



Sprouting Cedar

November - December 2013



photo by Kirsten Andrews

CVWS founding parent Jacki Willcox, pictured with son Grant (Grade 8) and daughter Cayley (Grade 10), said both she and her husband John credit Waldorf education for their teens' curiosity, creativity, and desire to learn. Grant and Cayley do too.

CVWS alumni excel academically

By Christine Martin

In the last two years Cedar Valley Waldorf School has graduated two classes of children, many of whom have been in our school or another Waldorf school since early childhood.

In June CVWS graduated a combined Grade 6-7 class, and the year before graduated its first Grade 7-8 class. This now provides us with the exciting opportunity to see how our students have fared in the public school system.

In 2012, all the students from the Grade 7-8 class went into Grade 9; there

were 10 students (an additional four had left the previous year to move into Don Ross earlier) and they were split evenly between the two grades. Many of the students in the Grade 7 class were children with autumn birthdays and therefore spent an extra year in our early childhood program gaining a strong foundation. These students, although they had only seven years of elementary school, had developed strong academic skills at Cedar Valley and were able to move up to Grade 9.

Of these 14 students 12 have gone onto

Waldorf graduate wins 2013 Nobel Prize

Neuroscientist Thomas Südhof, 57, was in the remote town of Baeza in Spain to attend a conference and give a lecture, when he found out he was one of the Nobel Prize winners this year.

"Every scientist dreams of this. I didn't realize there was chance I would be awarded the prize. I am stunned and really happy," said the Hannover Waldorf School graduate.

"We've made so many major advances during the past 50 years in this field, but there's still much more to learn," said Südhof, who in a 2010 interview with *The Lancet* credited his bassoon instructor as his most influential teacher for helping him to learn the discipline to practice for hours on end.

"Understanding how the brain works is one of the most fundamental problems in neuroscience."

Südhof, a medical doctor and professor of molecular and cellular physiology at the Stanford School of Medicine, won the 2013 Nobel Prize in Physiology or Medicine. He shared the prize with James Rothman, PhD, a former Stanford professor of biochemistry, and Randy Schekman, PhD, who earned his doctorate at Stanford under the late Dr. Arthur Kornberg, MD, another winner of the Nobel Prize in physiology or medicine.

The three were awarded the prize "for their discoveries of machinery regulating vesicle traffic, a major transport system in our cells."

~ *The Stanford Report*, Oct. 7, 2013.

Want more? Visit www.thewaldorfs.waldorf.net/famousalumni.html for a list of Waldorf alumni recognized in their home countries or internationally for positive contributions to the arts, science, politics, and other fields.

Cont'd page 6

PRINCIPAL/PEDAGOGICAL ADMIN.

Christine Martin

PRESCHOOL TEACHERS

Astrid Lackner
Judy Roberts

KINDERGARTEN TEACHERS

Begoña Cid
Lauren Baldwin

CLASS 1 TEACHER

Christine Martin

CLASS 2/3 TEACHER

Ralf Hoerger (Handwork)

CLASS 5/6 TEACHER

Fritz Bindseil (German)

SPECIALTY TEACHERS

Sibylle Wuethrich -
Special Education Asst.
Jocelyn Pettit - Strings
Correy Matheson - French

BUSINESS ADMINISTRATOR

Gabriel Alden Hull (Music)

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Cedar Valley Waldorf School.

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photo by Kirsten Andrews
*Wet on wet
watercolour
painting by Class 3
student Neve Kelly.*

Dates to remember

NOVEMBER

- 4 Mon Lantern Walk at Brackendale Fair Grounds | 6:30 pm
- 6 Mon Christmas Fair Planning Meeting in the MPR | 9:15 am
- 7 Thur Christmas Craft Bee in MPR | 7:30 pm
- 8 Fri Comedy Night and Auction at The Ledge Café | 7:30 pm
- 8 Fri Public School Pro-D Day – invite a friend to school!
- 11 Mon **Remembrance Day – NO SCHOOL**
- 12 Tue Parent-Teacher Interviews – Preschool in session, no Grades or K
- 13 Wed Parent-Teacher Interviews – Preschool in session, no Grades or K
- 14 Thur Christmas Craft Bee in MPR | 9 am to noon and 7:30 pm
- 14/15 Thur/Fri **Professional Development – NO SCHOOL**
- 18 Mon Grades Swimming | pick up 3:15 pm at Brennan Park
- 20 Wed Parents Initiative Council (PIC) meeting in MPR | 9 am
Lantern Walk Rain Date | 6:30 pm
- 21 Thur Christmas Craft Bee in MPR | 7:30 pm
AGM in MPR – All welcome | 3:30 pm
- 27 Wed School Tour | 9:15 to 10:30 am
- 28 Thur Christmas Craft Bee in MPR | 9 am to noon and 7:30 pm

DECEMBER

- 1 Sun Advent Garden | 3 pm Group 1, 4:15 Group 2
- 3 Tues Tree trimming | 7:30 pm
- 5 Thur Christmas Craft Bee in MPR | 9 am to noon and 7:30 pm
- 7 Sat Christmas Fair and Open House | 11 am to 3 pm
- 11 Wed Parents Initiative Council meeting at Kaz's house | 7:30 pm
- 20 Fri Shepherd's Play – all welcome | noon
- 20 Fri Last day of school

JANUARY

- 6 Mon Beginning of school term
- 13 Mon Parenting Series | 7:30 pm
- 16 Thur Nordic Skiing in Callaghan (Grades)
- 20 Mon Nordic Skiing in Callaghan (Grades)
- 20 Mon Parenting Series | 7:30 pm
- 27 Mon Parenting Series | 7:30 pm
- 29 Wed School Tour | 9:15 to 10:30 am
- 31 Fri Public School Pro-D Day – invite a friend to school!

