

# THE FRIDAY FLIER

(Published fortnightly)

KOTAHITANGA

Waikato Waldorf School, Kindergartens and Play Circle



No: 05

28 March 2024

## Kia Ora Whānau

The Medieval Carnival was a wonderful success, with many thousands of dollars being raised and much fun had by all! Thanks to Holly and her team at the PA - they are always looking for new members so please do contact Holly if you'd like to help [paatwws@gmail.com](mailto:paatwws@gmail.com).

It was tricky to judge the costumes as there were so many stunning outfits! Well done to all those who took part. I also met quite a number of interested parents during the day of the carnival and the kindergarten also processed a few new enrolments, so it was a great day for the school in many ways.

## Easter School Holiday Weekend

Just a reminder that school is closed for 3 days over the Easter Holiday weekend:

**Good Friday 29 March - Public Holiday**

**Easter Monday 1st April - Public Holiday**

**Easter Tuesday 2nd April - all schools in Aotearoa closed**



Journey Kids are on site in our hall and are able to provide care for your child on the Tuesday should you require this.

Contact: Moni F- Senior Programme Manager

Journey Kids 027 286 5097

[Moni.F@Journeykids.co.nz](mailto:Moni.F@Journeykids.co.nz)

[www.Journeykids.co.nz](http://www.Journeykids.co.nz)

## Next Whānau Hui

For the whānau of our Ākonga Māori, we have begun a parent group which met for the first time this term. The next meeting is set for 3rd April and a calendar invite has been sent to all whānau. Please let me know if you have been missed on that list by any chance, thanks.

Have a lovely Easter Holiday Weekend and let's hope the nice weather holds 😊

Kind Regards

Jane Keir

## UPCOMING EVENTS / TERM 1 2024

29 March—2 April EASTER BREAK

12 April Last day of term— 2pm finish

Note: Term 2 starts on 29th April

### Parent Association Notice Board

A warm thank you to all of the families who contributed to the wonderful 'Medieval Carnival 2024'. It was a beautiful day, and we were lucky enough to have great weather and lots and lots of visitors.

We have raised a huge amount of money for the school, kindergarten, and daycare facilities. The final total will be available in the next couple of weeks, but we are expecting a figure similar to last year of more than \$25000.

An extra special thank you to parents who went above and beyond on the day. There were so many things that went well, and some we know could have gone better. We will soon send out a survey to gather your feedback, so please keep an eye out for it.

Have you joined our community Facebook page? It's a great point of contact for everything going on within our school community. Look for "Waikato Waldorf School Parent Community".

Warm regards to you all,

The WWS Parent Association.



Last Tuesday we held our annual Autumn Festival. It was indeed very Autumnal with both rain and shine! In the morning everyone in the school visited the big seasons tree, drawn in chalk, on the circle court. The tree was abuzz with creativity and the colours of Autumn. It looked pretty spectacular at the end and all the children were to return just before morning tea to enjoy the finished piece of collective art. We all knew this artwork was as impermanent as each season, however we had not expected a torrent of rain to wash it out before we could even gather! This provided a wonderful teaching moment however about the joy and purpose of creating and *really* emphasised the potential swiftness of change! Just as well I got some pictures which you may like to share with your child!

The games were so much fun and it was so positive to see all the students working together. Many thanks to Class 6 and 7 for captaining the teams and leading the activities! The shared lunches were delicious and we all gathered again for a story and some Autumn songs. Many people shared their time and enthusiasm to make the many different parts of this festival engaging, meaningful and beautifully aesthetic. Thank you for all food bank contributions.

We look forward to passing this on as part of our reflection and gratitude of all we have.

Meredith



## CLASSROOM CORNER

### Class Four – Pirongia Camp

Pirongia Camp is a time of huge challenge for our Class Four students. They are asked to challenge themselves and to push the limits of their physical comfort and, for some, it is the first time that they have been away from their families for long periods. With all of that said, it is also HUGE amounts of FUN!!!

The students are asked to challenge themselves but this happens from a place of nurturing and 'challenge by choice'.

Day one, we all drove out to Pirongia and settled in. The first night everyone was getting used to sleeping away from home!

Day two was our activities day! Shaun and Steff from First Steps Outdoors ran the abseiling, rock-climbing and zip-line. Everyone challenged themselves in a way that was safe for them. There were a few tears along the way but everyone came away with a sense of pride in what they achieved. Everyone slept MUCH better at night as they were very, very tired!

