



SUNRIDGE SCHOOL

7285 HAYDEN AVENUE
SEBASTOPOL, CA 95472

PHONE: 707.824.2844
FAX: 824.2861

WWW.SUNRIDGESCHOOL.ORG

CALENDAR

Monday, February 11th – Thurs., February 14th:
**Book Give Away: Sponsored by
Paperback Unlimited and SunRidge
Library**

Wednesday, February 13th:
**6th Grade Parent Evening
6:30-8pm POSTPONED**

Thursday, February 14th:
6th Grade Grandparents Tea

Thursday, February 14th:
**3rd Grade Play
6:00pm**

Friday, February 15th:
**4th Grade Museum of the American
Indian Field Trip**

Friday, February 15th:
Pajama Day

Friday, February 15th:
**Grades Early Release Day
12:50 Grades 1-3
1:00pm Grades 4-8**

Monday, February 18th – Friday, February 22nd:
**School Closed –President’s Week
Break**

Wednesday, February 20th:
**Valkyrie Bball Game @ Seb. Church
(7th)
3:45-4:45pm**

Monday, February 25th:
**Valkyrie Bball Game @ WCA (7th)
3:45-4:45pm**

Wednesday, February 27th:
**Kindergarten Parent Evening
6:30-8:30pm**

SUNRIDGE BULLETIN

2/13/19

Friday, February 16th is a Grades Early Release Day

School Closed February 18th-22nd for President’s Week Break

****Please note:** 3rd Grade Play time and date have changed and 6th grade parent evening has been postponed (see calendar).

Upcoming Parent Education Events:

- Thursday, February 28 1:15-2:00pm: *Braving Adolescence Parent Information Session* – Parents from grades 6-8 are invited to attend an introduction to a 5-week process oriented workshop for middle school age students (see more information below under community events).
- Tuesday, March 5 6:30-8pm: *Being Adept Parent Evening* – The Being Adept Program is starting in a couple weeks for our 7th and 8th grades. There will be 5 sessions once a week starting on Monday, March 11th. There will also be a parent evening open to parents from grades 5-8 at SunRidge on Tuesday, March 5th from 6:30-8pm in the 7th grade classroom. The mission of Being Adept is to prevent alcohol and drug abuse among adolescents through a research and science school-based curriculum that empowers youth and their parents to make informed, healthy choices. At the parent evening on 3/5, the Founder and Executive Director, Jennifer Grellman, will focus on current national and local trends related to drug and alcohol use among teens. Jennifer will also share the program goals for SunRidge students as well as concrete tools for parents dealing with this challenging issue. See attached flyer for more information.
- Wednesday, March 27 6:00pm-7:30pm: *Mindfulness and Self-Care for Parents* – Join us for an evening of mindfulness and self-care for parents with Chelsea True. We’ll explore strategies for cultivating a personal practice; look at some of the most current research on how mindfulness impacts the brain and nervous system; and create an action plan for integrating mindfulness within the family unit. All parents (K-8) are welcome. \$10 suggested donation. In the SunRidge library. Childcare is offered for SunRidge Students, just RSVP with Erin in the office before 3/25 (707) 824-2844.

Garden Work Day This Friday

Friday, Feb 15th

9:00 am - 12:30 pm

The Central Garden (Outside the Library Doors)

Miss Nessa would love to welcome anyone who can to join her this Friday in the central garden. It’s amazing how much a group of adults can get done. The goal is to create a playful pathway and quiet sitting area with the capacity for a full class. As well as to:

- To prepare the seasonal creek and pond for weaving grasses.
- To remove the wire from the dedicated apple tree in the center.
- To clean up and prepare culinary beds.
- To transplant lambs ears and replace with culinary herb garden.

Look forward to seeing you there rain or shine!

Book Give Away -Change for Thurs., Feb. 14th

Our Book Give Away event is going so well that all classes will have come to the

tables in the front hallway by today, Wednesday, to make their choices as well as most kindergartners. Due to this great response, we will only have the tables open tomorrow, Thursday, from 12:00 - 1:00 for any parents or children who have not yet had a chance to choose a book or want to peruse the offerings one more time and make a 2nd or 3rd choice. We will then box up the rest of the books to be donated to Sebastopol Library.

