



CALENDAR OF EVENTS

JANUARY

Wednesday January 27

5:30pm – 7:00pm

Bluebell Kindergarten Parent Meeting

Friday January 29

NO SCHOOL FOR CLASSES 1 & 2/3
Ski Day #2 for Classes 4 to 8

Saturday January 30

Class 1-8 Parent/Teacher Interviews

FEBRUARY

Monday February 1

6:30pm

Class 8 Parent Meeting

Friday February 5

Class 1-8 Parent/Teacher Interviews
Ski Day #3 for Classes 4 to 8
NO SCHOOL FOR CLASSES 1 & 2/3

Saturday February 6

10am – 3pm

Knit-a-Thon for Haiti at the Nelson Trading Co. Mall on Baker St.

Thursday February 11

Time TBA

Carnaval Assembly

Friday February 12

Carnaval Celebrations
12:30pm EARLY DISMISSAL ALL CLASSES

February 15-19

Monday to Friday

PRO D WEEK - NO SCHOOL FOR CLASSES KG TO 8
Marigold will remain in regular session.

February 24-26

Wednesday-Friday

Class 8 Winter Trip.

February 26

Class 6 Play – “ROMA AMOR” (A Roman Comedy)

MARCH

Friday March 5

Make-up SKI DAY#4 for Classes 4 – 8
Classes will be in regular Friday session for grades 1 & 2/3.

Sunday March 7

2:30pm

NWS Benefit Concert “Awakening to Community”
featuring pianist/playwright Daryl Verville at the United Church (details TBA).

Friday March 12

12:30pm EARLY DISMISSAL ALL CLASSES – Start of Spring Break

**Monday March 15 to
Friday March 26**

SPRING BREAK – NO SCHOOL FOR CLASSES KG – 8
CORRECTION Marigold Daycare will CLOSED THE FIRST WEEK of Spring Break (March 15-19) and OPEN THE SECOND WEEK (March 22-26).

ANNOUNCEMENTS

SKI PROGRAM MAKE UP DAY – As a result of last week’s SKI DAY cancellation, a make-up day has been confirmed for March 5th. **Please Note:** Classes 1 & 2/3 will be in regular session Friday.

COUGAR WARNING IN NELSON - A cougar is causing concern in the Upper Fairview area of Nelson. Officers suspect a cougar killed a deer in the back yard of a residence sometime overnight Monday. Police are reminding residents to pay special attention and use proper precautions when walking, especially after dark.

WANTED – A DVD player for the School TV. If anyone has one they are willing to donate, please call the Front Office at 352-6919.

LOOKING FOR ACCOMMODATION - February 22 to March 13th NWS is hosting a practicum Waldorf student teacher from the Rudolf Steiner Centre in Toronto. Lauren Baldwin will be working with the teachers and students during this period. Lauren is looking for a place to stay during her practicum (Lauren can provide a stipend of \$25/day) and she is willing to buy her own food. If you are interested and may be able to offer something or would like more information please contact Donna Switzer, Phil Fertey or Bev at the School.

A WORLDWIDE WALDORF KNIT-A-THON FOR HAITI

SATURDAY, FEB. 6 from 10 am – 3 pm

(in the Nelson Trading Co. Mall on Baker Street)

NWS students, parents, teachers, alumni and community members have an opportunity to help the people of Haiti by participating in a KNIT-A-THON! In fact, we're inviting all Waldorf Schools on planet Earth to join us by holding a KNIT-A-THON on Feb. 6, making this a worldwide fundraising event.

Pledge sheets were distributed to each student to take home and begin collecting pledge donations towards 1 HOUR of knitting on the day of the KNIT-A-THON. Additional pledge sheets are available at the Front Office or on the NWS website www.nelsonwaldorf.org Knitting needles & wool will be provided.

PLEASE BRING PLEDGE SHEETS AND MONIES COLLECTED WITH YOU ON THE DAY OF THE KNIT-A-THON.

Pledges collected for Haiti will go directly towards an active relief charity.

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 & provided as a "Tax Receipt for Lunch Hour Supervision". If you would like a receipt, please fill out the form below & return to the Finance Office.

TAX RECEIPTS WILL BE ISSUED UPON REQUEST



PLEASE SEND RECEIPT FOR LUNCH TIME CARE TO:	THIS RECEIPT IS FOR CHILD/REN: (ENTER CHILD'S NAME & CLASS# IN SPACE/S BELOW)
NAME:	Child #1
ADDRESS (including Postal Code):	Child #2
	Child #3

SOCIAL INCLUSION CORNER

The Soul of Discipline: The Five Essentials of Compliance

"Discipline is remembering what you want." For years, this has been one of my favourite quotes, getting me through many days and nights of studying, or through times when I was trying to alter some habit or thought pattern that was holding me back. To me, it alludes to what is positive about discipline - namely, that through some measure of focus or sacrifice, we can create positive changes for ourselves. Hinted at in the statement is that it is not always pleasant in the short term - delayed gratification, in other words: otherwise, why the need to repeat it like a mantra?

