

BALLARAT
STEINER
SCHOOL
Kindergarten & Playgroup

EDUCATING the WHOLE CHILD

GOLDEN MOSS NEWSLETTER

Term 1 week 8

Wednesday March 23rd 2011



VERSE OF THE WEEK

St. Michael's Harvest Song

In autumn comes Saint Michael with sword and with shield

Passes over meadow and orchard and field.

He's on the path to battle 'gainst darkness and strife -

He is the heavenly warrior protector of life.

- Anonymous

Important Dates

Sunday 27th March:

Autumn Fair 10am-3pm

Tuesday 29th March: class 3&4 Meeting

HARVEST FESTIVAL DATES

Wednesday 6th April:

4 year old Kinder Festival 10am

Thursday 7th April: *Prep Festival 9am*

Friday 8th April: *School Festival 1pm*

Dates for your Dairy

Term One ends: *Friday 8th April*

Term Two begins:

Wednesday 27th April

Term Two ends: *Friday 1st July*

GOOSEY GANDER NEWS

We are still urgently looking for helpers for our Autumn fair please fill in the roster at the Office or at playgroup or call Rod on 0417 577 146

The end of term is near and we trust that all families have had an enjoyable time at playgroup. It never ceases to amaze how quickly the new children fall into the rhythm of the session when there is continuity and an established routine, they are nurtured by the familiarity. In saying this the influence of the rhythm of the morning is only secondary to what we adults bring to the session.

Often if we are feeling a little stressed or rushed or chatty, this can be how the children are. They are the "Masters of Mimic". If a child is finding it difficult to play on he's own sometimes a little assistance to initiate some creative play is generally helpful and it is important to leave the children's play area free and accessible especially for the children that are a little reserved. Parents are encouraged to participate or bring some craft from home where we can sit around the table or the couch whilst the children are playing "self directed".

KINDERGARTEN & RING A ROSIE

In the day to day planning of a Steiner kindergarten the early childhood teacher places great consideration upon providing experiences that can nurture the development of the four lower or will senses which are developing in the first seven years of life. Rudolf Steiner identified the four will senses as the life sense, balance, touch and the sense of movement.

As the teacher rakes up the Autumn leaves in the garden many children gather round. Nothing need be said, although often a simple song sung in a gentle voice accompanies the action. Some take smaller rakes to join in, others bring the small wheelbarrows over. The children reach down and scoop up a pile in their arms and put them in the barrow. Another child jumps in the pile and yet another throws some up in the air and watches and/or dances as they fall down to the earth around him/her.

Directly experiencing the yearly rhythms such as the leaves in autumn contributes to the children. We look forward to our 4 Year old Kindergarten Harvest Festival on Wednesday 6th April. Please note that kindergarten doesn't start until 10am on this day. All families are welcome and your child will need to be accompanied by an adult. Our festival will provide families with the opportunity to watch the children participate in their morning circle. This will be practiced for many weeks beforehand so that the children are very familiar with it. We will also share some food together. We will be making some Harvest loaves the day before at kindergarten and shall serve these with our own kinder-made jam. All families are also welcome to bring a plate of healthy food to share. We don't have any serious allergies this year however you may like to consider that there are some vegetarian children in the group.

In Ring a Rosie we shall celebrate the Harvest Festival in our normal session time on Thursday 7th April. Children are welcome to bring a plate of healthy special food to share. We have a child in this group who is gluten intolerant so if you bring something without gluten please let Ambika know so that we can establish what he can eat. We also have a vegetarian child in the group so please let staff know if your plate contains meat or fish so that we can support this child's choices.

We look forward to the festival season's life sense. Children experience the different touch sensations as they pick up the dry brittle leaves or jump in them. They touch the earth, the tools, each other. They experience the breeze against their skin and their own sense of physical boundaries is enhanced through these experiences. Being outside and moving in the natural environment stimulates the circulation and the breath bringing a feeling of wellbeing to the sense of life. The leaves become an extension of the child as he throws them into the air and as they dance down the child often moves with them, dancing about experiencing a sense of freedom in the movement. Raking, picking up leaves, pushing a wheelbarrow all development the child's sense of movement.

Balance is enhanced through the experience of using a rake and pushing a wheelbarrow and the forces of gravity and levity that are intimately connected with the balance sense are experienced as the leaves fly up into the air through the force of the child's will-full movement then fall back to earth.

