



CLASS 4 BLACKBOARD DRAWING – NORSE MYTHOLOGY MAIN LESSON

NEWSLETTER

Term 1 Week 3

16 February 2018

SETTLING IN TO SVSS

We are now three weeks into this first term and it is great to see everything 'settling in'. It is also my third week in the interim EA role and I must say that I already feel very much 'at home' at the school and am enthusiastic to be able to participate in and contribute to the Steiner Education movement and it's development at SVSS. I am certainly finding my way in and am able to take hold of many things thanks to the support and assistance of colleagues. Margaret and I want to meet the responsibilities of the role together and are enjoying working collaboratively to make sure we cover all aspects satisfactorily. I appreciate the patience of others as we establish our new working rhythm, and at the same time, I want to make sure that everyone feels assured that we are here and ready to assist and support staff, students and parents. Please feel free to contact me if I can be of help.

Each year at a school is like a 'new beginning' in some ways, bringing freshness and opportunities to strive towards our ideals, continue with what is working well and also improve and learn new ways. One important aspect determined at the founding of the first Waldorf School was the emphasis on lifelong learning, not just for students but also those who work with the children. It is great to be part of a collegium of teachers who hold themselves to this ideal. The connection and building of community is important in any healthy school and it is wonderful to see how this is an embedded practise here at SVSS and amongst all staff.

I see so many new faces and it will take a bit of time to meet everyone (and remember names), but with every day the picture grows. We have decided to have a Primary School assembly next week on Tuesday morning, 20th of February from 8.45am. We will come together in the hall, after the children have met in their classes to greet the day, to share some songs, poems etc. All parents are welcome to join us. Please make sure you can stay for the entire assembly, possibly until 9.30am, as it can become disruptive for the children if people leave early. I am looking forward to meeting you.

*With warm regards,
Cristina Rubsamen*

In this Issue



NEWS FROM THE LILLIPILLIS P2

PARENT LOUNGE INFO P2

CLASS 2 NEWS P3

FROM THE SHED P4

PRIMARY SCHOOL GERMAN P6

FESTIVALLEY P7

CRAFT NEWS P8

NEWS FROM THE LILLIPILLI ROOM

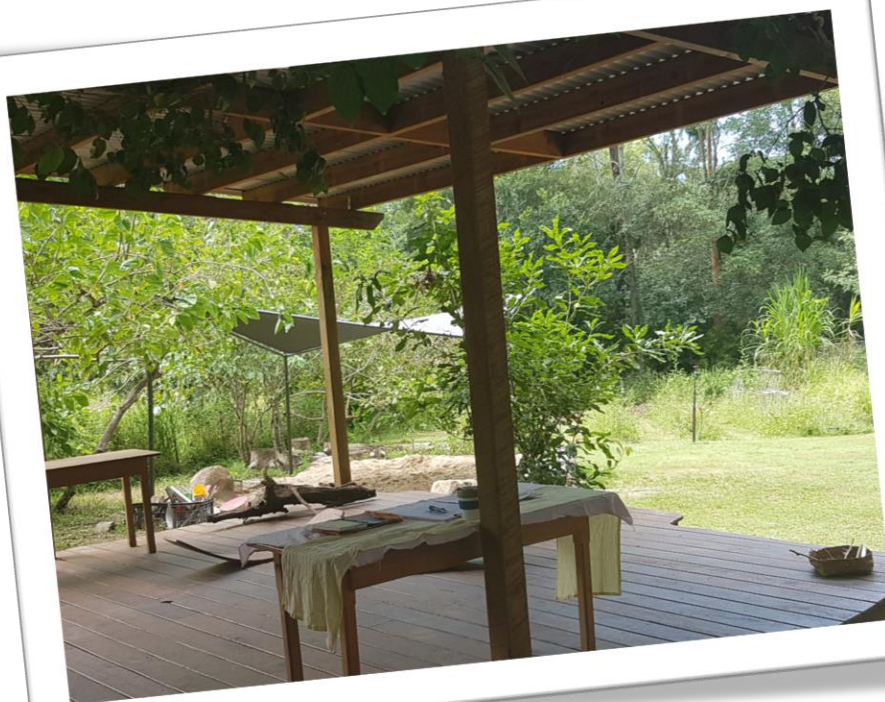
Well we have made it through our first fortnight together! The children are settling in beautifully. The children are quickly picking up the songs and rhythms of the day and some gorgeous new friendships are emerging. A big thank you to Stacey who has been such a support to me in settling into my new school and has cooked us such scrumptious morning-tea and lunches everyday :)

Some of our friends have been unwell this past week, thank you for allowing them time to recover gently at home without the added distractions of school, this also helps us minimize the spread of any bugs. Wishing you all a speedy recovery.

