

Celebrating 10 years in Whistler

MARK YOUR CALENDAR

Early Years Parenting Series—Fairy Tales

Monday, March 21 7:30—9 pm at the school

Parent Association Meeting—All Welcome

Thursday, March 31 at 7:30 pm at the school

Open House and School Tour

Wed, April 6th
9 am at the School

Screen-Free Week

April 11-15

Easter Break

No School
April 18-29

School Re-opens

Mon. May 2nd

The May Soiree Cheers to 10 Years Fundraiser

Saturday, May 14th

May Fair

Friday, May 20th
12 to 3pm

The May Soiree—Cheers to 10 Years! May 14th

For the past two years, The Great Wine Invitational has been an exciting fundraising evening hosted by our school. The past events have set themselves apart by featuring a unique Whistler home as the host venue and have been a tremendous success.

We are holding our 3rd annual event, **The May Soiree—Cheers to 10 Years** on Saturday, May 14th at the beautiful home of Paula and Don Jeffers in Nicholas North.

The evening entails an intimate gathering of approxi-

mately 100 wine loving guests in an elegant and beautiful home on the shores of Green Lake. The breathtaking views of the surrounding mountains offer an incredible back-

both high-end and reasonable auction prizes will keep guests engaged.

The funds raised at this event will go towards a new **Early Childhood Centre** at the School. Our school is growing rapidly, and we currently have a waitlist for our daycare/pre-school programs.

Invitations will soon be available to forward to any friends that you think may want to come to this fun evening in support of the school. Tickets are \$70 and include wine sampling, hors d'oeuvres and entertainment.



drop for the evening. Wine tasting stations, appetizers, and silent auction tables will be placed throughout the home, allowing for a smooth flow of guests. Wine experts will be on hand to discuss their wines, and as always, a fabulous selection of

Alta Lake Ice Break-Up Raffle Update

The ice on Alta Lake is holding fast, but signs of spring are all around us. Recently the lake ice has taken on a beautiful aqua marine colour as the water from recent rainfall starts its saturation.

Ticket sales for the raffle should be in full swing now,

so if you haven't sold your tickets, it's time to start! We would like to have all the tickets sold by **March 31st**.

If we sell all the tickets that have been produced we stand to raise \$3000 that will be used to improve the Pre-school and Kindergarten playground.

The person who guesses closest wins \$250 cash and coveted trophy inscription; second is a Family Membership and gift certificate to the Squamish Li'wat Cultural Centre and third prize is 3 lbs of Whistler Roasting Co. coffee and a hand crafted Vincent Massey mug.

Pre-School News

Ms. Moore and Ms. Karina

We have been singing and moving to train songs, and with the mere suggestion of spring in the air, to rhymes about baby animals, lambs, goats, bunnies...

I have noticed how carefully the children are choosing their colors and placing them on the paper during painting time. Each child is an artist!

The preschool children are making the most of the snow, building igloos and castles, and

making snow-cakes for anyone who wants one! They also enjoy the warmer days, filling buckets and shovels with melt-water, splish-splashing in the puddles!

And as the snow starts turning more to rain, please remember to bring warm clothing that is also waterproof – even two pairs of mittens for the day, if you have them! We continue to enjoy the garden whatever the weather.

Yours, Ms Moore and Ms Karina

Early Childhood Parent Learning Opportunities

There are many upcoming opportunities for parents to engage in their child's learning and development. Read more in the articles in this newsletter!

- Ms. Graham is hosting a discussion on the importance of stories and fairy tales on the young child March 21st.
- A doll making workshop, hosted by Ms. Moore April 8.
- A school-wide open house is scheduled for the first Wednesday of each month. Come see the school in action throughout the grades! The next one is April 6th.

Gluten, Egg & Dairy-Free Banana Muffins

We've started trying a new recipe for birthday cakes in the preschool - it's yummy!

