

T I M E L I N E			
Wed	Dec 03	8:45a ▶ 10:15a 7:00p	Waldorf Welcome VWS Society Annual General Meeting & Board Meeting
Fri	Dec 05	12:00p ▶ 3:00p 8:45a ▶ 10:00a	Natural Pod Toys Sale – ECC Waldorf Wear Clothes Swap
Tue	Dec 09	2:10p 7:00p	Early Dismissal GS – Aftercare OPEN. GS & HS Christmas Music Concert
Fri	Dec 12	12:00p ▶ 3:00p	Natural Pod Toys Sale – ECC
Wed	Dec 17	7:00p	Gr7 Play – <i>Sacagawea: Bird Woman</i>
Fri	Dec 19	12:20p 7:30p	Early Dismissal – End of Fall Term Shepherds' Play & Reception
Mon	Dec 22		Christmas Break Begins
Wed	Jan 07		Begin Winter Term
Sat	Jan 10	8:00p	Gr10 Play – <i>Idiodysey</i>
Tue	Jan 13	7:30p	The First Seven Years Seminar Series for Parents – Media – ECC
Wed	Jan 14	7:00p	Board Meeting
Thu	Jan 15	7:00p	Gr6 Parent Meeting
Sat	Jan 17	7:30p	Three Kings' Play
Tue	Jan 20	7:30p	The First Seven Years Seminar Series for Parents – Play – ECC
Wed	Jan 21	7:30p	Gr3 Parent Meeting

School Announcements

▼ This is a reminder to parents and guardians of students in Grades Two to Eight. School ends at 3:00p (Thursdays at 2:05p) and the students are dismissed by their teachers from class to go home at that time. There is NO after-school supervision provided by the school on the school grounds and the students must not return into the school building after dismissal. Please be prompt in picking up your children.

Arnold Grimm, Pedagogical Administrator

Gerard MacIntosh, Practical Needs Committee Chair

▼ Emergency/Inclement Weather (Snow) Protocol

In the case of inclement weather (or other emergencies when applicable) a decision will be made by 6:00a on the day in question as to whether or not the school will be closed.

There are three ways that you can find out if the school is closed:

1. providing there is not an interruption in internet service, a notice will be sent to you on your email via publish@vws.ca
2. providing there is not a power failure, a closure announcement will be left on the

school's front-end message on the telephone system (604)985-7435

3. announcements will be made on the CBC AM 690 and NEWS AM 1130 radio stations

Please note that if there are power outages, it may be impossible to send a message via email, or put a message on the telephone system. Therefore, the most reliable source of determining whether school is closed is the radio station announcements. Thank you,

Ronaye Ireland, for the Practical Needs Committee (Health & Safety)

▶ rireland@vws.ca

▼ The Parent Council is once again sponsoring the **Waldorf Wear Swap!** **Fri Dec 5** from **8:45a to 10:00a** in the Grade school dining room. This event is designed to help parents recycle outgrown "Waldorf" clothing in an informal social setting. We have timed the Swap to take place the Friday before the Christmas Music Concert, one of the many occasions when children will need appropriate concert wear for the performance. You may find that suddenly your child's festival wear no longer fits or has disappeared from the backs of drawers. Or, if your children are younger, that their rain boots, pants, coats or slippers that

The Updater

The **Updater** is published weekly during the school year for the parents and friends of The Vancouver Waldorf School.

The next **Updater** publication will be **Fri Dec 12, 2008**

Submissions are due **Mon Dec 8 at 3:00p**

Submit to: 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.

Subscriptions
Email \$ FREE
Mail \$50 / year

Disclaimer
Items and advertisements appearing in this Bulletin may be the opinions or beliefs of their contributors, and may not necessarily reflect the policies or ideas of The Vancouver Waldorf School.

Direct all questions to: editor@vws.ca
2725 St Christophers Rd
North Vancouver, BC
V7K 2B6

are needed in Kindergarten and Preschool are too small. This is your opportunity to clear out those items that no longer fit and to find new ones that do—**free of charge!** The Swap will include the following items:

- black pants or skirts
- white and solid coloured shirts
- black shoes
- rubber boots
- rain coats
- muddy buddies (rain pants)
- Padraig slippers

Please drop off your items **Tue Dec 2 – Thu Dec 4** in the bin labeled Waldorf *Wear Swap* outside Plum Cottage and Red Rose, or to the Admissions office at the Grade School. All items need to be clean, in good condition and clearly labeled by size, and shoes should be tied together. See you Friday morning at the swap!
WVS Parent Council

▼ The VWS Graduating Class Of 2009 Fundraising Event

We are hosting a fabulous Silver Jewelry Sale for the Christmas Shopping Season ... fashion, contemporary and classic pieces for men, women and children. Please make this one of your shopping destinations! The majority of the pieces are bought directly from silversmith artisans. We receive 20% of all sales of the day.

