



December 3, 2009

weekly announcements

**COMING UP ...**

**...ALL SCHOOL**

- ◆ BOARD OF TRUSTEES MEETING (GRADE SCHOOL CAMPUS)  
Tue Dec 8, 5:30 - 8:30pm
- ◆ WINTER BREAK  
Dec 21 - Jan 1
- ◆ SHEPHERDS' PLAY  
Fri Dec 18, 5pm

**...FOR THE HIGH SCHOOL**

- ◆ SAT TEST DATE - OFF CAMPUS  
Sat Dec 5
- ◆ ACT TEST DATE - OFF CAMPUS  
Sat Dec 12
- ◆ HS OPEN HOUSE  
Sat Dec 12, 9am - 12pm
- ◆ CHRISTMAS TREE SALE - HS PARKING LOT  
Sun Dec 13, 10am - 4pm
- ◆ FINAL REVIEWS  
Mon/Tue Dec 14/15
- ◆ FINAL EXAMS  
Wed Dec 16, Thu Dec 17, 2009
- ◆ HS STUDENTS VISIT GS FOR SHEPHERDS' PLAY  
Fri Dec 18, 2009
- ◆ HS HOLIDAY LUNCH,  
1 - 3pm, followed by dismissal for Winter Break
- ◆ HS STUDENT SERVICE DAY/  
HS FACULTY-STAFF IN-SERVICE DAY  
Mon Jan 4, 2010
- ◆ REGULAR HS CLASSES RESUME  
Tue Jan 5, 2010

**...FOR THE GRADE SCHOOL**

- ◆ KINDERGARTEN GARDEN OF LIGHT  
Thu Dec 3, 8:30 - 9:30am
- ◆ 5TH GRADE PARENT MEETING  
Thu Dec 3, 7 - 9pm
- ◆ 8TH GRADE PARENT EVENING  
Tue Dec 8, 7:15pm
- ◆ 7TH GRADE PARENT EVENING  
Wed Dec 9, 7 - 9pm
- ◆ GS PA PARENT THANK YOU SOCIAL  
Fri Dec 11, 8:30am - 10am
- ◆ GS EARLY DISMISSAL FOR WINTER BREAK  
Fri Dec 18
- ◆ GS CLASSES RESUME  
Mon Jan 4, 2010

Visit the calendar pages at [www.sfwaldorf.org](http://www.sfwaldorf.org) and [www.sfwaldorfhighschool.org](http://www.sfwaldorfhighschool.org) for more.

*High School Winter Concert*

**This Friday, December 4, 6pm**

The concert will be at Lakeside Presbyterian Church, 201 Eucalyptus Dr. at 19th Avenue (west side of 19th Ave., one block south of Ocean Ave.), from 6:00 to 7:30 pm. Come and enjoy a festive celebration and a wonderful array of great music from our students.

Admission is free – bring your friends!

Reminder: Due to the new venue there will be no refreshments served this year, but we do anticipate an earlier end time.



## ALL SCHOOL NEWS

The San Francisco Waldorf High School Lecture Series Presents  
**Daniel Pink in Conversation with Michael Krasny**  
**21st Century Education: Motivation, Creativity and Achievement**

Save the Date: Saturday, January 16, 2010, 2pm  
Kanbar Hall, Jewish Community Center



photo: Jerry Bauer

Join us for a conversation with Daniel Pink in conversation with Michael Krasny, host of KQED's award-winning *Forum*.

This past summer we invited community members to join us in exploring the ideas presented in Daniel Pink's previous book, *A Whole New Mind: Why Right-Brainers Will Rule the Future*. Mr. Pink's new book, *Drive*, explores what truly motivates us. Join us for this event, co-sponsored by Books Inc.

