

School Calendar

January

26 Thu Strings Concert
7:00 pm

February

2 Thu Site Committee Meeting
4:15 pm

7 Tue PR & Enrollment Meeting
3:15 pm

11 Sat Open House
10:00—12:00 pm

14/15 T/W Grade 6 Play
Tuesday: 11:00 am
Wednesday: 6:30 pm

16/17 Th/F Parent/Teacher
Conferences: No School

20 Mon Presidents' Day
No School

21-24 T-F Waldorf Teacher
Education Week
No School

27 Mon School Resumes
8:30 am

Board Meeting
6:30 pm



Photo courtesy of Acclaim Images.com

Rhythm and Freedom

Rhythm in our lives brings many gifts to our children and ourselves. The rising and setting of the sun offer us a security we do not often appreciate. Imagine how jarring it would be if suddenly the sun was two hours later in rising or did not set at all one day. We would feel unsettled, even frightened. In a less dramatic way, our children rely on our rhythms to feel settled and secure. For the young child, this security means a sense of the world being right and good. For the older child, the added tasks of homework, music practices, and chores can be scheduled in a rhythmical way so that the child can complete the tasks and still feel there is time for play.

Another gift of rhythm is that there is less effort required by parents in the realm of discipline. When a healthy rhythm is established, much that is resisted, debated, or ignored becomes habit. In becoming habit, it becomes easier for the child. There is not the inner fight about whether a task will be done. Rhythm helps establish a self-discipline both within the parent and the child.

A healthy rhythm at home also helps a child to more easily adapt to rhythm at school. When these rhythms are present, children are able to free their energy and enthusiasm for learning and life.

Establishing rhythm in our lives requires an initial effort which is in itself a gift. It requires us to reflect on who we are, why we are here, and what we hope to achieve in our lives. It forces us to consider who our children are, their gifts and their challenges, and what they need to grow into healthy adults able to fulfill their tasks in the world. It forces us to choose our path, to accept and embrace our sacred task of parenting. This is where we find true freedom: it is in consciously choosing how we will live. We can choose to establish a rhythm for ourselves and our children in which there is time for sleep, for meals, for walks, for play, for work, for all that we have chosen as being important to the health and growth of ourselves and our children.

Excerpted from EWS "New Tidings" archive, author and date unknown.

"What lies behind us, and what lies before us
are tiny matters, compared to what lies within us."

~Ralph Waldo Emerson

EWS Annual Giving Campaign Update

We'd like to thank the following parents, teachers, alumni, grandparents and friends of the Eugene Waldorf School who have given so generously to this year's Annual Giving Campaign.

Members of our EWS Board:

Carrie Jackson
Shannon Reilly
Steven Brodsky
Spencer Bugbey
Ian Stearns
Molly Wilson, ex officio

Board Officers:

Shannon Reilly: Chair
Steven Brodsky:
Vice Chair
Carrie Jackson: Treasurer
Spencer Bugbey:
Secretary

Our EWS College Members:

David French
Jelena Jaehnig
Marie-Christine Lhomond
Tricia O'Neill
Jeannie Schwaneckamp
Ian Stearns
Atta Turck
Karen Tyler
Molly Wilson

We would like to say a very grateful thank you to Jesse Whitworth and his father Ernie Whitworth for refinishing and repainting the floor in the boys' bathroom. It is a major improvement.



Also, We are looking for someone who would be willing to gather coffee grounds for our garden compost. Please speak with Ms. Kathy of the Rose Kindergarten class.

Wendy & Stephen Ames
Eugene & Cynthia Biboux
Bright Crosswell
Brian Dalton & Mackenzie Rivers
Andrea & Marc Donofrio
Terra Furguiel
Carrie Jackson & John Anderson
Kari Berg & Steve Lasky
Paul Lewis

Tricia & Craig O'Neill
Randi Pitman
Lisa Platt
Angel Rain
Michele Renee & Ravi Logan
Adrienne Strandberg
Marina Taylor & Scott Stolarczyk
Mary Thompson & Jonathan Raanan
David & Caitlin Wallace French

We have raised **\$8,340** to date on the way to our goal of **\$25,000** and **26%** of our community has participated.

