



# NEWSLETTER

Term 1 Week 2

9 February 2018

*SUSTAINABILITY IN PRACTICE IN PRESCHOOL*

## SUSTAINABILITY

Hello everybody. It's about time I filled you all in on what has been happening at school regarding sustainability. I took on the role of Sustainability Officer (a new role) about a year ago and since then we have made some fantastic progress and have some exciting plans of where we go to from here. With some simple management strategies, we have:

- significantly reduced our power consumption,
- increased our water conservation,
- reduced our waste considerably and
- begun to manage our own paper recycling.

A good deal of these changes are operational changes and therefore somewhat hidden from view.

The next step in our rubbish control will be moving into the realm of educational sustainability.

As an educational institution, our approach to waste is one of mindfulness rather than management.

This means that at times our waste and therefore our wastefulness will be somewhat highlighted for the students rather than hidden and dealt with externally.

The removal of single use plastic from the school site will probably be the change creating the greatest home and family impact.

Single use plastic such as muesli bar wrappers, popper juice containers, cling wrap on sandwiches, plastic bottled water and plastic carry bags make up more than 90% of our land fill waste. It is not the solution but rather the problem and therefore the issues of waste that we would like demonstrated to our children, encouraging us all to be part of the solution rather than continuing the status quo. Paper wrapping which can be composted and reusable plastic bags such as zip lock bags can be used to transport food in lunchboxes to school. (We do realise that removing something such as a muesli bar from its wrapper and placing it in a

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reusable bag does not deal with the waste at all but rather this will highlight the waste for our children to see and hopefully generate a solution somewhere).

An attitude of mindfulness over management is perhaps best illustrated in our Preschool. Rather than give all of our students unbreakable cups to drink from they bring ceramic cups from home. This way, sometimes from consequences, our Preschool children learn to be mindful and careful rather than to expect that the world will not allow their cups to break.

*John Salmond*  
*Sustainability Officer*



*New garden outside  
Class 3 room*

### **Dates to Remember**

**Wednesday 14 February**  
Class 6 Parent Meeting, 3pm

**Thursday 22 February**  
Kindergarten parent night

**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



*Beautiful rose  
in the Preschool*





## OUTSIDE SCHOOL HOURS CARE

Hello Families,

We have had a great start to the year in Outside School Hours Care. We have started Before School Care and it is going really well. We operate from 6:30am to 8:30am. The older children can leave at 8:00am when the rostered teacher commences Playground duty and I walk the Class ones and Preps down to their classrooms in time to start school. I stay and do morning circle and say goodbye to each of the children. The children have been great when I drop them off at their rooms with no tears and all smiles.

We supply breakfast to children up to 8:00am, offering plenty of different cereals, toast, fruit and Juice. Some days we might even do pancakes, French toast, eggs and in the cooler months, porridge. We also have plenty of choices for children with dietary requirements. We do lots of inside activities including drawing, craft, cooking and games.

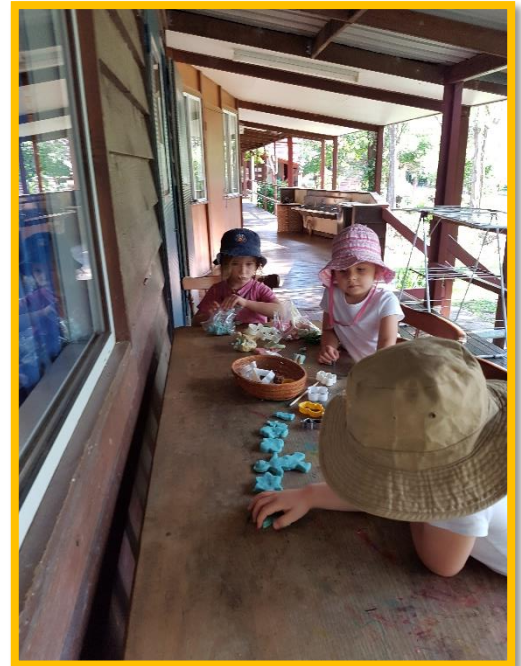
We are becoming popular very quickly, so to secure a spot at Before School Care please contact me.