A big thank you to Sue Bonner, Bill Kenney and Heather Thurber for their help setting up the books, overseeing the tables as students make their choices and keeping the tables looking neat and inviting. It's been a pleasure to see how much the students have enjoyed choosing books that they get to take home for keeps!

SunRidge Auction, sign-up to volunteer today!

It is auction season and we would like to encourage every family to reach out to their personal networks for donations, sign up to volunteer below:

MSK: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction>

DFK: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction1>

1st: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction8>

2nd: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction2>

3rd: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction3>

4th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction4>

5th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction5>

6th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction6>

7th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction7>

8th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction9>

HomeSchool:

<https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction10>

Thank you in advance for all your help!

New Math Teacher

Our current Math Teacher, Ms. Q, will not be continuing as our middle school math teacher. Her last day is tomorrow, February 14. We appreciate her diligence in preparing and teaching lessons and wish her well as she pursues an unexpected opportunity to travel and study abroad.

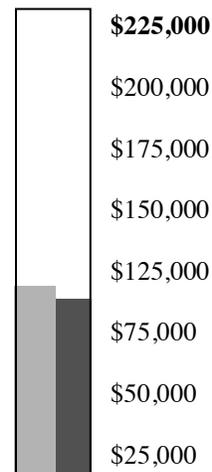
We are pleased to announce that a new teacher will start on February 25, following the February break. Juliana Rothan-Centers has 18 years of teaching experience. She is Waldorf-certified and has taught middle school grades, including math, previously at several other Waldorf Schools. Additionally, she has a rich background in middle school science having taught at international schools for the last 7 years.

NEW 2018-19 Pledge Report

Pledges received through
February 12th:
\$110,686

**Pledge Participation Rate:
55%**

In the graph to the right, light grey represents the pledge revenue that was needed to be on track toward our annual goal, and the dark grey shows the amount of pledges received. The amount needed to be on track through the end of January is \$123,750.



In preparation for this transition, Curt Quantz (our recently retired math and physics teacher) is supporting students and teachers by administering an online math assessment in each grade 6th-8th and he will also continue to provide mentoring for the new teacher. We are appreciative of the middle school faculty's teamwork supporting the students' learning and progress.

Helping a School Family

Our school community has a family in need of support while they focus on healing. The classes their children are in have already began a meal train. In addition, an account has been opened at *Three Leaves* for them under the name 'SunRidge Family' that meet their dietary needs. You can add credit to their account by going into *Three Leaves* during open times (Weds. 3-7pm + Thurs. 10am-2pm) or purchase a gift certificate online and add 'SunRidge Family' in the note field during the purchase. Thank you.

Gift certificate

<https://www.threeleavesfoods.com/shop>

Three Leaves

<https://www.threeleavesfoods.com/home>

Pledge Donations and Taxes

Pledge donations are tax deductible. In the interest of conserving paper and reducing mailing costs where possible, we will not automatically mail an annual donation receipt to every pledger. If you want such a receipt for tax purposes, please call or email Theresa and request one, and we will be happy to accommodate your needs. (707) 824-2844 or tthomasson@twinhillsusd.org.

Driving Reminder

This is a reminder to heed stop signs and drive at a safe speed in the neighborhood when dropping off your child or picking them up from school. Our neighbors appreciate this

and your cooperation makes drop off and pick-up a safe transition for everyone. Thank you!

Community Dance: One month away!

Parent Council is hosting the annual Community Dance on March 1st from 6-7:30pm in the Multipurpose Room. Doors will open at 5:45pm and music starts at 6:00pm. The Community Dance is a family dance complete with a professional caller and musicians. No experience is necessary because the caller teaches and guides us through each dance. At a family dance, parents and children all dance together. One of the gifts of a family dance is that parents and older students hold the form of the dance so that the younger children can participate in an enjoyable way. Everyone dances! Playing outside the multipurpose room/gym is not permitted for safety reasons. The Community Dance is a thank you from the Parent Council for all the ways that your volunteer work supports our school. The dance is open to all families enrolled at SunRidge. A suggested donation of \$10 per family is appreciated to help cover the cost of the dance. Any money raised over the cost will be given to the classroom enrichment funds. Click on this link:

<https://www.signupgenius.com/go/30E0A4FADAC22A1FF2-setup> to sign up to help with set up, cookies, safety monitors and clean up. We look forward to seeing you and your family!

