

THE FRIDAY FLIER

(Published fortnightly)

KOTAHITANGA

Waikato Waldorf School, Kindergartens and Play Circle



No: 12

11 August 2023

Kia ora e te whaanau. Hello everyone,

I hope you are all doing well and enjoying the last few weeks of winter. As week four comes to a close there are occasional signs that spring is not too far away, and I for one am very much looking forward to warmer days and the arrival of the blossoms and Tui.

It has been another couple of action-packed weeks here at school, with the High School open afternoon, the Cross Country event and the Class Four Play. A huge 'well done' to our High School students who took the lead in organising the Cross Country as part of their work towards gaining a NZCSE qualification. Congratulations also go to all those who took part, particularly those who battled on through the rain storms!

The High School open afternoon was very well attended and provided an excellent opportunity for our families to learn about the impulses of each class, the NZ Steiner Certificate qualification, and to koorero with our current High School students about their learning experiences and see examples of their work. A big thank you to the High School team for all of their preparation, and also to those members of the community who came along. Those wanting to discover more about our High School are encouraged to attend our 'Journey Through the School' event on September 13th where, after an introduction in the hall, we will carry out two tours, one of Classes 1-7, and another of Classes 6-12.

After the challenges of the last few years we were finally able to enjoy a Lower School play this week. Class plays are immensely beneficial to our students. Whilst the final performances of the play are important, the journey of getting there is where real learning happens. Happily, Class Four's 'The Tricksters' was a joy from start to finish. A lot of mahi goes into preparing for a class play, and I'd like to congratulate all the students, staff and whaanau for making the play such a success.

Finally today, I wanted to share with you that the board has begun to work on a strategic plan for 2024-2025. This is a requirement every few years for all schools, and is a really important process where we 'take stock' of where we are at as a school and set the course for the next stages of our journey. Community voice is a vital component in this process, and a survey will come out in the next few weeks – please take the time to engage with this – as ever your feedback is much valued. All those providing feedback will go into a draw to win one of three prizes – a set of three WWS T-shirts for your child. Please keep an eye on your inboxes in the next two weeks for this.

Kia pai too mutunga wiki, have a great weekend.

Noho ora mai,

Rob

Whakatauki o te wiki:

He raa ki tua – Better days are coming

(Especially for those of you who may be over Winter!)

[A warm welcome to Waikato Waldorf School to](#)

Kyle Kim
Annie Muncaster
Eli Anderson
Reid Sim

UPCOMING EVENTS TERM 3

21—25 August	BOOK WEEK
11—15 September	Te Wiki o Te Reo Maaori
13 September	Journey Through School 6.30pm
19 September	Spring Festival 11.15am
20 September	Spring Festival back up day
21 September	Last day of term 2pm finish

WANTED!!!



Any surplus lemons that anyone may have that they come to me for the lemonade stall for the Medieval Carnival. I squeeze and freeze the juice at this time of year when the lemons are in season.

They can either be dropped at Rimu or I can collect from school.

Email: rimucottage@waikatowaldorf.school.nz Maria Adlam

HIGH SCHOOL HAPPENINGS

Last week the High School had their Open Day for Class 5-7 students and families. It was wonderful to see a crowded hall. There were some great questions and our High School students presented themselves and their work very well.

There is an increasing buzz around the High School development and we are receiving a lot of enquiries and student interest. The pathway for students to complete a purposeful, appropriate and values based Waldorf Education is available for all our tamariki. We are a full Area School that has the advantage of providing an internationally recognised qualification, and a rich authentic curriculum whilst maintaining our special character.

If your child is in Classes 5-7 and you were unable to attend the Open Day and would like to know more about the High school, either come along to the Journey Through the School evening coming up or make an appointment to speak to Mel. Alternatively, if you would like to know specifically about the qualification that we offer (NZCSE), you can make an appointment with Kerry.

Shortly we hope to organise an opportunity for parents to speak with our existing High School parents to help answer any further questions that they may be best to answer. We will keep you posted on this opportunity.



SOAP REMINDER

Thank you to all those families who have picked up their boxes of Ecosoap to help with our playground fundraiser. Yesterday was the last day for the collection of boxes. If you haven't picked up your box and you had returned a slip, we have 8 boxes left so if you are still interested in selling soap for us, please come to A room (behind the staffroom) at 3.00pm on Monday. We have extended the time for the money to be returned to Tuesday the 22nd August. Any unsold soap and money needs to be returned to the office anytime up until this date.

- ⇒ **Class Nine have been doing a wonderful job of managing this fundraiser. They are also making progress through their Enviro Studies in beautification of some of the HS areas.**
- ⇒ **Class Eight have been busy making some fantastic products for the Waru Market coming up in term four. More on this camp fundraiser later.**
- ⇒ **Class Ten did an awesome job organising and managing the Lower School Cross-Country as part of their leadership Learning Outcome for the NZCSE. It was certainly a different perspective in regard to their involvement, ranging from running in it as a Class One student, being a recorder as a Class Seven student through to having responsibility for it as Class Ten students.**

CROSS COUNTRY

Waikato Waldorf's Lower School Cross Country event was a huge success last week. Despite rainy weather we were left with limited options on the day, and although we weren't able to have the whole school out as planned, all the classes still came out to support each other while the sun was out.

