SQUAMISH WALDORF SCHOOL QUARTERLY NEWSLETTER

Sprouting Cedar

• February - March 2017

photo by Dave Thomson

Weaving experience into education: *Principal and Class 3-4 teacher Christine Martin teaches students about key crops that produce textiles as the children wrap up a block called Living on Earth that encompassed farming, gardening, cooking, and festivals. Read more about 'Why Waldorf?' on page 8.*

Squamish Waldorf School: New name, new look

By Kirsten Andrews

Picking up this issue of the Sprouting Cedar you may have noticed something significant: We've changed our name from Cedar Valley to Squamish Waldorf School, and updated our look with a refreshed version of our former logo.

"We are thrilled with these new developments as they not only visually reflect the school more accurately, but demonstrate that our beautiful Waldorf school really does belong to the entire community of Squamish," said principal Christine Martin.

Martin explained that Waldorf is a pedagogy that has a strong interest in creating global citizens, and that these tenets are proudly reflected in the organization's vision which states: The school develops confident, independent thinkers who have a strong social and environmental conscience and who respond to the world with compassion and creativity.

"Colloquially we've often been referred to as the Squamish Waldorf School since our inception in 2002. This formal change allows us to embrace many opportunities – one of which is providing greater accessibility to families who search for us on the Internet. The ability to brand ourselves on social media and other marketing initiatives is also infinitely simpler."

Continued growth in enrolment and vision for being in a new school by 2021 has also been a driving force behind this recent push.

The new design was drawn from the former Cedar Valley logo, using its simple lines to pay homage to Squamish's landmark Stawamus Chief and the beautiful streams, rivers and waterfalls that lead to Howe Sound.

Continued on page 11...

PRINCIPAL/
PEDAGOGICAL ADMINISTRATOR
Christine Martin

EARLY CHILDHOOD EDUCATORS
Astrid Lackner, Judy Roberts

KINDERGARTEN TEACHERS
Begoña Cid, Kelsey Lovell

CLASS 1/2 TEACHER
Fritz Bindseil (German)

CLASS 3/4 TEACHER
Christine Martin

CLASS 5/6 TEACHER
Ralf Hoerger (Handwork)

SUBJECT TEACHERS
Spring Burke, Strings
Meghan McCrone, Handwork
Leah Perichon, French

SPECIAL ED. ASSISTANTS
Sibylle Wuethrich
Elise Perreault Lariviere

BUSINESS ADMINISTRATOR
Gabriel Alden Hull (Music)

MARKETING & COMMUNICATIONS
Kirsten Andrews

SCHOOL SECRETARY
Shannon McCarthy

BOOKKEEPER
Will Meadows

BOARD OF DIRECTORS
Adam Greenberg (President)
Christine Martin, Denise Gassner
Lars Graefe, Susan Butler
Corey McLachlan, Steven Hills
Peter Belostotsky
Gabriel Alden Hull, Claude Forest

PIC CHAIR
Georgia Richards

Sprouting Cedar is published 4 times a year (September to June) for the families and friends of Squamish Waldorf School

EDITOR
Kirsten Andrews
kirsten@squamishwaldorf.com

38265 Westway Ave. Box 5356
Squamish BC V8B 0C2
info@squamishwaldorf.com
604-898-3287
www.squamishwaldorf.com

Dates to remember

JANUARY

28	Sat	Conscious Parenting: Why Waldorf @SWS I 9:30 - 11:30 am
31	Tues	Conscious Parenting: Why Waldorf @Squamish Library I 6:30 - 8 pm

FEBRUARY

1	Wed	Skiing at Whistler Olympic Park, Grades 3-6 I 9 am, regular pick-up
2	Thu	Skating at Brennan Park (Grades) I pick up at Brennan Park 3:15 pm
2	Thu	PIC meeting @SWS I 7:30 - 9 pm
9	Thu	Skating at Brennan Park (Grades) I pick up at Brennan Park 3:15 pm
9	Thu	Kindergarten Info Night I 7:30 pm
11	Sat	Bake with Me: Experience Waldorf Kindergarten I 9:30 - 11:30 am
13	Mon	BC Family Day I NO SCHOOL
16	Thu	Skating at Brennan Park (Grades) I pick up at Brennan Park 3:15 pm
17	Fri	Order deadline for Jiva Organics I noon
20- 24		Professional development week I NO SCHOOL

MARCH

1	Wed	Enrolment confirmation packages home
2	Thu	Skating at Brennan Park (grades), pick up at Brennan Park I 3:15 pm
4	Sat	Conscious Parenting: Reducing Stress/Anxiety @SWS I 9:30 - 11:30 am
4	Sat	Comedy night and gala auction I 7:30 pm
7	Tues	Conscious Parenting: Reducing Stress/Anxiety @Sq. Library I 6:30 - 8 pm
9	Thu	Skating at Brennan Park (grades), pick up at Brennan Park I 3:15 pm
10	Fri	Grades assembly @ Flow/Ninja I noon
10	Fri	Jiva Organics delivery date I 1 pm
13	Mon	Enrolment update deadline, contracts and packages due
14	Tues	Picture Day: preschool, kindergarten and Grades 5 & 6
15	Wed	Picture Day: preschool and Grades 1 through 4
16	Thurs	Spring Festival (kindergarten and preschool) I 10 am - noon No afternoon kindergarten
16	Thurs	Parent teacher interviews, grades school ends at 12:50 pm
17	Fri	Parent teacher interviews, regular dismissal
20 – 31		Spring break I NO SCHOOL

APRIL

3	Mon	School resumes
5	Wed	Swimming at Brennan Park (grades), pick up at Brennan Park I 3:15 pm
8	Sat	Conscious Parenting: Screentime @SWS I 9:30 - 11:30 am
11	Tues	Conscious Parenting: Screentime @Squamish Library I 6:30 - 8 pm
12	Wed	Swimming at Brennan Park (grades), pick up at Brennan Park I 3:15 pm
12	Wed	Watercolour Painting Class @SWS I 7:30 - 9:30
13	Thurs	Deadline for tuition assistance applications
14	Fri	Good Friday I NO SCHOOL
17	Mon	Easter Monday I NO SCHOOL

OUR VISION

Squamish Waldorf School is a premier pre-K to Grade 8 Waldorf school providing a holistic education that addresses the intellectual, spiritual, emotional, and physical aspects of the child. The school develops confident, independent thinkers who have a strong social and environmental conscience and who respond to the world with compassion and creativity. The school community honours the child, fosters harmonious relationships and celebrates the wonder of life.

Cedar Shavings

Professional development

The school closes for professional development the week of February 20 to 24. This time allows teachers to attend Waldorf conferences and trainings and deepen their understanding of this education.

2017-18 enrolment

In the first week of March, families will be receiving their enrolment confirmation packages, which will include updated invoices and payment schedules for the 2017-18 school year. These updates are due back on Monday, March 13. After the deadline, we will be opening the classes to new enrolment. To keep your child's space, please ensure that you return your package on time. Kindergarten and preschool teachers will be speaking to parents about their recommendations for class placement in the following year.

