



**ACACIA WALDORF SCHOOL**  
Educating the Child: Head ~ Heart ~ Hands

# **AWS Bulletin**

**SY 2016-2017 — Issue No. 2 (July 2016)**

## **MESSAGE FROM THE COLLEGE OF TEACHERS**

July 27, 2016

Dear Acacia Community,

"Why we do what we do." This month, two of AWS's Grade School alumni (2013) came for a visit. These are always heartwarming moments. They are now both in high schools abroad, one in Dubai and the other in the U.S. I asked them to write about their experiences of their years in Acacia for our Bulletin. For this month, I'd like to share with you the message of Isabella Malixi.

"Once during math, my teacher asked me (with the knowledge that I had never used the aid of a tutor) if I had learned the content before and if my previous school had been advanced in math. I had to suppress my laugh as memories of drawing and cooking for math class in Acacia flooded back. But I responded with all honesty that my school was not advanced in math but the school was one of the reasons I excelled in math.

Personally, I believe that one of the key objectives of Acacia is not to ensure that your child will receive top marks or be "advanced". What it ensures is that your child will try to do their best with self-confidence, as they would not be afraid of challenges or failure. It enforces the idea that grades do not define what you know, which other schools fail to convey or even comprehend. In other schools grades are the epitome of what you are capable of and who you are. Therefore the severity of getting a low grade is immense, as it has become a measure of self worth. I have been lucky to grow up with this Waldorf mindset as it has allowed me to establish an assurance that I am not defined by a numerical value. Therefore I am capable of so much more beyond that. This drives me to keep trying and pushing my boundaries without the fear of failure.

With my constant enthusiasm and appreciation for Acacia, often people wonder why I left Waldorf by choice. I always respond that I needed a change and a new challenge, which was actually an effect of my Waldorf Education as I had become driven to seek challenges. I was curious to see how I performed outside a comfortable environment as I felt like I needed to let go of the hand helping me for over 7 years. Not only did I grow and thrive in new and different environments, but it was also only then I realized how much Acacia has given me an advantage amongst others. Waldorf is my foundation as a student. It has not only taught me academics and



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art but more importantly it has taught me *how* to learn and has built my self-confidence in my abilities and capabilities. Moreover, it has built my character as an individual on a personal level that has made me more aware of myself as a student and human being.

However, what I want to convey is that staying in Acacia is still a wonderful thing, as everyone is different and adversity is relative. What I want to emphasize is that no matter whether you stay or leave Acacia, what you learn – even become – in Acacia will equip you with the strength, courage, and will to believe in yourself (as Teacher Trina has *always* emphasized in our class), which will influence you to seek and overcome challenges with perseverance and determination. Hence this provides the awareness that you are not confined by numerical boundaries. Without the fear and limitation of these boundaries you become willing to try, and also develop a love for learning as the only objective *is* learning, not achieving a certain grade. I owe so much to Acacia and I know that wherever I am or whatever I'm doing, Acacia will always be a place to call home."

Thank you, Isabella, for this inspiring message! We continue to be with you in spirit in all your endeavors.

With our Warmest Regards,  
Teacher Trina Galvez  
For the College of Teachers

(After graduating from Grade School in AWS in 2013, Isabella moved to Beacon Academy where she thrived. After a year in Beacon her family moved to Dubai where she transferred to Gems World Academy. She is now an incoming senior in their IB Diploma Program. Thriving as an honor student not only in academics but also in extra curricular activities and leadership roles, Isabella is one of 8 House Captains in the entire high school, continues to pursue her love for arts, music and sports and is part of the Soccer and Badminton Varsity teams.)

## UPCOMING ACTIVITIES

**August 5, Friday**  
**11:00 A.M. to 5:00 P.M.**  
**Farm Shed**

College Connect 2016 US  
Students, Parents, Teachers)

**August 11-12, Thurs/Friday**  
**1:30 P.M. to 4:30 P.M.**  
**Farm Shed**

Waldorf Education 101: Edu-  
cating the Whole Child, A  
Talk by Raph Lazo (Open to  
All)

**August 17-19, Wed-Friday**  
US Quarterly Exam Days

**August 21, Sunday**  
Ninoy Aquino Day (Holiday)

**August 24, Wed**  
Pre-School: Buwan ng Wika  
Celebration (details to be  
advised)

**August 26, Friday**  
**11:00 A.M. to 12:30 PM**  
\*GS/US 1st Bahaginan:  
Buwan ng Wika

\*GS/US PTC Schedule

**August 29, Monday**  
National Heroes Day  
(Holiday)

**August 30, Mon/Tuesday**  
Class 11 Kaimito (NCAE)

## ANNOUNCEMENTS

### **AWS New Vision Statement**

A gathering was held in AWS last year to revisit the School's Vision/Mission. It was an encounter of both the old and new members of the community (parents, teachers, Admin and Staff). They shared their expectations/goals/wishes and committed themselves to its realization.

