



## GREEN SPOT

**Facts:** Have you ever counted how many cosmetics or personal care products you use in a day? This would probably include shampoo, toothpaste, soap, deodorant, hair conditioner, lip balm, sunscreen, body lotion, shaving products, and cosmetics. What about children? On any given day you might rub, spray, or pour some combination of sunscreen, diaper cream, shampoo, lotion, maybe even insect repellent, on their skin.

**Tips:** Read all the ingredients labels on your personal care products. Then visit [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) to learn about the safety of these ingredients. The Environmental Working Group (EWG) has compiled this electronic database of ingredient labels for 64,879 name-brand products and cross-linked it with 52 toxicity or regulatory databases. You can enter the product brand name or a specific ingredient to find out how it rates.

The EWG is a non-profit organization founded to use the power of public information to protect public health and the environment. One of their main goals is to protect the most vulnerable segments of the human population (children, babies, and infants in the womb) from health problems attributed to a wide array of toxic contaminants.

## WANTED: EGGS

May is only a scant couple of months away, which means it's time to start thinking about the Jogathon! We're trying a new and exciting fundraiser this year by selling confetti eggs. They're a great way to raise money, but we need eggs, specifically **eggshells!** The Jogathon Committee is asking all parents to save their eggshells and bring them into school each time you have a dozen. We need as many as possible and we only have two months to collect the eggs, so keep bringing 'em in! Click on the how-to flyer attached to this e-packet for instructions on how to crack the eggs and preserve them so they can be filled later with confetti.

## HIGH SCHOOL

### GOLF CLUB

Waverly Golf Club is starting its spring semester golf sessions on Friday, March 4, from 3:00 - 4:30 p.m. at Scholl Canyon. Please contact Tony at the high school or Billy at the middle school if you plan to attend. Also, please pay \$120 to Cindy in the business office by Friday, March 11; this fee includes professional golf instruction, range balls, and access to the course. Parents are responsible for student drop-off and pick-up at Scholl Canyon Golf Course. The golf schedule is on Waverly's website in the sports section. Please contact Tony: [tony@thewaverlyschool.org](mailto:tony@thewaverlyschool.org) or Billy: [billy@thewaverlyschool.org](mailto:billy@thewaverlyschool.org) if you have any further questions.

### JUNIORS SHARE *THIS I BELIEVE*

*This I Believe* was originally a 1950s radio series that has been revived by NPR. It has grown into an international project by engaging people in the writing and sharing of essays which describe values that guide their daily lives. *This I Believe* offers a simple, if difficult, invitation: write a few hundred words expressing your personal credo. Some essays are deep and profound, while others are more lighthearted in nature. This collection of essays, written by people from all walks of life, can be viewed (and heard) at <http://thisibelieve.org>.

This year, 25 guest speakers (from inside and outside of Waverly) were invited to compose and read aloud their *This I Believe* credos for our junior class. The essays are meant to be short (350-500 words) and therefore took no more than a few minutes to present. After each speaker's reading, the students had time for a Q & A.

Students spent time in class not only hearing from guest speakers, but also working on their personal essays (see topics below). Most excitingly, the entire experience culminated in a very special way: on Saturday, February 26, all the juniors gathered at the home of Waverly parent Annaly for a tapas potluck and to present their essays aloud to one another, for the first time, on the same day. Parents and guest speakers were invited to join the class for this special evening; there were over 80 in attendance! The 26 juniors read their essays with poise and conviction; it was a beautiful gift of sharing. If your curiosity has been piqued, strategies for writing a *This I Believe* essay can be found at: <http://thisibelieve.org/guidelines>. *Continued, Page 3*

Student	This I Believe
Jackie	"I believe you can change the world, with just three things: a pen, a piece of paper, and a beautiful imagination."
Brenda	"I believe in trying to achieve my dreams and goals in life."
Madison	"I believe everyone can make a difference."
Ellen	"I believe in the only indescribable thing in the world, color."
Spencer	"I believe that we make our own realities."
Max	"I believe in the chill way of life."
Grant	"I believe in Waverly."
Lily	"I believe in synchronicity."
Devin	"I believe in bare feet."
Luke	"I believe in food."
Ariel	"I believe in being true to myself, no matter what."
Mattie	"I believe in the performing arts."
Alexander	"I believe in moments, all of them, good, bad, and just okay."
Jeremy	"I believe in laughing."
Atiyeh	"I believe in getting lost."
Gianna	"I believe in smiling."
Korbyn	"I believe in cleaning as a way of coping."
Addie	"I believe in possibilities."
Daniel	"I believe the perfect model for life to be rollercoasters."
Wilder	"I believe in thinking."
Amy	"I believe in never giving up."
Iskander	"I believe in living."
Noah	"I believe in speaking."
Caroline	"I believe in my art, specifically in my ceramic art."
Bailey	"I believe in sports."
Katya	"I believe in memories."

