

NEWSLETTER

Term 1 Week 1
2 February 2018



WHOLE SCHOOL ASSEMBLY ON WEDNESDAY

WELCOME TO THE 2018 SCHOOL YEAR

The first day of school is such a wonderful moment in the life of a school. The school grounds, which have generally been continuously busy with building and other activities over the break, feel very different as they are somewhat devoid of the happy sounds of the young people that bring the place to life. To see their smiling faces, hear their holiday stories and see the sometimes-remarkable growth that has occurred over the Christmas period is a true delight!

We welcomed 8 new staff members and 70 new students to the school this year! I would like to offer you all the warmest of welcomes and I hope that your journey with us has begun well. The year started slightly differently than previous years as we created a "refreshed" and more intimate ceremony to welcome the new class ones into the Primary School. Each Class one child, all dressed in white, had opportunity to stand on the Sun Circle in the lower Primary garden and be welcomed by one of our Class 12 students. The Ceremony brings a beautiful meeting of the children just beginning their formal schooling journey and the Class 12s who have walked the road before and are taking their place at the head of the school. It is delightful to watch the tender way in which the two ends of the school meet.

Sustainability – New Single-use Plastic Free Policy!

In this Issue



GROUNDS AND SITE UPDATE P2 HIGH SCHOOL TEACHER -TRAINING P2

LEADERSHIP TEAM P3

VISITORS FROM NEPAL P4 CLASS 1 WELCOME P4

HIGH SCHOOL NEWS *P5*EXTRA-CURRICULAR
WORKSHOP*S P5*

FROM THE SHED P6

CRAFT NEWS P8

BEFORE SCHOOL CARE P9

In 2017, we began to actively look at improving our commitment to sustainable practice across the school. John Salmond undertook an audit of the school's power and water usage as well as our waste management and purchasing practices. From the results of this audit we realised there is much improvement needed! One of the actions identified last year to improve our sustainability practice was to implement strategies towards waste reduction as opposed to implementing further waste management programs. John undertook education sessions with staff and students and towards the end of last year, we were seeing significant improvement in practice and more importantly a raised consciousness of the importance of reducing our waste as individuals

This year we ... [are] implementing a single-use plastic free policy across the school.

and as a school community. This year we intend to take a further step in this direction by implementing a single-use plastic free policy across the school. For students and families the effect of this policy will mainly influence what can and cannot come to school for lunches and

morning tea. Students are asked to bring their food in reusable containers, avoiding commercial food packaging. Student's will also need to bring only drinks in reusable drink bottles rather than juice boxes, cans and single-use plastic bottles. We will provide updates during the year of further steps we are taking to become leaders in sustainable practice. Thank you for your support!

Grounds and site update

Over the holidays, we have made renovations to our Primary School Learning Support area. Included in this renovation is a new 'reset' space. The space- located next to Janet's room is a space containing calming and sensory activities. It is a place where children can be taken when they just need a break to change behaviours, de- stress, and calm and recover their equilibrium. It is a positive space where children can learn what helps them recover and become ready to work and play. It is not a 'time out' room or 'chill out' room or a place to be sent in disgrace. It is a harmonious space to recover equilibrium. All teacher aides undertook a two-day professional development this week to support them in understanding how to most effectively use this space.



During the year, we will be building a new purpose-built music room and another double kindergarten unit.

High School Teacher Training

Last weekend all of our High School teachers went up to Noosa Pengari Steiner School for two days of professional development. This was the commencement of a year-long collaborative teacher training initiative between Samford and Noosa. The weekend was full of inspiration, depth, challenge, warmth, connection and questions. The training will continue every 2nd Tuesday afternoon and there will be a further eight whole day intensives during the year when teachers from Noosa and Samford come together.



Leadership Team

We welcomed Delaney Crawley to the Senior Leadership Team this week as she commenced in her role as High School Education Administrator. Delaney will be settling in over the next few weeks; please come and say hello when you can.

We are very pleased to announce that we have made an interim appointment to the Early Childhood and Primary School Education Administrator role while we undertake an extensive recruitment process for the permanent position. In term one, Margaret King and Cristina Rubsamen will share the role. Both have been actively involved in leadership roles in Steiner Schools for many years and both bring a wealth of experience, warmth and wisdom to the space. Cristina will be working Mon – Wed and Margaret will be holding the role on Thursday and Friday. Please pop in and introduce yourself over the next few weeks.

