

THE FRIDAY FLIER

(Published fortnightly)

KOTAHITANGA

Waikato Waldorf School, Kindergartens and Play Circle



No: 14

7 September 2023

Kia ora e te whaanau, Hello everyone,

I hope you are all doing well.

As you will notice in the dates section below, there are some key events taking place across the final two weeks of term.

Parents are encouraged to attend next week's (13th September) 'Journey Through The School'. The evening will run from 6.30pm – 8pm, beginning with a short introduction in the school hall. After this we will divide into two groups – one lower school group who will walk through Classes 1-7, and a high school group covering Class 8 and above. This is open to everyone but will be particularly informative for parents with children in Classes 5-7. We look forward to seeing lots of you there!

Weather permitting, Spring festival will take place on Tuesday the 19th. Parents are invited to join us from 11.10am, when we will celebrate in the hall with singing and a story before moving outside for dancing and performances. A shared lunch will follow which parents are also very welcome to take part in. Class based enviro/spring themed activities will take place in the afternoon - your child's teacher will be in touch if parent help is needed with this in any way.

Finally today, another mention of the Community Survey which is being emailed to you today. Your feedback will help inform our Strategic Plan for 2024-2025. Please take a moment to give us your thoughts and enable us to set the course for the next stages of our school's journey. As previously mentioned, all those providing feedback will have the opportunity to 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:

Ko nga pai tawhiti, whaia kia tata

Ko nga pae tata, whakamaua kia tina

The potential for tomorrow depends on what we do today

A warm welcome to Waikato Waldorf School to

Lilly Jones

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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TERM Dates 2024

	Start Date	End Date	Breaks/Public holidays
TERM 1 Class 1 start:	31 January 2024 1 February 2024	12 April 2024	6 February Waitangi Day 18 March TOD after Carnival 29 March - 2 April EASTER
TERM 2	29 April 2024	4 July 2024	31 May TOD 3 June King's Birthday 28 June Matariki
TERM 3	22 July 2024	26 September 2024	
TERM 4	14 October 2024	18 December 2024	28 October Labour Day

Dear volunteer/parent,

Our ecostore Good Soap fundraiser is coming to an end.

Please make sure all money and unsold soaps are accounted for and returned to the office as soon as possible.

There are 3 boxes of soaps now left to sell if anyone is still interested in getting another box. You can collect a box from **A room** (next to the office).

Thank you so much for your help! We really appreciate your support!

Class 9 ツ



HIGH SCHOOL HAPPENINGS



HS students have the opportunity to make a recipe of their choice. This term Classes 8 & 9 are focusing on "Garden to Table". Muffins made with lots of fruit and veges, were the result this week!



Class 10 in Science have been investigating cells and DNA, extracting them from strawberries! Class 8 have been studying aerodynamics and hydraulics in their Main Lesson – creating models of waka and testing factors affecting glide.



For the remainder of this term, Class 10 are completing a LO (Learning Outcome) for Performance in Badminton as part of Level 1 NZCSE. Sessions are spent out of school at the Eastlink Badminton Centre.



Class 9's last Main Lesson was a film study based on a Margaret Mahy book. Researching behind the scenes and discussing the elements that go into filmmaking had been a focus. Exploring the music used, choice of settings and various aspects such as choice of props and scenes made for an interesting perspective.

Last Monday as a final experience, the class were fortunate to google meet with the lead actor in the film they had viewed. They asked some great, thought-provoking questions and learned more about what an actor experiences. The class gained some insights into working with different actors and directors. Through the film study they also explored concepts of challenge, care and change.



Sewing Machine

The High School needs a couple more machines for their Soft Material projects.

Does anyone have a simple sewing machine spare that they could gift the school?

We would be so grateful... Please drop it into the office. Thank you

CLASSROOM CORNER

In class 6 and 7, we are blessed with tremendous artists in our class. Recently Reid van Zyl, Seren Dark and Jun Seo Lee had their art contributions selected over thousands of other entries across the motu to feature in the wonderful Toi Toi Magazine (which features artwork and stories from children aged between 5 and 13 years).!

Last week they were presented their own copy that features their work in.

Ka Rawe fabulous artists!



FOOD TECH THIS TERM

The aim of our food tech sessions is for the children to learn a number of simple recipes that pique their interest in the art of cooking, that they can then add to a growing repertoire of simple, delicious meals they can use for the rest of their lives! They are also focused on understanding essential food safety protocols, how to use kitchen utensils correctly and the care and attention to detail cooking requires.

Each week a group of students from class 6 get to spend an afternoon experimenting with different food items, creating delicious morsels of food to enjoy. This week they have been learning how to make pasta from scratch. Many of the children have since cooked this pasta at home and it has been very well received!

Ka Rawe Class 6 - today cooking humbly in our whare kai - next stop MASTERCHEF!!

(A huge shout out to our fabulous 'head chef' Marion, who lovingly guides them to their culinary success each week).



Class 7 – Handwork

Students have been working away on their dolls for the last three terms and have made plenty of progress. They have hand stitched the body and limbs. Added delicate facial features, crocheted a skull cap and created hair using strands of yarn. Some are now making clothes. Well done class 7.



Interschools Cross Country



Congratulations to the athletes who completed in the Interschools cross country. We are proud of your courage, resilience and achievements. The course was tough but you were tougher. You endured, and though exhausted, finished the race with a smile and great sportsmanship.