*Kind regards,*

*Kylie Turner, OSHC Coordinator*

*Ph: (07) 34309614 M: 0435864505*

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



### ***New Child Care Subsidy***

As we start the New Year, you might now be considering your childcare requirements for 2018. An important consideration for you will be the Government's [New Child Care Package](#) which commences on 2 July 2018.

Under the new package, the existing and Child Care Benefit Child Care Rebate will be replaced by a new Child Care Subsidy. The amount of subsidy that families will receive will be based on three things:

1. their combined family income
2. the level of 'approved' activity they undertake
3. the type of child care service they use.

The easiest way to work out how much subsidy you may be eligible for is through the Family Child Care Subsidy Estimator, which is available [here](#). It's easy to use and only takes a few minutes to fill out.



## **UPDATE ON BRISBANE STEINER SCHOOL**

Dear Friends,

To start the New Year we would like to give an update on our progress in the search for a home for Brisbane Steiner School.

Just a few days ago Heidi Casey, Rob Hewitt (RSEGB Board Treasurer) and Jan Baker-Finch met with Hon Kate Jones, the local member for Cooper, the electorate in which the Ithaca TAFE is situated, to discuss the proposal for BSS that we submitted to the Government at the end of September 2017.

The snap state elections and Christmas break meant that no real progress was made in the intervening months, so we were very glad to finally gain an appointment.



*Rob Hewitt, Jan Baker-Finch, Hon Kate Jones, Heidi Casey*

Kate was encouraging and helpful. She frankly elucidated the Government's challenges dealing with the many empty TAFEs across Qld., promised to speak to Minister for Education Hon Grace Grace on our behalf, and offered to facilitate a meeting (within a month) with Hon Shannon Fentiman, the Minister for Training responsible for these sites. Cognisant of the complexity of the issues, we are still hoping to be granted sole negotiator status for Ithaca TAFE. We will tell you more once we have met the Minister.

As we told Hon Kate Jones, we are tenacious, and will not let up until our goal is reached, so your encouragement and ongoing trust spur us on. Thank you!

*Board Sub-Committee*

## **PARENT LOUNGE – DID YOU KNOW ABOUT THE PARENT DIRECTORY?**

As Class Contacts use email to communicate with all parents within their class, the school is asking all parents to update their details within "The Parent Directory" in Parent Lounge.

The Parent Directory is a way that all parents within a class can make contact with other parents.

The school has left it open to the parents to decide what information they wish to share. Some parents may only want to share their email address, whilst others may be happy to share all of their information.

Below is an example of the type of information that can/will be displayed.

Parent Directory for Year 9

Year 9									
Student	Parent	Address	Suburb	Post Code	Country	Home Phone	Mobile Phone 1	Mobile Phone 2	Email Address

To check or update what your Parent Directory listing is, please click on “Parent Details”, “Parent Directory”. Under “My Directory Listing”, click on “Maintain”. Tick the boxes for the information you would like to share, eg, email address, mobile etc.

The Parent Directory is set up that you are only able to view parent details of students in your child/ren’s class/es. It will not be available to all parents in the school.

*Judy Morgan*



**I’m writing a short little article this week on a crop that we are planting throughout the school vegetable gardens presently, a plant that you too could plant at home if you have a skerrick of space: peas.**

We’re all familiar with peas: small; spherical; green. So what’s to know? Well sometimes, there is joy to be found in rediscovering familiar things, and peas will reward your attention. They are easy to eat either cooked or fresh, providing you are not using chopsticks. They are easy to store either frozen or dried so the problem of a produce glut is easily circumvented. Peas also have a beautiful foliage to touch and the flowers are beautiful to look at. A lush and healthy pea bush is a joy to behold. Luckily, peas are also easy to grow.

