



"OUR HIGHEST ENDEAVOR MUST BE TO DEVELOP FREE HUMAN BEINGS
WHO ARE ABLE OF THEMSELVES TO IMPART PURPOSE AND DIRECTION TO THEIR LIVES.
THE NEED FOR IMAGINATION, A SENSE OF TRUTH, AND A FEELING OF RESPONSIBILITY
—THESE THREE FORCES ARE THE VERY NERVE OF EDUCATION."

-Rudolf Steiner



**MONTHLY STEINER MEDITATION CLASS:
ENLIVENING THE CHAKRA OF THE HEART**

A Study Group for Parents and Members of the Westside Waldorf Community

Rudolf Steiner gave six basic meditative exercises for spiritual development that help with clarity of thought and concentration. These six exercises include Control of Thought, Control of Will, Control of Feelings, Positivity, Being Open-Minded, and Harmony. We will learn one exercise each month during the class, and then each participant will continue with their own individual practice at home.

**MONTHLY CLASSES WILL BE HELD
AT THE MCCOMB CAMPUS AT 9:00AM-10:15AM
ON THE FOLLOWING TUESDAY MORNINGS:**

**OCTOBER 13 NOVEMBER 10 DECEMBER 8 JANUARY 19
FEBRUARY 2 MARCH 1 APRIL 5 MAY 3**

ONGOING PARENT ENRICHMENT OPPORTUNITIES

BIOGRAPHY AS A PATH OF SELF DEVELOPMENT

A Study Group for Parents and Members of the Westside Waldorf Community

Waldorf Education is an educational model of bringing the child what is needed at each stage of development. Human Development and its cycles continue on throughout our lifetimes. This Biography Work is drawn from the insights of Rudolph Steiner.

In the study group, we will address the 7-year cycles, starting with birth through age 7 proceeding to ages 7-14 and then move onward. Participants can look at those periods of their own lives, and we will also look at what is happening for our children, both in the school curriculum and within the child. In the course of the year we will also work with the 4 temperaments, imaginations of the planets, colors, nature studies, storytelling, poetry, and the art of conversation; working in various artistic mediums. Participants will learn to draw up a personal biographical time chart and can begin to chart their life in order to study its events from the standpoint of the various rhythmic cycles.

We look at our lives, not in the usual anecdotal recapitulation of events that we may share only with our closest confidants, but through various kinds of artistic exercises in such a way that something new may arise. Every individual chooses what information they wish or don't wish to share with the group.

The study group is designed so that participants may drop in and out as they are able. Even though it is a series, each meeting can be taken as its own individual unit. Regular attendance is preferable but drop-ins are always very welcome.

We offer an opportunity to reflect on the meaning of life together, and the underlying themes (self-development, family, work, relationships, etc.) that unfold in the course of human development.

WE MEET TWO TUESDAYS A MONTH AND MEETING DATES ARE POSTED IN THE SCHOOL'S WEEKLY NEWSLETTER.



On Behalf of the Parent Education Committee...



A Waldorf school brings a very different approach to education. One of the aspects particularly special to a Waldorf school is that it is not just the children who are learning - there is ample opportunity for parents to learn and grow alongside their child.

In that spirit we are excited to announce the offerings for our 2015-16 Parent Education Calendar. One of our first events is a “Waldorf 101” talk that will give an overview of the Waldorf educational approach for those wishing to understand more about how this educational system works. Our entire calendar can be thought of as an in-depth Introduction to Waldorf Education, with events that delve deeper into individual aspects of the curriculum such as “Math and Movement Through the Grades” and “Music Through the Grades”. We are also offering events that explore the underpinnings of the Waldorf approach such as “The Senses as the Windows to Connection with the World” as well as practical solutions to parenting concerns such as “How to Help Your Child Develop Healthy Capacities and Overcome Challenges”.

In this same vein we have sought to weave the topic of media and technology into a variety of offerings this year to encouraging a larger, lasting conversation about its effects on growing children. Outside guest speakers will address the topic of “Fostering Healthy Sexuality and Relationships in our Fast Paced, Media-Saturated World,” members of our own community will participate in a Media Panel and class-specific Media Cards that correspond to your child's age and developmental stage are being distributed to each family. It is our hope that all of this will springboard deeper conversations across our school as we work in renewed support and with a deeper, common understanding of the community we are building together.

