



SUNRIDGE BULLETIN

FEBRUARY 24, 2010

SUNRIDGE SCHOOL

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WWW.SUNRIDGESCHOOL.ORG

CALENDAR

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

Tuesday, March 2, 6:30 - 8:30pm:
Class 5 Parent Evening

Thursday, March 4, 6:00-9:00pm
Charter Council meeting

Monday, March 8, 6:30pm:
Class 8 Parent Evening

Monday, March 8, 6:30pm:
Class 3 parent evening
Emandal Farm presentation

Monday, March 15, 7:00pm:
Class 6 Parent Evening

Tuesday, March 16, 6:00 - 9:00pm:
Charter Council Meeting

Friday, March 26: **School Closed for Parent Conferences**

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) At pick-up & drop-off this Friday, February 26 (weather permitting)
Please have your cash or check ready to go!

2) 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.

3) 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.

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

Time to Order Hot Lunch for March

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!

ASK NOT WHAT YOUR AUCTION CAN DO FOR YOU, BUT WHAT YOU CAN DO FOR YOUR AUCTION!

We need each parent to get \$100 in donations!

If you are one of the people that have been out there asking for donations, we thank you on behalf of the SunRidge community and the kids. If you are one of the people who have been checking the auction website every now and then to see how those nice people that are running the auction are doing with the donations, perhaps you could try a different approach. Those nice people running the auction have jobs (several actually), family & commitments just like you, so it cannot be (and should not be) up to them to make the auction successful. Everyone needs to participate. Our auction catalogue is at about \$23,000 at this point. They say your catalogue needs to be double the amount you want to make. So if we even want to get close to last year, we are only half way there. With about 300 parents, if each parent gets \$100 in donations that will be \$30,000 more. Doesn't that make a lot more sense than 3 people getting \$10,000 each? Especially with 2 weeks left! So, this is it folks - Repeat.....**2 WEEKS TO GO BEFORE THE AUCTION OPENS!**

Again, we need each parent to get \$100 in donations. That could be one item, or 2 or 3. Please take the time to do it. You don't even have to go out of your way - just pick some places you go during your day and ask as you go. Don't forget to check this [link](#) to see if the business has been approached yet. Thank you!

WHAT ABOUT SERVICES?

There have been some questions about whether services are worthwhile donations to get. **ABSOLUTELY.** Any kind of services - handyman (or woman), tree trimming, guitar tuning, house cleaning - they definitely are of value to the auction. So if you want to offer a service, or get a service donation from someone you know - please do so!

POSTCARDS COMING

Auction postcards will be available in the next day or two. They will be in the office and need to be dispersed around town. Please help if you can.

If you would be willing to help with the final, down-the-homestretch push....please e-mail us at amyschiff1@sbcglobal.net or pamkoppel@comcast.net.

The clock is ticking.....

Valkyries Up-Date ~ from Mr. T

Wednesday (today), we have two games vs. Rincon Valley Charter School at the Community Church - 8th at 3:45pm; 7th at 4:45pm.

Next Week:

Monday, March 1st we have two games vs. Presentation at Community Church -8th at 3:45pm; 7th at 4:45pm
Wednesday, March 3rd we have practice at Twin Hills 3:30-5pm. 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.

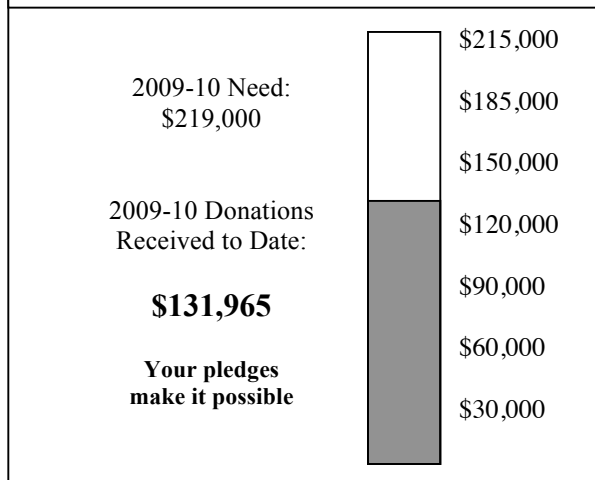
Community Service Hours Reporting

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, melissa_morgan@mac.com.

2009-10 Pledge Program Report**Pledges Essential**

Thank you to everyone for your monthly pledge donations. Pledges make up about 14% of our total income. Without them we wouldn't have the funding for things like our kindergarten and 1st grade aides, and our specialty classes such as Games, Handwork, Spanish, Gardening, Choir, Instrumental Music, and Woodworking. With state funding cuts this year, our pledge program has become more important than ever. Please commit to pledging monthly at whatever amount you can afford, considering how important your child's educational program is to you. Don't assume that others will carry the load for you! This only works when virtually everyone contributes what s/he can to the community effort.

