



Sprouting Cedar

September 2016



photo by Christine Martin

No man is an island: (From left) River Kelly, Lucien Schutt, Logan Gerath and Beau Luscombe Laverdiere demonstrated their paddling skills at Cat Lake during last June's Class 2-3 camping trip.

Steiner saw the need to bring greater consciousness into our social relationships and take the time to really see each other, so that we do not lose sight of the wonder and complexity of those around us, keeping our growth as social beings in step with our progress as individuals.

He is quoted as saying: "The healthy social life is found, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living."

When we truly engage with each other we have many opportunities to experience joy, and on the flip side we are also bound to come into conflict from time to time, but it is through these challenges that we find pathways to deeper connection and collaboration.

Children are learning this as they come up against the many necessary social bumps along the way of growing up.

As adults, anytime we can engage in a truly social way (listening, for example, is more social than talking), anytime we can temporarily lose our sense of self as we become immersed in experiencing the other, we help our communities, our children and ourselves become truly social beings who can meet the world with compassion and creativity.

So we eagerly invite you to engage with one another over the coming months. Take the opportunity to share a meal with fellow school parents, whether it is this week's pancake breakfast, the Michaelmas festival at the end of the month, or at our Thanksgiving potluck in October. Join us for the rich conversations that will undoubtedly follow each of our Community Parenting Education Series talks this autumn. Participate in preparations for our Christmas Fair where as much socializing takes place as planning or crafting. Join in our school community. It's here for you and your family to make the most of.

Your school community awaits

By Gabriel Alden Hull

It is with great joy and anticipation that we open our doors again to students and their families. The back to school season is dazzling with impressions and intentions: the thrill of reconnecting after the break and seeing how summer has made children shoot up like plants; witnessing children move on to exciting new stages, entering preschool, kindergarten or the grades for the first time; and re-engaging with the vigor of the autumnal rhythms after lazy summer days.

These feelings are heightened by the vision we share of giving our children something very special through education that will nourish not only their own lives, but also the world in which we will live.

New parents will discover a flurry of

social events around the beginning of the school year, all intentionally designed to bring newcomers and old hands alike into the embrace of the community.

Like everything in Waldorf, there is a deeper purpose behind what we do that goes beyond the joy of coming together. When Rudolf Steiner created Waldorf schools, he envisioned them filling both an educational and a social mission.

As human development brings individual consciousness into sharper focus, there is an increasing tendency to focus more on our differences, giving rise to 'us and them' dynamics. It is only too easy to see examples of this in the world today. Just consider the political landscape south of the border for an illustration.

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

SPECIAL ED. ASSISTANTS
Sibylle Wuethrich
Elise Perreault Lariviere

BUSINESS ADMINISTRATOR
Gabriel Alden Hull (Music)

MARKETING & COMMUNICATIONS
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Cedar Valley Waldorf School.

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photo submitted

Kirsten Andrews and Elise Perrault Lariviere share a laugh at the Squamish Farmers Market on Sunday, Aug. 21. CVWS attends the market to share information about Waldorf education.

Dates to remember

SEPTEMBER

6	Tue	First day of school & Grade 1 Sunflower Ceremony Grades start 8:45 am, kindergarten starts 9 am Grades school dismisses at 12:50; kindergarten at 12:30 pm
8	Thu	PIC meeting at Rainbow Preschool 7:30 to 9 pm
9	Fri	Welcome Back Pancake Breakfast 8:45 to 9:30 am
16	Fri	Parent & Child classes start 9:30 am to 11:30 am
17	Sat	Parent Education Series: Child Development 9:30 to 11:30 am
22	Thur	Terry Fox Run at Alice Lake
23	Fri	Jiva Organics Bulk Food orders due noon
28	Wed	School tour 9:15 to 10:30 am
30	Fri	Michaelmas Festival noon
30	Fri	Muckboots order deadline

OCTOBER

8	Sat	Thanksgiving potluck 5 to 7 pm
10	Mon	Thanksgiving Day NO SCHOOL
15	Sat	Parent Education Series: Rhythm and Discipline 9:30 to 11:30 am
26	Wed	School Tour 9:15 to 10:30 am

NOVEMBER

7&8	Mon/Tue	Parent Teacher Interviews – NO SCHOOL, Preschool in session
9&10	Wed/Thu	Professional Development – NO SCHOOL
11	Fri	Remembrance Day – NO SCHOOL
16	Wed	Lantern Festival at Brackendale fair grounds 6 pm
19	Sat	Parent Education Series: The Importance of Play 9:30 to 11:30 am
27	Sun	Advent Garden times TBA
30	Wed	School Tour 9:15 to 10:30 am

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

Pancake breakfast

Pancake breakfast on the first Friday of the school year has become an annual tradition. Come early for breakfast and stock up on Nesters cards. Breakfast starts at 8:30 am. Vegan and gluten-free options will be available.