Day three was a packing away and tidying time and we headed back for early pick up and a relaxing weekend.

Many thanks go out to Sharon who coordinated many of the activities and kindly supported me on my first Pirongia Camp as TIC and to Shaun and Steff from First Steps Outdoors for their expertise (and Shaun for our dad-joke session on the zip-line platform).

Thanks also to Kate at the Lodge for her welcome and guidance and to Carly for coming away with us again and making sure that all of our tamariki had the opportunity to challenge themselves!!!

We also want to say a huge thank you to our parents who came along and also to those who volunteered but couldn't attend. To Lisa, Tim, Sarah, Graham, Ken, Moana, Sheree, Craig. (and Tahu who trekked out to transport some youngsters) It was amazing to have such a proactive team who would see things that needed doing and just got stuck in! I said at the time, and am saying it again, I utterly couldn't have done it without you.

Thanks to the Class Four parent body and most of all, thanks to the children of Class four for their courage for themselves and empathy for others.

Next stop.... Noho Marae.

*Nick*





## HIGH SCHOOL HAPPENINGS

### Class 11 Camp - Beautiful Bay of Islands

First visit was Whangarei and then a trip to Kawakawa. The amazing Hundertwasser architecture was on display in both areas along with the fabulous shorelines.



The next day was Russell and then Waitangi. The last stop was Ruapekepeka where a significant battle took place. Class 11 incorporated their visits with their NZ Historical Conflicts Main Lesson.



## Class 9 Soft Materials - Weaving Harakeke

Our students have worked with harakeke (flax) all this term. Not only have they learnt about the history of this amazing resource they have come to know the traditional Maaori protocols when harvesting and working with this fibre. They have learnt how to weave three different putiputi (flowers) and make a bouquet which they gave to someone. They have woven a kete (two cornered basket) and are now learning how to weave a Kono, a four cornered basket. It's been a lot of working from left to right, counting, pegging and finding pairs and the results have been extremely satisfying.



## Organic Chemistry

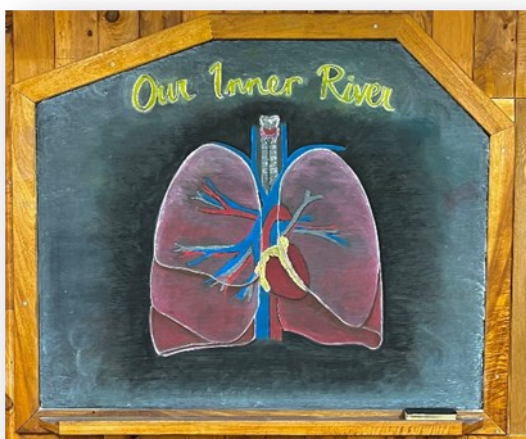
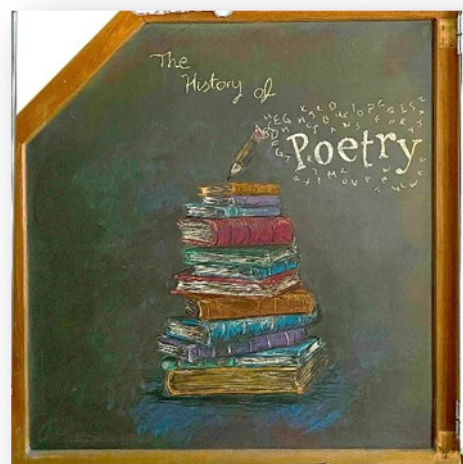
is the recent Main Lesson for Class 8 and our first experiments using the new Science Lab. Ākonga tested the pH of different substances using red cabbage juice. In this Main Lesson, ākonga learned about proteins, lipids, carbohydrates, acids and bases; and how to make soap.



### Some recent HS Main Lessons:

Class 10 have been exploring the rich tapestry of human experience and expression in our History of Poetry Main Lesson. From epic ancient narratives, the lyric poetry of the troubadours, Shakespeare's sonnets, the rhythm and rhyme of Romanticism, to the performance art of slam poetry, we've cultivated an appreciation for the enduring impact of verse.

CL11 NZ Historical Conflicts – Students selected from various NZ Wars to provide creative responses to. Students had to demonstrate an understanding of empathy and alternative perspectives.



CL9 Our Inner River – students delve into their circulatory and respiratory systems; learning how we breathe and how our blood flows. Some amazing discoveries and new vocabulary learnt.







