



September 23, 2009

weekly announcements

COMING UP ...

...ALL SCHOOL

◆ ALL-SCHOOL HOLIDAY - NO CLASSES

Mon Sep 28

- ◆ DEVELOPMENT LIAISONS MTG. - GRADE SCHOOL CAMPUS
Wed Sep 30, 7pm - 8:30pm
- ◆ MULTICULTURAL COUNCIL MEETING
Current members only
Tue Oct 6, 5pm - 7pm, HS campus

...FOR THE HIGH SCHOOL

- ◆ OPEN HOUSE FOR PROSPECTIVE STUDENTS
(hosted by 10th grade parents)
Sat Oct 3, 9am - 12pm
- ◆ PARENT COFFEE AT THE HIGH SCHOOL
Tue Oct 6, 8:45-9:15, Herbst Hall
- ◆ 9TH & 10TH GRADE PARENT EVENING
Wed Oct 7
- ◆ SAT FALL TEST DATE
Sat Oct 10, off campus
- ◆ HS PARENT COUNCIL MTG
Wed Oct 14 6:30pm - 8:30pm, Herbst Hall

...FOR THE GRADE SCHOOL

- ◆ 3RD GRADE APPLE-PICKING DAY TRIP
Fri Sep 25
- ◆ GREEN GNOMES MEETING
Fri Sep 25, after AM drop-off, more on page 3
- ◆ GS PARENTS ASSOCIATION LUNCHEON MEETING
Fri Sep 25, 11:00am - 1:00pm (location/details pg 3)
- ◆ 4TH GRADE FIELD TRIP
Tue Sep 29 - Fri Oct 2
- ◆ 3RD GRADE PARENT EVENING
Tue Sep 29, 7pm - 9pm
- ◆ 3RD GRADE SUKKOT POTLUCK
Fri Oct 2, 5:30pm - 7:30pm
- ◆ NURSERY AUTUMN FESTIVAL
Sat Oct 3 2pm - 5pm, Grade School campus
- ◆ 7TH GRADE PARENT EVENING
Mon Oct 5 7pm - 9pm
- ◆ 3RD GRADE DAY TRIP
Tue Oct 6
- ◆ GRADE SCHOOL FALL HOLIDAY - NO GS CLASSES
Mon Oct 12
- ◆ 6TH GRADE PARENT EVENING
Tue Oct 13 7:15pm - 9pm
- ◆ 4TH GRADE PARENT EVENING
Wed Oct 14 7pm - 9pm

Visit the calendar pages at www.sfwaldorf.org and www.sfwaldorfhighschool.org for more.

SFWHS'S STUDENTS FOR SOCIAL JUSTICE PRESENTS

BUILDING BRIDGES:

ARAB & JEWISH CHILDREN IN ISRAEL

A fund and awareness-raising talk about Waldorf initiatives in Israel.

Tuesday, October 6, 7:30 - 9:00pm

Herbst Hall, HS Campus

More information on page 2



ALL SCHOOL NEWS

◆ Full Board Meeting Tonight, 5:30pm, GS Campus!

Parents are welcome to attend all full board meetings.

If you are interested in attending a meeting, please RSVP with Charlene Davis (cdavis@sfwaldorf.org; 415-931-2750, ext. 307).

Feedback is encouraged by way of email or phone communication with the President of the Board of Trustees, Michael Gowe ([mgowe@sfwaldorf.org](mailto:mgowes@sfwaldorf.org); 415-515-9945).

We apologize for the late notice regarding tonight's meeting. For future meetings please visit our online calendars. Full board meetings are listed along with all other parent meetings. If you have any questions regarding the Board of Trustees, including board meetings, please contact Michael Gowe at [mgowe@sfwaldorf.org](mailto:mgowes@sfwaldorf.org).

◆ Join our Scrip Program!



EScrip and OneCause are easy ways to generate money for our school at no cost to you. Please be sure to register your debit, credit and grocery club cards at eScrip.com. OneCause is another effortless way to generate funds for the school by shopping online through the portal www.onecause.com.

If you have questions about eScrip or OneCause or would like help with registering or adding new cards or updating expired ones on eScrip.com, stop by the development office or email our volunteer Scrip team at scrip@sfwaldorf.org.

Remember also if you shop at Rainbow to purchase Rainbow Scrip at the front office (their scrip is not yet electronic) and to mention SF Waldorf at check-out at Sports Basement and Cole Hardware.

