



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

# AWS Bulletin

SY 2015-2016 — Issue No. 7 (November 2015)

## MESSAGE FROM THE COLLEGE OF TEACHERS

November 24, 2015

Dear Acacia Community,

My mother was my first unofficial "Waldorf" teacher. A published poet and artist, she taught me how to draw the "Waldorf" way. She would emphasize, "If you really look around, you'll see there are no such things as lines," a concept difficult to understand at that time but one that stretched my imagination. As a young girl, cuddled in her arms at night, she would read me her favorite book, *The Little Prince*, by Antoine de Saint-Exupery. Listening to how the Little Prince cared for his planet and his rose, I learned about Awe and Reverence and what made someone "unique in all the world". As he tamed his fox, I learned about the magic of Rhythm and Repetition. Through the drawings of the boa constrictor digesting a hat, I learned that Imagination was a necessary ingredient in developing the capacity for empathy and to see reality from another person's point of view. But her favorite quote of all is one that resonates with many: *It is only with the heart that one can see rightly. What is essential is invisible to the eye.* Through the years, these simple yet profound words have shown themselves true in many forms. Last November 21 was her birthday. She would have been 85 years old.

The day after, Acacia held the most well attended Advent Fair in its history. It was a joyful, beautiful day! The campus was filled with much activity, sights, sounds and smells. Almost every pocket of the grounds had something special going. There were healthy, gourmet food stations, different arts and crafts, the favorite petting zoo, a Norse inspired maze, a fish and massage spa, a most enchanting puppet show of *Cinderella*, live entertainment at the high school building, the Nature Table Exhibit, our new Clay Library built with our own hands and feet, and many more. Children and adults alike were walking on stilts. And throughout the day, in our multipurpose court, talented performers, young and old, shared their love and passion for their music. There was harp music performed by teachers and parents. Students from the middle and Upper School sang and played their guitars, ukuleles and violins. There was drumming and dancing, and the participation of 2 very special professional performing artists and our very own Acacia Dads, Class 8 Dad Richard Merk who sang us a few songs in the morning and Class 1 Dad Bamboo who gave us a whole mini concert as our grand finale in the evening. So much passion, joy, fun, enthusiasm, hard work, commitment, gratitude and love for our school and our community. It was not difficult to open our hearts that day and see the essentials that made our Advent Fair such a memorable experience.

To all the organizers, performers, participants or those simply present and eager to be part of the merriment and festivities, thank you for "Lighting the Path towards Christmas" with your Love. Through the noise and hustle and bustle that the season brings, may this warm, quiet glow remain with us as Advent draws near and we prepare for the Coming of the Christ Child. May we continue to see with our hearts, that the essential does not escape our gaze.

With our warmest regards,  
Trina Galvez  
For the College of Teachers

## UPCOMING ACTIVITIES

### 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)

### December

1	Lighting of 1st Advent candle
4	Kinder Advent Spiral
5	Grades 1-3 Advent Spiral
7	2nd Monday of Advent
8	Market Day
14	3rd Monday of Advent
15	Pre School (PS)–Gr. 4 Christmas Party
16	Gr. 5-12 Christmas Party (AM) PS–Gr. 4 Christmas Festival (5PM)
17	Christmas Festival
18	Faculty Christmas Party
18-Jan 4	US Christmas Break
18-Jan 5	PS/GS Christmas Break

## ANNOUNCEMENTS

### **Sotero Laurel Cup League Games**

Everyone is invited to watch and cheer for our Acacia varsity team basketball league games this weekend :

Venue: Lyceum School, Calamba, Laguna

Schedule:

\*Saturday,  
November 28

\*8:00 AM  
AWS vs ICBA

\*1:00 PM  
AWS vs  
Canossa School



\*Sunday, November 29

\*9:30 AM AWS vs HRC

\*2:30 PM AWS vs JIL School

Please bring healthy drinks, packed lunch and snacks.

(Schedules may change without prior notice)



## HIGHLIGHTS

### Mud Hut Design Workshop



And the fourth little pig, the wisest of them all...

On the first Saturday of November, 60 enthusiastic participants, par-

ents, teachers, students, staff and guests alike all gathered in Acacia to learn more about how to build a house out of mud, the Mud Hut Design. Mud! How could one resist? Everyone playfully but purposely got their hands and feet dirty to create what is to be the children's new school library. What fun! The day ended with happy hearts satisfied after a good day's work, having built new connections not only with friends but most importantly with Mother Earth.