Kindergarten gradual entry

For the first week of school, kindergarten will be half days (dismissal for all children is at 12:30 pm) with students broken up into two groups as they transition into their new environments and peer groups. For the first week some students will attend Tuesday and Wednesday, while the others will attend Thursday and Friday.

For those parents who have a hard time finding care for their children outside of their designated mornings during the first week, the teachers are open to having them attend every day. Please speak to your teacher about this directly. As of Monday, Sept. 12 all the kindergarten children will attend together.

Sign up to volunteer

Chart out your volunteer commitment for the year with signup.zone/cedar-valley, a web page that lists all the areas where you can help. Some items are time specific, such a taking a shift at one of our fairs; others help us find people for specialized tasks like plumbing, yard work or sewing. Families with children in kindergarten and grades are asked to volunteer a minimum of 40 hours per year. Families with preschoolers 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.

Michaelmas

As September comes to a close and days become noticeably shorter, we hold the first of many festivals that celebrate light and warmth in the face

of winter's approaching chill.

Michaelmas, or the feast of St. Michael encourages us to face our fears, strengthen community ties and challenge ourselves with brave deeds to thwart the power of the dragon, which represents greed and self-centredness. Grades students come together for the pageant enacting the story of George and the dragon, followed by a meal of soup and bread that children from kindergarten and up all had a hand in preparing. The play begins at noon on Friday, Sept. 30. Everyone is welcome.

Next PIC Meeting

(Parent Initiative Council)

Thursday, Sept. 8 | 7:30 pm

Rainbow Preschool

40345 Hood Rd.

Everyone is welcome!

Free Community Parenting Education Series

We have changed the timing of our community parenting series to better accommodate the needs of families. These practical and inspiring talks will be held this fall on the third Saturday of every month from 9:30 to 11:30 am (Sept. 17, Oct. 15 and Nov. 19). Childcare will be provided. The first session looks at child development from birth to age 21, and explains how we can meet children's changing needs at every stage. The second focuses on the benefits of introducing rhythm and how it can help with discipline, while the last addresses our capacity for play and how we can foster creative, healthy opportunities that promote resiliency and happiness.

Terry Fox Run

Grades children will run around Alice Lake Thursday September 22

to raise money for the Terry Fox Foundation for cancer research.

Muckboots

Get your family's feet outfitted for Squamish winters at a great price, and support CVWS at the same time. Muck boots are durable, warm and come in a great variety of models and styles. You're sure to see many children at school sporting these great boots as our fundraiser last year was a hit! Visit cedarvalleyschool.com/fundraising. Order deadline is September 30.

Thanksgiving potluck

The Thanksgiving potluck is one of our most inclusive and intimate gatherings. The amazing array of food – with so many tough choices – is not to be missed, but there's also so much fun to be had sitting around shared tables with family and friends from the school. Tasting and comparing pumpkin pies is a must! Bring your special dish (ingredient-labelled, please) and join our school community in celebrating the harvest on Saturday, Oct. 8 at 4:45 pm.

Nesters grocery cards

This is our best fundraiser to date, not only raising thousands of dollars for the school every year, but also for its ease – and the fact that it doesn't actually cost you any money! The school sells Nesters grocery cards at face value and keeps up to 10% of the money (slightly less for PayPal and credit card purchases). So come by the office anytime to pick yours up or grab some outside the school at morning drop off, PIC will be out there on a weekly basis selling them for your convenience.

Criminal record checks

Parents will need criminal record checks completed before volunteering for class trips. The web process is simple and confidential. Go to justice.gov.bc.ca/eCRC/. Access code: GS2LSWZVRL. Thank you for participating!

Roses: Summer renovation appreciation

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

🌹 Hoops of fresh PICKed roses to the **Parent Initiative Council** for arranging and installing a new basketball hoop.

🌹 Front end loader bucket-fulls of roses to the **Stachoski Family** for all their work digging up the old sandbox and working on a trench for our new rain garden at the front of the school.

🌹 Well-bolted roses to **Carrie and Candice** for assembling the double desks in the MPR, and to **Fritz, Lars and Gabriel** for helping with the new ones.

🌹 Hothouse roses to **Emiliano** for repairing the radiators.

