



The leaves are falling
One by one.
Summer's over
School's begun.

	T	I	M	E	L	I	N	E
Fri	Sep 14		12:30p	HS Early Dismissal				
Sat	Sep 15		6:30p	Fall Family Fling – A Community Dance Evening, St Catherine's Anglican Church				
Mon	Sep 17		7:30p	Gr6 Parent Meeting				
Wed	Sep 19		7:30p	Gr2 Parent Meeting				
Thu	Sep 20		7:00p	Plum Cottage Parent Meeting				
Fri	Sep 21		7:30p	Red Rose Parent Meeting				
Mon	Sep 24		7:30p	HS Meeting for parent of Gr9-12				
Tue	Jun 25		7:30p	First Seven Years Seminar Series for Parents: Part 1, ECC				
Wed	Sep 26		6:30p	Gr1 Parent Meeting				
Fri	Sep 28			Michaelmas				

School Announcements

▼ **Welcome and welcome back** all students and families! We have many new students this year across the grades:

In the **High School** we have several international students from other Waldorf Schools who will be with us for 6 months to a full school year: *Paolo Belmonte*, GR 12, Philippines; *Ronja Dannenberger*, GR 11, Germany; *Thomas Preusse*, GR 11, Switzerland; *Leonie Winterstetter*, GR 11, Germany; *Jonathan Wirth*, GR 11, Germany; *Simon Wittenstein*, GR 10, Germany; *Benedikt Neyer*, GR 10 (exchange with Franz Timm), Austria.

Also new to our High School are *Sarah Yenke*, Gr 11, *Krystal Pollon*, Gr 10, and *Pippin Sargent-Nelson*, GR 9. We welcome back *Novalla Tulloch*, Gr 11

Grade 8: *Hunter Jones* and *Lucas Sampaio Santos*

Grade 7: *Eli Gorin*, *Jo Eun Kim*, and *Monica Yenke*

Grade 6: *Hoon Gu Kang*, *Eva LaFoy*, *Yejee Pae*, and *Su-min Myung*

Grade 5: *Devon Bird*, *Greta Gibson*, *Alihan Gultan*, *Oonagh McDowell*, and *Levi Sinclair*

Grade 4: *Jasmine Gorin*

Grade 3: *Anna Gibson*, *Lauren Ingram*, *Georgia Martin*, and *Katrina Snowball*

Grade 2: *Ethan Hsiao*, welcome back *Hunter Burk*

Grade 1: *Diego Garcia-Leal*, *Joshua Martin*

Many children in our Early Childhood programs have moved to a new class with a new teacher – we wish them all well in this next step of their journey. A warm welcome to our many new Parent and Tot families, and welcome to new children in:

Plum Cottage: *Caleb Fahmi*, *Kai Hardiman*, *Aiden Siemens*

Red Rose: *Leah Ostlund*, *Harper McDowell*, *Isaiah Paget*, welcome back *Joshua Fletcher*

Sunflower: Welcome back *Isabella Vondruska!*

Preschool: *Paris Burk*, *Ixchel Garcia-Leal*, *Sebastian Johnson*, *Koa Krakowski*, *Samuel Rapaport*, *Emmett Olthius*, *Anika Vondruska*, welcome back *Joshua Beardsell*

We wish you all a rewarding and successful year. We also send our best wishes to students and their

families who did not return for this school year.

Fiona Thatcher, Admissions Office

▼ Dear Parents,

Please join us this coming Saturday for the VWS Fall Family Fling!

What's that? you say. It's a community dance where parents, teachers, children and alumni gather together to kick up their heels, dance, laugh and be merry! There will be live fiddlers and a caller who will call out the steps as we go along. Most of us will get it wrong, step on each other's feet and laugh ourselves breathless! VWS students, family, faculty and alumni are all warmly invited. The event is being

held on **Sat Sep 15** at St. Catherine's Anglican Church Hall in Edgemont Village. Doors open at **6:30p**. Tickets are \$12/single, \$20/couple, \$25/family. Light refreshments will be offered during the break and second set. This event is joyfully sponsored



The Bulletin

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bulletin@vws.ca

In order to be published, submissions must be received electronically before the deadline and include the full name of the contributor.

Hand written submissions will not be accepted.

Marketplace and Community Advertisements

Maximum 100 words.

Ad cost: \$ FREE
Submissions over 100 words will not be printed or returned.
Submissions submitted after the deadline will be included at the discretion of the editor.

