

# SUNRIDGE BULLETIN

SEPTEMBER 2, 2009

## SUNRIDGE SCHOOL

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## CALENDAR

Wednesday, September 2, 6:45pm:  
**New Parent Orientation**  
(see adjoining article)

Monday, September 7:  
**School Closed** for Labor Day Holiday

Tuesday, September 8, 6:30pm:  
**Class 3 parent evening**

Wednesday, Sept. 9, 6:30pm:  
**Class 2 parent evening**

Thursday, September 10, 6:30 - 7:00pm  
**Class 1 parent evening**

Saturday, September 12, 2:00 - 6:00pm  
**Back to School Party 2009**

Tuesday, September 15, 6:00 - 9:00pm  
**Charter Council Meeting**

Wednesday, Sept. 16:  
• **Class 6 parent eve. 6:00-7:00pm**  
• **Class 7 parent eve. 7:00-8:30pm**

Thursday, Sept. 17:  
**Class 8 parent evening**

Saturday, September 26, 12:30-6:00pm:  
**SunRidge Storytelling Festival**

### **School Closed Next Monday for Labor Day Holiday ~ Enjoy!**

#### **New Parent Orientation Tonight**

Wednesday, September 2nd, 6:45pm, Community Room

Welcome New Parents! On behalf of the parent body, we would like to extend to you a warm welcome to SunRidge School. This gathering will offer you a wealth of information and resources, as well as impart a sense of who we are as people and a community. Please arrive by 6:45 pm for hors d'oeuvres, and we'll begin soon thereafter. We'll try to wrap it up by 8:30 p.m. Returning parents are also welcome to attend. Please contact Gena Perdue to sign up for the orientation 843.1171 or [monkeyporkbun@gmail.com](mailto:monkeyporkbun@gmail.com) <<mailto:monkeyporkbun@gmail.com>> . New Parent Orientations are offered once a year and your attendance is encouraged. Warmly, Shyama Harris, Josh Woodlander & Gena Perdue.

#### **Parking Thank You**

On behalf of our Kindergarten parents, many thanks to those parents in the grades who are being thoughtful about not parking, or not parking for very long, in the morning so that there are spaces for kindergarten parents to park. Our small parking lot is a challenge and it is good to know that we can work together to meet everyone's needs as much as possible.

**Kindergarten note:** after 8:40am, you may park briefly in the drop off lane if there are no other spaces available. Please put on your blinking hazard lights if you leave your car to alert drivers behind you that you are not in the vehicle.

#### **Emergency Cards Please**

A First Day Packet was sent home with your child last week. Inside it was an emergency contact card that needs to be returned ASAP. Thank you for following through with this important detail.

#### **AfterCare Changes**

Our AfterCare program is struggling financially because it is small and it is difficult to staff a small program and meet expenses while also keeping fees reasonable. To begin the year we will only be offering AfterCare to students in grades K-6, as we cannot provide an adequate program for the age spread from K-8. Also, we can only offer AfterCare until 4:30 pm, as the 4:30-5:30 time is no longer viable with such low numbers. We regret these changes but they are necessary if we are to continue providing AfterCare at all.

Please remember that you must have new registration forms on file in the office before your child can participate in Aftercare. Aftercare information and forms are available in the office. Space is limited, and fees are less when paid in advance.

#### **Back-To-School Party!**

It's that time of year again: making lunches, finding all the dress-code-approved clothes, and the annual, ROCKIN' **Back to School Party!** (If you missed it last year, perhaps you are not aware how much darn FUN everyone had, so check out the details below. And don't worry, you don't have to pack a lunch.)

On **Saturday, September 12**, from **2 to 6 pm** on the back field, we will party down with live music by GOATHOUSE. And yes, it is a Waldorf-inspired type of affair, so there will be Group Games, as well as Arts & Crafts. Not to mention the

ever-popular not-so-Steineresque Dunk Tank. So, bring a blanket and (as always) your own plates and utensils (and a wee bit of cash) and enjoy a wonderful BBQ meal of chicken and Garden Burgers provided by the 8th grade class (to help raise money for furthering their own educations—what a worthy cause). Parking, as usual, is more plentiful at Apple Blossom School than in our little lot.

And hey, we also need **shade** for the Back to School Party, so **please** if you have an “easy up” or other shade structure, contact Paula Tucker at 874-2968, as soon as your lightning-fast fingers can dial that phone.