After a long process of dialogue and exchanges of ideas, AWS is now guided by this new Vision Statement: **"To educate children, honoring their divine essence, in a loving and conscious community"**.

### **AWS Pre-School Admissions**

As a school committed to serve the needs of the children through age-appropriate activities and curriculum, please be guided by the following programs offered and its corresponding admission ages/class schedules.

Adult-Toddler Class (1.8 years old to 2.11 years old)  
Every Monday and Friday, 9:00 A.M. to 11:00 A.M. (already reached its maximum number of 10 students)

Pre-Kinder Class (3 years old to 3.11 years old)  
Every Tuesday to Thursday, 8:30 A.M. to 11:30 A.M. (there are still 5 more slots available)

Kinder 1 Class (4 years old to 4.11 years old)  
Every Monday to Thursday or Tuesday to Friday, 8:30 A.M. to 12:30 P.M. (there are slots available)

Kinder 2 Class (5 years old to 6.5 years old)  
Every Monday to Friday, 8:30 A.M. to 12:30 P.M. (there are slots available only for 5 years old)

### **AWS Vehicle Entrance/Exit/Parking**

Please be informed that starting Monday, Aug.1, the main school entrance/exit will be temporarily closed for 3 weeks due to repairs. Vehicles will need to use the other entrance/exit by the parking area next to the AWS sign.

Limited parking space available. We apologize for the inconvenience.

### **Fetcher's ID**

Your **Fetcher's ID** is now available at the Admin Office.

## ANNOUNCEMENTS

### The College of Teachers

The College of Teachers (COT) meets every Wednesday, from 4:00 P.M. to 6:00 P.M.. They are principally responsible for pedagogical policies, mentoring, professional development and the hiring/evaluation of teachers.

All written requests, suggested school activities such as talks or other initiatives for approval may be submitted to Mrs. Claire D. Nuevo, our School Administrator every Monday or you may also email your request to [admin@acaciawaldorfschool.com](mailto:admin@acaciawaldorfschool.com). All feedback will be given every Friday.

### Permit to Leave Campus Form

To facilitate the request of all the parents who plan to allow their children to leave the campus with another parent or guardian, kindly inform the Main Teacher and the Admin Office ahead of time through email or SMS (09175540435/09989808185)

The student needs to fill out the **Permit to Leave Campus Form** to be signed by their respective Main Teachers and the Admin personnel. The form will be handed to the Security Guard upon leaving the school vicinity.

### Articles for AWS Canopy

We are now accepting articles, write-ups, insights, reflections, pictures for our first quarter AWS Canopy (school magazine). Kindly go to the Admin Office if you are interested to contribute something to the community.

Deadline of submission on **August 11, 2016**

### New AWS Communication Service

In order to efficiently ensure proper communication services, we are very pleased to inform you that official AWS Community Announcements will now be sent via email and this new direct, automatic Globe Txtconnect System.

Kindly go to the Admin Office and update your email/contact information in case you are not receiving any school announcements.

### Guidelines for Students Going Out to the Farm Café

For security purposes, the gate near the Farm Shed Café is open **ONLY** to all Upper School students, teachers and Staff during snacks (10:30-10:50 A.M.) and lunch time (12:30-1:15 P.M.) Parents please use the main gate.

Grade School and Pre-School students are allowed to go the Café only after dismissal and accompanied by their respective parents or guardian.

### After School Care

We have an **"After School Care Program"** every Monday to Wednesday from 1:00 P.M. to 3:00 P.M. for all Pre-School children who are waiting for their parents and older siblings. Kindly coordinate with your Kinder Main Teachers for more details.

### Kubo for our Care Givers/Drivers

We have a designated 'Kubo' at the parking area for our caregivers and drivers. They are encouraged to stay there until dismissal time. They also need to wear their 'Fetcher's ID' within the school premises for proper identification.



## HIGHLIGHTS

### St. John's Festival



Last July 22, the students from Class 3 to Class 12 and their teachers celebrated St. John's Festival, a festival that commemorates a baptism whose typical channels are water and fire. These mark a cleansing and an awakening of consciousness, the beginnings of transformation into our better selves.

Our celebration started with songs and verses followed by water games that challenged the students' capabilities to work in teams. With joy and enthusiasm each one gave their best. Only a few managed to stay dry. The festivities ended with our traditional activity of jumping over fire. One by one, both students and teachers alike mustered their courage to jump over the flames.



It was indeed a memorable and symbolic way to celebrate the first festival of our school year.

### Kinder Celebration



Last June 24, the Kindergarteners enjoyed the morning activities prepared by their creative and dynamic teachers. They had water games and a puppet show in the end. Some of the parents brought healthy snacks for everyone to share.