🌹 Handcarts of roses careering down a slope but saved by a snazzy

new cedar railing to **Jia, Starr, Corey, Kelsey, Marina and Emily** for installing the new railing on the wheelchair ramp.

🌹 Gourmet roses **Shannon McCarthy** and **Begoña** for their delicious food for the work bees.

🌹 Big truckloads of roses to **Judy and Elise Kelly** for hauling recycling and garbage.

🌹 A place for every rose and every rose in its place... Thanks to **Ralf, Judy, Kelsey, Shannon, Georgia, Begoña, Sara, Jessica and Emily** for organizing closets, cupboards and attics.

🌹 Watercolour roses to **Christine** for all the gorgeous touches she added

to the lazure walls over the summer.

Here's a challenge: see how many newly painted walls you can find!

🌹 Roses beautifully framed and cut with precision. Special thanks to **NaTai** for numerous carpentry projects from framing windows, to repairing old desks and helping to make new ones.

🌹 The hanging rose gardens of Babylon re-created in sand to **Paul, Begoña, Shannon, Emiliano, Elise PL, Audrey, Candice, Kelsey, Lars, and Scott** for helping build and fill new sandbox.

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

SQUAMISH DANCE CENTRE

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A message from our CVWS board president

It's hard to believe that summer is over and the school year has begun. Getting to spend extra time with my daughter Eliana has been great and having all that summer fun together reminded me of my own childhood and how much I enjoy the summer break. Of course, only the kids get the summer off, right? Many of us adults still have to work but I did manage to take some time off and hope you were able to do so also.

The board has also been hard at work all summer, meeting once every two weeks working to ensure that we are execution-ready as it relates to the key indicators of our success of our five-year strategic plan that we shared with parents last spring. As a reminder, these are:

- Full classes – Pre K to 8
- Strong retention
- New location
- 10% revenue surplus annually
- Engaged and enthusiastic stakeholders

If you haven't seen the strategic plan, I encourage you to visit our website and take a look, or view it on the oversized poster outside the school doors. For this newsletter, I'm going to bring you up to speed on the third point – a new location.

Prior to the end of the school year, we sent a survey out asking for input.



Adam Greenberg

Your opinion is incredibly important to us. We wanted to know if you supported the idea of a new large school, if you disagreed with the idea, or were indifferent. We had a 70 per cent participation rate which was great and the feedback was overwhelmingly in support of a new school.

Over the summer months, the board created a business plan which was designed to better understand if moving to a new location is viable.

Many questions needed answering, such as, where will the new school be located? How big should it be? How much will it cost? Where will we come up with the money? How can we justify this with current enrolment numbers?

The business plan is now finished. Well, let me qualify that. A business plan is a living, breathing document, so to speak, however we feel that the questions which needed to be answered

have now been answered and we have a plan to get from where we are today to where we need to go and we are all super excited to begin this new adventure together.

Our next steps are to engage even more with you and with the community at large on a very ambitious capital fundraising campaign to help us get this project off the ground.

Over the next 10 months we will be working diligently to realize our collective dreams of being in a new school by 2021. The funds we are trying to raise over the next 10 months will be spent on design plans, a down payment, and obviously much more.

I know that we will be sharing more details in the weeks and months ahead and if you have any ideas or want to contribute in any way (ie: a tax deductible donation, ideas).

We are also looking to build our volunteer board with enthusiastic and committed individuals. Parents are welcome, or perhaps you have contacts in the greater community that would be interested in making a difference? I'd love to hear from you and encourage you to reach out. You can reach me easily at adamg@dcnet.com or 604-364-8853.

In the meantime, I hope the first days of school are exciting and full of both love and good energy.



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PIC welcomes all parents to an exciting new school year, invitation to join

By Georgia Richards
President, Parent Initiative Committee

A huge welcome to all our new families, and welcome back to all of our returning families! We in the Parent Initiative Committee (PIC) are all very excited about our upcoming year. Having been a part of the PIC last year, I have learned a bunch and am ready to kick start a new year and continue to bring our school community together to socialize, have fun and raise money for our wonderful Cedar Valley School. The first PIC meeting of the year will be on Thursday, Sept. 8 at 7:30 pm at the Cedar Valley Rainbow Preschool (off site of the main campus) at 40345 Hood Road – entrance is on the ground level around the back of the house. All parents are invited to come, moms and dads, and no special skills or experience is required. Just your enthusiasm!

Last year, our Silent Auction + Gala Night raised \$6,800 profit for the school, May Fair raised almost \$4,000 and our Nesters grocery card sales brought us a profit of \$6,995! Just think of what we could do if our entire school

community contributed their time and effort! This summer, we decided to use some of our PIC funds to install a new and permanent basketball net in the schoolyard so that all of our children can now shoot some hoops.