Questions: sunridgeparentcouncil@gmail.com

Waldorf at Weill Video

Here are the video links for the two parts of Waldorf at Weill 2019.

Part 1: <https://vimeo.com/315118781>

Part 2: <https://vimeo.com/315816559>

February is Black History Month

Association for the Study of African American Life and History's (ASALH) 2019 theme *Black Migrations* emphasizes the movement of people of African descent to new destinations and subsequently to new social realities. While inclusive of earlier centuries, this theme focuses especially on the twentieth century through today. Feel free to visit ASALH's website for more information:

<http://asalh.org/asalhs-2019-theme-black-migrations/>

Mental Health Resources

A new law requires that each school of a school district or county office of education and charter school notify students and parents or guardians of pupils, at least twice per school year, how to initiate access to available student mental health services on campus or in the community. Please see our website for three resources regarding mental health service available in our community.

<http://www.sunridgeschool.org/quick-reference-information.html>

Looking For After Care Coordinator & Assistant

We are still seeking wonderful people for the following two positions:

- After Care Coordinator
- After Care Assistant

Job descriptions and applications are available on the Twin Hills Union School District website.

Classified + Community Events

At the end of every week's bulletin, a section titled Community Events will appear containing happenings in the community that may be of interest to SunRidge families. The Classified section will follow containing not-for-profit ads regarding housing, items for sale, and other community needs. Please email your requests for these sections to Makena in the SunRidge office mcollin@twinhillsusd.org for review and possible placement in future bulletins. Requests should be submitted no later than the end of the day on Monday every week.

COMMUNITY EVENTS

Braving Adolescence Workshop Series

An Introduction for Parents-
Thursday, February 28,

2019 1:15-2:00pm, SunRidge
Library

An introduction to a 5-week process oriented workshop for middle school age Humans.

Student Series

Thursdays 1-3pm
March 7-April 4

In this workshop we will be examining the nature of consent and becoming your authentic self through expressive arts and playful dialogical tools.

What does it take to be an authentic and compassionate person through the eyes, heart and mind of an adolescent?

Facilitators will create a brave space to explore the personal and social dynamics of becoming in the current climate of Social media, Peer pressure, Cultural Diversity, Gender identity, Sexual orientation...?

This will be an exploratory, collaborative process inspired by Freire, Boal, Volkas and various expressive art modalities. Students will be engaged through visual art, role playing, poetic dialogue, movement, music and more!

Please contact co-facilitators for more information and to register:

Joy Jaco- jjaco@mymail.ciis.edu
707-666-5170

Baron Coenen- el3ring@gmail.com
510-504-7382

Suggested donation (for materials & snacks) \$10/class or \$40/series.
Space is limited.

THE CARE AND FEEDING OF THE ADOLESCENT BRAIN CLASS THURSDAYS

2/28, 3/28 and 4/25 at Twin Hills School, rm. 16 at 6pm
Come learn about the power, pitfalls and promise of the adolescent brain. Latest research shows that the adolescent

brain is NOT a smaller adult brain!

1-hour class for 5th, 6th & 7th graders and their adults
Two separate classes: 1 for students and 1 for adults held at
the same time & location.

\$10 per student includes up to 2 adults. Enrollment limited to
20 students.

Register by going to: www.braincare.tips
or call/text Andrea at
707.481.8213

STUDENTS will learn: Why the brain is responsible for the
dramatic changes that take place during adolescence? How to
protect your brain while seeking out new experiences, enjoying
thrills and taking risks?

ADULTS will learn: How and why the adolescent brain is
significantly different from the adult brain. What recent
research tells us about the effects of sleep deprivation, drug
use, screen time, and stress on the development of the
adolescent brain and strategies you can use to support them.

Taught by local middle school teachers Andrea Hagan Schmitz
and Mary Fitch.

CLASSIFIED

(We can list rentals; parents selling used items, free items, lost and
found, or trades. With the exception of private, after-school care
available for SunRidge students, we do not list for-profit business ads.
After 2-3 publications, ads will automatically be dropped)

Piano at SunRidge Tuesdays after School

Piano Lessons take place at your child's school. \$35 per
month! This is a great time for new students to join! End of
Year piano recitals are in May. To enroll in piano lessons
register online at: MozartPianoLearning.com