

NEWSLETTER

RUDOLF STEINER TRUST

OTAGO

TERM1 #6
 8TH MARCH 2010
 471-2163
 office@dunedin.steiner.school.nz
 www.dunedin.steiner.school.nz

UPCOMING EVENTS		MEETINGS	
Monday 15 th March 3.15-4pm	Pete Hodgson Visit	Thursday 11 th March, 7.15pm	Board of trustees meeting.
Monday 22 nd March	Otago Anniversary day.	Tuesday 16 th March, 7.30pm	Proprietors meeting.
Tuesday 23 rd March	Teacher only day – school and kindergarten.	Tuesday 23 rd March	Gardening meeting
Saturday 27 th March	Working Bee 10am-4pm		
Friday 30 th April, 7pm	Quiz Night Port Chalmers Golf Club		

"It behooves a father to be blameless if he expects his child to be." — Homer

FROM THE OFFICE

Firstly – I'm **very sorry** for getting my weeks muddled about the train. It is actually this week.

This week we have Rachel Barrington visiting from Christchurch Rudolf Steiner School on Thursday and Friday. Rachel is a Steiner teacher and she will provide support and mentoring to our teachers. She will attend our Board of Trustees meeting to talk about Education Review Office visits and National Standards.

Gardening

We would like to have a short meeting to gather ideas for gardening here at Maia. Joan does works on the gardens here on Mondays and takes a gardening class with the younger school children. We have recently had the area under Brenda's yurt cleared ready for an orchard. We would like to have vegetable gardens for the school as well as for the kindergarten. We also plan another biodynamic field day at the school this year. If you have ideas that you would like to bring or some expertise that you could share, please come to a gardening meeting here at the school on Tuesday 23 March at 7.30pm. *Clare*

Working Bee

The next school and kindergarten working bee is on Saturday the 27th March from 10am-4pm. All families are expected to come for a couple of hours. If you can't make it on the day, please see Clare for a job to complete at an alternative time.

Reminder: Where to pay your contributions?

Please check that your payments are going to the correct account as these did change slightly from last year.

School weekly donations : Rudolf Steiner School Trust Otago 03 1726 0004961 02

School Activity Fee : Dunedin Rudolf Steiner School 03 0903 0437318 00

Kindergarten hourly \$1 or wkly \$50 : Rudolf Steiner School Trust Otago 03 1726 0004961 03

Please note different account suffix for school and kindergarten. Paying into the separate accounts will really help our administration.

Parenting Support Group

We are starting a parent support group for parents whose children attend Steiner education, or intend to. This would largely be a sharing circle where we can talk about parenting issues and discuss

questions about Steiner education. Matua Nick will facilitate the first group next Wednesday at 8pm in the Rata room. See you there!

Peter Hodgson Visit (labour MP)

Mr Hodgson will be visiting the school next Monday the 15th of March. He was very supportive of our school when we were getting our roll cap lifted, something we will need to address again at some stage. The hot topic at the moment is also the National Standards. Please come along to meet with him and share your questions and views.

Quiz Night

Last week we asked for suggestions for prizes. We didn't have much response. Please give this some thought. If you are involved with or know of a business that you think may be happy to donate a prize please let Elan know (454 4483) and she can approach them or give you a letter to take from the school if you would like to approach them yourself. Likewise, if you have something that you would be able to donate, please let us know.

Board of Trustees Election

Please remember, nominations for new members should be in the office by March 15th. Please speak to the office if you are interested.

PRIMARY SCHOOL NEWS

News from Class 4

We have jumped back into school life at the start of term one by spending time looking at the Treaty of Waitangi through the story of 9yr old Sarah Brunton and creating our own class treaty. We are now looking at parts of words (which links with spelling) through the story of The Fairies of the Lost Word Island of the Pacific – lots of wonderful learning fun! We will be starting to come to grips with Viking next week. We are reading everyday and doing some fun reading and writing activities. We are having lots of fun with fractions, becoming familiar with the symbols and creating “fraction circles”
- Mrs Plant

Yurt Cleaning Roster

The Funnell, Stevenson and Degas families are on yurt duty this week.

Cls	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9
1	Dunroy	Xu	Barton	Tamang	Funnell	Holmes	Alger	Henderson
2/3	Walrond	Cain	Wood	Schweikert	Stevenson	Cunningham	Oswald	Holloway
4	Stichnoth	Miles - Seeley	Noyes	Cohen	Degas	Tapealava	Barriga	Whitehead

Reserve families: Botica, MacDonald

Yurt Cleaning Duty consists of sweeping the yurt twice during the week (preferably on Tuesday and Thursday) either before or after school. Each yurt has its own broom, dustpan and brush. The duty family also needs to bring a bag of kindling for fire starting during the week. For Class 1 duty – could one of the sweeps please be Fri afternoon or Monday morning so the week starts with a clean Yurt.