FEBRUARY

- 3 Mon Grades Skating | pick up 3:15 pm at Brennan Park

OUR MISSION

Cedar Valley Waldorf School provides a holistic education that addresses the spiritual, emotional, intellectual 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

'Warmth and Weather'

Get your winter woollies through the school this year. This fundraiser provides a 40 per cent return to the school on all orders. Brochures are available in the office. Please note that fibres are natural and subject to shrinking – order larger sizes and follow care instructions. There are two order dates: November 1 and December 6.

Christmas craft bees

You don't have to be an elf to help make gorgeous toys and decorations for the Christmas Fair. Join us Thursdays leading up to the fair (see page 4 and Dates to Remember opposite this page). Craft bees are a great way to connect and gain new crafting skills. Many hands make Christmas happen.

Tree trimming

Leave the cold outside to come help trim the tree and deck the halls from top to toe on Tuesday, Dec. 3 at 7:30 pm. Let our eggnog, carols and good cheer help you transform hectic holidays into peace on earth.

Pro-D and parent-teacher interviews

The child-centred approach of Waldorf education means teachers take extra time to connect with parents about a child's progress. And unlike public school, we take our professional development days in blocks so that teachers can attend regional conferences and trainings. Tuesday and Wednesday, Nov 12 and 13 are parent-teacher interviews (preschool in session). There is no school for all classes on Thursday and Friday Nov. 14 and 15 for Pro-D.



Lantern walk

Grades and kindergarten families – please join us for our lantern festival on Monday, Nov. 4 at the Brackendale Fall Fair grounds on Government Road just past the Art Gallery. It will begin at 6:30 pm. Our rain date is Wednesday, Nov. 20. For more info see page 9.

AGM

Cedar Valley Waldorf School will hold its AGM on Thursday, Nov. 21 at 3:30 pm in the MPR at the school. Members will review the school's financials for the previous year and vote on board membership and executive offices. Everyone is welcome.

Local poinsettias

This holiday season On The Farm Market is helping local schools raise money. They have partnered with a small, family-owned grower in the Fraser Valley to provide poinsettias to schools at a reduced rate. CVWS will be selling these poinsettias for \$13. There are five colours to

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Roses of thanks

- 🌹 Sewing baskets of roses to Karen – although her children have long since moved on past kindergarten she made beautiful new baking aprons for the entire kindergarten program.
- 🌹 A shed full of roses to Sheila for cleaning out our shed and getting the garden beds ready to plant.
- 🌹 A shower of roses to Melanie for pressure washing our building.
- 🌹 Gloriously illumined roses to Caroline and Stuart for installing brighter light bulbs in our classrooms.
- 🌹 Roses to Christine Gavin-Bartlett, Juliette, Monica, Joanne, Rich and Jen for being on our cleaning crew; your work is appreciated by all!
- 🌹 Roses to all the class reps: Nancy, Zena, Pip, Natasha, Elise, Jennifer, Kaz and Monica for helping the teachers organize events and participating in PIC.
- 🌹 A treasury full of roses to Will for keeping the books.
- 🌹 A bouquet to Larissa for her patience with responding to spontaneous questions and requests.
- 🌹 Santa's workshop full of roses to Pip for taking on the role of Christmas Fair co-ordinator.
- 🌹 A cornucopia of roses to Sean and Joe at Nesters for donating the turkeys for our potluck.
- 🌹 Trays and trays of roses to Yui and Yuji and Samurai Sushi for donating sushi to the comedy night.
- 🌹 An overflowing bouquet to Natasha for stepping up to lead PIC and the organizing for our silent auction. We're looking forward to the new venue, new theme and new faces!
- 🌹 Roses to Tanya Hawkings who refurbished a little wooden kitchen and made it like new. The children love it!
- 🌹 Autumn roses to Tania Monastyrski for cleaning the garden beds for us.
- 🌹 Wooden rosettes to Alistair for lowering Lauren's table and fixing it, making more playstands for the kindergarten and being ever ready and handy.
- 🌹 Roses to Alfredo and Irene for making the sand box smaller.
- 🌹 Roses to Jennifer Bylow for all her help in the kitchen and at school events.
- 🌹 Roses to Lauren who organized all the beautiful pumpkins.
- 🌹 Roses to Cindy at Hilltop House for lending us their tables so we can accommodate more families at our Thanksgiving potluck.

Experience the true joy of Christmas



photo by Rebecca Amber Photography
Experience the joy of making handmade decorations for the tree

By Pip Parr

Here we are again! Christmas is right around the corner and it is always this time of year when I start thinking about what is truly important to my family over the holiday season. Time and again what I come up with is that we all, but especially the children, should experience the genuine joy of Christmas. I am delighted to be co-ordinating the Christmas Fair for Cedar Valley Waldorf School again – it takes place Saturday, Dec. 7 from 11 am to 3 pm and I hope to see many of you there that day!

The theme we have chosen for the

fair this year is “Experience the Joy of Christmas!” and we are going to honour that message by producing a fair that will give children and their families just that: joyful holiday experiences.

These experiences will include wandering through a gnome village, the magic of the cookie house and choosing a beautiful biscuit that is just right for your Christmas, making your own yuletide candle by dipping a wick in warm beeswax, and creating your own holiday wreath out of real cedar boughs and holly. And don’t forget to take in the inspiring puppet play in which a delightful story is told through magical puppets in a setting your children will not forget!

There will fun hands-on activities such as making a felt ball ornament for the tree, creating a Yule log to put on the table, rolling beeswax candles (more appropriate for the little ones) and then experiencing a taste of Christmas with a cinnamon apple.

The festive CVWS Café is back for when it’s time to enjoy a hot beverage and a sweet homemade snack while taking in some live caroling. Or if you prefer, head outside and eat a hearty lunch at the BBQ around an open fire.

As always shoppers will relish in the opportunity to buy non-commercial gifts from our market place, which will feature handmade Waldorf crafts and decorations, as well as several vendors specially selected to appeal to our Christmas Fair crowd.

