



January 27, 2010

weekly announcements

COMING UP ...

...ALL SCHOOL

- ◆ TEACHER CONFERENCE WEEK
SCHOOL CLOSED - NO CLASSES
Mon Feb 15 - Fri Feb 19
(Please note: the high school has an additional No Classes day on Monday February 22.)

...FOR THE HIGH SCHOOL

- ◆ HIGH SCHOOL BLOOD DRIVE - HIGH SCHOOL CAMPUS
Fri Jan 29 - Register online now! See page 3.
- ◆ HS FACULTY-STAFF IN-SERVICE DAY - HS CAMPUS
HS STUDENT SERVICE DAY
Mon Feb 22

...FOR THE GRADE SCHOOL

- ◆ PIANO RECITAL (DUKHOVNY) - MAIN HALL
Sun Jan 31, 2pm
- ◆ GR 1 PARENT EVENING
Mon Feb 1, 7:15pm
- ◆ 4TH GRADE PARENT EVENING
Tue Feb 2, 7pm
- ◆ 6TH GRADE PARENT EVENING
Mon Feb 8, 7:15pm
- ◆ 3RD GRADE PARENT EVENING
Tue Feb 23, 7pm
- ◆ FUTURE 1ST GRADE (2010-2011) ORIENTATION MTG # 3
Wed Feb 24, 7:30pm
Visit the calendar pages at www.sfwaldorf.org and www.sfwaldorfhighschool.org for more.

◆ **Spring Night 2010**

March 20, 2010 - SomArts Gallery

Donate Now at www.sfwaldorf.org/SpringNight

Economists and social scholars are increasingly pointing to the untapped potential of the traditional gift/exchange economy. What a perfect fit for our community—strengthen our friendship and bonds while raising money for our school! If we all turn on our right brains and think outside the box, we can each come up with an interesting, useful donation of our time that will be fun for the giver and the “givee” and ultimately benefit all of our children. Think about something that you would like to receive—or—that you like to do, and then go for it! Send us any great ideas you would like to share, or your wish list of items or services that you might like to purchase!

More ideas coming next week...

*A public performance by the
San Francisco Waldorf High School Youth Eurythmy Troupe
Astrid Thiersch, Artistic Director*



Wings

Friday, February 12, 8pm
Saturday, February 13, 2pm
at the Cowell Theater, Fort Mason

All ages are welcome

The High School Eurythmy Troupe travels to Paris this year, performing at the two largest Waldorf schools in France!

Guest Artists this year are both kindergarten parents: Paul Scheffert brings his signature cool jazz piano, and David Katz will sing new songs by a contemporary Israeli composer!

Eurythmy on Stage is a revelation! What awaits you is a breathtaking blend of colorful flowing movement and profound expression, bringing the spoken word and music alive in movement—come and see!

The Program features a fairy tale, “The Seven Ravens,” poems and texts by Steiner, Obama, Verlaine and Silverstein, and music by Saint-Saëns, Debussy and Beethoven.

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

Congratulations to the cast and crew of *The Crucible*, and director Kelly Lacy, on a truly wonderful production this last weekend.



ALL SCHOOL NEWS

◆ Tuition Payments and March Re-enrollment

Last year, recognizing the burden of near simultaneous payment of tuition upon re-enrollment deposit upon income tax (and maybe property tax!), the school deferred collection of March tuition. We plan to do the same this year. Accordingly, if you are re-enrolling your child(ren)

* and your automatic payment to FACTS is scheduled on February 20th or March 5th, your payment will not be processed OR

* if you normally pay FACTS by check or by self-initiated online payment on the 1st of the month, you may skip the payment due March 1.

Normal payments will resume March 20th, April 1st and April 5th. Skipping this payment will result in your final tuition payment ending one month later than scheduled.

If you do not have a child returning next year, your payment will be processed as usual. If you have questions about this payment deferral, please contact Jim Finn at the Business Office at 415-931-2244 or at jfynn@sfwaldorf.org.