Dates to remember: our first (whole class) parent meeting will be held on the 22nd March, please arrive at 6:30pm for a 7:00pm start. We will finish around 8:30pm. We will share a cup of tea and parents can chat before we break into our class meetings at 7pm.

During this meeting, we will be discussing 'the 6 year old change' child development and strategies for the 5-6 year old. Look forward to seeing you all there.

*Blessings on our week,
Trudi*



PARENT LOUNGE – DO YOU KNOW HOW TO...?

Find school documents and information (Resource Library)

The school has included relevant documents for parents in Parent Lounge under “School Links” that had previously been available on our website, e.g. School Handbook, Staff Bios, Term Dates.

Access the Parent Lounge User Guide

Click on “School Links”, “School Information”, “Parent Lounge User Guide”. This guide has lots of information about how to use Parent Lounge. Please make sure you have a read.

Dates to Remember

Tuesday 20 February

Primary School Assembly,
8.45am

Wednesday 21 February

Class 1 (Lydia) Parent
Meeting, 7pm

Thursday 22 February

Kindergarten Parent night,
6.30pm for 7pm start

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 TWO 2018

After such a long and restful break, the year begins with much excitement. A new classroom, desks and chairs, all new surrounds and the magic of our first Main Lesson.

The children are taller and ready to learn! We began our term with a Fables Main Lesson. The eight-year-old child can live deeply into the characteristics displayed by the sly fox, the meek lamb, the foolish goat, the courageous lion, and the child who tell tales and more.

We are almost at the finish of our Main Lesson and we have meandered through a swathe of wonderful stories, which captivate the children. They write, draw, sing, dance, recite poetry and dramatize the stories they encounter. Some children become so engrossed in their role that you actually think they are a sheep eating juicy green grass near the shepherd.



The days fly by in happy busyness, where children play the recorder, read and write, speak German, move splendidly in Eurythmy, cook scrumptious cakes, build a summer mandala in our garden and grow like the beautiful plants that surround us. It is a richly varied time for Class 2.

Jane Blomkamp





Last week I spoke about peas, their leguminous qualities, and how they can be used in a crop rotation system. Crop rotation is probably a term that you may have heard bandied about before but perhaps never thought about in detail. It is really quite a simple concept and with a little planning, can be implemented in any garden.

But before we get into the “hows”, let’s look at the “whys”. If the same type of plant is grown year after year in the same place a couple of things can happen. The plants tend to take the same nutrients from the soil resulting in a deficiency. Also, diseases and pests are more likely to become established and cause trouble. Therefore, if we move a group of plants on to a new bed each year, we make it more difficult for pests and diseases to become established and also use the broad spectrum of nutrients available in the soil more evenly. OK, so now, how?

When developing a crop rotation plan it helps to know a bit about some general families of plants that we might grow in our vegetable gardens. We can divide these families (this is the wrong word to use technically but please forgive me, you know what I mean) into five main groups. Each group takes up a bed for the year and is moved on to the next bed in the following year:

Legumes: As mentioned earlier, legumes add nitrogen back into the soil via bacteria on their roots. After we have harvested these crops, it is a good idea to cut them off at ground level and let the roots rot away as they see fit rather than removing all of those nitrogenous nodules. Beans, Broad beans, peas, snow peas are all able to be planted all year around and after a year should be followed by....

Green Leafys: These are, well, your green leafy vegetables. You know, Lettuce, Silverbeet, Spinach and the brassicas like Kale, Cabbage and Brussel Sprouts. You can even throw in your other brassicas such as Broccoli and Cauliflower which, though grown more for their flowers, still belong to the same family. Green leafy growth is usually associated with high nitrogen demands so you can see why they are planted directly the year after the leguminous crop. A crop to follow the Green Leafys is the

Fruiting Plants: I don’t mean fruit trees, I mean annual plants which we cultivate for their fruits such as tomatoes, corn, squash, zucchini, melons, pumpkin, cucumber, eggplant, rosellas etc. These plants have high demands regarding feeding. They are hungry and require a bit more Phosphorous and Potassium to get them blooming well.

