



January 6, 2010

weekly announcements

COMING UP ...

...ALL SCHOOL

- ◆ BOARD OF TRUSTEES MEETING
Tue Jan 12, 5:30 - 8:30pm, GS campus
- ◆ AFFORDABLE TUITION APPLICATIONS DUE FOR 2010-2011
Thu Jan 14, 2010
- ◆ APPLICATIONS DUE FOR NEW STUDENTS FOR
NURSERY, GRADE SCHOOL AND HIGH SCHOOL
Thu Jan 14, 2010
- ◆ MARTIN LUTHER KING, JR. DAY - NO SCHOOL
Mon Jan 18, 2010
- ◆ STRATEGIC PLANNING MEETINGS
Mon Jan 25, 6:30pm

...FOR THE HIGH SCHOOL

- College Financial Aid Night with Dr. Greg Smith
Wed Jan 6, 6pm
- ◆ HS PARENT COUNCIL MTG.
Wed Jan 13, 6:30pm
- ◆ MAIN LESSON ONLY / STUDENT SERVICE DAY
Fri Jan 15, 8:15am
- ◆ SAT PREP CLASS FOR JUNIORS BEGINS
(6 Tuesday evenings on campus,
5 Saturday mornings off campus)
Tue Jan 19, 6pm
- ◆ 9TH & 10TH GRADE PARENT EVENING
Tue Jan 19, 7pm
- ◆ 11TH & 12TH GRADE PARENT EVENING
Wed Jan 20, 7pm

...FOR THE GRADE SCHOOL

- ◆ 7TH GRADE PARENT EVENING
Mon Jan 11, 7pm
- ◆ FUTURE FIRST GRADE (ORIENTATION MEETINGS PART 2)
Wed Jan 13, 7:30pm
- ◆ 3RD GRADE PARENT EVENING
Tue Jan 19, 7pm
- ◆ 5TH GRADE PARENT EVENING
Wed Jan 20, 7pm
- ◆ 2ND GRADE PARENT EVENING
Thu Jan 21, 7pm
- ◆ KINDERGARTEN PARENT EVENING
Tue Jan 26, 7pm

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

NOTES FROM THE COLLEGE COUNSELOR

**Financial Aid for College with Dr. Greg Smith
Wed., Jan. 6, 6PM, high school campus**

RSVP lrudsten@sfwaldorf.org.

A TALK BY DOUGLAS GERWIN, PhD
THE WALDORF GRADUATE: AFTER HIGH SCHOOL
Wednesday, January 6, 7:30-9pm
at the high school



The San Francisco Waldorf High School Lecture Series Presents
DANIEL PINK IN CONVERSATION WITH MICHAEL KRASNY
21ST CENTURY EDUCATION: MOTIVATION, CREATIVITY
AND ACHIEVEMENT

Saturday, January 16, 2010, 2pm
Kanbar Hall, Jewish Community Center

Join us for this afternoon 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 or phone (415) 213-6194.



San Francisco Waldorf High School presents

THE CRUCIBLE
BY ARTHUR MILLER
Friday, January 22, 7pm
Saturday, January 23, 7pm
Sunday, January 24, 1pm & 6pm
Performed at the grade school Main Hall

Tickets \$8 in advance through
brownpapertickets.com or at the high school office.

*Parental advisory: The Crucible explores adult themes and may
not be appropriate for children under 12.*



The San Francisco Youth Eurythmy Troupe presents

Wings
Friday, February 12, 8pm
Saturday, February 13, 2pm

at the Cowell Theater
Tickets (\$22/\$15) available at the Cowell Theater Box Office -
415-345-7575 or www.fortmason.org/boxoffice,
San Francisco Waldorf High School front desk, or at the door.

ALL SCHOOL NEWS

◆ Got Great Photos?

We are always looking for photos from school events and field trips for the newsletter and website galleries and we are grateful to the many parents and students who have shared photos with us over the years.

We have set up a school SmugMugs account to receive and archive photos for the school. As always we will review all photos for content and appropriate use. Please follow the directions below:

- 1) Compose a new email and attach the photos you want to submit
- 2) Set the email subject to be: sfwhs photos
- 3) Send the email to: sfwaldorf@email.smugmug.com
- 4) (optional) include a photo caption in the message body

*Cory Powers, Weekly Announcements Editor
Arian Solberg, IT Coordinator*

*It is important all steps must be followed precisely. A computer is parsing the photos and organizing them for us so each step must be exact in order for the photos to be received properly.

