



the WISE connection

Issue 3

November 2017

*"Whether the weather be cold,
or whether the weather be hot,
we'll whether the weather whatever the
weather, whether we like it or not!"*

From the WISE office

Dear WISE Families,

A long snowy winter is around the corner, though for the time being we will continue to enjoy this glorious autumn weather. As the weather changes you may find your children need extra time to gather their outer wear, and the travel to and from school may be slower (and darker). Starting our morning routines a few minutes earlier may reduce the morning rush and ensure our children are prepared for lots of outdoor play.

With our upcoming Lantern Walk, our Kindergarten and Classes 1 & 2 children celebrate the spirit of Martinmas, a commemoration of St. Martin's simple act of kindness in sharing his cloak with a beggar. Our hope for everyone is that the spirit we ignited in our Michaelmas celebration is carried forth through the cold and darkness of winter, and shines outward into the world through our deeds.

We hope that you find renewed connection with your family and your children enjoy a much deserved rest during our November break.

With gratitude and blessings,

The WISE Admin Team 🍀

Waldorf Independent School of Edmonton (WISE)



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WISE Facebook Page:
[Waldorf Independent School of Edmonton](https://www.facebook.com/WaldorfIndependentSchoolofEdmonton)

Facebook Parent Group:
[The WISE Parent Connection](https://www.facebook.com/TheWISEParentConnection)

(Please contact communication@wese.ca to join
our Facebook parent group)

Enchanted Garden Store Hours:

Monday: 2:50 - 3:15 pm
Wednesday/Thursday: 8:30 - 9:30 am
Or by appt: store@thewise.ca

Important dates

Nov 2 Lantern Walk
Nov 3 Middle School Dance
Nov 13 Bulk Order/Fundscrip Starts
Nov 13-17 WISE Break, No school
Nov 17 Dance Night
Nov 19 Bulk Order/Fundscrip Ends
Nov 20-21 Parent Teacher
Conferences, No School
Nov 24 WESE AGM
Nov 24 Bulk Order/Fundscrip Pick Up
Nov 27 First Week of Advent

Dec 1 Winter Fair Set Up, No School
Dec 1 Candle Light Market
Dec 2 Winter Fair
Dec 4 Second Week of Advent
Dec 11 Third Week of Advent
Dec 15 Winter Concert
Dec 18 Fourth Week of Advent
Dec 22 Noon Dismissal

Parent Coffee: Wednesdays from
8:30 am - 9:15 am in the WISE Gym

Office Notes

Dressing for the Weather

As the weather gets cold, wet, and snowy, it is important to remember that students at the WISE spend a lot of time outdoors! Please remember to dress your children appropriately for the weather. The following is an excerpt from an article by Susan Johnson, MD.

“Warmth is probably one of the greatest gifts we can give our children. Not only the warmth of our love but also keeping their physical body warm. Children are developing their bodies especially during the first 7 years of their lives. An infant and a young child will always feel warm unless they are on the verge of hypothermia because they have an accelerated metabolic rate. If we don’t provide them with the layers of cotton, silk, and wool to insulate their bodies, then they must use some of their potential “growth” energy to heat their bodies.

This same energy would be better utilized in further developing their brain, heart, liver, lungs etc. In addition, being cold decreases immunity. We are all more susceptible to the germs and viruses that are always around us when we are wet and cold. When our body has to expend extra energy to keep warm then less energy is available to “fight” off infections.

So the question becomes, how do we get our children to wear jackets? One can develop the habit of always having children put on a hat and coat when they go outside during cool weather. One can also try telling children that they will actually run faster and have much more energy to play if they wear a coat. If they don’t wear a coat then their body has to expend a lot of energy just warming them up, and they will have less energy to build muscles and less energy to play.”

Please ensure your child is dressed for the weather when they arrive at school. Wool or silk base layers can make a world of difference in keeping your child’s core warm. A hat should be worn outdoors at all times, especially from early childhood to grade 4. Remember, that the kids WILL be outside at recess! It is much easier for them to play and have fun if they are warm and dry. 🌱

WISE Break

Monday, November 13 to Friday, November 17
We will be closed for all programming during this time.

Monday, November 20 & Tuesday, November 21
Parent Teacher Interviews

Please note that there will be no programming for the Kindergarten and Grades for this Monday and Tuesday, as faculty will be holding Parent / Teacher Interviews.

Programming will run as scheduled for our Parent & Tot and Home School Arts Enrichment programs (Rosebuds & Daisies & Marigolds)

Meet our teachers



Jessica Sykes Class 6 teacher

My rural beginnings offered me the opportunity to grow up in the heart of the Rocky Mountains. This provided me with an appreciation and curiosity for nature and the wider world. Being interested in educating young minds lead me to study Education at the University of Alberta, where I focused my studies on Social Studies and Fine Arts. My interest in the Humanities realm naturally translates into a love of art and culture; prompting me to explore the areas of South America and Europe. It was the opportunity to travel where I was able to further discover understandings of the world, and in turn more about my own personal ethos.