Our calendar is balanced with large lectures by national guest speakers, including James Pewtherer, Sharifa Oppenheimer, and Dennis Klocek which will draw attendance beyond our school, as well as a number of smaller, more intimate Salons led by our own esteemed faculty. You will notice that some events have a limited number of participants. RSVPs for these events will be taken at the beginning of the preceding month. (i.e - an event taking place on November 15th would be open for sign-ups on October 1st) Reminders and information on how to rsvp will be provided in the Parent Education Section of the WWS newsletter each month.

In addition to the calendar of special events, please look through our Ongoing Parent Enrichment Opportunities section at the back of this booklet to learn about two regularly scheduled weekly and monthly offerings that provide parents with occasions to pursue connection and growth.

It is our sincere hope that these various lectures and workshops will feed and nourish us intellectually, practically and spiritually and help us strengthen our community and our understanding of the profound education that is being offered here. We hope that you are as excited by this Parent Education calendar as we are. We look forward to an enriching year together.

Warmly,
THE PARENT EDUCATION COMMITTEE
*Monique LaForge Hart, Cheryl Bommarito Klein,
Jess Falkenhagen, Kayren Pace*

OCTOBER

FRI, 10/23 “PARENTS AND CHILDREN: GROWING TOGETHER” 7:00-8:30PM WITH DENNIS KLOCEK (LOCATION - MCCOMB CAMPUS)

Being a parent is not easy. It helps a lot to understand that a four year old and an eight year old live on different planets in terms of consciousness. Of course then there is the highly perplexing issue of teenage consciousness. The Waldorf school curriculum, based on the profound insights of Rudolf Steiner, can provide insight into the fluid changes in the consciousness of a growing child. These changes can be anticipated and then met with effective learning experiences. This talk will focus on the remarkable evolution of consciousness in children from pre-natal through the teenage years. Examples from embryology, neurology and myth will serve as backdrop for understanding both the Waldorf impulse and the children who look to us for guidance as parents and teachers. Mr. Klocek will introduce this topic and lay the foundation for further exploration at the Saturday morning workshop.

DENNIS KLOCEK, MFA, IS THE DIRECTOR OF CONSCIOUSNESS STUDIES, A STUDY OF ALCHEMY AND TRANSFORMATION, AT RUDOLF STEINER COLLEGE AND CO-FOUNDER OF THE COROS INSTITUTE. MR. KLOCEK IS THE AUTHOR OF EIGHT BOOKS INCLUDING SEEKING SPIRIT VISION, CLIMATE: THE SOUL OF THE EARTH AND HIS LATEST PUBLICATION, SACRED AGRICULTURE: THE ALCHEMY OF BIODYNAMICS. VISIT HIS WEBSITE WWW.DENNISKLOCEK.COM FOR MORE INFORMATION ON HIS WORK.

SAT, 10/24 “WORKSHOP: GROWING TOGETHER” 9:00AM-12:30PM WITH DENNIS KLOCEK (LOCATION - MCCOMB CAMPUS)

Through discussion and group activities Mr. Klocek will further expand and deepen the concepts that were introduced in the Friday evening lecture. Please RSVP to communityassociation@wswaldorf.org

SAT, 10/31 “INAUGURATION OF THE COLLEGE OF TEACHERS” 9:30-10:30AM WITH JAMES PEWOTHERER (LOCATION - MCCOMB CAMPUS)

The Westside Waldorf School enthusiastically extends an invitation to our parent community to mark a deeply significant milestone in our school's history, the founding of the College of Teachers. Please join Mr. James Pewtherer to deepen your understanding of the nature of a College of Teachers, and the importance of this body to the future of our school community. Adults only, please.

JAMES PEWOTHERER IS THE HEAD OF THE PEDAGOGICAL SECTION COUNCIL OF THE ANTHROPOSOPHICAL SOCIETY, AND HAS SERVED ON THE HAGUE CIRCLE, A GROUP OF INTERNATIONAL WALDORF EDUCATORS WHICH SERVE 760 WALDORF SCHOOLS WORLDWIDE. IN ADDITION TO HIS SERVICE TO THE LARGER WALDORF COMMUNITY, HE HAS ALSO WORKED AS A WALDORF TEACHER FOR MANY YEARS, TAKING TWO CLASSES THROUGH GRADES 1-8 AS WELL AS TEACHING HIGH SCHOOL ENGLISH AND HISTORY. MR. PEWOTHERER HAS MADE A PARTICULAR STUDY OF GOVERNANCE IN WALDORF SCHOOLS, THE STUDY OF RELIGION IN WALDORF EDUCATION, AND THE ROLE OF GARDENING IN EDUCATION.