Have a wonderful week and I look forward to catching up with you all over the coming term.

Warmly

Pep

Margaret King

I started at SVSS 12 years ago and my first position was Class 1 aide with Alan Drysdale with a class of 30 children.

I completed a certificate in Business Management the next year and began work in the administration office and the small library. My role as Site Manager began during that time and ended up as a separate role about 5 years ago. I have always worked part time in the library watching it grow from a tiny room to the large beautiful building it is today.

I worked as an early childhood and kindergarten teacher at the Cape Byron School and Periwinkle preschool on the north coast from 1988 to 2011. During the 8 years at Cape Byron, I was a member of College and a teacher representative on the school board.

I have two sons who are now both fathers so I have two gorgeous grandchildren and am a very hands on grandmother in my spare time.





Cristina Rubsamen

I grew up in the German city Frankfurt as one of 8 children and trained in nursing and midwifery before I came to Australia 35 years ago. Here I studied homeopathy and worked in private practice for some time. For the past 22 years, I have been actively involved in the Steiner/Waldorf School movement in Australia and my ongoing professional learning besides Business Management has included educational studies of Extra Lesson, Bothmer Gymnastics and medical/therapeutic elements of 'School Health Consultancy'. In 1996, I was part of the initiative to found Rainbow Ridge School for Steiner Education now located at Lillian Rock near Nimbin. I was at the school for 16 years, where I managed the office, as well as starting and developing a School Health program for 7 years. I am a parent /step-parent of four children. My youngest son completed his HSC at Shearwater School 4 years ago. For the past 2 years, I have been taking a break and focusing on being a grandmother. I have continued to participate and contribute to Steiner Education in a voluntary capacity. I am a board member at Shearwater, the Mullumbimby Steiner School and on the Australian Anthroposophical Medicine Association. I have also been on the Management Group for the Anthroposophical Society in Australia for the past 4 years.

I have great enthusiasm and a strong commitment to participate and offer my contribution to the ongoing development of approaches coming out of Anthroposophy, specifically in relation to education. The Steiner school curriculum aims to foster and support the natural unfolding of physiologically based faculties from childhood through adolescence and onto adulthood. This creative 'living' educational approach allows children to grow to their own potential and develop a resilience to meet their future as an independent individual actively participating in our society. I always endeavour to keep the intention of my services in relation to this.

MAITREYA PATHSHALA WALDORF SCHOOL, NEPAL

During the holidays, we had visitors from Maitreya Pathshala. They were keen to see another Steiner school and took many photos of our classrooms as well as buying a few items from The Treehouse.

It was a delight to exchange ideas and hear what they are doing in Nepal – they even have a biodynamic farm at their school! In appreciation of this visit, they very kindly sent us all these wonderful items ©

"Our colleagues from Maitreya Pathshala in Pokhara Nepal had a good visit to your school. They were so happy with your hospitality and thank you very much for it."



Dates to Remember

Wednesday 7 February Class 2 Parent Teacher

Meeting, 2.55pm – 4pm

Saturday 3 March

Working Bee 8am – 1pm School Tours 9am – 12pm

Thursday 15 March RSEGB AGM

Wednesday 28 March Kindergarten Autumn Festival

Thursday 29 March School Autumn Festival TERM 1 ENDS





CLASS 1 WELCOME CEREMONY A first for SVSS – two class ones and 55 children!



HIGH SCHOOL NEWS

Just over four years ago I took on the role of High School Educational Administrator. It was with a degree of trepidation that I said yes to the task... I had insight into how challenging it might be. A year ago, I made the decision to step out of the EA job, which allowed the school time to find someone who just right to take the task on. Our school is actively striving to deepen and work forward with our educational tasks, so courage is needed we are a little unusual in the wider educational paradigm.

It speaks something of importance about the way our school strives to work that we have given this process the time it needs, ensured the High School teachers were consulted and part of the process, and navigated in a way that is true to our distributed leadership model.

