



NEWSLETTER

In This Issue

*Basketball winning and losing
Join the SWS Parent Association
Social Health*



*The Biodynamics celebrating together
over pizzas after the invitational tournament*

Upcoming Events

Monday February 1

7:30 - 9:30 pm
SSK Parent Evening

Wednesday February 3

7:00 - 9:00 pm
Parent Association Meeting
All are welcome

Thursday February 4

3:00 - 4:30 pm
Boys Basketball vs. Cowichan

News Items

"You Don't Have to Win to Love Basketball"



Last weekend, the SWS co-ed basketball team (comprised of Grade 7 & 8 students) did our school proud. Not only did the

Biodynamics face some of the toughest basketball competition on the Island, but they did it with enthusiasm, tenacity and heart. We played four games and lost four games, which might have defeated the spirit of many young players, but

Monday February 8

School Closed - Family Day

Wednesday February 10

7:30 - 9:00 pm

Class 7 Parent Evening

[View Calendar](#)

No Classes and Early Dismissal Days

Feb 8 School Closed

Feb 15-19 No Classes

Mar 18 No Classes

Mar 21-Apr 1 No Classes

From the Office

Late Pick Up Policy and Fee:

Please be reminded that parents and caregivers must phone the office, and notify us if your child will not be picked up at dismissal time. A \$10.00 "Late Pick Up Fee" is charged to your account if your child has not been picked up 30 minutes after dismissal and we have not heard from you.

Fundraiser for SWS



The Old Farm Market has included SWS in their list of community agencies they support. They will provide us

ours came out with their heads held high, their skills put to the test, and their team more bonded. Our school is used to winning, having been Mid-Island Champions three years running. It is because of our past success that we were chosen to participate in this invitational tournament. I am so proud that we have accomplished this level of play given the small community of our school and the lack of facilities that bigger schools enjoy. I commend these young athletes for their positive attitude and great desire to play together as a co-ed team against any competition. All of the teams that we faced were boys only, in large schools, with serious basketball programs. They had significant advantages in height, size, and experience, but our players held their own on the court and demonstrated sportsmanship at its best. It is easy to have fun while you are winning, however, in the case of these students, nothing was going to get in the way of their growing love of the game. There are just a few games left in this year's regular school league so please come out and watch our players do what they do best... have tons of fun playing basketball.

Mr. McDuff, Head of School and Basketball Coach

SWS Parent Association

The Parent Association is for all of us. It is a place where we share an equal voice. Our meetings open with a gratefulness circle, offering parents, faculty and administration a place at the table together. Paulette T. is the faculty representative this year. She brings lovely snippets of Waldorf pedagogy, so that we can learn more deeply about what is offered so beautifully here at our school. If you would like to receive information from the Parent Association, please ensure that you [click here](#) to print and fill out a membership form (we need this as it is now a mandated process for all non-profits in BC). The completed form can be left in the Parent Association cubby. You are also welcome to contact Diana 250-746-4624 with any questions or suggestions for our

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 and tell us how much you want on a card in increments of \$25.

We will put the card in your cubby within a week of ordering it. The money earned will be added to the Thrifty's money for the front of school courtyard project. Thank you to the Old Farm Market for supporting SWS!

Parent Association. We would love to hear from you. All are welcome at our meetings.

From the Social Health Committee: Courage



The word courage has its roots in the Latin "cor" meaning heart.

Facing conflict and difficult social dynamics requires a lot of courage.

We often think of courage in the modern day sense: being strong

and daring. Social courage, on the other hand, can come in many forms. It can sometimes be about speaking from the heart, and being open to hearing another person's perspective. These are examples how we can exercise our own sense of courage, the kind of courage that comes from the heart. If you or your child are facing a difficult social dynamic, the Social Health Committee is here to support our school community with courage and warmth.

CLASSIFIEDS

Spirit Gate Farm
Insight Horsemanship & Body Awareness Riding



The foundation of good horsemanship begins with developing a trusting and safe relationship with horses and the process of understanding why they do what they do. The principles of Insight Horsemanship are based on respect, compassion and clear communication. Supporting youth to develop an healthy, balanced and joyful relationship with horses is our primary goal.

The foundation of good horsemanship with youth will learn: The horse's nature, safety, communication and how they learn, build, have care, confidence building with groundwork, body games and work.

Equine body awareness, all ages

Spirit Gate Farm - Youth Empowerment Program
• 2541 Heald rd, Duncan, BC
• www.spiritgate.ca
• info@spiritgate.ca
• 250.737.1484

• Individual and small group lessons
• Currently coaching several youth from Waldorf school
• only a few spots left for winter lessons!

Sunrise Waldorf School
2148 Lakeside Rd
Duncan BC V9L 6M3
www.sunrisewaldorfschool.org



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