IF YOU HAVE ANY INQUIRIES OR NEED MORE INFORMATION
PLEASE CONTACT THE PARENT EDUCATION COMMITTEE DIRECTLY:

MONIQUE LAFORGE HART
PARENT/CHILD PROGRAM - 15H STREET CAMPUS
PARENT TO 3 WWS ALUMN
MLAForgeHart@WSWaldorf.org

CHERYL BOMMARITO-KLEIN
EARLY CHILDHOOD TEACHER - 15TH STREET CAMPUS
CHERYLBK@WSWaldorf.org

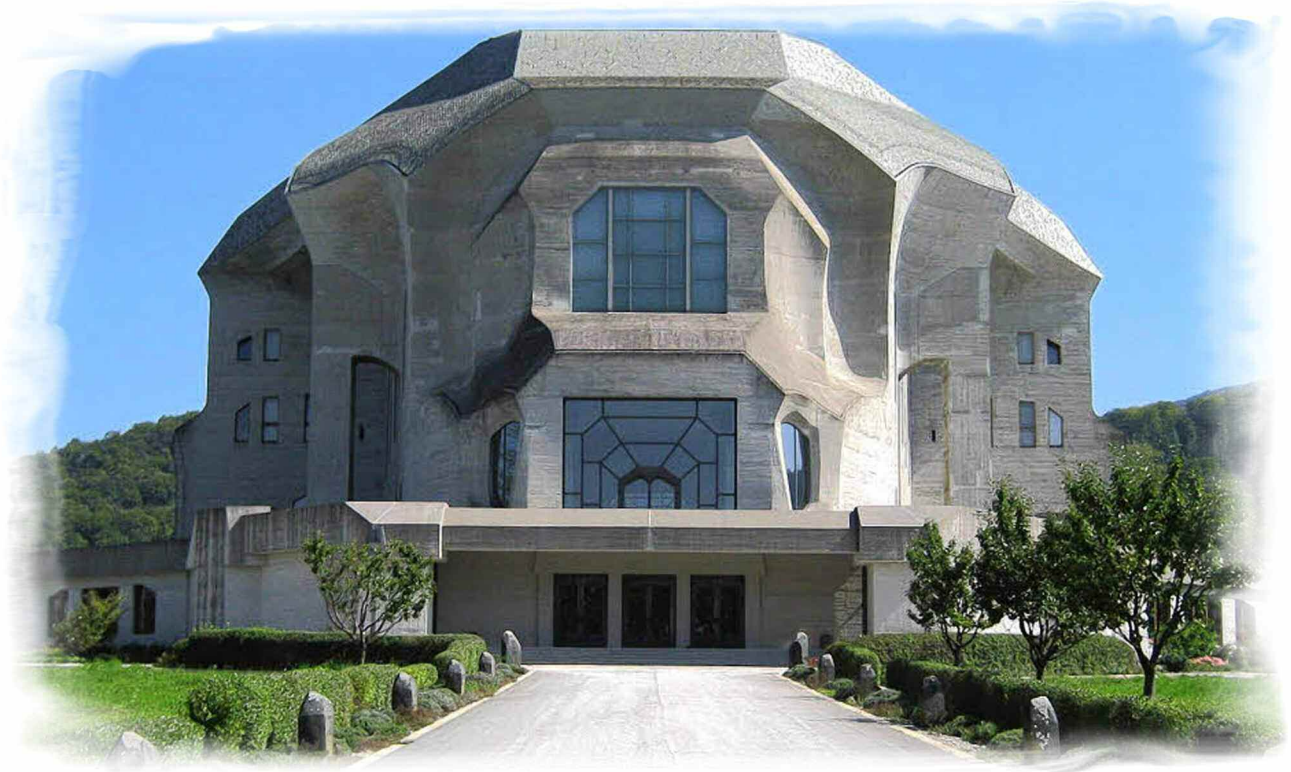
JESS FALKENHAGEN
PARENT (1ST YR. KINDER, 2ND YR. KINDER , 4TH GRADE, 7TH GRADE)
WWS TRUSTEE
JESSLUDDITE@GMAIL.COM

KAYREN PACE
PARENT (8TH GRADE)
HEALINGKAYREN@YAHOO.COM



2015-16

PARENT EDUCATION CALENDAR



NOVEMBER

WED, 11/18 “WALDORF 101”
9:00-11:00AM SALON WITH NATALIE CARGILL (LOCATION - 15TH STREET CAMPUS)

