



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

AWS Bulletin

SY 2015-2016 — Issue No. 6 (October 2015)

MESSAGE FROM THE COLLEGE OF TEACHERS

October 15, 2015

Dear Acacia Community,

As social beings, we all have this inherent need to participate and be part of something bigger than ourselves. This is perhaps one of the main reasons social media has become such a successful and acceptable avenue of communication for adults. For many, it heals feelings of isolation and fills the need to connect with fellow human beings.

However, to participate in any form takes courage and a willingness to be vulnerable because it is a humble offering of one's "self", a kind of sacrifice. Yet, like the wick of a candle that needs to be consumed to give light, it's in taking this risk that we come alive and are able to experience and share our light. No different in a classroom setting, the lights turn on for the child and learning begins only when he is engaged, puts in the effort, participates and gives of himself. And this can only be done in freedom. "You can lead the horse to water but you can't make it drink." How priceless, thus, is the teacher that strives to connect with his students and inspires them!

Our school community is blessed with many opportunities to participate for both students and adults. This weekend's Fun Run was one such event. And it was indeed an overwhelming success. Enthusiastic and excited participants of all ages arrived as early as 5:30 a.m. to join this wholesome social activity, all for the worthy cause of the up and coming eco-building library. Congratulations and many thanks to both the runners and the organizers! You have truly done a great service for the members of our community.

Rudolf Steiner defines *Hallelujah*: "I purify myself of everything which hinders me from beholding the Highest". We find this valuable opportunity through the process of participation in community. And in recognizing the Highest or the divine in the other, we are able to recognize the Highest in ourselves.

With our warmest regards,

Trina Galvez
For the College of Teachers

UPCOMING ACTIVITIES

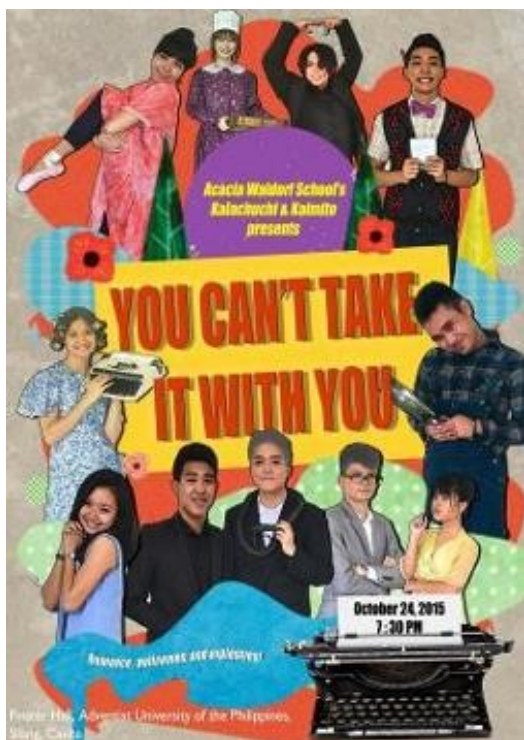
October

- 1–6 Transformative Power of Art V
- 2 Michaelmas obstacle course (Half-day for GS)
- 11 Fun Run with the Sun!
- 20-22 "St. George and the Dragon" by Claire McConnell, Lily Class 2 Annual Play
- 21 Clay Library Ground Breaking (8 AM)
- 21-22 "The Nose Competition" by James Sachs, adapted by David Mitchell for 7th Grade, Kawayan Class 7 Annual Play, Michael Hall (High School Building)
- 22 Distribution of 2nd semester US daily class schedules to the students
- 23 UN Day Bahaginan
- 24 "You Can't Take It With You", A Comedy in 3 Acts, by Moss Hart and George S. Kaufman, Kalachuchi Class Senior Play with the participation of Kaimito Class 10, AUP Finster Hall, Silang Cavite, 7:30 p.m.

