



## NEWSLETTER

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***Congratulations!***

***The Biodynamics Girls Basketball Team  
2016 C.V.I.A.A. Midget Girls Champions***

### *Upcoming Events*

#### **Friday February 12**

Boys Basketball Tournament  
12:45 pm and 2:00 pm  
At the Island Savings Center

End of Term

No Classes - Conference week  
Monday Feb 15 - Friday Feb 19

### *News Items*

#### **What is Conference Week?**



Waldorf teachers are on a life long journey of study. They continue to learn and build upon their knowledge of Anthroposophy throughout their teaching career. Conference week is observed by all Waldorf Schools in North America at the same time in February. This allows time for teachers to

## Saturday February 13

ECE Open House

10:00 - 11:30 am

RSVP to:

[admissions@sunrisewaldorfschool.org](mailto:admissions@sunrisewaldorfschool.org)

## Monday February 22

Classes resume

Class 2 Parent Evening

## Tuesday February 23

Class 3 Field Trip

11:05 am - 2:45 pm

[View Calendar](#)

## Class 6 Receives a Special Thank You

Thank you again to Class 6 for organizing a wonderful Full Moon Dance and for organizing a basket of donations for the Food Bank. To all those who donated items, we are very grateful. Class 6 received a very special Certificate from the Food Bank to mark their good work. You can [click here](#) to view the certificate.

## The Lunar New Year



A reminder that on Friday February 12, the children may like to wear RED as a

sign of happiness and good cheer. If there are any parents willing and interested in making

travel for courses, or for a school to invite a guest to come and teach our faculty at our campus. This year our teachers will use the week to develop their curriculums for the remainder of the year, some may travel for workshops, and others might confer with each other with regards to what's coming next for their class as they move up in the grades. Whatever the choice, conference week is a wonderful opportunity for professional development and gives us all an opportunity for an out breath, bringing new energy, and stamina for the remainder of the school year. Have a terrific week off parents and students.

## The Social Health Committee: Noticing What I say and Why I Say It.



When Kim John Payne (Author of Simplicity Parenting), visited and lectured at our school, one of the best tools that he brought to our community

was to ask ourselves three simple questions before speaking about another person:

**Is it kind?**

**Is it true?**

**Is it necessary?**

These three questions are perfect for both adults and children. They take little time to ask, and if the answer to even one of them is "no" then we can immediately reconsider our words, and motivations. But what if I am experiencing conflict or difficulty in communicating with another person? What if there have been some misunderstandings or we just can't seem to speak comfortably with one another? The Social Health Committee is here to support, offer processes to facilitate communication, and bring warmth to difficult situations that can, and will, arise in our community. You can speak with any of us in person, or by leaving a written message in the Social Health Committee cubby. Our members are: Rachel Cameron (CL. 7 teacher) Ruth Ker (SSK teacher) Janet Jewell (CL. 3 teacher)

some Chinese goodies for the students to sample on Friday, please contact Ms. Hitch (Class 6) or Ms. Markovich (Class 2). We look forward to honouring this special New Year, the year of the Monkey

### No Classes and Early Dismissal Days

Feb 15-19 No Classes  
Mar 18 No Classes  
Mar 21-Apr 1 No Classes

## From the Office

### Fundraiser for SWS

The Old Farm Market has included SWS in their list of community agencies they support. They will provide us with 7% of the purchases we make at the Old Farm Market.

Here is how it works:  
"Purchase Cards" are bought in advance and used like cash. Come to the office at any time to purchase gift cards in increments of \$25. We have cards ready for purchase in the office now.

### Child Care Income Tax Deductions for 2015

If you qualify for the Child Care Income Tax deduction, please fill out [this form](#) and return it to the office by February 28, 2016. Tax receipts will only be issued upon request.

Kevin McDuff (Head of School)  
Chantey Dayal (Director of Admissions)  
Christina Hamill (CL. 5 parent)  
Alison Bowden (CL. 2 & 4 parent)  
Janelle Hardy (CL. 7 parent)  
Chris LeBlanc (CL. 3 & 7 parent)

### Building Home Made Rockets



Connor Howe is a student at SWS, and will be graduating this year from Grade 8. Since he was very young, he has been fascinated in all things combustible. [Read here](#) to see the full interview and photos of

Connor's latest rocket designs being launched in the big field at SWS.

### The Parent Association



The PA is pleased to announce that we have a new representative.

Christina H. (CL. 5) will be attending PA meetings to bring the work of the Social Health Committee to parents.

The PA will hold our next meeting as a morning gathering, Wed March 16 at 8:45 - 10:15 am in order to bring those parents into the fold who would prefer a daytime meeting. We invite you to be a part of our gratitude circle and to hear updates from Faculty, Administration, Social Health, and the Board Liaison.

### The Biodynamics - 2016 Midget Girls Champions



What an incredible game it was to watch yesterday. Our girls stepped up and played so well. It was a very close game ending in a score

of 39-42 for the Biodynamics. We hope to see lots of new players out on the court next year. The boys team will complete their season with a tournament this Friday at the Island Savings Center. Game times are at 12:45 pm and 2:00 pm if parents would

# CLASSIFIEDS

like to come out and watch.



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