Our High School has come so far, from the first combined class 8 ("8+") in 2009. Our student numbers are almost double that of 5 years ago, which has resulted in plenty of "growing pains" especially in relation to administration. I believe in many respects, SVSS is leading the way in high school curriculum in Australia, and it is this I feel most passionate about supporting.

As you may already know, Samford Valley Steiner School is the first Steiner School in Australia to offer senior High School graduates a "Certificate of Steiner Education", an internationally recognised senior secondary leaving qualification.

There is much work yet to be done before December 2019, when our current 11s will graduate from Class 12 with their "CSE". A defining point in the biography of our school.

So, this year my role is as a part-time classroom teacher, senior curriculum coordinator and teacher mentor. This essentially means I get to spend time in the classroom teaching maths and science again (which I love), I support the administrative and curriculum effort behind Class 11 and 12, and I am available to work with teachers in our striving to bring the Steiner curriculum alive.

It is fantastic to have Delaney in the EA role, I look forward to working with her and I hope you will all take a moment to welcome her into our school.

Tim Dunn

A NOTE FROM DELANEY

"It is with great pleasure and excitement that I begin my journey as part of the Educational Administration team at Samford Valley Steiner School. Having been involved with Steiner High Schools for the past 15 years as both a teacher and leader, it is such a privilege to meet and work within a community that has such a solid vision and dedication towards an authentic and rich Steiner education. It is my great hope that this vision may be held and strengthened into the future and I look forward enthusiastically to being involved with the dedicated and creative community of staff, students and parents at the school. I welcome any opportunity to meet and get to know many of you over the coming year and wish you a wonderful beginning to 2018."

TERM 1 EXTRA-CURRICULAR WORKSHOPS

Extra-curricular workshops will begin in Week 3 this term. So far, we have the following workshops on offer, but there are more to come...watch this space! For any information, please contact Michelle Carey on mcarey@samfordsteiner.qld.edu.au

WORKSHOP	TUTOR	WHO?	DAY	TIME	COST
CIRCUS	Mikey Bailey	Classes 3-8	Mondays from Week 3-8	3-4.30	\$140
THEATRESPORTS	Michelle Carey	High school	Thursdays, all term, starts Week 3	3-4pm	\$40
UPCYCLED CLOTHING	Sonja Jago & Lucie Verhelst	High school	Thursdays Week 3-6 (extra weeks at \$15 per session if needed)	3-4.30pm	\$60



Well here we are at the beginning of another year and, yes, I will join the chorus exclaiming how quickly the holidays have flown. As you may remember from the last edition of "From The Shed" we had put a crop of corn in most of the beds throughout the school. It has been a warm summer at times with not as much rain as I thought we might get but still nature managed to produce a bountiful crop with little or no assistance (from me at least). Some of this corn will be milled for corn meal, some will be brought home by lucky gardening classes, and some fresh cobs will be munched noisily by voracious students straight off the plant.

While working in my own garden at home on the weekend I was casting my mind's eye around for something to write about, when I was struck by an almost unforgivable omission: I haven't told you of the marvels of comfrey!



A healthy, happy comfrey plant.

I'll be upfront and get the downside of this marvellous plant out of the way quickly. Comfrey is a bit of a spiky customer. Not a big "impale your finger on a spike" kind of spiky, but rather a hairier, prickly "Oooh the leaves are making me itch Dave; look at my red arms!" kind of prickly. It is the sort of plant you want to give a good shave — a bit like a zucchini plant, if you have ever come across one of them.

To be blunt, these complaints usually come from students, and I have found that this is mainly because they are soft. Kids don't often brush up against anything rougher than Daddy's chin during a bedtime kiss. Comfrey isn't poisonous and you get used to the prickliness after working with it for a while, not that I would want to spend all day picking comfrey (or zucchini). And, yes, I suppose you can use gloves if you need to...