For those of you interested in getting involved in craft making for the fair, contact Pip at pipron@shaw.ca. They all take place in the multi-purpose room at CVWS on Thursdays beginning Nov. 7 at 7:30 pm, Nov. 14 from 9 am to noon and 7:30 pm, Nov. 21 at 7:30 pm, Nov. 28 from 9 am to noon and 7:30 pm, and Dec. 5 from 9 am to noon and 7:30 pm. We’d love to see you!

Keep an eye out for our sign-up board as well, many volunteers are needed to make this event happen.

Fundraising that won't cost you a cent!



You pay face value and 10% goes to the school.

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let’s keep it going!

Cedar Shavings

.. Continued from page 3

choose from: red, white, pink, burgundy and marble. Natasha Heslop will be posting an order form outside, so please sign up for however many you would like and she will collect payment from you (cash only please). Poinsettias will be available for pick up at On The Farm on Thursday, Dec. 5 between 1 and 3 pm. Order deadline is Nov. 26.

Mentor mixer

On Thursday, Nov 2 all parents are invited to the MPR at 9 am (or as close to it as possible for those of you dropping off at 9 am or coming from the Rainbow Preschool). Veteran Cedar Valley parents will welcome newcomers and help show them the ropes of Waldorf parenthood. Meet your mentor; share stories and support. Talk to your class rep if you want to mentor new parents.

School tours

Are you curious about an education that ignites a life-long love of learning? Our school tours sit in on classes from kindergarten to Grade 6 and demonstrate the Waldorf approach at different stages of child development. Tours are held on the last Wednesday of every month. Contact the office to register. The next school tours take place on

November 27 and January 29 from 9:15 to 10:30 am.

Walking the advent garden spiral

Our Advent Festival will take place on Sunday, Dec. 1, at Cedar Valley Waldorf School in the kindergarten room. We will be walking the advent circle in two different groups. At 3 pm we welcome preschool and kindergarten children, at 4:15 pm we welcome grades students and younger siblings. If you have children in both grades and kindergarten or preschool please attend the 4:15 session as a family.

Group 1, please make sure you are there by 2:50 pm so that we can be seated and begin promptly. Group 2, please make sure you are there by 4:05 pm. If you have any questions or concerns please contact Lauren or Begoña.

Laughing for a good cause

Get ready for an extraordinary night of fun, dancing, great food, amazing auction items and fantastic company. CVWS welcomes one of Vancouver's hottest comics, Ivan Decker, on Friday, Nov. 8 with emcee Kelly Dyer and deejay Just Sheila at The Ledge Café.

Tickets for the big night are just \$25 and include your first beverage (alcoholic or non-alcoholic). Tickets can be purchased from the office, Billie's Flower House or The Ledge Café.

Cedar Valley Waldorf School Annual General Meeting

Cedar Valley Waldorf School will hold its AGM on Thursday, Nov. 21 at 3:30 pm at the school. Members will review the school's financials for the previous year and vote on board membership and executive offices.



Are you level-headed, skilled and active in the community? Do you share a belief in the mission of our school? If so, you may be a candidate for our board of directors. Inquiries from outside the school community are welcome. Please contact board president John Wilson or Christine Martin or call the office if you are interested.

EVERYONE IS WELCOME!

For more information visit
www.cedarvalleyschool.com

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Parents' pleased, students thrive post-graduation

Continued from page 1

Don Ross Squamish's middle school, one to the Vancouver Waldorf School, and another relocated to the United States.

The students, some a little anxious to go to new and much larger schools, quickly adapted. Socially they fit in maintaining friendships with their CVWS classmates plus building new relationships. It did not take them long to feel comfortable and confident.

Academically they shone. Fifty-eight per cent of the students from Cedar Valley made the honour roll (requiring a 73 per cent or higher average) in their first year at Don Ross. Only 30 per cent of students from the public system received honours.

Only 12 students out of a total of 191 made the principal's list (86 per cent average and higher) in 2012. Three of these were CVWS grads, and a fourth had attended CVWS for her early childhood and first elementary school years. Twenty-five per cent of CVWS graduates earned this distinction compared to seven per cent from the public system.

In 2013 students from the class of 2012 received awards for outdoor education, art, physical education, and science. Students who received the English award and the "Excellence in French Immersion" were also students who attended CVWS in early childhood and the earlier grades.

The year prior, of the four students who had left a year early to enter Grade 8 at Don Ross three made the principal's list (out of a total of 35 students). Awards are given at the end of the year for the top two students in each subject area. Students from CVWS received the top awards in French, social studies and computer science (yes, computer science!).

There is a reason the top executives of the Silicon Valley send their children to Waldorf (see New York Times article A Silicon Valley school that does not compute)!

"I feel strongly that their experience at Cedar Valley has prepared them well not just for secondary education but for life."

**Heather Adamson,
mother of two CVWS grads**

It is a myth that Waldorf is not strong in the area of academics: The performance of CVWS grads definitely debunks this. Cedar Valley students are certainly well-rounded – academically, socially, emotional and physically.

I have two daughters who were students at our school: Mikayla, who is 16 and Shondra, 14. When they transitioned into the public school I received many compliments from the teachers. One teacher said, "There are few students in my teaching career that inspire me to teach, your daughter is one of them. Some students, some of the time come to school ready to learn. Your daughter comes everyday eager to learn. It is wonderful to see." Another comment was: "If all students were as focused and responsible as your daughter it would make my teaching job easier." The feedback I have received from parents of students who have graduated from CVWS and go on to the public system has all been positive.

Parent Jacki Willcox said the transition experiences of her son Grant, now in Grade 8 at Don Ross, and daughter Cayley, in Grade 10 at Coast Mountain Academy, have been smooth.