The funny thing about parenting is that it is rather intrusive in ways. For a time, we make many decisions on what will ultimately be best for our children. If discipline is remembering what we want, what do we ultimately wish to impart to these young souls? As I said in a previous article, there are certain negative connotations that go along with the word discipline. One definition of discipline highlights a harsh, authoritarian sort that centers around fear and obedience. For me, however, discipline is an act of self-love. When it is carried out in balance, I look forward to the challenge, to the pride with which I can look back on my own endeavours and how they have brought me to a new place in my life. In disciplining my daughter, it is this which I want to pass on. I want to teach her how to discipline herself with love.

In his CD "The Soul of Discipline", Kim Payne talks *creative compliance*, which is not blind obedience, but the ability to accept limits and direction. Many of us wish to teach our children to be responsible, cooperative, and empathetic, to think and make good choices for themselves. Payne posits that "good choices are made when one considers others, accepts limits, and can comply." The five essentials of compliance, then, are designed to set both the parent and the child up for a positive experience with discipline. How many of us have memories from our childhood, or more recently with our own parenting, where the adult lost their authority while disciplining, either with too many requests which became dilute, requests that were unrealistic for a child to perform on his own, or any other number of ways that a parent can fail to stand inside his or her authority?

The first step in the compliance five essentials is to **pause**. This is when we ask ourselves what we are asking and why? Are we prepared to follow through if the request is not met? Is it doable? To have positive authority, it is important to stand inside our requests. The second step is to **start small**. Again, this is about setting both the parent and the child up for success. Make the request reasonable, make it achievable. The third step is to **stay close**. In my own life, my daughter often likes to comply with my requests - it makes her feel good to accomplish something - but she sometimes needs help. Maybe she can't think of the logical sequence of events that will bring about a clean room. She needs me around, especially the first few times she is doing something. The fourth step is to **insist**. Payne talks about the importance of children hearing a firm, kind "no" on a regular basis as they build healthy, strong wills. To insist is in keeping with this: short-term discomfort for long-term success. The final step is **follow through**. Follow through ties in with consistency, reliability, predictability - qualities which give a child a sense of security and confidence. And ultimately, we hope, leads them into adulthood with a sense of value for, and embodiment of, these qualities.

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.

PARENT NEWS

January 27 2010



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.

SING FOR LITERACY - with three Nelson Library FREE events in celebration of Family Literacy Week. All events held in the Learning Place, Victoria St. entrance of the library. No registration required,

1. Sing around the Rosies – a special singing time with parents & preschoolers 10:30 to 11:30, Wed. Jan.27
2. Campfire singalong – wear your PJ's, have a snack – bedtime story too. For Families – kids age 5-8 yrs Thur. Jan. 28, 6:30 to 7:30pm.
3. A youth Karaoke Night. Ages 11 & up Fri. Jan. 29 7 to 8:30pm

For info, call Joanne 352-6333 jharris@nelson.ca

WANTED – Cross Country Ski's & Boots, size women's 8 or 8 1/2. Contact Carron 352-2025

BIG LIP SYNC CONTEST – registration is at the Capitol Theatre Feb. 9-24/\$8per person. Performance date is Sat. March 6 at 7:30pm at the Capitol Theatre. Contact Laurie 352-1618/354-1510 or lmjnel@telus.net

FUNDRAISERS

HAND MADE "VALENTINES DAY" ORGANIC TRUFFLES - A Class 2 Fundraiser.

Don't miss out on these ultra decadent, delightfully divine & mouthwateringly marvelous confections. Please Pre-Order at the Front Office (exact change or cheques only). Order forms with pricing details are available at the Front Office or on the NWS website www.nelsonwaldorf.org - Order pickup is 12:30 Feb. 12 in Class 3.

BOTTLE DRIVE CONTINUES UNTIL YEAR END - Class 4 and 5 would like to thank people who have already dropped off returnable bottles and cans. Please bring all your refundables to the school and drop them in the BINS located beside the sanding box (across from the Bus Stop). This fundraiser will continue all year.

FOOD FOR FUNDRAISING – It couldn't be easier to support the school. Buy all of your groceries using grocery cards purchased through the school. Drop by Andromeda's office to pick them up.

PARENT VOLUNTEERS SOUGHT

We're seeking one or two parent volunteers who could help with the Lighting the Way to the Future Fundraising Campaign. Contact Bev if you can offer your assistance.