There are however an almost innumerable number of positives to the plant, a mere sprinkling of which I shall avail you of presently:

- 1. Comfrey leaves can be steeped for a few weeks in water to make a tea for a liquid plant fertiliser. (Yes, it will smell ghastly.) The roots are large and penetrate deeply into the soil where they "mine" minerals which are otherwise missing from the upper levels.
- 2. These leaves can be fed to worms to enrich the vermiculture.
- 3. While we're at it, comfrey leaves are fantastic in the compost heap too. They are rich in nitrogen and aid the breakdown of carbonaceous matter and generally enliven and speed up the breakdown of the heap.
- 4. The plant makes a good poultice for strains and sprains and broken bones from what I hear from the herbalists. Its folk-name is in fact knitbone. However, I must be careful recommending this herb as it is not legal for medicinal use. Apparently, it can be used in a culinary setting but not as a medicine such is the medical wisdom and bureaucracy of our times. Isabelle Shippard whose book, "How Do I Use Herbs In My Daily Life" which I have spoken about previously has a great amount of praise for comfrey. My partner Ness tells of her childhood displeasure when battered and fried comfrey leaves were served to her by her Mum. Perhaps a bit prickly on the tongue...

- 5. The plants are very easy to divide and grow. See photo.
- 6. Comfrey makes a very good border to keep out grass. It uses silica from the ground and so competes with grasses which are also high in silica. It is useful to be planted at the edge of a mulch rig around fruit trees for example.
- 7. The leaves make a rich mulch simply ripped up and tossed around the base of plants.
- 8. Chooks also love the leaves. All of the minerals drawn up from deep in the ground are also good for the chooks. I have a few plants at my chook house gate and I toss a few leaves in daily when I give them their feed.



Up close and personal with the deep strong roots that mine minerals from well below the soil surface.

- 9. Comfrey gets a lovely little purpley whitish umbel flower on it which, as with most purple flowers, the bee simply adore in their buzzing fashion.
- 10. You can threaten school children with a good itching if they are not behaving themselves.

The plant is incredibly tough. You can neglect comfrey all year and it will usually survive. If you want it to thrive however a regular watering and a toss of nitrogen rich fertiliser, a bit of the old *merde de poule* for example, will really improve its prospects. It can stand a good dividing and transplants very well. In fact, if you dig a plant up you will inevitably leave a few roots in the ground, which will produce more plants. Be warned, once you put it in the ground it may be very difficult to get rid of so be thoughtful about where you place it.

There is much more I could say about this wonderful plant but the deadline for this article looms, or rather, loomed and passed this morning. It's great to be back into the rhythm of the school year and thinking of all of the delicious plants that we can grow as we head into the cooler months.

See you next week.
Cheers,
Dave Rule



One comfrey plant divided into five that can then be planted out. With care, these could be further divided if required.

CRAFT NEWS



Welcome to 2018! This year will be a jam-packed year for us as we approach festiValley on the 4th August this year.

I am happy to announce that this year I have the very talented Sarah Kupsch joining me to coordinate craft group, Sarah is a beautiful crafter with plenty of experience in all things Steiner.

Next week we will be wet felting, making a piece of felt, your choice of colours - and we have plenty as I have just restocked with some gorgeous merino fleece and stunning silks. The piece of felt will be a flat piece about A3 piece of paper, then the following week we will turn this piece of felt into a needle book by adding pages and a pocket to hold scissors. The cost for next week's craft will be \$10. Please bring a towel for the wet felting.

Everyone is welcome to join craft; you don't need to have children at the school, if you are on the waiting list it is a great way to meet other parents/grandparents in the community and a wonderful way for young children to socialise prior to attending school. Everything is provided to make our item, sometimes you might need to bring a towel for wet felting. If you have never hand sewn or crafted before, we are happy to help you as well. It's very satisfying making something with your hands.

Young children are of course welcome, we have a sand pit, water play table and a purpose built timber table and chairs for them to sit at together. Please bring a water bottle and some snacks/lunch for your children.

Coffee and tea is available for a gold coin and we always have a lovely cake, donations of baked goods are always welcome as well.

Hoping to see some new faces as well as the familiar faces next Wednesday after drop off at the Hub. Warmly Tracey and Sarah



Class 1 blackboard drawing

AROUND THE SCHOOL

LAST CHANCE TO CLAIM LOST ITEMS

The Lost & Found basket in the Primary School will be emptied next week and all clothing still there will be donated. ALL Lost property will be donated next week – LAST CHANCE!!