"Both children have adjusted with ease to their (new schools) and have missed nothing by being in the Waldorf system. In fact both of our children recognize the benefits they derived from their Waldorf years – their approach to learning is curious, their desire to learn is inherent and their creativity is nurtured," she said, adding that they began Waldorf in preschool.

"The mission statement of the school has manifested in both children. My son tells me he and his Waldorf classmates are all getting As and their work is highly creative."

Willcox added that Cayley is "with kids who have had an extremely academic focus and can see her own ideas are original and that she has an ability to think outside the box."

continued on next page...

Waldorf grads stand out; one research study gives students top marks

Douglas Gerwin and David Mitchell from the Research Bulletin conducted a survey in the spring of 2007 to see what happens to Waldorf school graduates after they leave high school. They found the following:

- After graduating from a Waldorf high school, attends college (94%)
- Major in arts/humanities (47%) or science/math (42%) as an undergraduate
- Graduates or is about to graduate from college (88%)
- Practices and values life-long learning (91%)
- Is self-reliant and highly values self confidence (94%)

- Is highly satisfied in choice of occupation (89%)
- High values in verbal expression (93%) and in critical thinking (92%)
- Expresses a high level of consciousness in making relationships work – both at home and on the job
- Highly values interpersonal relationships (96%)
- Highly values tolerance of other viewpoints (90%)
- At work cares most about ethical principals (82%) and values helping others (82%)

Standing Out Without Standing Alone – Profile of Waldorf School Graduate, Research Bulletin, Spring 2007, Volume 12-12

Heather Adamson, mother of two children who also graduated in 2012 and 2013 and now attend high school and middle school, echoes this sentiment.

“The transition for both of them was much smoother than any of us expected. It was also successful – any way you look at it. I feel strongly that their experience at Cedar Valley has prepared them well not just for secondary education but for life. Waldorf encourages students to think for themselves, and they do. My kids do well academically, at times very well. They are also both very creative and relatively active. They are well-rounded teenagers. They have good relationships with their family and friends. What more could I want?”

Willcox said she sees many aspects of the teaching model used by Waldorf education being mirrored in other independent schools in Squamish.

“The new thinking in education reflects the fundamentals Waldorf has been following for years. Coast Mountain Academy and Quest University both embrace many similar ideas of nurturing creativity, self-directed learning, development of community, and small class sizes of fully engaged students. Cedar Valley has been doing this for years,” she said.

“My husband and I have no doubts that both our children will contribute to society in meaningful ways and help to make the world a better place – they are happy, well-adjusted kids with a love of learning.

“Their years at Waldorf have been a blessing for which we will always be thankful.”



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If you, family or friends are making a move in the Sea to Sky corridor consider contacting Jennifer, a top realtor of 23 years.

Jennifer is a member of the board of directors for the school and pleased to offer a donation to CVWS for each referred sale through the school community!

As the mother of Ben and Xavier, past students of CVWS, Jennifer assisted Cedar Valley with the purchase of the school property.

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The significance of St. Martin, lantern walk

By Ralf Hoerger

Before Remembrance Day, the date November 11 has long marked and celebrated the burial of St. Martin of Tours (316-397 AD) and been known as St. Martin's Day, also known as the Feast of St. Martin, or Martinmas.

Saint Martin began his career in the Roman army, but realized that was not the life he wanted and asked for a discharge. Legend has it that when he was then accused of cowardice, he offered to stand unarmed between the opposing lines of battle.

St. Martin is remembered particularly for an incident that occurred while he was still taking instruction in the Christian faith before being baptized.

While serving in the army at Amiens, Martin met a poor beggar at the city gate, who shivered half-naked in the cold. Drawing his sword, he cut his warm cloak in two and gave one half to the pauper. The following night, Christ appeared to Martin, dressed in the piece of cloak that the young officer had given away.

It is this gesture of compassion that is carried this time of year with a lantern walk, which lights our way

during the long dark nights.

According to customs at that time, as the days become shorter and the stars appear earlier, children walk with lanterns through the streets singing. As the world grows darker, the inner light of man wants to shine forth into the dark world.

In Europe today younger grade children and parents participate in lantern walks often led by a rider cloaked in red upon a white horse. Music is also at the heart of this festival, and there are many wonderful lantern songs that are sung during those lantern processions including *The Sunlight Fast is Dwindling*, *Glimmer Lantern Glimmer*, *Father Sky* and many, many others.

After walking families will sit together for a feast that has at its center a Martinmas goose (it is said honking geese gave St. Martin away when he was hiding from people who wanted to make him bishop).

Like so many other Christian celebrations, St. Martin's Day coincides with pagan rituals from the pre-Christian era. This falls at the same time as early winter festivities of light and fertility celebrated by the pagans. It is also around the time of harvest, the Festival of Light

in Thailand, Diwali in India, Hallowe'en, Samhain, The Day of the Dead in Mexico and other light related celebrations.

Grades and kindergarten families – please join us for our lantern festival on Monday, Nov. 4 at the Brackendale Fall Fair grounds on Government Road just past the Art Gallery. It will begin at 6:30 pm. Our rain date is Wednesday, Nov. 20.

We will be going for a candle lit walk through a forest path, followed by a social time around the bonfire with apple cider (please bring your own mug for the apple cider).

Please ensure that your children are dressed appropriately for this event. If it is raining lightly we will still go out, if it is heavy rain the event will be moved to the later date.

Children will be making lanterns in class for the event. We also encourage parents to make lanterns at home and bring for our evening walk. Please do not bring flashlights, recording devices or use cell phones as they all affect the ambiance we are trying to achieve.

The children will be learning lantern songs leading up to the event; and sheet music is available from Gabriel.

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Advent's celebration of light spirals inward

By Lauren Baldwin

As we move through autumn, the days grow shorter and we're met with more darkness outside. It is a time to find our inner light and also connect with others.

On Sunday, Dec. 1, we invite families from the school to join us for our annual advent spiral. It is a quiet afternoon affair where we transform a dark school space into one filled with wonder and light.

