



SUNRIDGE SCHOOL

7285 HAYDEN AVENUE
SEBASTOPOL, CA 95472

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WWW.SUNRIDGESCHOOL.ORG

CALENDAR

Thursday, March 14th:

Braving Adolescence Session #1
1:00-3:00pm

Friday, March 15th:

3rd Grade Field Trip to PSC

Monday, March 18th:

4th Grade Marine Mammal Field Trip

Monday, March 18th:

Being Adept 7th/8th grades
1st/2nd period

Tuesday, March 19th:

6th Grade Play (Dress Rehearsal)
9-10am

Wednesday, March 20th:

3rd Grade to Hemouvanh Farm

Wednesday, March 20th:

6th Grade Play (Grades)
11am-12pm

Wednesday, March 20th:

8th Grade Parent Evening
5:45pm-7:45pm

Wednesday, March 20th:

Kindergarten Parent Evening
6-8pm

Thursday, March 21st:

Braving Adolescence Session #2
1-3pm

Thursday, March 21st:

6th Grade Play
6-7pm

Friday, March 22nd:

No School –Kinder
Assessments/Teacher PD Day

SUNRIDGE BULLETIN

3/13/2019

Reminder: School will be **closed** Friday, March 22nd for Kindergarten Assessments and a Teacher Professional Development Day.

Upcoming Parent Education Events:

- 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.

Save the Dates:

- **Spring Fling:** Mark your calendars for the Spring Fling, which will be on Saturday, May 18th. More information to follow!
- **Spring Concert:** Save the date for our annual Spring Concert, which is coming up on Thursday, April 11th. This event is mandatory for grades 5-8. Stay tuned for more information.

Did you know there are Investment Opportunities that will also benefit SunRidge School?

The SunRidge Educational Foundation has been searching for socially minded investment opportunities and recently met with Rudolf Steiner Foundation (RSF) Social Finance, based in San Francisco. RSF Social Finance has a Waldorf Affinity Program via their Social Investment Fund, designed as an investment opportunity for individuals and families to place savings which will aid communities selected on the basis of their social benefit and also support local schools with grants.

Funds invested in the Waldorf Affinity Program – Social Investment Fund earn interest annually (currently 1.25%) and the identified Waldorf School (e.g. SunRidge via the SunRidge Educational Foundation) will receive an annual grant from RSF, which totals 0.50% of the investments gathered from the school's community. A minimum investment for this program is \$1,000. Individual accounts need to be kept open for 12 months for SunRidge to receive the 0.50% grant.

More information on RSF Social Finance can be found at <https://rsfsocialfinance.org/> and information on opening a Social Investment Fund account can be found at <https://rsfsocialfinance.org/invest/social-investment-fund/>. This is a great way to have your savings work for both you and for the SunRidge community as a whole.

SunRidge Auction Now Live

The online auction opened for bidding last Thursday, March 7, and it's time to start bidding! You have until March 21 to get involved by [clicking this link](#).

Auction Bidding Prize –Win a \$50 gift card!!

If by the end of the auction you have placed bids against the most number of different items, you will win a \$50 gift card! Your bids do not need to be the highest bid, just bid against the most number of different items! If there is a tie, the bidder with the highest number of winning bids will win the gift card.

Happy bidding,
The Auction Team

Basketball Season: That’s a wrap!

The SunRidge Valkyries had a remarkable season, featuring some roller coaster moments. We finished fourth in the league of nine, but more importantly, the girls improved immensely. They developed a keener understanding of the game and its nuances, including how to set screens, defend against inbounds plays, and how to work better together with communication and a sixth sense of court awareness of one another. They were the best passing team in the league, in my opinion, and also blended their feisty-ness with a sense of respect for the opponent. It is a highlight of my year to coach the girls. Thank you Satori, Georgia, Lily, Zari, Gwen, Satya, Maria-Teresa, Eliot, Flora, Anika, Aloe, Emerson, and Tara, for playing and giving it your all.

On-Site Dental Clinic: Free Teeth Cleaning and Exams!

SunRidge will be hosting an on-site free dental clinic day on campus Thursday, April 11th from 8:45am-12:00pm where 5 experienced students from the Dental Hygiene department at SRJC will be offering teeth cleanings, dental exams, and instruction in oral hygiene, all of which are free to 20 of our students (K-8th Grade).

If you are interested in having your child receive a dental exam and a teeth cleaning please pick up a packet from the office and return the completed forms to the office no later than Friday, April 5th.

Please note that there are only 20 spots available and reserving a spot for you child is on a “first come first serve” basis so the earlier you return your forms the better. We will have a waiting list of 3-4 students just in case a student is absent on the day of the cleaning. We will notify you via email only if your child has a spot on the list of 20 or is number 1-4 on the waitlist.

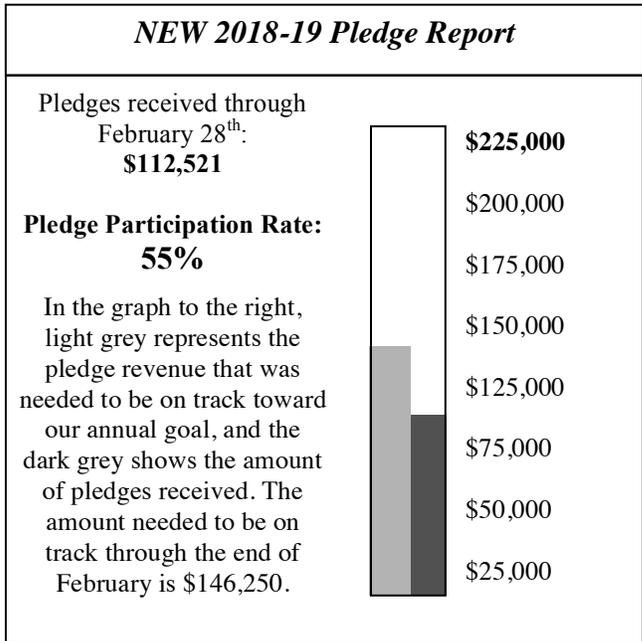
New Free + Reduced Lunch Program Survey Closes 3/15