HIGH SCHOOL NEWS

◆ Civil Rights Activist and Author Melba Pattillo Beals to Address Grades 8-12



*Melba Pattillo in 1957 with the rest of The Little Rock Nine,
back row 2nd from left.*

On Tuesday, January 19, 2010, Melba Pattillo Beals, civil rights activist, author, and educator, will speak to the SF Waldorf High School and the 8th grade class in the Eurythmy Room at the SF Waldorf High School at 11:55 a.m. Dr. Beals, author of *Warriors Don't Cry: The Searing Memoir of the Battle to Integrate Little Rock's Central High*, will discuss her experience as one of the nine African American students, "The Little Rock Nine," who braved violent resistance to the integration of Central High School in Little Rock, Arkansas, in September 1957. Her memoir chronicles the terror and fear that marked her experiences and those of the other eight African American students and documents their courage and determination. Dr. Beals is the recipient of the Congressional Gold Medal and is the Department Chair and Assistant Professor of Communications at Dominican University of California.

For more information, please contact Mary Anne McGill, HS librarian at mmcgill@sfwaldorf.org or 415-213-6122.

◆ DVD's of High School Winter Concert Available for Purchase Online

Families can now purchase a DVD of this year's High School Winter Concert online. The DVD's cost \$10 and with shipping the total will be about \$15. Please visit the News page on the high school website for details:

<http://www.sfwaldorfhighschool.org/newsandevents/news.asp#winterconcert2009>

We would like to express our thanks to Tim Evans (parent, grade 7) for shooting the footage and producing this for us.

Arian Solberg, IT Coordinator

ATHLETICS

◆ HS Boys' Basketball

Tue Jan 12	4:30pm	JV HOME vs. Bay
	5:30pm	V @ Bay - 1152 Gorgas Blvd
Thu Jan 14	5:30pm	V @ Leadership - 555 Portola Dr
Tue Jan 19	4pm	V HOME vs. Contra Costa Christian
	6pm	JV @ Lick Wilmerding - 755 Ocean Ave
Wed Jan 20	5:30pm	V HOME vs. Pescadero

◆ HS Girls' Basketball

Fri Jan 8	6:30pm	@ ICA - 3626 24th St.
Sat Jan 9	4pm	@ Drew - 800 Presidio Ave
Tue Jan 12	4pm	@ Bay - 1152 Gorgas Blvd
Thu Jan 14	4pm	@ Leadership - 555 Portola Drive
Wed Jan 20	4pm	HOME vs. Pescadero

*HS home basketball games are at the Annunciation Cathedral Gym, 245 Valencia St)

◆ GS Boys Basketball

6th Grade		
Sat Jan 9	10am	vs. St. Mary's - 2750 Jackson St.
Sun Jan 10	2pm	vs. St. Celcilia - 18th Ave and Vicente
7th/8th Grade		
Fri Jan 8	7pm	[WHITE] vs. Stuart Hall - 255 Jules Ave
Sat Jan 9	3pm	[RED] vs. St. Peter SF - 255 Jules Ave
Sun Jan 10	12pm	[WHITE] vs. St. Anne - St. Ignatius - South
Fri Jan 15	7pm	[RED] vs. Epiphany - 255 Jules Ave
	8pm	[WHITE] vs. OLV - 255 Jules Ave
Sun Jan 17	3pm	[WHITE] vs. Mission Dolores - 151 Oak St
	5:15pm	[RED] vs. NDV - 41st Ave and Ulloa

GRADE SCHOOL NEWS

◆ Pizza Update

No Pizza on the 19th

New Session starts on the 26th

Please note that the last Tuesday Pizza Lunch for the current cycle will be on January 12. There is no pizza lunch on January 19th as the 8th grade will be off campus on that day. The next cycle will start on Tuesday, January 26. The sign-up form is available now online at <http://www.sfwaldorf.org/news/>

Thank you, The 8th Grade

◆ Welcome New Family

Please join the faculty and staff in welcoming Frank and Caroline Slacik and their children, Sophia (Gr. 6) and Clara (K1) who have just joined the grade school this January.

Melinda Price, GS Registrar

◆ A Reminder About Parking

Have you ever been late for an appointment, rushed out the door with just a few minutes before you had to be at your destination, scrambled down the stairs, and found someone had parked their car and blocked your driveway? Or have you ever come home from a long, hard day at work, dreaming on your drive home of kicking off your shoes and sinking into your favorite chair, counting the minutes till that moment, only to find that someone had double parked and was blocking you from your restful abode?

Well, unfortunately, our neighbors have had this happen on numerous occasions and, needless to say, they are getting grumpy!

We know, sometimes you think it will just take a second to run down the sidewalk and get your child, but then a mom says hello and asks about dinner on Saturday, and another has a question about a playdate, and then you remember you needed to go into the office and drop off a form, and the next thing you know, you have ruined someone's day.

The Front Office Staff and Faculty thank you for your consideration of our neighbors when parking your car at pick-up time.

◆ Add Some Singing To Your Life

I am a new mom at the Waldorf School.