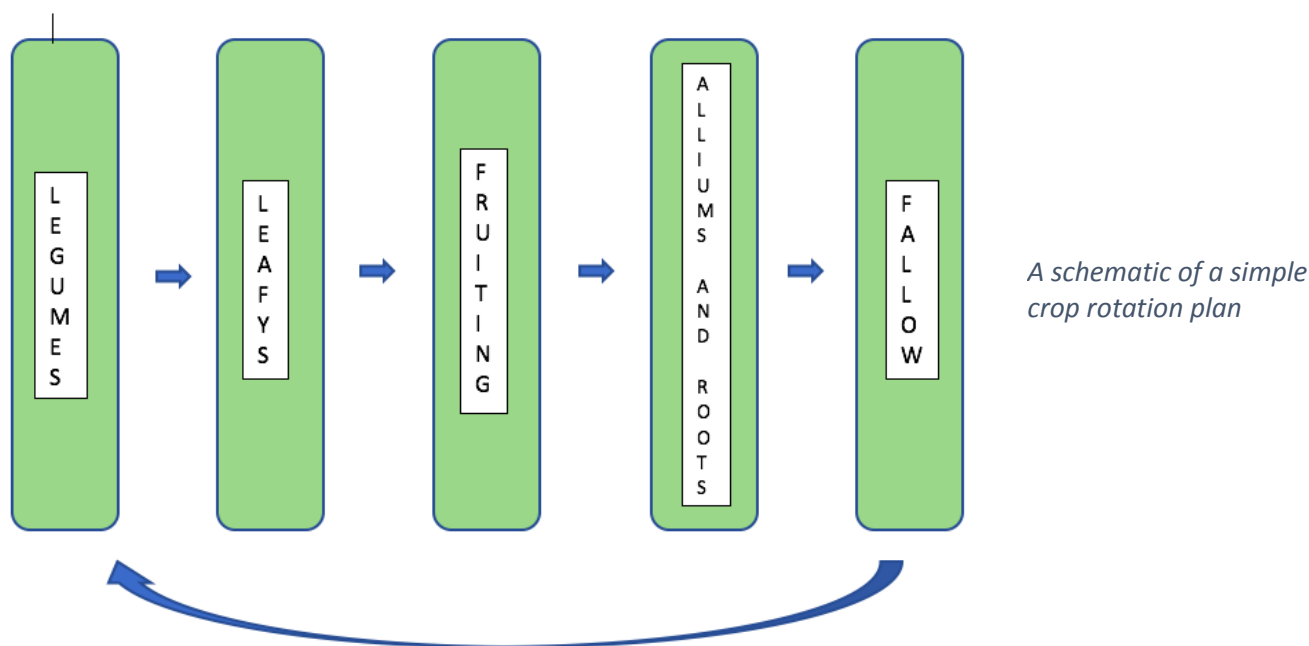
As a small aside, I am reminded of the saying “Where would we be without Solanaceae?” The Solanaceae family includes tomatoes, eggplant, potato, capsicum (and Chillis) and if you are that way inclined, tobacco. Try to imagine our lives without this very useful family of plants. (No chips and Tomato Sauce!) All of these plants, as well as the ubiquitous corn plant, come from Meso and South America. I find it amazing that so much of our traditional European cuisine comes from these new world colonies. Consider the stereotypes! Imagine Italy without the tomato or Ireland without the potato. But anyway, what comes next into the bed?

Allium and Roots: Alliums, which is a fancy way of saying “Onion Family”, are plants like leeks, onions, garlic, spring onions, shallots etc. The roots include all the obvious suspects like carrots, potatoes, sweet potatoes, parsnips, Norwegian Gruber Tuber etc. These plants don’t need so much in the way of rich soil so we place them at the “end” of the cycle, if such a thing exists. They also like a bit of a limey, alkaline soil to flourish. This application of lime will also be around, after the fallow stage, to help the next leguminous crop, which also like a spot of alkalinity. To follow the Alliums and roots we need some....

Random Weedy Mongrels: Though ubiquitous and familiar, this is not a particularly well recognised or admired family of plants. In your rotation system, it is good to have a fallow bed for resting which is simply just left to fill up with weeds. Trust nature to do what is right with this piece of earth for a year... if you have the space that is. Some people subscribe to something known as “the wisdom of weeds” which advocates that the weeds that pop up in bare soil are exactly the type of plants that the soil needs. They work at correcting soil structure by penetrating deeply with their roots, by mining nutrients or by returning a certain type of organic matter back to the earth via their decay. Turning a bed full of weeds into the soil is a satisfying and productive gardening task. This weed wisdom can of course also be introduced into the soil by composting them or by making a weed tea, in the same manner that comfrey tea is made.

Another more sophisticated way of working with fallow beds is to use a green manure crop, which I will discuss in a later article.

Incidentally, these categories loosely line up with the work of biodynamicist Maria Thun who looked at what “families” of plants flourished when the moon is located in particular star signs.