Suggested donation of \$5. at the door. Reservations are strongly recommended. For registration and information: please e-mail [hslectures@sfwaldorf.org](mailto:hslectures@sfwaldorf.org) or phone (415) 213-6194.



photo: Greg Habiby (c) KQED

## HIGH SCHOOL NEWS

### ◆ Healthy Culture at San Francisco Waldorf High School!

Organic food? Maintaining rhythms? Keeping warm? Educating yourself about child development? Some families may remember these healthy practices from their children's grade school years at Waldorf, or in another community. But now your child is in high school! How can such healthy life practices and education continue into the challenging teen years?

As part of SFWHS Parent Council's ("PC") commitment to cultivating and maintaining the healthy social life of students, the PC has teamed with the high school administration to create an innovative program benefiting all SFWHS students. Known as the "Healthy Culture" initiative, it was begun last year in an effort to educate, and thereby enhance and support the health and well being of every student at SFWHS. It is currently funded through the generous support of the Parent Council's **Hot Lunch Program**.

The first approach was to educate parents/families about healthy parenting practices, done throughout last year via several sessions with Abby Metcalf, PhD/MFT, in addition to other PC sponsored speakers. Topics addressed last year included substance abuse, sexuality, stress, technology, and relationships. This year the school is sponsoring (either PC or the SFWHS Speakers' Series) speakers on topics ranging from stress management to whole mind learning that address healthy child development more broadly.

The second approach last year was a set of therapist-led groups with eleventh graders. These proved so successful that the PC and HS administration agreed to expand the program this year.

In 2009-2010, students from all four grades have several opportunities to participate in discussions with their classmates around issues and topics of interest to them. Over the past three weeks, the tenth, eleventh and twelfth grades, as individual classes, have all had a chance to engage in a **facilitated process group** related to topics such as substance abuse, teen development and general life issues. Students meet in separate gender groups and are free to discuss or ask questions about any topic of their choice.

The facilitators are two counseling professionals, Paul Lewis, MFT (for males) and Tina Bollendorf, MFT (for females). While Paul and Tina are both licensed Marriage and Family Therapists, this is not therapy, nor is it strictly educational—in the sense of information delivery. In lieu of the traditional lecture format that attempts to address teen issues by instructing students in what adults believe they need to hear, these sessions build more meaningful relationships through group process and thereby normalize the common struggles of adolescence. Paul and Tina describe it as an experiential process whereby each individual gets to learn about him or herself through direct experience of self and others. Paul and Tina encourage students to engage in an **open and honest conversation about themselves, their lives and experiences, and their hopes and dreams and challenges. At the same time, students who choose** not to share their experiences will not be judged—they can simply witness, and still benefit.

In this regard, parents should note that the **specifics of these group discussions with Paul and Tina will be kept confidential** between the students and the facilitators and will not generally be shared with parents. The confidential nature of this group dynamic has been discussed with students and is necessary to allow them the comfort and freedom to participate in these open and honest group discussions.

One or two more group discussions with Paul and Tina for each grade are planned for Spring 2010, and parents will be notified well in advance of each session.

Thank you SF Waldorf High School parents, faculty, and staff for supporting this very valuable student program!

*Ellen Stephens, SFWHS Parent Council Chair; Karen Apana, High School Mentor*

## Basketball Season Underway!!

High school girls and boys basketball teams have started their seasons. Middle school boys (grades 6-8) begin league play this weekend.



**Last minute updates and directions? 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](http://www.sfwaldorfhighschool.org/newsandevents/athletics) or [www.sfwaldorf.org/gradeschool/athletics](http://www.sfwaldorf.org/gradeschool/athletics).

## GRADE SCHOOL NEWS

### ◆ Grade School Parent Association Volunteer Thank You Social

Dear parents, come join us in Main Hall foyer on Friday, December 11, after drop off, for warm cider and treats. We want to take a moment to thank you for all of your volunteer efforts. We hope you can stop by, relax, and visit before the holidays.

*Jan & Cindy, PA Co-Chairs*



### ◆ A Big Thank You to Our Open House/ Tour Volunteers!

As our tour/open house season is coming to a close, we want to extend our sincere thanks to all the parent, alumni and student volunteers who made it one of our most successful seasons ever. We have welcomed over 300 visitors to our nursery and grade school!