Last month I was lucky enough to stumble upon yet another bit of magic the school has to offer. I spent 45 transformative minutes after Tuesday drop off breathing, sounding and singing with other parents and Grade School Music Teacher Lisa Sargent. I had no idea what I was doing and certainly no confidence that I could sing that high, but the open heartedness of the group and the rich sounds carried me along.

It was so much fun and I couldn't stop singing the rest of the day. As if beyond my control, I found myself walking down the street alone singing at the top of my lungs! (Warning-this could happen to you.) My chest was open, my breath was full and the world truly looked just a little bit brighter.

Nina Gold, Kindergarten parent

Editors Note: The parent round singing group meets every Tuesday morning in the grade school library. All are welcome. No experience necessary.

THRIVING THROUGH ILLNESS Supporting Children and Adults through Home Health Care

An Anthroposophic Approach to Illness
with Trish McPhee, MSN, FNP-c

Workshop: Saturday, January 30 from 10am to 4pm

At the grade school campus

A "hands-on" experience for participants.
Cost \$ 105 (includes all supplies).

Fever, coughs, nasal congestion, head colds, ear infections and belly upsets are our body's efforts at maintaining equilibrium. Join us for an exploration into the essential power of illness and the appropriate convalescence. Understand why this is crucial and what can happen when it is inappropriately managed.

Learn practical applications and gain confidence in how to manage common ailments. Participation in application of wraps, compresses, inhalations and baths will take place. You will gain confidence in caring for the sick at home while also learning when to seek help. Upon completion of this day, you will take away the physical and practical tools and the necessary understanding of how to manage common illnesses with confidence knowing a renewed strength will follow. You will go home with supplies to start your own home care kit.

Topics include:

- Creating a healing environment using the Four Elements
- Topical applications of wraps, compresses, inhalations and bath demonstrations as well as the indications for use
- Managing the essential convalescence
- Creating your own Home Care Kit

Trish McPhee is a Registered Nurse and Nurse Practitioner. She has three Waldorf-educated children (two grown). She has been working out of Anthroposophy for 13 years, has taught at Rudolf Steiner College and worked at Raphael House in Fair Oaks. She resides in Nevada City, California, where she works as an Emergency RN and is a private practice NP.



Pre-register online at

<http://www.sfwaldorf.org/news/> for this event

or by phone: 415-931-2750

or by e-mail: cpowers@sfwaldorf.org

◆ **Tips from the Green Gnomes:**

Lower the carbon foot-print of your meals?

From Bon Appetit (the food service company not the magazine) the following tips on lowering the carbon output of your meals:

If you buy it, eat it. Less in the landfill means less methane in the atmosphere not to mention the waste of energy it took to get that uneaten food to you in the first place.

Buy seasonal and regional. Again, less energy is expended on getting food to you if it's grown locally, which usually means seasonal. Beware of tomatoes and cucumbers in January. They come from energy consuming hothouses or a warm, far away place. Same goes for tropical fruits.

Mo000-ve away from beef and cheese. Livestock production causes 18% of the world's GHG's. If you eat meat and cheese consider reducing portion sizes and frequency, eating only those you love. Substitute other proteins like chicken and eggs.

Stop flying fish. Don't buy air-freighted fish. Unless you can get locally harvested fresh fish, frozen is usually a better choice, at least carbon-wise.

If it's processed and packaged don't buy it. Junk food, snack foods, most juices, lo-cal cereal bars, even veggie burgers (prepared, boxed, frozen and transported) consume a lot of energy (and produce a lot of waste) which, in turn, produces large amounts of CO2.

Buy local beer and wine. We live in a place where this is easy, so there's no reason not to. Again, air freight from Australia and Europe makes the environmental cost of foreign wines and beers too great. If you are on the east coast, the European wines are better since shipping from Europe consumes less energy than trucking from California.



Grade school registrar, Melinda Price, gets a little help handling the phones from the up and coming crowd.

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

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/>

OF INTEREST

◆ **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.

◆ **8th Grade Student in Lamplighter's Production of *Patience***

8th grader Elizabeth Levinson will be performing in Lamplighters Music Theatre's production of Gilbert and Sullivan's *Patience* starting next weekend at the Novellus Theater at Yerba Buena Center. Elizabeth is one of the chorus of "Lovesick Maidens." Congratulations to Elizabeth, who at 13 is by far the youngest member of the chorus! Tickets range \$12-\$48. Visit www.lamplighters.org for more info.

San Francisco Waldorf School Association.

www.sfwaldorf.org

Grade School: 2938 Washington Street, SF, CA 94115;

tel. (415) 931-2750; info@sfwaldorf.org

High School: 470 West Portal Avenue, SF, CA 94127;

tel. (415) 431-2736; highschool@sfwaldorf.org.

Comments regarding these Announcements or requests for e-mail pdf copies can be sent to cpowers@sfwaldorf.org