

THE FRIDAY FLIER

(Published fortnightly)

KOTAHITANGA

Waikato Waldorf School, Kindergartens and Play Circle



No: 13

25 August 2023

Kia ora e te whaanau. Hello everyone,

I hope you are all doing well and enjoying the crisp, fresh mornings and warm sunshine through the days. I noticed a few buds on the Kowhai tree next to the school sign late last week, as well as a joyful lone daffodil to greet us each day. Spring has (almost) sprung!

It has been another eventful week at school with Class Three's Farm visit and Book Week. Thanks as ever to our parent helpers who made the visit possible. It has also been a very busy but enriching Book Week with three author visits, Character dress up day, and Cook a Book day, as well as staff-led story time in the Library at lunchtimes. A big thanks to Jo and support crew for arranging such an engaging week.

Finally today, please look out for an email in your inbox in the coming days asking for your input into the school's strategic plan for 2024-2025. It is vital that we get your input as we 'take stock' of where we are at as a school and set the course for the next stages of our journey. As previously mentioned, 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.

Kia pai too mutunga wiki, have a great weekend.

Noho ora mai,

Rob

Whakatauki o te wiki:

Iti noa ana he pito mata

From the withered tree a flower blooms

UPCOMING EVENTS

11—15 September	Te Wiki o Te Reo Maaori
13 September	Journey Through School 6.30pm
18 September	Photo Day
19 September	Spring Festival 11.15am
20 September	Spring Festival back up day
21 September	THURSDAY - last day of term, 2pm finish

TERM 4

9 October	First day of term
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A warm welcome to Waikato Waldorf School to

Gabriel Hawkings
Austin Nelly

Class 3 Farm Trip

Yesterday Class Three had the absolute pleasure of visiting the Clausen Family Farm. We got to feed lambs and expectant cows. We met calves, some of which had been born that very morning. Luke showed us how the cows get milked and the children had the chance to feel the suction of the milking cups on their fingers. It was a really beautiful day and the children enjoyed every minute of it.

Maria Revell



Feeding the lambs



Feeding silage to the calving mob



Feeling the suction on our fingers



At the milking shed and feeding the calves



High School Happenings

Alumni Update: Lydia Coster-Harris

Recently, Lydia's outstanding results for Semester 1 were recognised by Sam Cunnane, the Director of the School of Media Arts (Wintec).

Her success was recognised at a recent academic meeting, where they acknowledged the hard work and commitment required to achieve such excellent results.



Ka mau te wehi!

What awesome recognition Lydia. We wish you continued success with your studies.

CHESS TOURNAMENT

Our primary school team of Class four students (Kees, Tandy, Junho and Jonty) had a big afternoon last Sunday representing the school. They were fabulous and were a credit to our school.

Well done boys.



Rhythm is life! Rhythm is strength! Rhythm can carry you.

In the course of the last decades, the significance of rhythm for the existence of the human being has been re-discovered. We can see that all life is rhythm and that the interplay of vital processes within the human being is a harmony of rhythms.

Our breathing cycle and sleeping and waking are two examples of our bodily rhythm. Although these two rhythmic processes are physiological, we also experience them as changing conditions of the soul. Our breath feels totally different when we are approaching the end of an exciting adventure story and when we listen to a symphony and, half dreaming, immerse ourselves in its world. Anyone trying to work after a sleepless night knows what there is to know about the relation between a good night's sleep and the ability to concentrate during the following day.

Children need rhythm

When children can safely rely upon what will happen during each part of their day, through repeated activities with their own rhythm, their sense of security and well-being is dramatically affected. All of this impacts on their ability to develop into well rounded human beings in the long term.

Rhythm is especially important during the early years and sets up important habits for life.

The body's ability to self-regulate and adapt is closely linked to the coordination and interaction of the chronological rhythms that make life possible. In early childhood, cultivating daily rhythms is especially important because the infant's ability to regulate rhythmic functions is still undeveloped and needs support and stimulation". A Guide to Child's Health- Dr Michaela Glockler,

Our Rhythm

If we tend toward the precise and exact and well... maybe even rigid, we might need to loosen up and have more fun, be more fluid, go with the flow, laugh more and get the children to laugh too.

If we tend toward the loose with little structure to our day or week, we might find that the day has slipped by and we have not had lunch or fed the dog or thought about dinner and we're out of milk and no time for breathing into the fun. We might need to tighten up our self-discipline, set tiny goals for the day and meet them.

Balance

Rhythm is really about balance, finding our own, finding our way to breathe through the day, to be calm and present and bring attentive awareness to our lives with children. Rhythm is flow, a feeling that we are moving in and out energetically with the needs of the day. Rhythm is finding rest and a time for pulling back in after having been out in stimulating activity.

Flow

Finding a rhythm that flows is key to life with children, for children thrive on a rhythmic and predictable life and a strong rhythm can carry us all through the years with breathing time and time for grace.

Mealtimes

Every day we sit together and have our meals as a family. Yes, this takes a bit more time and preparation and yes, this absolutely means that we adults eat regularly at 5pm if the children are tired and ready to begin their evening rhythm. No, it's not always calm and quiet but with every passing day, gratitude, table manners and conversation between us become an ingrained part of our mealtime rhythm if we as parents do not take time to consciously slow down and come together, family meals can often become rushed, chaotic and stressful.

Something to think about

What is your relationship to rhythm? Does it come naturally? Do you have to work at it? What helps it? What gets in the way? Did you have a rhythmic childhood?

What does your rhythm look like? Where are your challenges? How do you move through the transitions? How does it differ in autumn, winter, spring and summer seasons?



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.



WORM COMPOSTING

- Want to turn your scraps/ lawn clippings/ leaf litter/ cupboard into usable high quality humus?
- Need tiger worms?
- Need a worm farm that's already in production, ready to go?

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Sunday

10th of December

at the University of Waikato fields.

Registration opens in
September!

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Carl Watkins

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