



February 3, 2010

weekly announcements

**COMING UP ...**

**...ALL SCHOOL**

- ◆ PARENTS SPEAK: A CIRCLE OF INCLUSION  
Thu Feb 4, 5:30pm, HS campus
- ◆ BOARD OF TRUSTEES MEETING  
(agenda includes tuition for 2010-2011)  
Open meeting. RSVP to mgowe@sfwaldorf.org  
Sat Feb 6, 4pm, HS campus
- ◆ 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**

- ◆ SAT REGISTRATION DEADLINE FOR THE MARCH 13 TEST  
Thu Feb 4
- ◆ ACT TEST (OFF CAMPUS)  
Sat Feb 6
- ◆ JUST SAY KNOW:  
A REALITY-BASED APPROACH TO TEENS & DRUGS  
Mon Feb 8, 7:30pm at The Bay School, 35 Keyes Ave.
- ◆ SAT LATE REGISTRATION DEADLINE -MARCH 13 TEST  
Thu Feb 18
- ◆ HS FACULTY-STAFF IN-SERVICE DAY - HS CAMPUS  
HS STUDENT SERVICE DAY  
Mon Feb 22

**...FOR THE GRADE SCHOOL**

- ◆ 6TH GRADE PARENT EVENING  
Mon Feb 8, 7:15pm
- ◆ NURSERY PARENT EVENING  
Tue Feb 9, 7:30pm, 3107 Sacramento
- ◆ 3RD GRADE CLASS PLAY  
Fri Feb 12
- ◆ FEBRUARY BREAK CAMP  
REGISTRATION FORMS DUE BY MON FEB 8  
Mon Feb 15- Feb 19, 8:30am - 5:30pm
- ◆ 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](http://www.sfwaldorf.org) and  
[www.sfwaldorfhighschool.org](http://www.sfwaldorfhighschool.org) for more.

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)

**PARENTS SPEAK:  
A CIRCLE OF INCLUSION  
Thursday, February 4, 5:30pm, HS campus**

*Childcare and pizza will be provided as needed. Please email Gail Gurewitz if you intend to bring your child at [grosenwitz@yahoo.com](mailto:grosenwitz@yahoo.com).*

**"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.*

*More info at <http://sfwaldorf.org/news/>*

*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

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

## 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](mailto:jfynn@sfwaldorf.org).

*James G. Finn, Assistant Director of Finance*

### ◆ Grandparents & Special Friends Day

This wonderful opportunity to invite our extended community to experience our school is scheduled for March 26, 9:30am-12:30pm at the grade school and 1:30-3:00pm at the high school. Please help us make this event happen by providing names and addresses by February 12 of relatives and friends you would like to have on the invitation list. Visit [www.sfwaldorf.org/grandparents](http://www.sfwaldorf.org/grandparents) to submit this information online.

*Mitch Mitchell, Development Coordinator*

## HIGH SCHOOL NEWS

### ◆ 2010 Celebration of Courage: Women of Tanzania



*Maasai Midwives & Future Clinic Site. photo: Gloria Upchurch*

On Thursday, March 4, 6:30pm, the Students For Social Justice Club at 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 Ahlback, 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 SF Waldorf High School. For more information, please contact club sponsors: Paul Gierlach at [pgierlach@sfwaldorf.org](mailto:pgierlach@sfwaldorf.org) or Mary Anne McGill at [mmcgill@sfwaldorf.org](mailto:mmcgill@sfwaldorf.org).

### ◆ Successful Blood Drive on Friday, January 29

"The best way to find yourself is to lose yourself in the service of others."

*-M. Gandhi*

With these ideals in mind, the HS Student Council would like to thank all of the donors --- and there were over 25 individuals, including students, staff, and parents who signed up to donate --- who stepped up on January 29th to give of themselves to save lives. THANK YOU VERY MUCH! We will shortly receive a report from Blood Centers of the Pacific and will relay that information to you next week..