Thank you! Kari Marble, Scrip Team

Continued on page 2, "All School" on page 2

(Kaya 3rd grade, Jaiden K1)

◆ **Students for Social Justice presents**

**Building Bridges:
Arab & Jewish Children in Israel**

A fund and awareness-raising talk about Waldorf initiatives in Israel. Tuesday, October 6, 7:30 - 9:00pm, Herbst Hall, HS Campus

Two Waldorf teachers, one Arab and one Jewish, will speak about Waldorf schools in Israel, where Arab and Jewish children meet and play together - a rare occurrence in that country. Joining the two teachers will be Shepha Schneirsohn Vainstein, founder of the Salaam Shalom Educational Foundation, which sponsors these schools. The foundation also supports a Waldorf teacher training program with educators from the West Bank. The event is sponsored by our Multicultural Council and the Students for Social Justice. For further information, please contact: Karen Gierlach, at pkgierlach@gmail.com or (415) 567 5115 OR Lalla Carini, at lcarini@sfwaldorf.org or (415) 931-2750.

◆ **Discussion Group on Daniel Pink's**

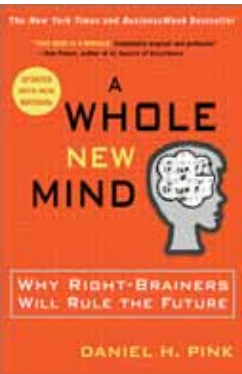
**A Whole New Mind:
Why Right-Brainers Will Rule the Future
4 Thursdays in October, HS campus**

Everyone is invited to join in a discussion group centered around Daniel Pink's fascinating book on why right-brain thinking is needed for our economy and world. The group will also explore how Waldorf education is meeting this challenge. This group was inspired by comments made recently by Patrick Bassett, president of the National Association of Independent

Schools, regarding the need for education to foster this kind of thinking and his feelings about how well the Waldorf approach addresses this need.

The evenings will be facilitated by HS humanities teacher and long-time Waldorf parent, Joan Calderera. Parents of students in any grade are welcome.

The group will meet on four Thursday nights (October 8, 15, 22, 29) at 7:00pm at the high



school.

Please RSVP to Cory Powers at the 415-931-2750 or cpowers@sfwaldorf.org.

Books Inc. in Laurel Village is offering SFWS parents 20% discount on the book. Please call ahead to reserve or order a copy.

HIGH SCHOOL NEWS

◆ **Schedule of Start Times and Dismissals
for HS Curriculum Week, September 21 - 25**

Grade	Start Time/Location		Dismissal Time/Location	
Thu Sep 24				
9th	9 am	HS	3:15 pm	HS
10th (all)	9 am	HS	2 pm	HS
11th	9 am	HS	1 pm	HS
12th	8:15 am	HS	3 pm	HS
Fri Sep 25				
9th	9 am	HS	11:45 am	HS
10th (all)	9 am	HS	12 noon	HS
11th	9 am	HS	3 pm	Exploratorium
12th	8:15 am	HS	3 pm	HS

Please read your individual class emails for details regarding Curriculum Week Schedule. Details are also posted in the descriptions on our online calendars. Contact the HS office at 415-431-2736 if you have questions.

◆ **A Parent Coffee at the High School**

On Tuesday, October 6, from 8:45-9:15 in Herbst Hall, high school parents are warmly invited to join Ellie Capers, High School Chair, for conversation and community building around high school life.

ATHLETICS

◆ **HS Girls' Varsity Volleyball***

- Sat Sep 26 Carmichael Tournament - Carmichael
- Wed Sep 30 5:30pm GAME vs. Chinese Christian - HOME
- Fri Oct 2 5:30pm GAME vs. Gateway - HOME
- Tue Oct 6 5:30pm Game @ Gateway
- Thu Oct 8 5:30pm GAME vs. Contra Costa Christian - HOME

*Home games are at the Annunciation Cathedral Gym, 245 Valencia St)

◆ **HS Boys' Soccer**

- Tue Sep 29 4pm GAME vs. International - Crocker #2
- Thu Oct 1 4pm Game @ Pescadero - Pescadero
- Tue Oct 6 4pm GAME vs. College Prep - Location TBA
- Thu Oct 8 4pm Game vs. Bay - Metson Dr. GGP

