



# NEWSLETTER

Term 1 Week 10

5 April 2019

## FAREWELL TO YOU ALL

Dear all,

As the first term of this year is coming to an end, I would like to take the opportunity to say 'fare well' to all of you, as I am now handing over to Tracey Taylor. Tracey has taken on the role of the Educational Administrator in the Primary School and I am very glad to hand the task over to such capable hands! I met Tracey 20 years ago when we both worked in other Steiner schools and as long term colleagues our paths have crossed many times – as they do.

My time working here at SVSS came 'as a surprise'. Beginning of last year I was still in the situation of 'having a break' after 21 years of hard work starting and building a Steiner primary school in rural Northern Rivers, NSW. My life in Australia has been a life style choice and I live on a small hobby farm in a communal setting. We built our own home and have gardens, orchards, bees and animals and we enjoy that we can create and produce and share. I have lived there now for 35 years and participated actively in the community in many ways. It has become my 'home away from home' as an immigrant, and I look back over a very fulfilled and privileged life here in Australia.

When I came to Samford at beginning of last year I said 'yes' to a call to support a transition until a new person was appointed to help lead the school into the future. I felt welcomed and started to work in a part time, job shared situation which made it possible for me to continue for the whole year. It has been a great opportunity to participate and contribute to the life, work and growth of the school. Immediately I felt part of the school and found 'my place' easily. I feel very grateful for such a rich experience and I have made so many new and important connections to many – young and old!

I realised that the commuting long distance and living away from home half of the week is not a sustainable long term option for me. Not wanting to relocate and also not committing to full time work I am limited in what I can offer to the school. As a result I have not applied for a position here at Samford Valley Steiner School. After having embraced and thrown myself into this role for the past 5 terms I now have to let it go. I want to thank Margaret, who was my job-

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sharing colleague and everyone else for the shared times and opportunities to work and learn together. I will treasure it all and it has made me a different person.

It has been a very good and dynamic start to the school year and with everybody's help we have been able to establish new routines and rhythms into this year's learning journey. It has been amazing to watch the students adjusting to their new learning environments and witness their growth and development further.

I am looking forward very much to the Autumn Festival and the whole school play, which is a very special last day for me here at school. Thank you all again and I wish you a good Easter break!

Best wishes to all of you.

*Warmly, Cristina Rubsamen*

### Dates to Remember

**Friday 5 April**

School Autumn Festival in the Hall, from 11.30am

**\*\* Term 1 Ends \*\***

**Tuesday 23 April**

**Term 2 Begins**

**Thursday 25 April**

**ANZAC Day**

## ST MICHAEL FESTIVAL PROGRAM

10.30-11.15am Break

11.15pm Lower classes dress for the play

11.30am Parents gather at the Hall

- \* Forges/anvils and hammering (High School)
- \* *Song: Archangel Michael* (High School, Upper Primary)
- \* *Strings & Song: Firmly on the Earth I Stand* (High School, Upper Primary)
- \* Dragon Play (Whole School)
- \* *Strings & Song: Firmly on the Earth I Stand* (High School, Upper Primary)
- \* Forges/anvils and hammering (High School)
- \* *Song: Archangel Michael* (High School, Upper Primary)
- \* Blessing
- \* Shared lunch

1.30pm Finish

*Note: Parents are welcome to take their children/students home after the Festival. Supervision will be provided for students staying at school until 2.45pm. Please sign your child out if you are leaving before 2.45pm. OSHC operates as usual.*

## HIGH SCHOOL GAMES OF COURAGE



*Tug of War winners, the Saxons.*

The overall winner of the Games of Courage 2019 was Goths.



### CLASS THREE - THE GIFT OF GIVING

In the four weeks prior to Easter, known as the period of Lent which is usually recognised as a time of abstinence or giving something up, the children in Class Three have been giving. Our first week was close to home and we gave to our families. Many parents enjoyed this first week where the children did little jobs around the house, or gave a massage etc. The second week saw the children spread their generosity and kindness to each other. They tidied each other's desks, got work ready for a friend, played with friends who were needing friendship and so forth. This last week has been very heart warming.

The children brainstormed how they could give to their school. Many ideas flowed and throughout the week the children tidied the shoes of the lower three classrooms after each break, they gave teachers and children massages each break and they decided that after our cooking on Thursday, they would give their cooking to another class and to teachers.