## COMMUNITY DEVELOPMENT

### Parent Council General Assembly and Thanksgiving Lunch



Teacher Trina with the Parent Council Members during her Welcome Remarks



Teacher Michi and the Parent Council Members during the opening activity

Our very active and committed Parent Council Carriers (PCC) and Members gathered together last July 12 at the Farm Shed. The new Parent Representatives per class were introduced and the PCC briefly discussed their Committees. Pizza Morena served the healthy lunch where everyone enjoyed its fresh farm-to-fork goodness of real food.



Left to Right Clockwise:  
Parent Council Carriers; The Grade School Class Reps; The Upper School Class Reps; and the Pre-School Class Reps.



## COMMUNITY DEVELOPMENT

### Parent Education Talks



The Parent Care Committee is committed to Parent Education and to encourage active partnership in educating their children.

On this note, last July 7, AWS was privileged to have Raph Lazo and Amanda, his daughter, as our guest speakers for the community. Raph is a Pioneer Parent and co-founder of the Manila Waldorf High School. He gave a talk on the significance of celebrating festivals in Waldorf schools and how this addresses the developmental needs of our children. In observing these annual rhythms, the physical as well as the soul and spiritual aspects of the children are nourished.



He spoke particularly about St. John's Tide, a festival of the human being, and how St. John *consciously* responded to his calling as the one who would "prepare the way of the Lord." He concluded his talk with a painting activity.

After a short break, Amanda Lazo, high school graduate of the Manila Waldorf School shared her Senior Project with the community on "The Effects of Media on Children". As a Waldorf student herself from a very young age, protected from media, she spoke about the effects of her gradual exposure to technology as she grew older, how even her drawings, once filled with her own unique images, began to change, influenced by pictures she saw on television, and that the power of Pure Imagination in particular is compromised with increased media exposure. It was hopefully a wake up call to many parents, especially those with young children, to treasure and protect this golden opportunity called Childhood.

### Cybelle Martinez' Talk on Media

A healthy and informative dialogue was held on July 21 and July 27 between Cybelle Martinez and AWS teachers and parents about "The Role of Teachers/Parents in the Modern Age of Technology". Ms. Martinez is a Waldorf Teacher in the New York Waldorf School in the U.S. with several years of experience. She emphasized how our children need more experiences being with MOTHER NATURE and how this time with nature will teach them compassion, awareness of the beauty of creation and respect for human kind.



## FEATURED ARTICLE

### How the 'Dirt Cure' Can Make for Healthier Families

Dr. Maya Shetreat-Klein has a message for the parents of small children: Don't be afraid of dirt.

She is a firm believer in the idea that children in Westernized countries today grow up in a world that can be too sanitized. They spend less time outdoors exploring nature and more time in front of screens than they did two decades ago. They eat foods that are heavily processed. Many do not know what it's like to taste fresh, seasonally grown foods plucked from a garden with nutrient-rich soil.

Dr. Shetreat-Klein, a pediatric neurologist in New York and an instructor at New York Medical College, explores these themes in a new book, "[The Dirt Cure: Growing Healthy Kids With Food Straight from Soil.](#)" The book delves into research that suggests that spending time around farms, parks and other green spaces can benefit children in surprising ways, protecting against allergies, enhancing immune function and potentially even improving attention span and academic performance.

Dr. Shetreat-Klein wrote the book after a frightening experience with her youngest son, who started wheezing, breaking out in rashes and showing signs of delayed cognitive development after his first birthday. Various doctors suggested it was nothing to worry about.

But Dr. Shetreat-Klein eventually went to see an allergist who determined that her son was severely allergic to soy. Weaning him off of soy, which is added to many processed foods, proved difficult at first. But a week after eliminating soy from her son's diet, Dr. Shetreat-Klein noticed that his problems began to dissipate.

She and her family then set out on a journey to reconnect with nature. Despite living in the Bronx, one of the most densely populated, urban counties in the country, they started growing their own food, taking trips to farmers' markets and going on nature hikes. They even raise their own chickens.

Recently we caught up with Dr. Shetreat-Klein to talk about her book, why she feels so strongly about exposing children to "good old-fashioned dirt," and what families who live in urban areas can do to get closer to nature. Here are edited excerpts from our conversation.