James G. Finn, Assistant Director of Finance

◆ Parents Speak: A Circle of Inclusion

An initial general meeting for parents

Thursday, February 4, 5:30 - 7:30pm, high school campus

Childcare and pizza will be provided as needed. Please email Gail Gurewitz if you intend to bring your child at grosenwitz@yahoo.com.

In association with the grade school's Parents Association and the high school's Parent Council, the SFWS Multicultural Council invites all parents to a general meeting to initiate this forum.

The goal of Parents Speak is to offer a forum that can be used by all families to build awareness around their own cultures as well as the culture of the school. How these cultures come together around issues, tasks or celebrations requires awareness and an openness that needs to be constantly tended. The willingness to enter this dialogue helps service our community and promotes the mission of SFWS.

The process of Parents Speak stresses learning appreciation of differences in our families' personal locations, and how these differences have an impact on one another. Personal location is determined by such variables as language, religion, physical ability, gender, sexual orientation, class, race, ethnicity and others.

"Why should I come to a Parents Speak meeting?"

- Because the parents of the Multicultural Council would like to hear your questions, concerns and/or experiences with multicultural issues in regard to the culture of our school and community to help us inform our future work.
- You would like to be a part of an expanding circle of inclusion.

Membership in Parents Speak is open to all SFWS parents and is co-chaired by parent representatives of the Multicultural Council.

Annual Fund Update

Class Giving Percentages as of
1/27/2010

College of Teachers	100%
Board of Trustees	100%
K1	100%
K2	100%
K3	100%
1st Grade	100%
2nd Grade	93%
6th Grade	87%
5th Grade	87%
Faculty/Staff	77%
4th Grade	74%
12th Grade	69%
8th Grade	65%
7th Grade	63%
3rd Grade	63%
11th Grade	62%
10th Grade	61%
Nursery	58%
9th Grade	45%

HIGH SCHOOL NEWS

◆ Blood Drive at the HS

**This Friday, January 29 - HS Parking Lot.
Time slots still available - Register Now!**

You can sign up for a time online by visiting the Upcoming Events page at www.sfwaldorfhghschool.org.

◆ 2010 Celebration of Courage: Women of Tanzania

On Thursday, March 4, 6:30pm, the Students For Social Justice Club at the SFWHS will present "Celebration of Courage: Women of Tanzania," an evening program honoring the women in Tanzania who face grave challenges in education, health care and human rights. The program will feature a panel of speakers who have worked in Tanzania including Diane Raleigh, PhD., a clinical psychologist, Susan Rickert and Mary Ahlbach, who have built schools in Tanzania, and Gloria Upchurch, a documentary photographer and executive director of A Global Connection. All proceeds from this event will be used to support the construction of the Women and Children's Health Clinic in Sinya, Tanzania. This event takes place in the Herbst Hall at the SF Waldorf High School. For more information, please contact club sponsors: Paul Gierlach at pgierlach@sfwaldorf.org or Mary Anne McGill at mmcgill@sfwaldorf.org.



All the grade school gardening classes worked at loosening this tree stump. After 3 weeks the first grade finally removed it.

GRADE SCHOOL NEWS

◆ Math and Language Arts Learning Goals

A document that outlines institutional learning goals for math and language arts in grades 1 through 8 is now available on our website. This document is an addition to the Educational Program curriculum descriptions produced in the self-study for the accreditation process that was completed last year.

◆ February Break Camp

Sign-up forms for February Break Camp for students in Kindergarten through Grade 4 are now available. Contact the GS office for more information.

◆ New Dr. Haushka Products At Discounted Prices!

Before you head down to Rainbow with your coupon, check out the new products that we are now offering at a 10% discount until the end of January. Since we do not charge sales tax, that makes 20%.