We talked about how the act of giving is a most beautiful gift. I watched the children's faces as they received a massage and then smilingly asked if they could have

another. Each day the little children ran to our class to sit and have a massage. The

word soon spread and we had staff from the office and class teachers coming to enjoy the delights of a free massage. I saw the pleasure on the faces of the children from Class Three as they gave this beautiful gift.

On Monday, April 1st we attend Bellevue Care Centre to give to our community. The children all made a brooch to give to the residents. With the help of parents, who ferried us to and fro, we sang and played recorder to about forty residents. After our sharing the children introduced themselves to a member of the audience and offered their gift. To see the faces of the elderly and of the children was an experiences that is incredibly touching. We have decided that we will return this year and in future years.

The act of giving is alive and flourishing in Class Three. These are the memories that linger in the soul, build community and enliven the spirit.



*With gratitude for being part of this experience,  
Jane Blomkamp*

## NATIONAL RIDE2SCHOOL DAY WRAP UP

Last Friday was National Ride2School Day, and despite the very soggy and muddy trails, and the heat, we still had an impressive number of students show up to school on their bikes with great big smiles on their faces. In total we had 58 students, staff and parents register on the morning as having ridden, scootered or walked to school. The youngest was only 4 years old, with some riding from as far away as Chermshire!!



A big thank you to the PAFA for feeding the hungry travellers on their arrival at school, thank you to Jason from My Bike Shop at Mitchelton for providing the prizes, and congratulations to Bibi for winning herself a brand new helmet.

Below is some of the feedback from the event;

*Lots of hills, mud, falling off, creek crossings, much fun and tiredness :-)*

*Was a wonderful morning, thank you.*

*That was a great program. I got a buzz seeing the enthusiasm generated by Ride2School.*

*Thanks for organizing this, my girl certainly enjoyed it mud and all*

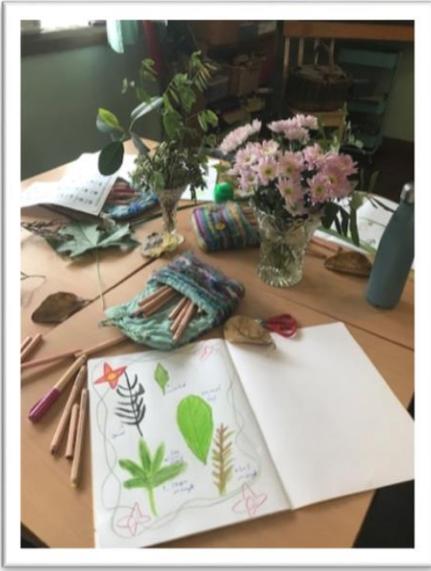
*Fun ride this morning from FG Station to school. All the kids had a great time and most importantly, arrived safely at school. Thanks to the teachers for their patience and time, they did a fantastic job.*

And the best bit is the continuing conversations about how to do it more often than just once a year. Thanks everyone for your contributions to a very successful National R2S Day. Here's to more students cycling to school more often.

*Kind regards,  
Simon Roberts*







**Main Lesson bookwork**



**Nature Bathing - within and without**



## **SAMFORD STUDENTS AT CLIMATE CHANGE STRIKE!**

Global warming is causing the earth's climate to change. It is starting to become a serious problem. Glaciers are melting, forest are dying, sea levels are rising and extreme weather are becoming more common. According to NASA the earth has heated by 1.8 degrees Fahrenheit since 1880. However most of warming has occurred in the last 35 years.

The presence of greenhouse gasses in the earth's atmosphere prevents solar energy (or heat) being reflected back into space leading to increased heating of the planet. Greenhouse gasses are mostly created by human activity. The worst of these gasses being methane and Carbon Dioxide (CO<sub>2</sub>). The amount of CO<sub>2</sub> in the atmosphere has increased massively since pre-industrial times. The burning of coal fuelled the industrial revolution and it has produced more and more CO<sub>2</sub> which traps heat in the atmosphere for decades. These days we still use coal to make electricity. Another fuel which causes greenhouse gasses is oil which we make petrol and diesel out of. The issue is that we rely on petrol, electricity etc. in our everyday life and this is one of the reasons why people and the government have been slow to accept that climate change is real.



One of the best things that we can do to try to prevent climate change from happening is to stop fossil fuel burning and replace it with renewable energy. Renewable energy can be made using solar panels, windmills etc. Renewable energy doesn't make CO<sub>2</sub> which helps prevent global warming. Petrol cars will eventually be replaced by electric or hydrogen cars which don't make greenhouse gasses. We need to stop Global Warming/Climate Change now, before it's too late.