Please refer to this website for the complete article: <http://nyti.ms/23Yzk3D>



## OTHERS



Acacia Waldorf School

### College Connect

The Farm Shed @ Acacia Waldorf School  
AUGUST 5 2016  
11:00AM TO 5:00PM

featuring

-ONE SCHOOL- ATENE0- UST - UA&P-ENDERUN-SoFA-

A FAIR ON ALL COLLEGE MATTERS

-K TO 12 - EXEMPTIONS - ENTRANCE EXAMS - SATS-  
COLLEGE FUND- SCHOLARSHIPS-  
RSVP +6329175540435



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**Art for Healing**  
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medium for healing



Iris Sullivan

Iris Sullivan is an Australian born art/ painting therapist, artist, and teacher. She earned an M.A. in Art Therapy. She was faculty at Rudolf Steiner College for 15 years, also taught high school art and now applies the Lianne Collot d'Herbois method by using light, darkness and color to stimulate inner healing.

### Public Lecture and Art Workshop Series

Relevant for Teachers, Doctors, Therapists, Artists. No art experience required :)

#### Track 1: Introduction to Art Therapy: The Healing Power of Colour

Evening Lecture + 2 Day Art Workshop  
22 August 2016, 6-8pm  
23-24 August 2016, 9am-5pm  
Venue: Rm 4, ISO, Ateneo, Loyola Heights

#### Track 2: Fairytales and Their Meaning for Relationships, Health and Spiritual Development

4 Day Art Workshop  
25-28 August 2016, 9am - 5pm  
Venue: Assumption Antipolo

#### Track 3: Continuing Professional Development (selected participants)

2 Day Art Workshop  
30-31 August 2016  
Venue: Maryridge, Good Shepherd Convent, Iruhing West, Tagaytay City

For Inquiries/Reservations:

Call 371.3893 or 0921.7165197, Email: awf1039@gmail.com  
Mon-Fri, 8am-5pm

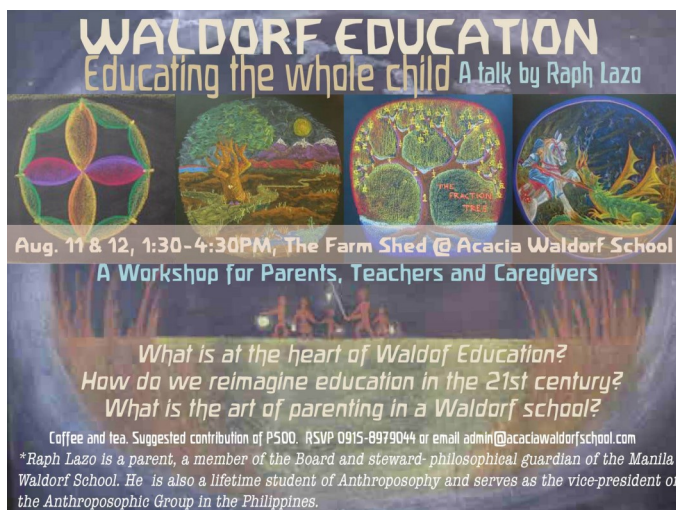


Presented by:  
Philippine Association for Biography Work and Art Therapy Inc (PABATI)  
Anthroposophia Wellness Foundation Inc (AWFI)



Harvest your own FRESH ORGANIC VEGGIES at the school farm!

Pick & Pay with the farmers is now available every Wednesday & Friday, 8-10AM and 2-4PM. Look for Rommel at the farm or contact him at **09399252507** for available HARVEST OF THE DAY. (Prices at the farm are 30% less than our retail price for the school community.



## WALDORF EDUCATION

### Educating the whole child

A talk by Raph Lazo

Aug. 11 & 12, 1:30-4:30PM, The Farm Shed @ Acacia Waldorf School

### A Workshop for Parents, Teachers and Caregivers

What is at the heart of Waldorf Education?  
How do we reimagine education in the 21st century?  
What is the art of parenting in a Waldorf school?

Coffee and tea. Suggested contribution of P500. RSVP 0915-8979044 or email admin@acaciawaldorfschool.com

\*Raph Lazo is a parent, a member of the Board and steward- philosophical guardian of the Manila Waldorf School. He is also a lifetime student of Anthroposophy and serves as the vice-president of the Anthroposophic Group in the Philippines.



## Community SEED Library

Help us transform our school yard into an EDIBLE garden!

\*We will provide a small box for seed drop-offs. Just look for it in front of the Admin office near the gate.

1. DON'T THROW AWAY YOUR AVOCADO, LANZONES, MANGOSTEEN, AND RAMBUTAN SEEDS (OR ANY OTHER FRUIT YOU ARE EATING THIS SEASON.)
2. WASH THE SEED, WRAP IN DAMP TISSUE OR PAPER TOWEL.
3. BRING IT TO SCHOOL! DROP OFF NEAR THE GATE!

Acacia Waldorf School  
A PROJECT OF THE ^ EDIBLE GARDEN PARENT COM.

For AWS Parents, Teachers, Friends

Adolescence naturally enters the life of a child, bringing many changes and much inner conflict. The author sheds light on common concerns and familiar problems.

Every  
Monday at  
9:00AM, Admin  
Conference  
room

