

# Nelson Waldorf School Bulletin

January 6 2010



## CALENDAR OF EVENTS

### January 2010

Wednesday	13	6:30pm - 8:30pm	Class 6 Parent Meeting
Friday	15	NO SCHOOL FOR CLASSES 1 & 2/3	Ski Day #1 - Classes 4 to 8
Friday	22	NO SCHOOL FOR CLASSES 1 & 2/3	Ski Day #2 - Classes 4 to 8
Wednesday	27	5:30pm – 7pm	Bluebell Kindergarten Parent Meeting
Friday	29	NO SCHOOL FOR CLASSES 1 & 2/3	Ski Day #3 - Classes 4 to 8

### February 2010

Friday	5	NO SCHOOL FOR CLASSES 1 & 2/3	Ski Day #4 - Classes 4 to 8
Thursday	11	Time TBA	Carnaval Assembly
Friday	12	12:30pm EARLY DISMISSAL <u>ALL CLASSES</u>	Carnaval Celebrations
Mon-Fri	15-19		PRO D WEEK No School for Classes KG to 8 <b>Marigold will remain in regular session.</b>

### NWS SKI /SNOWBOARD PROGRAM DATES

for Classes 4–8 are on the following four Fridays:

**Ski Day #1** - January 15<sup>th</sup>  
**Ski Day #2** - January 22<sup>nd</sup>

**Ski Day #3** - January 29<sup>th</sup>  
**Ski Day #4** - February 5<sup>th</sup>

- ⇒ **PLEASE SEE ATTACHED "Ski Days Reminders"** for important updates and details.
- ⇒ **PLEASE NOTE** - THERE IS **NO BUS SERVICE** TO or FROM THE SCHOOL ON SKI DAYS  
Parents must arrange to have their children brought to the school by another method on ski days.
- ⇒ **ALSO**, THERE IS **NO SCHOOL FOR CLASSES 1 AND 2/3** ON ALL OF THE ABOVE SCHEDULED SKI DAYS.

## Bouquets

"A bouquet from the Nelson Waldorf School to Letty Bartels for her organization of the NWS alumni event that took place at our School on December 29<sup>th</sup>. The attending alumni students and families were a delight to meet, speak with, and enjoy their talents as they shared with one another through the evening. Let's hope this is the beginning of an annual event." Bev (on behalf of Faculty and Staff)

"A bouquet of gratefulness to John Pengelly for his vigilance in clearing our paths and walkways through these wintery days. It is a welcome sight each morning to see him shovelling, snow blowing and spreading sand throughout our facility preparing for all of our arrivals and school to begin." Thank you, Bev

"A bouquet to Julien Cormier for caring for our school and the winter cleaning of classrooms, offices and hallways during the winter break. It is a joy to be welcomed by sparkling floors, clean carpets, swept classrooms and dusted window sills." Thank you, Bev

Thank you, Joanne King, for cleaning my classroom during our November and Christmas breaks! With appreciation, Mr. Fertey

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### We Need To Sell More Monthly and Punch Passes

In order to have the city bus service to our school we need to sell a minimum number of passes. We are short of our minimum amount. Therefore we encourage all families that use the bus service to our school or for siblings attending other schools to purchase your passes through our school.

**Passes can be used at anytime for all city busses.**

PASSES CAN BE PURCHASED WITH VISA or MC,  
CHEQUE or CASH AT THE FINANCE OFFICE.

## CHILD CARE INCOME TAX DEDUCTIONS (for parents of Classes 1 to 8)

Certain childcare costs are allowed as a tax deduction from the income of a working/schooling mother or, under certain circumstances, a father. A percentage of fees paid to the school by parents of children under the age of sixteen is calculated and provided as a "Tax Receipt for Lunch Hour Supervision". If you would like a receipt, please fill out the form below and return to the Finance Office.