November

- 26–Nov 2 Upper School Practical Projects Week
- 26–Nov 3 Kinder Semestral break
Grade School Projects Week
- 6 Upper School Michaelmas Program (5-7 PM) / Michael Hall
- 7 Clay House Library Workshop
- 11 Martinmas Festival
- 12 Advent Talk by Panjee Tapales
- 19-20 "Saul and David" by Michael Hedley Burton, Santan Class 3 Annual Play
- 22 Advent Fair 2015
- 23 No Classes
- 30 Bonifacio Day (Holiday)

ANNOUNCEMENTS



Kalachuchi Class 12 Play

The Kalachuchi Class, pioneer and senior of the Acacia Waldorf School will be staging their Senior Play, a combined production with the Grade 10, Kaimito Class. The Play is entitled "You Can't Take It With You", a comedy in three acts by Moss Hart and George S. Kaufmann set in the 1930's. This will be held at the Finster Hall in the Adventist University of the Philippines (AUP), Silang, Cavite on October 24, 2015, Saturday at 7:30 PM.

The play is about the importance of family, love, and loving what you do in life.

Tickets are available at Php 300.00. For more details and reservation, kindly email beagalvez@gmail.com or mirea.suarez@gmail.com.

EVENTS

Acacia's First Fun Run in the Sun, A Success!



Kudos to all members of our hard working Parent Council, our school teachers and staff, Acacia Fun Run In the Sun organizers, sponsors and runners for a wonderful and successful fun run held at the school grounds during the early morning hours of Sunday, October 11, 2015!

More than 500 able bodied and enthusiastic runners of all ages converged for a first ever Acacia Fun Run In The Sun, a three part marathon that was organized to raise awareness for running as an exercise, and to raise funds for a new clay library that will be built at school in the coming months.

Enthusiastic runners arrived bright and early, snacked on fresh sweet bananas and had a brief warm up stretching session with our very own Acacia parent and Yoga practitioner Mrs. Imee Contreras prior to the start of the race. Our school teachers manned the water stations along the length of the runs while professional first aid teams and an ambulance was on stand by to provide support.

The runners completed 5k, 3k or 1.5k runs along the streets around the school. It was truly a wonderful sight to see serious and aspiring marathon runners and families run side by side, collect their colorful running strings, and receive their completion tokens under the plant-lined bamboo arch after finishing their runs. After the run, participants converged at the school's cafeteria tent for breakfast and refreshments specially prepared by members of our school community, while the younger children spent a relaxing morning at parlor games, a token decorating activity and a photo booth at the school grounds.

Michaelmas: Strength and Courage Through Obstacles and Quests

A highlight in Waldorf Schools is Michaelmas, which is the Feast of St. Michael the Archangel, or also known as the Feast of the Holy Angels. This festival focuses on the Michaelic gestures of self transformation, courage, inner strength and will. The actual feast of St. Michael falls on September 29. At our school, Michaelmas festival activities may be held some days before, during or after the actual feast date.

In celebration of Michaelmas, our grade school students go through a quest, or a challenging adventure together, usually in the form of an obstacle course. Upper School students prepare the quests, man the obstacle course, and support the young graders as they solve mysterious puzzles, undertake challenges and overcome obstacles with courage, vim and vigor.



Obstacles of earth, fire, air, water, and also maybe an unexpected dragon or two have to be overcome for the graders to reach their goal and fulfill their quest! This year's obstacle course was held last Oct. 9. Each student walked, ran, carried, crawled, jumped, hopped, climbed, and dug into their own well of courage and fortitude. At the end of the journey, each one held his or her "star" of courage that was to be revealed within the fruit that they held in their hands.

Upper School students likewise will gather their own courage and present surprise numbers at a unique annual Michaelmas program at the school. Parents, family members, friends and the school community (from Class 7 and older) are invited to watch and support this year's Upper School Michaelmas program which will be at 5pm-7pm on Friday, Nov. 7 at Michael Hall at the Upper School building. Refreshments will be served as fundraisers for the students' trips.

