



Issue 20

JUNE 2019



### From the WISE Office

Dear WISE Families,

We have made it! It seems like yesterday that we welcomed a new grade one class over the rainbow bridge and so many new families joined our school community.

It has been a year of growth and collaboration at WISE. The Ottewell Artisan Farmers' Market was launched at the beginning of this school year and continues to be a successful addition to the life of our school and community. As a fundraising opportunity it supports programming at WISE and offers a chance for all to support local farms and artisans. The Ottewell Community Garden has shared their hard work to beautify our school grounds and demonstrate how neighbourhoods can join forces to utilize urban spaces. We are grateful to the hard work and vision of so many that enrich our community.

As we finalize planning for the year ahead, we will be sending out a link to our annual survey to gather feedback about our programming. This reflection is vital to the strength of our school. Thank you in advance for your participation!

We hope to see you for an end of school picnic on Friday, June 21 at 12:30 PM. Wishing you a fun and rejuvenating summer. See you in the Fall for another trip around the sun.

The WISE Admin Team 🌱

### Waldorf Independent School of Edmonton (WISE)



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780.466.3312



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7211 96A Ave Edmonton ABT6B 1B5



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(Alisa) [volunteer@thewise.ca](mailto:volunteer@thewise.ca)



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

**Facebook Parent Group:**  
[The WISE Parent Connection](#)

(Please contact [communication@wese.ca](mailto:communication@wese.ca) to join our Facebook parent group)

### Enchanted Garden Store Hours:

Monday: 2:50 - 3:15 pm  
Wednesday/Thursday: 8:30 - 9:30am

Or by appt: [store@thewise.ca](mailto:store@thewise.ca)

### Important Dates:

**June 3** Bulk Order opens  
**June 3** Rosebuds/Home AE end  
**June 4** Daisies/Marigolds end  
**June 6** Bluebells ends  
**June 9** Bulk Order closes  
**June 14** Spring Concert (Grades)  
**June 14** Last Day of Nursery  
**June 14** Bulk Order Pick-up  
**June 15** Early Childhood Open House

**June 15** Sunflowers Ends  
**June 15** 'The' Elevate Fundraiser Event  
**June 20** Class 9 Graduation and Stepping Up Ceremony  
**June 21** School Assembly and Rose Ceremony for Class 9  
**June 21** Early dismissal, 12:30pm, followed by a School Picnic

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## Important Dates Continued:

**Parent Coffee** every Wednesday 8:30 am - 9:15 am in the WISE Gym.

**Ottewell Artisan Farmers' Market:** every Thursday 4 pm - 7 pm in the WISE gymnasium.

**Handwork Circle** every Thursday 7 pm - 10 pm in the Wondergarden room at WISE

**Adult Choir** every Tuesday 4 pm - 5 pm in the Music Portable room at WISE



## Office Notes

### WISE Last Day of School Picnic

There will be an early dismissal for all WISE programming on Friday, June 21, 2019 at 12:30 PM. Please join us for a potluck picnic lunch in the playground. Families welcome! Please bring a blanket to sit on, lunch for your family, beverages and sun hats! 🍀

### June Bulk Order

This is the final Bulk Order of the year, so make sure to stock up for the summer and support WISE.

**Order Opens:** Monday, June 3, 2019

**Order Closes:** Sunday, June 9, 2019 at 10pm

**Order Pick Up:** Friday, June 14, 2019 in the WISE gymnasium from 3pm – 4:30 pm 🍀



### WISE Lost & Found

Please take a few moments to look through our Lost & Found for any treasured outerwear and belongings. Any remaining items will be donated when we have closed for the summer 🍀





## Annual Teacher Training Aeroplan Fundraiser

As you may know, teachers at WISE attend specialized Waldorf teacher training during the summer break at various institutes across Canada and the US. WISE allocates training funds to cover the tuition costs of summer "Waldorf Art of Teaching" courses and/or to support faculty embarking on their 3 Year Waldorf Teacher certification. However, our training budget has limitations and does not cover the costs of flights or accommodation.

Every year we reach out to our greater community to participate in a mini fundraiser to gather Aeroplan miles or cash donations in order to support our teachers with travel costs. In the past, the generous donations of our class parents and extended families have been pooled to offset flight costs for all teachers.