Where: Waves Coffee
Lynn Valley Road and Mountain Hwy
North Vancouver

When: Sat Dec 6, 8:00a till midnight

Why: The thirteen students of the Vancouver Waldorf School Graduating Class of 2009 are collectively raising the funds needed for our eco trip to the Great Bear Rainforest. Musical entertainment by Vancouver Waldorf students and parents through the day.

▼ **Natural Pod Toys at the VWS** We offer a selection of items ranging from art supplies, wooden toys, natural dolls, games, puzzles and craft kits, to musical instruments and much more. This year the store will have new items along with some of Natural Pod's unique designs made on Vancouver Island. If you have special requests, let Natural Pod know and Bridgitte will assist where she can. There is also the option of pre-ordering on-line at www.naturalpod.com and collecting your items at the school store. If you have any questions, please contact Natural Pod directly ▶ (604)630-1619 or via email at ▶ customerservice@naturalpod.com

Mark your calendars with the following upcoming dates: **Fridays 12:00p – 3:00p on Dec 5 & Dec 12.**

Waldorf Education for Parents

▼ The First Seven Years Seminar Series for Parents

This popular education series on early childhood development will resume classes in January. The next topic will be *Media*, presented by Ramona Aston, to be held **Tue Jan 13, 7:30p** in the Marjorie Thatcher Room in the Early Childhood Center. Please feel free to invite friends, family and colleagues. Free Admission. For more information please call Ronaye Ireland ▶ (604)985-7435 x 0

▼ Healthy Parenting, Healthy Parents

How Can We Support Each Other in Facilitating Healthy Child Development?

First **Monday** of every month, next session **Jan 5** from **7:00p – 8:30p** at the VWS Early Childhood Centre. This supportive and informative social evening will provide a forum for parents to share and discuss various aspects of parenting young children. Topics will include supporting children's play, understanding play in relation to learning, respectful communication, loving discipline, supporting each other as parents in community, and more. Facilitated by Margo Running and the staff of LifeWays Childcare. For more information please call Margo ▶ (604)904-4198

Outside Events of Interest

▼ New Compassionate Communication Practice Group (also known as NVC – Non-Violent Communication)
Thursdays, 7:30-9:30p, beginning **Jan 15, 2009**.

You are warmly invited to come and participate in a new 10-week introductory Compassionate Communication Practice group with independent facilitators, Rosemary Renstad and Wendy Noel. The intention of the series will be to help participants:

- ▶ communicate authentically
- ▶ create connection and understanding in their relationships
- ▶ foster co-operation in families without using guilt, shame, or blame
- ▶ listen to others empathically
- ▶ gain confidence tackling difficult conversations.

Cost: \$120 ~ sliding scale available
 Inquiries: Rosemary Renstad,
 ▶ (604)987-5851
 Email ▶ rrenstad@telus.net

▼ I am part of a new Vancouver based parent support group called *Families Unplugged*. Our aim is to educate and inform parents that limiting, monitoring or eliminating screen time all together helps children develop into progressive and active individuals that are not easily influenced by seductive marketing and stereotypes through ads and shows on TV. We hold an information get together once a month. A writer from MacLean's Magazine is currently writing an article on our group. The next meeting is on **Thu Dec 4 at 7:30p** at the Marpole Oakridge Family Place located at 1305 West 70th Avenue in Vancouver (use the Hudson Street entrance). I know the Waldorf School encourages families to *unplug* so we thought our group would appeal to the philosophy of the school and bring out people to our grassroots group. Thanks so much. Barb Gutkowski