Michaelmas is also a special time for our school community because St. Michael the Archangel is the patron of our school. The school's brave founders dug the foundations of our school's first building fourteen years ago on Sept. 29th. Today, Acacia Waldorf School is a growing K – 12 school and is a second home to over 210 striving and courageous students and counting!



EVENTS



Architecture, The Mother of Arts

Some Kalachuchi Class 12 students and Upper School teachers attended a workshop entitled "Architecture, Mother of the Arts", by Waldorf artist, art teacher, writer and mentor Mr. Van James last October 4 at the Isip Center in Makati.

Among other things, Mr. Van James explained and demonstrated how architecture has been a conduit for carrying, presenting and representing the gestures and expressions of man's consciousness throughout the ages, from the dolmens and burial structures of the ancient world, the basilicas and secular buildings of the middle ages, the heights of the Renaissance era and onto the buildings and structures of the modern world. He also discussed the influences of the different elements, Feng Shui, and noteworthy persons that brought about significant changes in architecture design throughout man's history.

We encourage our school community to take the opportunity to attend Mr. Van James' future workshops and lectures. Mr. Van James heads the Honolulu Waldorf School, in the U.S.A., and he visits Manila each year to share his artistic experiences with interested teachers, parents, and the general public.

John Chalmers Visits Upper School Play

Acacia Waldorf School's Upper School Class 12 Kalachuchi students are currently busy working on the final stages of their annual play production entitled "You Can't Take It With You", a thought-provoking romantic comedy, together with the able supporting cast of our Class 10 Kaimito and a couple of Class 11 Guava students.

Upper School Waldorf Humanities teacher specialist and mentor Mr. John Chalmers gave intensive daily acting workshops at the school to these students last October 4 – October 16, 2015. Among other things, the students learned how to work with their characters on a deeper level, and how timing and delivery are oh so important in defining and presenting the essence of the different characters in the play.

Once again, we invite our school community and friends to support and watch the play on Saturday, October 24, 7:30 p.m. at Finster Hall of the Adven-

tist University (AUP), which is along the Sta. Rosa-Tagaytay Highway in Silang, Cavite. We request our spectators to come to the venue early, to avoid traffic. Proceeds of the play will fund class trips of Kalachuchi and Kaimito students. Tickets are reasonably priced at just P300 each, and may be purchased in advance at the Admin office or from any Class 12 Kalachuchi student. We hope to see you there!

Class 10 Kaimito Debate 2015

The date: October 6, 2015. The day: Tuesday. The venue: Michael Hall. Then and there the battle lines were drawn. What was the point of contention? What was the proposition? *Resolved, That the Acacia School Gymnasium be converted to a full basketball court.* Class 10 Kaimito took their sides and prepared for battle. After all, it was the school's first public debate. Joseph Galvez, Gavin Jaen, Raphael Sandoval, and Lucas Tantoco, sporting the school's basketball jersey, stood on the affirmative side. Patrick Baek, Subin Heong, Denise Jaugan, and Kevin Lee, all donning formal dresses and long sleeved shirts took the negative side.

The affirmative's battlecry: Fulfillment! The negative: Diversity! Proof, evidence, questions, and arguments were presented to Kaimito's juniors and seniors: Class 7, 8, and 9 and Class 11 and 12. Tensions rose, and passion was in the air. It was a day for reason and persuasion, clothed in the words of the debaters.

Something had to give. Ms. Laarni Arañas, Ms. Cherry Ann Tolentino, and Ms. Joshua Zerna, the debate's adjudicators, like any sport team would during a break, huddled together after the contest to consolidate their scores, and ultimately, to judge. The debate allowed each side to convince the judges and the spectators of the rationale and soundness of their views.