Following this pilgrimage, I began a Curriculum Studies Masters Degree (at the U of A) where I explored areas such as: Creative Art Therapies, Analytical psychology, and Wisdom Traditions. This philosophical approach to pedagogy lead me to discover the Waldorf philosophy. In my personal time, I unwind with attending to my yoga and art(s) practices and exploring the outdoors. I am thrilled to be able to put the knowledge I acquired from my 2017 Waldorf Toronto training into practice! 🌱



Mallorie Buoy Class 2 teacher

Ms. Buoy is a familiar face to many of you at the WISE as she was a WISE Class 1 and 2 teacher in 2013-15, and has taught French to the Class 6 & 7's this past spring, as well as being a trusted sub at the school throughout this past year. Ms. Buoy is a dedicated teacher, focusing on the joy of learning in her classroom above all else. She is excited and delighted to be re-entering our school as the Class Two teacher this year, and cannot wait to dive into creating a magical education for her students. Ms. Buoy has spent the last two years studying and teaching spiritual philosophy around the world and expanding her knowledge in the field of psychology. She has a B.A. in Psychology and a B.ED, and has completed two summer courses in Waldorf Education. 🌱



WISE Events

*I go with my bright little lantern
My lantern is going with me
In heaven the stars are shining
On earth shines my lantern for me
My lights shines bright
Through darkest night
La bimba La bimba La bim*

-Verse: traditional`



Lantern Walk November 2, 2017

Please note, the date has been changed to THURSDAY NOVEMBER 2nd (instead of the 10th). Grade 2 will lead the walk.

Bring your own Lantern, thermos with warm drink (we will not be providing apple cider this year), and a piece of firewood. Volunteers are needed to set-up lanterns.

Traditionally the Lantern Walk celebrates the work of St. Martin, who was known for his compassionate gesture of sharing his cloak with a beggar. This charitable gesture is at the heart of the festival for many Waldorf schools, as the festival marks a mid-point between Michaelmas and Christmas. The light of Martinmas fortifies our souls for the dark winter and prepares us for the birth of Christ. One symbol of this is working with the light from lanterns, hence the traditional Lantern walk.

Regarding Lantern Walks, the authors of the book *All Year Round* write: "The traditional way of celebrating Martinmas is with lantern walks or processions, accompanied by singing.

St. Martin recognized the divine spark in the poor man of Amiens, and gave him the divine protection of his own cloak. When we make a lantern, we, too, may feel that we are giving protection to our own little "flame" that was beginning to shine at Michaelmas, so that we may carry it safely through the dark world. It may only be a small and fragile light -- but every light brings relief to the darkness."

Please check the [website](#) for songs our kids are learning.

WISE Internal Festival Committee 🌱

Middle School Dance

On November 3rd, from 7 - 9 pm, there will be a Middle School Dance in the gym at WISE. Unstructured dance has many benefits, one of which is the continued development of play in young adults, divergent thinking, amongst numerous other social and health benefits.

Tickets will be sold before the dance, for \$10 each, and any profit will be donated to a local charity. This event will be restricted to students of WISE, and only Classes 6-8, for safety reasons. There will be snacks provided and a live DJ!

Parents are more than welcome to join in the fun! 🌱

Advent Spiral Festival

One of the WISE's most magical and beautiful festivals is quickly approaching. Please sign up to help in the preparation and unfolding of this special event, which will take place in the gymnasium, on the morning of Monday November 27th. Adults from the community are welcomed to come and participate in their own spiral from 11:45-12:30 pm. 🌱

Advent Spiral- tree boughs

As we await the light returning after the long nights and the cold of winter, we celebrate by sharing that light with others.

To help us with the celebration please trim your trees and leave your boughs outside the gym door before Saturday or Sunday evening at 7 pm! (November 25 & 26). Class reps will be sending out more information in the coming week.

Many Thanks,
WISE Internal Festival Committee 🌱

Winter Fair



Candlelight Market

Looking for a chance to visit our local vendors before Winter Fair? Want to pre-purchase both admission and activity tokens for the fair the next day? Join us on Friday, December 1 between 7 - 9 pm to do some holiday shopping! This event is for Adults Only. Babes in arms are welcome. Admission \$2. 🌱

Winter Fair



You are invited to the Winter Fair on Saturday, December 2, from 12 noon - 4 p.m.

MANY volunteers are needed to run this magical event. Watch for the sign-up coming soon and sign up early to get the shift you want! Our beloved Winter Fair really counts on each family filling at least one "day of" volunteer shift.

We also need parents help to ensure we have enough treats and Secret Store items for all the children.

Class 1 and 2, Kindergarten, Nursery and Parent-Tot families are asked to craft 15 small items each for the Secret Store. Need ideas - check out our [WISE Pinterest Board!](#)

Class 3, 4, 5, families are asked to bring 1 dozen cookies each for the Cookie Cave ~ a wondrous nook where fresh baked cookies float before your very eyes.

Class 6, 7/8 families - We need items for the Café! Savory items are recommended but everything yummy is welcome!

Items will be collected the week prior to Winter Fair, except Cafe items which we ask to have dropped off Friday, December 1. 🌱

Community Building



Thank you volunteers for the Michaelmas festival.