The donations received by June 14, 2019 will be pooled and shared between all teachers attending training. In the event there are funds remaining, they would be rolled over and used in the subsequent year

Here is some more information on how families can support our teachers as they pursue Waldorf training:

### Aeroplan Miles Donation

Our aeroplan # is: 747 418 358

[https://ww5.aeroplan.com/use\\_your\\_miles/share\\_miles/step1.do](https://ww5.aeroplan.com/use_your_miles/share_miles/step1.do)

In the first name field write: Waldorf Education

In the last name field write: Society of Edmonton

*Note: If you or a family member have a large amount of points to donate it is often advantageous to book a flight directly to maximize the donation (and limit administrative fees). Please contact Keely Scott - [administrator@thewise.ca](mailto:administrator@thewise.ca) for more details.*

### Cash Donation

Donations can be received by the WISE office by cash, credit card, debit or cheque (payable to WESE). Please let us know that you would like your donation to support teacher training and we will ensure it goes to the right place.

Thank you all for the many ways you each contribute to the health and growth of our school in supporting the teachers and the children!

On behalf of HR committee

Warmly,  
Keely Scott 🍀



## WISE Annual Parent Surveys

Every year we send surveys to families at WISE. You can expect to receive an email from the office with a link to the online surveys in the first week of June.

These surveys help us gather information to better understand your family's experience and level of satisfaction with programs at WISE.

There will be three surveys available that separate the WISE program groups:

1. Kindergarten & Grades Students
2. Home Education
3. Wondergarden and Parent Tot Families

\*If you have multiple children in each program group, please fill out one per program group or one per child, if desired.

Please note that all results will remain confidential and identifying features will not be included with your results. However, a summary of the results will be used for reporting purposes as well as be made available to parents.

The deadline to complete the survey will be June 21, 2019.

We appreciate your time and thank you for all your participation in the WISE school life.

Please contact us via email with any questions or concerns at: [administrator@thewise.ca](mailto:administrator@thewise.ca)

## WISE Early Childhood / Homeschooling Open House

Saturday, June 15, 2019 from 2 - 4 PM

Please join our Early Childhood teachers for an informative tea to learn more about our Nursery (Wondergarden), Parent & Tot and Homeschooling programs.

Families who are interested in Homeschooling are also welcomed to attend to meet our Homeschool Facilitator.

Registrations for all these programs will be accepted on-site and tours of our school will be available.

Families are welcome.

For anyone interested in receiving more information, please call the office or e-mail K.C. Paziuk at [registrar@thewise.ca](mailto:registrar@thewise.ca).





# Waldorf Education: Pedagogical Perspectives Over Time

In 1919, one hundred years ago, the first Waldorf school opened in Stuttgart, Germany and at that time the world view was very different. In Europe it was an intense time of philosophical debate, and cultural and artistic exploration, as the old guard fell foul and the ‘hipsters’ of the time picked up the threads to make something of a broken world after World War 1 devastation. One such new thinker was Rudolf Steiner.

We might call Rudolf Steiner a Renaissance man, born into the right place at the right time, and finding fertile ground for his ‘new’ insights into education and lifestyle as the twentieth Century dawned.

Steiner’s contemporaries such as Sigmund Freud, Carl Jung, Arnold Schoenberg, Isadora Duncan, Serge Diaghilev, Herman Hess and Franz Kafka, were bringing fresh ideas on how to bring about change through the arts, culture and politics. New education systems were also in the making with Maria Montessori and Friedrich Froebel in the forefront. It was a time of change.

Steiner declared his first school, which was housed in the Astoria Cigarette Factory (financed and led by owner and philanthropist Emil Molt), a ‘free school.’ Free in the sense that the demographic was to be totally diverse with an education open and free for all, not just for the privileged who could pay. First and foremost, it was a school for the children of the workers at Emil Molt’s factory. The distinguishing feature of this school was Steiner’s world view on humanity: that we all have a spiritual component deep within that is unique to our own personal biography. Bearing this in mind, Steiner developed a curriculum based on his theory of child development; a curriculum designed to address the needs of the student as they grow and progress through developmental stages. Steiner favoured whole class teaching with a healthy group of children moving through as a cohort over a number of years.