▼ *A Nutcracker Suite* presented by **Pacific Dance Arts (PDA)**, a performance of Act 2 of the magical *Nutcracker Ballet*, **Dec 19 at 7:30p** at the Capilano College Performing Arts Theatre. The owner/principal instructor at PDA, Yaming Li, is an exceptional teacher who, in his prime as a performer, worked with Rudolf Nureyev, Mikhail Baryshnikov, Celia Franca, Karen Kain and Frank Augustyn. Come and see the results of a gifted teacher drawing out the natural talent of each one of the young dancers in his program. This is a great opportunity to see our own Waldorf students performing in the Arabian and Angel dances, Nashira Paradis and Monty Lussow from Gr6, and Una Trevillion, Monica Yenko and Tamara Daroshin from Gr8. (There is also a surprise appearance by one of our Waldorf Grads!). For tickets call Pacific Dance Arts ▶ (604)738-8575. Website ▶ www.pacificdancearts.ca

Accommodation & Transportation

▼ **Wanted to Rent** Waldorf family of 3 looking for a 3br house/townhouse/upper level suite with deck/patio or garden, for rent in North or West Vancouver, to move in on Feb 1, 2009. We are non smokers with one small pet. Margaret ▶ (604)761-0536

▼ **Wanted to Rent** 2 or 3 bedroom apartment or suite in North Vancouver as soon as possible. Nancy ▶ (604)982-0460 or ▶ (604)922-9612
 Email ▶ nvibbert@shaw.ca

Marketplace

▼ Brent Campbell, maker of this year's wooden barn and last year's dollhouse for the Christmas Fair raffle, is taking a limited number of orders for Christmas and beyond. Please email him if you are interested at

▶ grian_teaghlach@telus.net

▼ **Children's Downhill Skis** for sale, Elan 125cm with Marker bindings. An excellent ski, only \$25. Andrej ▶ (604)904-0458

▼ **Silk Scarf Painting** I have supplies for silk scarf painting for anyone who would like to create these lovely scarves – make as many as you wish. Please call me to arrange a time to paint. Margo ▶ (604)904-4198

▼ **French Lessons on CD**, visual and audio, Rosetta Stone, new, was \$419+shipping/tax, asking \$300 obo. Margo Running ▶ (604)904-4198

▼ **Flowers and plants for sale!!** Get your-oh-so-lovely flowers, get them fresh and ready! Order fresh local flowers for your clients, for yourself or for house décor, in your own container or in one from my own collection of re-claimed vases/containers. I also sell orchids, wreaths and amaryllis plants and this year and I also have bottled and packaged maple syrup to sell as Christmas gifts. Call to order. All the best to you all, Andrea ▶ (778)881-3682
 Email ▶ andrea@withcompliments.ca

▼ **Padraig Cottage- Help needed** immediately. Any high school student interested in working 2 hours after school please contact us. Tasks include winding wool, helping with shipping, filing, and all the other jobs that come up during a busy day. Rosie ▶ (604)980-0748

▼ **Hestia Global Waldorf Woolen Children's Clothing** designed with input from a Waldorf Kindergarten teacher. Soft knitted wool/cashmere blend, lively colors, child-friendly style allowing free movement, as well as Waldorf wooden toys and much more for a contemporary wholesome lifestyle. Available at www.hestiaglobal.com. New toys will be available at the end of November. Wholesale prices available. Email ▶ info@hestiaglobal.com

▼ To every lucky person who ordered **honey and beeswax**, Mike McLennan is arriving **mid December** with his truckload of goodies. You will receive a phone call when it has arrived so you can pick-up your order at
▶ 773 East 16th Street
1½ blocks east of Grand Boulevard
Andrea Siradze

▼ A new shipment of Organic *Ferme Delapointe* maple syrup is in from Bury, Quebec.
4 litre can \$65
2 litre can \$33
8 x 540 ml \$70
Pre-order or pickup from Les Tulloch
Email ▶ lestulloch@shaw.ca

▼ **Fairly Traded Certified Organic Reingold Coffee** Fresh from the roaster each week. Grown in the highlands of Chiapas, Mexico and skillfully roasted locally. All blends available ground, whole beans and decaffeinated (light/dark) through the Swiss Water Process. Less acidic 100% arabica, smoother for sensitive stomachs. For more information.
Michael ▶ (604)987-4935

▼ **Handwork classes** still running on Saturdays, call to book space at RAW Studio ▶ 1875 Powell Street
Sign-up sheet for workshops on Handwork room door.
Suzanne Glick ▶ (778)686 8198

▼ 2009 Calendars are now here! **Stella Natura Calendar** and planting guide. Part of proceeds go to people with Special Needs. Not just any calendar, comes with a wealth of information.
Michael ▶ (604)987-4935 or
Email ▶ mroboz@infoserve.net