Class 10 managed to make it happen and all the people involved found it super enjoyable. Many thanks to everyone who came along, and a special thanks to Ziggy, the school therapy dog for running along with all the kids and keeping them motivated.

Lilly Lomas and Miao En Lim





Expressing gratitude, praying, saying grace and all forms of blessing food before a meal are among the most universal and ancient behaviours of humankind.

In today's society, we tend to discredit and undervalue the unseen. If we can't physically see changes, they must not be happening, right? Yet when we become more in tune with the unseen, we realise just how profound something as simple as expressing gratitude can be.

The Benefits of Blessing Food (our meal)

1. Blessing food brings about a state of presence and mindfulness.

Showing gratitude over a meal forces you to stop and be present. From this state of undistracted presence, you will eat mindfully and enjoy the food more.

If you eat mindfully, you become more in tune with the food and your body. You'll know if what you're eating is beneficial for you. And you'll be unmistakably aware of the signals your body is sending you to stop eating (making it hard to mindlessly overeat).

Mindful eating also will break compulsive eating and food addictions if done consistently at every meal.

2. Blessing food heightens your senses.

Pausing with gratitude, communing with your food and being in a state of mindfulness will engage and heighten all of your senses.

Here's an excerpt from [Natural News](#)...

Thus, whether seeing, smelling, inhaling, or, most strongly, touching the food, changes to the person that occur during blessing of natural food include:

- Salivation increases, as full attention is placed on the natural food's unique, distinct aromas
- More digestive enzymes are secreted
- The circulatory system routes blood to the digestive tract's organs
- Hormones benefiting metabolism are released
- Breathing patterns shift from one best suited for working to one best suited for eating.
- Abdominal muscle contraction changes from a tightness that supports hard work into a different, more relaxed state, which relieves pressure around the digestive tract
- The brain becomes in a receptive mood ready to enjoy, experience sweet gratitude, and eagerly pay attention to the stomach's stretching sensors, to trigger the neurotransmitters which engage peristalsis
- The eye becomes aware of both the food's beauty, which enhances digestion, as well as alert to any danger signs in the food's appearance
- The senses of smell and taste, when focused and entrained on the food about to be eaten, become enhanced, increasing enjoyment and sharpening the ability to notice anything "off" or spoiled in the food.
- And finally, firing patterns of the enteric nervous system (the neurons lining the gut like a sheath) shift to better control the digestion and absorption of food. Technically known as the enteric nervous system, the second brain (as described by the Chair of Anatomy at Columbia University Medical Center) consists of "sheaths of neurons embedded in the walls of the long tube of our gut, or alimentary canal, which measures about nine meters end to end from the esophagus to the anus." There are 100 million neurons in the enteric nervous system, more than in the spinal cord, and more than in all the peripheral nervous system.

3. Blessing food relaxes your digestive system.

Holding gratitude and blessing food will switch your nervous system out of sympathetic mode (fight or flight) and into parasympathetic mode (rest and digest). As a result, you will digest the food and assimilate the nutrients much more effectively than if you're holding stress.

This concept is common sense. For example: try to eat while driving in traffic, with cars beeping all around and see how well you digest.

4. Blessing food infuses the food with positive energy.

This may seem a little woo-woo, but bear with me here. Food, like everything else, absorbs energy from its environment. If food is being prepared in a hectic kitchen and the chef is stressed out, the food absorbs that. If the beef you're eating is from a tortured cow, it's going to carry that energy. It's vitally important to instill food with positive energy before eating it. And this can be done through something as simple as holding the intention of gratitude before eating.

Dr. Masaru Emoto's water experiments beautifully demonstrate how words and music affect the molecular structure of water. All life on Planet Earth is water-based and therefore, affected by words, intentions, music and any other vibrations in the environment.

5. Blessing food leverages the Placebo Effect.

If you believe that the food carries good energy, it will. If you believe that the food will make you happy and healthy, it will.

The placebo effect, though overlooked by modern science, is a profoundly powerful phenomenon. It's a testament to the power of the mind. Whatever you believe, in the depths of your heart, determines the result you'll get. If you think about what it can do to the food on your plate.

6. Gratitude itself improves health- ours and our family .

Do not underestimate the power of gratitude. Gratitude has been shown to **lower stress levels, improve sleep, improve heart health and enhance overall well-being.** Gratitude also opens the door to abundance. When you're grateful for what you do have, you attract more.

Feel gratitude, and feel every aspect of your life and that of your families change for the better.

