

THE FRIDAY FLIER



KOTAHITANGA

Waikato Waldorf School, Kindergartens and Playcircle

No: 06

9 April 2020

Kia ora koutou

I hope that this flier finds you and your family safe and well. These are hard times for all of us but some more than others. If you find your employment circumstances have changed my heart goes out to you and please reach out to the community for support, which I know can be hard in these times.

The Proprietors Trust is aware that this changing landscape may be affecting you financially so there is a message from them later in this flier. The health and well being of you and your whanau is of the utmost importance, so to that end our teachers will be making contact with you individually to see how you all are.

This international health crisis is affecting us all and the emotional and psychological impact is immense. Families are potentially under a great deal of stress operating in an ever-changing world of uncertainty. We wish to support you in the best possible way and understand that that may take on a variety of forms. We do not want to overburden you with educational materials and expectations but want to provide you with opportunities and guidance as to how you can hold and educate your child in the current climate. This will mean different things for different people. We want to keep things simple and provide plenty of opportunities for students to practice and consolidate previously taught concepts so they can feel confident and work more independently. Building children's resilience in these times, giving opportunities to succeed and to still experience awe and wonder is most important for their health and wellbeing. We should not lose sight of our special character and whilst the use of technology is important to stay connected it is just a tool and is a means to an end, not the end itself. Teachers will be providing materials for your child and the routines you establish and how you use them to best effect is entirely up to you, although we are happy to give you guidance if you wish. Teachers will be recommending different lengths of time for engaging with these activities according to the age of the child. How you break their activity sessions up is entirely up to you and how it works in with your family. Some students may want to spend more time and that is fine too. Any concerns or questions you have will be taken by the teachers and they will let you know what times they are available. Please be aware they may not be able to respond straight away as they will be involved in other meetings or caught up with their own families as well. I would like to thank all the teachers for their ongoing professionalism and commitment in these trying times.

Finally, don't forget to take care of yourselves. Make a space for yourself at some point during the day whether that's a moment to pamper yourself, exercise, breath in the air, snuggle down with a good book, meditate, take a bath or foot bath, listen to your favourite music, rediscover an old craft or artistic pursuit, make something or garden. Don't forget to count your blessings, this may sound pious but even in these tough times it is important that we are grateful for what we have. Getting through hard times relies on a good mental attitude towards your circumstances, the cup half full or half empty scenario- but it is so true. Start and finish the day with a positive thought and remember you'll never know your strength until you've faced your struggles!

Here is a verse for you to meditate on this week for 'Inner Tranquillity'

Quiet I bear within me.
I bear within myself
Forces to make me strong.
Now will I be imbued
With their glowing warmth.
Now will I fill myself
With my own will's resolve.
And I will feel the quiet
Pouring through all my being
When by my steadfast striving
I become strong
To find within myself
The source of strength,
The strength of inner quiet.

Rudolf Steiner

You are not alone!

Ngā mihi

Sue

Easter in Autumn

In the northern hemisphere Easter is celebrated in Spring, but if you live like we do in the southern hemisphere, then Easter falls in Autumn.

Although the word “Easter” is derived from the Old English word *Éastre/Éostre*, referring to the name of the Anglo-Saxon goddess *Éostre*, Easter is not really related to either Spring or Autumn. Easter falls on the first Sunday after the Paschal full moon. The possible dates for the Paschal full moon are between March 21 and April 18. Easter can therefore start anywhere from March 22 until April 25. If the Paschal full moon falls on a Sunday then Easter is the following weekend. The Paschal moon, which is based on 84-year “paschal cycles” follows the ecclesiastical lunar calendar.



Traditionally Easter has been associated with symbols of new life, such as we find in Spring. But Autumn has its own richness and promises of new life as well, for instance acorns. Acorns start to fall at the beginning of Autumn. Their shape closely resembles that of an Easter egg. The little acorn contains a promise of new life, just like the egg. Acorns can also symbolise the stone being rolled away from the tomb of the Christ. Acorns can quite easily be used to make Easter table decorations or wreaths.

When we participate in the activity of pruning back our trees and other plants in Autumn, we prepare them for a burst of new life in Spring. We prune back the plants because we know they will grow again.