PREP NEWS

This past fortnight the Prep children have well and truly shown they are familiar and now entrenched in the new Prep rhythm. They require less guidance each day as they move seamlessly from one part of their day to another.

The children also had their first experience of 'moving' the Grimm's fairytale 'The Elves' as they will do for all of the focus stories for the remainder of Prep. It was such a delight to offer this to the children, they were simply beside themselves with excitement, and participated joyfully.

We are working hard on our Harvest festival preparations at the moment and the children are enjoying a more involved and challenging circle.

The Prep Harvest festival will take place on the last day of term, Thursday 7th April at 9am. The children will perform for their guests and then enjoy morning tea. Please bring a plate to share. Traditionally parents are invited to take their children home after the festival as children are exhausted from their very exciting morning; however the festival is on a school day so the children are welcome to stay if necessary. Please let me know if you will not be taking your child home after the festival. The Class 2 - 6 Harvest festival is on Friday 8th April and all Prep families are welcome to return to school to watch the older children perform.

*Several Preps regularly use the bus service, and it is necessary for me to walk them over at 3:30 each day, for any Preps who have not yet been picked up, I will keep them with me and they too will walk and wait in the main meeting area outside the school communal kitchen.
Thanks Lisa.*

CLASS 3 & 4 NEWS

During this epoch Class three are learning about measurement while class four are learning about time. We have examined the history of both looking at and making ancient timepieces and examining how the Egyptians used cubits instead of modern measures. We then set out to measure a kilometre in the school yard using a ten metre long piece of string. By creating these real experiences we hope to give the children a concrete, truthful sense of what is involved in measurement. The class fours then timed how long it took us to walk the kilometre. Our aim is always to keep experiences real and truly meaningful for the children.

I regret we were not able to have our class meeting this week due to illness, our next class meeting will now be next week on Tuesday the 29th at 7.00pm. I look forward to seeing you there, where I hope to cover the topics of the curriculum and the nine year change.

Thanks Gareth

Earth Lessons News



Class 3&4 Earth Lessons

How can we help to take care of the Earth?

Use compost bins, worm farms and hens to help break down our waste (Indra Bone, class 3).

Did you know... Did you know... Did you know...

Thanks from Anna Schlooz and Ambika that our community sustainability team are investigating chook housing so that we can have our own hens at school. That we are planning to make a worm farm at school. That our 2010 class 3 students built a wooden compost bin at school that we put our compostable scraps in.

Garden news

Thanks for those people who come to the last garden working bee, Jim, Noel, Hideki, Kate, Alison and myself. We managed to tidy up the garden beds a little before the Autumn spring fair this week end.

*After a couple of landscape planning meeting we seem to have momentum on moving forward with the garden. This year, very soon the landscape will change; watch this space. Thanks
Christine.*



PARENTS AND FRIENDS

Autumn Fair

THIS SUNDAY URGENTLY NEEDING MORE HELPERS

If you haven't received a phone call to help or donate food please call Rod on 0417577146

Autumn Fair 2nd Hand Stall: It's not too late to bring in CLEAN, QUALITY clothing, books & home wares for the Autumn Fair coming up very soon on the 27th March. Items can be left at the office or contact Alison on 5334 1077 or bahills@bigpond.com to arrange collection. Thank you.

A reminder that the Autumn Fair is a whole community event and the main fundraiser for the year. As such, all community members are expected to:-

1. Make a donation of either cake or curry,
2. Donate to the raffle,
3. Contribute at least 2 hours of time on the day &
4. Participate in either the set-up on the Saturday prior, or in the clean-up from 3pm on the Fair day.

Class allocation for this is encouraged so that there are plenty of help.

SET UP FROM 2PM - PREP, CLASS 1, CLASS 2 PARENTS

PACK UP AFTER THE FAIR- CLASS 3,4,5 AND 6 PARENTS

There are a lots of different activities you can be involved in such as the CURRY HOUSE, COFFEE AND CAKES, PONY RIDES, HOT POTATOES, CHILDRENS ACTIVITIES, 2ND HAND STALL, SAUSAGE SIZZLE.

We will be doing a ring-around to fill rosters, or you can contact a committee member (Sylvia, Naomi, Johanna or Alison) or leave a message in the office with your area of interest.