▼ **Classical Homeopath**, Canteris Hartley, DCH, HMC, warmly welcomes parents and their children to her North Vancouver practice. She has been in practice for almost 10 years and treats a wide variety of people. Have you been wondering how homeopathy may benefit you and your family? Please call for more information and to book a consultation.
Canteris ▶ (604)984-3266

▼ **Plumbing** Our services to community members for more than 12 years include: Replacement/Repair of Water and Drainpipes, Supply/Install Hot Water Tanks (Gas & Electric), Energy saving Tank Less Water Heaters and Radiant Heating Systems, Faucets, Fixtures, Everpure Drinking Water Filter Systems, Waterlines to fridge, Natural Gas BBQ or Heater box outlets, Gas inserts for open Fireplaces, Consulting & Construction Management for Bathroom and Kitchen Renovations. Please call Kodiak Ltd for more info or to schedule an appointment.
Andrea and Rudi Bruns ▶ (604)990-7611
Email ▶ andreabrun@shaw.ca
▶ <http://web.me.com/andreabrun>

▼ **Non Pasteurized Organic Honey** At the moment, raspberry/blackberry and alfalfa from the Fraser Valley.
Michael ▶ (604)987-4935 or
Email ▶ mroboz@infoserve.net

▼ **Biodynamic** potatoes and garlic from C-dar, Paradise Valley, Squamish White Rose or Red Chieftain potatoes \$1.75 lb, Persian Star garlic \$8.50 lb. Contact Claudia Annett if interested. Les Tulloch may also distribute some for her.
Email ▶ claunett@hotmail.com

▼ **Unique Gifts for Children** North Shore entertainer Peggy Rose offers individually designed parties for young children. Themes include Fairy Realms, the Sea, Bugs, Trains, Animal Friends and more, great for birthday celebrations or community events. Peggy is also selling a CD of original songs, stories and poems: *Peggy Rose's Musical Storybook* sells for \$10 or three for \$25. A wonderful gift for young children. For more information about parties or to purchase CDs, please call me.
Peggy ▶ (604)921-7585 or
Email ▶ peggystortz@shaw.ca

▼ **Sat Nam Yoga** warmly invites you to be a part of our community. We have a great selection of classes **Mon through Sat**, our specialty is Kundalini yoga. We also offer Hatha, Yin, Pre-natal and Children's yoga as well as early morning Sadhana and Women's Full Moon Meditations. Join us for a class in our cozy and gracious studio space. We look forward to seeing you.
203 – 106 West 1st St., North Vancouver.
▶ (604)983-2300
Email ▶ info@satnamyogacentre.ca
▶ www.satnamyogacentre.ca

ANNUAL CHRISTMAS CONCERT

Tuesday, December 9, 2008 @ 7:00 pm

A Special Reminder for Grades 4 to 12

Where: Hillside Baptist Church
870 Lynn Valley Road
North Vancouver, BC

Dress: **Dark pants or skirts, shoes and socks and solid- coloured tops** Please avoid jeans and sneakers or sports shoes.

Please dress in clothing that is dressier than everyday wear.

Required Arrival Time:

Grade 7 & 8	6:00 pm
Grade 6	6:15 pm
Grade 5	6:30 pm
Grade 4	6:45 pm

The teachers will tune the instruments before the concert.

Seating During the Concert: As this is an official school function, we would like all Grade 4 to 8 students to sit with their class teacher, even after they have performed. We ask that parents be with younger siblings at all times, including before the concert while performers are tuning up. There will be designated seating areas for parents of each grade, Ask the ushers if you are not sure where to sit. The balcony is reserved for high school students and faculty only.

Please, no food or drinks in the sanctuary.

Extra Rehearsals: We will rehearse at the Church on Tuesday Dec 9 during school time.

Please be sure all players including grades 7 & 8 have their instruments and music with them at school on this day.

Remember: to label both the instrument and case,
to bring all music and
to take your instrument home after the concert.

Thank you, Robin Streb, Lorna Fortin, Anna Driehuyzen,
Mary-Anne Taylor, Chris McLaughlin and and Dennis Scott
for the Music Department

Please be advised that on Tuesday, Dec 9th early dismissal at 2:10pm is for GRADE SCHOOL STUDENTS ONLY.