**TAX RECEIPTS WILL BE ISSUED UPON REQUEST ONLY**

Please send receipt for lunch time care to:

This receipt is for:

NAME: \_\_\_\_\_

\_\_\_\_\_  
(CHILD'S NAME & CLASS #)

ADDRESS: \_\_\_\_\_

\_\_\_\_\_  
(CHILD'S NAME & CLASS #)

\_\_\_\_\_ P. CODE: \_\_\_\_\_

\_\_\_\_\_  
(CHILD'S NAME & CLASS #)



## **SOCIAL INCLUSION CORNER - The Soul of Discipline**

Happy New Year, everyone. Last month, we decided that a fitting topic for January, when many are naturally contracting after the rush of the holidays, might be "Discipline". One mother mentioned how she initially balked at the word "discipline", reluctant to explore the topic. My daughter recoiled from the word, too, and when I asked her if she knew what it meant she said that yes, it meant "being the alpha". I wondered how she knew the word "alpha". It occurred to me, then, what a loaded word "discipline" is, so I decided to look it up. One of its meanings is "training people to obey, using punishment to correct disobedience". I think this is the interpretation that stirs people uncomfortably. But another meaning is "activity or experience that provides mental or physical training, as in a spiritual discipline or a discipline in martial arts". And, of course, it shares the same root as disciple which, aside from having Biblical connotations, simply means a student of a particular teacher, leader, or philosophy.

This second definition is the one Kim Payne seems to be striving after with the idea of disciplining our children with soul. He goes through North America's recent history with disciplining children, and briefly touches on why certain trends might have occurred at certain times. He looks at what styles might have grown from or expanded on others, and finally he puts forth his own ideas about mindful ways to give our children limits, giving them something to bump up against. Not surprisingly for anyone who has been reading these articles or who is familiar with his work, Payne's position centers around simplifying our lives and having the time to simply be present, without the pressure of constantly looming deadlines or obligations.

Next week, we will go into more detail about the past century in discipline, and Payne's ideas about what worked and what did not, and where we may go with discipline ourselves. In a sense, we collectively seem to expand on what we have learned. Many of us want to bring a mindfulness into our child rearing, expanding on what our parents brought of their own experiences with discipline. And our children will surely do the same. In the following two weeks, I will go into more detail about Kim Payne's ideas about bringing thoughtful intention and soul into this practice. So, again Happy New Year, as many of us settle back into the routines of our every day lives.

Please avail yourself to Kim Payne's wonderful CD called "The Soul of Discipline" available with a nominal deposit through the Front Office; it is a fascinating listen.

*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



**A warm New Year's Wish – may you remember 2009 with fondness and eagerly welcome the New Year – Happy 2010 everyone!**

**Welcome to Monsieur Daniel Blanchet – written on behalf of the NWS Personnel Committee**

During the interim of Madame Rayya's maternity leave, the School has hired **Daniel Blanchet** to present our French instruction to the students in classes Five, Six, Seven and Eight. Monsieur Blanchet is an experienced and versatile French language teacher skilled in areas of French instruction to children and adults. With a scholastic background from LaSalle College in Montreal Quebec, and experience in both Francophone and English Schools we are very fortunate that Monsieur Blanchet is available to work with our students and teachers for the next few months. With his glowing references, teaching experiences and a firm grasp of the French language we are pleased to welcome Monsieur Blanchet to our School.

**Email Bulletin:**

In November we requested your feedback on the new E-mail NWS Bulletin. We received twenty-five responses. Eighty-five percent of the responses expressed appreciation for the new version and distribution of the Bulletin. Exceptions, in particular we noted a few of you would like to continue to receive hardcopies of the Bulletin. We offer this 'service' and ask that you make your request to the School Office should you wish this consideration during this interim year. We continue to welcome your feedback and will do what we can to meet your requests and/or suggestions.

**Whooping Cough**

We have received reports of several cases of whooping cough in the School. Whooping cough is a *“very contagious bacterial infection of the respiratory system that causes irritation of the breathing passages resulting in a severe cough. Whooping cough is spread when a sick person coughs or sneezes the germ into the air, where other people can breathe it in. Children under 1 year of age and women in their last three months of pregnancy are MOST at risk for complications from the disease.”* (Interior Health) We are including with this Bulletin, a description of the symptoms, diagnosis and preventions. Please take a moment to read this material.

**Parent/Teacher Interviews**

Interviews for Classes One to Eight - dates and times are currently being considered by the Faculty. Notification will be sent home by email by the end of the week, as well as posted in next week's Bulletin.