THANK YOU TO PAFA

I would like to thank Femke and Dave and the PAFA team for organising welcome morning teas for parents every morning this week. It's so wonderful to have such community builders and willing workers in our parent body. *Pep*

RIDE NEEDED

A new family to Class 7 living in Brendale need help with transport to and from school. If you are able to assist ring Pejman on Ph: 0469 057 103

BEFORE SCHOOL CARE

Dear Parents, Guardians & Carers,

Great news, SVSS is now offering Before School Care (BSC) as from Term 1 2018!

As you are aware, the school provides a supervising teacher from 8 am each morning. It is against school policy for parents to leave their children unsupervised on school property before 8 am.

The provision of BSC will now allow parents to drop off students at the school, provided they are attending BSC.

Kylie Turner will be running the BSC service in the OSHC room

ALL Prep and Primary school students that arrive before 8am and are not being directly and actively supervised by a parent will be required to attend BSC. The BSC service will operate from 6:30 am until just before school starts at 8:30am

Prep to Class 3 Students:-

Students will be required to stay in BSC until just before classes start at 8:30. A staff member will escort the Prep and Class 1 children to the classroom

Class 3 and above:-

Students will be allowed to leave BSC after 8am, when school staff are monitoring the grounds

If for some reason a student is at the school before 8am and is not at BSC or being directly and actively supervised by a parent, they will be directed by a staff member to BSC. Parents will be liable for the cost of the service for that morning.

The school has kept the cost of BSC to a low casual rate of \$ 12.00 and discounts are available for permanent bookings for those who attend both BSC and After School Care (ASC). These fees are eligible for the CCB rebate

Please refer to the attached fees schedule.

We are very pleased to be able to offer this service to our community. If you have any quires please do not hesitate to contact the Outside School Hours Co-Ordinator, Kylie Turner on 3430 9614 or 0435 864 505. Or if you prefer via email at oshc@samfordsteiner.qld.edu.au

· · · · · · · · · · · · · · · · · · ·		
Before School Care (BSC) - Permanent Booking - 6:30am - 8:30am: *	\$12.00	
Before School Care - Casual Booking - 6:30am - 8:30am:	\$15.00	
After School Care (ASC) - Permanent Booking - 2:45pm - 6:00pm: *	\$20.00	
After School Care - Casual Booking - 2:45pm - 6:00pm:	\$25.00	
BSC & ASC Combo - Permanent Booking : *	\$29.00	
BSC & ASC Combo - Casual Booking: **	\$36.00	
HALF DAY		
ASC, Half Day - Permanent Booking - 12:30pm to 2:45pm *	\$16.00	
ASC, Half Day - Casual Booking - 12:30pm to 2:45pm	\$20.00	
BSC & ASC, Half Day - Permanent Booking - 12:30pm to 2:45pm *	\$26.00	
BSC & ASC, Half Day - Casual Booking - 12:30pm to 2:45pm **	\$32.00	
LONG DAY		
ASC, Long Day Fee - Permanent Booking - 12:30pm to 6:00pm:	\$28.00	
ASC Long Day Fee - Casual Booking - 12:30pm to 6:00pm:	\$35.00	
BSC & ASC, Long Day - Permanent Booking - 12:30pm to 2:45pm st	\$36.00	
BSC & ASC, Long Day - Casual Booking - 12:30pm to 2:45pm **	\$45.00	
* Note: Down on the Opings of the star 200/ discount		
* Note: Permanent Bookings attract a 20% discount ** Note: A BSC & ASC Booking attract a 10% discount		
Note: A Doc & AoC Dooking attract a 10% discount		

CLASSIFIEDS

Please note: All Classified Advertisements are submitted by individuals for the community benefit. They do not in any way express the views, opinions, endorsement or policy of the school and should not be relied upon as such. **There is a flat \$5 charge for each advertisement and payment is required <u>prior</u> to inclusion.**

Adult Eurythmy Class

Dear Parents and friends,
On Wednesday afternoons from 1.15-2.45
(starting immediately) I will be offering
eurythmy lessons for adults in the eurythmy
room at school. We will work with both musical
(thanks to Kerry who will accompany us) and
speech eurythmy.

If you are interested in joining us please let me know- or just turn up! No experience is needed, but commitment to coming for the whole term is important.