## MIDDLE SCHOOL

### GOLF CLUB

Waverly Golf Club is starting its spring semester golf sessions on Friday, March 4, from 3:00 - 4:30 p.m. at Scholl Canyon. Please contact Tony at the high school or Billy at the middle school if you plan to attend. Also, please pay \$120 to Cindy in the business office by Friday, March 11; this fee includes professional golf instruction, range balls, and access to the course. Parents are responsible for student drop-off and pick-up at Scholl Canyon Golf Course. The golf schedule is on Waverly's website in the sports section. Email Tony: [tony@thewaverlyschool.org](mailto:tony@thewaverlyschool.org) or Billy: [billy@thewaverlyschool.org](mailto:billy@thewaverlyschool.org) if you have any further questions.

## ELEMENTARY SCHOOL

### TRAVELING TOUCANS TAKE TEA

As this *Wave* went to press, Marina was preparing pots of tea for a Toucan tea party! The children enjoyed tea biscuits, lemon cookies, and Asian pear slices along with their tea. To wind down their study of China, students made Zen gardens both outside in the sand box and inside on trays of sand with smooth stones of various sizes. The Toucans will be "traveling" to Ireland for the month of March and have read the stories *Lassie* and *Black Beauty*.

### WAVERLY SUMMER SCHOOL K-4



Rising K-4th children can jump-start summer at **Club Waverly: Summer Celebration 2011** Summer Program and Field Trip Fridays. Camp will be in session for two weeks: June 20 through June 24, and June 27 through July 1. Please see documents attached to this e-packet for more details, and contact Heather at [heather@thewaverlyschool.org](mailto:heather@thewaverlyschool.org) with questions. Registration forms and deposit are due April 1!

## IN THE COMMUNITY

### BE IN A BOOK! MAKE HISTORY!

Waverly parent Becky is a historian currently writing a book on the history of social and civic life in the suburbs of Los Angeles from 1945 - 2010. Part of this book explores levels of participation in various social and civic groups, by "typical" private school families in the area. To this end, Becky invites you to participate in a survey about your social/civic activities. The survey is anonymous. It is two pages and should take about 5-10 minutes to fill out. You can take the survey regardless of where you live. The survey is attached to today's e-packet as a Word document. Please fill it out and e-mail it to Becky at [bnicolaidess@ucla.edu](mailto:bnicolaidess@ucla.edu); you can also print it out and put it in the box labeled "Participation Survey" on the counter in the elementary school lobby. Please respond by **Friday, March 11**. Questions: contact Becky at 626-791-4400 or via the email address above.

### PARENT EDUCATION

Enrico Gnaulati, Ph.D. will present Parenting: High Standards to Strive For this coming Wednesday, March 9 from 6:30 - 8:00 p.m. at Sequoyah School (535 South Pasadena Avenue at California). This lively and thought-provoking discussion is open to the community, so bring along a friend. No charge!

### PRE-SCHOOL TEACHER'S ASSISTANT TRAINING

Is your child interested in helping local children? The Mothers' Club of Pasadena is providing training to local students aged 13 -18 who want to learn how to be a pre-school teacher's assistant. Teacher's assistants are required to volunteer for a minimum of one hour a week (Monday - Friday) for eight weeks. Mothers' Club is located at 980 North Fair Oaks Avenue in Pasadena. Details can be found on the attached flyer.

### BODYWISE CONFERENCE

Geared especially for middle school girls, the 7th Annual Bodywise Conference will be held on Saturday, March 26, at Westridge School in Pasadena (324 Madeline Drive at Orange Grove). The conference is a one day nutrition, fitness, and well-being symposium for girls grades six through eight, as well as for their parents/caregivers. The keynote speaker for the event is Katherine Schwarzenegger, author of the book, *Rock What You've Got: Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back*. The Bodywise Conference is presented by The Junior League of Pasadena. For more information and to register to attend, please visit the Junior League of Pasadena's website at [www.MyJLP.com](http://www.MyJLP.com) and check out the flyer attached to today's e-packet.