With each year, our fundraisers get bigger and better and we are keen to get more families involved in the process. Whether it is joining PIC, volunteering at our three set annual events (two big fairs and a gala night), crafting or baking, we need the support and efforts of everyone.

Our Christmas Fair, Silent Auction + Gala Night, and our May Fair are all amazingly fun events where we hope to continue to increase our profits. Our Nesters grocery card sales is our top fundraiser – and doesn't actually cost a cent as cards are sold at face value and the school gets to retain 10%. We really hope to increase sales this year. In order to do so, grocery cards will be available for purchase anytime in the office, as well as outside the school on

a weekly basis – and we are looking for volunteers to help with this. So, if you have a spare moment once a month, please let us know.

Our first Nesters card sale will take place on Thursday, Sept. 8 at morning drop-off so remember to bring your cash, cheque, or credit card. We can also accept email transfers!

Also please watch for our quarterly Jiva Organics orders and the ever-popular Muck Boot orders returning this fall.

The PIC meets once a month and welcomes anyone interested in attending for a social opportunity, sharing and supporting our school. We have cleaned out the attic, dusted off the supplies, organized and labeled everything and we are ready to go. I look forward to seeing all of you and working together to reach our fundraising goal of \$21,000 this coming school year.

Please consider joining us on Thursday night at our first meeting and seeing how you might best get involved!



Waldorf Kindergarten

With two joyful kindergartens, and half- and full-day options, we are pleased to announce that registration is now open for the 2016/17 school year for children ages 4^{1/2} to 6. In the formative years Waldorf education focuses on honouring childhood and encouraging creative free play - for future creative thinkers!

We spend time outdoors daily, rain or shine, and explore the environment with forest walks and purposeful play. Inside we bake, experience stories, sing, paint and enjoy many other artistic activities. Our experienced faculty provide a warm, home-like environment for children where they are cared for and guided with love and compassion.

Register today! Call 604-898-3287 | info@cedarvalleyschool.com | www.CedarValleySchool.com

McCarthy joins school administration team

The faculty of Cedar Valley Waldorf School extends an enthusiastic welcome to new school secretary Shannon McCarthy, mom to Ella Henriques in Mr. Bindseil's Grade 2 class. Shannon has been working primarily as a web designer, supplementing that as a raw food chef, for the past 15 years. She says that she's thrilled to be taking on office duties on a full-time basis. Kirsten Andrews, will be continuing to do marketing and communications from her home office part-time, and former office assistant Carrie Griffin will be working in School District 48 as a teacher.



"We knew that we wanted to continue with Waldorf education for Ella. When Ella's application to Cedar Valley was accepted, we moved our family to Squamish. She started in kindergarten in 2014. I am so delighted to be here!

"The first thing that inspired me early on was the rhythm and the loving, nurturing environment created around my daughter Ella and the children. As Ella moves through the early grades, I feel she is protected by the unhurried way of learning that encourages her creative expression and fosters her imagination."

"I am inspired by the warmth, compassion, talents and dedication of the staff at Cedar Valley. I feel privileged to be working alongside this wonderful group of people and excited to be surrounded by all of the children," she said, adding she couldn't envision a more beautiful education for her daughter having first come across Waldorf through the Lifeways daycare program her daughter was a part of when she was quite young.

Shannon lists exploring the forests and crafting at home with her daughter as her No. 1 way to pass the time, but also loves being outdoors.

"I love to spend time on the water... boating, waterskiing and kayaking. I love to hike, roller skate, mountain bike and snow ski. I enjoy vegetarian cooking and preparing raw, vegan treats and meals," she said, adding she also enjoys spending time with her family in the Lower Mainland.

CVWS 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!



VISIT www.cedarvalleyschool.com/jiva

EMAIL ORDERS to cedarvalleyjiva@gmail.com

PHONE ORDERS to Jessica at 604-815-8432



Support CVWS with this incredible fundraiser. Proceeds help make Waldorf education an affordable option for all families. Join the "CVWS Jiva Organics Bulk Buying Group" on Facebook for updates and reminders Visit www.CedarValleySchool.com for all the details, catalog, order forms and more!

In living colour: Lazure painting stands out



By Kirsten Andrews

One of, if not the first, thing people comment on when they cross the threshold of Cedar Valley Waldorf School is the inviting feeling and warmth that one is embraced by. It's not only the aroma of freshly baked bread and happy faces in the halls, but the beautiful paint and lack of messaging on the walls.

