

THE FRIDAY FLIER



KOTAHITANGA

Waikato Waldorf School, Kindergartens and Playcircle



No: 39

6 December 2019

Kia ora tatou

Last night class one performed an enchanting nativity play which Rene had written and choreographed so beautifully, a very talented lady! The children did a magnificent job remembering all their lines and songs and working together to produce a wonderful performance. Thank you to Clive for accompanying the children and setting a festive tone at the start of our evening. The children looked amazing in their costumes, a big thank you to Anna as always for providing us with such a magnificent wardrobe for the children. We very much appreciate the support from Diane (TA) and Vicki (parent) for helping the children get ready for the play and John (Diane's husband) and Vanya (parent) for helping make the scenery and props. As you can see it takes a good team to create these wonderful opportunities for the children. Magical memories!

Continuing our theme of reflection this week the next annual aim that I would like to report on is:

Annual Aim 3: Waikato Waldorf School strives to create a learning environment which:

- ◆ **Enhances and supports the physical and academic progress of all students and their emotional well-being.**
- ◆ **Provides a good working environment/conditions for staff**
- ◆ **Provides an environment that reflects our cultural diversity, heritage**

This year we have continued to consolidate our Enviro Schools Green Gold Status. This has included beautifying our school grounds with the help of our enviro science teacher Natalie and students throughout the school in their gardening lesson time. This has not only involved practical work but also classroom learning. Class five have been learning about annual plants and paradise gardens, aligning with their Indian Main Lesson. Class six have studied the ornamental trees on and around the school site. Class seven found out about invasive weeds and classes eight and nine built upon their knowledge of native plants and trees. Work is continuing on our gardening curriculum so that it aligns strongly to other areas of our curriculum. At the front of the office students have been busy establishing a wonderful entrance garden for all to enjoy. This year class seven have created the garden behind the staffroom for all the staff to relax in during their break times. A great deal of time, thought and effort has been put into the landscaping and planting and is a wonderful legacy for our students to leave and one that is greatly appreciated by the staff. Work has started on the sensory garden outside of the therapy room at the back of the school which is a feast for our eyes.

The enviro group, facilitator and our business manager managed to secure the Waikato District Council Enviro Schools grant of \$5000 for our outside classroom which has given a boost to the construction of the outdoor classroom area currently under construction.

Chris from 'Earth Stewards' kindly donated two second hand worm farms which are already at maximum capacity from our food scraps and we are looking to install more next year.

Through our cultural enrichment programme this year we have been consciously reflecting the cultural diversity of our community and heritage of our country and local area through displays of students work in classrooms and around the school.

I would like to congratulate four of our class eight and nine students Anushka, Maclean, Jorja and Candela for completing their Duke of Edinburgh Bronze award. In order to gain their award they had to complete three months of: volunteering in the community or helping others; do an activity for one hour per week; learn or develop a skill; complete an 'Adventure Journey' which involved planning and reporting on a physical journey over two days and twelve hours of physical exercise. We are very proud of our student's achievement!

Finally, a reminder that the school closes next Friday 13th December at 2pm.

Ngā mihi, Sue

REPORTS

Next week students from Cl. 7 to Cl. 9 will be receiving their reports to take home.

Students from Cl. 1 to Cl. 6 will have their reports available for adults/carers to collect directly from the class teacher on **Friday - at the end of the school day.**

UPCOMING EVENTS TERM 4

Week 9

- 9th – 13th Dec. Class 5 Olympic Camp
- Tues. 10th Dec Leavers Assembly 11.00am in school hall
- Friday 13th Dec. Last day of academic year