This year December 1 marks the fourth Sunday prior to Christmas. Borrowing from traditions that go back well beyond the chocolate advent calendars that we now enjoy, we count down the weeks as we approach Christmas.

Each teacher brings advent into the classroom in their own way; some may light another candle in the wreath each week, while others may have an angel or Mary travel to a new star along the path every day. Still others will borrow from Rudolf Steiner's work and celebrate the mineral world one week, the plant world the second week, the animal world the third week and humanity in the fourth week.

While I was growing up, we always counted down the days towards Christmas by "decorating" the quilted tree

that hung on the back of our kitchen door during the month of December. It was a way for us to build our anticipation for Christmas – without the chocolate – and was also a lot of fun because each year we made a few new salt dough ornaments with friends and marvelled at the stories behind our favourites from years gone by.

"Advent" is derived from Latin which means, "to come into being" and carries the mood of expectancy and hope. In Waldorf schools all around the world we celebrate the Advent Festival in the following way:

Gentle music will play as children and their parents silently enter a room designed to elicit a mood of wonder and quiet anticipation. In the centre of the room a large spiral path of evergreen boughs, sometimes adorned with rocks, plants and flowers, will have been placed by teachers. In the middle of the spiral

is a large white or golden candle on a pedestal decorated with twinkling crystals, stones and soft moss. As the candle shines the stones and crystals twinkle like stars on a dark night. Along the edges of the green spiral path will be various golden stars lying flat on the ground and the room is completely quiet except for the music.

Each child in turn will be given a red apple with a small, unlit candle inserted into it. They will slowly and quietly follow the spiral path into the centre and light their candle from the larger candle. As they return along the path carrying the apple with the lit candle they will place it on one of the golden stars at the edge of the path.

Each participant adds to the collective light and when all have had a turn, the garden path is aglow.

As we experience the 'light overcoming the darkness' we can appreciate how each person in our community can add their own light to the whole. All of our individual lights shining together are brighter than what any one of us could achieve alone.

Whether you're counting down to Christmas, winter solstice, or time with family, we hope to share the start of the season with you!

Our Advent Festival will take place on Sunday, Dec. 1, at Cedar Valley Waldorf School in the kindergarten room. We will be walking the advent circle in two different groups. Preschool and kindergarten children will walk at 3 pm. Please make sure you are there by 2:50 pm so that we can be seated and begin promptly. The grades group will commence at 4:15 pm. Please make sure you are there by 4:05 pm. If you have children in both grades and kindergarten or preschool please attend the 4:15 session as a family. If you have any questions or concerns please contact Lauren or Begoña.



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Comedy night, auction promise loads of laughs

By Natasha Heslop

One of Vancouver's hottest comics, Ivan Decker, returns to Squamish for another night of laughs on Friday, Nov. 8 with emcee Kelly Dyer at The Ledge Café.

If you missed him the last time he was in Squamish you've probably heard great things about his show, plus the fact that he's able to get a room roaring while keeping his material light and accessible to all. Decker builds his act around social commentary and modern day observations finding humour at every turn. His commentaries, coupled with a unique point of view on the struggles of today's young adults, have delighted audiences from coast to coast.

Decker has appeared at the Montreal Just for Laughs festival and has been featured in his own half-hour comedy special on CTV. He has also been a guest on both the radio and the television versions of the popular CBC program The Debaters. In 2011 he was voted the No. 1 Comedian in Vancouver by a jury at the Vancouver Comedy Showdown.

This marks the sixth year that a group of parents have co-ordinated an annual event, which aims to fetch up to \$10,000 in important funds for our school.

Local comedian Kelly Dyer will act as emcee, and the soundtrack will be provided by deejay Just Sheila (our very own Sheila Cassels) – so bring your dancing shoes for after the show.

In addition to wonderful entertainment, our evening will include complimentary delectable eats by local chefs, and \$5 wine and beer all evening. This evening is a perfect opportunity for us to reach beyond the Waldorf community by inviting friends, neighbours, and other members of the community to participate in a very fun and entertaining night to be remembered!

You'll also want to be prepared for an expansive silent auction – with a few live items thrown in for added laughs. This is a great time to lighten your shopping load and get some gifts for the holidays – plus some adventures like as a weekend for two in the deep powder with Backcountry Snowcats, zip trekking, or to top it off a chef-catered dinner for six in your home. As always there will be many artisans



File photo

Top Vancouver comic Ivan Decker headlines CVWS's fundraising night with a full-scale comedy show Friday, Nov. 8 at The Ledge Café.

such as painters and jewelers, alternative healthcare and spa treatments, and family entertainment such as passes to the West Coast Train Park and Britannia Mining Museum, restaurants, home services, and much, much more.

Every year we look to our community for donations for this event, and every year our community delivers with such generosity! A big thank you to all who have donated, and to those who have participated in bringing these donations together. Last minute donations are still welcome, so if you know of somebody who may be able to donate a product or service please contact me or bring it to the office. I can be reached at Natasha.Geissler@gmail.com.

Tickets for the big night are just \$25 and include your first beverage (alcoholic or non-alcoholic). Advance tickets can be purchased from the office, Billie's Flower House or The Ledge Café.

NEXT PIC Meeting

The next PIC meeting will be held Wednesday, Nov. 20, at 9 am in the MPR. Feel free to bring crafting for the fair!



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RAINBOW PRESCHOOL

*Come with me said the wind one day
Come over the hills and far away
Put on your dresses of red and gold
Summer is over and the days grow cold*

The cooler weather has arrived and with it the colours of the fall and the wet season. The Rainbow Preschool will still be playing outside: digging, raking, and going for our adventures into the woods.

We have had a wonderful start to the year – Sela and Vienna’s yard has been fantastic. The swings seem to be everybody’s favourite, but so is the bottomless sandbox and the pear tree that has dropped so many delicious gifts for us.