When planting peas there are a few things to remember. Peas are a cool season plant so plant in late summer and autumn for best results. I have found that it is best to plant the seeds directly where you would like them to grow rather than into seedling punnets. Peas like a bit of lime sprinkled through a rich crumbly soil, so turn a light dusting through when you dig the bed over before planting. You only need a strip perhaps 30cm wide in your bed for peas and you needn’t dig too deep. You could even grow them in pots if you were really pressed for space. Perhaps the most important thing to help you get a good crop of peas however is to give them something to climb on. There are a few ways you can achieve this.



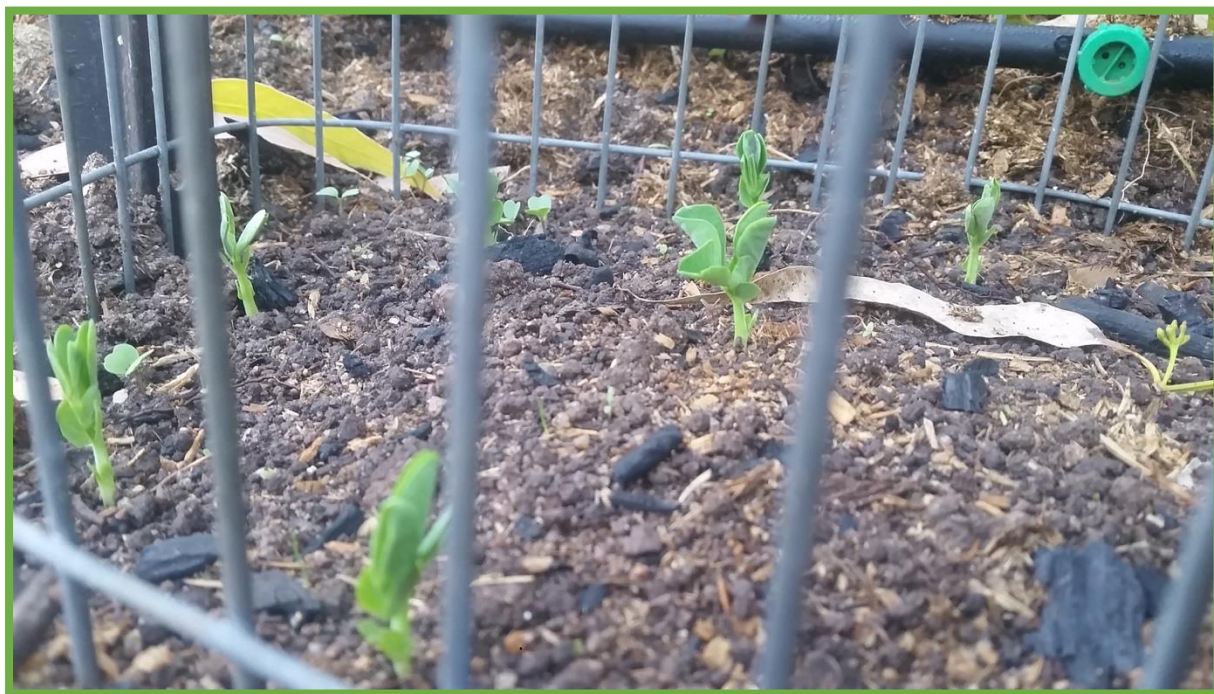


*An example of what I have dubbed a "Pea Tube". A ring of some kind of mesh stood on its end for the peas to grow on.*

If you are growing in pots, you might like to give them a few bamboo stakes to attach themselves to. In a garden bed you can put in a length of fence – either a roll of dog wire, a section of old pool fence or even a trimmed down piece of concrete reinforcing mesh. This only needs to be a metre high as peas don't usually reach higher than this. A tip I picked up from good old Gardening Australia the other night showed a small length of chook fence wire maybe about a metre long, rolled back on itself to make a cylinder about a metre high with a diameter of about thirty centimetres. This is plonked vertically on a small circle of dug earth and attached to a stake to stop it falling over. The peas are planted either in or outside this wire "Pea Tube" and will grow up through it and be supported.