His school recognized individual potential in every child, and Steiner encouraged his teachers to observe children carefully and assess where help might be needed to bring out full potential. But, this was distinct from physical or psychological “special needs” which Steiner viewed as requiring specific interventions, usually outside of the classroom. (Steiner special needs schools and communities developed in later years.)

Waldorf pedagogy is concerned with the process of teaching: attitude, best practices, presentation and delivery. It’s about supporting each child, and about how the teacher influences the learning process. The Waldorf curriculum contains the broad themes of what we teach — it is up to each teacher to take the curriculum and apply pedagogy in both prescribed and more nuanced ways; each teacher bringing creativity to the pedagogical process, and always addressing what the class as a whole might need at a given time. On the other hand, the teacher notes differences in learning styles of students and wherever possible accommodates to individual developmental needs.

Certain tenets are core to Waldorf pedagogy and are followed by all Waldorf Schools, but interpretation, scope and sequence, and more differentiated approaches to learning are being discussed in many Waldorf schools today and certainly among the Faculty of teachers at WISE. Steiner gave many “indications” of how to approach curriculum but also was careful not to be absolute.

Today, in our age of materialistic thought and egalitarianism, and one hundred years on from the first Waldorf School in Stuttgart, we notice much change: Child rearing styles have changed, family structures have changed, communications and dissemination of information have changed, workplaces and lifestyles have changed. It’s called progress, and it is good! But, it brings challenges to the classroom. Children seem to be more strong-willed than ever and carry within themselves strong preferences and opinions as well as very specific likes and dislikes. They are also much more affected and awake (it seems) to the worldly information surrounding them. They are born into challenging times where they need all the positive strength of character and leadership they can muster. WISE does not claim to have all the answers but does claim to work assiduously in creating a caring space, a caring school and a caring community, where students are supported holistically through meaningful relationships and well-crafted curriculum and pedagogy. Waldorf principles aim to develop well rounded individuals who may confidently take their place in the world.

One hundred years on from Emil Molt’s vision and Rudolf Steiner’s world view, WISE, along with many other Waldorf schools, strikes balance between staying true to the core tenets of Steiner’s philosophy, while expanding its mission to meet new challenges within a different world order.

Just as Rudolf Steiner accepted the challenges of 1919, so must we, collectively, share concern, hope and responsibility for the children of 2019.



## A message from Netta

It seems like just yesterday when I first met Keely Scott in 2002 and found out what the fledgling Waldorf movement was like in Edmonton. Fast forward to 2011, when the WISE first opened its doors in a 3-classroom section of our current school building (the west wing was rented by a church), on an unusually hot September morning. Matthew Vandergiessen, a grandparent at the WISE, who also happened to be a parent at the previous Waldorf school I had attended as a little girl, was playing the bass cello gently in the hallway as our Kindergarten class gathered in their classroom, and the 9 children in Class 1/2 ducked gently under the silken arch welcoming them to their new class.

Over the years that small split class has grown, and the upper grade has now become our first grade 9 class. All of our current grade 9 students joined us in the years between 2012 and 2018. We are so incredibly proud of the community this group of students have created amongst themselves and throughout the school.

This year marks significant milestones. Finishing our 8th full year as a school, I can feel the achievement and independence. It feels very special to me that the end of our 8th year coincides not only with our first graduating class, but also the 100-year anniversary of Waldorf Education itself.

Netta Johnson

## Presenting 'The First Graduating Class of WISE'

Class 9 has grown into their leadership roles over the few years that I have been with them, and I expect that they will carry this fortitude and resilience with them into their high schools, communities, and lives. As they have been the oldest class throughout their elementary education, they have forged many of the rhythms of the school, standing as role models to all who will come after. In many ways, this was a difficult path for them, and their families, and WISE has been engraved by their determination and love of Waldorf education. As a class, each of them carried such talents that their peers aspired to, and in this striving, they all became more rounded and developed in many areas of their lives. I wish for them the very best in living into their dreams, and I know that with this foundation of Waldorf education, they will be equipped to fare any storm that enters into their lives.

