

# SUNRIDGE BULLETIN

FEBRUARY 10, 2010

## SUNRIDGE SCHOOL

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## CALENDAR

Wednesday, February 10, 6:30 - 8:00pm:  
**Kindergarten Parent Evening**

Wednesday, February 10, 7:00 - 8:00pm:  
**Class 7 Parent Evening**

Thursday, February 11, 6:00pm:  
**Class 2 Play @ Two Acre Woods**

Friday, February 12  
**Early Release**

**February 15 -19: School Closed  
for Mid-Winter Break**

Tuesday, February 23, 6:00 - 9:00pm:  
**Charter Council Meeting**

Thursday, February 25, 6:30 - 8:30pm:  
**Orientation Meeting** (part of Open  
Enrollment)

Friday, February 26, 9am and 6pm:  
**Class 1 Play**

Tuesday, March 2  
**Parent Council Meeting**

Wednesday, March 3, 6:30 - 8:30pm:  
**Class 5 Parent Evening**

### **This Friday is an Early Release Day~~ Next Week School is Closed**

#### **Whole Foods 4% Scrip Cards are Now Ready!**

We have the cards in \$50 and \$100 increments ready to sell. To purchase cards this week, please read the following carefully:

#### **1) You can purchase cards this Thursday between 1:30-3pm at the Ragle Park Farmers Market**

\*If the market is rained out, and ONLY IF market is rained out, cards will be available Thursday on the Morning Star Porch between 11:45-noon, and in the upper driveway during pick-up times.

#### **2) You can also purchase cards this Friday Feb. 12th between 5-7pm at Shyama's house: 7931 Soll Ct. in Sebastopol (across from Pacific Market).**

In all cases, it is very important that you have your cash (exact amount) or check (made out to "SunRidge") ready in hand to support a quick transaction.

**3) Anytime after Friday Feb. 12th at Infusions Tea House** (4 doors left of Whole Foods). \*Infusions will take checks only made out to SunRidge (no cash). If you choose this option, we hope you'll consider giving them business (not required of course) so their kindness in offering us this convenience is appreciated.

4) As a last resort option, if you find yourself in the school office at a quiet moment, Theresa or Mira will be happy to sell you your cards (remember, exact amount only).

If you have any questions about this program contact Kathleen Stroh: 829-2436 or Shyama [shyama@sbcglobal.net](mailto:shyama@sbcglobal.net).

#### **If you shop at Whole Foods, PLEASE do so with SunRidge Scrip Cards! We earn 4% of every purchase.**

#### **Family Folk Dancing Really Fun!**

Many thanks to those who came out to enjoy an evening dancing together last Friday. It was really fun, good exercise, and a great way to build community. Thank you Donna for offering this opportunity to our community free of charge!

#### **New Hot Lunch forms**

Hot Lunch order forms are now available for March and April. As usual, orders for Tuesday lunch must be turned in by Thursday of the previous week, and orders for Friday lunch must be turned in by Tuesday of the same week. Please see attached order form. Thank you!

#### **Farmers' Market Tomorrow**

Come one, come all to a Midwinter Market Day! Class Four invites you to join us for delicious nourishment, relaxing companionship and play, and some love-craft enjoyment on **Thursday, February 11th**. There may even be some sun to shine upon us! We look forward to celebrating February, Love and our community with you.

**Thank You**

Many thanks to Heather Thurber and Kenna Lee for leading two recent fund raising projects. Heather took on the Folk Art Calendar sales and Kenna the SunRidge shirts sales. Neither initiative would have been possible without the dedication and hard work of these parent volunteers. May you feel all the appreciation you deserve!