March 4 annual gala

Our successful comedy night fundraiser will move to the Squamish Valley Golf Club this year to accommodate its growing popularity. Save the date and invite your friends as you won't want to miss this night out. Top comic Kyle Bottom and country dance band Dakota Pearl will have you dancing into the night. Contact your class rep to join the team of people seeking donations for the auction, which will be held largely online this year. Watch the Sprig for updates.

Conscious Parenting

Join us for our free child development talks of 2017 (see back cover of newsletter for details). Topics include Why Waldorf?; Reducing Stress and Anxiety in Children; and Screentime: How Much is Too Much? Childcare is provided at the school Saturday mornings with RSVP.

Tuition assistance

Tuition assistance is available on a limited basis to families in need whose children are of kindergarten age or older. Families must submit their applications to Apple Financial Services by Tuesday, April 18, including all supporting documents. Questions regarding this program can be directed to Gabriel.

Picture day

Haley Lorraine will be back to do fine art school photos March 14 and 15 for all students including preschool. On Tuesday, March 14, Haley will shoot Monday/Tuesday preschools (main campus and the Estates), plus kindergarten and Grade 5/6. On Wednesday, March 15 she will shoot Wednesday/Thursday preschools and Grades 1 through 4. Expect pictures to be available in time for Mother's Day. Please watch for notices from Haley.

Next PIC Meeting

(Parent Initiative Council)

Thursday, Feb. 2 | 7:30 pm

SWS Main Campus

Everyone is welcome!

Kindergarten info sessions for parents and families

Kindergarten registration is now open and the school is offering two events for interested parents and families. The Kindergarten Parent Information Night is on Thursday, Feb. 9 at 7:30 pm, and Experience Kindergarten/Bake With Me! for families is on Saturday, Feb. 11 from 9:30 to 11:30 am (registration is required for this as space is limited). Visit the school's Facebook page or website for more info.

Adult painting classes

Class 5-6 teacher Ralf Hoerger will be leading a three-session wet-on-wet watercolour painting class Wednesday evenings April 12, 19 and 26 from 7:30 to 9:30 pm. This is open to the public. Registration is required through the office. There is a $25 fee. All materials will be provided.

School tours

Squamish Waldorf School offers school tours to parents on the last Wednesday of every month that school is in session. School families are encouraged to attend every couple of years to brush up on the experience for their own understanding as well as to help them speak knowledgeably about Waldorf education in the community. The next tour takes place April 26 from 9 to 10:30 am. We invite older children to visit us for one or two days of class anytime with prior arrangement through the office.

Jiva bulk organics

Get incredible quality bulk organics at a great price. Our next Jiva order is Feb. 17 at noon for a March 10 delivery. See the Jiva Page on our school website under the fundraising tab or visit the office for the catalogue.

Sign-Up Zone

Sign-Up Zone is our online page for helping people plan their volunteer commitments to the school to support the work we do. Families with children in kindergarten and grades are asked to volunteer a minimum of 40 hours per year. Families with preschoolers only are asked to volunteer a minimum of 10 hours per year. When you sign up, it makes it easier for administration to co-ordinate and helps to spread the work around. Just click the "volunteer" button on our homepage!

Nesters grocery cards

Nesters grocery cards is our easiest and most successful fundraiser and it won't cost you a cent. The school receives 10 per cent of the face value for each purchase. We accept cash, cheque, credit card, etransfer and Pay-Pal. You can buy Nesters cards at our weekly table, at Rainbow preschool or in the office anytime.

Roses: From Christmas Fair through the New Year

As a show of appreciation we would like to say thanks!

submitted photo

Bon voyage: *We wish the Stachoski family (from left: Scott, Lachlan, Eligh, Marlea, Jess and baby Hazel) all the best in their adventures in Nelson – your spirit and contributions personified community. The Nelson Waldorf School is lucky to have you!*

Bright red Christmas Fair roses abound...

Christmas roses to all the Christmas Fair co-ordinators: Carrie and Candice for the cookie house, Wendy for the wreaths, Jessica, Ciarra and Emily for the gnome village, Daria and Kimberly for the Waldorf café, Jen for the bake sale, Kelsey for candle dipping, Sara, Georgia and Meghan for crafts, Judy, Begoña and Astrid for the puppet play, Shawn for music, Kirsten and Susan for publicity, Sara and Georgia for inventory and tracking and Gabriel for oversight.

Roses displayed to their best advantage to a fabulous Christmas Fair set up and take down crew: Andrew, Emiliano, Wayne, Natalie, Chris, Melanie, Mina, and Mark.

Hearty and hardy roses to our BBQ crew: Marty, Paul, Kevin, Scott S., Fritz, and Ralf.

Sweetheart roses to the Waldorf Café volunteers: Devin, Amalthea, Penny, Mary, Susan H., Mira and Quinn L, as well as all who brought in delicious baking.

Top-selling roses to craft sale volunteers: Sheila, Ange, Peter and Ken

Pots full of roses to Mags on 99 and Green Moustache for donating delicious soups to the Waldorf café.

Aromatic roses to Starbucks for supplying coffee and carts full of roses to Nesters for donating all the food for the Christmas Fair.

A guitar case of roses to Spencer Dyer and Asia Mader for their music.

A rare rose found deep in the woods to Paul for sourcing our beautiful tree.

Roses flung from every mountaintop to Mountain FM and the Squamish Chief newspaper for providing media exposure for the fair.

An abundant carpet of roses to all those who staffed the Christmas Fair children's activities: Yui, Colin, Nancy, Stef, Emily, Erica, Mina, Jen Bayley and Christine Montgomery, Sibylle, Joanne, Raakel, Juliette, Leah, Ross, Elise, Valentina, Walter, Wendy, Trudy, Barbara, Caroline, Kate, Gaia, Lars and Monica.

A library full of roses to Christine for hosting the Open House, and to Kirsten for taking photos all day.

Our everyday roses are a pleasure to give!

Grand Champion roses to our Parents Initiative Council executive: Sara, Georgia and Emily for maintaining Nesters tables and craft sales, kick-starting the auction and all their work behind the scenes.

A formidable table of roses to our expanded board of directors: Peter Belostotsky, Susan Butler, Claude Forest, Denise Gassner, Lars Graefe, Adam Greenberg, Steven Hills, Christine Martin, Gabriel Alden Hull, and Corey McLachlan.

An ice sculptured bouquet to Miho, NaTai, Emily, Chad and Emiliano for helping to break up the ice and removing snow after this winter's deluge.

A long stem rose to NaTai for helping fix kindergarten chairs.

A rose a day for Ciarra for designing the school calendar.

A rose that says "Waldorf" to Susan for all her efforts to increase the visibility and strength of our brand.

An office full of roses to Peter B. for doing PIC's weekly cash outs and Shannon for doing so much admin work for the PIC.

Do you have a rose you'd like to share in the next newsletter? Please send it to kirsten@squamishwaldorf.com.

PIC plans a night to remember with live music and comedian, auction moves online

By Emily Perdue and Sara Forest, Parent Initiative Committee

This is such an exciting time for the PIC! We are putting together our most entertaining event of the year and this one is for all those hard working parents!

On Saturday, March 4 at the Squamish Valley Golf Club we will be laughing, dancing and bidding the night away to raise funds for the school. This year we've extended the list of entertainers to include a boot stompin' band Dakota Pearl and Vancouver comic Kyle Bottom guaranteed to make us laugh out loud, plus we'll have a select number of items available for a live auction that night.