Maree Smith

Anthroposophical RN

021 150 9433



Lunchbox Lovelies



We are proud to be a Green Gold EnviroSchool. How does this influence our lunchbox choices?

We encourage a thoughtful lunch box approach.

- Making choices that have minimal packaging
- Minimal or no processed 'food' products
- Fresh real whole foods the way nature made them
- Water to hydrate



Brighten school lunches with these healthy ideas

Whether you're new to the Waikato Waldorf community or just stuck in a lunch menu rut, here are some ideas to make lunch time more delicious and nutritious for your child. Changing food choices may seem daunting at first, but just a few small tweaks can make a big difference. When students eat a balanced diet, they feel better and are able to better focus on their studies, and maintain energy levels for the full length of the school day. Feeding them whole food is one of the best ways you can help to prepare them for success at school.

Before doing anything drastic, keep in mind that there is no need to break the bank and spend hundreds of dollars at the health-food store, and you don't have to start milking your own grass-fed cows or baking your own bread, either.

Focus on providing lunches with no pre-packaged or processed foods, or anything with added sugar. Why? Pre-packaged, processed foods often contain added preservatives, artificial food colouring, extra sodium, and added sugar, all of which can negatively affect a growing child's body and brain, causing hyperactivity, shortened attention span, inability to focus, fatigue, listlessness and lack of motivation.

As with any healthy lifestyle, focus on making small, positive steps. Kids tend to prefer more simple foods, anyway. First, take stock of what you currently pack in your child's lunch box. Is there a good balance of carbohydrates, protein, and nutrient-rich foods such as vegetables and fruits? Read food labels. Are there any pre-packaged items that you could trade out for simpler, wholesome ones? Anything containing added sugar? Common culprits of added sugar that masquerade as "healthy" food are cereals, granola, granola bars, fruit bars, protein bars (any kind of bar, really!), pre-packaged yogurt cups and smoothies, and trail mix with added chocolate pieces.

A few ideas to get you started.....

- ◇ **Invest in some sturdy food containers** and a good thermos.
- ◇ **Prepare foods in advance, and pack lunches the night before.** For example, on the weekend, you can plan meals and divide portions into separate containers. Then, the night before, prepare anything that needs to be cooked or assembled. Remember not to send juice boxes to school — water is the best thirst-quencher!
- ◇ **Leftovers make great lunches.** Soup, burritos, potatoes, rice and beans, and pasta all are good, nourishing options and easy to warm up and pack into a thermos.
- ◇ When it comes to bread, pita and crackers, choose brands with the least amount of ingredients.
- ◇ **Bulk buy plain option** - For example: Instead of pre-packaged yogurt cups with added sweetener, purchase a larger tub of whole-milk plain yogurt and divide into smaller containers for the week. Add a handful of chopped fruit, such as strawberries, blueberries or bananas - and voila! A delicious and healthier snack. Also, keep in mind that Greek yogurt has more protein and less carbs than regular.
- ◇ **Add veggies** - Think colours! What veggies will your picky child eat? We notice that kids tend to prefer carrots, avocado, green peas and beans, broccoli, cauliflower and tomatoes!

Look out for our regular LUNCHBOX LOVELIES feature in the flier for more ideas and recipes!



Over the weekend, Adelina Boezaart & Shane Plimmer travelled to Auckland with the Waikato Schools Symphonic Band (WSSB) to participate in the NZCBA National Concert Band Festival. The festival was held at Westlake Girls High School and showcased 24 bands from across the North Island.

WSSB received a silver award for their performance. Adelina had a prominent Flute solo in the full band performance of Ralph Vaughn Williams' *'English Folk Song Suite'*. Shane also participated in the solo section of the festival, earning bronze for his performance of *'In Dreams'* from the Lord of the Rings on the Oboe. This was his first public performance on the instrument having only been learning it since the end of last year.

Shane's older brother and Waikato Waldorf School old boy, Leo, performed as a featured soloist in the band performance and won gold for his solo performance. WSSB is a community youth band comprised of students from various schools throughout the Waikato. It is conducted by Oliver Barratt (WWS High School Music Teacher) and Euan Safey.



Also congratulation to David from Class Six. David played in New Zealand Junior Team Championship at the beginning of this month representing Waikato Badminton Club and their team won first place in the second division of U13, also David won MVP as he won all 18 games out of 18 (one third singles, one third men's doubles and one third mixed doubles).





Date: Saturday, August 12th, 2023

Time: Briefing starts at 9am

Meeting space: "The Watershed" entry point is off College place, please use the car park spaces available. Watershed is located behind Kukutaaruhe gardens.

Wear your gumboots, or some good working boots, as a lot of the planting will be in a wetland area. We'll also be planting on a slope near the wetland, so again, appropriate footwear is advised.

Bring your own gardening gloves and a spade if you have one otherwise, we will have garden gloves and spades available.

Coffee van is onsite for anyone to purchase a hot drink. Light refreshments and kai after planting.

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.



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