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Direct all questions to:
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by the school's Social Inclusion Coordinating Group (SICG); the members of the SICG will be presenting the school's new *Code of Compassion* during one of the evening breaks. Please come and join us for some fun and frolic! Tickets are on sale with Ronaye in the front office.

Rosemary Renstad and Wendy Noel
Fall Fling Coordinators

▼ In the name of paper conservation, would you please send a cup or water bottle to school with your child/student? We will supply as much water as your child would like, and we need the cups or bottles to provide this!

Thank you, Ronaye

▼ **Absentees** Please phone the school if your child is absent. We need to know why your child is not at school. You can leave a message on the Absentee Voicemail: call (604)985-7435 and press "5". High School parents should call Robert Adams at (604)986-2922. Early Childhood parents may leave a message with their child's teachers by dialing (604)985-7435, then enter x104 for Red Rose, x103 for Plum Cottage, x101 for Sunflower and x102 for Dandelion and Mulberry Bush Preschools.

Ronaye

▼ **Parking Lot Safety**

Please, please do not park in the Fire Lane. This is a tow-away zone and is strictly enforced. We realize that parking is at a premium and we share the neighbourhood parking with not only our neighbours, but the employees who work at the construction site on Lynn Valley Road. We have received many complaints from neighbours who are unable to get in and out of their driveway and are worried about the safety of their children playing in their driveway. Please be mindful of our neighbours. We also understand that it is tempting to park in the Fire Lane, particularly if someone has mistakenly parked there, and *if one person or more have parked there, it must be ok, right?* Wrong. We need to have this space available for emergency vehicles **at all times**.

This is important because it is necessary for emergency vehicles to access the Early Childhood Centre quickly, which means that they would enter through the gate across the field to the Centre. This could be very dangerous and damaging to cars in its path, not to mention most importantly, that a child or children's lives may be at stake should this area in front of the gate and along the fire lane be blocked.

Do not park here.



Also, please drive slowly through the parking lot and heed the students who have volunteered to help us monitor parking lot safety. You are welcome to commend them in their work.

Thank you, Ronaye

Seasonal Festivals and Special School Events

Michaelmas

I rise through
the strength of Michael
Light of Sun
Radiance of Moon
Splendour of Fire
Swiftness of Wind
Depth of Sea
Stability of Earth
Firmness of Rock

Michael!

At autumn time, as the life forces of nature recede, turning toward a winter sleep, the inner life of the human soul is awakening. It is a time of reflection, a time when we celebrate the building and strengthening of our inner life.



In many cultures, the autumn time marks the beginning of a new year. As the forces of nature are transiting with the autumnal equinox, it is for us also a turning point, as we contemplate our relationship to the light and darkness in the world around us.

On Sep 29 the autumn festival traditionally known as *Michaelmas* is celebrated in Waldorf schools around the world. This ancient festival was named for the Archangel Michael, conqueror of the powers of darkness, the harvester of the deeds of humanity. It is at this time that the image of Michael with the dragon appears before us as a mighty imagination, challenging us to develop strong, brave, free wills, to overcome anxiety and fear. This asks for inner activity and a renewal of the soul, which the *Michaelmas* festival, the festival of the will, helps bring to our consciousness.

At our school *Michaelmas* is celebrated through a wonderful play performed by grades 1 through 4, depicting the valour of St. George, Michael's earthly counterpart, as he conquers or tames the dragon. The play will be performed for classmates on **Fri Sep 28** at the School Michaelmas assembly. Parents of children in Grades 1 - 4 are warmly invited to attend the dress rehearsal, on **Thu Sep 27** at **9:00a** in the Grade School Hall.

Waldorf Education for Parents

▼ The First Seven Years Seminar Series for Parents at the Vancouver Waldorf School

Our Early Childhood faculty are once again offering this excellent and very popular series on early childhood development. How does Waldorf Education see the first seven years as a foundation for life and what can parents do to support this development? 8 sessions beginning Tuesday, September 25, in the Marjorie Thatcher Room in the Early Childhood Center. Please feel free to invite friends, family and colleagues! There is **no charge** if you have a child enrolled in the school. For the greater community, admission is payable at the door: \$15 per session or \$100 for the entire series. See the detailed schedule on page 5 of the Bulletin. For more information please call Ronaye Ireland ▶ (604)985-7435.