**Renewal Magazine**

As a member of the Association of Waldorf Schools of North America (AWSNA) we receive the Renewal Magazine to be distributed to our families, twice a year. These will be distributed to the classrooms for the children to bring home. Among the many interesting articles is an article by Joseph Chilton Pearce "Raising Healthy, Creative Children".

**NWS Snow Protocol**

1. **ASSESSMENT**  
The Caretaker is on school site and makes an initial assessment of the conditions at 6:30 am. Considerations are for the safety of students and employees, to include power, water and the ability for emergency vehicles to have access to the School. (Of note these are the same considerations for the public school system.)
2. **GOALS**  
If there are problems on site: ie. no heat, power is out, tree(s) across the road, or road not ploughed, the Caretaker, or other first person on site will contact the General Administrator and/or designate. Consideration for feasibility of having problems cleared up before school start-up time. If this is at all doubtful, the first person (Caretaker) will contact the Administrator and a decision is made as to whether school closure is warranted.
3. **METHOD**  
If a school closure is warranted, the school "phone tree" will be initiated. Calls are made to the class teachers, who in turn contact their class reps to initiate phone trees. A second person to be on site by 7:30 a.m. (arranged by Administrator or designate) to assist with any phone calls that may come in or to supervise children that may arrive due to communication breakdown. A designate will be assigned to the bus depot at Ward and Baker Street to meet children who may have left their homes and be waiting for the bus. Children will be re-directed home again. If no one is at their home they will be directed to go to their back-up or emergency location (neighbour, friend, emergency contact person, etc.) If students do arrive at school, the supervisor on site will care for them until an alternative arrangement can be made. If required, a designate will be assigned to stop traffic at bottom of the school road (or in the parking lot) at the highway.

# PARENT NEWS

January 6 2010



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.

**CAN YOU IMAGINE TRANSITION? An Invitation To Express Yourself** - Transition Nelson is organizing the "Imagine Transition" series of Festivals. We are asking for your inspired vision of Nelson and region's future, expressed through the medium that calls to you: Video, Music, Visual arts and Creative writing are options. The post-carbon, locally resilient, sustainable Nelson of the future will be very different than today. What will Nelson be like or what does the path look like to get us there? Transition Nelson is here to raise awareness about climate change and peak oil and the impacts these can have on our future community. We are soliciting your wisdom and creative genius (all ages!) in planning for a community with strengthened social fabric that can adapt and be a wonderful place to live. Events include substantial cash prizes and all offer high community visibility. Exact details of each competition and entry forms are available on the website, [www.transitionnelson.org](http://www.transitionnelson.org)

**FOR SALE** - Child's ski helmet, Giro Ricochet, adjustable XS/S 49-54cm, nearly new condition, \$25. Email [iainpardo@gmail.com](mailto:iainpardo@gmail.com) or call 505 5088.

**BE A PART OF OLYMPIC HISTORY!** - Olympic Torch Relay in Nelson Community Winter Carnival Celebrate Nelson, Celebrate Canada with fun events for the entire family! **Saturday January 23<sup>rd</sup>**  
**9:00am – 12:00pm - Nelson Recreation Centre**  
*Pancakes, Skating, Street Hockey, and more*  
**12:00 – 6:00pm - Baker Street Rail Jam,**  
*Entertainment, Food and Fun!*  
**6:00pm to 8:00pm - Vernon and Ward Street**  
*The Olympic Torch arrives in Nelson*  
**8:00pm - Baker Street Grande Finale**

**FOR SALE** - Single bed, good condition. Reasonable offer, Call Lisa 825-9282

**CONCERT** - Former NWS music teacher, Jude Davison, and current NWS parent, Craig Korth, together with 8 other local musicians will be performing Jude's latest album, "Circo de Teatro" at the Capitol on Sat Jan 16, 8pm. This must-see event is a CT Scanner fundraiser. Details at [www.capitoltheatre.bc.ca](http://www.capitoltheatre.bc.ca)

## PARENT COUNCIL NEWS

**FUNDRAISING COMMITTEE MEETING** – The Fundraising Committee will be meeting on January 12<sup>th</sup> at 6:30pm in the Parent Room. This is a great chance to come see what our committee is all about as we begin working on our policies and guidelines. If you have any questions, please call Claire Leishman at 354-4965. See you there!