Tickets are $30 and will be on sale soon so watch for the announcement in The Sprig. With a bigger venue, we have lots of room so please invite your friends. The golf course staff will be taking care of us to ensure that everyone can kick back and relax. Come join us!

This year, our auction will largely be online. Leading up to the event we will be making the majority of items available to our community at large. We would love to invite as many bidders as possible so be sure to spread the word. In preparation for the event, we are looking to solicit donations to make this our most successful auction to date. Reach beyond your usual network, think big or small, but just ask. We ask that each family contribute a minimum of two items to the auction by Wednesday, Feb 1. Please drop off any items that you have collected to the office. Be sure to include the donor's details, your name and the retail value of the item. Your help is truly appreciated!

We are happy to announce that your efforts have contributed to a very successful Christmas Fair. We raised nearly $9,000, which has such an amazing impact on our ability to support our children at school. Thank you to all our volunteers, crafters and bakers. We were proud to showcase your amazing talents and were so thrilled at how it all came together. We cannot put on events of this size without a big team of helpers. Bravo!

Our three other fundraisers, Jiva, Muck Boots and Nesters are off to a great start. Our Jiva sales are climbing and we are glad that it is also an opportunity for our families to save on quality organic food.

We are sad to bid the Stachoski family farewell as they depart for Nelson. Jess will be passing the Jiva baton onto an eager volunteer. Could it be you? She will be happy to impart her Jiva wisdom and organizational skills to you. Please let Georgia, Emily, Sara, or the office know if this is a way in which you could see yourself contributing your volunteer hours.

Thank you to NaTai for facilitating our Muck Boot sales. Those boots have been put to the test on our snowy playground! They are a winning combination of sturdy rain boot and insulated snow boot. We're glad to have them covering our children's feet.

Vancouver comedian Kyle Bottom has appeared at the Just for Laughs International Comedy Festival, on XM Sirius Satellite Radio, was twice featured on the TV show Talent Time, and, according to his bio, has performed all over the world… of Warcraft. Kyle captivates audiences with his unique voice, engaging personal stories and hilarious commentary. Kyle continues to make a name for himself throughout Canada with his blend of raw confession and comic observation.

Our Nesters Card sales have started the year off strong but are slowly tapering off. If you're shopping at Nesters, think about keeping a supply of cards in your wallet for your next visit. We are looking for ways to make the purchasing as simple as possible. The weekly table is one way of making them readily available. If you have any other suggestions or wish to be on a monthly registration for the cards, email us at pic@squamishwaldorf.com. We will be happy to facilitate.

Looking ahead, spring is just around the corner and we will be starting to think about crafting for May Fair. We are collecting some great ideas so stay tuned for our newest Pinterest page.

We look forward to seeing you all at the Squamish Valley Golf Club on Saturday, March 4 for an evening of guaranteed fun. Don't forget to bring your best dance moves!

Board update on school branding, outreach

By Adam Greenberg
SWS Board President

Hola everyone and welcome back to an exciting New Year. I am writing this to you from sunny Mexico where my family and I are enjoying an extended vacation. I hope everyone had a chance to unwind, spend some time with family, reflect on your last trip around the sun and perhaps, consider the things to improve upon as we move into 2017. Personally, I try not to set any New Years' resolutions per se, but when I think about this great school and wonderful community I can assure you that I remain resolute, about all we want to accomplish in 2017 and beyond. For those of you who have been reading my newsletter updates you already know what we are focused on accomplishing – a new school!

There is no shortage of tasks and energy going into this as I am sure you can imagine, because it's not just about ensuring that our plans for the future our viable but that we are keeping an eye on the present and on operational excellence in everything we do. Healthy enrolment is vital for many reasons not the least of which is properly projecting our growth potential which is key to the financial viability of moving to a new school. That said, new students won't flock to the school without the knowledge that we are here. We all must do our part and encourage families to consider Waldorf education. We must share our love of the school to newcomers and ensure that the families that we are working for today continue to have an engaging and positive experience, and to that end we are accountable to you.

The faculty does a great job of creating a warm and welcoming environment for students to learn in. We have a core group of volunteers that works tirelessly to ensure that the community is engaged through various events and open houses, PIC fundraising, and a very engaged board of directors.

Now, more than ever, we are committed to doing what we can to ensure that the right tools are in place in order to welcome new families. We are creating an Ambassadors Program because our research clearly shows that word of mouth is the best way to do this. We have also allocated a modest budget to help build upon our presence and share it more widely with the community and beyond. Moving into 2017 we will be changing our name to Squamish Waldorf School. This is part of a refreshed branding endeavour to ensure that the community at large – and those who want to move here and are searching for the right school – know where we are and what we represent. Along with the name change

SQUAMISH DANCE CENTRE

CLASSES OFFERED:

NO DANCE EXPERIENCE NEEDED

Parent & Tot, Kinder Ballet, Kinder Combo, Ballet, Jazz, Tap, Street, Highland, Acro, Just Boyz, Diverse-Ability Dance

Competitive & Non-Competitive programs
Ages 2- Adults
New 4,800 sqfoot facility

"At Squamish Dance Centre, we strive to bring joy through movement. We believe the skills that dance teaches go far beyond the walls of the studio. At SDC, children and adults can develop their creative skills, find a passion for an active lifestyle, foster lifelong friendships, and be part of an inclusive, positive and supportive community of dancers."

SDC
SQUAMISH DANCE CENTRE

604-390-4440
Unit 3 - 38924 Queens way
(Next to Golden Crust Bakery)
info@squamishdancecentre.com
www.squamishdancecentre.com
find us on facebook

is a new logo, social media campaign and, in coming months, a fresh, new and engaging website.

All of this is being done as a foundation to support our efforts to build a new $5M, 25,000-sq. ft. facility by 2021. The business case is posted on our website and we recently sent out a survey asking all our families for their opinion on the two locations and developers we are negotiating with. The results from this recent survey are encouraging and tell us that the majority of you are sending your children to our school because of the community spirit, the pedagogy and the learning environment and not because of one location or another. Some of you have expressed a reluctance to drive to either Brackendale or The Highlands (both potential locations) and that's understandable. We will be reaching out to those of you who are open to chatting about it, to give you some more information on our choices and seek your input and support.

The board continues to meet monthly with a focus on what's to come. While we remain committed to a bright future, our promise remains that we won't lose sight of the present.

If you would like to share your thoughts on the above, join a board meeting as a guest, or share your ideas on how we can make our school even better, please reach out to me directly (adamg@dccnet.com) or to any of our dedicated faculty.

Thank you and hasta luego amigos!