On the 15th of March our high school at Samford Valley Steiner left the school at 12:30pm just after lunch. The bus was filled with hot and sweaty high schoolers ready to march through the city standing up for climate justice. After the bus trip we arrived in the city. Everyone met outside Parliament house where lots of people had signs and banners. There were thousands of people gathered and it was a very hot day, it was like heaven when a breeze came past and brushed through our hair trying to take advantage of the cool breeze. There were quite a few speeches made; we stood there for about an hour listening to all these moving and inspirational speeches.



After the speeches were over we all marched through the streets of the city chanting and yelling and waving our banners through the air. The energy of the atmosphere was just amazing, standing for what we wanted just made the whole event worth it.

About 20 minutes into the march we got tired and sweaty and thirsty but that didn't stop us as we kept on marching and yelling and waving our signs around everywhere. After an hour of marching we got to our final destination where

we had lunch and sat on the grass in the botanical gardens. After settling down we got up to leave walking to where the bus would pick us up. It was a nice bus trip because it was raining and the temperature came down a lot. So overall it was a good day and we all learnt a lot and can mark this down as life experience and take what we've learnt to our family and parents and hopefully we could all discuss this and try to do our part for the Earth.

*Class 9 Samford Valley Steiner School*



## BRISBANE VALLEY RAIL TRAIL BY BIKE

Last weekend 8 adventurous staff and parents, and 1 past student took on the challenge of riding the Brisbane Valley Rail Trail (BVRT) in 3 days as part of our Parents Outdoors Program (POP). Below is the recount by one of those parents.

"Come and experience the joy of a multi-day bike ride" as quoted in the promotional ad in the school newsletter. It attracted 9 of us of varying biking abilities ranging from 'Tour de France' quality to 'I rode to school once as a kid'. Being in the latter category, my expected 'joy of a multi-day bike ride' turned to surprise as the yellow jersey competitors raced off into the dusty distance leaving the rest of us to admire the scenic, grassy expanse as we gradually peddled along the Brisbane Valley Rail Trail.

As I laboured along through the Australian outback, admiring the gum-trees and dry bushland, the cows must have found our parade quite amusing. The front runners enjoying every hill and twist in the rocky ground, and the back-runners wincing and puffing the entire way. I remember wiping away a river of sweat and looking at the sign announcing Yarraman to Blackbutt and saying: "my butt is already there!" (this sign appeared 2 kms into the journey). There was 159km to go!

But despite the scorching heat, the pins and needles in the hands and feet, and being so saddle-sore that even the thought of a bike seat was torture itself! ... I must admit, the journey was pretty amazing.

There was much history along the trail for us to enjoy and marvel at. We travelled through a handmade rail tunnel. Sculptures dotted along the route were left behind by original rail workers. Tattered old carriages that we climbed through, abandoned at a station. An original "tent school" site for the children of railway workers. The historical markers were an insight into days gone by.



There was good banter in our group and we enjoyed socialising together. We laughed at our injuries and bike breakdowns and encouraged each other to keep going. I admire the bravery of the teachers taking 28 class 8 kids out next term to undergo the Rail Trail. I have a few well tested tips for the group: \*water, water and

more water; \*wear padded gloves; \*take at least a couple of the correct sized tyre tubes (I had 2 punctures and the puncture patches didn't hold); and for goodness sake... \*wear padded pants and take a gel seat cover! And if it gets 'wheelie' hard, nominate a 'spokes'-person to help save you from getting 'two tired'!

Thank you Simon Roberts for organising and inspiring us to keep going. And thank you to my fellow "velo's" for the 'joys of a multi-day bike ride!'

By Mick Smith (Class 8 Parent)



## SAMFORD STEINER SCHOOL OSHC VACATION CARE APRIL 2019

Bookings still open for the April school holidays.

Please see the details in the email body or contact Kylie Turner [oshc@samfordsteiner.qld.edu.au](mailto:oshc@samfordsteiner.qld.edu.au)

### *Bushcraft Program Easter 2019*

Is your child looking for some adventure this holiday?