Special thanks to **Jodi Casey**, who added her extensive wisdom, insight and help to almost all of the tours... to **Cynthia Cummins**, whose appearance at tours is always a special occasion... A big thank you to our parent volunteers at the second open house – **Ghita Harris-Newton**, shopper extraordinaire, Laura and George Hudgens, who brought their whole family to help set up on Friday... To our bakers and food preparers, **Arianna Beels, Nina Gold, Amy Gregg, Kate Holcombe, Amy Kalfsbeek, Saandra Nazzal and Ann Ratsep**... To our hardworking, day-of volunteers, **Yasmin, Keith and Sankofa Decuire, Judi Jones, Nancy Petrin and Susanna von Rombs**... To **Kim Janson-Smith** and **Michael Lipson**, who manned the book table, along with our esteemed librarian, **Ann Grandin**... To our alumni, **Illana Stein** (class of 2005) and **Alexander Zatopa** (class of 2009)... To current high school students, **Sofia Alicastro** (class of 2010), **Logan Hart** (class of 2011), **Rachel Pierce** (class of 2010) and **Tabetha Sun** (class of 2011)... To 11th-grade parent, **Paige Hart**, who continues to offer her time and wisdom at several events... To **Todd Oppenheimer**, who, once again, had all ears listening to his impassioned and researched support of Waldorf education... and to **Miguel Zanabria**, who came to help clean up!

And last but not least, a “can’t thank you enough” to **Michele Hoaiduc-Nyguen**, who designed and printed the beautiful signs and volunteer forms for both open houses.

The faculty and staff appreciate all your help and support – we couldn’t have done it without you!

*-Lori Grey, Enrollment Director*

### ◆ Childcare at the Winter Fair with the 8th Grade

The 8th grade will be offering baby-sitting services from 10am - 3pm at the Winter Fair. Come to the foyer to sign up for either one or two hours of baby-sitting. We will take your child around the Fair to participate in crafts and enjoy the activities or mind your babies in the foyer while you shop. The fee is \$5 per hour per child.

### ◆ 8th Grade Fund-raiser: Dr. Hauschka

The 8th grade will be selling Dr. Hauschka skin care and holistic remedies at the Winter Fair and then in the grade school office throughout the year, beginning the week after the Fair. A Dr. Hauschka representative will give a talk at the Winter Fair.

For more than 40 years Dr. Hauschka Skin Care has led the way in holistic skin care. The vast majority of ingredients in the Dr. Hauschka Skin Care line are biodynamically and organically grown and harvested, and not a single ingredient comes from an organization involved in animal testing.

In the early part of the last century, Dr. Hauschka began developing plant-based healing remedies based on Rudolf Steiner’s teachings. Hauschka found that by using the rhythms and polarities of nature he was able to create plant extracts that retained the vital forces of the living plant and remained stable without the use of alcohol or artificial preservatives. In 1967, Dr. Hauschka joined forces with pioneering esthetician Elisabeth Sigmund and they launched their line of therapeutic skin-care products and treatment methods, which came to be known as Dr. Hauschka Skin Care.

### ◆ Grow Your Own May Fair Decorations

Vetch seeds and instructions are available in the office for anyone who would like to grow some for the May Fair 2010.

*Amy Belkora, Gardening Program*

### ◆ Interesting Article in the NYTimes About Waldorf “Forest” Kindergarten

We wanted to share with you a delightful, descriptive article in the November 30, 2009 edition of the NY Times by Liz Leyden about the Waldorf School of Sartoga Springs’ “forest kindergarten.” “Forest kindergartens” are a growing phenomena in Waldorf schools worldwide. Perhaps this is in response to another growing phenomena identified as “nature deficit disorder” by journalist Richard Louv in his book *Last Child in the Woods*.

Get out your rain boots!