Chad Skinner, WISE Junior High Teacher







### Spring concert

Dear Wonderful WISE families,

I am excited to let you know that this year our all Grade Spring Concert (Classes 1 - 9) will be on Friday June 14th, at McDougall United Church! All friends and family are welcome. This a beautiful venue with lots of space for all of us. Tickets are on sale now. Please see the office or refer to the form sent home with your child(ren) to order tickets by June 14th.

The concert will begin at 6:30 pm, and I ask that you have your child(ren) there at 5:45 pm. I'm afraid it is paid parking in that area, please give yourselves a lot of time.

The address is 10025 101 Street (& MacDonald Drive).

If you would like to volunteer in any way (organization leading up to, set-up, tear down) to preserve the sanity of your Children's Music Teacher, please let me know! You can email me at [kirsten@thewise.ca](mailto:kirsten@thewise.ca).

Warm Thanks,

Kirsten Elliott  
Music Enrichment Teacher & Band Director at the WISE 🌱

### Enchanted Garden Store at the WISE

The school store will be closed for the summer so make sure to pick up anything you need for the end of school.

The school store is a volunteer-run community store and provides parents, caregivers, and friends with Waldorf inspired toys, books, supplies, and crafts. Timeless and unique, the items foster open-ended play and discovery through the senses. We carry educational materials, such as beeswax for molding, block and stick beeswax crayons, natural and sustainable pencil crayons, watercolor supplies, Waldorf dolls, kite paper, felt, yarn, knitting supplies and more. The book selection feature many of Steiner's works and Waldorf educators. If you are looking for a particular book or toys, we can help!

Email the [store@thewise.ca](mailto:store@thewise.ca) for any questions or to book an appointment.

We accept debit, cash, cheque, EMT and credit cards.  
Thank you for supporting the WISE 🌱





### Celebrate the purchase of our school

The final Elevate WISE event of the school year takes place on June 15, 2019. This time our focus is very much on fundraising for the new school building. The event takes place just as we complete the purchase.

As with all events we will offer a tour for participants, capped with a chance to raise a glass in celebration at this milestone.

We will also ask participants to make a donation to support the school's purchase. We need as many of your friends and family members to attend as possible to help realise this investment in your children's future education.

The tour begins at 7 PM, with a short presentation beginning at 8 PM.

If you have any questions, please email [eoin@wese.ca](mailto:eoin@wese.ca) 🌱



### Parent Partnership & Volunteer Committee

Dearest WISE Parents,

Thank you so much to everyone who came out to our Spring Work Bee! Our parent community is such a huge source for all the love and care that goes into maintaining our school. It's SO important that we've already begun planning our Summer Work Bee! Make sure to check your upcoming June email from your Class Rep for the official Save-the-Date.

We are also looking for volunteer setup support for the following events. Tasks includes setting out tables and chairs, beautifying the school, setting out refreshments etc. before the events. Please contact Alisa at [parentpartnership@wese.ca](mailto:parentpartnership@wese.ca) for more details.

