



October 1, 2009

weekly announcements

COMING UP ...

...ALL SCHOOL

- ◆ MULTICULTURAL COUNCIL MEETING
Current members only
Tue Oct 6, 5pm - 7pm, HS campus
- ◆ BOOK GROUP - DANIEL PINK BOOK (SEE PAGE 2)
Thu Oct 8, 7 - 8:30pm, HS campus
- ◆ BOARD OF TRUSTEES MTG.
Tue Oct 20, 5:30pm, GS 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
- ◆ COMMUNITY SERVICE DAY
No HS CLASSES/HS FACULTY GRADING PERIOD
Mon Oct 19

...FOR THE GRADE SCHOOL

- ◆ 3RD GRADE SUKKOT POTLUCK
Fri Oct 2, 5:30pm - 7:30pm
- ◆ NURSERY AUTUMN FESTIVAL
Sat Oct 3 2pm - 5pm, GS 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
- ◆ GS PARENTS ASSOCIATION MEETING
Thu Oct 15, 7pm
- ◆ 2ND GRADE PARENT EVENING
Mon Oct 19, 7pm
- ◆ NURSERY EURYTHMY PARENT EVENING
Mon Oct 19, 7:30pm, GS campus

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



**COOL-HEADED PARENTING STRATEGIES:
GETTING TO CALM**

Dr. Laura Kastner, specialist in adolescent behavior

Mon Oct 19, 7:30pm - 9pm

Annunciation Church, 245 Valencia Street, San Francisco

hosted by the SFWHS Parent Council in conjunction with the Parents Coalition of Bay Area High Schools
visit sfwaldorfhighschool.org for more info



**The 10th Grade
Studying
Meteorology and
Outdoor Education
During Curriculum
Week**

At left:
Preparing to experience
first hand tides, wind
and the wildlife of the
Bay Area.



At right:
Taking water
samples from
Redwood Creek,
Muir Woods
National Park

Photos: Ellie Capers

ALL SCHOOL NEWS

◆ Join our Scrip Program!



EScrip and OneCause are quick to sign up for and 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, you can stop by the development office, email our volunteer Scrip team at scrip@sfwaldorf.org, or **stop by in front of the grade school for the next three weeks on Wednesdays or Fridays 8:30-9:30am at our sidewalk Scrip table.** We'll be sending out a direct email in the next week with much more detail about the workings and potential of these tools for raising money for our school.

Remember, 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 for the Scrip Team, (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 lcarni@sfwaldorf.org or (415) 931-2750, ext 212.

◆ Discussion Group on Daniel Pink's *A Whole New Mind*:

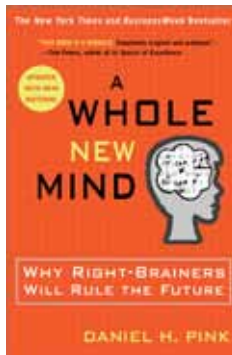
Why Right-Brainers Will Rule the Future 4 Thursdays in October, HS campus

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 Caldarera. 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 where there is plenty of parking.**

Please RSVP to Cory Powers - 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

◆ 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.

◆ Tim Flannery, Environmental Author, to Speak at SFWHS

Tim Flannery, author of the young adult book *We are the Weather Makers: The History of Climate Change* (Candlewick Press) and *Now or Never: Why We Must Act Now to End Climate Change and Create a Sustainable Future* (Grove/Atlantic) - both books are being published in Oct. 2009 - has agreed to speak at our school on Wed., Oct. 21st at 11:05 AM (period 2). Books Inc. will be selling copies of his book. He will discuss the practical steps that students can take for living a greener lifestyle. He will also talk about people whose livelihoods have been directly affected by climate change, as well as individuals who make new technology and renewable resources a part of daily life.

The SFWHS Environmental Club members will be introducing the speaker.



Tim Flannery is one of Australia's leading thinkers and writers. An internationally acclaimed scientist, explorer and conservationist, Tim's books include the definitive ecological histories of Australia (*The Future Eaters*) and North America (*The Eternal Frontier*). He has published more than 100 peer-reviewed papers and is a regular contributor to *The New York Review of Books* and *The Times Literary Supplement*. In Australia he is a leading member of the Wentworth Group of Concerned Scientists, which reports independently to government on sustainability issues. Tim Flannery was named Australian of the Year the day before Australia Day on 25th January 2007.

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

REGISTER NOW!

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.

FEEDING OUR CHILDREN with Nicole LoBue

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

LISTEN TO ME! with Lynda Smith
(Non-Violent Communication)

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

In 2010....

ART WITH CHILDREN with Elena Forrer

SPRING RECIPES with Nicole LoBue

RHYTHMS OF LIFE with Marianne Alsop, Patricia Ardziejewsky, and guests

PARENTING BY TEMPERAMENT with Lalla Carini & Astrid Thiersch

◆ September in the Gardens

We begin the 2009-10 school year with a full complement of gardening activities and locations for second year kindergarteners, 1st, 2nd, and 3rd graders.

As I welcome the children back to St. Anne's, I share with them the "Voices I've Heard and Questions I've Been Asked" during my summer months alone in the garden. The children are delighted to hear that the residents have missed their singing voices, the tomatoes have clamored for attention to their ripe fruits, and the well pump wanted to shake their hands. The garden missed the children and we are all happy to welcome them back to work.