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.

A complete brochure and secure **online registration** are available at < <http://www.waldorfinthefhome.com/> > or by calling (303) 546-0070. The conference is organized by Rahima Baldwin Dancy at Informed Family Life.

'Tweens and Teens and the Power of the Peer Group

(press release for Author Kim John Payne, who will
be speaking at Summerfield School on Tuesday,
March 23)

There are a few stand-out moments as a parent and some of them are seemingly simple little exchanges that tell us that something is going on. Mary McAuthur, a parent of an 11-year-old daughter, comments, "It was no big deal really, but I remember the day so clearly that my daughter melted down because I wouldn't let her read *Seventeen Magazine*." Mary took this step after reading through the magazine and its contents. "It was so dramatically inappropriate and sexually suggestive that I was speechless that my daughter and her friends would feel so strongly about it."

Are We Creating Pseudo Teens?

What this Mom was encountering is becoming a hot topic in parental blogs, magazines and coffee groups. It seems that it is not just about the sexualizing of younger and younger children but an attempt to find a path between holding back some of the more questionable aspects of pop culture and living in the modern world. "Do we buy into what we are told, that kids today are so different and that they grow up quicker?" asks Kim John Payne, family counselor and author of *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids* (Random House 2009). "Why would we want to extend the very challenging teen years by creating pseudo teens of our 9 -12 year olds?" He adds with his trademark humor, "Doesn't that seem a little masochistic?"

So Sexy So Soon

It seems that most of us have at least some idea about the needs of young children and are not surprised by the demands of parenting and working with teens. But speak to parents about the 'tweens, and you may hit a zone of confusion. "The 'tween has always been with us; it is just that now they have been identified as a marketing group that has significant buying power," says Payne. "This age group now very frequently sees images of kids their own age looking very sophisticated and sexy, with must-have fashion items."

Is There an Answer?

So, is there an answer and what might it be? "The key to this is to calibrate our responses to our kids, taking into account three major developmental shifts," says Payne. He goes on to outline them in a pictorial way.

The Benevolent Dictator: This is for the very young child through to the age of around seven. Payne stresses that "limiting choices for a child helps him or her know who is in charge and in turn leads to a feeling of safety, which is so fundamental."

The Farmer: Here is the approach for the 'tween, aged between nine and twelve. What this suggests is that we listen closely to our child, as a farmer would to the weather and the soil, and after taking into account what is said, decide on what is going to happen. Payne describes this gesture as, "I will listen, but I will decide."

The Shepherd: For the teen it is important to anticipate the hot spots and, in a sense, get there before they do. Cultivate conversations around teen conundrums, but Payne suggests doing this a step or two ahead of the situations arising. In this way, the parent shepherds the young person, raising subjects in better times and discussing potential strategies. This needs to be done with an emphasis on seeking the young person's perspective, not launching into a parental lecture.

In all these stages, good timing is vital. Payne smiles when he quotes Red Skelton, "Any child will run an errand... at bed time."

Kim John Payne is speaking at Summerfield Waldorf School and Farm's Sophia Hall, on Tuesday, March 23rd, 7:00pm. Tickets are \$10.00, and may be purchased at Summerfield's Main Office or Copperfield's Bookstores.

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 or contact Don Basmajian at (707) 575-7194 Ext. 301. Enrollment is limited to 30 students.

Another Chance to Dance!

Donna Burgess is offering another class in learning how to teach children international folk dancing: Saturday, March 20, from 9:00am-1:00pm, at the Sebastopol Independent Charter. \$60 per person, but if you would like to volunteer to teach folk dancing to SunRidge classes, the Foundation will pay for your registration fee. Contact Mark (824-2844) if you are interested. To register contact Donna at donna@hoffeckerburgess.com, or (530) 305-8129.

Helping the Children

I am collecting donations of new and used sporting equipment for an organization that will distribute it to underprivileged children around the world. This is part of a Bar Mitzvah project. Please help by donating some of the following items to the box inside the office.

Needed items:

Baseball/softball balls, mitts, bats and cleats
Basketball - balls, nets, uniforms
Footballs
Running shoes (lightly worn)
Soccer balls, uniforms, shin guards, cleats
Tennis racquets and balls
Volleyballs and nets
Playground equipment: jump ropes, rubber balls, hacky sacs, Frisbees
Coaching supplies: clipboards, air pumps, stop watches, whistles, vests, ball bags, first aid kits

Thank you,

Wyatt Belden, 7th grade

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

To learn more about EFT, please visit: www.emofree.com

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

www.taprootsenergypsychology.com