ORGANIC, WASHABLE FEMININE CARE & HEALTH PRODUCTS

ECO MOON PAD

MENSTRUAL & NURSING PADS
FACIAL PADS • EYE PILLOWS

MADE OF CERTIFIED ORGANIC COTTON AND LOVE IN SQUAMISH, BC

ECOMOONPAD@GMAIL.COM | ECOMOONPAD.BIGCARTEL.COM

ONLY 35 MINS TO VANCOUVER OR WHISTLER
AN EXCELLENT REAL ESTATE OPPORTUNITY

#781 BRITANNIA WAY, BRITANNIA BEACH

IDEAL SOUTHWEST SUN EXPOSURE
3 BDRMS - 1 BATH 6700 SQ FT LOT
BEAUTIFUL OCEAN/MOUNTAIN VIEWS

Amazing mountain & ocean view property in beautiful Britannia Beach. Enjoy waking up to the splendour of seaside living from this very nice 3 bdrm home on a 6700 sq ft view lot. For the same price as an average 1 bdrm in downtown Vancouver, you can own a piece of ocean view real estate in the scenic & majestic Sea-to-Sky Corridor. A great property to entertain friends in the sunny kitchen that overlooks the sea and surrounding Coast Mountains or the large private shady deck in the backyard. Now is the time to invest, with today's low interest rates, in this truly exceptional, friendly community poised for sustained future growth. Thank you for your interest. MLS#: R2106515

PETER@BELOSTOTSKY.COM • 1.604.848.4279

PETER BELOSTOTSKY
quality real estate services
Century 21 PERFORMANCE REALTY

GARIBALDI HEALTH CLINIC

Dr. Ashely Gordon
Naturopathic Physician
Naturopathic Health Care for the Family

Keep your family healthy and strong during the Cold/Flu Season!

Nutrition • Herbal Medicine • Acupuncture
Homeopathy • IV vitamin/mineral therapy

604.898.1999
www.garibaldihealthclinic.com

Covered by most Extended Medical Plans
Better Health, Naturally

SQUAMISH'S INDOOR SOFT PLAYGROUND

BIRTHDAY PARTIES
PLAYDATES + GROUP BOOKINGS
OPEN 7 DAYS A WEEK
squishysfamilyfunzone.com

photo by Kirsten Andrews

The need for an effective, truly human education has never been greater than it is today. Our times call out for individuals who can recognize needs and bring right initiatives to the world. To achieve this, children need schools in which childhood is appreciated and allowed to unfold, where capacities of imagination and intelligence, of courage and fortitude, of practicality and skill are gradually awakened, nurtured, and strengthened.

– The Association of Waldorf Schools of North America

WHY WALDORF?

Childhood development addressed holistically in the classroom

By Christine Martin

You will often hear Waldorf education described as educating the head, hands and heart. The head refers not only to the intellectual development of a child but also creative thinking.

The hands relate to doing such as gardening, painting, knitting or cooking. Numerous studies have proven that there is a correlation between movement, particularly dexterity and neuropathic development in the brain.

The feeling life of the child is also crucial to nurture. The less conscious aspects of our human nature (willing and feeling) must constantly be exercised, nourished and guided to ensure that education does not produce unbalanced individuals, stunted in emotional health and volition.

It is well known that children go through different stages of development. The development stages of the child are reflected in what and how we teach at each age. Every year of a child's life is a unique transformation, yet there are themes that arch over sequential seven-year spans.

In the first seven years the child feels its environment through his or her whole being. Children learn through imitation; they are like great sponges, absorbing everything from their environment. They will repeat what they see and hear. This repetition establishes important neurological pathways in the brain. In the care of the early childhood teacher, children feel their world is a good, safe and loving place in which they can learn and grow.

From seven to 14, which covers most of the elementary school years, the child's feeling world begins to deepen. There is an increased awareness of oneself and others. During this stage having a loving authority to follow is important. Children need teachers they can respect and look up to.

A significant bond is established between each student and class teacher over the eight years they spend together. In these years children have a tremendous capacity for memorization – like no other time in their life. Imagination is also strong and material is presented in such a way that it speaks to the imagination, penetrating deeply and thereby concretely stored.

The student also learns through tangible experience at every possible turn. As teachers we aim to educate not only the head but the heart and hands as well.

From 14-21, as children grow into adolescence, they develop the capacity to grasp abstract concepts. They will know inside themselves whether something is true or false, right or wrong, and not because an adult has said so.

Waldorf strives to develop intelligence that has ripened out of the matrix of will and feeling into clear, experienced thought. Teachers educate with a consciousness that everything they do affects the child, from thoughts and actions to the physical environment they create. Great emphasis is placed on creating a beautiful, safe, and loving space because the sense impressions also need to be nurtured. What children feel, see, and hear all factor into their learning experience. Is there warmth in the room; a sense of life; a sense of calm; a sense of love? To that end, classroom materials are made of natural, high quality substances, and even the colours of the classroom walls are chosen to meet the class at the appropriate developmental stage.

Continued page 10...

photo by Dave Thomson

Class 5-6 student Matthew Sinclair practices violin; string instruments are introduced in Waldorf in Grade 4 and offers multiple benefits. Join principal Christine Martin Saturday, Jan. 28, or Tuesday, Jan. 31 for a free talk on "Why Waldorf?" to learn more. Visit SquamishWaldorf.com for locations, times and free childcare options.

Fundraising that won't cost you a cent!

NESTERS Food MARKET

Where the Locals Shop!

You pay face value and 10% goes to the school. That means, for every $100 you spend, Squamish Waldorf School receives $10. We accept cash, cheque, e-transfer, PayPal and credit card. Buy your Nesters cards online anytime for pick-up in the office.

MasterCard AMERICAN EXPRESS VISA PayPal

'Why Waldorf?' continued...

The importance of play

Experiencing healthy fantasy through creative play in early childhood is an important seed that later flowers into intellectual accomplishment. Studies in Germany, Israel and the United States demonstrate the same results regarding the importance of play: Children who engage in creative play in early childhood tend to do better in all spheres of life (socially, academically, emotionally and physically) as they grow older. They tend to be more harmonious and less aggressive, and they show a better understanding of other people.

'Breathing in and out'

Children benefit tremendously when there is rhythm and regularity in their world and so Waldorf weaves this into everything we do – daily, weekly, and seasonally.

Early childhood programs are woven together through a rhythm that allows children to expand out into the world through free, unstructured play and then come together for a focused activity such as story/circle time, baking or painting.

Balanced rhythm, a cycle of "breathing in and out," when repeated each day provides security and nourishes the well-being of the child.

Grade school continues to carry a rhythm within the classroom with an increasing focus on "breathing in," or focused concentration.

> "One might think that the purpose was to train children to be accomplished artists. However, the real purpose of these activities is quite different... the material the children learn deepens when it enters through the world of feeling first, and then into the intellect."

Why the emphasis on art?

A sight often found in Waldorf schools is that of children drawing, painting, modeling, carving, knitting or crochet, making music or singing, recitation, and drama rehearsals.

Artistic activities are woven into lessons on every subject. One might think that the purpose was to train children to all become accomplished artists, if not simply encourage "children's art." However, the real purpose of these activities is quite different.

Waldorf understands that the material children learn deepens when it enters through the world of feeling first, and then into the intellect.

Working with artistic activities can be experienced as a challenge both to one's courage and one's patience. This process often leads to a range of feelings: expectation, disappointment, anger, resignation, thoughtfulness, surprise, newfound hope, motivation, and intense joy from creating something where nothing previously existed.