*High School Student Council*

## Spring Night 2010

BENEFIT AUCTION PARTY

**March 20, 2010 - SomArts Gallery**

Check out our auction website!  
(links are available on the home pages of our websites)

Dear Parents---We Cannot Do It Without You!!!!

We Need Your DONATIONS, DONATIONS, DONATIONS!

Please take some time out of your week and ask the merchants or businesses you frequent to donate to our auction. You can submit your donations online through the auction website OR pick-up a donation form in the front office OR download one from our website ([www.sfwaldorf.org/SpringNight](http://www.sfwaldorf.org/SpringNight)).

If every member of our community can donate at least one item AND come to the party, we are assured a great success!!

Interested in volunteering for Spring Night? Visit [www.sfwaldorf.org/SpringNight](http://www.sfwaldorf.org/SpringNight) for details and contacts.

*Thank You, Your Auction Committee*

## GRADE SCHOOL NEWS

### ◆ A Note from the Office

"It's just this one time." "It is just for a minute." "I'm in a hurry today." "I don't have any other choice." "I am usually really good about it, but today, I need an exception." "I never do this."

This is perhaps what runs through your head when you come to pick up your student and leave your car double parked, pull into a neighbor's driveway, completely block the sidewalk, or honk your horn to have your student cross the street and get in the car. Unfortunately, all of these incidents happened in one afternoon pick-up last week. Here are the numbers for you: we currently have 205 households at the Grade School Campus; there are approximately 141 school days this year. If every household parks in a neighbor's driveway or leaves their car unattended only that one time, there will not be a single school day without an unhappy neighbor.

Please, consider our neighbors as part of our community and consider their happiness.

*Thank you, the Grade School Office*

### ◆ PA Festival Committee Meeting

Have you ever wondered why we have festivals at the school, such as the Fairy Walk or May Faire? Or wondered how to get involved or even thought about a Festival that we don't have but you would like to see? Then come along to our Festival meeting on Friday, February 12, at 8:30am in the Development Office. We would love to hear your thoughts and ideas.

Any questions? Please contact Alison Thain at 415 738 0637

### ◆ February Break Camp

Sign-up forms for February Break Camp for students in Kindergarten through Grade 4 are now available. Registration forms are due on

### ◆ GS PA Seeks Additional Bookkeeper

The grade school's Parent Association is looking for one more person to join work with Treasurer Brian Markworth and Bookkeeper Heather Mitchell to help with processing deposits and payments. Some knowledge of Quickbooks is a plus. Please contact Cory in the office if you are interested in helping.

### ◆ 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. <http://sfwaldorf.org/news/>

### ◆ 8th Grade Root-beer Float Fundraiser for Haiti This Friday

*by Pablo Feldman, Grade 8*

I would rather be writing about sports, but right now there is an issue that means more to the world than sports could ever mean - the earthquake recovery effort in Haiti.

All over the globe people are doing their part to help the suffering people of Haiti. So this Friday from 2:30pm-3:45pm, the 8th grade will do their part by having a sale of refreshing root beer floats. All the proceeds will go to the victims in Haiti. Come out and buy a root beer float. This will be a chance for you to do your small part to help the continuing effort to deliver aid and treat the sick. Funds will be donated through the Partners in Health *Stand with Haiti* campaign.

More info at <http://www.standwithhaiti.org/haiti>

### ◆ 6th Grade Pennies for Peace Drive Ending Friday February 12

The 6th Grade Class is hoping that their penny jar in the grade school reception area will be filled up in the next week and a half. On Friday, February 12, they will count the funds and send them to *Pennies for Peace*. This non-profit, founded by Greg Mortenson, author of *Three Cups of Tea*, promotes peace by empowering communities through building schools and funding school supplies for girls and boys in Pakistan and Afghanistan.