But the objective of a debate, whether it be a formal or an informal one, whether it be with a friend or a stranger, should not be entirely about "winning" nor "losing." The essence of a good debate is in the process of research, which leads to sound reasoning, which in turn leads to listening.

And listening should always be a humbling experience.

COMMUNITY DEVELOPMENT UPDATES

Healthy Food Prep Tips From Our After-School Cooking Workshops

Food can be healthy and flavorful, but you have to watch what you eat because food can be dangerous if not properly prepared. When it comes to cooking, not all people are aware of the chemical reactions involved when an ingredient is combined with other ingredient, mixed or placed in a container, or when it is subjected to high temperature.

For example, olive oil is known for its health benefits, because people use it for frying. But what they do not know is that subjecting this oil to high temperature can make the oil dangerous. Why? For those who have a basic knowledge of Chemistry, olive oil is a polyunsaturated fat and therefore it has a lot of double bonds which makes the oil very unstable when exposed to light, oxygen (air) and heat. So, when these double bonds are damaged, it will break the fat molecule into glycerol and fatty acids. This kind of chemical reaction can be observed when we use olive oil in frying and this can result in the formation of peroxides which are carcinogenic substances. I

If you want to have the health benefits that olive oil can give, then don't heat it. This is only one of the many chemical reactions that happen when we prepare our food and basic knowledge on food preparation is very important.

As the saying goes, "Health is wealth." Basic hands on healthy food preparation is taught at the AWS After-School Cooking Workshops held on Tuesdays for Grades 2 - 4 students, and Wednesdays for Grades 4 - 8 students, 3:30 - 4:30 p.m. at the school. Please visit Joshua Zerna at the Admin Office for more details.



Clay Library Ground-breaking



The new day has given a new experience of fulfilling our hopes and dreams. Last October 21, teachers, parents, students, admin and staff gathered together to witness the ground-breaking ceremony for our AWS clay library. Weeks from now, we will build an abode where our children will nourish their love for learning and travel with their imagination through reading.

As a community, let's come and understand more about the essence of building bricks using natural materials on Saturday, November 7 at AWS . It will be from 9 AM to 4 PM with master builder, Maui Esguia.

Hand in hand, with all our hearts, our AWS clay library will soon stand before our eyes!

AWS Community Mindful Yoga & Meditation class

The Community Wellness Committee, headed by Imee Contreras, conducts a mindful yoga and meditation class every Thursday from 9:00–10:25 AM at the Banahaw Clubhouse Library, Sta. Elena Golf and Country Club. For those who wish to join the sessions, kindly bring a yoga mat, a face towel, and water. Wear loose, comfortable clothing and please refrain from wearing strong scented perfumes.

For any queries, call or sms Imee at [0917 544 9642](tel:09175449642).

FEATURED ARTICLE

Screen Time Is Making Kids Moody, Crazy and Lazy

6 Ways electronic screen time makes kids angry, depressed and unmotivated

(by Victoria L. Dunckley, M.D., Mental Weath)

Children or teens who are “revved up” and prone to rages or—alternatively—who are depressed and apathetic have become disturbingly commonplace. Chronically irritable children are often in a state of abnormally high arousal, and may seem “[wired and tired](#).” That is, they’re agitated but exhausted. Because chronically high arousal levels impact [memory](#) and the ability to relate, these kids are also likely to struggle academically and socially.

At some point, a child with these symptoms may be given a mental-[health](#) diagnosis such as [major depression](#), [bipolar disorder](#), or [ADHD](#), and offered corresponding treatments, including [therapy](#) and [medication](#). But often these treatments don’t work very well, and the downward spiral continues.



What’s happening?