Art can also bring a deeper sense of oneself and of class-community. Through artistic activity the foundation is laid for the child to take a real interest in the world around them in later life. The arts engage our emotions, stimulate our imagination, and foster enthusiasm. They allow a child's soul to grow and develop in healthy, harmonious ways.

Arts in the grades can also provide an appropriate means by which abstract, intellectual subject matter can be presented. The children's "main lesson" book, artwork, and handcraft projects all reflect a budding appreciation for the world's beauty and a developing pride in each one's ability to achieve self-expression with artistic assurance.

Cultivating the thinking process, nurturing the feeling capacities, and strengthening the will are significant aspects of Waldorf education.

Attention to these factors are key to developing independent thinking people who will meet life with courage and respond with initiative and creativity to the needs of the world and their fellow human beings.

Want to restore JOY and EASE to parenting?

FEEL...

- less tension and stress
- more energized
- balanced and focused
- vital and connected

Dr. Ange Wellman

Chiropractic... a drug-free approach to health and well-being for the entire family!

604.898.8212
13-40437 Tantalus Rd.
drangewellman.com

Squamish Waldorf

Continued from page 1...

The watercolour effect was chosen to reflect the beauty and aliveness found in the paintings our children create beginning in preschool and through the grades.

On Friday, Jan. 27 at 9 am the children in the grades were assembled to receive the news with a cake ceremony.

"We recognize that this will have an impact on the children and want them to be as excited for the changes as we are," Martin continued.

Many thanks to those who have contributed to the marketing committee and continue to guide the school through this transition. This includes Susan Butler, Ciarra Saylor, Georgia Richards, and Sara Forest as well as staff members Kelsey Lovell, Shannon McCarthy, Gabriel Alden Hull, Christine Martin and Kirsten Andrews. Additional thanks for the oversight the board of directors has provided at this time.

Heather Adamson, RMT

Registered Massage Therapist since 1995

Muscle Energy Technique • Joint Mobilizations
Neuromuscular Therapy • Fascial Release
Visceral Manipulation • Craniosacral Therapy
Swedish Massage • Infrared Sauna

(604) 898-3018 | heatheradamson.rmt@gmail.com
HeatherAdamsonRMT.com

SWS Jiva Organics Bulk Buying Group

Interested in quality organics and reducing packaging by buying bulk? Jiva Organics is a Burnaby-based company that supports local Canadian growers and manufacturers and offers a large selection of organic, vegan, vegetarian, cruelty free, biodegradable and fair trade products. No cost to join, tell your family and friends! Split or share orders on big items. Save money!

Jiva ORGANICS

VISIT www.squamishwaldorf.com/jiva for details, catalog, order forms and more!

CALL 604-898-3287 for more information.

Support Squamish Waldorf School with this incredible fundraiser. Proceeds help make Waldorf education an affordable option for all families. Join our "SWS Jiva Organics Bulk Buying Group" on Facebook for updates and reminders.

Rhythm in preschool & kindergarten

Photo by Dave Thomson

By Astrid Lackner

I grew up in a traditional home in Austria, my father went to work every morning and my mom was a homemaker dedicating her life to us children, the house, and garden. I knew that Monday was washday and that Friday was our big cleaning day, when everything was taken off the shelves to be dusted and wiped. On Saturdays, my brothers and I cleaned shoes for church the next day, and baked a cake for Sunday breakfast. Our lives were rhythmical and predictable and gave us children purpose and meaning. Life had real form. As a child I just fell into this given form, as a teenager I rebelled against it, of course, and as an adult I have come to appreciate it once more.

An old nursery rhyme reminds us of these bygone days:

Washing on Monday
Ironing on Tuesday
Mending on Wednesday
Churning on Thursday
Cleaning on Friday
Baking on Saturday
Resting on Sunday

Rhythm as I knew it is not part of many children's lives anymore. Households are tumultuous; parents' work schedules may vary week by week and families find it challenging to establish a rhythm in their home.

In our early childhood programs rhythm is the foundation on which our curriculum is built. When we start in September we begin by establishing daily and weekly rhythms and once we have all found our way into it, it feels like everyone has arrived: the activities of the days can be experienced with greater depth and joy.

What is rhythm?

Rhythm comes from the Greek word rhytmos which means "to flow." It is not rigid, like a schedule, but follows the needs of the classroom and the children within a day and a week. Anything living has rhythm – our organs, our breathing, our heartbeat, etc. It is rhythm that creates harmony and is a powerful healer.

Balance in rhythm is important. In our classrooms we speak about the breathing in and breathing out rhythms of the day. Some activities require of the children to pay attention and be part of a group activity, like circle or snack (breathing in). Other times during the day allow your child to move freely and choose their own activity, like free play (breathing out). Younger children need more time breathing out than older children. Our students in the grades have a lot of breathing in times and less breathing out times.

Children are nurtured by activities bound up with the rhythm the day, the week, and the season.

Children often know the days of the week by the activity of that day, or some might know it by the snack that is served on that day. This repetition of activities in the early childhood classroom brings a sense of security, a knowing of what is coming and what is expected. This knowing gives young children confidence, and offers the possibility of freedom to investigate and move unencumbered in the environment. Having a rhythm takes care of a lot of discipline issues, as the day is predictable and children know what is expected. A wonderful aspect about an established rhythm is the possibility of slightly changing it without too much resistance.

Continued on the next page...

SUNFLOWER PRESCHOOL

"Once upon a time and not so very long ago..." is my preferred way to begin a story whether it is presented in a finger play, puppet show, or a book. There are many ways to tell our children the stories that will help them learn about sharing with others, giving to one another, and caring for themselves and those of us who are part of their lives.

One of my favourites is in the oldest way of all – the oral tradition – when we didn't have print and stories were passed from one generation to the next, perhaps slightly coloured by the orator with each subsequent telling. I am often reminded, by at least a child or two, when I can't quite recall the exact words and am told: "That's not how it goes."

However, they do allow me more latitude within the nursery rhymes. It is an avenue to not only recite and create a picture for the children – it also provides an opportunity to express, for themselves, the story. Wee Willie Winkie, Humpty Dumpty, and Mary, Mary, Quite Contrary come to mind. They are shared in song with accompanying gestures, movements simply made up with hands and fingers, and presented without adornment.

In the beginning the children listen and follow along, but in time the words and gestures become their own and I find them setting up chairs and pillows in comfortable places within the room where they can tell one another favourite stories. Some of the children enjoy books while others use materials from the classroom for puppets and props. It is always a grand presentation.

Noted specialist in maternal and childcare, Joan Salter writes "...nursery rhymes...are universal and have been sung and spoken by mothers and grandmothers for countless generations. They are different from fairy tales, often quite trivial, yet always enchanting. Walter de la Mare wrote in Incarnating Child, "Many of them are masterpieces of word

file photo

Children's favourite nursery rhymes such as Humpty Dumpty offer vivid imagery and are a short-cut to poetry, according to author Walter de la Mare.

craftsmanship...they are not only crammed with vivid little scenes and objects and living creatures, but however fantastic and nonsensical they may be, they are a direct short-cut into poetry itself."

Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall. All the king's horses and all the king's men, couldn't put Humpty together again.

Without fail the children sing out in chorus, "Because he's an egg!"

~ Miss Judy

'An antidote for all this busyness is a healthy rhythm...'

Continued from page 12...