****PLEASE NOTE - THIS EVENT WILL ALSO BE HELD THE FOLLOWING DAY AT OUR MCCOMB CAMPUS****

An introductory overview of the goals and principles of Waldorf Education, touching on the understanding of Human Development that forms the basis for Waldorf Education and ways in which this understanding is applied. **WARNING: MAY INCLUDE ART OR MOVEMENT ACTIVITY!**
(Limited to 30 participants)

MS. CARGILL, WHO CURRENTLY ACTS AS ADMINISTRATIVE SUPPORT TO OUR GOVERNING COUNCIL, HAS 20 YEARS OF EXPERIENCE AS A WALDORF KINDERGARTEN TEACHER, WALDORF HIGH SCHOOL VISUAL ARTS AND AESTHETICS TEACHER, AND WALDORF ADMINISTRATOR. SHE HAS ALSO RAISED TWO CHILDREN WHO ARE K-12 WALDORF GRADUATES. MS. CARGILL IS A RECENT GRADUATE OF LOYOLA MARYMOUNT UNIVERSITY’S PROGRAM IN MARITAL AND FAMILY THERAPY AND ART THERAPY.

THURS, 11/19 “WALDORF 101”
9:00-11:00AM SALON WITH NATALIE CARGILL (LOCATION - MCCOMB CAMPUS)

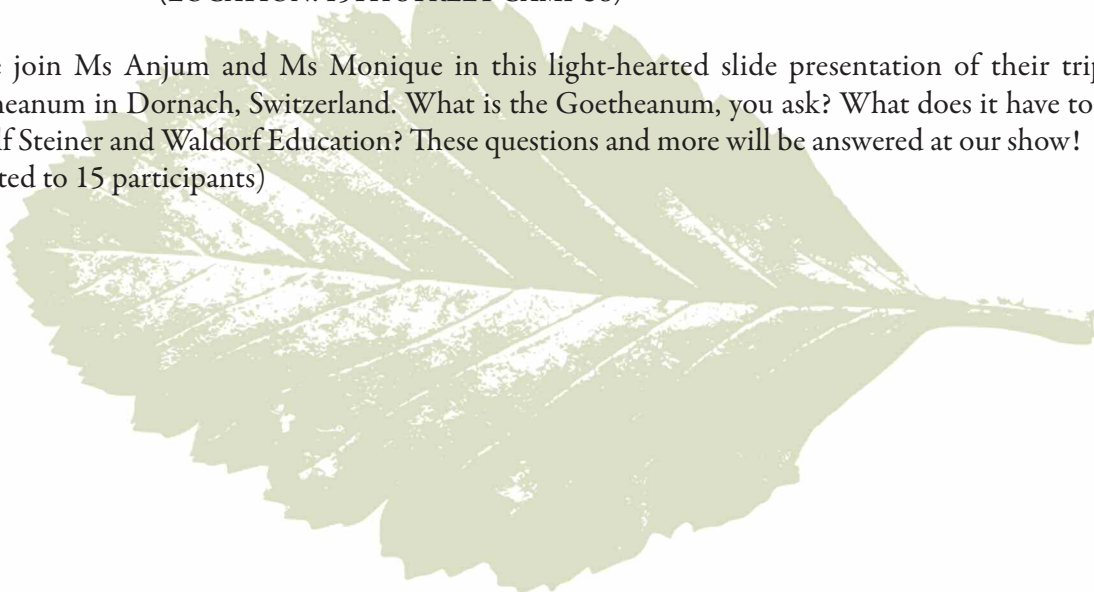
****PLEASE NOTE - THIS EVENT IS ALSO BEING HELD THE PREVIOUS DAY AT 15TH ST. CAMPUS****

An introductory overview of the goals and principles of Waldorf Education, touching on the understanding of Human Development that forms the basis for Waldorf Education and ways in which this understanding is applied. **WARNING: MAY INCLUDE ART OR MOVEMENT ACTIVITY!**

JUNE

WED, 6/1 “A TRIP TO THE GOETHEANUM”
1:00-2:15PM FACULTY SALON WITH MS. MONIQUE & MS ANJUM
(LOCATION: 15TH STREET CAMPUS)

Please join Ms Anjum and Ms Monique in this light-hearted slide presentation of their trip to the Goetheanum in Dornach, Switzerland. What is the Goetheanum, you ask? What does it have to do with Rudolf Steiner and Waldorf Education? These questions and more will be answered at our show!
(Limited to 15 participants)