**Auction Stories**

**Scenario #2 ~ from Amy Schiff**

So, my boyfriend, (not a SunRidge parent BTW) walks into his chiropractor's office, mentions the SunRidge Charter School's Online Auction, gets adjusted and goes to get a haircut at Two Women Doing Hair. With copies of the Donation letter in hand, and a smile on his face, he, again, mentions the SunRidge Charter School's Online Auction. Another positive response, hair spiked and he is on with his day. Feeling a bit hungry, he heads over to one of his favorite places for a meal, Gaia's Garden, where, after some delicious lentil soup, he, you guessed it, mentions the SunRidge Charter School's Online Auction.

All this in the course of some errands.

No big deal.

Ah, but it is a big deal...for SunRidge Charter's School Online Auction:

A cut and color worth \$75.00

Dinners for many worth \$100.00

and a Chiropractic adjustment...pending.

What's your story? Email yours to [amyschiff@sbcglobal.net](mailto:amyschiff@sbcglobal.net).

**PS:** Don't forget, before asking a business for a donation, please check out our spreadsheet to see if it has already been approached by going to the SunRidge website. You will see a section that says "SunRidge Online Auction." Click on Help solicit auction item donations! <<http://tinyurl.com/ycovign>> and see what's there. In addition, please look at the auction site, [www.sunridge.cmarket.com](http://www.sunridge.cmarket.com)

<<http://www.sunridge.cmarket.com>> to see what's posted. If you have approached a business yourself, please let us know by e-mailing to [amyschiff1@sbcglobal.net](mailto:amyschiff1@sbcglobal.net) so we can add it to the spreadsheet. Thanks again so much for your help!

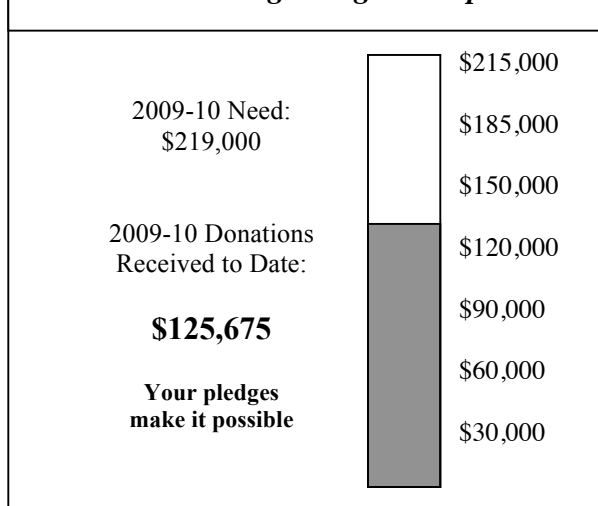
**Moving Toward a Stronger Community**

Our parent leadership group gathered once again last Sunday to engage in "conversations for action," which is part of the process that has been led by 4th grade parents, Alexander and Kathia Laszlo. Enthusiasm was high, and everyone was ready to move forward to take some action. We engaged in a process called "Open Space" which allowed us to come up with areas of focus to take action on and identify the ones that interested us. Then we spent several hours in small groups (we were free to move from one to the other) discussing processes to move each focus area forward.

After lots of rich conversation, we came together and ratified a plan of action. Here is how we will move forward:

1) Our "Health of the Parent Body" group will now be called "Community Stewards." In essence, the group will continue to

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serve the community by holding the vision and helping move it forward until it takes on a life of it's own. The participants may also engage in some specific training to support them in facilitating some of the processes that are being proposed. At this point, the members will continue to be those who have been serving on the committee for the past 9 months. They will write a job description and after some initial work is completed, the group will be opened to others in the community who want to join, though it was agreed that it needs to be held to about 6 people in order to keep things moving forward.

2) The Declaration of Interdependence - The Community Stewards will initiate what will be the foundation of the community's work together. This will be called the "Declaration of Interdependence." It is based upon the fact that we come to SunRidge to work together in community, and within that commitment is the premise that we are all interdependent upon one another. Therefore, it will serve us all to have a set of values which we agree to operate by. The rest of the group will be offering their ideas for what this document should contain, and these will be incorporated into the declaration. After these are written, the document will be sent back to the group for feedback. Once it is agreed upon by the group, it will be introduced to the greater SunRidge community and we will again take feedback, make necessary changes and then the final document will need to be ratified by the community.