We've all heard the idiom, "*Music is good for the soul.*" But, according to the evidence, it's good for your health as well. Study after study has found that music and singing has a positive effect on a broad range of physical and psychological conditions including dementia, anxiety, depression and cancer.

### **Physical Benefits of Singing (and music)**

#### **Singing strengthens the immune system**

According to research conducted at the University of Frankfurt, singing boosts the immune system. The study included testing professional choir members' blood before and after an hour-long rehearsal singing Mozart's "Requiem". The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal. The same increases were not observed after the choir members passively listened to music.

#### **Singing is a workout**

For the elderly, disabled, and injured, singing can be an excellent form of exercise. Even if you're healthy, your lungs will get a workout as you employ proper singing techniques and vocal projections. Other related health benefits of singing include a stronger diaphragm and stimulated overall circulation. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing can increase your aerobic capacity and stamina.

#### **Singing improves your posture**

Standing up straight is part of correct technique as you're singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you're improving your posture overall.

#### **Singing helps with sleep**

Experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnoea. If you're familiar with these ailments, you know how difficult it can be to get a good night's sleep!

### **Psychological & Emotional Benefits of Singing**

#### **Singing is a natural anti-depressant**

Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a tiny organ in the ear called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like. Not only that, but singing can simply take your mind off the day's troubles to boost your mood.

#### **Singing lowers stress levels**

Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.

#### **Singing improves mental alertness**

Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory. The Alzheimer's Society has even established a "Singing for the Brain" service to help people with dementia and Alzheimer's maintain their memories.

### **Social Benefits of Singing**

#### **Singing can widen your circle of friends**

Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there's a level of intimacy naturally involved.

### **Singing boosts your confidence**

Stage fright is a common feeling for new singers. However, performing well and receiving praise from your friends and family may be the key to eventually overcoming your fears and boosting your self-confidence. With time, you may even find it easier to present any type of material in front of a group with poise and good presentation skills.

### **Singing broadens communication skills**

Singing to babies in vitro and once born helps prepare their brains for language. Music is just as important as teaching reading and writing at a young age to prevent language problems later in life. If you enjoy writing your own lyrics, honing this talent can improve your ability to communicate in different ways!

### **Singing increases your ability to appreciate other singers**

Sometimes, you don't realize how difficult something is until you try it yourself. You might even find a new style of music to appreciate that you wouldn't normally listen to! The delights of singing go beyond merely enjoying the beauty of your own vocal talent. If so, don't hesitate to get started – have fun with it, and do you what you enjoy!

**Maree Smith RN, Anthroposophical RN 021 150 9433**



## COMMUNITY NOTICES

These notices are published as a service to the school community. Publication is at the discretion of the Editor, and does not necessarily reflect the opinion of the Faculty.

### FOR RENT

3 bedroom Lockwood home with ensuite 2nd Bathroom , farming lifestyle in Morrinsville

30 minutes from school car pooling available

Great views \$400 a week. Call Cassandra on 021 0233 45470

Hamilton Caledonian Society's  
Pipe Band Presents

# PIPE 2024 WORKS

Adults - \$30 | SAT 8 | 2 PM &  
U18/+65 - \$20 | June | 7 PM

2024 PIPE BAND  
CHAMPIONS LIVE IN  
CONCERT

SOUTHWELL SCHOOL PERFORMING  
ARTS CENTRE

**PURCHASE TICKETS NOW**

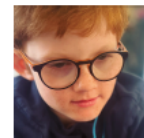
<https://bit.ly/Pipeworks2024>

### Lion's Hair Donation Fundraiser



Recently our very own Lion from Class 4 raised over \$1100 for his three favourite causes, by getting sponsored to cut his hair, and donate it to be made into a wig.

 Class 4 WWS	 Child Cancer Foundation	 SCOUTS Aotearoa
Lion loves his school community and is committed to supporting his class where he can.	Lion first came up with the idea to cut his locks when he found out that some children lose their hair during treatments for cancer.	Lion is a committed Scout and one of his inspiring people is Bear Grylls, the public face of Scouting world-wide.



### Donations still accepted

We are still accepting donations toward Lions three recipients. The account is

Lions Haircut ASB 12-3193-0033705-02

Alternatively, if you would like to direct a donation directly to any one of these organisations in Lions name, he would be thrilled.

Thanks to everyone in our community who has already supported Lion with donations or kind words of support.