Give your pea seeds a good watering when you first put them in and no more until the seedlings pop through, as you would when growing beans. From then on, they will benefit from regular watering.

You have a few options when deciding what sort of peas to grow. The most popular among children, straight from the bush, munched pods and all, are of course snow peas. It can be difficult to get a whole crop to harvest in a place like a school where roaming kids tend to graze on even the tiniest pods. And so it should be... Other varieties of peas, and there are many, require shelling.



*A close up of some incy wincy little pea seedlings popping up inside the "Pea Tube". Note the pieces of charcoal floating around in the soil.*

When it comes to harvest get a bucket and get as many full ripe pods as you can manage. The plants should fruit over a period of about a month so you may get a few harvests from one trellis. Take them to a shady spot with a big bowl and enjoy the fun of shelling. Many hands make light work for this task.

Peas are a leguminous plant, which means that they take nitrogen from the air and fix it to the soil via little nodules and bacteria on their roots. This means that when we grow a crop of peas they are actually making the soil more fertile rather than depleting it. You can use this to your advantage when using a crop rotation plan, which I will talk about in a later article.

So get out into your garden today, or even make space in a few pots with stakes and enjoy planting some peas with the kids.

*Cheers Dave*

## 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](mailto: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

## A PASSIONATE SCHOOLING 48

Hello and welcome back to previous readers and a new welcome for those who have not read this section before. This segment of the newsletter is one that appears approximately fortnightly and contains a small section from a book written by Dr. Alduino Mazzone. He was a Steiner teacher and student of Steiner education. He completed his PhD on Steiner education and was renowned as an expert in his knowledge of the background and application of this type of education. Alli and his lifelong partner Sue Laing converted his studies into a book and it is this that we serialise. Alli sadly passed away last year after struggling for many years with multiple sclerosis. We will continue to work through his book (of the same name) very generously given to us by Alduino. This part of the book is exploring the education of the threefold human being. In particular, we are looking at the issue of truth in education.

“Steiner provided profound insight into the connection between truth and self and what happens when this connection is weakened. He pointed out that untruths sever our connection with a real sense of self and our previous life. This severance works right down into our physical body, and especially into the constitution of the nervous system. Further, he said that if this severance occurs, humankind must create a substitute for his healthy sense of being and he does so, unconsciously. We must create a sense of self by other means for example we may need to find personal recognition in outer labels of an occupational title.

Where children are not recognised for whom they really are, where there is a lack of validation of their experience (or truth) or where they are surrounded by complicated web of untruths, the child’s still fragile sense of self may be doubted by the child and a more acceptable substitute self may be created by him or her, often out of adult expectation. This can be the way the child survives in hostile circumstances and tries to ease their pain and confusion.



Studies have shown that when a young person has had even one experience of feeling really well recognised in their inmost self, that the memory of the person who gave them that recognition is what can stop them from carrying through with self-destructive behaviour the experience of growing up without recognition of the renewal or self can occur within the entire range of socio-economic conditions, including amongst successful young people from privileged backgrounds, not just those in very difficult circumstances.”

Next time we will continue looking into this issue.

*Compiled by Tricia Scott from “A Passionate Schooling” by Dr. Alduino Mazzone in collaboration with Susan Laing (Now available from bookshops online and worldwide and from The Treehouse bookshop)*