KINDERGARTEN NEWS

The Kindergarten Management committee met last week and we welcome Elan as a playgroup parent rep. Please remember to approach a parent rep if you have any questions. They are Kirsten, Pamala, Kate and Elan.

Kowhai Room

A kind thank you to all of the kindergarten teachers who are working well together. Though we have new staff, they are managing beautifully to learn, observe and model from their co-teachers in their rooms.

I (Whaea Violet) am ready to begin home visits. I would love to visit with you and your children for a wee visit and a cup of tea. We can sit in the garden if the sun is still shining. I am available for visits:

Monday - after 4.30
Wednesday - after 1pm
Thursday - after 3.30pm

Please let me know when would suit so we can get through the class list as soon as we can.

I am away today in Invercargill as part of my ECE training.

Do we have any families who are willing to change their child's attendance to include a Friday? Currently, we have too few children attending on Friday and so we are looking for more children. As the year goes on we should have more children included on our roll. Please consider it. The children who came last Friday had a special treat. We had two little pigs in the room for half an hour. Thank you Aries, Olive and Carmel they were lovely.

Last week on the 3rd of March we celebrated Girls Day in the Kowhai room. The girls enjoyed dressing up in kimono and wearing the special Japanese shoes. Many thanks to Izumi, for the extra clothes. The girls enjoyed this special Japanese traditional celebratory day. The kindergarteners are preparing for the upcoming Harvest Festival. We will be making our windy capes soon. We would also appreciate it if children collected leaves for their Autumn crowns if they are ready – I wouldn't want to rush them into Autumn.

Word list	-	Te Reo kupu
shoes	-	huu
clothes	-	kaakahu
pyjamas	-	kaakahu moe
togs	-	kaakahu kaukau
hat	-	pootae

The double vowels are normally written with a macron (little line over the vowel) but it is helpful for the pronunciation to see them this way (and I can't find macrons on the computer).

Rata Room

Teena Koutou katoa. We are moving towards Autumn now. Today we planted some wheat in preparation for the Autumn Festival which is on the last Thursday of the term. We are singing an autumn song too:

On a Monday Morning, sunny Monday morning
Sowed the seed Taboush and I, sowed it when the sun was high (rpt this line)

On a Tuesday morning, sunny Tuesday morning
Sowed cut the hay Taboush and I, cut it when the sun was high (rpt this line)

And so on; Wednesday = tossed the hay, Thursday = raked the hay, Friday= load the hay, Saturday – sold the hay, Sunday = bowed our heads.

Ka kite, -Matua Nick, Whaea Ros and Whaea Liqin.

PLAYGROUP NEWS

The playgroup Autumn festival will be on Friday the 19th of March from 11-1pm in the Rata room. Join us for a shared lunch and a marionette show. As we now have a child with anaphylactic allergy to egg, **please ensure all food is egg free.** A belated welcome to Junko, who has been helping in the Waitati playgroup. Thank you! Our sessions are filling up again but spaces still remain in the 11-1 session on Fridays. Enquiries to the office or Cecil 472 8683.

CRAFTGROUP NEWS

It has been nice to practice some flax weaving again, thank you to those who attended. Next week we will have a sewing gnome with Cecil. Please bring your sewing gear. -see you all, Marie

Tuesday 16 th March 9:00 – 12:45	Ravensbourne Hall	Gnome making with Cecil. Bring your own sewing kit.
Tuesday 2 nd April 9:00 – 12:45	Ravensbourne Hall	Cloth snail making with Motoko. Bring your own sewing kit, and if you would like to recycle cotton or wool cloths, bring them with you too.

**Article from the Taradale newsletter
(From the kindergartens affiliated with Taikura Rudolf Steiner School, Hastings)**

What happened when we made screen time just for adults ...

When we joined the Steiner community our two boys were aged 4 ½ and 1 ½ years. We were immediately aware of the Special Character of the school; we decided the easiest way we could support that Special Character was to remove all screen time. We also removed radio, all recorded music and battery run toys, because we realised that these were over-stimulating our children too. Here's a short description of what happened.

First few weeks:

1. Shock and disbelief – the children kept asking to watch (or listen to) something, anything...
2. Intense anger and enormous tantrums.
3. Bargaining and manipulation.
4. Tears and deep sorrow.
5. They were lost as to what to do with their time.
6. **We** also felt uncomfortable and discontent.