Please remember that you can always pledge now for an amount to be donated later.

Participation Matching Gifts:

Thank you to those parents who have stepped up to offer participation challenges in order to boost the level of participation in individual classes.

We always welcome more matching challenge gifts!

We have been offered the following challenge grant so far this year:
First Grade: \$200 will be donated if the class reaches 100% participation.

The Campaign Giving Calendar:

This week: Second and Seventh Grades and Employee Matching Gifts

Week of January 30th: Early Childhood Classes and Alumni

Week of February 6th: First and Eighth Grades and Adult Education/Teacher Training

Week of February 13th: Third and Fourth Grades and all Campaign Closing Gifts

Re-enrollment Begins in Early February....

At that time, we will distribute your re-enrollment packets to you. These will include enrollment and contract information for you to complete for next year. You will be automatically billed for your \$200 (per family) tuition deposit. This will show up over two months in your February and March statements, \$100 per month. Molly in the business office is happy to work with families that would like to make alternate payment arrangements for their tuition deposit. Families who do **not** intend to return in the fall can notify the business office and have the charges removed. Look for more details soon!

EWS Annual Auction/Raffle Update

We are thrilled that several parents have stepped forward to help support our annual auction and raffle. Our next meeting will be Friday, January 27 at 8:30 am in the community room. Please join us!

Organic Extra Virgin Olive Oil (made with love) from our family farm in Tuscany. Delivery at EWS by appointment. Aroon & Sofia: **541-393-9191/337-3965**.

www.oliotoscana.wordpress.com.

Raw Organic Green Juice by subscription delivery. Education, coaching, support. Cleanse, fast, recover from surgery/chemo/illness, improve chronic conditions, enhance health. Call **Bright Now!** Ask for Joanna: **541-746-9493**.

Kids Yoga Class for 3-5 year olds at Just Breathe Yoga Studio with Kira Roberson. Ongoing series starting Wednesday, Feb. 8th from 4-5pm. First series is 6 weeks long. Classes are taught in a playful environment and use songs, stories, dance, art, games, and a focus on self awareness to teach children the fundamentals of yoga. Sign up at justbreatheeverybody.com. More info available at my website oneworldayurveda.com.

Meg Blanchet MA, LMT, CHT practices a gentle yet powerful method of wholistic healing that incorporates Craniosacral Therapy, Integrative Manual Therapy, Reiki (Master) & the Hakomi Method. \$70/hr, \$10/session goes to EWS when you mention this ad. **541-485-3246**.

Beautiful America Girl **bedroom set**—bedspread/pillow sham/angel net: **\$40**. Twin bed—header, footer & slats: **\$75**. Call Meg Blanchet: **541-485-3246**.

Atta Turck at Greenlight Studio, 541 221 1230, is open for your orders. **Furniture:** tables, desks, computer stations, book shelves, benches, hand-made stools, country style pine furniture; **architectural:** custom doors and screen doors; **cabinets.** I also do **repairs**. Recommend me to your friends. New: Here is a page of some of our fancier projects at: <http://www.greenlightstudio.us/woodwork/>



Sale at The Golden Goose!

January 26th-February 8th

25% off all remaining 2012 calendars!

Childcare available! Lena Sessions (Waldorf class of '02) is available to babysit. She graduated from Macalester College in 2010 & spent this last year teaching outdoor education. She has years of experience working as a camp counselor & babysitter. She has a flexible schedule. First aid & CPR certified. \$11 per hr. Contact Lena: **541-543-4561**.

Warré Bee-Friendly Beehives are vertical top bar hives meant for hands-off, minimalist and sustainable beekeeping. I make Warré beehive kits for local individuals. The hive walls have the full one-inch thickness, best for hiving bees in our climate. All of my bee boxes are easily assembled with locking double rabbit joints. They have closeable "port hole" windows for easy monitoring of the bee situation within. My Demeter approved hive kits include predrilled parts, all of the required fasteners and plenty of post-sale customer support. Also, special orders for assembled hives with or without bees from natural swarms are seasonally available. Bill Wood ~ **541-687-8211** ~ woodbillr@q.com ~ www.beeologique.com.