We are now carrying Neem Hair Oil which keeps away dry skin and the Neem Nail Oil that nourishes nails and eliminates hang nails. Also just in are homeopathic cramp and cold remedies to help during colds and coughs. *Thank you for supporting the 8th grade*

◆ 6th Grade Raising Funds for Haiti

The 6th grade is organizing a fundraiser for the people of Haiti. We ask for just one dollar (more if you like) from each student by this Friday, January 29. We thank the students who have already so generously donated.

All donations will be sent to **Partners in Health** an organization that has been supporting Haitians for over twenty years.

Money can be brought to Melinda in the grade school office or left in an envelope in each classroom.

Thank you for your participation. The 6th grade.

◆ January in the Gardens

The first and second grades have been learning about the Wolf Moon in late December. I am reading local author Jessica Prentice's excellent book *Full Moon Feast* and sharing her knowledge surrounding the traditional Native American names for the yearly full moons. Wolf Moon was three weeks ago and now we're fast approaching Hunger Moon.

Native people gave these names to the full moons as a way to mark the moon in relation to food availability and crop production. The Wolf Moon derives its name from the barren time of late December and early January when most parts of the US are covered in snow or chill and people are dependent only on the food they managed to save from fall harvests. It is a time when wolves are howling in their packs, distraught from hunger, coming closer and closer to human shelter.

I show the children examples of Wolf Moon foods: winter squashes, onions, garlic, dried herbs, potatoes. These are all foods that we harvest in late summer and fall and can store well into winter. The second grade enjoyed cooking a Wolf Moon soup of winter squash. See below for the recipe courtesy of *Full Moon Feast*.

In between rain showers we have been working to lay down a wood chip path among the native flowers in our bee garden to keep the pesky grass at bay. The first graders decided to unearth a two year old tall stump, the remainder of a tree that blew down two winters ago. This job has proven to be exciting and addicting. For the past two weeks each visiting class has had a go at its removal. Finally, on Friday the 15th, the First Grade Gnomes succeeded in wrestling it from the ground. Per Monique's request, we'll turn the stump into a nice perch in the garden.

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The third grade cleaned up the school garden and planted a winter crop of potatoes. We placed them in a plot where we'd turned in grain crop residue three months before. Potatoes love to grow among green manure, in other words, plant matter that has been disked into the soil to add organic matter over time. We also planted several new radish varieties to enjoy over the coming weeks. Radishes grow quickly and well in San Francisco.

Wolf Moon Soup:

- Coconut oil (or other oil, but the children love the coconut!)
- Acorn squash (or other winter squash) peeled and chopped into small pieces
- Minced garlic or onion
- Fresh or dried herbs including rosemary, thyme, sage, oregano
- Salt and pepper to taste
- Vegetable or other stock

Sauté squash in oil until soft with herbs and onion/garlic. Pour in stock and mash lightly until soup is lumpy and hot. Serve with a dollop of yogurt if you like.

Amy Belkora, Gardening Program

P.S. Thank you to the Chua family (K2 and Nursery) for fixing our wheelbarrow over the break!

ATHLETICS

◆ HS Boys' Basketball

Wed Jan 27	4pm	JV Home vs. Drew
	5:30pm	V Home vs. Drew
Thu Jan 28	5:30pm	V @ Gateway - 1430 Scott St
Sat Jan 30	1:30pm	V @ Marin Academy, San Rafael
	3pm	JV @ Marin Academy, San Rafael
Wed Feb 3	4:30pm	JV HOME vs. Bay
Wed Feb 3	5:30pm	V HOME vs. Bay
Fri Feb 5	5:30pm	V HOME vs. Leadership
Fri Feb 5	7:30pm	JV @ Bay - 1152 Gorgas Blvd
Mon Feb 8	5:30pm	V HOME vs. Pescadero
Tue Feb 9	5:30pm	V @ Pescadero, Pescadero
Thu Feb 11	4pm	JV @ International - 150 Oak St
Thu Feb 11	5:30pm	V HOME vs. International