Time: Wednesdays 1.15-2.45

Place: Eurythmy room

Cost: \$10 per session, (payment for whole term

preferred) Jan Baker-Finch

Bushcraft 101 for Teens

Saturday 10th February 0900-1500 13-17 years of age Northey St City Farm, Windsor \$88 (\$66 with healthcare card)

What is bushcraft? It's a term gaining traction at the moment, but what exactly is it? Is it nature awareness, is it survival techniques, is it conservation? The truth is, it is all of these...and more. In this one-day course, we will discuss the philosophy behind bushcraft, it's similarities and differences around the world, how it relates to (but not to be confused with) tribal cultures and how it can help improve your health and outlook on life. Bushcraft is not purely for use when in the wilderness, but can be applied to many aspects of modern life, practically, emotionally and spiritually.

It won't be all theory though, we will be building shelters from natural materials, lighting fires with flint and steel, plus engaging in some nature awareness exercises including the incredibly simple yet powerful Sit Spot and a short introduction to bird language. True bushcraft needs to be practiced often, this short

introduction aims to whet your appetite and open the doors to better understand the term and hopefully set you on your own journey into the wild.

To book, visit our eventbrite page... https://www.eventbrite.com.au/e/bushcraft-101-for-teens-with-andy-currey-tickets-41100355269?aff=efbevent

Bushclub 2018, Term 1

and full-term in advance

Friday 9th February - Friday 23rd March (each Friday during term time) 1530-1830 4-17 years of age Baden Powell Park Scout Campsite, Samford \$30 per child - discounts available for siblings

At the end of a busy week, it's always great to reconnect with nature and set up for a good weekend ahead. It's no different for your children, but often those Friday afternoons can get fraught with over-tiredness. Why not send them to us for some nature connection time?

Throughout our time we will be pondering the question of what it takes to thrive in the bush and how can we feel more at home there. Investigating this question will include survival skills, nature connection and community building. We will explore, challenge and play, light fires, sing, dance and run, growing together in a fun and friendly atmosphere.

Each week will be a different theme, and these will soon be published on Eventbrite and Facebook and will be introduced here every week. We are kicking off the year with abseiling and rock climbing on the BP Park abseil tower! We will also run our usual array of games, nature connection, exploration and fire lighting on the ground for those too young for, or uninterested in, the roping activity

Bookings currently direct through Andy on 0450 287 739 or andycurrey7@gmail.com - Eventbrite listing will be set up shortly.

For Sale

1 small violin ¼ size, Montanari mu14s. Needs new bow and strings \$90.

1 ½ size cello mc24 Montanari. Needs new bow and strings \$390 Inese 3289 7684

Northside Fitness News!

Two reasons to join us at Team NF! SATURDAY CIRCUIT AT CAGED FITNESS

Caged Fitness is an awesome outdoor gym - 408 Mt Glorious Road (approx. 4km out of Samford towards Mt Glorious on right hand side).

We are now there every 1st and 3rd Saturday, 7.15am.

- Includes rope climbs, cargo nets and monkey bars.
- Post workout coffee/ refreshments at The Shack!
- Suitable for ALL FITNESS levels

Steiner Parents Special Offer - Come and try our Group Classes!

Complimentary first week + 3 extra classes with any Group Pack purchased (5, 10 or 20 sessions) + Free 45 min Holistic Health Coaching session (covering the 6 Foundation Principles of Health – Movement, Breathing, Nutrition, Sleep, Hydration and Thoughts)

CALL NICK TODAY 0434 990 572

Selling

Full Size Cello (KG Instruments, great condition with hard case) - \$2,000

Cello Stand (suit 1/2, 3/4 or full size cello, as new) - \$75

Konig & Meyer Music Stand (Sturdy, as new) - \$75

Konig & Meyer Music Stand (Travel, as new) - \$40

Jupiter Beginner ALTO Saxophone JS567GL (great condition) - \$750

Diabalos (x3, quality ones from Amsterdam) - \$20 each

Assorted DK Encyclopedias (Great condition) - from \$5

Harry Potter Wand (Hermione Granger) - \$15 Large Panda Bear (1m tall, as new) - \$40

