



NEWSLETTER

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Winter Fair
A magical day for the family

Saturday, November 21st, 10am - 3pm

Children's crafts, candle dipping, live music, delicious food, cookie cave, silk scarf painting, artisan market, silent auction, and more.

Artisan Market extra shopping for adults only
Friday November 20th, 5pm - 8pm


Sunrise Waldorf School
2148 Lakeside Rd
in Cowichan Station
10 mins south of Duncan
250-743-7253
www.sunrisewaldorfschool.org

Upcoming Events

Friday, November 20

1:30 pm Early Dismissal

Full Moon Dance

Grade 6 welcomes you to our "Full Moon Dance" on Wednesday, November 25, from 6:00 - 8:00 pm in the

Saturday, November 21

10:00 - 3:00 pm Winter Fair

Monday, November 23

7:00 - 9:00 pm Grade 2 Parent

Evening

Report Cards Distributed

Tuesday, November 24

3:45 - 5:15 pm Grade 3 Parent

Evening

Wednesday, November 25

6:00 - 8:00 pm Full Moon

Dance

Friday, November 27

8:30 am - 5:00 pm Parent

Teacher Interviews. No

Classes

Sunday, November 29

9:00 am - 4:00 pm Advent

Spiral, Kindergartens and

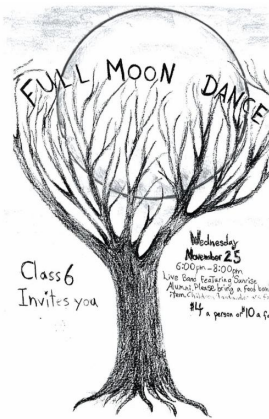
Grade 1

[View Calendar](#)

No Classes and Early Dismissal Days

Nov 20	Early Dismissal 1:30 pm
Nov 27	No Classes
Dec 21 to Jan 1	No Classes

Winter Fair Details



SWS Hall. Enjoy live fiddle music, dancing and snacks! Tickets are available in the Grade 6 classroom everyday after school. \$4/individual and \$10/family.

Social Health

The Social Health Committee has been looking at ways to make ourselves more known and visible within our community. You can look forward to one of these little

bites each week in the newsletter.

Since the start of the school year, we have focused on working with the new teachers in our school, orienting them to Kim John Payne's social health work and offering practical tools for the classroom and the playground.

Dr. Susan R. Johnson Final Article

Allergy Treatment Sheet

(Healing a "Leaky" and Inflamed Intestinal Lining)

Susan R. Johnson MD, FAAP 5/28/10 (rev 2/3/14)

Restore normal beneficial intestinal bacteria and get rid of yeast:

Read my article on the, "Leaky Gut Syndrome", as well as the excellent book, Gut and Psychology Syndrome, by Dr. Natasha Campbell-McBride from Cambridge, England. In my article and her book she discusses how our diets high in processed sugars, the use of frequent antibiotics, and chronic stress all destroy our healthy intestinal bacteria and allow yeast to excessively grow. The yeast steals and absorbs valuable minerals and vitamins from our food so we crave salt and it also absorbs simple carbohydrates (ie. glucose) from our diet so our brain does not get as much sugar (glucose) for energy, causing us to crave sugar. [Read more...](#)




Welcome everyone to the 2015 Winter Fair! Parents, children, family members and the

community at large all enjoy this much looked forward to event each year. **Early Shopping** at the Winter Fair vendor marketplace In the Hall for parents and all interested adults from 5:00 - 8:00 pm on Friday, November 20th, as well as during the fair from 10:00 am - 3:00 pm on Saturday. Come check it out!

There are **more volunteers needed for parking.** Sign up sheets are outside the office. We really need more help in this area!!

Classifieds

<p>Local Grassfed Beef and Lamb</p> 	<p>Available December 2015</p> <p>Local, healthy raised beef and lamb. Grass fed only for superior health and taste. No antibiotics or growth promotants. Organic certified. Freezer friendly. Order a whole animal or individual cuts.</p> <p>beth_sutton@shaw.ca 250-734-2328</p>
<p>Beef</p> <p>Steak - \$1.50/lb. Ground - \$6/lb</p> <p>Lamb</p> <p>Whole animal - \$8.50/lb Half animal - \$7/lb</p> <p>Prices based on "hanging weight". Cut and wrap and transport are additional.</p>	

Winter Recital December 11

This year we are again looking forward to our annual Winter Concert on Friday, December 11th from 1:00 - 3:00 pm, presented by the grades children. The teachers and children are busy preparing pieces to share with parents and friends of the school community. They will be showcasing singing, instrumental music, folk dances, speech, and recitations. It will be another wonderful opportunity to sample the arts as they are practiced within our classrooms.

Please ensure that your child(ren) are festively dressed in white tops/dress and dark bottoms. No boots are to be worn and dress shoes are preferred. We look forward to seeing you there!

What Happened to the 200 Pumpkins from the Halloween Pumpkin Path?



Many precious pumpkins are lit at SWS each year to celebrate the wonderful harvest season and provide a magical experience for the youngest in our community. But why "waste" so many pumpkins each year? This year we arranged to have

the pumpkins used by farmers to feed their animals. 90% of pumpkins were used for this purpose immediately after the path, with tealights and any wax carefully removed to ensure the health of the animals. The remaining 10% were transported for use as compost on a local garden.



