



SUNRIDGE SCHOOL

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CALENDAR

Friday, March 1st:

Suicide Prevention Education
(7th-8th Grades)
1:20-3:00pm

Friday, March 1st:

Family Game Night
6-7pm

Monday, March 4th:

Parent Council Meeting
7-9pm in Library

Tuesday, March 5th:

Parent Council Spring Fling Planning
2-3pm

Tuesday, March 5th:

Being Adept Parent Evening
6:30-8pm

Wednesday, March 6th:

1st Grade Parent Evening
6:00-7:00pm

Thursday, March 7th:

Auction Opens (see article)

Thursday, March 7th:

2nd Grade Parent Evening

Thursday, March 7th:

Braving Adolescence Parent Info
1:15-2:00pm

Thursday, March 7th:

Kindergarten Experience
1:30-3:00pm

Friday, March 8th:

3rd Grade Pastures Field Trip

Friday, March 8th:

Lost and Found Donation Day

SUNRIDGE BULLETIN

3/1/2019

Our hearts go out to all those effected by the recent floods.

Upcoming Parent Education Events:

- Thursday, March 7 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.

Open House Saturday, March 9th

Next Saturday is our annual enrollment orientation and open house for new prospective parents. The schedule is as follows:

- 9:00-9:45am Kindergarten Orientation (prospective parents)
- 9:45-10:30am Open House (prospective and current parents)
- 10:30-11:15am K-8 Orientation (prospective parents)

The two orientations, which are not required, are for families of students who are not currently enrolled at SunRidge. However, there is an open house from 9:45-10:30am, which is open to both prospective parents and parents of currently enrolled students. The open house is a wonderful opportunity to see your child's work, talk with prospective parents, and visit other classrooms. If you're wondering what the Waldorf curriculum looks like, this is a great way to see how it develops through the grades.

Community Dance CANCELLED/ Game Night Instead

Unfortunately, the Community Dance has been cancelled. The major flooding and road closures in Sebastopol and neighboring communities made it impossible for our musicians and caller to arrive on time.

We love our time together with our school community so we are hosting an event in lieu of the dance, albeit a quieter one. We are hosting a Family Board Game Night tonight from 6-7pm in our gym! Join us! You can bring non-media, family games that you wish to share with others. We will have tables of chess

and checkers, an Uno table, Twister on the floor and other various age range board games. Those families who can safely travel can still have fun together! We will also be collecting non-perishable food for the Redwood Food Bank who will be serving many of the families who are experiencing devastation due to the flooding.

Site Improvements

Looking around you may notice a few differences on our campus. The fruitless mulberry tree at the front of the school had a disease and was removed for safety over the break. We also have a new "Rain Garden" in the middle garden between the upper and lower grade classrooms. "Slow it, spread it, sink it" is the principle of rain capture and here at SunRidge we are capturing the runoff from the rooftops in our newly constructed rain gardens. This will invigorate our soil ecology and enhance the garden landscape. It is a bit of a muck right now, but all this rain is allowing us to identify flow patterns and observe the holding capacity of our new basins. In the long run, this area will have sheet-mulched pathways, a gathering space for garden classes, berms and other areas for planting all with the intention of creating an enchanting garden for all. Many thanks to Jeremiah James and Willie who worked together during the February break to create the new rain gardens and update a pipeline. Thanks to Erik Ohlsen for his consultation and planning support and BoDean for their boulder donations. We appreciate your patience during this time of transformation.

First-Grade Teacher Announcement

We are pleased to announce that Ms. Heather Colby-Serreano (our current 8th-grade teacher) will be returning (full-time) as next year's first-grade teacher. Ms. Colby-Serreano has extensive experience and training, having been a parent at SunRidge, and a middle school teacher, before taking her current class through the first through eighth grades. She is compassionate and personable, both academic and creative, and adds a sense of humor to her teaching. She has also served on the Parent Council and the Charter Council. Ms. Colby-Serreano will be busy with the eighth grade's culminating activities in the next few months, however, a parent meeting will be scheduled before the end of the year to meet with upcoming first-grade families. Stay tuned!

SunRidge Auction Opens Next Week!

Starting next week, March 7, 2019, SunRidge School will be auctioning many fun and unique items to raise money for the ongoing development of the school - and the more items we have the more money we can raise, so we're asking for your help. Click here to access the auction page:
<https://www.biddingforgood.com/auction/auctionhome.action?vhost=sunridge>
 Please share with your friends & family and help spread the word!

Lost & Found Donation Day NEXT Friday

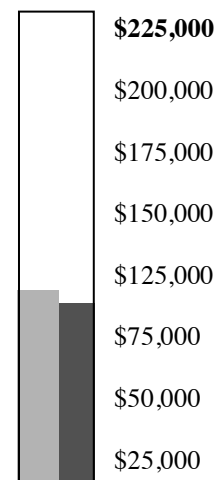
This is a reminder that there is a Lost and Found donation day coming up NEXT Friday, March 8th. Please check the Lost and Found before then to claim anything that belongs to your child. Thank you!

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.



New Free + Reduced Lunch Program Survey

A new free and reduced lunch program 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 8th. Thank you!

https://docs.google.com/forms/d/e/1FAIpQLSeA_NhjrH66bc-t9PJXS86-luTSajNRvCQ6543d0raYWm2lHhg/viewform?usp=sf_link

Faculty Lunch Appreciation

Thank you to our 2nd grade families for providing our faculty with a nourishing meal the week before the break. We are grateful for your generosity.

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>

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>

Library News from Dianne

Our Book Give Away ended on Thursday, Feb. 14th before the Presidents Week break and continued to be a success right up to the end. Our thanks to Paperbacks Unlimited in Santa Rosa for donating so many books for this event and to Brandy Rucker for gathering more. And thank you to the following volunteers who oversaw the tables, displayed the books, helped the students and then packed up the few that were left: Sue Bonner, Bill Kenney, Heather Thurber and Yvette Simone. We hope your students enjoyed reading some of their choices during their week off!

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

Braving Adolescence Workshop Series

An Introduction for Parents-

Thursday, March 7, 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 4/21 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)