Rene Vogel



BOOK WEEK

We had an amazing line-up of authors visit us during our Book Week, inspiring our students in both reading and writing.

Judi Billcliff delighted our junior classes with her captivating and humorous poetry, sparking lots of creative play with words and poetry back in the classroom.

David Riley gave an inspiring talk to our older classes about the importance of reading, challenging every student to read at least one book a week. His writing workshop with our Intermediate and High School students empowered even the most reluctant of writers to explore their own storytelling potential with quick writes.

Anne Kayes shared her journey as an author, and shed light on where she found story ideas, pulling from Fairy Tales, myths, different cultures and local histories. She also shared excerpts from a few of her books.

These author visits were a wonderful opportunity for students to glimpse behind the scenes of how a story or poem is written, to ask questions about the writing process, and to hear other perspectives as to why reading and writing are so important regardless of our goals.

Jo Buer



Book Week Character Dress Up Parade



Class 1



Class 2



Class 3



Class 4



Class 5



Class 6



Class 7



High School



More 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

Lunch Menu Ideas



All of these can be made from bulk purchasing thus minimising packaging.

- Lentil soup (spicy or savoury) with rice crackers
- Whole-milk yogurt with berries and cashews
- Nut and seed butter & sliced banana on whole-grain bread
- Tortilla chips & avocado salsa
- Hummus, with carrots and olives
- Salad (tomatoes, mozzarella cheese, olive oil, basil, salt & pepper)
- Hummus with cut up vegetables – try carrots, beans, cauliflower, broccoli, capsicum
- Tzatziki (yogurt & cucumber salad) with gluten-free pita chips
- Hard-boiled egg
- Home made savoury muffins
- Chicken, lettuce and mayo wraps (send them along with a cool pad)
- Whole-grain crackers with cucumber slices & cream cheese
- Black beans with roasted garlic & rice
- ...and an all time favourite, leftover toasties - bung anything left over from dinner with cheese between bread, toast in pan/toastie maker – done!!

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



Quiet

Most adults have experienced how, during a fever or any inflammatory illness, we crave peace and quiet and are disturbed by noises and sounds which usually don't bother us when we are well. Children have this same need for peace and quiet during their illnesses, though they will rarely express it. Instead, out of "boredom" they will ask to listen to the radio, use a device or watch T.V. These kinds of stimulation are best avoided, especially for younger children, and should be replaced by just "being there" for your child during his or her illness in a peaceful, unhurried and reassuring way. Keep them quietly under covers in bed or on a couch away from the hustle and bustle of household activity. The more one can sleep during an illness, the better.

Illness is a time to remove oneself from the usual pressures and routines of life and to "veg out" totally and to allow one's body to repair and renew itself in the context of a peaceful and supportive environment. Very often illness can provide a wonderful opportunity for renewed communication and bonding between parent and child. Children will often recall as they grow up the memory of when a parent made a special soup or breakfast in bed when they were unwell. If you're a working parent who had to stay home to care for a sick child, resist the urge to multi-task. You really can't take care of your child and work at home all day. Trying to do both will just leave you tense and frazzled. It's OK to do a little housework or answer a few emails. But don't try to do too much. Instead, cuddle and nap together, allow yourself this time to further connect with your child.

Maree Smith RN, Anthroposophical RN

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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.

Saturday morning music classes

Enrolments are now open for Term Four 2023 at the Waikato Community School of Music (WCSM). Classes begin on Saturday 14 October and run for 8 sessions, ending on Saturday 9 December. Note there are no classes on the Saturday of Labour Weekend.

Class times are between 8:00am and 2:00pm on Saturdays during primary school terms. WCSM is located on the University of Waikato campus in Hillcrest.

The school caters for all ages (3 years old to retired), as well as all ability levels, offering group-format and one-to-one music tuition in a range of instruments. Group-format class fees range from \$45 to \$110 per term (8 lessons in Term Four) depending on student age and the instrument chosen.

The enrolment fee for an instrument class includes participation in as many of our music ensembles as the student wishes. Enrolment in ensembles only is also an option. One-to-one classes can aid in preparing for exams and earning NCEA credits.

For further information or to enrol in music classes, please visit our website <https://wscm.ac.nz/> or phone 07 838 4611.

Books!

I have reduced a few of my bookcases and thought there may be a few in our community who would like these. If something catches your eye just send me a text and I can put it aside for you. Koha or trade welcome but not necessary.

Kat 021 1797919

The Way of a Child - A.C Harwood
Heal Yourself with Angels - Patricia Papps
The Road Less Traveled - M. Scott Peck
Communicating with the Archangel Uriel - Richard Webster
Realms of the Earth Angels; Angel Numbers; Living Pain Free - Doreen Virtue
The Power of Now - Eckhart Tolle
Self Power; Child of the Dawn; The Seven Spiritual Laws of Success - Deepak Chopra
Mastering the Art of Self-sufficiency in New Zealand (NZ)- Carolann Murray
Secrets of the Soil- Peter Tompkins and Christopher Bird
Cooking with Winter Herbs (NZ)- Margaret Roberts
The living Kitchen (NZ) - Gillian Polson
For Goodness Sake (NZ) - Merren Parker
Nourishing Traditions - Sally Fallon
Staying Healthy with Nutrition- Elson M. Haas
Atlantis - Charles Berlitz