Some insects spin a chrysalis during Autumn, anticipating a new life in Spring. In the Northern Hemisphere the signs of new life are obvious and immediate. Here in the southern hemisphere we may have to look harder, using our knowledge and previous experience, to see the promise of new life when the more obvious signs may be telling us that winter (and death) are approaching.

Regardless of which season we are in there is always a promise of new life, whether it is blooming spring flowers, falling acorns, pruning to encourage new growth, or going nowhere like the chrysalis, there is always hope.

We will be firmly ensconced in lock-down this Easter, but it is an opportunity to do some focussed activities with our families. There are wonderful stories and ideas on the internet: Pinterest has some lovely ideas for Waldorf Easter crafts and Waldorf Autumn crafts. And here is a wonderful story about the Easter hare:

<http://www.mywaldorfjourney.com/festivals/easter/easter-stories/a-story-of-the-easter-hare/>

Happy Easter!
Elizabeth

Easter biscuits

Make Easter biscuits the Mary Berry way: use half of the dough to make traditional Easter fruit biscuit, and half to make iced Easter biscuits in seasonal shapes.

Cooking time

10 to 30 mins

Serves

Makes about 30 biscuits

Ingredients

For the dough

200g/7oz softened **butter**, plus extra for greasing

150g/5½oz **caster sugar**

2 large free-range **egg yolks**

400g/14oz **plain flour**, plus extra for dusting

1 level tsp ground **mixed spice**

1 level tsp ground **cinnamon**

2–4 tbsp **milk**

For the traditional currant biscuits

100g/3½oz **currants**

caster sugar, for sprinkling

For the iced biscuits

1–2 tsp **lemon juice**

250g/9oz **icing sugar**

different **food colourings**

Method



- Preheat the oven to 180C/160C Fan/Gas 4. Lightly grease two baking trays lined with baking paper.
- Measure the butter and sugar into a bowl and beat together until light and fluffy. Beat in the egg yolk. Sieve in the flour and spices and add enough milk to make a fairly soft dough. Bring together, using your hands, to make a soft dough.
- Halve the mixture and set half to one side.
- For the traditional currant biscuits, add the currants to half of the mixture and knead lightly on a lightly floured work surface. Roll out to a thickness of about 5mm/¼in. Cut into rounds using a circular cutter. Place on the prepared baking trays. Sprinkle with caster sugar.
- Bake in the preheated oven for 15 minutes, or until pale golden brown. Keep a careful eye on the biscuits – it doesn't matter if you open the oven door to check. Sprinkle with more caster sugar and lift onto a wire rack to cool. Store in an airtight container.
- For the iced biscuits, knead the remaining half of the biscuit dough lightly on a lightly floured work surface. Roll out to a thickness of 5mm/¼in. Cut out Easter biscuits using an assortment of shaped cutters, such as bunnies, Easter eggs, chicks or spring flowers.
- Lightly grease two baking trays lined with baking paper.
- Place the biscuit shapes on the prepared baking trays and bake in the preheated oven for 10–15 minutes. Remove from the oven and lift onto a wire rack to cool.
- To make the icing, pass one teaspoon of lemon juice through a fine sieve, to remove any pips or bits. Mix the icing sugar with the lemon juice and then add about two tablespoons of cold water, adding it little by little until you have a relatively stiff but smooth icing. Add a splash more sieved lemon juice if necessary.
- Divide the icing into separate bowls and mix in food colourings of your choice into the separate bowls of icing, until you achieve the desired shade.
- Spoon a little icing into a piping bag and pipe your decorations onto the biscuits. For a smooth finish, you can pipe the outline of your design in the firmer icing, then slacken it down a bit by mixing in a little more water, giving the icing more of a runny consistency, and use this to fill in the designs.

FUN EASTER
CRAFT
IDEAS



Keeping Children Warm - Why is it so important

From the moment a new baby is born, they are carefully put in a hat, warm clothes and swaddled. Keeping babies warm is something most parents and caregivers just know to do. But as children age and begin to dress themselves, they seem to get progressively less bundled up than when parents did the dressing and swaddling. Many people might say that it's no big deal for a child to run around in a t-shirt and a nappy, or on hard floors without slippers, or outside on a brisk day with no hat. However, keeping young children's bodies covered and warm is really quite important.

