

THE FRIDAY FLIER



KOTAHITANGA

Waikato Waldorf School, Kindergartens and Playcircle

No: 22

26 July 2019

Kia ora tatou

Welcome back to you all! We are looking forward to another enjoyable term with lots of interesting events and activities planned for the children with many plays, camps and day trips.

Class 4 will be off on their Marae Noho and Class 6 their much-awaited Snow Camp. We are also looking forward to our "Waldorf 100 Celebration Day" which also falls on our Spring Festival so a double celebration! More information to follow as we firm up plans.



We also have another open evening for parents, "Journey Through the School," on Thursday 12th September at 6.30pm. This is another great opportunity to meet all the class teachers, journey through all the classrooms and hear about the developmental stages of the children and the rich curriculum. If you haven't had a chance to come to this informative evening, I would highly recommend it whether your child is in kindy or class 7.



We are currently advertising for two teacher aids to join the school and the kindergarten teams. (Please see advert later in the flier). If you are interested in either position or know of someone who you think might be, please contact me for more information and an application pack. The closing date for applications is noon on Thursday 8th August.

Finally, I would like to thank all the volunteers who have helped installing the underfloor insulation for the community room and upgrading the sink area. Your kindness and generosity is very much appreciated.

Ngā mihi

Sue

UPCOMING EVENTS TERM 3

Week 2

30 July Class 3 parent meeting 7pm

Week 3

6 August Class 2 parent meeting 7pm

8 August Class 4 Play 1.40pm

9 August Class 4 Play 6pm

Week 4

Cross country – date to be confirmed

13 August Class 1 parent meeting 7pm

15 – 16 Aug Class 4 Marae Noho

Week 5

Book Week (detail of events to follow)

Week 7

4-6 September Class 6 Snow Camp

4 September Class 5 Play 1.40pm

5 September Class 5 Play 6.30pm

Weeks 8 – 10

Waru Market Open

Week 8

10 September Class 7 Play 1.30pm

11 September Class 7 Play 6.30pm

12 September “Journey Through the School” 6.30pm

Week 9

19 September 100 Years of Waldorf Education Celebration and Spring Festival

Week 10

25 September Class 2 Play

26th September School finishes 2pm

TWO TEACHER AIDES REQUIRED

- **School Vacancy 1**

Supporting students 7-9 years old
Supporting 13-year-old ORS student
20 to 26.3 hours per week term time only

- **Kindergarten Vacancy 2**

Support 5-year-old ORS student
18 hours per week term time only

Experience working with students who have a range of learning and behavioural needs would be an advantage, but good support and on the job training, working in friendly team.

These are fixed term positions until 13 December (but likely to be extended) and begin as soon as practicable.

For further information please contact the principal on principal@waikatowaldorf.school.nz or phone (07) 855 8710

Applications close noon Thursday 8th August 2019

Public Notice

The Proprietors Trust wishes to confirm that the AGM's for both the RSSWT and RSECT Trusts will be held during the next PT meeting. This meeting is scheduled for **7pm on Thursday 8th August**. Could you please let Monika know if you have a desire to attend so we may ensure there is adequate capacity.

Regards

Adam Plimmer
PT Chairman

Kia ora rawa atu! Thank you!

A big thanks to Anton, Ben and Chris for taking on the uncomfortable job of placing insulation under the community room. Our littlest ones and their families are now one step closer to a warm and inviting space under Maria's outstanding umbrella of care.

Alpha Electrical will be installing a heat pump next. This company have us in their hearts and take great care of us. Thank you Brett, Mike and the team.

Thanks also to Regina, Mere and the Craft group for all the work they have put into this space which makes this room feel full of welcome and light.

SOUP & BUN FRIDAYS - CLASS 6 SNOW CAMP FUNDRAISER

Class 6 are fundraising for their upcoming and much anticipated Snow Camp. Parents of class 6 and students are looking forward to running Soup & Bun Fridays throughout term 3. A soup order form will go home with school children each week and this needs to be returned to your child's classroom with named cup and coins the following Tuesday. All soups will be vegetarian, and gluten and dairy free.

Next week's soup for **Friday 2nd of August** is PUMPKIN SOUP



Pumpkin Soup (GF and DF) - \$2 per cup

Kindy Bun (DF, contains wheat) - \$1 each

Gluten and Dairy Free Bun - \$2 each

Please return the order form with money and your child's named cup to their classroom

by 9am Tuesday 30th July.

Hot soup and bun will arrive to your class room on Friday at 12:40pm. Your child may also wish to bring along a spoon on the day.

Anthroposophic Reading Group

Dear school community and friends

We gather every 2nd and 4th Monday evening during school term. We are currently meeting for lecture readings at Rimu Cottage, 68 Te Manatu Drive, across the Kowhai Childcare Centre carpark. This is at the opposite side from the Waikato Waldorf School entrance. You are welcome to attend the reading group at any time (please contact me to ensure up to date venue information).

We next meet on **Monday 12th August at 7pm** and are focussing on *Will* strengthening topics, which may also help with anxiety.

Inspired by the recent "Knowing Reality" seminars with Ian Trousdell we are experimenting with a brief discussion on our personal spiritual (scientific) research. For anyone interested we can talk about the research techniques and exercises Ian has put into action in his life. This is a separate discussion from the lecture reading, but on the same evening.

If you are interested, please call me or send me an email. Sarah Oliver (parent) 027 805 0850, sarah@spheres.co.nz

Chronic Stress and Gut Health

We have all experienced the phenomenon of the 'gut feeling'. We get 'butterflies' in our stomach when we are nervous, we see something 'gut-wrenching' or we 'go with our gut' when faced with a difficult decision. It turns out that the 'gut feeling' is a real physical phenomenon, not folklore. To understand why our tummy serves as a repository for feelings we commonly associate with the brain, we need to understand how the gut and the brain are intrinsically linked.