We went for a visit to C-Dar Farm to see the chickens and cows, pet the horses and wander the fields – a warm thank you to Ferdinand for making this possible.

Our hikes into Coho Park have also been a great adventure. We discovered an injured Blue Heron and called Thor from the Brackendale Art Gallery, who promptly showed up with a friend and some blankets and saved the bird.

All these outdoor activities require proper clothing: rain pants and boots are important, but also necessary are a couple of layers under a raincoat; a toque and mittens will complete a rainy day outfit.

Young children cannot properly gauge yet if they are cold (we have all experienced children with purple lips and chattering teeth in Alice Lake insisting they are NOT cold!). The organs and brains of young children are still developing and need warmth to grow and be healthy.

When we come inside, a warm pot of tea and a nutritious snack is waiting for us. The Rainbow Children have grown together as a group and it is lovely to see them looking out for each other, helping a friend pull off a boot, or pass the apple bowl to a classmate.

A warm welcome to our new friend Kate who is joining the Mon/Tues class in November. Many thanks to Gabriel and Larissa who are helping with this transition.

~ Miss Astrid

SUNFLOWER PRESCHOOL

It has been such a wonderful two months since we last shared our activities with you. Although we haven't had many opportunities for puddle-jumping thus far, I expect it won't be long before we have multiple chances to get wet and perhaps a tad muddy. Please don't forget the all important muddy-buddies, boots, hats, and mittens for when the change of weather is upon us. And, of course, when we get our first snow it will be such fun to slide down the hill in our playground.

We have been exploring the forest in our extended "backyard." Traversing along the banks of Little Stawamus Creek, clambering down the off-camber slopes and up onto the plateau, scrambling up and over Crystal Mountain, and hiking further down the creek to the pond area where we watch the minnows and bugs, and listen to the gentle sounds of the creek as it flows over the rocks. We have had the wonderful opportunity to see spawning salmon, and have shared stories with one another about the salmon's interesting life cycle.

Our Parent-Child gatherings on Friday are full of fun and laughter. The



photo by Kirsten Andrews

Preschooler Annika Jost snuggles up to her kindergarten buddy, Quinn Filippelli, in the fairy garden in front of the school.

children and their families have come together to gain friendships and share stories while we prepare our bread for the morning snack. The children play and at times watch intently while mom and dad work at their sewing.

The children in the full-day Wednesday and Thursday program –

although small in number – are no less significant in their presence in the world around them. They do keep me busy.

Our outdoor classroom/play-yard is taking shape, and we continue to work at preparing the grounds for the diverse physical activities we enjoy doing. Running, balancing, navigating steep slopes, slip/sliding, and jumping. We have built a stepping stone area that further challenges our balance and large motor skills. As well, we pushed together a few stumps of varying heights near the fence so that we can see the creek from our yard.

The rhythm of our day is relaxed and flows gently from one activity to the next. No need to rush. The children enjoy sharing their stories and experiences at our mealtime. Sharing food is one of the best times to build an awareness of what we have in common and to develop relationships. It is wonderful to witness the children building friendships, sharing toys, and caring for one another. The most important time of our day is the magical arrival of the fire fairy. Our morning simply can't end any other way.

~ Miss Judy

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MORNINGSTAR & HUCKLEBERRY KINDERGARTENS

The weather this autumn has been wonderful; the sunny but windy days have given the kindergarten children the opportunity to spend lots of time outside. The leaves falling from the trees have made a golden carpet on the ground for children to hear crumble under their feet as we walk by. The leaves and keys have invited delight as children tossed them up in the air and watched them flutter down. They have marveled at the salmon that journeyed up a nearby stream and helped plant bulbs in our gardens to sleep deep, deep through the winter.

A child's experience of the season becomes more rich and meaningful when we're able to offer experiences that connect them to the different times of year. In addition to our play outside, we've been singing about harvest time on the farm in circle time and one day found pumpkins to carry home from the forest we spend so much time playing in. The children were also involved in collecting marigolds from the garden and transforming their light from the sun into capes of light to give them "courage, strength and might" through the darkening of the days ahead.

Children want and need to feel comfortable in knowing what is expected



*Scarlet and yellow, orange
and brown,
Winds of October blow the
leaves down.
Tear from their branches
their curtains and spread
Carpets of yellow beneath
them instead.*

photo by Tania Monastyrski

Kindergartener Olive Bliss was delighted to find herself a pint-sized pumpkin on a special forest walk in October.

and what is coming next. Having the daily and weekly rhythm settled for the children is essential. They find confidence and security and they are able to play

freely as a result. We're noticing that the children are becoming more comfortable in the class and starting to find new friends. Their play has become rich in imagination, going from a moving company, a haunted house, a cougar den, and a hospital to an ice cream shop full of colours and flavours. The kindergarten children's imaginations and hearts have been full and active with all the songs, verses and stories we have carried.

A big thanks to all our wonderful parents who come and help out with their beautiful smiles and helping hands whenever it is needed.

We are on our way to our lantern walk festival on Monday, Nov.

4. Please join us for a wonderful experience full of light as our days grow shorter, darker and colder.

Parent teacher interviews will take place on Tuesday and Wednesday Nov. 12 and 13, sign-up sheets are posted outside each of the classrooms.

~ Miss Lauren & Miss Begoña

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photos by Kirsten Andrews
Class 1 is currently learning the alphabet. The children are first introduced to the letters through verse, story and illustration. Pictured to the left is the C in a cave (by Anneka Watt), the D of a dragon (by Ella Condon) and B of a bear (by Mattheus Heslop).

CLASS ONE

The end of September saw the completion for our form drawing main lesson block which introduced the straight and curved lines, the forms that are the foundation for all written words. Form drawing develops the fine motor skills as a preparation, and later a support, for writing both print and cursive. It strengthens eye-hand coordination. The movement of the hand also educates the brain. As the forms become more complete it also teaches thinking in a non-intellectual way; it trains the intelligence to be flexible, able to follow and understand a complicated line of thought. Form drawing is now a subject class which occurs once a week in the latter part of the morning.