◆ HS Girls' Basketball

Thu Jan 28	4pm	@ Gateway - 1430 Scott St
Sat Jan 30	4:30pm	@ Valley Christian, Dublin
Wed Feb 3	5pm	HOME vs. Bay
Fri Feb 5	4pm	HOME vs. Leadership
Mon Feb 8	4pm	HOME vs. Pescadero
Tue Feb 9	4pm	@ Pescadero, Pescadero
Thu Feb 11	4pm	HOME vs. International

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

◆ GS Boys Basketball

6th Grade		
Sun Feb 7	3pm	vs. St. James - 1601 Lane St
7th/8th Grade		
Fri Jan 29	7pm	[RED] vs. St. Mary's - 255 Jules Ave
	8pm	[WHITE] vs. St. Paul - 255 Jules Ave

Check for grade school PLAY-OFF news coming soon!!

OF INTEREST

◆ Singing, Dance of the Soul

A workshop with Christian Boele

Christiaan Boele brings over 30 years of singing and teaching experience for uncovering the voice.

On February 5th & 6th/2010 Christiaan will cover the fundamental principles of Werbeck Singing and put into practice the Uncovering the Voice exercises which deepen the experience of singing to bring healing and renewal to the voice. Join us at the San Francisco Waldorf School for this weekend of deep work and renewal.

◆ Singing, a Pathway to One's Self

A lecture by Christian Boele.

Come and hear this inspiring speaker on February 4th at 7pm, at the Marin Waldorf School, 755 Idylberry Way, San Rafael, CA. Presented by the Bay Area Center for Waldorf Teacher Training. Donations welcome. More details at <http://www.bacwtt.org/curriculum-classes/community-enrichment/spring>.

◆ High School Freshman to Perform at Russian Festival

Dimitri Zabelin (Class of 2013) will be performing traditional Russian folk dances at the Russian Festival at the Russian Center in San Francisco (Sutter Street between Divisadero & Broderick) on Saturday, January 30 at 2:30pm and Sunday, January 31 at 2:30pm. More details at www.russiancentersf.com.

◆ Just Say Know:

A Reality-Based Approach to Teens & Drugs

Monday, February 8, 7:30pm - 9pm

Dr. Marsha Rosenbaum, director emerita of the San Francisco office of the national Drug Policy Alliance and author of "Safety First: A Reality-Based Approach to Teens and Drugs" will speak at The Bay School, 35 Keyes Avenue in the Presidio. \$5 donation requested at the door.

Sponsored by the Parents Coalition of Bay Area High Schools. For more information visit website at www.parentscoalition.net.

◆ Interfaith Spiritual Pilgrimage to the Holy Land for Peace, Healing and Prayer

MARCH 21- APRIL 2, 2010. A Philanthropic and Spiritual Journey led by Jewish and Muslim Clergy who are Waldorf parents. A pilgrimage open to people of all faiths, for experienced travelers as well as those visiting the first time:

- Do you want to visit sites sacred to all three Abrahamic religions?
- Do you want to celebrate an interfaith Passover Seder in Jerusalem?
- Do you want to gain a deeper understanding of the Abrahamic connections between Judaism, Christianity and Islam? Do you want to meet Jewish and Arab Waldorf educational communities working for peace in the Holy Land?

Join these inspiring peacemakers: Jewish Renewal Rabbis Nadya and Victor Gross, Rabbinic Seminary Faculty for ALEPH; Alliance for Jewish Renewal Imam Jihad Turk and Shepha Schneirsohn Vainstein, co-founder of Salaam Shalom Educational Foundation.

For further information, contact Shepha at shephav@earthlink.net

◆ Trunk Show by Winter Fair Vendor

Amber Young, the designer who was at the Winter Fair this past year, is going to be showing her reconstructed sweaters, skirts, ponchos and jackets at Saandra Nazzal's home from 4:00 p.m. until 8:00 p.m. on Saturday, January 30, 2010. This will be a relaxing way for Amber to show some of her new items. Our address is 3676 19th Street at Dolores Street. If you have any questions, please feel free to call Saandra at 415-55-2780. All are welcome.