More info at <http://www.penniesforpeace.org/>

## ATHLETICS

### ◆ HS Boys' Basketball

Wed Feb 3	3:30pm	JV HOME vs. Bay
Wed Feb 3	6:30pm	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
Fri Feb 12	4pm	JV @ Piedmont, 800 Magnolia Ave.
Mon Feb 15	5pm	V @ LPS (Hayward)
Thu Feb 18		BCL Central Playoffs begin - SF City College

### ◆ HS Girls' Basketball

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
Tue Feb 16	4pm	@ San Domenico - San Anselmo
Thu Feb 18		BCL Central Playoffs begin - SF City College

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

### ◆ GS Boys Basketball

<b>6th Grade</b>		
Sun Feb 7	3pm	vs. St. James - 1601 Lane St
Play-off info coming soon		
<b>7th/8th Grade</b>		
Playoff info coming soon		

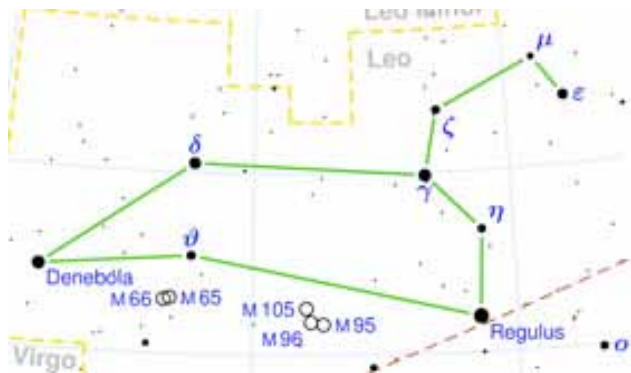
### ◆ GS Girls Basketball

Pre-season practices start this week!



## LEO THE LION

Leo is one of the twelve zodiac constellations. The name "zodiac" shares its origin with the word "zoo" – appropriate for the ring of mythical animals found in the sky. Leo is a very easy-to-locate constellation because it has one very bright star (Regulus) and quite a few moderately bright stars in a distinctive pattern that resembles a lion. The image below shows the general outline of the stars in Leo, with the sickle (or backwards question mark) at the head of the lion, something that is easily identifiable as Leo rises in the east in the winter. For the coming months, it will be appearing higher in the east and traversing nearly overhead throughout the evening.



Because they form a band around the sky that follows the Sun's path, each of the zodiac constellations has frequent visitors as they grace the night sky, from the Moon to the planets. Leo has been the home of Saturn for the last three years, but now Saturn is drifting slowly eastward into Virgo. On the west side of Leo is Mars, currently in retrograde in Gemini, but soon to be speeding toward Leo and a close encounter with the bright star Regulus in June.

Take some time to become acquainted with this celestial Lion, and you'll know how to quickly navigate to Saturn and Mars throughout the spring and into the summer.

*Paul Salazar, The Urban Astronomer, will be on KFOG 104.5 FM next Tuesday February 9 at 7:30 am. And he will be giving a series of talks at the California Academy of Sciences once a month as part of their "Nightlife" series. He will give short astronomy talks and star tours on the Living Roof of the Cal Academy, on February 11, March 18 and April 8. More information and tickets about the Cal Academy "Nightlife" program here: <http://www.calacademy.org/events/nightlife/>*

## 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.

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>.

### ◆ 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](http://www.parentscoalition.net).

### ◆ House for Rent in Big Sur

Have you been yearning for a year in the country? A change of perspective and engagement?

There is a lovely old farmhouse available for rent in Big Sur this March. It comes with an opportunity to be part of the life of a permaculture farm, and the surrounding beauty of nature.

Please phone Heather Lanier for more information. (831) 667- 2030

## Coming up in the FAMILY LIFE SERIES 2009-2010

(Grade School Campus Library)

Limited childcare available for children ages 2 to 4 1/2.

Three Monday mornings 9-11am: March 1, 8, 15. Class fee: \$ 130

### 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!

Nicole LoBue is a chef and nutritionist with a specialization in herbology.

Register online!

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