In October we started our first language arts block. Speaking and listening play a key role in Waldorf approach throughout the curriculum; the teacher tell stories every day to the children. In listening, the children acquire a sense for narrative structure and sense of style. The oral approach to storytelling, as opposed to reading,



photo by Fritz Bindseil
River Kelly displays some messy hands while the children carved pumpkins in October.

stimulates the child's engagement, interest and imagination. This provides an empathetic basis for future reading and appreciation of literature, which depends on the readers' ability to recreate the content of the text in their own imagination in a fluid and uninhabited way. The children are taught first to write, from their writing

they learn to read.

It was impressive to see the Grade 1 children enthusiastically and quickly memorize their lines for the Michaelmas play. They spoke clearly and performed outdoors in front of an audience with focus. Well done!

~ Miss Christine



photos by Kirsten Andrews

CLASS TWO/THREE

With the famous Squamish autumn rains holding off and the sun shining brightly these last few weeks, Class 2-3 used the opportunity to spend some more time outdoors. We observed how the spawning salmon came into even the little creek in our own backyard.

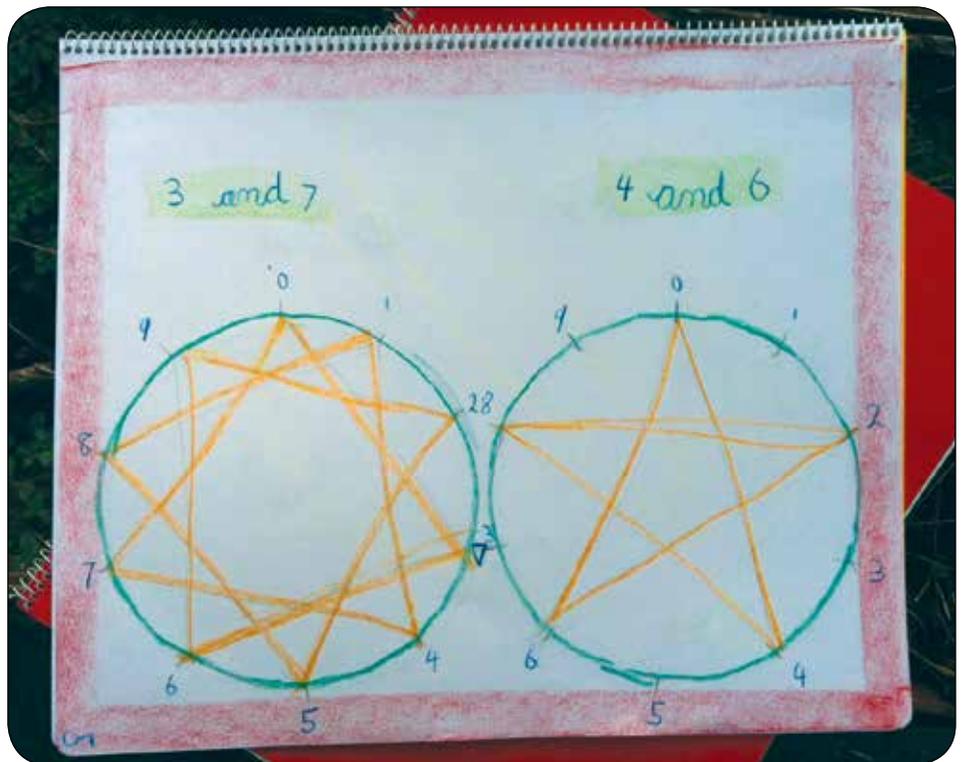
Another part of our outside experience are games of follow the leader. After the game the children choose the leader for the next day based on who was the best follower.

But not all of our time was spent outdoors. We also dove right into more arithmetic. After a review of carrying and borrowing for addition and subtraction, the children got to experience how the times tables make geometric patterns in a circle divided into 10 segments.

But we were also busy learning and rehearsing our short play for Martinmas. Performances are planned for Monday, Nov. 4 at 11:30 am for the school and at 2:30 pm for the parents. We are also hoping to bring our play up to Hilltop House.

After the play and following our

Above, students in the grades spent a warm October afternoon carving pumpkins for the Westcoast Railway Heritage Park. Below, Ruby Laverdiere illustrates how times tables make geometric patterns in a circle when divided into 10 sections.



Pro-D week in November, the class will start another language arts block with the stress on reading and some early poetry. During this time the children will still have regular practices for

arithmetic and times tables. As we are then moving closer to Christmas more practical and craft activities will become part of our daily schedule.

~Ralf Hoerger

CLASS FIVE/SIX

Time is speeding by! Two months of intensive and wonderful teaching just passed. It was a wonderful time with my students and with the students in the other grades.

We have now finished two blocks. The geography block covered Canada and North America. The students drew maps, flags and learned how to use an atlas. They learned about the railway, the gold rush and much more. At the end of the block they gave their very first presentation. Each student created a poster and gave a speech about a Canadian province or a city. They all did very well and I was very proud of my class.

Our math block focused on fractions, decimals, percentages, measurement, long-multiplication and division with decimals. The students also learned about negative numbers and measurement. Daily mental math practise helped improving their skills.

During our German lessons we described pictures and the students were able to guess objects, animals, and persons. The level of some of the students is already very impressive.

In woodwork the students carved bears, a wolf and an owl. We painted a lot for the annual school calendar and all my students are very excited to see their animal paintings in print.