**FOOD FOR FUNDRAISING** - Pantry empty after the holidays! Stock up using grocery cards purchased through the school! Drop by Andromeda's office to pick them up.

## FUNDRAISERS

**MABEL'S LABELS - A CLASS 8 FUNDRAISER** - We've extended our deadline to January 15 so that you can take advantage of this great product. Make a New Year's resolution to keep track of your stuff in support of Class 8 in 2010. Order forms with cheques or exact cash may be left with Keitha at the school office.

**KEEP YOUR HOLIDAY EMPTIES** - Class 4 & 5 are doing a bottle drive & we want your holiday and ongoing empties. Please bring them to the school and drop them in the cart located in the parking lot. Thank you from class 4 & 5.

## CAFÉ CORMIER ORDER FORM

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

## **SKI DAYS REMINDERS – Classes 4 - 8**

Our first of four Ski Days will be next week, Friday January 15<sup>th</sup>. And here are a few reminders for you to look over so that everything will run smoothly next week.

**Payments** Have you already forwarded payment for your child to Andromeda in the Finance Office? If not, then please do so soon.

**Rentals** Please remember that you have until this coming Friday, January 8<sup>th</sup> noon to let me know that you will not require rentals if you have signed up for them. You will be charged by Whitewater for the rental fees if I do not receive this notice. I will also need to be notified if your child wants to switch from skiing to snowboarding and the other way around.

**Chaperones** Lift tickets for chaperons are \$30 per day and rentals are \$10 per day. You need to pre-register and pay the fees with Andromeda in the Finance Office.

**Drivers** The class parent representatives are organizing the drivers.

**Helmets & Goggles** Helmets are a required piece of equipment for the students on ski days. If your child does not own a helmet then please remember to rent one. It is also strongly recommended that all participants wear goggles.

This should be all for right now. I will send out some more reminders and suggestions next week as we get closer to our first Whitewater day. For any questions please leave me a note in my mailbox in school.

Ralf Hoerger

# Pertussis

Related concepts:  
Whooping cough, Bordatella pertussis

## What is it?

Pertussis is caused by bacteria that attach themselves to the cilia (little hairs) that line the respiratory tract. These bacteria produce a potent toxin that inflames the respiratory tract and prevents the cilia from functioning properly. The disease can be serious or fatal in infants and unimmunized children. It is much milder in teens, adults, and in immunized children but it can still be a real nuisance. As you might guess, it can be far worse in people with asthma or with immune deficiencies.

## Who gets it?

I have spoken with many parents who believed that pertussis was a disease of the past. Nevertheless, pertussis is a common cause of chronic cough illness in adults and older children. A study published in the June 15, 2001 issue of *Clinical Infectious Diseases* found that pertussis was the cause of chronic cough in 19.9 percent of the patients studied.

For healthy teens and adults, this is usually nothing more than a long nuisance (lasting months, sometimes with vomiting). For unimmunized babies and those at high risk, pertussis can be severe or even life-threatening.

Pertussis, or whooping cough, which once ravaged children around the world, is again on the rise. Worldwide, about 300,000 people die from pertussis each year. Serious disease is uncommon where immunization rates are high. Still, about 1 out of every 200 babies who get pertussis in the US will die from it. Another 1 out of every 200 will have lifetime brain damage. As many as 2 percent will have seizures, 22 percent will get pneumonia, and most (even in this modern era of reduced hospitalization) will be sick enough to be hospitalized.

Pertussis is found only in humans.

## What are the symptoms?

Classically, people with pertussis go through four stages:

1. Incubation. For 5 to 21 days after exposure (usually 7 to 10 days) there are no symptoms at all while the bacteria multiply.
2. Prodrome. For the next 1 to 2 weeks, pertussis is not unlike a cold. People have runny noses, sneezing, and perhaps a low-grade fever. A mild cough begins that gradually worsens.
3. Paroxysms. The worst part of the illness lasts from 1 to 6 weeks. Spasms or attacks of coughing may come up to 15 times per day. Sometimes, especially in children, the cough is followed by a "whoop" noise as they breathe in rapidly, attempting to get air. Even so, young infants will often turn blue with the spells from lack of oxygen. The coughing spasms can make it difficult to eat, drink, or breathe. The mucus is often thick and sticky. Gagging, choking, and vomiting are common. Sometimes young infants will stop breathing for varying lengths of time between coughing spasms.