▼ **Lyre players needed.** Calling all lyre (Choroi/Gartner....) players. There is a proposal to meet as a group to keep up those skills and make sure there are always players for the Advent Garden! We are looking at an initial gathering end of September or early October. Please call if you are interested.
Marilyn ▶ (604)984-8305

Anthroposophical Courses and Events

▼ The Greater Vancouver Therapeutic Society for Anthroposophic Medicine warmly welcomes you to our upcoming Medical Seminar and Workshop on Spirituality in Medicine with Michaela Glöckler, M.D. Dr. Glöckler is an experienced school doctor and since 1988 she has been leader of the Medical Section of the Anthroposophical Society at the Goetheanum, in Dornach, Switzerland. You may download our brochure at:

<http://www.vws.ca/2008/fs/GVTSAM-MedicalConference-200710.pdf>

Please feel free to contact us.

Kyle Morton ▶ (604)926-4864

Donna Martin ▶ (604)926-1266

Jane Williams ▶ gvtSAM@19physio.com

Accommodation

▼ **A Waldorf family of three** (two daughters in Gr11 and Gr8) with a quiet lifestyle, is looking for a cozy 2 & den or 3 bedroom suite. **Oct 1, 15 or 31.** Bright, quiet, garden level, with an access to the yard. Fireplace would be a dream come true. We are looking for a nice little place with heart and with the potential to inspire an artist. Both my daughters are great baby-sitters and I love gardening. If you know about such a place please call me.
AninA ▶ (604)551-4403

▼ Soak up the Indian summer on Vancouver Island at *The Squeeze More Inn*. Full use of a waterfront cottage with all the comforts of home where Mother Nature reigns. Located 20 minutes North of Qualicum Beach, an hour's drive North of Nanaimo. \$200/weekend or \$500/week.
Lindsay or Barclay ▶ (604)984-4543
Email ▶ d-to-d@shaw.ca

▼ Furnished garden suite available for three months, January, February, and March, 2008, in Lynn Valley character home. Rent \$550 monthly.
Susan Bull ▶ (604)985-1994

Marketplace

▼ Free Baby Bunnies!



Very cute Rex bunnies available to go to good, loving homes the first week of October when they will be 8 weeks old. These bunnies have been lovingly cared for and handled and will make great pets. Talk to Jessica in Gr5, James in Gr8 or Sally at (604)984-8745 for more information. Come early to choose your bunny and watch it grow up from their present size of the palm of your hand.
Sally McDermott

▼ **Natural Pod and Fairy Tale Toys & Books are back!** We are both very excited to once again create a store for the community, bringing many new items for all to enjoy. Our selection of items range from Waldorf books, art supplies, wooden toys, natural dolls, games, puzzles, craft kits, musical instruments and much more.. We have something for everyone. If there is something particular that you would like us to bring, please let us know and we will do our best. We are also offering the option of pre-ordering on-line at www.naturalpod.com and collecting your items at our school store events. Just select *pick up at next event* at check out. This option is great for those who have limited time. Our dates and times will be a little different this Fall & Winter. The store will be open from **12:00p to 3:00pm**. We will be located in the Marjorie Thatcher Meeting Room in the Early Childhood Centre. Please mark your calendars, with the following dates: **Sep 27, Oct 18, Nov 8, Nov 29, Dec 6, and Dec 13.** We look forward to seeing you.

Bridgitte ▶ (604)630-1619 or
Email ▶ info@naturalpod.com
Janet(604)740-0979

▼ I am looking to rent parking for my truck camper for the school year. I would need a level driveway where we could keep our camper with easy access to load and unload it for weekend jaunts. Owning this camper is one of our dreams, but alas, we live on one of the steepest hills in North Vancouver and so storage is impossible in our own driveway. If you could help us in exchange for a modest fee, we would be most appreciative.

Mary-Anne Taylor, Gr4 Teacher

▼ **Petite Fleur** Flower Arrangements for Every Event! I use locally grown flora and fauna and provide customers with maintenance information. I put all my creative energy and passion towards every arrangement and use the freshest quality flowers. Each night when I come home, I look into the depths of my tiny garden, drink a glass of dew tinged merlot, have an oyster or two, some risotto con gamberetti and breath in a heady scent of lilies and freesias and then I sleep deep amongst the little flowers of my garden. Flowers are all made by Andrea Vansickle ▶ (778)881-3682

▼ **Cello Lessons** As Lorna Fortin is not teaching 'cello at the school this year, she has some openings in her private teaching studio. Please call for weekly lessons or extra help.