### Santan Class 3 Rice Harvest



The third grader, becoming aware that he or she is forever leaving the world of early childhood, suffers a sense of irretrievable loss. This is an experience, which is microcosmically akin to the "expulsion from Paradise,". On the physical level, just as Adam and Eve were told that they would have to earn their keep "by the sweat of their brows," the third grader seeks a way in which his or her will may be brought in relationship with their new home – the earth.

(<https://millennialchild.wordpress.com/article/the-waldorf-curriculum-grade-three>)

### Painting Lessons

"True art stands beside real (Scientific) knowledge on the one hand, and on the other, genuine religious life...No artist could create in his medium if there were not alive in him impulses springing from the spiritual world. This fact points to the seriousness of art standing alongside the seriousness of cognition and religious experience. It cannot be denied that our materialistically oriented civilization diverts us, in many ways, from the gravity of art. But any devoted study of true artistic creation reveals it as an earnest of man's struggle to harmonize the spiritual-divine with the physical-earthly."

(Rudolf Steiner, 6/3/23, The Arts and Their Mission.)



"Children need art—Teachers should love art so much that they do not want this experience to be lost to children. They will then see how the children grow through their experiences in art. It is art that awakens their intelligence to full life. With our intellect we merely comprehend nature; it takes artistic feeling to experience it. If children are taught to comprehend things in a living way they become "able" people, whereas children who engage in art learn to be "creative" people. In the first case they are merely applying their abilities; in the second case they grow through this very application. However clumsily a child models or paints, this activity awakens their inner soul forces. When children engage in music or poetry they feel their inner nature uplifted to the ideal plane. They acquire a second level of humanity alongside the first.

None of this is achieved if art is taken as a separate, unrelated subject and not as an organic part of the whole of education. For all the child's education and instruction should form a whole. Knowledge, culture and the training in practical skills should all lead to a need for art, just as artistic sensitivity should reach into the realms of learning, observation and the acquisition of skills." (Rudolf Steiner, GA36)



## EVENTS

### ADVENT FAIR 2015: LIGHTING THE PATH TOWARDS CHRISTMAS

Thank you all for coming to our fair! We hope you took home some of the happy vibes from our little community in the south! Thankful for all of the over-the-top generous people who made this day possible.  
(By Ina De Vera in behalf of the Parent Council 2015-2016)



## FEATURED ARTICLE

### TV and Our Children's Minds (by Susan R. Johnson, M.D.)

My son's birth, 6 years ago, brought home to me the frightening impact of TV. Before TV, he played outside, examining bugs, making things with sticks and rocks, enjoying the water and sand. He seemed at peace with himself, his body, and his environment. Watching TV, he became unresponsive and glued to the set. When I turned it off he grew anxious, nervous and irritable. His play was erratic and unimaginative, his movements impulsive and uncoordinated.

#### Why is TV so harmful?

The artificial pulsed light of TV projects directly into our eyes and beyond, affecting the secretions of our neuro- endocrine system. We strain to see the fuzzy and unfocused dotted image, especially if our eyes are under 4 years old and have not fully developed visual acuity and binocularity.

Watching TV weakens the very skills needed for effective reading: the ability to search out, scan, focus, and identify whatever comes into the visual field. Pupil dilation, tracking, and saccadic movement, all critical for reading and all absent during TV viewing, are functions of the reticular activating system (RAS). The RAS, gateway to the neocortex, is idle when a child watches TV, resulting in a poorly integrated lower brain which can't properly access the higher brain.

#### What about "educational TV" like Sesame Street?

Jean Healy, in , wrote about "Sesame Street and the Death of Reading." Advertising agencies and many children's shows, including Sesame Street, counter the tendency to habituate to TV with frequent new images, flashing colors, close-ups, and startling loud sounds. When TV presents sudden stimuli, the limbic brain goes into a "fight or flight" response, releasing hormones and chemicals throughout the body. Heart rate and blood flow to limb muscles increase to prepare for danger. Because this tension is not released with movement, certain programs actually put us in a state of chronic stress or anxiety. In addition, the rapid-fire change of image every few seconds, even faster in commercials and MTV, does not allow our higher brain time to process.

#### What's wrong with using TV as just entertainment?

Stories on TV project emotional content that goes directly into the limbic system and the right hemisphere of the neocortex. With no time to reflect on these emotional pictures, the left hemisphere

is uninvolved. Once again watching TV bypasses the analytic brain that can give meaning to what we see.