When children are not properly warm, energy from food that is otherwise used to learn, grow and move is automatically diverted to keeping the internal core of our body warm. Children have an accelerated metabolic rate, which is why they often do not feel cold themselves. Parents know those icy hands and feet, though. Cold hands and feet are the body's way of keeping the essential organs at our core warm enough, and their limbs experience this diversion of warm blood to the chest and brain. They are also a big flag that a child needs warmer clothes.

Now that we recognize the importance of keeping warm to a child's body and mental development, how can we get the children, who don't feel cold, to wear those extra layers? One suggestion is to tell your child that being warm will help them to run faster and play longer, and it will! Cold children run out of steam more quickly as their cold muscles tire far more quickly than those who are all bundled up. Another suggestion is to teach and model good winter habits. The whole family should make examples of wearing house slippers and indoors and having a warm, dry house during winter months, and wearing warm layers, hats, scarves and boots outdoors.

A third suggestion is to make sure that whenever possible, layer children in clothing items of natural fibres. Rayon and polyesters make children sweaty and when they are hot, so they get uncomfortable, shed clothing and then get cold. Breathable new performance fibres, silk and wool make great warm layers for active children as these natural and engineered fibres are moisture wicking and insulating, rather than simply covering.

Wool is sometimes hard to find and can be a bit pricey, but lined wool hats provide all the insulation and are significantly less sweat inducing than acrylic yarn or microfibre. Wool also wins in the durability department. It should last through years of washing and wearing to pass down to a sibling when the oldest child has outgrown things. So long as it is properly cared for, wool items are an investment. Save wool outerwear for the second child, and beyond. Cotton "is rotten" as winter outerwear as it does not trap heat but it does trap moisture-it is okay as undergarments. During the winter months, avoid cotton warmth layers; especially gloves and hats. Silk is fantastic, especially for singlets and long johns under winter outfits. Wear tights or leggings under skirts or dresses to keep legs warm. The motto be like an onion is helpful here- lots of layers which can be shed.

House slippers are an easy way to make sure kids are keeping warm at home. Getting kids to wear their slippers is another matter. Again, the microfibre and faux fur linings of many slippers may make little feet too hot and itchy. Opt for thick wool socks, or leather soled slippers. The school office will have some slippers on offer.

Our Kindergarteners and Waldorf teachers are mindful that it is healthy for young children to be going outside to play and learn most days of the year; hot, warm, or cold; so long as it is not raining. Our teachers are always attentive to what children are wearing when they come to school, and when they go out to play in the playground. Ensuring that kids are wearing a hat and gloves in addition to appropriate footwear and jackets when it is cold outside makes a BIG difference to whether they are comfortable and sufficiently warm in their body core.

Maree Smith Anthroposophical RN

021 150 9433



MESSAGE FROM THE PROPRIETORS' TRUST

Dear community,

When we last caught up at the class meetings we talked about the PT's focus for 2020; consolidation and maintenance. With the current uncertainty in this COVID crisis this couldn't be more true.

We also talked about the pledge. We ask the community to pledge money to the PT to allow us to pay for maintenance and uphold the special character of the school. We urged everyone to "pledge what you can, then stick to that promise" allowing us to plan ahead with no surprises.

The COVID Lockdown is an unprecedented surprise, to say the least. We understand that some may find themselves in a position that they had not anticipated when making their pledge. We are all in this together, and we will make it through with kindness and compassion. If you have concerns about your pledge payments please contact the PT via Monika (office@waikatowaldorf.school.nz) so we can make a plan together.

*James Bell-Booth
For the Proprietors' Trust*

FROM MIRO HOUSE KINDERGARTEN

Grounds person/Caretaker required

Miro House is looking for someone to take on the grounds and care taking role.

The successful applicant will need to have:

- good knowledge in landscaping and plant care, including organic, biodynamic and permaculture principals
- skills and knowledge in general maintenance work
- is able to work in around the needs of the kindergarten day
- will be required to be Police Vetted
- have access to own tools

The position is for 2 days per week. Please email your cover letter and CV to Margaret - eceprincipal@waikatowaldorf.school.nz by Friday 24th April