Easter holidays are coming up, which mean Sun and Stars Bushcraft are back with their unique Vacation Care programs which prove more and more popular each year. In this, their third year, a change has been designed. Instead of running a 5-day workshop all week, the team at Sun and Stars will be running eight 3-hour workshops. *(More information in the email with this newsletter)*

- ❖ Dates: 9th – 12th April (first week of school holidays)
- ❖ Time: Workshop 1 - 8:30am - 11:30pm each day
- ❖ Workshop 2 - 12:30am - 15:30pm each day
- ❖ Bookings: 12 places will be available per workshop. Please contact Kylie in OSHC
- ❖ Cost: \$40 per workshop or \$70 for a whole day. Child Care Rebate available for eligible families.
- ❖ Targeted age group: 9 years old and over

### **AUTUMN FESTIVAL PREPARATIONS AND HARVEST DONATIONS**



## PAFA EDUCATION TERM 2

We are so pleased to announce that the first ever PAFA-Ed programs have finished for Term One and that 14 Parents and Friends all had a whale of a time!

We would love you to join us for one (or more!) of our programs for Term Two:

### PARENTING 101 - Tuesdays from 19:00 to 21:00

Come and learn from Robyn Maggs, our High School Well-Being officer, who will be covering such topics as:

- \* Threefold human being and the developing child
- \* The four temperaments
- \* Emotional literacy for human health
- \* The Drama Triangle
- \* Parent or friend - Saying No and why it matters
- \* Managing challenging behaviours
- \* Why resilience?
- \* Anxiety and our children/teens

### HARDCRAFT - Wednesdays from 18:30 to 20:30.

Andy Currey (Hardcraft teacher) will again be helping you make **dovetail joint boxes** - a simple project that provides a beautiful and functional item for your home, as well as skills that can be used for almost any woodwork project you can think of! You are welcome no matter your skill level (last term we had some who had never picked up a plane before, to experienced handymen who had not yet tried dovetails – all made beautiful items).

So come and have a go, learn something new, meet new people (we really enjoyed the camaraderie and warm atmosphere last term) and be proud of something you create with your own hands...and not a power tool in site!

### SCIENCE - Tuesdays from 19:00 to 21:00

The science program is led by Tim Dunn (Science Teacher with a PhD in Biological and Molecular Science:

*"I've loved both doing Science and the ideas a scientific approach can bring for a really long time. I spent couple of decades as a research scientist before being drawn to high school teaching at Samford, and I constantly reflect on how much I missed out on in my own education."*

I would like to give you the opportunity to experience observing some deceptively simple natural phenomena, and from these to explore a more intriguing and exciting world view than is currently given to us from a materialistic concept of everything. We will mostly do experiments from the Steiner curriculum so you will also get an insight into what your students are experiencing and learning."

Price for all sessions is \$20 per session, Sessions will run from Week 2-7 inclusive (6 sessions in total) and anyone who pays before the first session can pay \$100 for all 6 sessions (getting one free). Payments not received by the start of the program will be billed individually for each session.

For more information and to put yourself on the PAFA-Ed mailing list, please email [pafaedu@gmail.com](mailto:pafaedu@gmail.com).



# Easter Wisdom through Story

Bringing life into old traditions

Questing for the Spirit bones

Within the Easter Mysteries

A short presentation focusing on some background of a story which carried the Easter impulse of life and resurrection; looking for relevance in our life today: followed by the reading of the 'Juniper Tree', a Grimm's tale.

Artistic activities- drawing and claywork in context:  
(no experience required)  
sharing together and in the group



Saturday 13 April  
@ 9:50 for 10am to 3pm  
with Kate and Paul  
@109 Dawson Creek Rd,  
Highvale, near Samford.  
( parking out on road)  
Please bring shared lunch  
& a Donation  
RSVP Monique  
0414291491 or  
Kate 0402884205  
anthroposqld@gmail.com

## 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 prior to inclusion.**

### Free Teen Holiday Workshops

Moreton Bay Region Libraries are running FREE Teen Holiday Workshops over the holidays. We would value your support in including the following information in your newsletter (if applicable):

Teen Holiday Workshops at Your Local Library (Grades 7-12) There's loads to do at your local Moreton Bay Region Library with FREE workshops, gaming tournaments, and escape rooms. Fly a drone, screenprint a tote bag, pick up tips for getting your first job, develop a study schedule, and more! For more info, go to <https://www.moretonbay.qld.gov.au/libraries/Events/School-Holidays>

Bookings open at 1pm, Thursday 28 March.