Mix together:

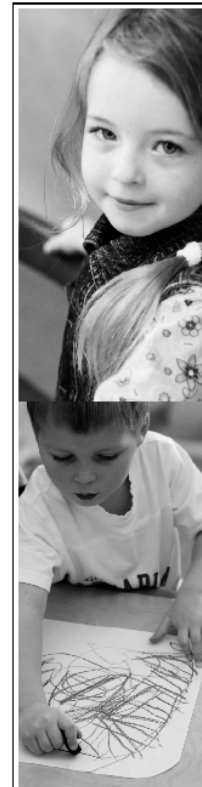
1 cup brown sugar (or honey)
1/3 cup olive oil
1 or 2 ripe bananas
1 tsp pure vanilla

In a separate bowl, mix together:

1.5 cups rice flour
1 cup quinoa flakes or seeds
1 to 2 cups of shredded coconut
? cup raisins
1/2 tsp baking soda
1/2 tsp salt (optional)
1 tsp cinnamon

Combine wet & dry ingredients, spoon into a muffin tin, then brown for 10 minutes at 350 degrees.

It also works in a cake tin, as a small loaf, or even as drop cookies. Play with the quantities until you find the consistency you like! And try it with different additions, such as chocolate chips, or walnut pieces?



Whistler Waldorf School presents the:

Early Childhood Parenting Series

Join us for this informative series on a variety of topics on the young child.

Rhythm and Routine
Monday, January 17th
7:30—9:00 pm

The Healing Power of Sleep
Wednesday, February 16th
7:30 - 9:00 pm

Story Telling and Fairytales
Monday, March 21st
7:30—9:00 pm

Free to Play
Wednesday, April 6th
7:30—9:00 pm

**At Whistler Waldorf School
Spruce Grove Park**

For further information please
contact the school

Celebrating 10 Years in
the Whistler Community



info@whistlerwaldorf.com
www.whistlerwaldorf.com
604 932-1885

Annual Giving Campaign Update—Five Reasons to Give

Thank you to everyone who has made a donation to the Annual Giving Campaign thus far! We have raised \$5,317 with 34% participation. Last year we had 48% participation and our goal is 100% participation!

Here are five reasons why you should make an Annual Giving Campaign donation today!

1. You love your school and want to show your support!
2. Donating makes you feel good! (Seriously! Studies show that people who donate to charities are over-all more happy in their lives!)
3. As we approach our Capital Campaign to build a new school, future donors and philanthropists will consider the percentage of giving participation from within the organization before they commit to being a donor themselves. (I.e. you can't ask for someone to support your cause until you have given yourself!)
4. Whistler Waldorf School is a registered charity and will provide a tax receipt for every donation.
5. Giving is easy! Cash or cheques can be dropped off at the office or if you would prefer to pay by credit card you can go to the Canada Helps web site at: <https://www.canadahelps.org/DonationDetails.aspx?cookieCheck=true>

Class 1-2 Update

M. Richer

As winter prevails, our class prevails in learning and playing. We are now into the heart of *The King of Ireland's Son*, where our hero has to find the beginning and the ending of the Unique Tale (which is a variation of the Six Swans fairy tale) to rescue Fedelma his love. He meets many characters that tell him their background stories. Little by little, they all realize that their stories are interconnected; the solution to one story being a fundamental step in the development of another. All of our Main Lessons evolve around this remarkable quest.

Our morning circle time is filled with fun and challenges. We have been working on balance and concentration (body awareness) using different beanbags exercises. New verses extracted from fables such as *The Boy Who Cried Wolf* have been introduced to reinforce pedagogical themes. As well, emphasis on spatial awareness and self-awareness have been at the center of our circle time as we use songs and movements to provide a focus on expansion and contraction.

Through rhythmical activities we keep reinforcing the times table and continue to develop new vocabulary and reading/writing skills with *The King of Ireland's Son*. The class also completed their first reader a few weeks ago. We have recently started a shared library time with the Grade 4 and 5 class. During this period, the Grade 4/5 and Grade 1/2 classes chose books and read them together. This is a great opportunity to create bonding and mentoring opportunities between the students and to develop further interest in reading.