DECEMBER

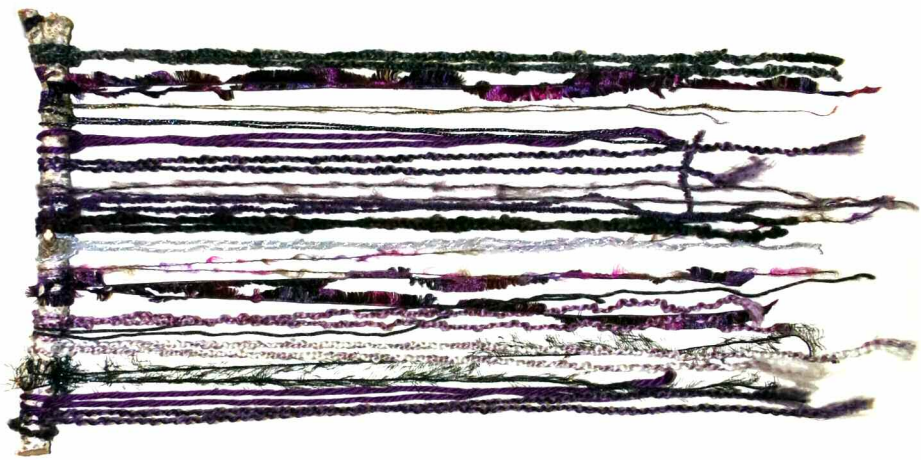
THURS, 12/10 “THE SENSES AS THE WINDOWS
7:30PM TO CONNECTION WITH THE WORLD”
WITH STEPHEN SPITALNY (LOCATION - MCCOMB CAMPUS)

As Waldorf teachers we work with the picture that we have much more than the five traditional senses... in fact, twelve! This helpful lens of human development was provided by Rudolf Steiner, who spoke of twelve senses that human beings use to relate to the world around us as well as to other human beings. The first four of the twelve senses form a group known as the Foundational Senses, namely the sense of Touch, Life, Movement and Balance. Upon the strength or weakness of these four senses, the human being will meet the world with certainty and trust, or hesitation and fear. This lecture will offer a clear picture of each of these senses and how their healthy development transforms into new capacities as a child grows, as well as what parents can do to help support their children.

STEPHEN SPITALNY WAS A KINDERGARTEN TEACHER AT THE SANTA CRUZ WALDORF SCHOOL FOR 24 YEARS. HE HAS GIVEN WORKSHOPS, LECTURES AND COURSES ON WALDORF EDUCATION BOTH DOMESTICALLY AND INTERNATIONALLY FOR THE PAST 20 YEARS, AND HAS BEEN A TEACHER AT WISC FOR THE PAST 8 YEARS. HE HAS PUBLISHED TWO BOOKS ENTITLED “CONNECTING WITH YOUNG CHILDREN: EDUCATING THE WILL” AND “CONSCIOUS PARENTING: A GUIDE TO LIVING WITH YOUNG CHILDREN”.

SUN, 12/13 “A CELEBRATION OF THE SEASON”
3:00-5:00PM FACULTY SALON WITH MS KING AND MS VAIL
(LOCATION - MS. KING’S HOME)

Families are invited to join us at Ms King’s home to hear performances by adult musicians as well as children’s ensemble pieces. Together we will enjoy the beauty of the holiday season as we sing together.
(Limited to 75 participants)