So there you have it! After five years, the cycle should be complete and you can begin again. I should note that this particular method of rotation is one of my own devising. There are many different ways and orders and rationales behind each. One thing remains in common however; each family is moved on each year in order to break the cycle of disease and deficiency. It should also be noted that when using this method, it is still important to feed the soil with well-made compost, particularly for the leafy and fruity crops.

So, if you have time to do a bit of planning, and enough space to put aside for each group of plants, you might want to have a crack at crop rotation. Remember, as with most things in the garden, it is better to have a go at something and for it not to work perfectly than not have a go at all. It is only when taking rash actions such as using synthetic fertilisers and pesticides that you can really “break” anything in the garden – so have a go.

Till (pun intended) next week.

Cheers Dave

GERMAN IN THE PRIMARY SCHOOL

we are already in week 3 of the first term and the children have settled in to classroom routine. I would like to welcome all the new parents to the language program at our school and to give you some information about why we teach Foreign Languages in the Lower School.

One of the striking features of the first Waldorf School, founded by Rudolf Steiner in Stuttgart in 1919, was that all pupils from Class 1 up were taught two foreign languages. Prior to that, foreign language learning in German schools (starting in Class 5) had been the privilege of those children belonging to middle and upper class families. What reasons did Rudolf Steiner give for introducing foreign languages for all children at this unprecedentedly early age? These were certainly very different from the pragmatic reasons for teaching and learning foreign languages, which have become increasingly important in society throughout the decades since then.



The encounter with other languages should not only serve to extend the individual's horizon in a formal manner. It should also enrich and diversify his/her inner life, nurturing his/her very soul.

It was vital, so Steiner maintained, to introduce languages other than one's own as a means of counteracting whatever one-sided influence any particular language exerted on the developing child. By getting to name and recognise the objects in the world around them in a new way through the medium of a foreign language, every child would be given the opportunity to break free from the confines of his/her mother tongue. Education of this kind would prevent children from growing up into narrow-minded, nationalistically prejudiced adults. Instead of encouraging attitudes that ultimately separate people and nations from one another, tolerance and mutual understanding between nations should be consciously cultivated. There are, of course, additional reasons for getting children to start learning foreign languages well before puberty. It has been scientifically established, for instance, that there are sensitive periods for language acquisition during a child's development. The probability of acquiring a near-native pronunciation, for example, seems to be the higher the earlier a child starts learning a foreign language.



The focus through Classes 1-3 is to build a basis of the language. The child is still able to learn in an unconscious, will-dominated manner; also, this has a more self-directed character than throughout the preschool years. Oral work predominates with a heavy focus on being active and developing a feel for the language. This will be achieved through games, rhythmical chants, poems, and songs.

As the German teacher of your children, I greatly value communication between parents and teacher, so if you have any questions and/or concerns about the program of your child's performance, please do not hesitate to contact me.

Sonja Rank, German teacher for Classes 1-5

For more info on Languages at SVSS, see the Info Sheet in Parent Lounge.



FestiValley 2018

festiValley is the school's biennial fair and will take place on Saturday August 4 10am-4pm- put it in your diary! This wonderful community event is a great way to spread the word about our school, bring people together and help to showcase our strengths as well as raising funds. Kim Ryan (mum to Samuel class 7 and Amber class 5) has agreed to be the coordinator for festiValley this year, she has already started the process and to assemble a team of volunteers to assist her. If you are interested in taking on a role in the core festiValley team, please get in touch with PAFA (svsspafa@gmail.com) or see Kim. Even if you have not attended festiValley before, or if you do not have experience with organising a fair, your efforts will still be valuable, and you will have Kim and the rest of the team to help guide you. Currently we are looking for a coordinator to oversee the school activities and a coordinator to oversee external suppliers.

Some areas that you can help now ...

Raffle Prizes needed

Is your business able to contribute to our festiValley raffle? This year we will be holding a raffle with prizes that are experiences to enjoy (such as pampering, accommodation, eating out etc.), and goods (books, Art, homewares, games, toys, products, etc). The winners will be drawn during festiValley. This is a wonderful opportunity to donate a prize for our raffle and at the same time gain exposure for your business within the Samford Valley and broader Brisbane community. Those businesses who provide raffle prizes for festiValley will receive the following benefits: • printing of the sponsor's name and contact details in two school newsletters prior to festiValley and one newsletter after festiValley • acknowledgement listed on the Samford Valley Steiner School website for a period of 2 months; • acknowledged and thanked on the festiValley Facebook page • the sponsor's name to be listed on the festiValley program and/or map provided on the day of festiValley; and • a warm and fuzzy feeling! We are aiming to prepare this raffle early to ensure maximum exposure. Please let me know as soon as possible if you would like to be part of the raffle and do not hesitate to contact me to discuss, festiValley@gmail.com.

