

T	I	M	E	L	I	N	E
Sat	Jan 17	7:30p	<i>The Three Kings' Play</i> – Grade School Main Hall				
Tue	Jan 20	7:30p	The First Seven Years Seminar Series for Parents – <i>Play</i> – ECC				
Wed	Jan 21	7:30p	Gr3 Parent Meeting				
Mon	Jan 26	7:30p	Gr4 Parent Meeting				
Tue	Jan 27	7:30p	Gr12 Parent Meeting				
		7:30p	The First Seven Years Seminar Series for Parents – <i>Nutrition</i> – ECC				
		7:30p	Class Reps Meeting				
Wed	Jan 28	7:30p	Gr5 Parent Meeting				
		7:30p	Gr10 Parent Meeting				
Mon	Feb 02	7:00p	Healthy Parenting, ECC				
Tue	Feb 03	7:00p	Gr1 Parent Meeting				
Sat	Feb 07	10:00a ▶ 2:00p	OPEN HOUSE, NO P&T				
Tue	Feb 10	7:00p	Mulberry Bush Preschool P/T Conferences, NO SCHOOL or Aftercare for PSM				
Wed	Feb 11		Mulberry Bush Preschool P/T Conferences, NO SCHOOL or Aftercare for PSM				
Thu	Feb 12		Preschool & Kindergarten P/T Conferences, NO SCHOOL for Dandelion Preschool & Kindergartens, NO Aftercare				
Fri	Feb 13		Gr3 Play, <i>Moses</i> Preschool & Kindergarten P/T Conferences, NO SCHOOL for Dandelion Preschool & Kindergartens, NO Aftercare				
Mon - Fri	Feb 16 – 20		February Conference, NO SCHOOL, HS Work Experience Week				
Sat	Feb 21	NO P&T					
Wed	Feb 25	7:00p	Gr7 Parent Meeting				
Thu	Feb 26	7:00p	Gr7 Play, <i>Sacagawea</i>				

## School Announcements

▼ This is a **reminder** to parents and guardians of students in Gr2 to Gr8. 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

▼ A reminder to all parents that **Accessible Tuition Applications** for the 2009-2010 school year are due no later than **Wed Jan 21**. Please remember that your application must include copies of both parents' 2007 Tax Assessment in order to be processed. Application forms were mailed to all families that are currently receiving adjusted tuitions but blank forms are also available from the Admissions office. Please refer to the December issue of the Bulletin for information on applying for Accessible Tuition or contact Fiona Thatcher in Admissions at (604)985 7434 x200 or by email at [admissions@vws.ca](mailto:admissions@vws.ca)

▼ **Visiting Eurythmy Troupe Sun Mar 22**, a group of 11 eurythmists who teach at various Waldorf schools here in the Pacific Northwest are

continuing a tradition of touring to these schools and they are able to come this year to Vancouver. They will be arriving to present a performance at our school on Monday morning. They will be joined in the performance by a group of our own students. For Sunday evening, I am looking for host families to house them (not necessarily luxurious, just a cozy bed and a welcoming mood!), and for a few willing people to create a snack and a lunch on Monday. Please phone me with your offers to help or host.  
Esther Chase ▶ (604)925-4194

### ▼ Carved and Spun

The Parent Council is pleased to introduce a new crafting initiative, *Carved and Spun*, an online store comprised of items handmade by members of our Waldorf school community. This initiative sprang from the need to find a way to sell our leftover items from the Christmas Fair Marketplace. These items are currently for sale on the online store but we encourage all of the creative members of our community to think about how they might also contribute to this initiative. This store is not limited to items that are for children or even necessarily Waldorf-inspired but is open to anything hand-made, preferably of natural materials. Items can be sewn, knit, printed, felted, mixed, molded, painted, carved, etc. We hope that the store will eventually include a large variety of items.

## 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 Jan 30, 2009**

Submissions are due **Mon Jan 26 at 3:00p**

Submit to: [bulletin@vws.ca](mailto: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](mailto:editor@vws.ca)  
2725 St Christophers Rd  
North Vancouver, BC  
V7K 2B6

A sample of items that could be sold are paintings, sketches, handmade toys and dress-up clothes, soap, candles, cards, decorative items, quilts, blankets, afghans, handmade clothes and doll clothes, baby items (slings, blankets, softies, etc.), accessories ( scarves, bags, shawls, belts, etc), jewelry, photographic prints, pottery, leather work.

The Parent Council sees this venue as a way to encourage the creativity in our community, to provide an opportunity for parents as well as the general public to buy quality handcrafts, to provide school outreach, and to fundraise for the school. All of the proceeds from *Carved and Spun* will be donated to support the school's operations including the Accessible Tuition Program. We will be accepting items all through the year and there is no pressure on any one individual to make a large number of things. Even one item per year would be a valuable contribution!

You can find our little shop at

▶ [www.carvedandspun.etsy.com](http://www.carvedandspun.etsy.com)

*Carved and Spun* will be a great place to source out your birthday, Christmas and new baby gifts.

Though items online show the cost of shipping, VWS community members can just use the contact link to send us a message and we can arrange to give you your item directly to avoid the cost of shipping.

If you or anyone you know would like to contribute to this special project or if you have any questions please contact Stacy Campbell at

▶ [grian\\_teaghlach@telus.net](mailto:grian_teaghlach@telus.net) or

▶ 604-733-5696.