School closes at 2pm

Term Dates 2020

Term 1 30 January - 9 April 2020

Class 1 31 January - 9 April

06 February Waitangi Day

06 April Teacher Only Day – school closed

Term 2 28 April - 2 July 2020

29 May Teacher Only Day – school closed

01 June Queens Birthday

Term 3 20 July - 24 September 2020

Term 4 12 October - 15 December 2020

26 October Labour Day

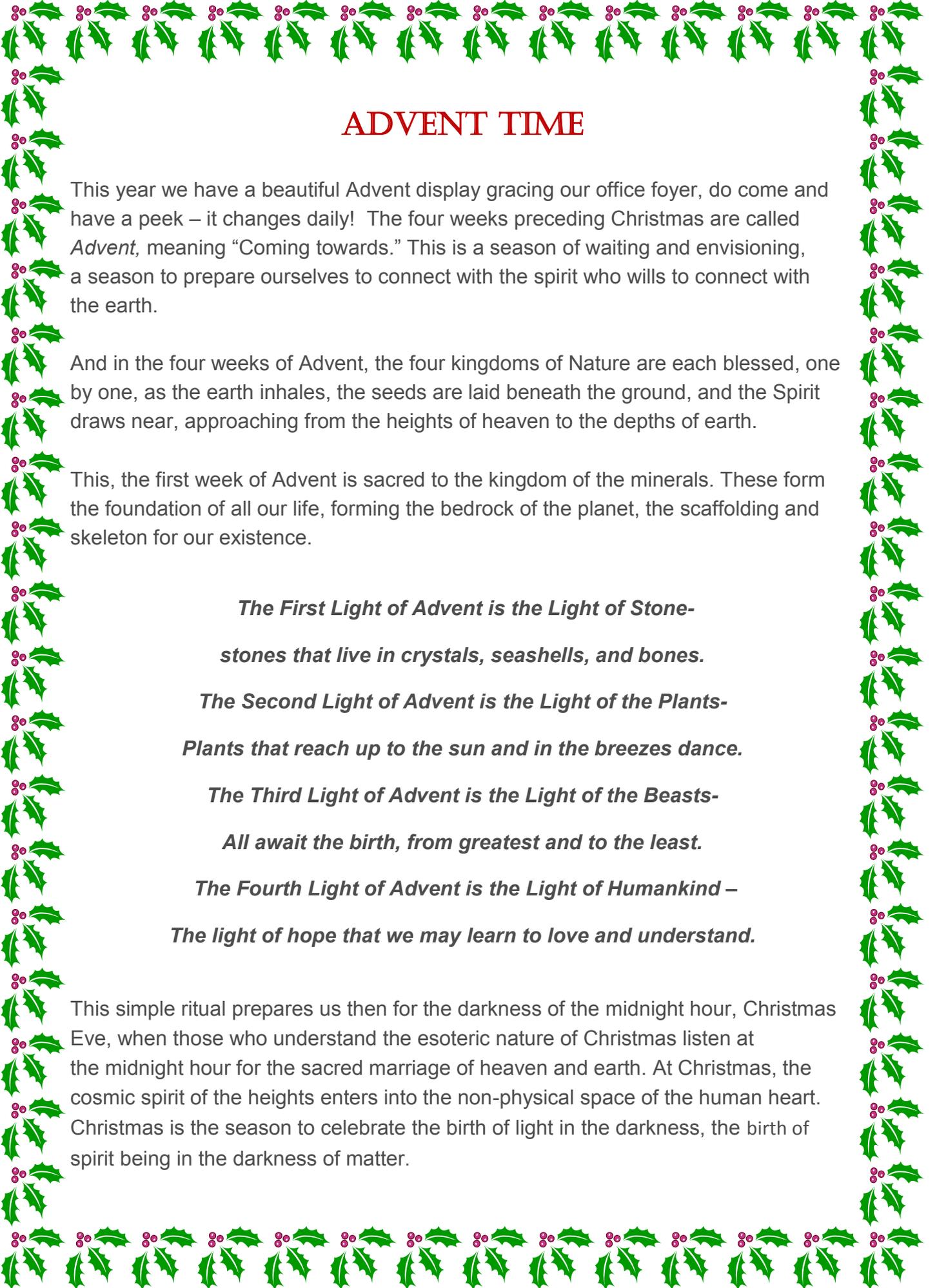
LOST PROPERTY

We have accumulated lots of clothing again in our LOST PROPERTY bin. Please check in front of the disabled toilet (beside Community Room) and in front of old staffroom if there are any of your child's belongings.

We will donate them to the charity at the end of this term.

PLEDGE FORM 2020

The Pledge Pack for next year has been posted out last week. Please return your Pledge Form to the office promptly. If you have not received a pack please let Monika know. Thank you.