Second chance



Now's the time to clear out your wardrobe and kids rooms – quality clean second hand clothing, accessories, children's toys and games can be donated to our second chance stall.

Please contact Jacqueline Hobbs on jacqueline@hobbs-family.net or 0400 792 951 if you have items to donate.

Market Stalls - Limited spaces

There are limited spaces for market stalls at this festiValley. If anyone in our very talented mix of parents is interested in having a festiValley Market Stall (emphasis on high quality, natural, recycled and handmade items) please contact Kim Ryan on festivalvalley@gmail.com or 0438 015 982





CRAFT NEWS

This week was definitely a warm one at the Hub and we were thankful for the breeze. We all sat in the shade and turned our felt from last week into needle books; hopefully everyone is happy with their end results.

Next week we are making these little dogs, one is a terrier the other a puppy with floppy ears. They are quick and easy to make. Come along and make one of each, we have a variety of colours available. Kits will be \$6 each, if you would like to make one for

festiValley your kit will be half price.
Hope to see you next week at the Hub.
Warmly
Tracey and Sarah

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.**

Nourishing the creative waters

A two-session workshop working with folk story, our own story and clay with Kate Sharp.
Thurs mornings 1 & 8 March
OR Sat afternoon 10 & 17 March
For details see
<https://katesharpартstherapy.com/upcoming->

Do you have a new home for us?

We are looking for a new family home in the Samford area for myself, my son, daughter and our fur kids (lazy Labrador and a cat). Please let me know if you have a rental available that you think might be suitable. Thanks so much!
Danielle McIsaac
0466843344
(Mum to Aidan Grade 9 and Soraya Grade 6)

Marquee needed

Jul from Mandala Dream Co (Kingston's mum Year 5) is wishing to hire/rent a walled waterproof marquee & a small lockable trailer to utilize at a festival in May for 4 days. If you have anything you think may suffice please call on 0448115299

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!

Personal Training and Group Classes

If you have been thinking about making a positive lifestyle change, look no further than Nick and the NF team of highly qualified and experienced trainers.

Mobile Personal Training - we bring everything to your door. A comprehensive range of equipment, as well as expertise and encouragement. All you need to do is turn up and we will do the rest – motivating you and most importantly helping you achieve results. We do 1 to 1 and partner (2 to 1) training.

NF Group Fitness – a variety of classes are held across the week in Arana Hills (indoor and outdoor) and twice a month at Caged Fitness in Samford. Boxing, yoga, strength training, cardio and stretching – we are not a boot camp! First week free!

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
www.northsidefitness.com.au

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.comwww.katesharpartstherapy.com

Organic Food Co-op

We are seeking community-minded families to be involved in an organic food co op based in Camp Mountain. There is a fortnightly order that includes a large range of breads, fresh fruit and veg, dairy, fermented products and pantry items at well below-retail cost. You order only what you want.

You will need to contribute to sorting once every 4 weeks on a Thursday morning and maintain an account balance of \$300.

Call 0421106441 or email

yoga_asana@yahoo.com.au for more info.

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

www.livingmovementnaturaltherapy.com.au

For Lease Fully Fitted out Restaurant /Bar opportunity available now

Fully fitted out restaurant/bar. Gorgeous historic cottage situated on the main street of the beautiful country town of Dayboro, just 45 minutes to Brisbane CBD. This is an excellent opportunity to get established with limited initial outlay. Available now, could open immediately.

Features:

- 120sqm
- Main street position with dual street entry carpark
- Inside and outside seating
- Air-conditioned and Fire Place
- 5 fridges including a walk-in cold room
- 2 Professional ovens and large 6 burner cooktop, deep fryer
- Professional coffee machine
- office/storage room

- separate customer and staff toilets
- Grease Trap
- Lease term negotiable

Check photos on Facebook - Post & Rail Dayboro. Please call 0438 015 982.

Au Pair

My name is Paulina and I am an Au Pair from Germany. I arrived at the beginning of January near Samford and take care of two children (one 4 years old girl and a 5 years old boy). My work schedule has changed, so I am looking for some extra child care! I am available during the day or evening on Monday, Tuesday, Wednesday and the weekend and would love to take care of your children! I will cook, draw and play with them or we can do some excursions together (if requested). I have a driving licence and did a first-aid course last year. I also have a 2 1/2 years old nephew which I often take care of, so I have experiences with younger children as well! Please contact me when you are interested! Mobile phone number: [0477 164 725](tel:0477164725). I am looking forward to meet you and your children!

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**