The gut possesses an unimaginable amount of nerves, so much so that it's been coined the 'gut brain'. These nerves help us to 'feel' our inner world (together they are referred to as the Enteric Nervous System or 'ENS') and through a series of complex neural pathways relay the information they receive back up to the brain (the Central Nervous System or 'CNS'). The channel of communication between the CNS and ENS is referred to as the 'Brain-Gut Axis'. Interestingly, the dialogue between these two systems goes both ways - our gut sends signals to the brain and the brain sends signals to the gut. This explains why you stop eating when you are full (the stomach becomes distended and communicates this to the brain), and why your stomach is the repository for all sorts of feelings when you are nervous or overcome with emotion.

The Fight or Flight Response

Stress is thought to be among the most important stimuli discussed by the brain and the gut. When we come into contact with a stressor, the hypothalamic-pituitary-adrenal (HPA) axis (our internal 'stress control' centre) instigates the production of a chemical called corticotrophin releasing factor (CRF). CRF triggers a cascade of other chemicals which eventually cause the release of cortisol (commonly known as the stress hormone). Cortisol diverts energy away from the gut to our muscles and brains, works to keep blood sugar elevated (to meet glucose demands of the brain) and retention of sodium (to keep blood sugar up), all of which allow us to respond quickly and efficiently to danger.

The fight or flight mechanism works best as a temporary response to help with survival. Our ancestors suffered from 'acute stress' if they found themselves, for example, fleeing from a sabre-toothed tiger #cavemanproblems! However, our bodies were not designed to handle long term, chronic stress. In this day and age, our lives are no longer filled with occasional stressors that come and go for short, interspersed periods of time. Rather, with looming deadlines, financial burdens, social pressure and the constant inundation of information, it's safe to say that for the **majority** of the Western World we are **stressed** for the **most part of a day, most days**. In other words, we are in 'fight or flight' mode more often than not. As energy is diverted away from the gut during the fight-or-flight response, digestion and immune function is slowed or halted for long periods of time, which can rob us of key nutrients and expose the gut to infection and inflammation.

So what to do?

Gut health is affected just as much by the state of your mind as it is by the food you consume. Wellbeing requires a holistic approach to health - we need to take care of our mind, body and soul. An aggravated mind leads to an aggravated gut and an aggravated gut will aggravate the mind. If you suffer from a gastrointestinal disorder, consider whether or not your body might be under chronic stress. If so, implement stress-reduction strategies such as meditation, yoga, mindfulness, supplementing with a probiotic or diaphragmatic breathing. BUT be gentle and go slow, have a long term plan rather than a quick "*I will fix my gut in a month*" plan. Even just stopping for a moment to "smell the roses" or watch how wind moves a tree or a bee moves through a flower slows our breathing, relaxes our brain and our gut.....increasing these mindful moments can have an impact on our Gut/ Brain pathways and creates small changes towards wellness.

Maree Smith RN, Anthroposophical RN

021 1509433



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.



HAMILTON BOOK MONTH August 2019

Hamilton Book Month is ready to get underway. This year sees the biggest ever programme with 21 different events and a grand total of 35 (including repeats) across August at various Hamilton venues. Almost all events are free with only four having a charge. We decided on some themes and this year we have five panels on offer: contemporary fiction, historical fiction, crime writing, book award finalists and one about recipes and research." Events include local authors, a historical fiction writing workshop, storytelling, self-publishing seminar, poetry brunch, lit pub quiz and a special evening with Tessa Duder.

Some of the authors audiences can expect to meet throughout the month include graphic artist Ant Sang, Harper Collins third most best-selling author after Dr Seuss and David Walliams Stacy Gregg, national treasure Tessa Duder, broadcaster Suzy Cato, award winners Lloyd Jones, Joanne Drayton and Rosetta Allan, gardening journalist, author and broadcaster Lynda Hallinan, one of the most controversial novelists and historians in NZ Stevan Eldred-Grigg, crime writers Nikki Crutchley, Julie Thomas and Ian Austin plus best-selling authors Tammy Robinson, Danielle Hawkins and Kirsten McKenzie.

Hamilton Book Month's events are on our website www.hamiltonbookmonth.com and we are on Facebook. Brochures and bookmarks with event information are available from bookshops and libraries. Further information available from hamiltonbookmonth@gmail.com You can subscribe to our mailing list via the website.

PRIVATE PIANO LESSONS AVAILABLE - TERM 3

Starting in Term 3 I am excited to be returning to Waikato Waldorf as a Eurythmy Pianist again (alongside the wonderful and talented Clive). I was the Eurythmy Pianist at the school for many years and also taught piano to many of the children. I have 18 years piano teaching experience, have studied music to University level and have been an active member in the music community in Hamilton for many years. My experience ranges from theatre and film, through to bands and music groups. I have an organic approach and work with each child on an individual basis tailoring to their strengths, while nurturing a love and appreciation for music! I also aim to provide a fun and enjoyable environment to help encourage creative expression. I teach both Piano and Theory (I have numerous Theory Games which help make learning theory a more rewarding experience). I'm able to teach a wide range of musical styles; Classical, Jazz, Blues, Folk, Alt Country, Pop etc.

WHERE - Lessons are in the Claudelands area

WHO - Age range 8 years and up

COST - \$20 per half hour lesson

CONTACT - Please contact Susanne on 0211545706 or email seussanne@hotmail.com

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