MAY

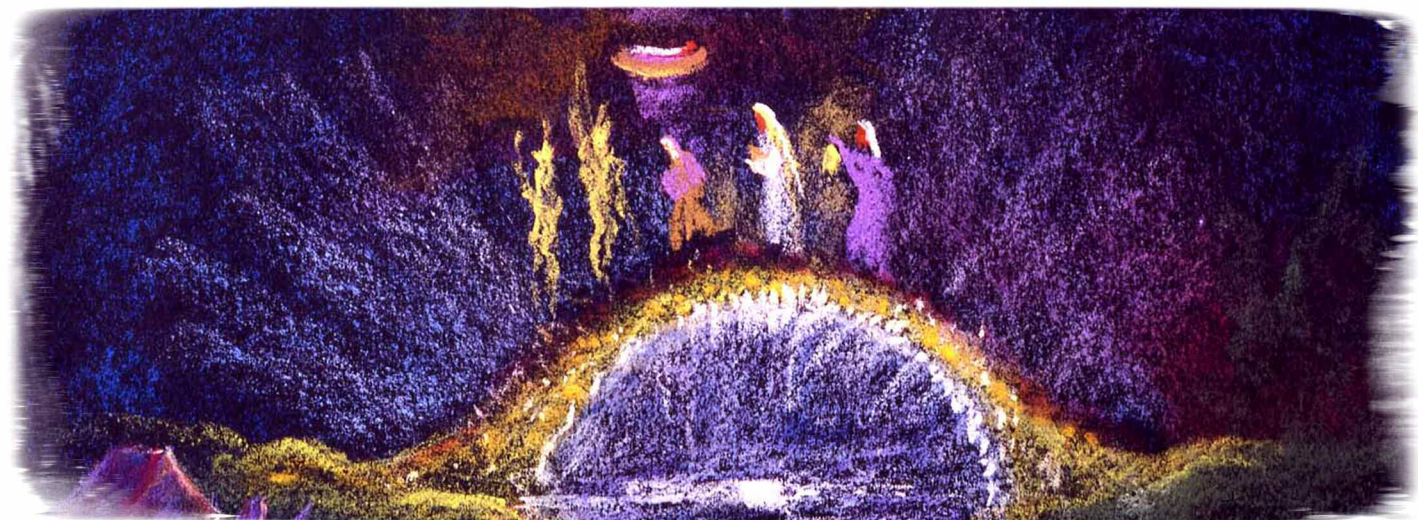
TUES, 5/10 “HOW TO HELP YOUR CHILD DEVELOP HEALTHY
6:30-8:00PM CAPACITIES AND OVERCOME CHALLENGES”
FACULTY SALON WITH MS. KAMURA (LOCATION - 15TH STREET CAMPUS)

This event will explore the following questions: Why are so many of today's children experiencing learning difficulties? What capacities are needed for learning and when do those faculties typically develop? How can we help struggling children overcome obstacles? What can parents do to help support their child’s healthy development?
(Limited to 30 participants)

TBA “ALUMNI PANEL: LIFE AFTER WESTSIDE WALDORF”
(LOCATION - MCCOMB CAMPUS)

Join us for an informal evening featuring WWS alumni as they share their experiences beyond the Westside Waldorf School. Graduates who are currently in high school and college will describe their life beyond WWS and how Waldorf education contributed to their current path. This is a wonderful opportunity for parents to envision the future with the help of alumni who have incorporated the lessons learned at WWS as they moved beyond our grounds to the wider world. Discussion will revolve around how their time at WWS prepared these young people for their future studies and life choices.





APRIL

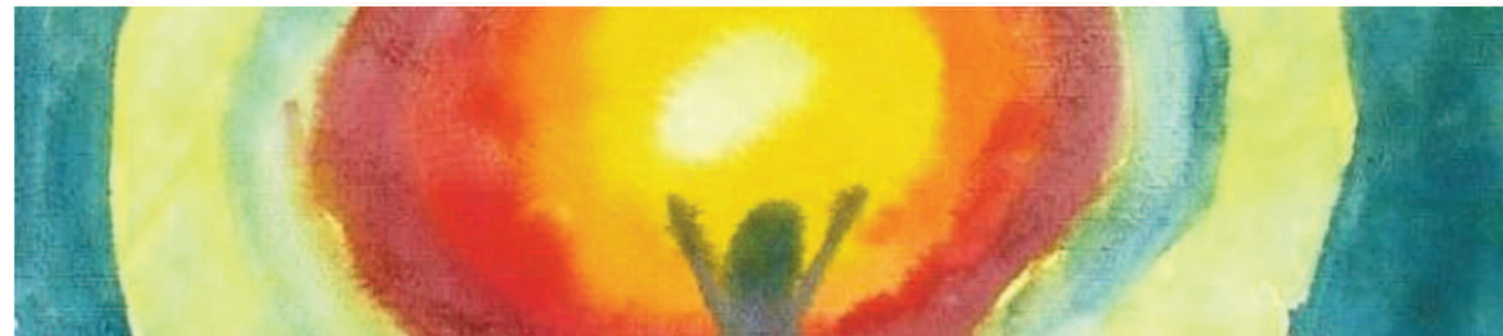
SAT, 4/9 “EVERYTHING YOU NEVER WANTED TO KNOW ABOUT
9:00-11:00AM ANTHROPOSOPHY, WALDORF CURRICULUM,
PERSONAL DEVELOPMENT AND COMMUNITY BUILDING”
FACULTY SALON WITH MR. HELFRICH
(LOCATION - MCCOMB CAMPUS)

A workshop to help parents make sense of the sometimes confusing, mysterious, "did s/he really say that?" world of Waldorf Education. We will explore an overview of the most important, pithy, useful, and pragmatic aspects of the above to help make your Westside Waldorf experience a fulfilling one!