Dear Parents of EWS. Did you know that Waldorf Teacher Education Eugene, "WTEE," has been growing Waldorf teachers here on the EWS campus for 21 years? This year, we are initiating a number of new **Community Enrichment Courses** in the arts and Anthroposophy especially for parents of EWS and WTEE students. We hope you will be able to participate.

If you wish to be electronically notified of upcoming courses, please visit the WTEE website at <http://wtee.org/> and select "Program" from the menu, then follow the link at WTEE Community Enrichment Courses to join the mailing list. The first two classes being offered are:

Woodcarving: 10 sessions beginning January 31. Tuesday evenings 7:00-8:30. Make a pentatonic lyre from scratch using gouge and mallet, rasp, coping saw, carving knife.

Form Drawing: 8 sessions beginning February 1. Wednesday evenings 7:00-8:30. Rudolf Steiner brought form drawing especially to enliven and invigorate our life or etheric body. Beautiful forms drawn freehand. Beginners welcome.

Advertisement and Editorial Policy

The *Community Tidings* publication is produced by the Office Receptionist, with input and editorial assistance from faculty and community members. Submissions and advertisements relating to our school community and Waldorf education are welcome. We print and distribute on Thursday mornings. The weekly deadline for content or ad material is **Friday, 3:00 pm**, one week prior. **E-mail submissions** are preferred. E-mail to: info@eugenewaldorf.org or please put your article, with your name on it, in the mailbox outside the door of the reception office. If you have a full page insert for *Community Tidings*, or would like to place an ad, please talk to Mary in the reception office.

All submissions are edited for length, clarity, and content. Any inquiries regarding the *Community Tidings* publication may be directed to Mary Cole, Office Receptionist.

The Eugene Waldorf School is a non-profit, non-denominational tax-exempt organization incorporated in the State of Oregon. We do not discriminate on the basis of race, color, national and ethnic origin, sex, income, marital status, or sexual orientation in the administration of our educational policies, admissions or board membership policies, financial programs, or athletic and other school-administered programs.



Interested in Learning About the World?

Are you curious about global events? Do you enjoy considering different perspectives on world issues? Do you want to make a difference in your local and global community?

Eugene IHS is the choice for you!

Eugene IHS is an award-winning alternative high school on the Churchill, Sheldon and South Eugene high school campuses. We are open to any student who wishes to attend. If you have an interest in the world, love languages and culture, and enjoy learning in a close-knit, unique environment, consider Eugene IHS as your high school choice.

Admission into Eugene IHS is through the 4J District lottery process. All interested students must fill out a school choice form and return it to the 4J District office by **March 23**.

Be sure to attend any one of our information nights—the same information is presented at each. You can find additional information via our website: <http://www.ihs.4j.lane.edu>.

South region

- Thursday, February 9, 7:00 pm, South Eugene cafeteria (includes French Immersion break-out session)
- Thursday, February 16, 6:30 pm in the South Eugene cafeteria (Joint evening with South)

Sheldon region

- Tuesday, February 21, 7:00 pm, Sheldon lecture hall
- Thursday, February 23, 7:00 pm, Sheldon lecture hall (includes Spanish Immersion break-out session)

Churchill region

- Wednesday, February 22, 7:00 pm, Churchill cafeteria

Please contact a Eugene IHS office for more information, or click here to go directly to the 4J District school choice web page and print the school choice form: <http://www.4j.lane.edu/choice>.

Eugene IHS @ Churchill	Lynne Given, Secretary	541-790-5225
Eugene IHS @ Sheldon	Peggy Farris, Secretary	541-790-6636
Eugene IHS @ South Eugene	Sue Martichuski, Secretary	541-790-8030