The class craft's period is now dedicated to creating "Monkey Dolls" made out of socks. The students have expressed their motivation and excitement about learning to sew and to create a doll out of recycled material. I look forward to seeing their unique creations.

We will now begin to sing spring-flavored songs to manifest its arrival!

Grade 6, 7, 8 Update

Mr. Morgan

Grade 6/7/8 have just finished a three week Physics block on magnetism and electricity which culminated in the building of their own electric motors using only copper wire, two small magnets and a battery.

Having said goodbye to Marco Polo, Kublai Khan and the Blue Lord, they're now onto their next block, "Wish, Wonder and Surprise", an exploration of the creative potential of the English language and of what the human imagination is capable of when it comes to using words to create images and convey ideas. We've enjoyed some engaging, philosophical discussions on where our ideas come from, whether or not there is such a thing as 'an original idea' and the

various ways in which we can use our imaginations to weave pictures and stories.

The Life of the Sea is the Life for Me
By Kalia Connor McCrank-Ranger, grade 7

Oh to be gone from here
To be far, far, far away from here, away on the sea
Is definitely the life for me!
Give me a ship! I need to go to the sea,
For she is calling me.
Oh the tug of the sails,
Oh the gently tug of the current
Oh let me go! Oh let me go!
For she is calling me.

Firstly the students were challenged to come up with a short story idea based on one of two pieces of music played to them and we've now moved on to honing our descriptive writing skills.

We looked at the overused words in our language (good, nice, great, happy, sad, etc.) and came up with more evocative alternatives and how each of these words has a different mood i.e. 'ecstatic' compared to 'content'.

We are now looking at poetry as a form of conveying images and ideas and the students have been set the task of researching the life and works of a well known poet, learning one of his/her poems by heart to recite to the class and then of writing poems of their own.

Below are some examples from some of our recent lessons. Later in the block we'll be tackling the art of writing an essay before moving onto our next block, Biology: *Health, Nutrition and Hygiene*.

My Wishes

By Katie Vogler, grade 8

What do you look for, what do you seek?
A beautiful heart for me to keep
What do you long for, what do you crave?
A long cold grave to live once again.
What do you lack, what do you need
A calm cool lake and a tired old sea.
What do you want, what do you dream?
I dream of a ship to take me downstream
What do you have, what do you own?
A small warm house in which I call home.
What would you be, oh, what would you be?
Only a traveler of the land and sea.

My Place

By Charlotte Hunt, grade 7

Oh to sail to the hot sand of Bali,
To leave this cold and wretched place.
To leave this small town for the warm air of Bali
The sand between your toes, the sound of the waves
To leave you, oh to leave you cold snow
And entering a plane
To fly, to fly and fly
To be a surfer of the waves.

Update from the Parent Council

Lee-Anne van Dongen

The Parent Council last met February 11th and welcomed Nicolette Richer as our newest member. Diane Riley has stepped down from her role as Parent Council Chair and we thank her for all her tireless efforts and time she dedicated to the Parent Council over the past years.

The Parent Council is working on several initiatives including Parent Education, Grounds Committee, Fundraising Committee, Social Committee and Class Parent involvement. We are currently putting together

a working binder for all of our committees to better enable new parents and committee members to see how past fundraising, celebrations and annual events were conducted etc. If there are any parents who feel they would like to be involved in any of the committees, please contact either Peggy or myself.

With what is sure to be a busy Spring/Summer ahead of us with our Spring clean up and annual flower planting and the Pacific Northwest Olympiad, Yvonne and myself who head the Grounds committee, will be

looking for any helpers, especially some keen dads to help us with minor maintenance issues and getting the school and grounds looking it's best for our guests in June. We are in need of any dads that might be able to help with simple tasks like dripping faucets, some small building projects. If you feel this sounds like you, we'd love to hear from you.