The technique that we use to create this tone in our painting is called lazure, and the artist behind much of it at Cedar Valley is none other than our principal and Class 3-4 teacher Christine Martin.

According to artist Robert Logsdon, lazure is layers of paint prepared nearly as thin and transparent as watercolour. It is applied with a rhythmical movement using large brushes.

"The final colour is achieved using varied colours applied in several layers, over a white surface. Light passes through these thin layers of colour and is reflected back, giving a pure colour experience. It can achieve aesthetically beautiful results and act as a powerful healing influence amid the stress and tension of modern life," he said.

Martin learned how to lazure in 2001 at a workshop held by the Vancouver Waldorf School.

"They had just built an early childhood center and the rooms needed to be painted. They offered a lazuring workshop, with John Stolfo, in which people enrolled and were taught how to lazure while painting the classrooms,"

photo by Kirsten Andrews

Principal Christine Martin paints the inside of the school's front doors before school starts.

Fundraising that won't cost you a cent!



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



she recalled. “It was quite ingenious as all the rooms got painted beautifully – and the people who painted paid to participate in the workshop!”

In the 2011 fall/winter issue of Renewal magazine (copies can be found in our library) Amy Marquis wrote an article titled Wall of Living Colour. In it she states “... we experience through the eyes as colour deeply affects us on the physical emotional intellectual and spiritual levels. Charles Andrade points out that our perceptions of colour go from the eyes directly to the brain and from there travel through the nervous system to the glands in the internal organs. Hence the colours of the room where we live, sleep, work, as well as study and learn are extremely important. They can have supportive, enlivening, and even therapeutic effects.

The wall colours that are used in Waldorf classrooms are based on Steiner’s view of how colours are related to each stage of development of the children. The hue chosen is understood to support the children’s

development and learning. For example, in the kindergarten, the walls are soft peach blossom (a light and living magenta), which reflects and assists the dreamy consciousness of the small child. The classrooms of older children maybe a shade of blue that corresponds with their more formed intellectual consciousness.”

While Martin says she doesn’t have a favourite lazure painting, she does point to the most difficult – the colour wheel at the front entrance to the school that involved balancing a ladder on the stairs to reach the ceiling height. Parents might also notice some gorgeous detail in some of the walls, like the library, if they look closely.

“My favourite colours to work are red and yellow to create the warm soft orange peach blossom. All the colours

in the school were created using the three primary colours of yellow, red and blue.

And how does she feel about painting over her work – sometimes year after year?

“I don’t mind. It’s no problem, really. I am glad the room was enjoyed for a year – or more – and now it is time for it to transform to meet the children. I enjoy the process so I do not mind painting over what had been done.

“ (Lazure) can achieve aesthetically beautiful results and act as a powerful healing influence amid the stress and tension of modern life.

I try to do the best I can but I am not attached to the end product so it can be painted over with white so a new creation can come.”

Martin welcomes anyone to come and learn the lazure technique with her when she works to transform classrooms over the summer holidays. If it interests you, mark it on your calendar for next year!

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SUNFLOWER PRESCHOOL

School days are here again and we are looking forward to a year filled with smiles, laughter and many skipping feet. In my opinion skipping is the most significant body movement I see in the children, telling me that all is well in their world.

Nothing pleases an early childhood educator more than to observe a child either moving into, or away from, their play in such a manner.

As I brainstorm ideas when our editor is waiting for our newsletter submissions, I often search for relative material written by Rudolf Steiner, the founder of Waldorf Education. Words written nearly a century ago and are as relevant today as they were then. One such sentiment I came across in *Understanding Young Children: Excerpts From Lectures of Rudolf Steiner* was this:

“This ability to secure an artistic footing in the world’s rush must be our

————— “ —————
If people had the right
and necessary agility
they would dance with all
little children, they would
somehow join in the
movements of all children.
————— ” —————

gift as educators to the child. We shall then notice that it is man’s nature, up to a point, to be born a “musician.” If people had the right and necessary agility they would dance with all little children, they would somehow join in the movements of all children,” Steiner said.

“It is a fact that the individual is born into the world with the desire to bring

his own body into a musical rhythm, into a musical relation with the world, and this inner musical capacity is most active in children in their third and fourth years. Parents can do an enormous amount, if they build on the inducement of the whole body, the dancing element...”

Skipping is one of those elements we find in different dance forms, with folk dance, in particular, coming to mind. Let us sing and dance/skip to this traditional German verse!