◆ **GS Volleyball Season**

- 6th Grade**
- Sat Sep 26 2:15pm Game 1 v. Good Shepherd - 255 Jules Ave
- Fri Oct 2 6:30pm Game 2 v. NDV - 659 Pine St.
- 7th Grade**
- Sat Sep 26 9:30am Game 2 v. St. John - 925 Chenery Street
- Fri Oct 2 8pm Game 3 v. OLPH - 3371 16th St
- 8th Grade**
- Sat Sep 26 10:30am Game 1 v. OLM - 2001 37th Ave
- Fri Oct 2 7:15pm Game 2 v. SAIC - 3371 16th St

Last minute updates? Call the Sports Hotlines:

HS- 415-213-6197 / GS- 415-213-6196

You can also get up-to-date athletics information on our websites at www.sfwaldorfhighschool.org/newsandevents/athletics or www.sfwaldorf.org/gradeschool/athletics.

GS PARENT ASSOCIATION

◆ Green Gnomes Meeting

Join like minded parents concerned with “green” issues around the school. The Green Gnomes work on developing resources for the facility, classrooms and community. Friday, September 25 after drop-off in the Main Hall foyer.

◆ GS Parents Association Luncheon Meeting!

When: Friday, September 25th, 11:00am-1:00pm
Where: 3021 Washington Street, (Arlt home between Broderick and Baker)
What: Lunch (food provided) and Business
RSVP: Marisol Dinardo at maristeve@sbcglobal.net

GRADE SCHOOL NEWS

◆ Kindergarten 1 Looking For Apples

Do you have an abundance of fall apples in your yard? Or perhaps your neighbor does? Kindergarten one is eager to make it into applesauce, apple chutney and apple everything else! Donations can be dropped off at K1 door or the GS office during the day. Please do not leave them after hours! Thank you so much!

Monique and Justine, K1 Teachers



◆ Annual Kindergarten Vision Screening

The annual vision screening for Kindergarten will take place on Monday, October 19th. This valuable, noninvasive test is a screening for major vision problems and is free of charge. If you have any questions, please call Melinda Price at 931-2750 ext. 301.
Melinda Price, GS Registrar

◆ 6th Graders Explore Tuolumne Meadows and Mono Lake



“Swimming in the lakes. I don’t get to swim in lakes very often.”

“Climbing Lembert Dome. I liked the view, and the last steep part was creepy but fun.”

“Seeing the obsidian.”

“The big crater where we climbed 300 feet extra. It was just really fun.”

“Climbing the rocks and swimming every day.”

“Stargazing was my favorite!”

“Waking up real early.”

These are just some of the responses from the children when asked what they enjoyed most about the 6th grade field trip to Tuolumne Meadows and Mono Lake Sept. 14-18. Laurence Jaquet and seven adult volunteers took the class on a four-night, five-day adventure as part of a geology block. The 6th graders dispersed the thousands of black flies that littered Mono Lake’s Navy Beach, marveled at the otherworldly tufa formations, bobbed like corks in the alkaline waters, then explored Panum Crater, a lava dome littered with pumice and obsidian, the volcanic glass once used by Native Americans for arrowheads and scrapers.

Paul Salazar led two stargazing expeditions that took the children to the middle of Tuolumne Meadows where he revealed the wonders of the night sky, starting with Vega directly overhead, the apex of the Summer Triangle. The children spotted satellites, shooting stars, and learned about such constellations as the Big and Little Dipper, Scorpius, Hercules, Capricorn, Delphinus, and Equuleus, the little horse. The chill in the air eventually sent everyone home to the campfire for inspiring oral readings of *The Aeneid*.

Adventures filled each day: hiking through the woods and up the steep granite hump of Lembert Dome for wide views over the meadows and surrounding mountains; wading upriver to swimming holes and places to fish; climbing from Tioga Pass straight up a mountain to the chilly but swimmable Gaylor Lake; crossing the meadow to Soda Springs and drinking naturally carbonated mineral water that bubbles up through the mud.

At every stop the 6th graders took out their sketch books and drew interpretations of their surroundings. In camp they wrote, played volleyball in a circle or over an impromptu clothesline, invented games of tag, and helped prepare all the meals in tent teams with their adult Chef de Cuisine.

Yes, the 6th graders got to do many things they don’t do at home, and their journals – and dirty clothes – bear the evidence.