TUTTI FRUTTI (GRADE 6) juice stall needs baskets, cloths and fruit donations please contact Giselle 53452168

A few strong people are needed to collect trestle tables and chairs from the Buninyong town hall on Saturday and return them on Sunday after the fair, please contact Silke 53418452

Could everyone that intends to make either a cake or curry for the Autumn Fair read through the food safety document attached to the newsletter. It is also important that all ingredients used, are listed on the attached form. If you have any questions about this you can call Sylvia on 5333 1573. Please label your plates.

PONY RIDES

More helpers needed please call Sarah 0400321159 or 53412483.

AUTUMN FAIR RAFFLE

Donations are needed for the raffle. Please donate anything you would like to win in a hamper. Such as a basket, bottle of wine, homemade relish, or sauces and anything maybe even relating to autumn,(harvest) etc. Please bring to the office. Any inquires please phone Christine. 53424028.

Thanks to all, and we are looking forward to a vibrant and exciting Fair this year especially as we have a new kitchen, new classrooms and easier access to more areas of the grounds.

Some other ideas that you might like to consider to be involved in the fair are

BUSKING

LUCKY DIPS AND /OR FAIR BAGS that contain steiner related gifts and healthy treats

APPLE BOBBING(Great Autumn game)

CHAI TENT. The possibilities are endless.....

Our aim is to have a water bottle free event so PLEASE BRING YOUR WATER BOTTLES TO FILL, also there are bubbles taps in the children's village (prep).

There will be a WASTE STATION set up on the day and we encourage everyone to use the correct bins. Thankyou

Rotary Raffle Tickets - we sold \$1000 worth of tickets, which means that we made \$800.

Thank you for all your support with this fundraiser.

Honey - the honey has now been moved to the kitchen, please keep IOU to a minimum.

Bulb Drive - the catalogues will be at playgroup, kinder, Prep, outside the office and in the kitchen. Please share them around. If you want one sent home let me know on 0458 223048, thanks Johanna

PLAYGROUP COOKBOOK

The Playgroup CookBook was created late last year by Carla Linquist and Melanie Buckingham. They are available to purchase from the office for \$15.

Buninyong Foodworks Supermarket reward programme - for the last quarter of 2010 we got \$52.50, all you have to do is nominate us as beneficiary before they start scanning by giving them our number 1024 or our name, it's that easy.

Mercurius School Products are also always available and make some great present, too. Call me on 0458 223048 to order, thankyou Johanna

Honey- there is available honey in office foyer.

TriNature: - TriNature is an Australian owned and based company which produces environmentally friendly cleaning and personal products which have been sold through Ballarat Steiner for the past 5 years with 100% of the profit going to Parents & Friends fundraising. Purchasing these products is an easy way to contribute to fundraising. Most of the products are very concentrated so they last a long time and can be purchased in various sizes including samples, which is a great way to give something a go. Some of them are also used for the School cleaning. For more information check out their website www.trinature.com, talk to Alison on 5334 1077 or email Alison bahills@bigpond.com We are also keeping a stock of the most popular products in the display cabinet next to the office for purchase from the office staff.

Product Feature

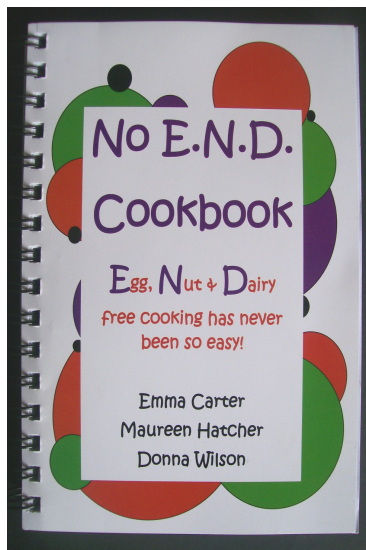
Alpha Plus Laundry Powder: A 100% active herbal laundry powder that has created new dimensions in quality and performance. A concentrated phosphate-free formula provides you with exceptional performance and value for money. Contains no fillers or extenders commonly used in ordinary laundry powders. A light natural fragrance of herbal extracts leaves your laundry clean and fresh whilst being gentle on delicate skins and noses.

Suitable for use in Front & Top loading machines and fro grey water and septic systems.

Made from 100% plant based materials. Packaged in recyclable plastic. Contains NO caustic alkalis, petroleum by-products, SLS, artificial colours & fragrances, EDTA, parabens or formaldehyde.

Cost- \$36.95 for 2kg tub with scoop & \$31.95 for 2kg refill.