Each class at St. Anne's helps to move the huge pile of wood chips from two felled trees up the hill to our new Tower Garden. We are in the process of covering the ground with the mulch, preparing a cozy space in which we will soon build raised beds and large compost piles.

Down below in our familiar Home Garden, we taste the corn and squash, and revel in the many sweet varieties of tomatoes. Soon we will harvest potatoes and squeeze in a last crop of flax and buckwheat before winter sets in.

This month the third grade works on campus in the courtyard garden. We contextualize the metaphor of "separating the wheat from the chaff". We thresh and winnow the wheat, rye, and barley that the current 2nd



graders planted last winter. The third graders prepare the grain during their practical activity rotations and deliver it to the cooking groups who grind it into flour for the harvest dinner bread.

In addition, the third graders pick tomatoes (white and yellow varieties!)

and collect the large Scarlet Runner Bean pods off the two-story bean stalks.

Every class loves this vinaigrette dipping sauce! Enjoy it at home:

- olive oil
- balsamic vinegar
- salt, pepper
- an assortment of chopped fresh herbs including lavender, sage, oregano, thyme, rosemary
- chopped garlic or young garlic leaves

NB: garlic leaves are easy to grow-just set some garlic cloves blunt tip down in loose, moistened soil and watch the green leaves shoot up. Chop the leaves at will for a few weeks to use as you would chives. You can try this without soil too, just put the separated cloves in a sunny spot.

Amy Belkora, Gardening Program



OF INTEREST

◆ 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

◆ Summerfield Waldorf School presents Addressing the Whole Person: the Role of the Waldorf Parent

Talk by Martin Novom on Friday, October 16, 7:30pm, Sophia Hall, Donation at the Door

As part of the Saturday, October 17th workshop, Martin Novom, CFRE, will present an evening discussion aimed at the questions and issues of being a parent in a Waldorf school. In his lively and warm style, Martin will lead us in an exploration of how we as parents can encourage organizational excellence for our school and still leave each other free as human beings.

The Waldorf Capital Campaign: Transforming Fear into Courage

Workshop Led by Martin Novom, CFRE, Skystone Ryan

Saturday, October 17, Sophia Hall, \$155 (includes Friday evening talk)

Martin will demonstrate the potential of gift money for organizational transformation. This workshop combines "Best Practices: Waldorf Style" with personal, group and school-wide self-knowledge.

◆ CONCERT: G. F. HANDEL Chandos Anthems

Presented by San Francisco Bach Choir with Erica Schuller, soprano; Craig Lemming, tenor; and the SFBC Baroque Orchestra

Saturday, October 17, 8pm, Sunday, October 18, 4pm (FREE Lecture SUNDAY, 3pm)

Calvary Presbyterian Church, Fillmore & Jackson, SF

Advance \$28/\$24 (\$15 Student), Door \$35/\$30 (\$20 Student)

Tickets: sfbach.org; 415-441-4942

NOTE: SFWS grade school music teacher Lisa Sargent is a longstanding member of SF Bach Choir.

◆ SIGG Water Bottle Replacements

SFWS parent MaryLou Chaput notes that there is a voluntary replacement program being offered by the SIGG who produces a popular line of metal water bottles. Since many of our students use these bottles you may want to look into the issues around the liner in some SIGG bottles and consider replacing it through this exchange offered by the company.

Here's the URL of a letter from the CEO at SIGG Switzerland. The letter links you to all the information you need to replace your bottle. URL: <http://www.mysigg.com/bulletin/>

◆ Support Future Waldorf Teachers and Enjoy an Evening of Theater!

The Rudolf Steiner College San Francisco Waldorf Teacher Education Program's Graduating Class of 2010 warmly invites you to their evening of theater:

Once upon a time...

Rose-White and Rose-Red
and *The Nixie of the Mill Pond*

...Two tales by Jakob and Wilhelm Grimm

Saturday October 10, 7:00 pm, SFWS, Main Hall
Donations welcome at the door

For more information call SFWS parent Jessica Eicher at 415-359-5189 or e-mail sfprogram@steinercollege.edu

ATHLETICS

◆ HS Girls' Varsity Volleyball*

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
Fri Oct 9	5:30pm	GAME @ Leadership - 555 Portola Drive
Tue Oct 13	5:30pm	Game vs. Bay - HOME

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

◆ HS Boys' Soccer

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
Tue Oct 13	4pm	GAME @ Leadership (Hayward)
Thu Oct 15	4pm	GAME @ Gateway - Metson Dr. GGP

◆ GS Volleyball Season

6th Grade		
Fri Oct 2	6:30pm	Game 2 v. NDV - 659 Pine St.
Fri Oct 9	5pm	Game 3 v. St. James - 655 Sunnydale Ave
7th Grade		
Fri Oct 2	8pm	Game 3 v. OLPH - 3371 16th St
Sat Oct 10	11:15am	Game 4 v. Star of the Sea - 2001 37th Ave
8th Grade		
Fri Oct 2	7:15pm	Game 2 v. SAIC - 3371 16th St
Sat Oct 10	9am	Game 3 v. St. Brendan - 2001 37th Ave
Sun Oct 11	4:15pm	Game 4 v. St. Good Shepherd, 909 Oceana Blvd.

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.