

BALLARAT
STEINER
SCHOOL
Kindergarten & Playgroup

EDUCATING the WHOLE CHILD

GOLDEN MOSS NEWSLETTER

Term 1 week 10

Wednesday April 6th 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

Thursday 7th April: *Swimming lessons (change of date) 2-3pm*

HARVEST FESTIVAL DATES

Wednesday 6th April:

4 year old Kinder Festival 10am

Thursday 7th April: *Prep Festival 9.30am*

Friday 8th April: *School Festival 1.00pm*

KINDER INFORMATION NIGHT:

Wednesday 4th May 7pm

Monday 9th-11th: *Halls Gap Camp class 5/6*

Wednesday 18th May 7.30pm: *AGM Meeting*

Dates for your Dairy

Term One ends: *Friday 8th April*

Monday 25th April: *Easter Monday (Public Holiday)*

Tuesday 26th April: *Anzac Day (Public Holiday)*

Term Two begins:

Wednesday 27th April

Thursday 28th April: *Craft Circle 1.30pm in playgroup room*

Monday 13th June: *Queens Birthday (Public Holiday)*

Wednesday 29th June: *Official Opening of School Buildings*

Term Two ends: *Friday 1st July*

GOOSEY GANDER NEWS

We would like to thank all the playgroup families that helped out and donated food for our annual fair, it was a beautiful day.

Have you noticed something different about the playgroup building?

Some children noticed straight away, but not one adult!!

No more blue thanks to our painters. They have done all the hard yards preparing and under coating, all we need to do is the top coat, which shouldn't take too long if we get many hands.

CAN YOU HELP ANNA AND SARAH on APRIL 17TH 10AM.

If so please let Sarah know 0400321159, we could make it a big holiday playgroup and meet other families and maybe we could take it in turns minding the children while others paint.

We wish you all a happy holiday Anna and Sarah

KINDERGARTEN & RING A ROSIE

It was lovely to see the kindergarten children enjoying themselves with their growing independence at the Autumn Fair. It was such a blessing that the sun burst through the clouds and stayed with us all afternoon. Thank you to all who contributed to the day.

In **Ring a Rosie** we 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.

Thanks Ambika

We have had lots of cases of NITS recently in all levels . Could families please keep checking hair for lice over holidays so we can start Term 2 Lice Free. Many Thanks

SCHOOL NEWS

PREP NEWS

"If a child has been able to play, to give up their whole living being to the world around, they will be able, in the serious tasks of later life, to devote themselves with confidence and purpose to the service of the world."

Rudolf Steiner.

It has been a busy birthday fortnight with the following celebrations- Esther, Riley, Morgan & Odin are the most recent sweet peas to turn six years old, Otis and family moved into their new home, and Akaisha lost her first tooth. Also a big happy Birthday to Otis & Rudy who will turn six over the school holidays.

Prep Harvest Festival news, I had previously proposed a start time of 9am, but it has been brought to my attention that Ring-a-Rosie begins at 9:15am. So a new start time for the Harvest festival is 9:30am. Please feel free to have a cup of tea in the school kitchen between drop off and the start to the festival. Also, it would be wonderful if parents could dress their Prep child in autumn colours for the festival eg, reds, yellows, oranges, browns, we will be wearing costumes and suitable clothing will compliment these.

Our Prep festival incorporates parents and friends too, so have your vocal chords ready! Please bring a plate to share for the harvest morning tea table and be limbered up for the adult's egg and spoon race! Children will participate in an egg hunt (it's a secret!) I will let parents know how many eggs per child, please help to regulate the sharing so that all children get an equal and fair amount.

The past term has felt like a whirl wind, it took the children some time to settle into the new environments and expectations at Prep; standing quietly, listening, trying to be so still you can hear the birds and coming to terms with not being the snuffer! And of course the ongoing practice of learning to share. These are all such exhausting lessons for our dear little 5/6 year olds, but as the term has progressed they have grown from Kindergarten children to Prep students and are looking forward to the many more tasks to be added to their Prep week in term two. I feel privileged to spend time with young children; they have a perfection and energy that is truly inspiring. I have so enjoyed your child's company and look forward to the rest of the year.

Earth Lessons News

What can we do to help to take care of the Earth?

Take shorter showers - Jacob Rossiter (Class 3).

Did you know... that class 3 & 4 will be carrying out studies to monitor the water quality in our dam next term.