## 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

## Our Greater Community

### Anthroposophical Events

#### ▼ Dear VWS Community,

You are invited to help shape a new study group geared to the study of practical anthroposophy; for alumni, parents, teachers, and/or aspiring Waldorf teachers who would like to work with like-minded people to find the ways that we can bring anthroposophy into our daily lives. Although the first planning meeting was Jan 15, new members

next topic will be *Play*, presented by Esther Chase, to be held **Tue Jan 20, 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 **Feb 2** 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

▼ **Eurythmy Classes for Adults** Eurythmy is a unique art of movement to verse and music which is taught in our school from Preschool to Gr12. I could list many of the benefits of this movement modality, but the best is to come and experience it for yourself! I am offering a series of 8 classes on **Monday evenings** from 7:45p to 9:00p from Jan 19 to Mar 16 (no class during the February Conference Week) in the Eurythmy Roundhouse at the VWS. All are welcome. The cost is \$80 for 8 sessions or \$15 per drop-in. Please call me to register and for more details. See poster on the front notice board at the Lower School.

Esther Chase ▶ (604)925-4194

are welcome to join over the next number of weeks. Please join us with your questions, your personal research ideas and help shape a study group that inspires and enlivens you!! Contact Elaine Mackee (alumni VWS High School teacher) for more information including the next meeting time and place.

▶ 904-913-2930 or

Email ▶ [elainemackee@shaw.ca](mailto:elainemackee@shaw.ca)

## Outside Events of Interest

▼ Come and enjoy an evening of **singing**, exploring the world of vocal tone through creative warm ups and simple sacred repertoire using a meditative approach. For anyone interested in exploring their vocal possibilities in a relaxing non-judgemental but working atmosphere. All voicings welcome – SATB. Ability to read music only means more repertoire can be done, but is not essential if the will to learn and a receptive ear is there! Next session is **Wed Jan 21, 7:15p**, in the Eurythmy Roundhouse. Following sessions **Mar 4 & 10, Apr 15 & 22, May 13 & 20**.

I hope to see you there!  
Marilyn Lange, VWS alumni music teacher.

Email ▶ [langemj@gmail.com](mailto:langemj@gmail.com)

▼ **Felting 101** Come and learn to make flat sheets of felt that could be cut and sewn into the objects or try out a 3D form such as a hat or vessel.

**Jan 18, 12:00p – 2:00p**

**Feb 8, 3:00p – 5:00p**

**Feb 22, 3:00p – 5:00p**

\$60/individual class.

Call Suzanne ▶ (778)686-8198 or

Email ▶ [therawstudio@gmail.com](mailto:therawstudio@gmail.com)

▼ **Knitting for Kids – 8-12years old**

Children learn knitting basics through simple & popular projects such as hats and wrist warmers.

**Feb 8, 15 & 22, 1:00p-2:00p,**

Cost: \$50/3 sessions

Call Suzanne ▶ (778) 686-8198 or

Email ▶ [therawstudio@gmail.com](mailto:therawstudio@gmail.com)

▼ **New Compassionate**

**Communication Practice Group** (also known as NVC – Non-Violent Communication)

**Thursdays, 7:30p - 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](mailto:rrenstad@telus.net)

## Accommodation & Transportation

▼ **Apartment for Rent** 2 Bedroom, available March 1, concrete building, south view.

Michael ▶ (604)987-4935 or

Email ▶ [mroboz@infoserve.net](mailto:mroboz@infoserve.net)

## Childcare

▼ **LifeWays Childcare**, based on Anthroposophical care of the child is accepting applications for **Sep 2009**. Full year program, hours of care 7:30a to 5:30p, Mon to Fri, ages: babies to 4 years.

Margo Running ▶ (604)904-4198 x2

▼ **Live in Nanny Available** Very experienced and educated German nanny, age 43, is looking for a live-in position. I love children, housekeeping and cooking. I have a driver's license and First Aid certificate. I am reliable, honest and organized.

Monika ▶ (604)561-9359 or

Email ▶ [new.nanny@hotmail.com](mailto:new.nanny@hotmail.com)

## Marketplace

▼ **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](http://www.hestiaglobal.com). New toys will be available at the end of November. Wholesale prices available. Email ▶ [info@hestiaglobal.com](mailto:info@hestiaglobal.com)

▼ **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

▼ **Starting from here ...** the alternative New Year's Resolution. **Jan 24, 9:00a to 4:00p, \$150, Gleneagles Recreation Centre, West Vancouver.** Presented by Catherine Strickland and Elaine Muldrew. *Our thoughts create our reality.* Longing to create a life aligned with your values? Wishing for more harmony and joy? Based on the principles of Compassionate Communication, you will learn practical and effective tools to connect with your deepest values and make choices that honour them. Explore your core values, opportunities to create a more authentic life, challenges to making the changes you want and getting the support you want. Contact us for more information. Email ▶ [e.muldrew@gmail.com](mailto:e.muldrew@gmail.com)

▼ **Songs Stories and Silliness!** North Shore entertainer Peggy Rose offers individually designed parties for young children. Themes include Fairy Realms, the Sea, Bugs, Trains, Animal Friends, On Stage and more. Singing, dancing, storytelling, games, crafts and just plain fun. Great for birthday celebrations, special gatherings 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 Peggy ▶ (604)921-7585 or Email ▶ [peggystortz@shaw.ca](mailto:peggystortz@shaw.ca)



Oberufer Medieval Mystery Drama

# Three Kings' Play

A story of the soul's journey towards the light

at the **The Vancouver Waldorf School**

**Thu Jan 15 7:30 pm**

**Fri Jan 16 1:15 pm**

**Sat Jan 17 7:30 pm**