Nikken Magnetic Kenko Power Band Necklace - \$20

Mediflow Water Pillow (new in package with pillow protector) - \$90

Foldable Pizza Spatula (new in box) - \$15 each Timberland Roll-on travel bag (great condition) -\$50

Rockport Men's shoes (Size 44.5, new in box) - \$90

Nike Hypervenom Futsal Boots (Size 42.5, good condition) - \$50

Bean Bag Bookseats (2) - \$15 each Faux Leather Brown Dining Chairs (3) - \$50 each Nike Silver/Grey Yoga Mat (good condition) -\$30

Michelle Bridges Adjustable Exercise Step (good condition) - \$30

Short Exercise/Pilates Roller - \$10 Long-handled Stainless Steel Pizza Scoop (good condition) - \$25

To buy or for more details, please contact Zoe on 2909zoer@gmail.com

Eurythmy Wellness Classes 2018

Eurythmy Classes offer a wonderful way to release tension from your day/week in an artistic way. The movements are as a whole group so you are working in a 'social' setting exercising your mind and body.

Eurythmy movement harmonizes your whole being; the movement breaths out the tension and breaths in the rhythms that support a balanced self. Eurythmy classes are for all levels, beginners and experienced movers. The individuals work to support the whole group while working on one self as well; in this it provides a healthy social activity.

EURYTHMY CLASSES FOR 2018 THURSDAY EVENING 5.30 - 7.00pm,

At: St Matthews Church Hall, Church Street, Grovely.

- 1. 1st February 29th March, 2018 (9 weeks)
- 2. 27th April 22nd June, 2018 (9 weeks)
- 3. 26th July 20th September, 2018 (9 weeks)
- 4. 18th October 6th December 2018 (9 weeks)

As the work is developed during the block, in consideration for the participants attending, it is advisable that one intends to attend all classes, so the group can progress as a whole and the work may come to it joyful, satisfying conclusion..

You may contact me at 0423620069 to book in for the coming term. Or email kpfost61@gmail.com.

Open Day at the Rose Blossom Childcare – limited spaces available now

Samford Valley offers a diverse range of care for our little ones, from larger centres to family day care, au pairs and nannying. Our facility was founded 6 years ago as a calling from Steiner Mums wishing for a soft, calm and homely environment to care consciously for their little ones, prior to attending their first year in the Kindergarten.

We have done our best to answer this calling, embracing not only 'Steiner families' but others with similar values and interests and creating a model whereby there are 2 adult carers in my home working side by side four days a week, from 8.30-2.30 during term time only. Now in Camp Mountain, in a beautiful home on 5 acres our desire is to continue our work, based on the needs of the community and what we believe is best for the very young child today.

Come have a look at our facility and listen to me share the philosophy of what we strive to work with; Rudolf Steiner's indications for the development of the young child.

When: Saturday 17th February 9.30 – 10.30

Where: 7 Hogan Court, Camp Mountain

Pre-work: Have a read of the website – roseblossomchildren.com.au to help you decide whether this is what you are looking for.

To book in, please email:

<u>Vicki@roseblossomchildren.com.au</u> or phone 3289 3602

Homeopathic consults

Cyena is a SVSS mum and Homeopath with over 9 years' experience in practice. She works with families who prefer to use natural medicines to help with a wide range of ailments. Homeopathic medicine is completely non-toxic and acts gently, allowing children's bodies to recover without strain on their immune system. Homeopathy is holistic, taking into account the physical, mental and emotional aspects of the child's experience. Cyena practices classical homeopathy in conjunction with a naturopathic approach to health. Cyena offers consultations by phone, at her home clinic in Gaythorne or at the SOMA room in the Lifestyle Centre on Mt Glorious Road by appointment. Call Cyena on 0418792827.

School Contact Information

Phone:

3430 9600

Email:

info@samfordsteiner.qld.edu.au

Facebook:

www.facebook.com/Samford-Valley-Steiner-School-106275046117815/?ref=hl

Website:

www.samfordsteiner.qld.edu.au

Address:

5 Narrawa Drive Wights Mountain QLD 4520

CRICOS Registration:

RSEGB T/A Samford Valley Steiner School **CRICOS 03326J**