3) "The Bill of Responsibilities" - Along with the D of I, this document will bring forth not only our rights as parents in the community, but also our responsibilities as community members. This will go through the same process as stated above in the Declaration of Interdependence.

4) The "Buddy System" has two tracks - One will be a mentor program for new families in the school. The second will be a conflict resolution process that has been utilized in other schools.

5) The "Parking Lot" - As identified by many parents in our group as a place for grievances to be aired - this process will take the idea that is used in many business meeting processes, which is to place important ideas that can't be immediately addressed on a sheet called "the Parking Lot," and use it as a place where parents can bring intention to conversations (that happen in our literal parking lot) about difficult issues and offer a process for action. More to come on this.

In summary, it was a rich and productive day. All seem to be energized and even relieved that there is such alignment in this representation of our community, to set the intention and follow it up with agreements, actions and processes that can help our community thrive and therefore be a place our children will thrive. As we live in such polarized times at this moment, we are inspired to come together to create our own model of a healthy community. As they say, "think globally, act locally." Our piece of healing the global divide can start right here in our own community. Can we be the change we want to see?

For questions, or more information, please feel to contact any of your current "Community Stewards:"

Paula Camacho - [paulacamacho@comcast.net](mailto:paulacamacho@comcast.net)  
 Pam Koppel - [pamkoppel@comcast.net](mailto:pamkoppel@comcast.net)  
 Beth Gallock - [bethfully@earthlink.net](mailto:bethfully@earthlink.net)  
 Pamela Gould - [gouldschott@att.net](mailto:gouldschott@att.net)

You can also speak to your Parent Council Representatives or Alexander and Kathia Laszlo.

### The Valkyries Season Begins

The girls and coaches are excited about today, our first games! They are at the Community Church of Sebastopol, on HWY 116. The 8th grade team plays at 3:45 (the team should be there at 3:15pm); the 7th grade plays at 4:45pm (be there at 4:15 or earlier). These are our home openers.

On Thursday, we have a rescheduled game for the 8th grade ONLY at Mark West Elementary School (Lavelle Road) versus Mark West Charter's 8th grade team. There is no 7th grade game, so 6th graders can come if they want, will most likely not play. They are welcome to show up for support and watch the 8th play. 7th graders may likely play.

Right after the break we have a Monday game with Summerfield at the Sebastopol Community Church, followed on Wednesday, February 24, with a game with Rincon Valley also at the Community Church. Go Valkyries!

### SunRidge Open Enrollment for 2010-11

Our annual open enrollment period runs this year from

February 8 through March 8. During this time we accept applications for next year for new students and offer ways for families to learn more about our school. Submitting an application and attending an orientation meeting during the open enrollment period are required in order to be included in our lottery for available spaces, even if an applicant family already has another child enrolled at SunRidge. Current students do not need to re-apply, but if you are planning on enrolling a new child at SunRidge, contact the office for information and an application.

### Community Service Hours Reporting

Here are the links for reporting your community service hours for the month of December and January. Thank you for helping us have good data on the impressive number of hours parents give to our school.

Report **December** community service hours here:  
<http://www.surveymonkey.com/s/K23DJ93>

Report **January** community service hours here:  
<http://www.surveymonkey.com/s/R6SJLG9>

If you have any problems with entering your data, please contact Melissa Morgan, as she is managing that project:  
[melissa\\_morgan@mac.com](mailto:melissa_morgan@mac.com).

### Community Events

#### Mothering and Spirituality

*A Waldorf Parenting Conference*

"Mothering and Spirituality: Resourcing Feminine Wisdom" will be the theme of the annual regional parenting conference **April 24-25 at Sacramento Waldorf School**. Designed to offer a weekend of inspiration and renewal, the conference brings together keynote speakers from Waldorf education with nationally-known authors/presenters to explore weaving the strands of mothering, spirituality and feminism.