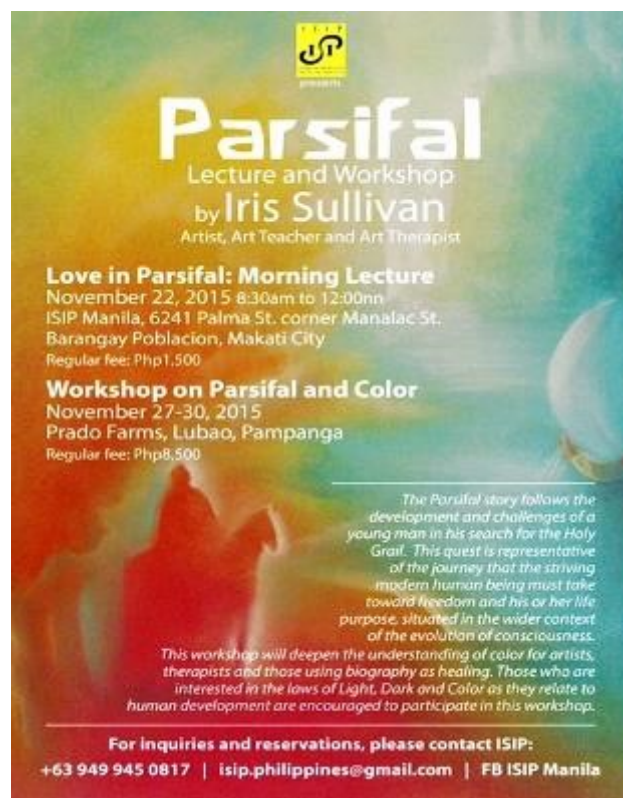
#### How can we help our children's brains develop?

1. Turn it off. Avoid TV as much as possible before age 12. Cover the TV with a cloth or store it in a closed cabinet. Select programs carefully. Watch and discuss the content with your child. Go outside to rest the eyes afterwards.
2. Read, talk and play with your children. Stories, like conversing with another human being or playing "pretend," stimulate children's abilities to use imagination rather than prefabricated TV images. Encourage your child to read the book before seeing a movie adaptation.
3. Offer a "nutritious" sensory diet. Our environment is noisy and over-stimulating. What children see, hear, smell, taste, and touch is extremely important to their development. Children watching TV experience multi-leveled sensory deprivation that may stunt their brains. Brain size has been shown to decrease 20 - 30 % when a child is not touched, played with or talked to. The building blocks of later confidence and positive attitude are early multi-sensory experiences of what is beautiful, good, and true, not passive exposure to screen images.
4. Nature! Nature! Nature! Children habituated to fast-paced action-packed TV find nature boring, because they can no longer process subtle sensory experience. Nature is the greatest teacher of patience, delayed gratification, reverence, awe and observation. It offers spectacular colors, sounds, textures, smells and tastes. We only truly learn when all our senses are enlivened, and when information is presented to us in such a way that our higher brain can absorb it.
5. Use hands, feet and whole bodies performing purposeful activities. Running, jumping, climbing, and playing jump rope help to develop gross motor skills and myelinate pathways in the higher brain. Performing household chores, cooking, baking bread, knitting, woodworking, origami, string games, finger games, circle games, painting, drawing, and coloring help develop fine motor skills and also enhance myelination. Banish the TV to foster cognitive development in your child, and the whole family will enjoy closer relationships and more fun!

(<http://devdelay.org/newsletter/articles/html/249-tv-and-childrens-minds.html>) Susan R. Johnson, M.D., is a Behavioural and Developmental Pediatrician and certified Waldorf teacher.



## OTHER EVENTS



**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:  
+63 949 945 0817 | [isip.philippines@gmail.com](mailto:isip.philippines@gmail.com) | FB ISIP Manila



**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

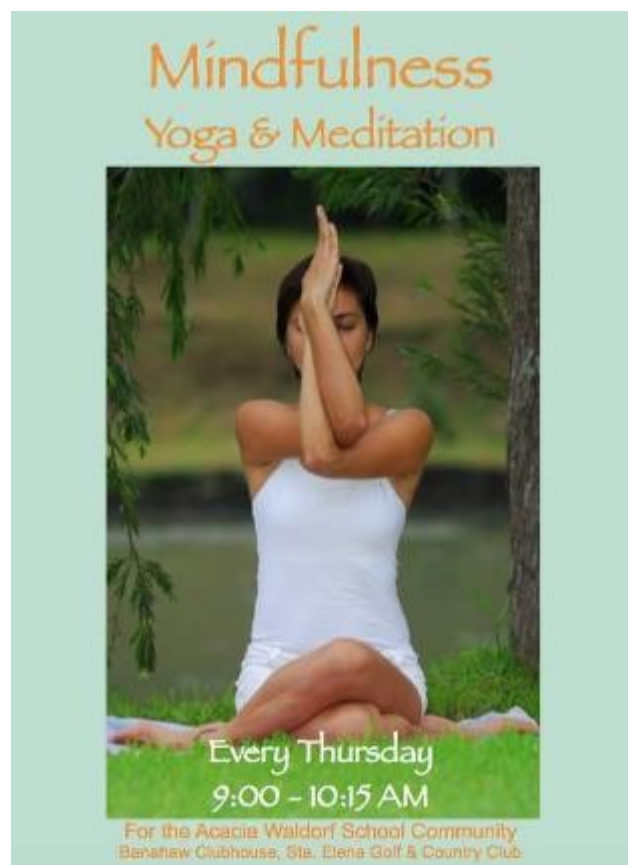
**Dates**  
January  
28, 29, 30,  
February  
4, 5, 6, 11, 12, 13,  
18, 19, 20, 25, 26, 27

