

THE FRIDAY FLIER



KOTAHITANGA

Waikato Waldorf School, Kindergartens and Playcircle

No: 16

30 May 2019

Kia ora tatou

Over the last couple of weeks, the students have been busy looking at all the postcards sent to us from other Steiner Schools around the world. We have a large hand drawn world map by Class 9 in the main entrance with many countries highlighted where we have received postcards from. Our children have been designing and drawing their own cards in return with artwork depicting a piece of our New Zealand heritage. You may have been handed your child/ren's postcard/s at the parent interview. The idea is that every child purchases a stamp and posts their card off to their chosen school. Over the next few weeks we will publish in the flier some of the wonderful New Zealand themed designs created by our students.



Just a reminder that on **Tuesday 4th June** we are holding our parent enrichment evening on "Strong Rhythms and Healthy Lifestyles" with Elizabeth Swanepoel (Class 2 Teacher) and Maree Smith (Anthroposophical Nurse). This should be a highly valuable and interesting evening whether you are a parent of a kindergarten child or teenager. So please come and join us and find out how you can support the health and wellbeing of all your family.

Wishing you all a relaxing long weekend.

Ngā mihi
Sue

UPCOMING EVENTS

Dates for Term 2

Friday 31st May	School Closed - Teacher Only Day
Monday 3rd June	School Closed – Queen’s Birthday
Tuesday 4th June	Parent Enrichment Evening @ 7pm
Tuesday 25th June	Winter Festival 5.15.- 6.30pm
Thursday 27th June	Matariki Festival (time to be confirmed)
Thursday 4th July	Last day of Term – School Closes 2pm

We invite you to our next parent enrichment evening on

“Strong Rhythms & Healthy Lifestyles”

Tuesday 4th June 7pm at school

This evening focuses on the importance of rhythms for our children at home and school.

Deepen your understanding around meal times, healthy eating, sleep, life rhythms including seasons and enlivening our relationship with nature.



24 May 2019

Board of Trustees' Election 2019

Declaration of Staff Election Result

At the close of nominations, as there was only one valid nomination received, I hereby declare the following duly elected:

Saunders, Carl

24 May 2019

Board of Trustees' Election 2019

Declaration of Parent Election Result

At the close of nominations, as the number of valid nomination was equal to the number of vacancies required to be filled, I hereby declare the following duly elected:

Herbert, James

Hope, Marshall

Muncaster, Jane

Waikato Waldorf School

Monika Sullivan, Returning Officer

*Hello my name is **Jane Muncaster** and I am married to Andrew, and I am mother of Luke and Annabelle. We have lived in Hamilton since 2007 and been part of the school community since 2017.*

I have always been interested in the health and well being of people, and this has been reflected in my occupations. I began my professional life as a Microbiologist working in NHS hospitals in Portsmouth, England. I later moved to New Zealand where I continued to work in hospital microbiology. My husband's work involved us moving to Australia for a few years, and during this period I took the opportunity to change directions and gained my Counselling qualifications. Since returning to New Zealand, my time has been busily occupied raising our family. More recently, I have been working as a Teacher Aide here at the Waikato Waldorf School.

I appreciate the opportunity to serve on the BOT. I am excited and really hope to bring my skills and experience to ensure our school provides the best opportunities for well-being, growth and education of all our students, teachers and staff.



Marshall Richard Hope

Mobile 022 3142 867

marshallhope1@gmail.com

Daughter Aria in Class 1 (also have 2 older sons - home schooled the younger).

NZ citizen, from England 1996.

Retired Economist; research, lecturing and teaching.

Attend the Rudolf Steiner Reading group and help at the school.

Member of the Interfaith Council, and on the governance board of the national body of the Theosophical Society.

Interests in philosophy, politics and religious studies.

Vegan/fruitarian, grow fruit, and help at Go Eco (Frankton)

Volunteer at Hospice, and community church member.

Earache in Children

Often it is a change in the weather that upsets the body's healthy warmth balance. A cold wind, damp fog or heavy rain presents an extra challenge to the warmth organism of children. Their ears are quick to react, because without a head covering they are very exposed. In the cold days of autumn and winter, children should never go outside without a hat. If the mucous membranes of the upper airways cool down too much, cold viruses have an easy time of it. The resulting swelling and inflammation of the ears are painful and extremely unpleasant.

Onion to the rescue!

- Onion Ear compress is simple and easy to apply use a regular cooking onion, then
- Dice a small amount into pieces about a small handful wrap them in a piece of muslin cloth, or other thin cloth to make a little onion bag. Tie off with string.
- Lightly steam the little bag; the simplest way is to have a small pot with 3cm of water in it, cover the pot with a small plate bring the water to the boil, steam the onion by placing onion bag on the plate and cover with a lid.
- Steam (just enough to loosen the juice) about 5min
- Apply to the affected ear- cover with a woollen hat—be careful not to apply too hot to the ear-we don't want a burn as well as an inflammation!

Ensure child is tucked up in a warm bed in a quiet room. Leave on for at least 20min but best if on overnight.

Maree Smith, RN

Anthroposophical Nurse



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.

Dance folkus presents a public event.... 19th Century Ball 29 June 2019

Enjoy fun social dances from across the 19th century from Regency dances in longways sets to late Victorian waltzes and barn dances

Why not come along in Regency / Victorian / Edwardian / Steam Punk dress for added fun ?or not if you prefer

Fill your Dance Card...



Tickets available from themeteor.co.nz
Early Bird \$25pp ~ \$30 full
No door sales



Live music

Popular Dances from the era called with dance floor instruction and walk throughs; Light supper; Bar available

The Meteor Theatre
1 Victoria St Hamilton

Saturday 29 June 7.30pm
Doors open 7.00pm



85 Barrington Drive, Huntington, Hamilton

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website: www.waikatowaldorf.school.nz [www.facebook.com/WaikatoWaldorf School](http://www.facebook.com/WaikatoWaldorfSchool)

Projective Geometry Workshop

From the simplest observations in nature to detailed measuring of intricate forms, we find geometry everywhere in our world.

Using projective geometry as a basis, Andrea Tomanek will lead our workshop through forms found in the natural world and beyond.

Andrea comes with a wealth of experience on this subject, she is a current upper school teacher at Titirangi Waldorf School and Christian community Priest.

This workshop is open to anyone- Waldorf teachers, Parents, anyone interested in understanding our world and how fundamental geometry is to it!



Saturday June 29th 2019

0930- Midday

Waikato Waldorf School Hall

85 Barrington Drive Rototuna

Cost \$20- payable in cash at the door

Workshop Facilitator: Andrea Tomanek

Further details: Maree Smith 021 150 9433- 1mareesmith@gmail.com