After that:

1. They found it easier to go to sleep.
2. They were less aggressive.
3. They were more co-operative.
4. They could concentrate more easily.
5. They were more engaged when we spoke with them.
6. they were more imaginative. (Haven't been 'bored' since.)
7. They stopped having night terrors and nightmares.
8. They found it easier to follow instructions.
9. Their play was based on what they had experienced, not what they had watched.
10. They were visibly happier in themselves.
11. **We** were more patient.

Why?

- Our brains are built to think that loud noise signals danger. We automatically go into stress mode when we hear any loud noise. The more noise (**any** noise) in our environment when we are young, the more likely we develop aggressive over-reactions to other stress both in the short term and later in life. Children raised in noisy environments do less well academically.
- Our brains are built to think that flashing lights and images mean danger. Lightning and fire are the only natural sources of flashing lights; sudden movements from animals the only source of flashing images. The rate that images change on the screen is similar to lightning and leaping tigers. Again, the more we are exposed to flashing lights and images in our youth, the more likely we develop aggressive or depressive over-reactions to
- Other stress in the short term and the long term.
- Television, video and computer game producers aren't dumb. All screen programmes, including Sesame Street and The Wiggles, are organised so that people don't get up and walk away half way through them. They are purposely organised to promote **addictive** behaviours. (No matter how educational they are marketed to be.) Breaking any addiction takes time and is initially unpleasant.
- People are built to interact with the environment and to seek out other people. Once the screen (and other noisy extras) was removed it was as if our children woke up and remembered why they were here.

**Go Cold Turkey + Remain Steadfast + Watch Your Children Blossom
(Good Luck)**

Karyn Van Der Zwet

Community Notices

Community notices in our newsletter will normally appear for one week only and may be edited to accommodate space. If you wish to place a notice please email your notice to office@dunedin.steiner.school.nz.

Earth Hour

Saturday 27th March 8.30pm. Switch your lights off, gather your street together for a candle lit celebration or join us in the Octagon for Lanterns, Stories, poems, music and dance.

Lost

Larissa's classroom slippers are missing. They are pink with yellow and white butterfly design sheepskin lined boots. Please call if you have seen them. Thanks Lea-Ann 472 7966

Organic co-op

Please have your orders to Fran by Tuesday night. The next co-op order will be at the beginning of next term. (franclark@clear.net.nz)

Walking Bus

The walking bus is growing. Last week we had 13 children walking up with us. It takes a bit longer with a larger group so we need to start walking on time. One family joined us at the top of Jessie St which may be a good idea for smaller children or if you are running late. This week really is "WALK TO WORK WEEK" – so a great time to join our walking bus. You could even link on after the train (see below). I am ordering the safety vests tomorrow so call me tonight if you want some. Tracy 467 9877. Again, we will meet at the Maia bus stop at the bottom of Jesse St at 8.35am to start walking at 8.40am. In the afternoon children can be collected from the Maia bus stop at 3.20.

from "Get the Train" group

Walk 2 work week with the commuter train is this week, Wednesday 10th March. This is our chance to show that North Coast Dunedin wants a train, make it a day, and please pass the word. No bookings required, \$5 cash each way on the train. Bike compartment available.

Timetable as follows:

Waitati	dep	7.40am	Dunedin	dep	5.30pm
Michies Crossing		7.45am	Maia		5.40pm
Osborne		7.55am	Sawyers Bay		5.50pm
Purakaunui		8.00am	Port Chalmers Upper		6.00pm
Mihiwaka		8.05am	Mihiwaka		6.15pm
Port Chalmers Upper		8.10am	Purakaunui		6.17pm
Sawyers Bay		8.15am	Osborne		6.20pm
Maia		8.25am	Michies Crossing		6.25pm
Dunedin	arr	8.40am	Waitati	arr	6.30pm

Transition Town Workshop

What can we do to make a smooth transition from our current lifestyle to a more sustainable one? To try and find some answers to these questions we are holding a transition town workshop at the end of March (flyer in office). We are hoping that people from all sectors of the community will come and contribute their ideas and visions for the future of Port. Sunday 28th March 2-6pm, Pioneer Hall, Port Chalmers

Want to be a Junior HAWK?

Harbour Junior Rugby Club invites you to register for the season on Wednesday 10th March 4-6pm or Saturday 13th March 3-5pm at the Watson Park clubrooms in Port Chalmers. Subs \$35 ind \$60 family

Accommodation in France

If anyone is planning to visit France this July or August, we have an invitation to hire accommodation at a Steiner School in Provence see the office if you want to know more.

Maki Educational Soft Toys

Designed and hand made in NZ – 100% natural, filled with NZ carded wool. www.makiedutoys.com

Kids Mountain Bike Series, 5- 13yr olds March 28th

Wicked mountain bike event for every kiwi kid with attitude, energy and wheels!! See the poster in the office for more info.