THURS, 4/14
&
THURS, 4/28 2-DAY WORKSHOP “PRACTICAL ARTS WORKSHOP”
8:30-10:00AM FACULTY SALON WITH MS. KT & MS. MARIA MON
(LOCATION - MCCOMB CAMPUS)

Join us for a special, 2-day experience of the Waldorf practical arts. Weaving together elements of both handwork and woodwork crafts, we will create a simple, beautiful project together. Our teachers will guide you through the powerful experience of what your hands can create out of bits of wool and wood, and how deeply these arts penetrate the children on a daily basis.
(Limited to 12 participants)

** 15th St Parents - Please note that due to the time constraints of the teachers' schedules, this workshop cannot be scheduled later in the day. However as with last year, you are both welcome and encouraged to attend and the teachers understand that you may arrive a bit later than 8:30.



JANUARY

SUN, 1/17 “SINGING THROUGH THE GRADES”
3:00-5:00PM FACULTY SALON WITH MS. VAIL (LOCATION - MCCOMB CAMPUS)

Deepen your knowledge of curriculum-based music at WWS. Sing some of the songs of seasons, festivals and grades curriculum that your children sing throughout the year. We will also learn a little about the work of Valborg Werbeck-Swärdström (Mrs. Werbeck) and sing a few enjoyable exercises from her original School of Uncovering the Voice.

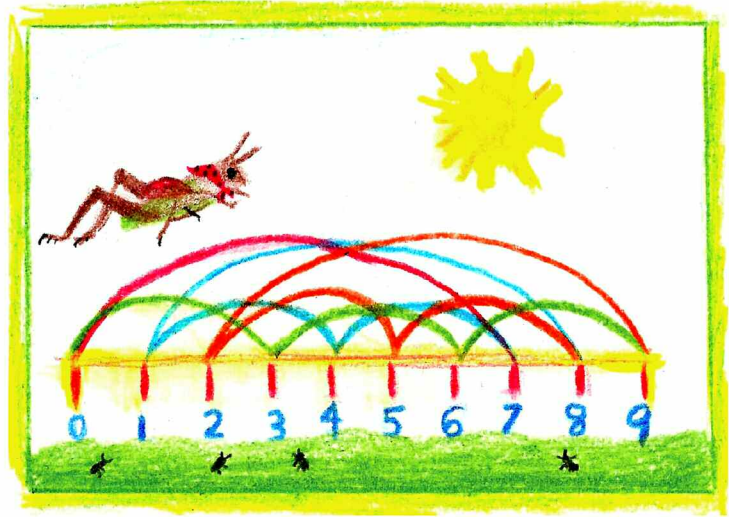
FRI, 1/22 “CREATE THE STAR OF YOUR FAMILY CULTURE”
6:30-8:30PM WITH SHARIFA OPPENHEIMER (LOCATION - SANTA MONICA LIBRARY)

This lecture will offer parents an exploratory approach to the principles introduced in her bestselling book “Heaven on Earth: A Handbook for Parents of Young Children”. Using her technique the Star of Family Culture as a guiding image, parents are given a warmhearted lens through which to view their family life. Beginning with love as the foundation of the family, you will have the opportunity to discover healthy family rhythms interactively, including family work and family play. Establishing this loving, disciplined approach to family lays a sturdy foundation and in this way, many twenty-first-century “discipline problems” are deterred. With love as a guide, parents are given insight for dealing with developmentally appropriate behavior issues.

SHARIFA OPPENHEIMER IS THE AUTHOR OF THE BEST-SELLING BOOK “HEAVEN ON EARTH: A HANDBOOK FOR PARENTS OF YOUNG CHILDREN”. SHE WAS THE FOUNDING TEACHER OF THE CHARLOTTESVILLE WALDORF SCHOOL WHERE SHE TAUGHT KINDERGARTEN FOR 21 YEARS AND SERVED AS THE DIRECTOR OF THE EARLY CHILDHOOD PROGRAM.