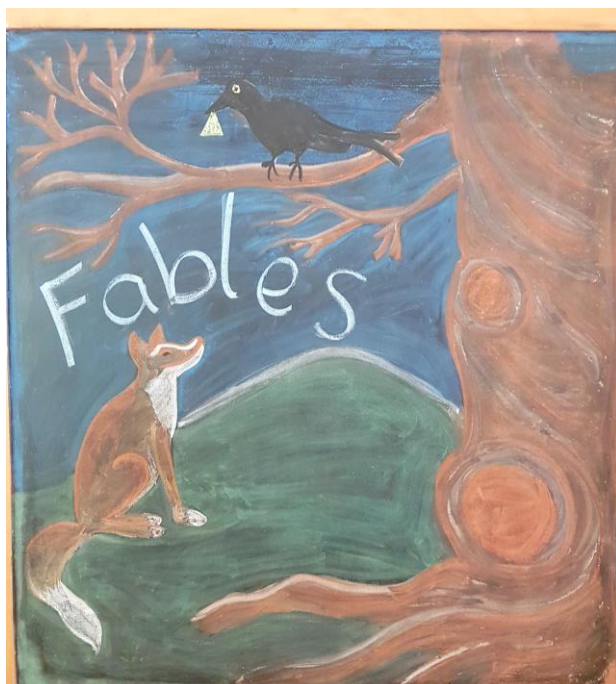
## CRAFT NEWS

Welcome back crafters! We had quite an industrious morning at the Hub wet felting for needle books. It was lovely to see some new faces and of course so wonderful to see the familiar faces of our crafting community. Despite the gusts of wind, we were able to get our felting done with some absolutely gorgeous pieces. Everyone made twice the size that we needed and it was cut in half so we will have 9 needle books for our festiValley stash, so thank you everyone.

Next week we will be adding pages, buttons and other embellishments, our flat piece of felt will become a treasured needle book.

Looking forward to seeing everyone again next week.  
Warmly

*Tracey and Sarah*



*Blackboard drawing in Class 2*

## AROUND THE SCHOOL

### 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

### PARKING

A reminder to please adhere to our parking requirements. For more info, see

<https://www.samfordsteiner.qld.edu.au/community/parking-information/>



## 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.**

### Vinyasa Flow Yoga Class

Monday 9am-10:30am @ Zen Space  
The Lifestyle Centre, Samford

Begin the week with mindful movement and relaxation.

All levels welcome. This class can cater for beginners to experienced yogis. For further enquiries please contact Kirsty 0431389166

### Connection Goddess Sharing Circle - Saturday 17 February, 6.30-9.30pm

After a restful break I'm so looking forward to holding space for this beautiful goddess sharing circle! I'd love to invite women in our community - especially those who are new this year, to come along to breathe out, rest and be. We'll sit in the yurt in picturesque Wights Mountain, Samford and have a night with women.

I'd love you to join me on Saturday night, 17 February. Come along by yourself or with a friend. Babes in arms are welcome. We will be exploring our relationship with connection. The numbers are limited to 10 women to encourage connection with each other and ourself and to provide spaciousness for sharing (however, sharing is not compulsory...you can just soak up the yummy vibes!) Please book early if this sharing circle is calling you to avoid disappointment. I hope to see you there! Danielle xx

\$15 per goddess. For more information and tickets see

<https://www.humanitix.com/event/embrace-the-divine-feminine-within-connection-goddess-sharing-circle/>

or connect on facebook

<https://www.facebook.com/daniellewomandreaming/notifications/>

Danielle McIsaac

Woman Dreaming Holistic Nurturing –  
0466843344

(Mum to Aidan Grade 9 and Soraya Grade 6)

### 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

### 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 [kpfo61@gmail.com](mailto:kpfo61@gmail.com).

### **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.

### **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 and arts practises, 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.katesharpstartstherapy.com](http://www.katesharpstartstherapy.com)

### **Living Movement Natural Therapy Eurythmy Wellness Classes**

Breath out tension and harmonize your whole being while being social.

Thursday 5.30 -7pm in Grovely.

Enquiries: Karen 0423620069

[kpfo61@gmail.com](mailto:kpfo61@gmail.com)

[www.livingmovementnaturaltherapy.com.au](http://www.livingmovementnaturaltherapy.com.au)

## **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**