I remember one day when after a walk, we arrived back at school late and we skipped rest time, a child, wistfully said: "...But tomorrow, we will play the birdy game again, right?" All the children nodded in agreement, but then went along without fuss.

Many times when I start a new Parent and Child class and I emphasis the importance of rhythm, parents are curious, but what astonishes many is how quickly children (and they themselves) fall into our morning rhythm, following the flow of the morning together, and time and again it is a two-year-old telling us: "I smell the bread. We need to tidy up, it's time for snack!"

For children the world around them often moves faster than their ability to keep up. This can cause frustration, tension and tantrums. An antidote for all this busyness is a healthy rhythm. Children respond well when their surroundings are calm, settled and predictable. Having a good rhythm is nurturing for children and can take care of a lot of nagging, tension and impatience on our part. Look at the times of your day, or week you find challenging. Often they happen around transitions – from home to school, or school to home, bedtimes, etc. Visualize what you would like to see happening for yourself and your children, think ahead and plan. Give yourself extra time when establishing a rhythm, be consistent, patient, don't give up and most importantly, don't be too hard on yourself when the ride is bumpy. Any change takes time, but soon enough you might find your mornings going smoother, or a bedtime less demanding. Parenting takes courage, strength, patience and a good dose of humour.

Kindergarten registration open for 2017/18

HALF OR FULL DAYS | SAFE, LOVING, COMPASIONATE ENVIRONMENT | FOCUS ON CREATIVE FREE-PLAY

Kindergarten Parent Info Night

Thursday, Feb. 9 | 7:30 to 9:30 pm

Squamish Waldorf School has a proven track record for academic success with its alumni, making it a great option for families looking for a gentle start to their child's formal education.

Bake with me!

Experience Kindergarten

Saturday, Feb. 11 | 9:30 to 11:30 am (RSVP required)

Experience the active kindergarten atmosphere with your child and enjoy the fun activity of making bread together! There will be storytelling, circle time, and free play. This event is free.

Call 604-898-3287 or email info@squamishwaldorf.com to RSVP

Like us on Facebook for news, inspiration and articles relevant to parenting and education.

38265 Westway Ave. | FOR MORE INFO VISIT SquamishWaldorf.com

For many parents, the most challenging part of their day is getting their young children up and out the door to school in the morning. Conflicts arise when deciding what to wear and then, especially in colder months, dressing layer upon layer. After struggling through mornings like this, we might find ourselves asking, "What can I do to streamline this process without dishonouring my child's creativity and freedom to wear what they like?"

Conflict can easily be avoided by laying out clothes for the next day. This one small addition to your morning rhythm can win you a lot of time. With so many transitions for children revolving around dressing and undressing throughout the day, having additional choices to make regarding which jacket or pair of pants to wear can be extremely overwhelming. For most children, choices result in complete overwhelm, and even meltdown. If a child's closet or drawers only contain a selection of seasonally appropriate clothing options, with the help of an adult, they are easily able to choose clothes for the following day before bed – you can even have fun with it by creating a "straw man" on the floor!

As adults, we can ensure a child's collection of clothing is appropriate by considering a few key ideas:

Layers are your friend

With cold and wet weather comes more layers. In the kindergarten, a large portion of our day is spent outdoors. Dressing in layers is a tried and true method of staying warm outdoors for long periods of time, as well as comfortable in changing seasons.

Comfort first

Sometimes it can be difficult to understand why a child is so particular about seams, how clothing can bunch up in certain areas, or how a fabric feels itchy. Some children have a heightened sense of touch and when it comes to clothing there are many seemingly small facets that become of great importance. Clothing should fit close to the skin. This gives the feeling of being held and is quite comforting for children, and adults alike.

photo by Kirsten Andrews

Kindergarteners experience a great deal of outdoor playtime in Waldorf. Dressing your child in layers with natural fibres closest to the skin for breathability will help keep them comfortable. Simplifying their wardrobe by offering a limited selection of quality options can help mornings go much smoother.

Quality over quantity

It is important to look for fabrics that breathe since children are so active in their play. Breathability also plays a role in keeping children warm while spending time outdoors. Look for pieces that are soft and that move with their body. Although it can be costly, natural organic fibres are worth considering, especially if your child's skin is irritated easily. Cotton, wool, and silk blends are all excellent options.

Function over frills

Clothing, especially for young children, should be worn for function, comfort and warmth, over fashion. The rain pants we request your child wear everyday are an excellent example of this. Without them, there would not be much difference between our carpets inside and the sandbox in the schoolyard.

Less is more

Clothing should be visually uncluttered. Logos and media images commonly found on children's clothing are simply advertising in disguise. Solids or simple patterns work best, as they are not as distracting as garments with branding or characters.

Keep it simple

When arriving in kindergarten from preschool, many children are challenged by the realization that we do not have attached bathrooms. After tearing themselves away from play, they must then make their way down the hallway to the shared bathrooms. Already on the brink of an accident, many children then find themselves fumbling with zippers and buttons that they have not quite mastered. Elastic waistbands offer a solution to this issue.

With several more months of layering-up still ahead of us, we certainly appreciate the efforts of our parents and we are looking forward to many more snowy, sandy, wet, and muddy days.

~ Miss Kelsey and Miss Begoña

CLASS ONE/TWO

photo by Dave Thomson

Class1 hard at work on their most recent puppet play. In Waldorf education oral storytelling, verse recitation, tongue twisters, dramatic productions and other tools are used to build skills, not only in reading and writing, but language as a whole.

The time between September and Christmas is a most wonderful time of the school year. There are so many events happening: the first day of school for Grade 1, Michaelmas, the lantern walk and Advent Garden, culminating with the Christmas Fair. It is also the time after a long summer break where teachers and students get back to the daily teaching process. New students, parents, and teachers join the school community and start working together as a team.

I became a Waldorf teacher 27 years ago in Germany, after the wall fell. I lived most of my life in the GDR, better known as East Germany. Before my time as a Waldorf teacher I worked as a rowing coach, which explains, perhaps, why I gravitate toward the term "team" – even though rowing teams are quite different!

My new team, Class 1-2, is making fast progress; my 25 students impress me every day.

We are currently in the middle of a language arts block. The Grade 1 students have learned all the letters of the alphabet, upper and lowercase. The letters were introduced in a creative way, embedded in fairy tales and chalkboard drawings. Waldorf teaches these building blocks with rich, creative imagery so the students can feel into their own experiences with the letters and thereby create a space in their intellect that is easy to access and bring forth when required.

Now we begin creating words and sentences. A big component of teaching language in a Waldorf school is oral practice. Students learn poems, tongue twisters, and action rhymes; they recite their birthday verse every week on the day when they were born. We have also started working on a short play with puppetry and detailed language required for recitation.

Through these foundations we lay the groundwork for future academic success. Having graduated a number of classes from this school, I can tell you our alumni demonstrate excellent academic achievement once they go onto public school (as is the case with most of our alumni).

The focus with Waldorf is complex. It does not push reading at the cost of other areas, there is an integration and confluence between other aspects of language, including quality speech, drama and even art.

Continued on the next page...

Continued from page 16...

I invite you to join our class and listen to the beautiful group or solo recitations. It gives me goose bumps any time I am blessed to be a witness.