SAT, 1/23 “STAR OF FAMILY CULTURE WORKSHOP”
9:00-11:00AM WITH SHARIFA OPPENHEIMER (LOCATION - MCCOMB CAMPUS)

Through discussion and practical activities Ms. Oppenheimer will further expand and deepen the concepts that were introduced in the Friday evening lecture.



FEBRUARY

MON, 2/1 “HEALTH THROUGH SINGING”
6:30-8:30PM WITH CHRISTIAAN BOELE (LOCATION - MCCOMB CAMPUS)

Experience the artistry of Christiaan Boele, international holder of The School for Uncovering the Voice. This evening is for anyone interested in singing in a holistic, spirit- filled and heart-opening way. Sometimes referred to as “Werbeck Singing,” it was initially developed by Swedish singer Valborg Werbeck-Swärdström in close collaboration with Rudolf Steiner.

“Every human being has a singing voice. Our work is to unveil, take away the hindrances and free the voice.”
~ Valborg Werbeck-Swärdström
(\$25 Suggested donation)

THURS, 2/11 “MATH AND MOVEMENT THROUGH THE GRADES”
5:00-6:15PM FACULTY SALON WITH MS. NELLY (LOCATION - MCCOMB CAMPUS)

What is the significance behind the movement in a Waldorf classroom? Why do we connect movement and math? Why rhythm and numbers? Why bean bags and number sequences? Why sticks and times tables? Come experience a variety of math exercises across the grades and equip yourself with the tools to help support your child in their learning.
(Limited to 30 participants)

MARCH

FRI, 3/4 “FOSTERING HEALTHY SEXUALITY AND RELATIONSHIPS
7:00 PM IN OUR FAST PACED, MEDIA-SATURATED WORLD”
WITH MEGAN SULLIVAN & KELLY MCNEELY
(LOCATION - MCCOMB CAMPUS)

This adults-only talk is recommended for parents with children in grades 5-8. The lecture will focus on fostering healthy communication between parent and child on issues around sexuality. It is designed to prepare parents (grades 5-8) to meet the developmental needs if their child from the Waldorf perspective. Megan and Kelly are dedicated to bringing reverence and respect to the healthy unfolding of human sexuality and relationships. This informative talk will give tools of empowerment to families as they navigate our over-sexualized and media saturated culture. This evening will help support parents to:

- BE PREPARED FOR THE QUESTIONS BEFORE THEY COME
- LEARN HOW TO KNOW WHAT YOUR CHILD IS REALLY ASKING
- KNOW WHAT IS APPROPRIATE AT WHAT AGE
- HOW TO BUILD OPEN COMMUNICATION
- ADDRESS SAFETY AND INTERNET ISSUES

MEGAN SULLIVAN TEACHES SOCIAL-EMOTIONAL LEARNING AND SEX EDUCATION AT THE SACRAMENTO WALDORF SCHOOL. MEGAN IS PASSIONATE ABOUT HELPING YOUTH DEVELOP HEALTHY SEXUALITY AND HELPING PARENTS WITH CHALLENGING CONVERSATIONS. KELLY MCNEELY’S PASSIONS INCLUDE RESTORATIVE JUSTICE, SOCIAL JUSTICE, HELPING YOUTH DEVELOP THE CAPACITIES TO LOOK OUTSIDE OF THEMSELVES AND FULLY SEE ANOTHER HUMAN BEING, AND SUPPORTING PARENTS AND COMMUNITY WITH CHALLENGING ISSUES AND CONVERSATIONS.

SAT, 3/5 “MEDIA PANEL”
3:00-5:00PM WITH MR MARCHAND, MS ANJUM, MR HELFRICH
AND SPECIAL GUESTS MEGAN SULLIVAN AND KELLY MCNEELY
(LOCATION - MCCOMB CAMPUS)

Join Westside Waldorf School teachers and special guest speakers for an open panel discussion on media topics across the Waldorf curriculum.

TUES, 3/22 “FORM DRAWING THROUGH THE GRADES”
3:30-5:00PM FACULTY SALON WITH MS. BREAKY
(LOCATION - MCCOMB CAMPUS)

Form drawing is taught in grades 1 to 5, and consists essentially of freehand drawing of non-representational forms. It was an entirely new subject when Rudolf Steiner introduced it in the first Waldorf school in 1919. Today it is still new in the sense that we are still discovering fresh aspects of it. In this salon we'll draw a few main forms done through the grades and in the process discuss its educational value.
(Limited to 14 participants)