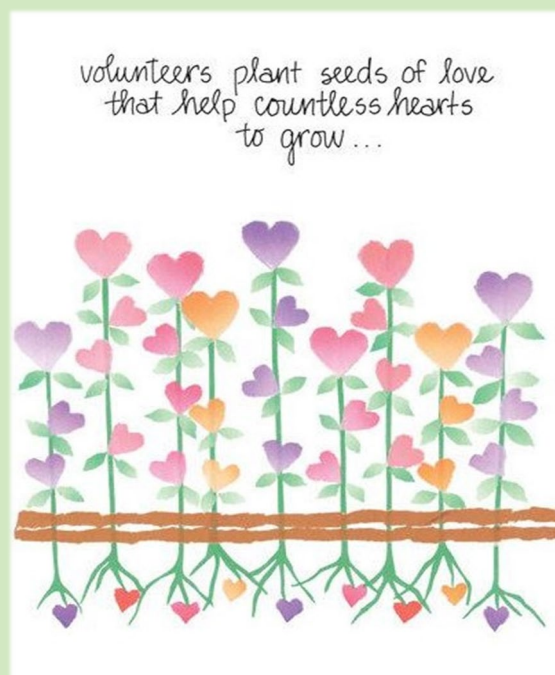
June 15: WISE Nursery Open House

June 15: Elevate WISE Year End Fundraiser

Warmly,

Alisa & Sydney

Parent Partnership & Volunteer Committee 🌱





## Mayfair

We would like to thank our community for joining together in celebration around the Maypole. Our children love these events, and they couldn't happen without the support of many. Thank you for your time and commitment. I would also like to take a moment to thank the Fair Committee. These people pour in a lot of hours and a lot of love. They are tireless (well, maybe a little tired) and they are bold. It is a great honour working with them and it's a lot of fun. Thank you Sydney Lee, Julie Yerex, Andrea Corbin, Andrew Johnson, Jess Purves, Farren Timoteo, Justine Pavelich, Claire Ziprick, and Christine Nordell. See you all at the Pumpkin Walk!

Warmly,  
Janelle Burnham





## Community Building



### Gateways Thank You!

The annual Gateways conference was attended by staff, parents and friends of WISE. This year's keynote address was given by David Sewell McCan of Sparkle Stories who wove the golden threads of his own personal story into the history of 100 years of Waldorf education and the 7 years of our school's existence. He brought us into a state of soft awareness, fine-tuning our ability to listen to the stories living all around us.

David's beautiful presence and his immense ability to create a powerful story from his immediate surroundings turned our school in a living, breathing story whose next chapter is being written every day by students, staff and our community.

Families who use the code SPARKLETIME will get a free 30-day trial at Sparkle Stories. They can also learn about David's upcoming 'How to be Super' online summer camp.





### Ottewell Artisan Farmers' Market

As we move into the warm summer months, some of the market will be moving outside, just outside the market doors. An outdoor presence will create some excitement in the neighbourhood and will bring more people to the market. The summer market hours are 3:45 PM to 7:30 PM.

We have a strong core group of vendors, and we are welcoming new vendors weekly. Ready for fresh produce? Starting June 20, 2019, there will be three tables of BC fruits and veggies. We are already offering radish, baby spinach and Asian greens! More to come as the season grows.

As with the school, this market is run on volunteer power. Did you know that volunteering for the market counts towards your volunteer commitment to the school? Get your hours in before the end of the year by helping out at the market! Visit us or contact [market@wese.ca](mailto:market@wese.ca) to volunteer throughout the summer & watch for opportunities to help out at the new Waldorf Ottewell Community Garden.

The market has some sponsorship opportunities available. If you or your company are interested in sponsoring the market, please email [market@wese.ca](mailto:market@wese.ca). Our sponsorship wish list includes: an outdoor market tent, printing costs for advertising, shopping bags and a bag tree for our new "Take A Bag Leave a Bag" program.

Thank you for supporting our community Farmers' Market, another amazing fundraiser to the WISE! 🌱





## Staff & Board Appreciation Event

As we near the end of the school year we find ourselves looking around at this community with so much appreciation. So many great, caring people coming together for the benefit of these children! Staff, students, parents, Board and Committee Members! Sincerest thanks to everyone who has helped out, or volunteered in some way, this year and in years past. Each year's efforts build on the last and it is encouraging to see the many gains each year! I am continuously amazed at what can be accomplished by the collective pull of so many smaller acts of kindness and support.

Speaking of community support, the HR Committee, Board and Faculty would like to extend some gratitude to the following people that donated their time and talents to the staff and board appreciation event on May 31, 2019.

*Catherine Green- Craniosacral Therapy and Massage*

*Alice Keewatin-EFT (emotional freedom technique) or meridian tapping*

*Sonja Myllimaki - Craniosacral Therapy and Massage*

*Becca Rochelt- Massage and Bowen*

*Lana Ninegeers - Energy Integration*

*Aaron Bjorndal- Rolphing*

*Mayumi Hara- Rolphing*

*Marie Cloutier- Massage*

*Jem Engelmann- TRE*

*Keely Scott- Yoga*



### **Catherine Green** **Craniosacral Therapy and Massage**

Catherine has a background in sport, theatre, Pilates, and dance.