It is not just the quality of speech, but the growing self-confidence that is built as a result of ongoing practice – it amazes me on a daily basis. And don't forget the fun factor! There is a lot of laughter in the room when we recite, act and play.

In short time the children will catch up to their peers with reading, and by then they will have accumulated an impressive amount of other language skills that are most often bypassed in other education systems.

Of course we continue to spend a lot of time outside. This is another big element of learning. It is wonderful to see how creative and socially capable the students have become after such a short period of time together.

~ Fritz Bindseil

Bienvenue! *Mme. Leah Perichon recently moved to Squamish from Ontario where she worked as a class teacher at Trillium Waldorf School in Guelph. Mme. Perichon says she adores music and singing and brings much musicality to her classes, as well as storytelling and puppetry. At home, she enjoys speaking French with her Belgian husband and two-year old son. Mme. Perichon is pleased to get to share her love of French language and culture with students at Squamish Waldorf School, and to connect with and contribute to this vibrant community.*

THE LOCALS BOARD.COM

PUT YOUR $ WHERE YOUR ♥ IS. SHOP LOCAL. SQUAMISH. BC

Our framed poster, theLocalsBoard is a quarterly ad board for local businesses, small and large. The poster NOW rotates every 3 months with the new season. With ads of roughly 30 businesses each season, theLocalsBoard is displayed at over 45 locations in and around Squamish.

Advertising on theLocalsBoard will:

- increase your brand awareness around Squamish
- drive more business to you
- give you exposure across 45+ locations for 3 months (a season)

Our locations include restaurants, cafes, yoga studios, gyms, retail stores, health and wellness clinics, and more.

We offer a variety of ad sizes to suit your needs, as well as 2 Season, 3 Season, and 4 Season plans. Ad prices start as low as $70/month.

Get on Board!

Join us on theLocalsBoard for the SPRING, SUMMER or AUTUMN Seasons now! Plan ahead. Space is limited.

Get on board!

Contact Klara at team@thelocalsboard.com or 778.990.0639

2017

THE LOCALS BOARD.COM

SQUAMISH, BRITISH COLUMBIA

CLASS THREE/FOUR

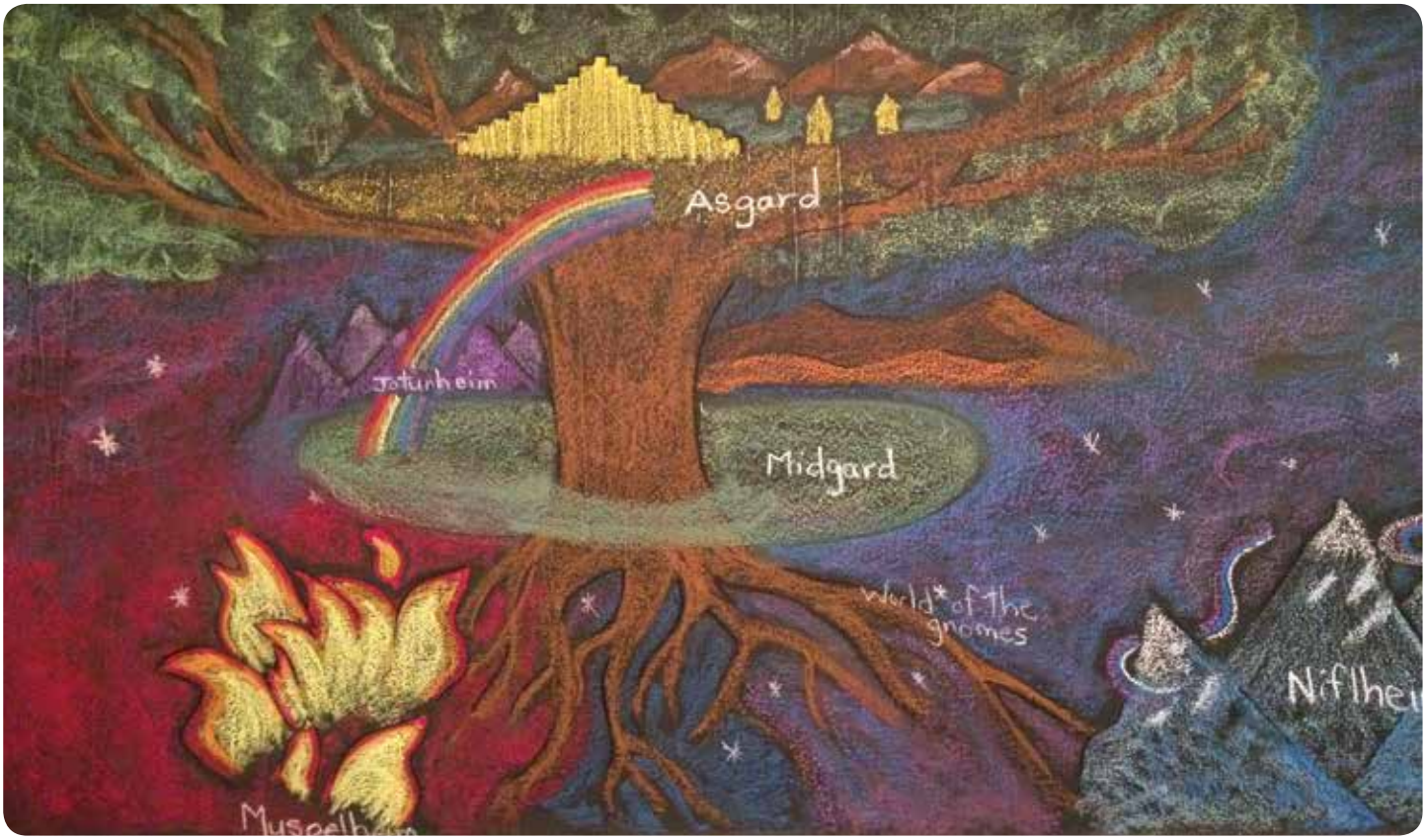


photo by Christine Martin

Students of Class 3-4 are embracing the Aesir world with enthusiasm and are eagerly delving into the world of the Norse gods and goddesses.

Last year, from January to December, we studied the Hebrew Scriptures and the challenges the Israelites had to overcome. The stories were filled with determination, models of morality, seriousness, perseverance and celebration.

Beginning this January the Norse mythology is the theme we will be working with for the next 12 months. In contrast to the Scriptures the myths are filled with laughter – raucous, hilarious and, sometimes, derisive laughter.

In Grade 3, when the child is nine years of age, a significant change occurs and the child starts to view the world separate from one's self; coming out of the "Garden of Eden" and stepping into their own individuality. With this change, can come inner feelings of vulnerability, loss and confusion, but also liberation.

As the child moves through this transition and starts to feel more of their own individuality they will feel: Here am I, and there is the world separate from me. The strong victorious images empower the child; helping build a new, independent self-confidence as they transition in their tenth year.

The dramatic, often humourous tales of the Norse culture meet the soul of the child at this development stage. The colourful characters – Allfather Odin the wisdom seeker; Thor the god of Thunder, best known for his temper, strength and willingness to help his fellow gods against the giants; mischievous Loki, the fire spirit; faithful Idun, vain Sif – have strong individualities but often little wisdom, like the fourth grader who is beginning to assert their own unique individuality.