There are just a few days left to fill out a survey about a new free and reduced lunch program that is set to begin at SunRidge next year. Many of our students qualify for free and reduced-price lunches provided at school. Other families may pay full price and participate as well. The district provides these lunches through a vendor, Revolution Foods, which meets federal nutrition guidelines. In order to assess the interest in this program, please respond to this survey by March 15th. Thank you!

https://docs.google.com/forms/d/e/1FAIpQLSeA_NhjrH66bct9PJXS861luTSajNRvCQ6543d0raYWm2IHhg/viewform?usp=sf_link

After Care Assistant Hired

Cynthia Wood will be assisting in the aftercare program on Tuesdays and Thursdays. Cynthia is a SunRidge parent with an early childhood education background and extensive experience with preschools and operating her own home day care program. She is also a student of the Center for Educational Renewal, a Waldorf teacher-training program. Cintha enjoys nature walks and being at the beach with her children. Please welcome her!



Hot Lunch Forms March/April Available

New Hot Lunch Forms are available for March/April. You can pick up a form outside the office or on our website. <http://www.sunridgeschool.org/hot-lunch-program.html>

Books On or About Native Americans in the SunRidge Library

Over the past couple of years, volunteers in our library, some teachers and a few parents have had discussions about books in our library that present Native Americans in a negative light, perpetuate stereotypes and inaccuracies and romanticize or "white wash" their practices and beliefs.

The faculty scheduled an hour in their meeting on February 7th to discuss these concerns after a short presentation by Dianne Namkung. Dianne referred to a book of reviews titled The Broken Arrow, The Native Experience in Children's Literature to bring to light some of the books in our collection that are viewed as inaccurate or biased by Native reviewers. At the end of the discussion, the faculty resoundingly agreed that they wanted these books removed from circulation and to replace them with recommended books by Native authors or authors highly sensitive to the Native experience. Middle school teachers asked that a few copies of the biased books be kept and be made available to them, should they want to use them to do lessons on critical thinking and stereotypes.

We will soon be using some of our library funds to purchase books that are written by Native authors and have been reviewed as accurate and honest representations of the Native experience in the past and the present. We look forward to sharing them with our students and will feature a few here, in the bulletin, on occasion.

We do have some funds to purchase books written by Native Authors and will be doing so shortly. Teachers have made suggestions and I have compiled a list of recommended books too. Maybe you know of some as well. If so, please

email your suggestions to me at diannenamkung@gmail.com. Thanks!

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

Full Circle: From the Heart to the Gut and back again

Would you like to reconnect with your gut and your kitchen? Not sure where to start? Join us for a morning of learning, discussion, and support for busy parents who want to find their way home through food. We will talk, journal, and snack together to help you make a plan that works for your family. Sign up online at Eventbrite!

Hosted by Misty West Gay: Mom, Rancher, Co-Owner, Freestone Ranch. I grew up on junk food and am now a well nourished Mom, family cook, and grass fed beef rancher.

March 21, 2019 10:30am-12:30pm

Circle of Hands, Sebastopol

\$35, limited to 6 people

<https://fullcirclefreestone.eventbrite.com>

Books to Bring or Include with Class Fee, additional \$65:

Ratio, by Michael Ruhlman

A Pattern Language, by Christopher Alexander

Moleskine Kitchen Journal

Perpetual Calendar

Solstice Yoga and Nature Camp

Summer 2019 Dates

Session 1: July 1st-3rd & July 5th

Session 2: July 8-12th

Time: 9 am- 2 pm

Age: 5-12yrs

Location: The Permaculture Skills Center in Sebastopol, CA

Instructors: Lauren Ohlsen (SunRidge parent) and Kelly Schwartz-Deal

Schwartz-Deal

early bird registration ends March 18th

More info on our website or email or call

kelitagirl@gmail.com

(707) 321-7707

<http://www.solsticeyogakids.com>

Sign up early, spaces are filling fast!

Summer Theater Camp 2019: A Midsummer Night's Dream

Come join us for 3 weeks of theatrical learning and fun as we

bring to life the magical world of William Shakespeare's A Midsummer Night's Dream with Liz Turkel Vose!

Our days together will include: theatrical and traditional games, improvisation, characterization, voice work and speech, storytelling, movement, history of Shakespeare and his work, stage fundamental, ensemble work, costuming, and the exciting work of staging and performing a play.

Ages: 10-14

Dates: July 15-August 2 (public performance on Aug. 2)

Times: Monday-Friday 9am-2pm

Location: Summerfield Waldorf School and Farm
655 Willowside Rd., Santa Rosa, CA

Tuition: \$750 (675 Early Bird Rate when you register by March 29)

For registration information and forms, please email: lizturkel@gmail.com

For more information please see attached flyer.

THE CARE AND FEEDING OF THE ADOLESCENT BRAIN CLASS THURSDAYS

3/28 and 4/21 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

Taught by local middle school teachers Andrea Hagan Schmitz and Mary Fitch. (see previous bulletin for more detailed information)

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)

Seeking Clarinet Teacher

I'm looking for a local clarinet teacher for a beginner second grade student. Please contact Sheina 650-248-3186 or hisheina@gmail.com with any leads. Thank you!