Both [parents](#) and clinicians may be “barking up the wrong tree.” That is, they’re trying to treat what *looks like* a textbook case of mental disorder, but failing to rule out and address the most common environmental cause of such symptoms—everyday use of electronics. Time and again, I’ve realized that regardless of whether there exists any “true” underlying diagnoses, successfully treating a child with mood dysregulation today requires methodically eliminating all electronics use for several weeks—an “[electronics fast](#)” ([link is external](#))—to allow the nervous system to “[reset](#).” ([link is external](#))

If done correctly, this intervention can produce deeper [sleep](#), a brighter and more even mood, better focus and organization, and an increase in physical activity. The ability to tolerate [stress](#) improves, so meltdowns diminish in both frequency and severity. The child begins to enjoy the things they used to, is more drawn to nature, and imaginary or creative play returns. In teens and young adults, an increase in self-directed behavior is observed—the exact opposite of apathy and hopelessness.

It’s a beautiful thing.

At the same time, the electronic fast reduces or eliminates the need for medication while rendering other treatments more effective. Improved sleep, more exercise, and more face-to-face contact with others compound the benefits—an *upward spiral*! After the fast, once the [brain](#) is reset, the parent can carefully determine how much if any electronics use the child can tolerate without symptoms returning.

Restricting electronics may not solve everything, but it’s often the missing link in treatment when kids are stuck.

[But why is the electronic fast intervention so effective?](#) ([link is external](#)) Because it reverses much of the physiological dysfunction produced by daily screen time.

Children’s brains are much more sensitive to electronics use than most of us realize. In fact, contrary to popular belief, it doesn’t take much electronic stimulation to throw a sensitive and still-developing brain off track. Also, many parents mistakenly believe that *interactive* screen-time—Internet or social media use, texting, emailing, and gaming—isn’t harmful, especially compared to passive screen time like watching TV. In fact, interactive screen time is *more likely* to cause sleep, mood, and [cognitive](#) issues, because it’s more likely to cause hyperarousal and compulsive use.

FEATURED ARTICLE

Here's a look at six physiological mechanisms that explain electronics' tendency to produce mood disturbance:

1. Screen time disrupts sleep and desynchronizes the body clock(link is external).

Because light from screen devices mimics daytime, it suppresses melatonin, a sleep signal released by darkness. Just minutes of screen stimulation can delay melatonin release by several hours and desynchronize the body clock. Once the body clock is disrupted, all sorts of other unhealthy reactions occur, such as hormone imbalance and brain inflammation. Plus, high arousal doesn't permit deep sleep, and deep sleep is how we heal.

2. Screen time desensitizes the brain's reward system.

Many children are "hooked" on electronics, and in fact gaming releases so much dopamine—the "feel-good" chemical—that on a brain scan it looks the same as cocaine use. But when reward pathways are overused, they become less sensitive, and more and more stimulation is needed to experience pleasure. Meanwhile, dopamine is also critical for focus and motivation, so needless to say, even small changes in dopamine sensitivity can wreak havoc on how well a child feels and functions.

3. Screen time produces "light-at-night."

Light-at-night from electronics has been linked to depression and even suicide risk in numerous studies. In fact, animal studies(link is external) show that exposure to screen-based light before or during sleep causes depression, even when the animal isn't looking at the screen. Sometimes parents are reluctant to restrict electronics use in a child's bedroom because they worry the child will enter a state of despair—but in fact removing light-at-night is protective.

4. Screen time induces stress reactions.

Both acute stress (fight-or-flight) and chronic stress produce changes in brain chemistry and hormones that can increase irritability. Indeed, cortisol, the chronic stress hormone, seems to be both a cause and an effect of depression—creating a vicious cycle. Additionally, both hyperarousal and addiction pathways suppress the brain's frontal lobe, the area where mood regulation actually takes place.

5. Screen time overloads the sensory system(link is external), fractures attention(link is external), and depletes mental reserves.

Experts say that what's often behind explosive and aggressive behavior is poor focus.(link is external) When attention suffers, so does the ability to process one's internal and external environment, so little demands become big ones. By depleting mental energy with high visual and cognitive input, screen time contributes to low reserves. One way to temporarily "boost" depleted reserves is to become angry, so meltdowns actually become a coping mechanism.