Lorna ▶ (604)984-0012

▼ You may find yourself stressed and carrying emotional issues and/or pain in your body, related to an unresolved issue in your life. If you would like to receive healing and tap into your own inner potential, **Energy healing** could be what you need. For more information, please visit my website at www.clearhealing.com. To book an appointment, please call Ocean Wellness (Lonsdale & 14th). Eryn Price ▶ (604-986-9355).

▼ **Fall Yoga classes**, all levels and for all ages, at Yoga Moves Studio in North Vancouver with Susan Bull and Sarah Godfrey, both internationally certified Iyengar Yoga Teachers. We offer all levels classes during the week and weekends, including a gentle, restorative, therapeutic class on Monday and teen yoga on Friday. For more information phone Yoga Moves Studio or check our website.

▶ 604-986-3811

www.yogamoves.ca

▼ **Teen Yoga Class** at Yoga Moves Studio with Susan Bull, internationally certified Iyengar Yoga Teacher. An energetic yoga class emphasizing flowing movements, strength, flexibility, alignment, and awareness of breath (relaxation called 'Savasana' ends the class). Location: #120,-1000 Roosevelt Crescent, North Vancouver, behind Indigo Books and adjacent to Mackay Park.. Date: Sep 14 to Dec 7. Time: 4:00p to 5:15p. Cost: \$115 for 12 weeks. To register, phone ▶ (604)986-3811 or check our website at www.yogamoves.ca

▼ **Piano lessons** for beginning students, both children and adults, with Susan Bull (Bachelor of Music, U.B.C., major piano) at her Lynn Valley home.
Susan ▶ (604)985-1994 (please leave a message)

▼ **Dance Addicts Studio** Geraldine Desmarais and Peter Ferreira offering classes for youth to Adult in Hip Hop, Ballroom, Swing, Latin, Salsa, Tango and More...

▶ (604)830-1326 or

Email ▶ info@danceaddicts.ca

Childcare

▼ Mature, flexible , responsible woman, with 6 years experience as a live-in/live-out nanny/housekeeper, looking for live-out P/T or F/T position. Very good references and excellent educational background. No driving experience.

Lenka ▶ (604)722-3982

▼ **Looking for a babysitter?** I am a Gr8 student and am available on Mondays, Tuesdays, Wednesdays and weekends.
Linda ▶ (604)990-1505

▼ My name is Ainsleigh Ireland. I have attended the Waldorf School from Preschool to Grade 12, and graduated in 2003. Some of you may have seen my Grade 12 Project on early childhood. Last year I substituted in the Plum Cottage Kindergarten and this year I would love to continue working children.

If anyone needs after school care for their children, in Preschool, Kindergarten or the Grade School, I am available Mon- Fri as well as on the weekends. I live in Lynn Valley, a short walk to the Grade School, and I can assure you that if you have a few errands to run during the day and can't quite get to the school in time for pick I would be more than pleased to be there for you, for a small fee.

Please email ainsleireland@hotmail.com or call at (604)790-9753.

THE FIRST SEVEN YEARS AS THE FOUNDATION OF LIFE

Tue Sep 25, 2007 to Tue Jan 29, 2008

7:30 pm to 9:00 pm at the Vancouver Waldorf School

*How does Waldorf Education see
the first seven years as a foundation for life
and what can we do to support the process of development?*

v

Tue Sep 25, 2007 **The Incarnating Child**

Blanka Ponec

Tue Oct 2, 2007 **Child Development**

Blanka Ponec

Tue Oct 19, 2007 **Rhythm**

Susanne Schonthaler

Tue Oct 16, 2007 **Discipline**

Jill Dow

Tue Oct 23, 2007 **Twelve Senses**

Susanne Schonthaler

Tue Jan 15, 2008 **Nutrition**

Blanka Ponec

Tue Jan 22, 2008 **Fairy Tales**

Esther Chase

Tue Jan 29, 2008 **Play**

Monica Flamenco

Cost No charge for parents enrolled in the school.
\$100 for 8 sessions. \$15 drop in per session.
Each session builds on earlier sessions, and we encourage
participants to attend the series as a whole.
Drop-ins are also welcome.

Register Ronaye Ireland at (604)985-7435 ext 0 or
r Ireland@vws.ca

Sep 13, 2007

Internationally renowned child development expert Kim Payne visited the VWS recently and introduced his new lecture 'How to Make Your Child Socially Resilient' at a public forum August 23. The event was attended by close to 150 people from our community and beyond and was very well received and reviewed.