Please Note:

To be eligible to vote, nominate or stand for office, members must be in good standing. Membership payments must be received one day before the AGM; one vote per family membership. <http://www.wese.ca/community/membership/>

The AGM will take place in the WISE school Gymnasium, promptly at 7 p.m. A map is located at the bottom of: <http://www.thewise.ca> (7211 96A Avenue, Edmonton)

Annual General Meeting Waldorf Education Society of Edmonton

Dear WESE Members,

The Waldorf Education Society of Edmonton (WESE) is holding its Annual General Meeting (AGM) beginning promptly at 7 p.m. on Friday November 24th, 2017. We invite all of our members to join us for this important event. In preparation for the AGM we are currently actively recruiting nominations for new board members. If you wish to join the board or nominate someone as a board member please submit nominations and letters of intent to boarddevelopment@wese.ca and we will forward an application to you.

Applications are due November 10th to allow us time to review applications and fill openings. The new board members will be officially voted in during the AGM. If you have any questions about the nominating and voting process, we would be happy to answer them. Please send questions to boarddevelopment@wese.ca

Serving Board Members for WESE are scheduled to meet every 3rd Thursday of each month of their term. Currently we meet from 5:30-7:30 p.m. We also meet

quarterly with the faculty for a shared WISE meeting held on a Saturday afternoon. Each Board Member serves on WISE school committees. Board representatives currently serve on Internal, Community and Faculty Committees. Each Board Member actively facilitates and Chairs one Committee and may oversee or Co-chair others. Committees are an essential role in our community operated school. The dedication of our volunteers allows us to bring Waldorf Education to Edmonton in a very practical way for local families.

The positions up for election this year are:

- President (2 year Term)
- Vice-President (2 year Term)
- Director(s) (2 year Term)
- 2 Members-at-Large (1 year Term)

Please visit our [WESE website](http://www.wese.ca) and scroll down to see the "Board Position Descriptions and Community Committee Descriptions", which are currently being updated.

Warmly,
Eva Niven
WESE Board Development Committee ●

Highlight of the Class



Sukkat

Thank you class 3 parents to making this a reality. At no cost and with many hands we were able to put this together in ONE afternoon. With this Sukkat, we have a concrete way to celebrate Hebrew culture, kick off our Language Arts and bible stories with a relevant festival. ●





Class 3 Field Trip

Class Three has been delving into the world of pioneers; their lives, farming and harvesting, and the integral role indigenous people played in early settlement. As part of the process, students have learned much about how pioneer life is different from life today, and the innovative methods pioneers and indigenous people developed to survive in Canada's harsh climate year-round. Students have been harvesting food from their homes in addition to pears from a local family, and have been working hard creating delicious dishes out of these. As part of our learning, we have discovered how many cultures celebrate harvest and we have also celebrated Rosh Hashana, the Jewish new year, in our classroom together. Our first unit will culminate in our harvest feast where we plan to serve our class parents all the amazing dishes we've been preparing, and a trip to Good Note Farm where we will try our hand ourselves at some of the hard work that goes into surviving off the land. We are so delighted and grateful to discover how much the earth provides for us. 🌱



From WESE Vice President



Dr. Rafael Bustamante joined the board of the Waldorf Education Society of Edmonton a few years back, and continues to serve in any capacity to help grow and strengthen the school community. He and his wife Ami have been married for 20 years and they are the proud parents of two boys attending the Waldorf Independent School of Edmonton. His initial contact with Waldorf education came by way of an online video while searching for different approaches to education. It was not their intention to leave the public school system and pursue private education for their children. However, the video introduced a concept that resonated with him. It was that the Waldorf curriculum was delivered to children in a manner that would be appropriate and in synchrony with the inner development of the child. At first, the concept seemed too good to be true because trends in education come and go with just about every new government in order to keep up with current knowledge in child development. In contrast, the Waldorf approach had been in place for almost a century without much change. He and his wife visited the school and soon after their oldest son entered Class Two. One day, while driving from school, his son asked for a pen or pencil that he could use to write while they were on the road home. When asked what the pencil was for, his son replied that it was to do math sheets! Prior to that event, his son had not shown much enthusiasm for numbers and would rather avoid them. This drastic change and new interest in learning is all it took for Dr. Bustamante's conversion to

Waldorf education. Nowadays, you can find him encouraging his boys to play with sticks and dry leaves and bouncing on sand mounds and other outdoor play activities that are recommended by Waldorf educators. Needless to say, such wonderful activities result in a lot of laundry and knee-holes in the pant legs of little boys. Dr. Bustamante finds much fulfillment in supporting a school environment in which children, not only his, can come and learn and develop as responsible citizens of the world; a place where children can learn to appreciate the beauty of our world and the presence of others in our lives. Learning the Waldorf way and implementing many of its concepts into their daily lives have had a strong influence in the bond of the Bustamante family and cemented the order of their priorities in life. A piece of advice he would give to prospective families considering the possibility of sending their children to the Waldorf Independent School of Edmonton is: try it and you may never regret it. Waldorf works! 🌱

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📘 WESE Facebook Group:
[Waldorf Education Society of Edmonton](https://www.facebook.com/WaldorfEducationSocietyofEdmonton)