Thanks to the wonderful weather



photo by Fritz Bindseil

Grace Laverdiere takes Class 1 student Anneka Watt under her wing during an afternoon of pumpkin carving for the Westcoast Railway Heritage Park. The students of Class 5-6 were working with the younger children as part of a leadership block.

and negligible rain in September we were able to go on several mushroom hunts. We found lots of lobster mushrooms, chanterelles and boletes. All were of course edible and we were able to share many of our findings with the school community.

The students spent quite some time during the week with Class 1 for their leadership lessons. It is a pleasure to see how supportive they are during the handwork lessons with the younger class.

~ Fritz Bindseil



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By Paula Hamma and Kirsten Andrews

There are many different approaches that may work with different types of people or situations. The solution at the end is not about how to change others, but to change our own attitudes and firm up our boundaries to model our values for our children. We hope it will be helpful!

Have a conversation

One of the hardest for some parents is to discuss this with others, but if it is possible, it is often a positive outcome, grows the relationship and is such a good way to practice conversation skills. Explain that the child loves them because of who they are and the time they spent together not because of the gifts they give. They do not need to buy the love of the child – the child loves them already. Children truly want us to give of ourselves.

We want our children to learn to be grateful for the simple things in life because those are truly the most

wonderful things of all. If the person has given you something you remember that was a simple gift or outing or special time together, share the story of it with the person so they truly understand the impact of their simple gift.

Give direction

Provide catalogs or links to websites that have items you prefer. It is nice to explain that the catalog is just a source for ideas, because some of those items can be pricey. Explain that whatever they choose from this catalog or website that is age appropriate would be treasured and appreciated. Some suggestions include Natural Pod, Nova Natural Toys, For Small Hands, Hestia, these all carry quality, natural, practical, real-life, and sturdy items.

Many items can be made from items already in the home. If the person is crafty, ask if he or she would make an item for the child. Knitting a cap or scarf, sewing a dress for a dolly, building a wooden and wire mesh bug catcher, building a toy boat, etc. are all things children treasure.

For an older child, rather than making the item completely, ask if they might create a kit that the child and the giver can work on together to help the child learn the skill that the person loves.

If the person enjoys nature they can gather treasures – stumps/cut branches from the trees in the back yard, a ribbon tied bunch of fresh flowers, a cutting from a favourite plant to grow at home, a basket full of acorns/shells/pinecones, etc. Even better when the gift is an invitation to gather the treasures together! Ask for a treasured toy from their childhood.

Create a collection

Classic book collection – a favourite book from their childhood, or a fairy tale collection, mother goose collection, animal fable collection, etc. Toy kitchen collection – real items found in their own home such as tiny glasses, tea cups, small spoons, linen cocktail napkins, small plates, an old teapot, small pots and pans, etc.

Maybe it's a marble or sticker collection, perhaps it's a wishlist from the child of items you won't spend your own money on, but will not mind if the child plays with occasionally.

Create memories

Create a memory book of the child's life. Provide paper and ask them to write a memory of whatever the subject of the book is about – when mama was pregnant with you, when you were born, when you were little, what I love to do with you.

Create a family memory book. Provide paper and ask them to write a memory of when they were the child's age, when the parent was the child's age, what they love to do right now, what they loved to do when they were a child, their favourite place on earth, memory of a family vacation, etc. For both of these ideas, if the person is artistic, ask them to draw pictures to go with the stories.

Create family pictures books. Ask for pictures of when they were the same age of the child or favourite pictures they have of them with the child.

Plan for the future

Explain that if they plan to spend \$30 on a gift for each birthday and for one holiday per year, that if they chose instead to put the \$60 per year in a bank account or education fund for the child that when the child would be 10 years old the bank account would have \$600 plus interest. By the time the child is 20 that would be \$1,200.

If they would do this instead of buying lovely toys and wonderful books that would someday end up in the closet and at Goodwill, they would be doing something to help your child purchase their first car and go to university and the child will be amazed and extremely grateful at that amount of money when they are older. (Many grandparents spend well over \$30 these days, so just imagine the fund that could be created!)

*Be sure you are
honouring the giver – if
the gift does not bring
you happiness and
instead gives you a sense
of dread or obligation
then focus on honouring
the intent of the giver.*

Get practical

If your child is very interested in something or in doing a sport or activity that is expensive, ask for others to donate items or contribute towards the fees for the activity. This might include special clothes or shoes for a child interested in fashion, sports/ activity equipment or team fees. This way your child does get the "treat" of something special that you may not be able to afford.

Children's parties

Create a culture amongst your friends that birthday parties are to be enjoyable children's events. We set the

tone for this with the first birthday we plan for our child. Ask parents to have their child make something for your child or share a treasure (a beautiful stone, acorn, flower from the garden, etc.) rather than purchasing a present.

You may also wish to ask friends to donate an amount of money that is agreeable to them (perhaps it's \$2 or \$20, it doesn't really matter) and put the money toward a charity of your family's choice. You may elect to keep 10% or a nominal amount so your child can purchase a gift of his or her choosing with your guidance.

And finally, the only one that really ever works 100 per cent of the time... Give up! Stop trying to change everyone else and just set the boundaries for your family. Realize that the giver gives a gift out of love and wanting to give you enjoyment. Accept the gift with love and gratitude.

Be sure you are honouring the giver – if the gift does not bring you happiness and instead gives you a sense of dread or obligation then focus on honouring the intent of the giver.

1) If the intent was to give the giver happiness and you accepted it gratefully, then the intent has been fulfilled and the item is no longer necessary – pass it on.

2) If the intent was to bring you happiness, then do whatever makes you happy with the gift!

Things want to be useful, so make the item happy by allowing it to become useful rather than being shoved in the back of your already too full shelf! Give it to someone who will use it and you'll also bring happiness to the other person that also honours the intent of the giver!

If your child gets an inappropriate toy and your boundaries are pretty clear, your child will know immediately it will not be a toy that is going to be around your home for long. Let the child play and enjoy it and when the all-too-soon time comes when the child is bored with the toy, let it go. Sometimes children do not even want the toy.

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