*Summer good-bye,
Summer good-bye.
You may no longer stay,
Autumn is on its way.
Summer good-bye,
Summer good-bye.*

It is an honour to be a part of the rhythm of your day. Happy Skipping!
~ Miss Judy

Little Rose DAYCARE



AGES 1-5, NOW ACCEPTING APPLICATIONS

Located in picturesque Garibaldi Highlands, Little Rose Daycare is a Waldorf-influenced, full-time, home-based childcare centre led by Shannon Johnson. Shannon is a licensed early childhood educator and Waldorf-trained kindergarten and preschool teacher, with 10 years experience.

Little Rose Daycare offers a warm, nurturing, play-based environment. Your child will come to learn life skills, and enjoy rhythmical domestic activities such as baking bread and cooking, regular artistic activities, singing throughout the day, oral storytelling and puppetry. We spend plenty of time outdoors for play, gardening and helping with purposeful work.



604-898-1177 | www.SQUAMISHDAYCARE.COM | SHANNON@SQUAMISHDAYCARE.COM

RAINBOW PRESCHOOL

Welcome children and families to the Rainbow Preschool! I am delighted to meet you all and get to know you really well in the coming year. Preschool is for many children the first step from family life into the big world, an opportunity to meet new adults and make new friends.

The Cedar Valley Waldorf School is a community of parents, children, extended family, professionals, and friends, all trying to create a space that honours your child, knows of the importance of preserving childhood and supports parents in meeting the challenges of being a parent today. Throughout the year there will be lots of possibilities for us to participate in creating a “village” for the children to thrive in.

One of the more beautiful places to create a common space and experience is in our festivals. I strongly encourage all families to partake in the festivals such as Christmas Fair and May Fair, the preparations, and taking time to be part of the celebration itself.

Parent evenings are also a place to meet like-minded people. The topics for the parent evenings are chosen with great care and consideration. Understanding why we do certain things for certain ages can help you apply the same principals at home and support you to become a better parent. The questions I receive during such evenings help me understand what challenges you are facing and how I am able to support you and your children.

I will also need some participation in the classroom! I am planning a field trip to C-Dar Farm late September or early October and will need parents to participate to make it happen (details of this event will follow). Last June we had a successful backyard fire with bannock making, and I would like to share this experience with the new children. Lots of parent volunteers were needed for this celebration.

And lastly I hope parents are able to sign up for our walk days into Coho Park. Although the rainbow preschool has a delightful backyard, I feel it is important to take advantage of our beautiful great outdoors to explore, play in and enjoy the wonders of the woods. The children love to bring back many treasures from our walks, including autumn leaves and small stones – certainly you’ve experienced this yourselves. To make our adventures successful, we need adults to accompany us into the forest and on our way back to school.

Our trek into Coho Park happens at the beginning of each month starting in October and I encourage all parents to please sign up for at least one day. The dates and a signup sheet are posted on the parent board outside.

I am looking forward to a year full of wonder and beauty.

~ Miss Astrid



file photo

Nature walks yield a plethora of experiences, and often a few momentos such as autumn leaves and stones.



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MORNINGSTAR & HUCKLEBERRY KINDERGARTENS



photo by Kirsten Andrews

Kindergarteners Noemie Cozens and Bergin Graefe get a little help from their big brothers Jacob and Toren as they build intricate tunnels in a mound of sand, temporarily parked in the play yard, for the new sandbox.

As we embark on a new school year with great excitement and hope for what is to come, we can see there have been some busy little gnomes and fairies around the school over the summer. Many improvements have been made to our grounds through the efforts of those who have attended our work bees. The most notable change, that will especially thrill the children, is the new and improved sandbox design.

Plans for the sandbox began back in the spring and today you can see the fruits of our labour – a wonderful, natural, imaginative space for children of all ages. We cannot wait to see how inspired the children are and where their play takes them. As with any space at the school, there is a thought process behind everything we introduce or make available to the children.

The sandbox is an excellent space for imaginative free play – one of the most important components of a day in the Waldorf kindergarten. We strive to create safe environments for rich sensory experiences in which

the possibilities for play are endless. This type of play allows children to process information, develop critical thinking and problem-solving skills, and express themselves through creativity. Free play in the sandbox is enhanced with shovels, rakes, and various tools we make available to the children in our outdoor space. The same principles apply to our indoor spaces: Simpler toys result in greater possibilities for play.

Many of today's parents would be surprised to hear that their kindergarten-aged children are able to stay engaged in play for hours on end without the aid of electronics. The secret to such enchanting play is the availability of open-ended toys. Creative free play is directed by your child's imagination, so toys that only have limited uses, like remote-controlled cars or items with images of specific characters on them, will not be found in a Waldorf classroom.