### House for rent

Kobble Creek. \$625/ week  
100-year-old Queenslander. Four bedrooms, two bathrooms. 3 acres. Vegetable garden, chook pen, dam.  
Air-conditioner and fireplace.  
Contact Toni Licastro 0419706085

### Homeopathy and your Health

Come and join us at the Samford CWA hall on 13th April at 10am and find out what you always wanted to know about Homeopathy. We plan an informative morning on Homeopathy, celebrating the 264th birthday of Dr Samuel Hahnemann, founder of Homeopathy. You will have the opportunity to chat with qualified homeopaths and there will be three free seminars of thirty minutes each. We will also have a variety of books and pamphlets available that help to illustrate homeopathy.

- Seminar 1 - Acute prescribing in homeopathy
- Seminar 2 - Homeopathy supporting wellbeing in animals

- Seminar 3 - Homeopathy supporting people in everyday stress

Every homeopath presenting is AROH registered and a member of the Australian Homeopathic Association.

Event location: CWA hall, Joh Scott Park, 31 Main St Samford.

Event Date: Saturday 13th April at 10am

### Homeopathy

Cyena is a local Homeopath with over 10 years' experience in practice and a mum at SVSS (daughter, Sage in class 1). 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 uses Homeopathy in conjunction with herbal and nutritional supplementation as supports in rebuilding health and well-being. Cyena offers consultations by phone, at her home clinic in Gaythorne or by home visit. Call 0418792827. [www.highervibration.com.au](http://www.highervibration.com.au)

### Organic and biodynamic food growing

Find a pathway to your green thumb at organic and biodynamic gardening workshops held in Samford Valley and one-on-one food garden mentoring. More information at [www.myfoodgarden.com.au](http://www.myfoodgarden.com.au) or contact Peter Kearney on 0401156532. Workshops start in March, book now.

### Creative arts therapy: Sessions & Courses: for Adults and Children

*Creative arts therapy* creates a space, where a difficult challenge or condition in the soul can be brought and explored in a gentle way. Using a range of artistic activities including sand play, painting, drawing and form drawing, clay modelling, writing and conversation, an unravelling begins. This may happen over a series

of sessions with both guided and more open activities. Art making generates inner warmth and nourishment, helping to restore balance where astrality presses too deeply on the soul. Reflective opportunities help to assist understanding, ultimately strengthening one's resolve to move forward by oneself.

This therapy is also suitable for children. With the assistance and involvement of the parent/parents a series of sessions is structured to meet the child's needs. Drawing upon Rudolf Steiner's fourfold view of the human being a way is sought to support and lighten the unfolding challenges that have become a hindrance for the child. A therapeutic story or artistic reflection is offered to the child as a completion of the series of sessions.

Kate has had a background of many years working in the creative field, as a crafts and handwork teacher in the Steiner School system and is a qualified Creative Arts Therapist.  
MA (CreativeArtTherapies), Grad DipArt Therapy & Couns. MIECAT. Member ACA  
Kate Sharp  
Mb: 0401884205  
E: [sharpcatherine1@gmail.com](mailto:sharpcatherine1@gmail.com)  
[www.katesharpartstherapy.com](http://www.katesharpartstherapy.com)

### **Wine events for your Corporate, Social Club or Society**

Looking for a novel concept for your next event? I host distinguished wine events for your business, social club or society to suit staff or client entertaining, networking and milestone celebrations.

You choose the ideal format and theme – I will help! - to suit your group of 10 to 100. I bring the story behind the labels in a fun, blind tasting. Experience the flavours of Nero d'Avola from McLaren Vale side by side with the Sicilian original! And see if you can identify which is which.

Explore seriously good Aussie and imported wines – from the classics to the alternative (my passion!) to the downright obscure (also my passion!)  
Contact Rob Hewitt at  
[Robert.hewitt@bigpond.com](mailto:Robert.hewitt@bigpond.com) or call 07 3882 0328 or 0447 762 321

### **School Contact Information**

**Phone:** 3430 9600

**Email:** [info@samfordsteiner.qld.edu.au](mailto:info@samfordsteiner.qld.edu.au)

**Facebook:**

[www.facebook.com/Samford-Valley-Steiner-School-106275046117815/?ref=hl](https://www.facebook.com/Samford-Valley-Steiner-School-106275046117815/?ref=hl)

**Website:** [www.samfordsteiner.qld.edu.au](http://www.samfordsteiner.qld.edu.au)

**Address:**

5 Narrawa Drive  
Wights Mountain QLD 4520

**CRICOS Registration:**

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