**Dress Code Thank You**

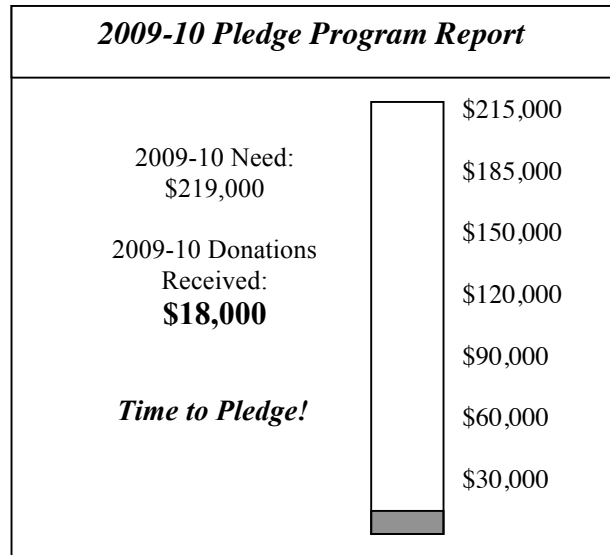
It has been very gratifying this last week to see how our entire student body (and their parents) have strived to meet our new dress code. We know it has not been easy, and despite our efforts to simplify it, there are still gray areas where it is hard to decide what is an image and what is a fabric pattern. Our teachers and administration want you to know though how supported we feel in our desire to minimize clothing-related distractions and time spent on dress code issues. Thank you for your support in making this transition as smooth as possible (and, by the way, our students look great!)

**Donations Needed for Supplies and Materials**

Many thanks to everyone who has sent in their \$100 contribution for class supplies and materials. If you haven't done yours yet, please do so soon, either in one part, or you can send it in two or more installments. If you are unable to do the full \$100, please do what you can. These donations will enable us to purchase classroom supplies during this year of severe state funding cuts. Most Waldorf methods schools now do this in addition to requesting monthly pledges, as materials and supplies are extremely expensive in a Waldorf methods school (about \$2000 per class). Thank you in advance for your help with this important need.

**4th Annual Multicultural Storytelling Festival**

Clear your calendars and plan to come to this year's great event. Professional storytellers from around the Bay Area will be sharing stories suitable for all ages. This year's presenters include: Clara Yen, Wayne Harris, Erica Lann-Clark and David Rain. The diverse ethnicities of the storytellers—Chinese-American, African-American, Jewish and Native American—will shape the stories they present. There will also be a puppet play, a crafts area, as well as a Middle School Readers Theater. Overflow parking at Apple Blossom Elementary School. Refreshments will be sold throughout the event, and dinner will be offered by the 8th Grade, from 4:30 – 6:00 PM. The event is ASL interpreted. Saturday, September 26th, 12:30 – 6:00pm  
 To purchase tickets in advance, call: 824-2844 Tickets: \$8/person, or \$20/family.  
 For more information, Debbie Ezersky, 823-2854.



**Pledge Update**

As the new year begins, please make sure you have sent us your pledge commitment for this year, and, even more important, please send those pledges in every month! With state funding cuts this year, we will be depending even more on the stability of our parent pledge program. Please help us keep our educational program stable!

**Storytelling Festival Planning Meetings**

All interested are welcome!  
 Tuesdays, Sept. 8, 15, 22 - 3:15 pm  
 Meet in Room 4

**Important Community Service News**

The Parent Skills & Interests Survey is an extremely valuable tool that supports filling SunRidge service needs. I developed the survey in Jan. 08 and it is now significantly improved. In order for the survey to have its full value, it is important that every SunRidge parent fill it out. I will not be using the old survey so all returning parents will need to fill it out this year. The survey is an online link that you will receive via email. It takes about 5 minutes or less to complete. If only one parent receives SunRidge emails please take responsibility for your child's other parent and forward the email with the survey link to them. You will receive the survey within the first two weeks of Sept. Thank you in advance for your openness and cooperation with this detail. ~Shyama, Community Service Coordinator [shyama@sbcglobal.net](mailto:shyama@sbcglobal.net)

**Welcome New Parents!**

If you are a new Parent at SunRidge, we have a thorough and very helpful Community Service Guide for you. If you have not yet received the Guide, you will get it at the New Parent Orientation on Sept. 2nd (6:45pm Community Rm.), or pick up your copy in the office.