Every parent has experienced the irony of a child having more fun with the box than the shiny new toy that

came inside. Many of the open-ended toys that we use in the Kindergarten can be found at garage sales, in second-hand stores, or even in nature. They are typically inexpensive, and almost always easy to clean and repair. In addition, many are timeless and can be passed along for generations to come, thus having less of an environmental impact than the popular plastic toys on the market.

Children often bring home stories of their favourite toys in the classroom, but we would like to share the top items in our rooms, as indicated by the choices of the children, to paint a picture for those outside of the kindergarten. The No. 1 toy is without a doubt the marble track. Followed closely by the most adored stuffies, the Otter Twins. The Otters are usually wrapped up snugly tight in the colourfully dyed selection of play silks, which also double as beautiful ball gowns to be worn with the handmade capes and crowns. Nuts, seashells, and stones are used in the kitchen to make delectable cakes and teas, or collected as treasures in the wooden arc imagined as a pirate ship. Our play stands are made into dreamy forts, or stages for puppet plays, with blankets, secured by wooden clips, draped over top. Play becomes more elaborate, imaginative, and task-driven, by the minute amongst the children, enticing even the most quiet and observant child to take part.

It is our hope that you are inspired by your child's development through creative free play in the kindergarten to create a similar environment in your home. You may already have many of these items in your collection, and, as I am sure your child has discovered, ordinary objects within your home also double as open-ended toys.

Here in the kindergarten, we are looking forward to watching your child's play evolve throughout the year. What an inspiration they can serve for us as adults.

~ Miss Kelsey and Miss Begoña

CLASS ONE/TWO



Submitted photo

Last year's Grade 1 took part in an overnight camping trip to CalCheak. There were a lot of parents who attended to make it easy and fun - and provide a wonderful buffet of food each day. The children played games in the woods, saw waterfalls and built forts.

I am very excited about the new school year and the integration of the new Grade 1 students.

Until Christmas there will be two separate main lessons for Grade 1 and Grade 2. While Mr. Bindseil is teaching main lesson to each respective group, Ms. McCrone will teach the other grade handwork or painting. At the beginning of the New Year both classes will be united. Children will receive the same lesson and expectations will be different depending on what level each child is at.

I also want to thank all the parents who helped over the summer with all the renovations and construction work. In the past couple of months our classroom moved to a bigger space to accommodate all the Grade 1 and 2 students.

The school year ended with our first camping trip. On June 13 and 14 we

went for two days to the CalCheak campground with all the students and their parents of Grade 1. The weather was not very welcoming; it was cold and rainy but everyone was well prepared. Alistair and his team put up gigantic tarps – it felt like being in old Rome! The food, provided by the parents, was incredible. We feasted on bacon, eggs, sausages, pancakes, fruit, cheese and more for breakfast, just as an example! Thanks to the parents who participated – you are wonderful.

On the first day we went for a long walk to Brandywine Falls and to the Whistler Bungee where we watched all the excitement. We saw bears, picked berries, and we played a lot of games. In the evening we sang at the campfire endless self-created “Old MacDonald had a ___” songs and more. Thanks to Will Meadows for the wonderful guitar playing.

On the second day parents and students played the game “woodchip hunt.” We had a lot of fun. Another wonderful aspect of this trip was that a lot of fathers came (it probably goes without saying that the mothers are wonderfully ever-present!). It was great to have the participation of Ron, Alistair, Will, Mark, NaTai, Scott, Dan, Emiliano, Wayne, and Marty who could see all their kids in action. The trip was a great success and everyone made it home safely and without any incidents or accidents.

The following day after we returned from camping was the last day of the school year. The students received their report cards and parents were welcome to attend our little ceremony. I hope everyone had a wonderful break – I look forward to a great year ahead!

~ Fritz Bindseil

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CLASS THREE/FOUR

I am excited to begin the school year with the continuation of our farming block. Gardening and farming have been a part of the Waldorf curriculum since the very first school in 1923. In gardening and farming, the students develop a deeper appreciation for, and awareness of, the human being's relationship to the natural world. Experiencing the growth of plants, and harvesting what they give us, the students develop a deeper consciousness and appreciation for the earth.

In the spring, we planted corn, beans, squash, pumpkin, beets, spinach, radishes, broccoli, greens, tomatoes, and carrots in our garden bed at school. In May, we went to C-Dar farm to plant oats. The children worked the field raking and hoeing to remove the grass and weeds and to make the ground even in preparation for the seeds. When the ground was ready we spread the oats, gently working them into the soil, and then spreading a biodynamic preparation over the whole field. All the children worked with strength and focus. Such a sense of accomplishment and teamwork strengthens the social life of the class; they realized through co-operation that significant tasks can be achieved. Harvesting the oats, this fall, will be another big and satisfying task!