The next parent council meeting will be held Friday March 25th and **the next Parent Association meeting is March 31st**. Hope to see you there!

Your New Parent Council and Committee Chairs

Chair - Lee-Anne van Dongen
Co-Chair - Yvonne Darcy
Secretary - Jennifer Raffler
Treasurer - Nicolette Richer
Class Parent Representative - Amanda Sandahl
Director at Large - Sheila Sherkat
Administrative member - Peggy Vogler
Faculty member - Mollianne Reynolds

PC Committees and Chair
Building and Grounds-Yvonne Darcy
Co-Chair - Lee-Anne van Dongen
Social- Jennifer Raffler
Class Parent - Amanda Sandahl
Fundraising - Peggy Vogler
Parent Education - Mollianne Reynolds

The Parent Council is the elected group of parents who volunteer to represent and serve the Whistler Waldorf School Parent Association. (All parents who have children registered at the school are members of the Parent Association.) The PA and PC are a critical part of the school, which is run with a three-fold organizational structure. The Faculty, Board of Directors and Parents share equally in supporting the school and the students who attend, each with their own areas of expertise and responsibility.

The Parent Association and Parent Council serves the school by providing a warm and inviting community in which our children and families feel supported. We fix, we build, we fundraise, we learn, and most of all, we have fun working together!

Are you interested in serving on the Parent Council? We can have a maximum of ten members so we are currently open to two more people. If you're keen to learn more, let one of the PC know! (Dad's are more than welcome!!)

Life in the Kindergarten

Ms Graham

*Spring is coming!
Spring is coming!
Flowers are coming too!
Daisies , Lilies , Daffodilies
All are coming through*

As the snow begins to melt we are looking for signs of Spring as we go on our morning nature walks. Old man's beard is fun to collect as it reminds us of a bird's nest.

The children recently heard the lovely story about an old man named Giovanni. He wanted to give the birds in his yard a Valentine's gift so he carefully placed seeds into a mesh bag and hung it in the trees around his house. Little flashes of yellow from the birds wings reminded Giovanni that Spring was on its way.

The children eagerly made some bird seed cakes to take home for the birds at their house but alas the gelatin was not strong enough to hold the seeds together so we had just the seeds to take home.



As we moved into the month of March the children have been listening to the fairy tale "The Magic Lake at the End of the World"- a story from Ecuador. This story is about a young girl who wants to help the King find the healing wa-

ter for his son who is very ill. She needs to overcome 3 challenges before she finds the Magic Lake. The children trust that good will overcome the evil as it does in this story.

Fairy tales are rich in language and have many archetypal characters that touch the soul of the young child. As the children grow and develop these stories help the child as they experience new emotions that are arising within them.

Preschool and Kindergarten parents are invited to attend the Story telling and Fairy tale workshop this Monday March 21 at 7:30 pm. We will explore this topic and also create a finger puppet or two for you to use at home.

Class 4-5 Update

Ms Reynolds

Our Class has been travelling Canada from coast to coast, well, on paper, and in paper. We set out from our home here in the Coastal Mountains to explore the rest of our mountainous province. We learned about how most of the rivers in the province drain into the Pacific, how the thousands of islands off the coast are also mountains poking their noses out of the sea and how these mountain ranges of BC not only block cold Arctic winds from the northeast, but also how they hold

back the sea winds giving us a climate more temperate than the rest of Canada.

We didn't stop, however, at our provincial border but carried on out into the Interior Plains that make up a large portion of the North American landscape. We discussed the grasslands, boreal forest, and the Canadian Shield which are to be found in the central provinces.

Next stop on our tour were the Great Lakes and the eastern provinces. To explore the eastern coast we journeyed along briefly with the explorer John Cabot as he first arrived in Newfoundland. We will let the explorers tell us a little more of our country as we journey back home, making our own Northwest Passage so to speak. Canada being such a vast land, we have covered a lot of territory and yet have much more to learn.