Featured speakers include: Cynthia Aldinger, founder of LifeWays North America, with training for parents and childcare providers inspired by the work of Rudolf Steiner; Rahima Baldwin Dancy, Waldorf early childhood specialist and author; Carol Lee Flinders, author of *At the Root of This Longing: Reconciling a Spiritual Hunger and a Feminist Thirst*; Nancy Jewel Poer, wise elder, Waldorf educator and author of *Living into Dying*; and Regina Sara Ryan, author of *The Woman Awake. Feminine Wisdom for Spiritual Life*. A complete brochure and secure **online registration** are available at < <http://www.waldorfinthehome.com/> > or by calling (303) 546-0070. The conference is organized by Rahima Baldwin Dancy at Informed Family Life.

**Waldorf Teacher Training at Summerfield**

The Center for Educational Renewal is now accepting applications for a their 4-year part-time course beginning in June 2010. The course has been designed to enable people who cannot leave the area to take part in a full-time course and to meet the growing need for Waldorf Teachers at Kindergarten, Elementary and High School levels. For more information and to apply, visit their website: [www.edrenew.org](http://www.edrenew.org) or contact Don Basmajian at (707) 575-7194 Ext. 301. Enrollment is limited to 30 students.

**The Most Happy Fella**

Summerfield High School Musical begins this Friday: Performances Friday and Saturday night at 7:30pm and Sunday at 2:00pm. Repeated again the following weekend February 12<sup>th</sup>, 13<sup>th</sup>, and 14<sup>th</sup>. Admission \$10:00. For tickets and info call 575-7194.

**Rising Moon Playback Theatre**

**The Subject Tonight is Love**, Friday, February 12, 8:00pm at the Youth Annex of the Sebastopol Community Center. Playback Theatre uses movement, music, and improvisation to create theatre on the spot from the everyday stories offered by audience members. In honor of St. Valentine, the evening's stories will be on the subject of love: finding it, losing it, aching for it, singing with it.... Requested donation: \$15-\$25, but no one turned away for lack of funds. For more info contact Jacqueline at 823-7687.

**Classified**

*(We can list rentals, parents selling used items, free items, lost and found, or trades. We cannot list for-profit business ads)*

**Need a student desk, very cheap?**

The SunRidge Foundation is clearing out no longer needed wooden desks and chairs. Large or small sizes, will sell for only \$10 each, with or without a chair. Contact Mira at the school office if interested, 824-2844.

**Need a babysitter, yard help, or other helper need?**

The Parent Council is sponsoring a student work referral system for students in grades 6-8. Students can fill out a form listing jobs they can do, and parents sign it to approve the referral form going into our Student Work Referral Binder. When you need a job done, stop by the office and look through the binder. Many of our students are excellent workers and are trying to earn money for various reasons. It's a win-win!

**Looking for a House**

SunRidge family is looking for a 3 bedroom house to rent in or near Sebastopol. Please call Rebecca if you know of anything: 525-8750.

**Free EFT Class**

EFT stands for Emotional Freedom Techniques and is an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. It often works where nothing else will.

Best of all, anyone can learn and use EFT and you don't need specialized schooling for it.

Rob Nelson, MS is offering a free class to SunRidge parents.

He is looking for 8-10 people to attend and learn. If you are interested in hosting or attending this class, please email me, This is available on a first to email basis. If there is a flood of interest, I can see about coordinating a second class.

Thank you, Hassanah, Morning Star Mom,

[emailbooboo@yahoo.com](mailto:emailbooboo@yahoo.com)

To learn more about EFT, please visit: [www.emofree.com](http://www.emofree.com)

To learn more about Rob Nelson, MS, please visit:

[www.taprootsenergypsychology.com](http://www.taprootsenergypsychology.com)