



## SUNRIDGE SCHOOL

7285 HAYDEN AVENUE  
SEBASTOPOL, CA 95472

PHONE: 707.824.2844  
FAX: 824.2861

WWW.SUNRIDGESCHOOL.ORG

### CALENDAR

Thursday, March 7<sup>th</sup>:

**Auction Opens (see article)**

Thursday, March 7<sup>th</sup>:

**2<sup>nd</sup> Grade Parent Evening  
6-7:30pm**

Thursday, March 7<sup>th</sup>:

**Braving Adolescence Parent Info  
1:00-1:45pm (time was changed)**

Thursday, March 7<sup>th</sup>:

**Kindergarten Experience  
1:30-3:00pm**

Friday, March 8<sup>th</sup>:

~~**3<sup>rd</sup> Grade Pastures Field Trip**~~  
**CANCELLED**

Friday, March 8<sup>th</sup>:

**Lost and Found Donation Day**

Saturday, March 9<sup>th</sup>:

**Open House/Prospective Parent  
Orientation (see article)**

Monday, March 11<sup>th</sup>:

**Being Adept Starts for 7<sup>th</sup>/8<sup>th</sup> Grades**

Tuesday, March 12<sup>th</sup>:

**Charter Council Meeting  
6-9pm**

Thursday, March 14<sup>th</sup>:

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

Friday, March 15<sup>th</sup>:

**3<sup>rd</sup> Grade Field Trip to PSC**

Monday, March 18<sup>th</sup>:

**4<sup>th</sup> Grade Marine Mammal Field Trip**

Tuesday, March 19<sup>th</sup>:

**6<sup>th</sup> Grade Play (Dress Rehearsal)**

# SUNRIDGE BULLETIN

3/6/2019

### Upcoming Parent Education Events:

- Thursday, March 7 1:00-1:45pm: *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). Meeting will be in the Art Room
- 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 9<sup>th</sup>

This 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.

### A Note From Parent Council

Dear Community, Thank you for your understanding and flexibility last week when the beloved Community Dance had to be canceled. The alternative event we hosted, Family Board Game Night, was enjoyed by all who attended. Spot it, Sleeping Queens and Risk were popular games of the evening. Chess and checkers saw some intense concentration. Wildcraft, Yahtzee and Zathura were some of the games shared by school families. Ms. Kalen lead the card table, teaching others how to play King's Corner. A special thanks goes to Mr. Quirt (5th) and Ms. Ina (4th) for sharing their classroom games for the evening. We always love when our school community gathers. Our next event is the Spring Fling on May 18th. The Spring Fling is a family evening filled with good food, great music and fun. Warmly, Parent Council

### 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!

### Being Adept Parent Evening Overview

Last night we had an informative parent evening with Being Adept. Along with the presenter Dawn, who will be leading the presentations with grades 7<sup>th</sup> and 8<sup>th</sup>, four students from Redwood High School in Novato came in to talk and answer questions regarding their experiences with making positive and safe

choices when it comes to drugs and alcohol.

Below are a few highlights that were taken from the parent evening –

1. Setting a good example: what you model is critically important. This can be modeled by containing your anxiety, eating dinner together, locking up all medicines and alcohol, and examining your parenting style.
2. Research document has shown that authoritative parenting has a positive impact on children by exerting high control and discipline along with high warmth and responsiveness. This is seen in students behavior: 40% less likely to drink, 39% reduction in smoking, 38% less apt to binge drinking, 43% less marijuana use, higher academic performance, positive social relationships, reduced delinquent behavior, avoidance of risky behavior, and increased reported well-being.

A few useful resources include:

Beingadept.org  
Drugabuse.gov  
Teens.drugabuse.gov  
Samhsa.gov  
Betheinfluence.us

Being informed as parents and educators is of great importance in order to provide support for our students and children as a caring community.

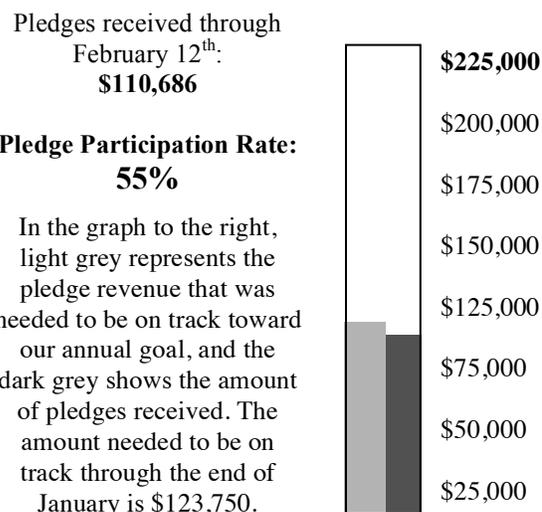
### Site Improvements

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

### NEW 2018-19 Pledge Report



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 starts this Thursday - More Items Needed!

The online auction opens for bidding this Thursday, March 7, and more donations are needed to help realize the ambitious goal of raising enough money to fund new sound and lighting equipment for the multi-purpose room as well as much need equipment for the school kitchen.

Please help by finding at least one donation of \$25 or more in retail value from a local business and also please tell as many people about the auction as you can.

Gift certificate donations from restaurants, wineries or accommodation vouchers for 1 or 2 nights for example are very popular. These donations are mutually beneficial as each donor will receive exposure to our community in our auction - cost-effective advertising.

As donations are down this year, we will continue to enter any that are received even after the auction opens.

Here is a link to our donation request letter that can be given to potential donors: 2019 [Donation Request Letter](#)

Here is a link to our [Online Donation Receipt Form](#)

Both items may also be found outside the school office in hard copy form. On behalf of your auction team, THANK YOU!

### Lost & Found Donation Day THIS Friday

This is a reminder that there is a Lost and Found donation day coming up THIS Friday, March 8<sup>th</sup>. Please check the Lost

and Found before then to claim anything that belongs to your child. Thank you!

### **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\\_NhjrH66bct9PJXS861luTSajNRvCQ6543d0raYVWm2IHhg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeA_NhjrH66bct9PJXS861luTSajNRvCQ6543d0raYVWm2IHhg/viewform?usp=sf_link)

### **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>

### **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](mailto: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](mailto: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

\*early bird registration ends March 18th\*

More info on our website or email or call

[kelitagirl1@gmail.com](mailto:kelitagirl1@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](mailto:lizturkel@gmail.com)

For more information please see attached flyer.

### **Braving Adolescence Workshop Series**

An Introduction for Parents-

Thursday, March 7, 2019 1:00-1:45pm, 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](mailto:jjaco@mymail.ciis.edu)

707-666-5170

Baron Coenen- [el3ring@gmail.com](mailto: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**

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](http://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)