ADVENT TIME

This year we have a beautiful Advent display gracing our office foyer, do come and have a peek – it changes daily! The four weeks preceding Christmas are called *Advent*, meaning “Coming towards.” This is a season of waiting and envisioning, a season to prepare ourselves to connect with the spirit who wills to connect with the earth.

And in the four weeks of Advent, the four kingdoms of Nature are each blessed, one by one, as the earth inhales, the seeds are laid beneath the ground, and the Spirit draws near, approaching from the heights of heaven to the depths of earth.

This, the first week of Advent is sacred to the kingdom of the minerals. These form the foundation of all our life, forming the bedrock of the planet, the scaffolding and skeleton for our existence.

***The First Light of Advent is the Light of Stone-
stones that live in crystals, seashells, and bones.***

***The Second Light of Advent is the Light of the Plants-
Plants that reach up to the sun and in the breezes dance.***

***The Third Light of Advent is the Light of the Beasts-
All await the birth, from greatest and to the least.***

***The Fourth Light of Advent is the Light of Humankind –
The light of hope that we may learn to love and understand.***

This simple ritual prepares us then for the darkness of the midnight hour, Christmas Eve, when those who understand the esoteric nature of Christmas listen at the midnight hour for the sacred marriage of heaven and earth. At Christmas, the cosmic spirit of the heights enters into the non-physical space of the human heart. Christmas is the season to celebrate the birth of light in the darkness, the birth of spirit being in the darkness of matter.



Learning to stroll.....

When we live such frantic lives, we can end up moving from one thing to the next without really concentrating on anything in particular. We can hit the fast-forward button on life and not stop until the end which isn't much of a life at all.

Learning to stroll is great for us on many levels. When we go for a walk, the heart pumps faster, circulating more blood and oxygen not just to the muscles but to all the organs—including the brain. Many experiments have shown that after or during exercise, even very mild exertion, people perform better on tests of memory and attention. Walking on a regular basis also promotes new connections with brain cells, staves off the usual withering of brain tissue that comes with age, increases the volume of the hippocampus (a brain region crucial for memory), and elevates levels of molecules that both stimulate the growth of new neurons and transmit messages between them.

Walking at our own pace creates an unadulterated feedback loop between the rhythm of our bodies and our mental state that we cannot experience as easily when we're jogging at the gym, steering a car, biking, or during any other kind of locomotion. When we stroll, the pace of our feet naturally vacillates with our moods and the cadence of our inner speech; at the same time, we can actively change the pace of our thoughts by deliberately walking more briskly or by slowing down.

Because we don't have to devote much conscious effort to the act of walking, our attention is free to wander—to overlay the world before us with a parade of images from the mind's theatre. This is precisely the kind of mental state that studies have linked to innovative ideas, strokes of insight and increased physical and mental wellbeing.

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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.

Foraging For Edible Weeds - Know your 'weeds' for health

Julia Sich's Edible weeds workshop at Earth Stewards Organic Farm has been postponed to 2020, due to unforeseen circumstances. The workshop was scheduled for this Sunday 8th December. All bookings have been notified and we will advertise a new date next year. For any enquiries please contact Sarah Oliver 027 805 0850.

Anthroposophic Study Group (final reading this year)

Dear school community and friends

Our final meeting for the year is at 7pm this Tuesday 10th December. We will study one more Christmas lecture from *The Festivals and Their Meaning*. Study group will recommence in 2020 on Tuesday 11th February.

Study runs from 7 to 8.30pm. We meet on the 2nd and 4th Tuesday evenings during school term at Rimu Cottage, 68 Te Manatu Drive. You are welcome to attend at any time - please let me know. Sarah Oliver (parent) 027 805 0850.

For those interested the lecture study is followed by a brief discussion on related topics or spiritual scientific research. This time we will have a brief slide presentation. All are welcome.

ESCAPE & CREATE

Pre-Christmas Holiday Art Workshops

are cancelled, due to unforeseen circumstances (Again!) Many apologies!!

I'll try to stop breaking myself so we can get back into it next year! Until then, have a truly beautiful break with your Whanau and enjoy the sun!

Arohanui, Lisa