[http://www.nytimes.com/2009/11/30/nyregion/30forest.html?\\_r=1&sq=waldorf&st=cse&scp=1&pagewanted=print](http://www.nytimes.com/2009/11/30/nyregion/30forest.html?_r=1&sq=waldorf&st=cse&scp=1&pagewanted=print)

## GREEN GNOMES AT THE WINTER FAIR?

Come to the Winter Fair and see SFWGS Green Gnomes in action.

As part of the school's efforts to reduce their carbon footprint, "Green Gnomes" will be stationed at designated "waste stations" to help you sort your fair garbage in to compost, recycling or landfill bins. Typically, 85-95% of all waste generated at festival events can be diverted from the landfill but only if everyone cooperates by sorting their waste.

Let's see how close we can get to Zero-Waste on Sunday!

## OF INTEREST

### ◆ Dacher Keltner, Ph.D.

#### **Born To Be Good:**

#### **The Science & Practice of a Meaningful Life**

Monday, December 7, 7:30pm  
Lick-Wilmerding HS, 755 Ocean Avenue

Based on the scientific study of emotions, Dr. Keltner believes humans are hard-wired for happiness and a meaningful life. He shows that by paying attention to positive emotions like gratitude, mirth, awe and compassion, we can create a better balance between good and bad in our lives. In social well-being, American children rank 20th out of twenty one industrialized countries!

Dacher Keltner offers clues to:

- Raising well-adapted children
- Being good
- Cultivating goodness in others
- Navigating moral truths

Dr. Keltner, Professor of Psychology at the University of California, Berkeley, and director of its Greater Good Science Center, is the author of more than 100 scientific articles on emotion, facial expression, morality, and power; two textbooks, and *Born To Be Good: The Science of A Meaningful Life*. He has written for national publications such as the *New York Times Magazine*, the *Utne Reader*, and the *London Times*. *WIRED* magazine recently rated podcasts of Dr. Keltner's course, Emotion, as one of the five best educational downloads in the world. Students welcome. A \$5.00 donation is requested at the door.

### ◆ Visiting Day

Bay Area Center for Waldorf Teacher Training welcomes you to see teacher training classes in session on Saturday, December 12, 9-11:30am.  
RSVP Ingrid Orlow, Enrollment Coordinator [iorlow@mac.com](mailto:iorlow@mac.com) or 415-332-2133.

### ◆ Extra Lessons with Ingun Schneider

Does your child (ages 8 to 18) have difficulties:

- with writing, reading and/or math
- writing with a relaxed grasp on the pencil
- copying from the board
- sitting still during lessons
- remembering a sequence of instructions
- managing movement activities with ease, and/or organizing school equipment/assignments?

Ingun Schneider, Director of the Remedial Education Program at Rudolf Steiner College, is back in town and has space for individual sessions on Thursday and Friday afternoons in her Extra Lesson educational support practice in Glen Park. The initial assessment determines the focus of future sessions' movement-based tutorial activities. The goal of this work is to further neuro-pedagogical development thus leading to improved efficiency in the processing and execution of school tasks.

Contact Ingun Schneider, P.T., M.Ed: 415-401-7671.

## 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.*

*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....

**WORKING WITH ANGELS with Lee Sturgeon-Day**

**ART WITH CHILDREN with Elena Forrer**

**FEEDING OUR CHILDREN with Nicole LoBue**

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

**PARENTING BY TEMPERAMENT with Lalla Carini & Astrid Thiersch**

Register online! Link at <http://www.sfwaldorf.org/news/>

San Francisco Waldorf School Association. [www.sfwaldorf.org](http://www.sfwaldorf.org)  
Grade School: 2938 Washington Street, SF, CA 94115; tel. (415) 931-2750; [info@sfwaldorf.org](mailto:info@sfwaldorf.org)  
High School: 470 West Portal Avenue, SF, CA 94127; tel. (415) 431-2736; [highschool@sfwaldorf.org](mailto:highschool@sfwaldorf.org)  
Comments regarding these Announcements or requests for e-mail pdf copies can be sent to [cpowers@sfwaldorf.org](mailto:cpowers@sfwaldorf.org)