



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

AWS Bulletin

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MESSAGE FROM THE COLLEGE OF TEACHERS

June 6, 2014

Dear Acacia Community,

The first day of school is just around the corner! A new school year, a new beginning, a fresh page. For the artist (and we are all artists in one form or another), a clean canvas is always exciting because of the opportunity to create something new and original from nothing, out of one's observation or one's own imagination. But a used canvas can be just as inspiring because the artist also understands the possibility for transformation. Mistakes, smudges, something broken, all these can be transformed into an entirely new masterpiece because imperfections bring a depth and quality that a clean canvas does not provide.

With the month of June comes the Festival of St. John. The symbols are fire and water. Its message is to bring to our awareness our need and ability to transform, to strive to be better and closer to the image of our higher self. Perhaps we desire to be just a little more organized, more present, awake and conscious of what we do, more forgiving, kinder, more humble, more true to ourselves and to others.

In his book, *The Power of Habit*, Charles Duhigg tells us studies have shown that 40% of all we do is done out of habit. Though somewhat surprising, this is an encouraging piece of information for those who have the desire to transform and wish to make changes in their lives because we all know we can change our habits. It's never too late. It also reminds us of how important it is to help our children establish good daily habits. Good habits are established as early as kindergarten, as part of a healthy rhythm. In the lower and higher grades we speak of good working and study habits, social habits (being regularly on time), eating and sleeping habits, speaking habits (being mindful of our words), thought habits or patterns. Even attitude is habit, such as the habit of being grateful, positive, persevering and choosing delayed gratification.

As we start the school year, let us strive to be conscious of the habits our children are forming. It is also especially good to remember that they take the lead from us, the adults who surround them.

We thank you for your valued trust and support and we look forward to seeing all your children happily back in school.

With our warmest regards,

Trina Galvez
For the College of Teachers

Be courageous and discipline yourself. Submit to a daily practice. Your loyalty to that is a ring on the door. Keep knocking, and the joy inside will eventually open a window and look out to see who's there." –Rumi