COMMUNITY NOTICEBOARD



Do you live with food allergies?
Do you find cooking food the
entire family can eat a
challenge?

This book is the answer to all of
your problems!

No E.N.D. Cookbook

Contact us to enquire /order or buy via our website:

Email: no.end2010@hotmail.com

Webpage: www.noendcookbook.com

Quick & easy to use!

Really enjoy food again without the fear and anxiety that often surrounds
allergens!

Over 280 yummy

EGG, NUT and DAIRY FREE recipes using everyday
Ingredients!

RRP: \$19.95

Plus P+H

Highchair Wanted

Hi all!

Does anyone have a highchair
that they would like to sell?

Contact Emily 5332 6726

emily_young@iprimus.com.au

Dear Parents and Friends

I would like to offer the opportunity for students to take guitar and piano lessons with me after school, during term times and would welcome enquiries from interested parents. The lessons would be conducted in a studio at my home in central Ballarat from Monday to Thursday. As well as having 12 years experience teaching music, I have also undertaken the Steiner Teacher Training course at Warranwood.

Anyone interested should contact Michael Young on 5332 6726 / 0403 066817 for details and available time slots.

WHATS ON

Annual Art Exhibition & Sale

March 26-27, 10am-4pm

Opening Night - March 25, 7:30-9:30pm

Artworks this year include sculptural and ceramic pieces, paintings in oil, acrylic & watercolor, inks, mixed media, photography, textiles, wearable art and more by popular local artists and talented newcomers from local and surrounding areas.

Must-Do's this year include a vote for your favourite artwork in the "People's Choice Award" (exhibit prizewinner announced expo close), browsing the Crafts Market, a stopoff at the Art Cafe' for some great organic coffee & refreshments plus a home-baked treat. Children might like to go a few rounds of the mini-golf available outside (Sat/Sun only, weather permitting).

Artshow on at MRSS school gym, 213 Wonga Rd, Warranwood (Melway:36B10), March 26-27, 10am-4pm.

Entry forms www.mrss.com.au (click 'art exhibition') close March 11. Enquiries (exhibits 0408 576 305), general 9876 2633.

Creative Art Therapy with Candace.

Enjoyment and Insight through Art Making.

Private Art Therapy sessions available at Absolute Yoga Studio (11a Grenville St Nth)

Art- Therapy is a safe way to express feelings. It can clarify issues and concerns. It is suitable for both adults and children. No previous art-making experience is necessary. Phone Candace 03 53387130 or email candyrowe7@hotmail.com for more info.

Dear friends,

As part of [The art of living creatively](#) (an art therapy program with its basis in anthroposophy) we are holding the following lecture.

The lecture is based on the latest scientific research on good mental health. We are excited that Melbourne psychiatrist (and graduate of the Psychophonetic's training) has offered to present the lecture.

Please forward the information to your communities and of course we'd love to see you there. We'd like it to be a small intimate group so if you wish to come please advise me as soon as possible.

Strategies for good mental health (part 1)

Sunday 10th April 1.30-2.45pm

Tree of Life, 3 Denmark St, Kew

During this lecture Psychiatrist Dr Azita Moradi presents principals for sound mental health. This includes the latest evidence based strategies for cognitive fitness and "brain health".

Find out about simple yet powerful practices that can improve and maintain your "cognitive fitness" at any age including the latest nutritional and lifestyle recommendations.

Includes 15 minutes of question time.

Part 2 Sunday 11th Sept will be shaped by your questions and areas of interest.

If you wish to attend this lecture you will need to call or sms Kate Casey by April 5th on 0419 246 389.

We have limited numbers and a waiting list.

Cost: \$20

Warm wishes, Kate Casey

Founder [The art of living creatively](#)

P: 0419 246 389

E: katemcasey@gmail.com

Please Note: The Community Noticeboard section of this newsletter is not restricted only to our school community, and therefore some items may not necessarily be directly related to Steiner philosophies or reflect the opinions of the school.

If you have a business you wish to advertise or items for sale, you may place an advertisement in this section of the newsletter. A requirement for this is a fee of \$5 or 10% of monies made may be donated to the school

www.ballaratsteinerschool.com.au Phone | 5341 - 8188
email: welcome@ballaratsteinerschool.com.au Fax | 5341-8122

ABN 87 514 837 927

*The Ballarat Steiner School adheres to the following principles:
- Equal rights, freedom of speech, openness and tolerance to
the value of others, the Australian Government and its laws.*