Larry Habegger, Allana (Gr 6) and Enre McCabe (Gr.3)

FAMILY LIFE SERIES 2009-2010

Mondays, 9:00 - 11:00am
Grade School Campus Library

An opportunity for parents to explore topics in parenting, Waldorf education and the arts, and to build the foundation for a healthy family journey. Limited childcare available for children ages 2 to 4 1/2.

WORKING WITH ANGELS with Lee Sturgeon-Day

Counselor, workshop leader and author Lee Sturgeon-Day returns to our school to offer her famous class on how to connect with our children while they are asleep. With humor and wisdom, Lee guides parents in a practice well-known to all Waldorf teachers, which is sure to bear fruits when other "clever techniques" might be failing us. In this class you will learn to use focused picturing of your child and to develop the kind of inner dialogue that brings answers to your parenting dilemmas. No previous experience necessary, nor a specific belief in angelic beings!

Two weeks: October 5 and 19. Class fee: \$ 60

FEEDING OUR CHILDREN with Nicole LoBue

Nicole returns to our school for the joy of all those parents who seek inspiration, wisdom and essential guidance for meeting the needs of the family at the dinner table. How does the sense of taste develop? How do we prepare the foods that are good for us in a way that our family will want to eat them? How do we make our trips to the market and our time in the kitchen fun and rewarding!

This class, open to meat-eaters and vegetarians alike, includes instruction on how to make lacto-fermented foods and their value in the diet, preparation techniques for digestibility of grains, as well as specific information about the GAPS diet and its variations for children with special needs, and lots of recipes!

Three weeks: October 26, November 2 and 9. Class fee: \$ 150 includes all supplies

LISTEN TO ME! with Lynda Smith

"Transformational! Very insightful! This can be applied to all relationships, and they don't need to know it!"

These are some of the comments made after last year's class with Lynda. Come and experience Nonviolent Communication, a practice of empathy and active listening that will help you foster connection and understanding with your children, co-workers, friends or loved ones.

In this four-part series, we will explore how to:

- Move from judgment to understanding
- Tune into the needs behind anyone's behavior, child or adult
- Establish a quality of connection that will sustain your family through the challenges of life

Lynda Smith is a former editor and former Waldorf teacher. She works as a trained instructor in Nonviolent Communication with a passion for spreading the language of empathy.

Four weeks: Nov. 16 and 30, Dec. 7 and 14. Class fee: \$ 160

Details, registration link and more classes available online at www.sfwaldorf.org/news/

For more information contact Lalla Carini at 415-931-2750, ext 212. For registration assistance, contact Cory Powers @ 415-931-2750, ext 309

OF INTEREST

◆ **Chamber Music Day**

September 26, 2009, 12:30 - 8pm, Free! Old First Church, 1751 Sacramento St., SF

A chamber music marathon with 15 of the hottest ensembles in the San Francisco Bay Area! From baroque and classical to contemporary and jazz. This is a great opportunity for students to hear free live music and get excited about playing an instrument. Flute instructor for several SFWGS students, Diane Grubbe, will be playing with Quinteto Latino at this event.

◆ **Watercolor Painting Workshop for Parents with Elena Forrer**

A time to nurture yourself. Mondays, 9:30— 11:00, October 5, 19 and 26. Classes held at 28 Ridge Rd, San Anselmo.

Together we will explore color through relaxed painting exercises and through our illustration of a child's world and bring forms freely from color. All levels are welcome.

Fee \$ 60 in advance \$25 drop in. Limited space available. If you are interested, please call Elena at 415-456 -3367.

◆ **Marin Waldorf Schools Annual Children's Faire**

On behalf of Marin Waldorf School, we wish to invite you to our annual Children's Faire (appropriate for ages 3-10 years) held on our campus on Sunday, October 18, from 10:00am-4:00pm. We will have outdoor magical games, story telling, puppet shows, organic food, unique vendors and live music. This is a special event for the MWS community and we know that many of you attend each year.

http://www.marinwaldorf.org/childrens_faire.html

◆ **Car Pool from Marin**

Melinda Price, Registrar at the GS is looking for families interested in carpooling from Marin. If interested, please call (415) 734-0810.

Other Families seeking carpools are invited to submit similar notes to the Weekly Announcements. Zip code directories are also available upon request. Please contact Cory Powers, Weekly Announcements at cpowers@sfwaldorf.org for either.