**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

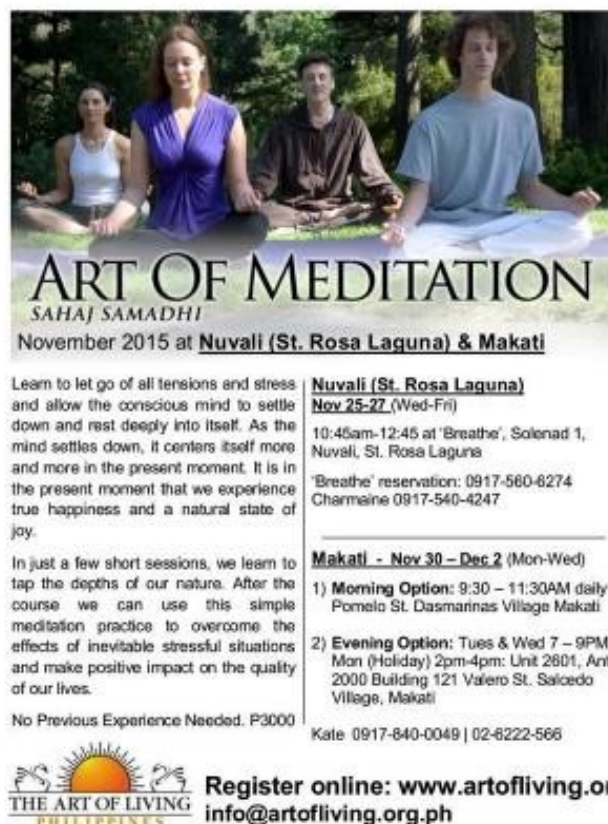
To register, contact Rudolf Steiner Education in the Philippines  
[rstep07@yahoo.com.ph](mailto:rstep07@yahoo.com.ph) • (+632)3741224 • (+63)9178396315 • [rstep.org.ph](http://rstep.org.ph)



**Mindfulness  
Yoga & Meditation**

Every Thursday  
9:00 - 10:15 AM

For the Acacia Waldorf School Community  
Barahaw Clubhouse, Sta. Elena Golf & Country Club



**ART OF MEDITATION**  
SAHAJ SAMADHI

November 2015 at **Nuvali (St. Rosa Laguna) & Makati**

Learn to let go of all tensions and stress and allow the conscious mind to settle down and rest deeply into itself. As the mind settles down, it centers itself more and more in the present moment. It is in the present moment that we experience true happiness and a natural state of joy.

In just a few short sessions, we learn to tap the depths of our nature. After the course we can use this simple meditation practice to overcome the effects of inevitable stressful situations and make positive impact on the quality of our lives.

No Previous Experience Needed. P3000

**Nuvali (St. Rosa Laguna)**  
**Nov 25-27 (Wed-Fri)**  
10:45am-12:45 at 'Breathe', Solenad 1, Nuvali, St. Rosa Laguna  
'Breathe' reservation: 0917-560-6274  
Charmaine 0917-540-4247

**Makati - Nov 30 - Dec 2 (Mon-Wed)**  
1) **Morning Option:** 9:30 - 11:30AM daily at Pomelo St. Dasmariñas Village Makati  
2) **Evening Option:** Tues & Wed 7 - 9PM, Mon (Holiday) 2pm-4pm: Unit 2601, Antel 2000 Building 121 Valero St. Salcedo Village, Makati  
Kate 0917-840-0049 | 02-6222-566

**Register online: [www.artofliving.org](http://www.artofliving.org)  
[info@artofliving.org](mailto:info@artofliving.org)**