In the Norse characters' heroic deeds, their foibles, their quarrels, the students find a reflection of themselves.

The fourth grader is often increasingly aware of the struggles of life and so identifies with the continuous struggles of the Norse Gods and their clashes with giants. With the powerful wills, contentious natures, and love for adventure the Norse gods serve as a remarkably accurate reflection of the children who study them.

There is also a polarity in the Norse myths as underlying these extroverted, often funny, tales is a hint of tragedy for the Norse gods know that in spite of their power and beauty, they are doomed to be overcome by giants and trolls who wait in the subterranean lairs. Polarities in life are also something the child is becoming more aware of.

The children are captivated by the Norse gods and goddesses, each with distinct character and personality and adventurous journeys. The children have embraced the Aesir world with enthusiasm, and we look forward to bringing a Norse myth play in the spring. You will have to wait and see which one it is. One thing we can promise is that you will enjoy it!

~ Christine Martin

CLASS FIVE/SIX

Just before Christmas Class 5-6 finished its exploration of Ancient Greece. We found out how Alexander the Great invaded Asia with an army of only 30,000 Greek and Macedonian soldiers and how in this process he overcame many armies several times bigger than his own. He brought together the wisdom of the ancient East with the new knowledge that flourished in Greece.

In order to preserve this knowledge Alexander founded several universities, the most famous of which was in the town of Alexandria, located in Egypt by the Nile Delta. He was unbeaten in all the battles he faced and managed to penetrate his conquest deep into India. But even all the fame he had achieved could not prevent his death at the age of 32 by malaria. The class truly enjoyed all the stories around this famous person and his trusted confidante and adviser Aristotle.

After all these stories of battles and conquest it was time to move to more peaceful subject matter, namely geography. While we completed a topographical map of North America, special emphasis was given to the different biomes across this continent as well as around the earth. The class found out that there are remarkable similarities in the climate zones we encounter as we move from the equator towards the poles in comparison to the biomes we would find while hiking up a mountain.

We started with the tropical rainforest and the vast variety of fauna and flora that can be encountered in our own biologically diverse area. The children knew quite a few facts already and had a lot of valuable contributions towards our class discussions.

Next we moved on to the vast grasslands that can be encountered in many parts of the world. The children pondered living conditions and survival as members of a herd of grazing animals as well as what it must be like to be a predator in several different scenarios. Next came the foray into the deserts and the realization that in spite of the very harsh living conditions of this biome there is quite a variety of plants and animals who call this inhospitable environment home.

photo by Shannon McCarthy

Class 5-6, with the help of Class 2, raised a massive snow giant in the school yard this January after we received even more snow over the holiday break.

We are now in the process of exploring the vast areas of the temperate forests that – after the oceans – are the biggest biome on earth, encompassing approximately 29 per cent of the earth's surface. The children learned about deciduous forests, mixed and coniferous forests and about the "drunken forests" of the subarctic taiga, where part of the permafrost layer melts and causes the trees with their shallow roots to bend in the most astonishing ways. We have yet to touch upon the tundra and the polar regions before we finish up with the biggest biome on earth, the oceans.

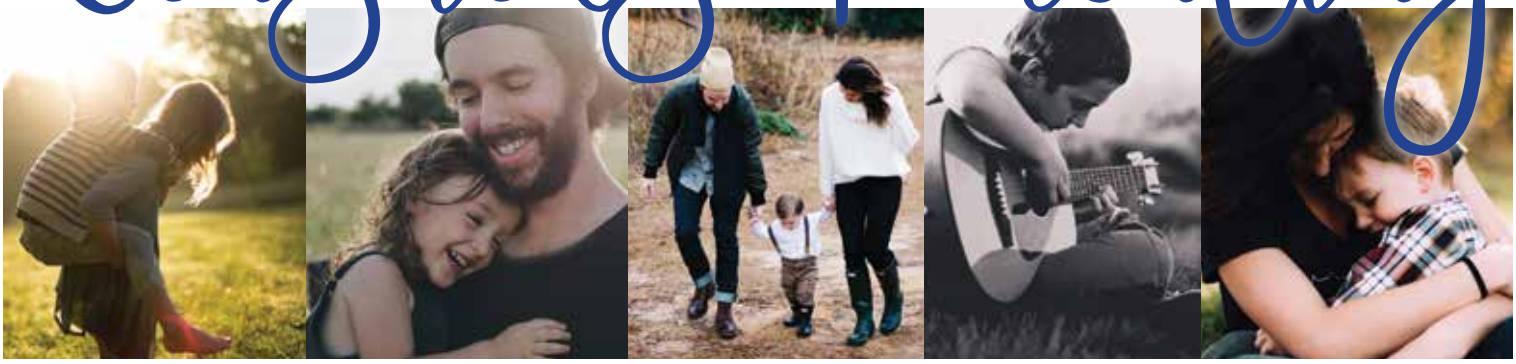
After this earthbound exploration we will send our gaze towards the heavens with our block of astronomy where we will examine the movements of stars and planets from a geocentric point of view. Hopefully the weather will co-operate and the students will have a chance to observe what we talked about in the evenings before bedtime if there are no clouds to obscure the heavenly bodies.

At the same time we will start our lessons in geometry. We will now be using a ruler and compass versus the free-hand geometry we've engaged in so far. Our primary focus will be on the circle and several theorems of Greek mathematicians such as Pythagoras.

We came back to school in January to the perfect snow for making snowmen and forts. The class used this opportunity to build a snow giant with the help of some second graders. Putting up the second very big and heavy snowball became a great exercise in teamwork and some applied physics. It was great fun and we learned a lot while building this snow colossus!

~ Ralf Hoerger

Conscious Parenting



FREE! Child development talks for parents, caregivers and educators

PRESENTED BY Squamish Waldorf School

Why Waldorf?

Do you wish to instill a love of life-long learning in your child? Discover the incredible advantages Waldorf education can provide through its holistic approach to child development.

SATURDAY, JAN. 28
9:30 to 11:30 am
Squamish Waldorf School

Reducing Stress and Anxiety in Children

Help your child be calmer, happier and more focused by reducing hidden areas of stress, and allowing room for connection, creativity, and relaxation.

SATURDAY, MARCH 4
9:30 to 11:30 am
Squamish Waldorf School

Screen-Time: How Much is Too Much?

Learn how screens affect the developing mind, appropriate ages for use, and the best tools to manage media, screens and digital demands with your growing child.

SATURDAY, APRIL 8
9:30 to 11:30 am
Squamish Waldorf School

Free childcare with RSVP

TUESDAY, JAN. 31
6:30 - 8 pm
Squamish Public Library

TUESDAY, MARCH 7
6:30 - 8 pm
Squamish Public Library

TUESDAY, APRIL 11
6:30 - 8 pm
Squamish Public Library

Adults only, please

Call 604-898-3287 or email info@squamishwaldorf.com to RSVP.
Squamish Waldorf School (formerly Cedar Valley Waldorf School), 38265 Westway Ave.
Squamish Public Library, 37907 Second Ave.

FOR MORE INFO VISIT SquamishWaldorf.com