6. Screen-time reduces physical activity levels and exposure to "green time."

Research shows that time outdoors, especially interacting with nature, can restore attention, lower stress, and reduce aggression.(link is external) Thus, time spent with electronics reduces exposure to natural mood enhancers.

In today's world, it may seem crazy to restrict electronics so drastically. But when kids are struggling, we're not doing them any favors by leaving electronics in place and hoping they can wind down by using electronics in "moderation." It just doesn't work. In contrast, by allowing the nervous system to return to a more natural state with a strict fast, we can take the first step in helping a child become calmer, stronger, and happier.



(Reference:
<https://www.psychologytoday.com/blog/mental-wealth/201508/screentime-is-making-kids-moody-crazy-and-lazy>)

OTHER EVENTS

OUR BOOKS NEED A HOME.
HELP US BUILD ONE.

WORKSHOP
MUD HUT
DESIGN

ACACIA WALDORF SCHOOL

7 NOV 2015 9 AM - 4 PM

P2500* WKSHP LUNCH+TEA

**Your payment goes to our Clay Library Building Fund*

ACACIA WALDORF SCHOOL PRESENTS

LIGHTING THE PATH TOWARDS CHRISTMAS
A COMMUNITY ADVENT FAIR OPEN TO ALL

SUNDAY, 22ND NOV 9 AM-4 PM

Handwork
Storytelling
Workshops
Game Booths
Live Music
Wreath
Making
Puppet
Animal Rides
Puppet Shows
Market Stalls

2015 ADVENT FAIR
ACACIA WALDORF SCHOOL • STA-ELENA ESTATES • STA-ROSA • LAGUNA

Email: admin@acaciawaldorfschool.com | Web: www.acaciawaldorfschool.com

ISIP presents

Parsifal
Lecture and Workshop
by Iris Sullivan
Artist, Art Teacher and Art Therapist

Love in Parsifal: Morning Lecture
November 22, 2015 8:30am to 12:00nn
ISIP Manila, 6241 Palma St. corner Manalac St.
Barangay Poblacion, Makati City
Regular fee: Php1,500

Workshop on Parsifal and Color
November 27-30, 2015
Prado Farms, Lubao, Pampanga
Regular fee: Php8,500

The Parsifal story follows the development and challenges of a young man in his search for the Holy Grail. This quest is representative of the journey that the striving modern human being must take toward freedom and his or her life purpose, situated in the wider context of the evolution of consciousness.

This workshop will deepen the understanding of color for artists, therapists and those using biography as healing. Those who are interested in the laws of Light, Dark and Color as they relate to human development are encouraged to participate in this workshop.

For inquiries and reservations, please contact ISIP:
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15-DAY INTENSIVE BEGINNER'S COURSE
IN WALDORF/STEINER
EARLY CHILDHOOD
EDUCATION
2016

For parents, teachers
& individuals seeking
self-development

Venue
1086 Del Monte Ave.
Quezon City

Dates
January
28, 29, 30,
February
4, 5, 6, 11, 12, 13,
18, 19, 20, 25, 26, 27

Time
(9am - 4:30pm)

Fees (non-refundable)
Early bird fee*: Php 13,000
(*paid on or before November 27)
Regular fee: Php 15,000

Coverage

- Foundation studies in Anthroposophy (the philosophical/spiritual basis of Steiner Education)
- Overview of the processes of childhood & the Waldorf curriculum
- Understanding the development of the child from conception to 7 years
- Preparing yourself & your kindergarten
- Biography work

Introduction to
Group singing, pentatonic lyre playing, recorder playing, eurythmy, wet-on-wet painting, clay modeling, form drawing, storytelling & puppet making

To register, contact Rudolf Steiner Education in the Philippines
rstep07@yahoo.com.ph • (+632)3741224 • (+63)9178386315 • rstep.org.ph