She is registered Massage Therapist (RMT) and a registered Biodynamic Craniosacral Therapist (BCST). Her scope is large, and her biggest skill is listening. She listens to her clients in order to understand their body's needs. The touch can be light, the touch can be deep, but in either case, her focus is on the body's inherent intelligence and its natural tendency to heal itself. Catherine has been a member of WESE since 2004, when her eldest was born, and is thrilled to witness the school thrive in its present state. She is filled with gratitude to the staff and board, both current and past, for sharing in her children's amazing early education.

Thank You!



## Becca Rochelt

### Luna Butterfly Massage

Registered Massage Therapy  
\* Bowen,\*Cranio,\*Pregnancy  
780-242-5862

Becca is a Registered Massage Therapist since 2005, specializing in myofascial techniques, pregnancy, deep tissue sculpting, hot stone treatments, cupping and deep consideration for whole body therapy.

Becca is also trained in Craniosacral therapy and Bowen Therapy.

Working from her home Becca is very casual in her business style and very sensitive to individual needs. She prides herself in creating the best experience for each person, with the best technique, ambience or style for them or by helping them find the right therapist.



## Aaron Bjorndal

780-984-7390 call/text  
[info@aaronbjorndal.com](mailto:info@aaronbjorndal.com)

Rolfing is the best kept secret in the bodywork field. If you've heard of it, great! And it's not painful, that reputation still hangs around.

Rolfing Structural Integration is the original 'myofascial release' bodywork incorporating many techniques to produce powerful changes in a person's body. Releasing chronic aches and pains, improving posture, athletic performance and mind/body connection.

Aaron got Rolfed at age 15 to deal with severe scoliosis and was forever changed from his experience. Hence his vocational choice. Now in his 19th year of practice, he brings many years of experience as well as many hours of continuing education.



## **Keely Scott**

### **Yoga Nidra, Deep Relaxation and Savasana workshops**

Keely is offering a day-long workshop for physical, mental and emotional well being; exploring relaxation through practice, from the gross to the subtle body. Exercises for joints and glands, yoga asana, breath practices, deep relaxation, and meditation techniques will round out the day.

Jun 15, 2019  
Saturday, 10am- 4pm, \$75  
Mile Zero Dance Studio, 10816 - 95 St, Edmonton  
To register and info: keelydyoga@gmail.com  
780-237-1372



**Jem Engelman**  
**Certified TRE® Provider**  
**Shake Your Soul TRE**  
(587)222-4958  
jemlivewell@yahoo.com

TRE® is a series of movements that assist the body in releasing deep muscular patterns of stress, tension, and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system.

This shaking of the muscles increases the resiliency of the body because it causes deep relaxation that naturally reduces stress levels. It can release emotions ranging from mild upset to severe anxiety whether it is caused by work stress, excessive worry, conflict in relationships, physical stresses or traumas from accidents (sharing the details/conflicts/events are NOT part of the TRE process). After doing TRE®, many people report feelings of peace and well-being.

**Lana Ninegeers**  
**Integrative Energy Healing**  
780-906-6252  
sister@telus.net

I facilitate balancing your body's natural energy flow. And a balanced energy field brings more strength, resilience, balance, wellness and vitality to your life - physically, emotionally, mentally and spiritually.



**Mayumi Hara**  
**Rolfing Structural Integration**  
PHONE: 780-984-5390  
Email: mayu.rolfing@gmail.com  
www.mayumihara.com

Hands-on bodywork that focuses on aligning the body. Entire body structure is assessed on how it interrelates under the gravity field.

Structural imbalances of the body can lead to chronic pain and/or discomfort and these may inhibit normal functionality. In Rolfing session, these habitual imbalances will be addressed by manipulation of connective tissue and movement education.

Benefits Example:  
Pain relief and management, Reduced stress, Increased flexibility/movement, Better balance, Improved posture/alignment, Free from chronic pain, Recovery from injuries, Heightened body awareness, Increased sense of well-being







## Waldorf Education Society of Edmonton (WESE)

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[volunteer@wese.ca](mailto:volunteer@wese.ca)

 **WESE Facebook Group:**  
Waldorf Education Society of  
Edmonton



Waldorf Education Society  
of Edmonton