In his public talks around North America, Kim gives parents 12 strategies that can shift a child's experience from being picked on to breaking the cycle of bullying. Being 'Socially Resilient' is not being tough; rather the opposite – it gives a child the strength to not be anxious or nervous while not letting verbal teasing press emotional buttons. It has a lot to do with breaking the action/reaction cycle.

"About 70% of children get picked on because they become reactive and try to make the kids who are picking on them, stop," says Kim. "The teasers perceive they are just having fun; joking around. The victim naturally tries to get them to stop, which fuels the fire. Bullying erodes a child's social resiliency. So I coach the parents to coach the kids with practical strategies, like 'Don't Feed the Fun' - don't react. When appropriate, I might suggest agreeing with the teasers, i.e. 'Yes I am skinny'. I find this approach stops bullying within 10 days over 70% of the time."

Kim worked with our entire faculty and the Social Inclusion Coordinating Group during his brief visit with us as part of a 4 year commitment the VWS has made in implementing the Social Inclusion Approach. You can find more information about Kim and his work at www.thechildtoday.com. CDs of Kim Payne's lectures are available from our Parent Library at the Grade School.

As members of the Coordinating Group we wish to bring the practices Kim has developed to our community and hope they will become established in our homes and classrooms. Practices which are simple, yet life transforming.

On behalf of the Social Inclusion Coordinating Group (Karin Burns, Gerard MacIntosh, Chris McLaughlin, Wendy Noel, Suzanne Schonthaler, Fiona Thatcher)



Walter Daroshin

September 2007

2007.09.03

Schedule of Events

- Tue 5: **Begin Fall Term.**
School 1/2 day. 8:15a 12:20p.
- **HS School photos** will be taken on Sep 4 and **GS Photos** on Sep 6
- **HS Fall Trip** Sep 9 to Sep 13
- Sat 15: **Fall Family Fling.** A Community Dance Evening. 6:30p. St Catherine's Anglican Church.
- Tue 11: **Class Reps Meeting.** GS dining room. 7:30p.
- Mon 24: **High School Parent Evening.** 7:30p - 9:30p.
- Tue 25: **First 7 Years:** Course for Parents. We will explore the importance of child development in the first seven years, how Waldorf education supports the laying of a healthy foundation for life, and what parents can do to support the process. 7:30p. ECC.
- Fri 28: **Michaelmas.** A celebration of courageous deeds.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day NO SCHOOL	4 Begin Fall Term 8:15a-12:20p HS Photos Gr8 Parent Meeting 7:30p	5	6 HS Day Hike GS Photos Gr5 Parent Meeting 7:30p	7	8
9 HS Fall Trip Departure 7:30a	10 HS Fall Trip Gr4 Parent Meeting 7:30p	11 HS Fall Trip Class Reps Meeting 7:30p	12 HS Fall Trip	13 HS Fall Trip Return 6:00p	14	15 Fall Family Fling A Community Dance Evening 6:30p
16	17 Gr6 Parent Meeting 7:30p	18	19 Gr2 Parent Meeting 7:30p	20 Plum Cottage PS Parent Meeting 7:00p	21 Red Rose KG Parent Meeting 7:30p	22
23	24 HS Parent Evening 7:30p	25 First 7 years Seminar Series part I ECC 7:30p	26 Gr1 Parent Meeting 6:30p	27	28 Michaelmas	29
30						

October 2007

Schedule of Events

- Tue 2, 9, 16 & 23: **First 7 Years:**
 Course for Parents. We will explore the importance of child development in the first seven years, how Waldorf education supports the laying of a healthy foundation for life, and what parents can do to support the process. 7:30p. ECC.
- Tue 2: **Waldorf Welcome.**
 8:45a -9:45a. Grade school dining hall. An excellent opportunity to discover Waldorf Education and VWS in action.
- Wed 3: **Board Meeting.**
 Grade school dining hall. 7:00p.
-

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Waldorf Welcome 8:45a-9:45a First 7 years Seminar Series part 2 ECC 7:30p	3 Board Meeting 7:00p	4	5 Thanksgiving Lunch For GS Students	6
7	8 Thanksgiving Day NO SCHOOL	9 First 7 years Seminar Series part 3 ECC 7:30p	10	11	12	13
14	15	16 First 7 years Seminar Series part 4 ECC 7:30p	17	18	19	20
21	22	23 First 7 years Seminar Series part 5 ECC 7:30p	24	25	26	27
28	29	30	31			