, combs; close head-to-head contact, etc.)
- Checks within the school will occur in an environment that is respectful of the child's person and privacy.
- The responsibility of recruiting of volunteers to conduct the lice checks or to support families, will be through Class Reps, as set out each year at the first meeting of the Class when parent tasks are allocated.
- A head lice check of the children and teachers in the school will be scheduled at the beginning of each term as well as upon the report of any cases of head lice in the School (based on the availability of volunteers).
- Prior to the head lice check, teachers will be informed and will have the opportunity to speak to the children to provide information and an explanation of the process. A note will go home to parents with the request that they check their children's hair. If classroom volunteers are not available, a further second request will be sent home to parents.
- Upon the discovery of lice or nits the child's parents or guardians will be informed of the discovery via telephone and provided with information regarding treatment options and parent resources. Within the classroom, the teacher will re-address as needed the benign nature of lice, the impact that teasing and bullying can have, and reinforce the importance of activities that minimize the spread of lice. The child may stay in the class until the parents pick up the child or to the end of the School day.
- Children may return to class after the following requirements are met:
 - 1) completion of an initial treatment; and,
 - 2) completion of a school form describing the treatment steps taken.
- Children may then return to class with precautions to minimize any spread of lice. There is the expectation that regardless of the treatment method chosen (wet combing, medicated lotions etc) that the treatment regimes be completed (every 2-3 days for wet combing, every 7 days for medicated lotions) at the appropriate intervals, and that these be documented at the Front Office. It is expected that nit combing will be ongoing throughout the treatment process.

ADDENDUM: The above Policy/practice has been written for Classes One through Eight. Due to practices and classroom behaviours in the Early Childhood Program, a review will be on-going. (This refers directly to the closeness of head-to-head contact, as well as the 'dress-up' play).

WINTER FAIRE NEWS

Saturday, Dec. 12th

10am - 3pm Activities/Food Areas

10am - 4pm Artisan's Market

Advance Winter Faire Admission Tickets and Puppet Play Tickets on Sale on Monday at the Finance Office

Avoid Faire line ups

Winter Faire Admission-\$6/ Child and \$2/adult who are not working at the Faire. If you are an adult working at the Faire pick up your complementary admission ticket from the Finance Office when you purchase your child's admission ticket. (Admission covers all the children's activities, including candle dipping, but not including purchases at the Children-Only Store)

"The Shoemaker and the Elves" Puppet Play - \$3/person....Book your toad stool early to pick the time your family would like to see the play at the Faire - 10:30am, 12:30pm or 1:30pm

Volunteers still needed:

VOLUNTEERING AND ORGANIZATION OUTSIDE CLASS EVENTS: contact Martha, 352-0953, marthaellenw@gmail.com

Admissions Desk (6 volunteers)

Parking (2 volunteers)

Gym set up Fri. Dec.11th 12:30pm (volunteers needed)

Fireside Cafe 11am-3pm(hot cider, popcorn, wieners & hot dogs) (James Loepky & more volunteers needed)

Musicians

Two evergreen trees (need volunteers to get)

Donations of **Sustainable Solstice Toonie Auction** items (earth friendly, fair trade, handmade, soulful)

Volunteers for the NWS P.R. Table in the gym with the Toonie Auctions

The Lighting the Way to the Future Fund Raising Campaign

is raising funds for the completion of the new stage lighting project and for renovations for a third Kindergarten to support increased enrollment in the school. It is being initiated at the Winter Faire by the NWS Parent Council with the **Sustainable Solstice Toonie Auctions** in the Silver King Artisan Market. We are looking for 10 donated earth friendly, fair trade, handmade, soulful items/ideas. If you have an item to donate or a suggestion of a business that might donate an item please contact Martha, 352-0953, marthaellenw@gmail.com

Each class coordinates a part of the Magical Winter Faire Village (through time through the grades each class will experience coordinating each of the events):

ORGANIZATIONAL RESPONSIBILITIES: (Class Winter Faire reps. organize their class event with their class)

Marigold - Gnome Cafe (Julie Stuppiello)

Kindergarden - Gnome Crafts and Cookie kingdom (Jen Bruin, Bronwyn Murray)

Class 1-2/3 - Candle Dipping (Jane DiGiacomo)

Class 2/3 - Bread Bakery (Claire Leishman)

Class 4 - Wool Works (Deb Thompson)

Class 5 - Winter Crafts (Pam Loepky)

Class 6 - Children-Only Store (Sheryl Richmond)

Class 7 - Frost Bite Cafe (Jane Courtney)

Class 8- Rudolph Cafe (Ana Luke)

PARENT NEWS

December 2 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.

FOR SALE - Atomic Shape Skis & bindings, 120cm w/Salomon boots youth size 4 & Kerma Poles (we think whole pkg was for our 9 yr old). All in excellent shape \$120. Helly Hansen black snow pants, size 10, like new \$40. Call Trena 352-7655.

KIDS SKIS WANTED - 85-90cm. Call Shauna at 226-0087.

FOR SALE - 2001 Ford Escape SUV 4WD. 201,800 kms, Automatic, great condition, regular maintenance done, brand new brake work, also new ignition column, new alternator, 2 yr old battery. Comes with 2 yr old all seasons and 2 yr old winters. \$7,000. Call Kate at 352.1938

STUDENT EXCHANGE - My name is Leoni Heller. I am 14 years old & live with my family in Winnenden a small town near Stuttgart. I am very interested in doing an exchange in 2010/Grade 10 with a student the same age/grade, for 3-4 months to improve my English skills. If there is a student who is interested in the exchange, please contact me at leoni_heller@web.de

GLOBAL GIFTS FAIR TRADE MARKET at Self Design High, Dec 4 & 5th - Fri 5 to 9PM / Sat 10 to 5PM at the Nelson Legion, 402 Victoria St. (2nd floor), Kids Only Tent, Food and Entertainment. Everyone Welcome!

'CHRISTMAS IN THE KILN' - an Old Fashioned Family Workshop, Sat. Dec. 5th. at the Old Jam Factory (301 Vernon). Make your own handmade ornaments out of clay or wood for your Christmas tree, Hanukah or Solstice Celebrations. *eARTh Community Clay Studios* & *'Ideas in Wood'* will provide families with all materials required. Admission is \$10.00 per person. Families will need to pre-register between 1-4 on Dec. 5th as space is limited". *Partial proceeds from the weekend sales will help to support the Food Bank.* For info or to register, contact Diane Walters 354.1228 or www.earthstudiosonline.com.

WANTED - looking a van or car (seats 6) for a family of 6, under \$1000, any leads would be appreciated. Call Daniel at 250-505-5042.

PARENT COUNCIL NEWS

FOOD FOR FUNDRAISING – A weekly grocery budget of \$250 raises \$15 for school activities & programs. Monthly that's \$60. For the whole school year that's \$600!!! And all you did was eat! Buy your groceries using gift cards purchased at school. See Andromeda in the Finance Office.

Last Week to Order - POLESTAR PLANNERS –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.

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 <u>Tick column of choice</u>		<u>Notes to Julien</u>
FAMILY PRICES 2 meals \$5.00 - 3 meals \$7.00		Portions & topping Eg.CheeseX 2		2-BBQ Hot Dogs	1 Tofu Dog	1 Smokie
NAME	CLASS					
1)						
2)						
3)						
CHEQUES PAYABLE TO <u>JULIEN CORMIER</u> (Not the School) Or <u>*EXACT CHANGE ONLY*</u>						Advance Orders by number of weeks. X _____ Weeks
						Total Paid \$