Dreaming Dolls—A hands-on workshop

In this hand-on craft workshop you will learn to create a beautiful, soft, handmade dreaming doll for your child suitable for pre-birth through to 5 years old. Made of natural wool and cotton materials, these dreaming dolls can be used therapeutically to aid and encourage peaceful sleep and rest both at home and in preschool or daycare.

Date: Friday, April 8th

Workshop time: 9am – 12pm

Workshop cost: \$20 per person.

Location: The Preschool Room, Whistler Waldorf School

What to bring: please bring (if you have them) sewing needles, pins, embroidery floss in natural muted colours, and a pair of sewing scissors. All other materials will be supplied.

Space is limited to **12 participants**. Friends or family from outside the school community are very welcome!

Please sign up for the workshop with Ms Moore in the preschool before or after school, or email nina@popartz.com

Course Offering: An Introduction to Raw Living Foods

Host - Sheila Sherkat & Mark Beaven

Instructor - Sarinda of Wild Planet Raw Foods (and mother of Ruben in Ms Reynolds' class)

Saturday, April 2nd, 2011 @ 6PM (allow for 3hrs)

Our evening will include a Raw-bundant Feast, demonstrations, and discussion

In this class you will learn...

- What are Raw foods, Live foods, Superfoods
- The Yoga of Food - Live Food and Ayurveda, determining your dosha (constitution), customizing your diet, eating with the seasons
- Setting up a Live Food kitchen - shopping for ingredients and equipment
- Basic Recipes to get started
- Conscious Eating (your body...our planet) eating for health, beauty and balance, while considering your "food-print"

Although the focus is on "raw foods", emphasis is on incorporating more whole foods into your lifestyle and finding your own personal dietary groove. Eating "raw foods" isn't all or nothing.

As this will be a primarily "Waldorf" group we will cover some of Steiner's thoughts of food and nutrition. Space is limited so please RSVP ASAP. Investment: \$50 (includes multi-course feast and handouts). For more information please contact: sarinda@wildplanetrawfoods.com



Ignite a Life-Long Love of Learning

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Ignite a Life-long Love of Learning

www.whistlerwaldorf.com

Our Mission:

Our mission is to educate each child with reverence and respect; to nurture wonder, confidence and initiative, so they may participate in the world guided by a sense of truth and responsibility.



The Kindergarten children "carving"
wooden candle holders

School Community Classifieds

This space is set aside for the school community to share their talents, needs and wants. Submissions should be sent to communicate@whistlerwaldorf.com by the first Friday of the month.

Baby Gear Needed

If you have any unwanted baby items hiding in your basements, attics, crawl-spaces or garages then please get in touch! We are particularly looking for a crib, cradle, stroller, infant car seat and clothes or anything you think two baby novices like us may need....Many thanks, Aegir and Christine (Mr. Morgan and Ms. Cook)

604 894 6362

christineincanada@gmail.com

aegirmorgan@gmail.com

For Sale: Child's bed with pull-out trundle. Includes practically new mattresses. Beautiful wood. Came from England. \$200. Contact Larisa 604 905 1242, larisavalentin@me.com

Free: New single mattress to the person who will pick it up from Whistler Cay Heights. Larisa 604 905 1242, larisavalentin@me.com

Wanted: used stand-up lamp for Mr. Richer's classroom.

For Sale: We have a "Trail-A'Bike" in great condition that we would be

happy to sell for \$125. Contact Shelagh Weightman 604-932-9675

Wanted: Silent Auction items for our biggest fundraiser of the year, The May Soiree. If you have a item you would like to donate, please contact Peggy at the school or Paula Jeffers at paula@magicallyhappens.com

Congratulations to Beth (Ms. Solem) and Jason on the birth of their baby boy on Saturday, March 19th! Mom and baby are doing well!