This stage of pertussis is much milder in adults, teens, older children, and immunized children. Often an older child will just report a nagging cough for a month or more. Sometimes they hack up mucus with the cough. Sometimes the cough comes in fits. Once or twice, they might cough until they vomit. Otherwise, they feel pretty well -- they just can't seem to shake the cough.

4. Convalescence. As if this disease were not already long enough, the cough continues for another 2 to 4 weeks, but gradually becomes less severe and less frequent. Even after the cough seems finally over, the spasms often recur briefly for the next several months, especially during colds and during exertion.

## Is it contagious?

Pertussis is contagious through close contact via respiratory tract secretions.

You or your child have been exposed if you spend a total of 5 hours (over a week) in the same room with someone with the disease, if you sit next to someone with pertussis for any length of time, or if you have any contact at all with infected mucus or saliva. Between 70 and 100 percent of susceptible people will catch pertussis if they are exposed.

Currently, most adults and teens are susceptible because the protective effect of their childhood pertussis immunizations has waned. To address this problem, it is now recommended that all teens receive a booster vaccine at 11-18 years of age (preferably between 11-12 years).

Most infants are protected after the first 3 doses of vaccine, but this protection begins to disappear when they are toddlers. After the 4th immunization at 18 months old, 80 percent are protected for the next 3 to 4 years. The 5th dose, at kindergarten entry, protects them for another few years.

A booster dose is recommended during the teen years to bolster immunity to pertussis.

### **How long does it last?**

Pertussis lasts for weeks or months. It has been called the 100-day cough. People remain contagious until they have been on a pertussis antibiotic for 5 days, or until they have been having coughing spasms for 21 days.

### **How is it diagnosed?**

According to the Centers for Disease Control and Prevention, people are considered to have pertussis if they have a cough lasting for at least 14 days (with no other confirmed cause) and any one of the following symptoms (even if they have been immunized):

- Coughing spasms or fits (coughs coming in clusters)
- A whooping noise while breathing in
- Vomiting caused by a cough

The case is called confirmed pertussis if there is a positive lab test or if there has been exposure to someone with a positive lab test.

During a pertussis outbreak, anyone who has a cough lasting at least 14 days (with no other known cause) probably has pertussis, even in the absence of other specific symptoms.

The lab tests to detect pertussis are either slow, cumbersome, not readily available, or often fail to pick up the disease. For this reason many physicians rely on the working definition of pertussis. Also, the number of proven cases reported to the health department vastly underestimates the number of cases in the community.

### **How is it treated?**

Babies younger than 6 months, and all others with potentially severe disease, are likely to need care in a hospital, or even a pediatric ICU.

Several of the medicines used in asthma are often used to help control the cough.

In addition, pertussis is treated with an antibiotic. Unless the antibiotic is given early in the course, it doesn't much affect the length of the illness, but is still very effective at stopping its spread. People with pertussis are highly contagious for up to 5 days after starting the antibiotic.

### **How can it be prevented?**

The pertussis vaccine, even with its side effects and problems, has saved many lives by stopping the wildfire spread of pertussis epidemics. Recent pertussis deaths in the United States are a haunting reminder that this disease is still lying in wait.

People who have been exposed to probable or confirmed pertussis should either receive a course of preventative antibiotics (and I say this as someone strongly opposed to the overuse of antibiotics), or be kept home from day care, school, or work for at least 3 weeks. If the exposed individual develops symptoms, they should receive antibiotics to prevent further spread of pertussis to others.

Children under age 7 who have been exposed should receive a pertussis vaccine, unless they have already had 4 doses of pertussis vaccine (and the last dose within 3 years), or unless there is a compelling reason not to immunize them. Exposed teens 11-18 years old who have not already received a booster vaccine should receive one.