PARENTS AND FRIENDS

Autumn Fair

On behalf of the Ballarat Steiner Parents & Friends, we would like to offer our heartfelt thank you to *everybody* who contributed to the Autumn Fair last Sunday. It was a super amazing effort and it really was a terrific day especially as Mother Nature provided us with perfect weather.

While it is not possible to thank all personally, we would like to mention some names as it is their last year of being parents at the school: - Rod Harrison for

his organisation and management of the Curry Stall for the last 9 years; Sarah Cottingham for coordinating entertainment, pony rides and many, many other things over the years; Teresa Holmes for providing the always popular pony rides for many years; and Giselle, Andrew and Cassie for all their hard work with the tutti-frutti stall.

Thank you, thank you, thank you, thank you, thank you, thank you!!

Thanks to all who attended the Post Autumn Fair Meeting on Monday, and to all who offered feedback. It looks like we may crack the \$4000 profit this year which is just a fantastic effort!

Thank you again and looking forward to the Autumn Fair getting better and better.

P&F Committee

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

Bulb Drive - Please return Bulb order forms by this Friday, thanks Johanna

PLAYGROUP COOKBOOK

The Playgroup CookBook was created late last year by Carla Linguist 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, thank you 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

Playpen Wanted

I am looking for a playpen for our family dog who will be recovering from surgery. If you have one or know someone who does and is happy to sell or please let Nicole in the office know.
Many thanks

Highchair Wanted

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

Contact Emily 5332 6726
emily_young@iprimus.com.au

Ballarat Community Circus

Classes: 4-6pm

Mondays at Y.H.Q (122 Armstrong St south)

-ballaratcommunitycircus@live.com

- Face book- Groups

-Ballarat Community Circus

Further Info: Jamie Gleeson 0422 106 025

Craft Circle



Are you interested in joining a craft circle? Do you have some ideas for recycling old woolly jumpers, clothes etc and transforming them into groovy crafty items. You don't need to be experienced just enthusiastic and most importantly it's a great chance to come together to chat and share ideas.

*I am thinking of Thursday afternoons fortnightly at 1.30pm in **playgroup**. We will begin first week back on **Thursday April 28th**. If you are interested and have some suggestions please phone Anna P on 0406 488 130*

WHATS ON

Homoeopathic medicine: an overview and longitudinal data analysis



Dr Isaac Golden Ph.D, D.Hom., N.D., B.Ec(Hon)

Endeavour College of Natural Health

**Thursday 7th April, 2-3pm T102, Building T,
Mt Helen Campus, University of Ballarat**

Homoeopathy is a form of medicine that is growing in popularity worldwide and has application for the treatment and prevention of many conditions including specific infectious disease prevention and vaccination. In this presentation, Dr Golden provides an overview of Homoeopathy and reports on results of large long-term studies of Homoeopathic treatments and vaccinations that he has conducted.

Dr Isaac Golden has been a homoeopathic practitioner since 1984. He lectured at the ANU and the University in NSW in the 70's. He was appointed as Adjunct Professor of Homoeopathy at Endeavour College of Natural Health in 2008, and is currently Business Manager of Academic Operations at the College as well as Acting Head of School, Holistic Medicine. Dr Golden is a regular contributor to local and international academic journals and the author of ten books on Homoeopathy. In his own practice, Isaac specialises in treating patients suffering from chronic disease using constitutional and anti-miasmatic homoeopathic treatment. He also specialises in the treatment of vaccine-damaged children. Dr Golden is a world authority on homoeoprophylaxis - the use of homoeopathic medicines for specific infectious disease prevention, and has undertaken the world's largest long-term study of parents using such a program. In 2004 he completed a PhD research program at the GSIM, Swinburne University, Melbourne, studying homoeoprophylaxis. This was the first time a mainstream Australian University granted a PhD for research on a homoeopathic topic.

*A Centre for Informatics and Applied Optimisation (CIAO), Health Informatics Laboratory Initiative
at the University of Ballarat*

Please contact 53279270 or 53279283 for further information

WATER FOR ELEPHANTS with Reese Witherspoon: A film night
supporting Damascus College Sister School in Ainaro, East Timor.

12th May, Regent Multiplex, 6:45 pm BOOKINGS ESSENTIAL before 8th May For tickets contact: Damascus
College 53372222 or t.haintz@damascus.vic.edu.au

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

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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.*