Knowing where their nourishment comes from helps the children feel at home in the world. In this day and age we are removed from our food sources, many children think that food comes from (grows) in stores. The experience and understanding of the origins of food are not only a matter of knowledge, it also affects our experience of being in the world. The more we are surrounded by things we do not fully understand, the harder it is to develop a sense of belonging and safety. When children understand and know where their food comes from there is a feeling of true groundedness and certainty. School should be a place children learn to be comfortable with



Top photo by Kirsten Andrews, below: Christine Martin

(From top) Pema Miller, Davin Graefe and Finn Miller pick tomatoes and beans for the August work bee lunch; (below) Lucien Schutt and Jonas Casey clear land at C-Dar Farm in preparation for sowing oats.



the world around them by gaining an understanding of daily life.

From our harvest, the children will make a meal – from food they themselves have planted, tended (the oats and vegetables from the garden). To create a meal themselves, from sowing the seeds to setting the table gives the students an experience of what good food is. Making a meal, the students will learn about cooking, and the use of measurement – dry and liquid measurements in both imperial and metric. The practical work in the garden

and its beautiful, delicious and useful end products show the children that they can do something important in the world. The joy and pride in what they have produced themselves helps them to understand and value wholesome, nutritious food.

Through the garden, children can experience the wonderful bounty of our earth. This was aptly expressed by one of the children as they picked vegetables from the garden in order to prepare a salad to share with the community of people at the work bee in late August. "It is like an edible jungle!" he exclaimed. This experience of awe, wonder, and abundance of what the earth brings forth will be felt again as we return to what was a barren, brown dirt field to see that the oats have grown to give us an abundant crop.

Through gardening, the children develop a connection to the land. For our children, growing up in a restless world, contact with nature is even more important than it was in earlier times.

~ Ms. Christine

CLASS FIVE/SIX

We will start our school year off with another block of botany. After having explored the lower plants in the form of fungi, mosses, ferns, lichens, algae and the realm of coniferous trees, the class will now move on to the exploration of the flowering plants, namely the monocotyledons and the dicotyledons. Particular emphasis will be placed on the members of the rose (which includes most flowering fruit trees) and lily families.

After this excursion into the world of plants, the students will return to the realms of ancient Greece. Our first foray into those ancient times largely dealt with the myths and gods of the Greek people. Now we will more closely explore the history of the city-states against the background of the Iliad and the Odyssey. While the students will hear some of the original writing as translated from Homer's work, most of the stories will be in abbreviated form since the originals are much too long. There will be enough of the authentic writing for the class to hear and experience the unique verse meter used by Homer. Next we will then follow Greek history through the biography of Alexander the Great.

While those first two blocks are happening the children will review in depth all the math we worked on in previous years in preparation for our blocks of business math later in the year.

Many of the children will either turn 12 or approach their twelfth year this school year. As those early teenage years come closer, the boys and girls will go through many changes physically as well as emotionally and mentally. Our curriculum for this time reflects those changes. Through main lesson blocks of physics, astronomy, business math, geology and projective geometry the students are introduced to a more measurable exploration of the world around them. They will be asked for more precision in their work through measurement and the use of the



Photo by Kirsten Andrews

Grade 6 student Marina Lopez Bago (left) and Miss Kelsey hard at work over the summer replacing boards on the wheelchair accessible ramp at the back of the school.

compass and straight edge ruler. But for all of you who have eagerly waited for the moment when you can bring the telescope out of storage – please wait a little longer. The sciences this year will be geocentric and are based on what can be observed from this earth-centered perspective. The telescope will have to wait until seventh grade when we will dive into the times of the Renaissance and all the scientific advances of those times.

In our artistic work we will continue with wet on wet painting, but since the teenager's world view is often quite black and white, the students will also more and more work with charcoal and black pencils.

All in all this school year promises to be filled with new subjects to be studied and many interesting class

discussions among the students and – maybe – the parents.

And in case you have been wondering: Yes, this is now the year when the children will be asked to do quite a bit more homework!

~ Ralf Hoerger

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Cedar Valley Waldorf School provides a holistic education that addresses the intellectual, spiritual, emotional, and physical aspects of the child. Our mission is to develop confident, independent thinkers who have a strong social and environmental conscience and who respond to the world with compassion and creativity.

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