**Utensils Needed**

As you are going through your cutlery or browsing at a thrift shop, please keep in mind that we are still in need of more forks and spoons for our collection that we started gathering last year to work towards having waste free events at our school. Bring cutlery to the office and please know that it will be put to good use at the Back to School Party, the Storytelling Festival, the Farmer Markets, and by individual classes this year. Thanks so much! Dianne, for the Diversity Committee

**Classified**

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

**For Sale: Violin stand and chin pad**, very lightly used, \$20.00. Call Amy at 829-3345.

**Room for Rent**

Spacious master bedroom with private bath, walk-in closet, deck and private entrance if wanted. Nice NW Santa Rosa neighborhood, near Hwy's and shopping, easy to downtown. \$700 per month, utilities included. Available now. Please call Rebecca at 525-8750.

**Rental Available**

New efficiency studio in Bellevue Ranch, Southwest Santa Rosa. Part of larger home with Waldorf kids. Call for details. Dave: 318-7185.

**Housing Need Sebastopol Area**

For two adults, one SunRidge student and one baby (in October). Can pay up to \$1,000/ mo including utilities. Prefer 2 BR, but 1 BR is okay. Washer/Dryer hookup is important (cloth diapering). Please call Ruth, (707) 293-7477. Thank you!

**Santa Rosa/ Sebastopol Carpool Desired**

Hello fellow Waldorf parents. I live in downtown Santa Rosa and my daughter attends 2nd grade at the Independent Charter School. We are looking for other families to share the CO2 burden of commuting between Sebastopol and Santa Rosa. If you are interested please call Nichole at 545-2747. Thank you.

**Missing Bow for Upright Bass**

German style. Lost sometime last May on the SunRidge campus. If found please contact Robin Zickel by email at [webbfoot@comcast.net](mailto:webbfoot@comcast.net) or by phone at 823-2477.

**Devotional Chanting with Shyama**

Sahar on Tabla, Duane Light on Bansuri  
100% of Proceeds will Benefit SINGLE MOTHERS OF SEBASTOPOL

Saturday Sept. 26th, 7pm

Devi Yoga Center, 7151 Wilton Ave., Downtown Sebastopol (just left of Rite Aide)

Suggested Donation: \$10-\$20; all are welcome, give what you can; not ideal for children under 4 yrs. old.

Single Mothers of Sebastopol (SMoS) Defined: This fund is for mothers who are raising their child(ren) without any financial or childcare support from the biological father or any co-parent figure. If you are a SMoS with an interest in receiving benefits from this fund, please contact me. Support is given on a first come/first serve basis, as well as according to need.

For more information contact: [shyama@sbcglobal.net](mailto:shyama@sbcglobal.net)

**Welcome or Welcome Back!** *From Mr. T*

What a pleasure it is to see everyone's smiling face again and some happy new faces. I'd like to update everyone on a few things in the Games, Sports and Movement world;

- **Fitness Test Results!** The physical fitness testing results for last year's 5th and 7th grade (this year's 6th and 8th grades) is back to us. Each Spring, I administer the state-mandated tests, which cover the areas listed in the left column below. Here are some of our results:

Aerobic Capacity: % of students in the "Healthy Fitness Zone"(HFZ): 46%	% of students meeting 0 of 6 goals: 0%;
Body composition: 80%	% of students meeting 1 of 6 goals: 0%;
Abdominal Strength: 85%	% of students meeting 2 of 6 goals: 7%;
Trunk Extension Strength: 98% !!!	% of students meeting 3 of 6 goals: 12%;
Upper Body Strength: 54%	% of students meeting 4 of 6 goals: 27%;
Flexibility: 80%	% of students meeting 5 of 6 goals: 37%;
	% of students meeting 6 of 6 goals: 17%

- Every year the test is given to the 5th, 7th and 9th grade students in CA public schools.
- These test results show that 54% (over half) are meeting 5 or 6 of 6 goals, and that 81% are meeting at least 4 or more of the goals. All of these results are better than in years past. I'm pleased to see that we are "moving in a healthy direction" [smile and wink]
- Middle School Volleyball season begins soon! Signups were given out last week, but are also in the office (go through door, turn left, left again, and look for the sign "Afterschool Sports".) Practices began Monday, August 31, and will continued today, Wednesday, September 2nd, and be on every Monday and Wednesday until games. Practices are at SunRidge and go from 3pm – 4:30pm. A game schedule is forthcoming. We need interested parents to assist with making our season smooth and successful – please contact Mr. T – [movement@sunridgeschool.org](mailto:movement@sunridgeschool.org) or 591-1044 if interested.
- Cross-country running for our upper grades is also starting soon. If you like to run, this is a great opportunity to get involved. There are three meets in September / October – come to all or just one. Dates forthcoming, and a COACH needed please!

Keep it movin' – Mr. T (Dale Thurber), Games (1-5) / Movement (6-8) Teacher