

# NEWSLETTER

Term 1 Week 4

22 February 2019



## ZEST FOR LIFE!

Dear all,

It certainly has been a very dynamic beginning of term 1!

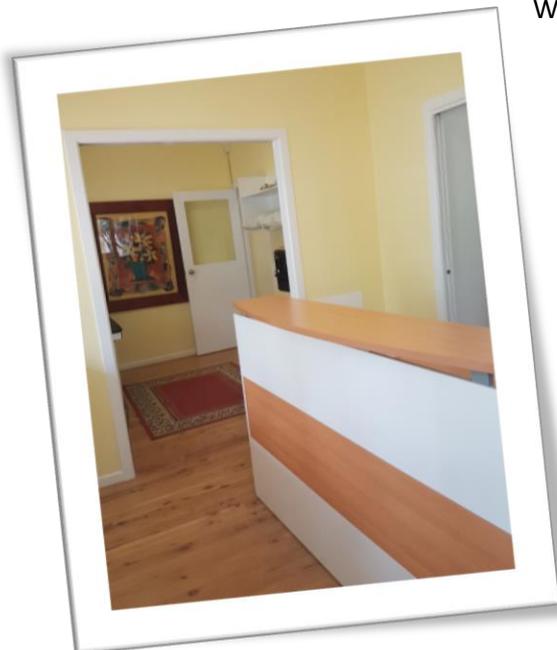
The classrooms have become 'alive' again with so much activity from the students who have a zest for life and learning! It has taken a while to establish the way to our new places, but we are getting used to it more and more. We can now take new ownership of our environment where our maintenance crew has worked hard with repairs, renovation and cleaning. Thanks to their hard work we are able to come into fresh classrooms, which we can fill and beautify with our creative learning.

It has been amazing again to see how much the children have grown during the Christmas holidays, and they certainly seem 'ripe' for more learning.

I am looking forward to another enriching year here at the school with many opportunities to learn and grow and build community.

Warm regards, Cristina

*New reception space  
now open!  
(Photos above and left)*



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**See you at Friday Foodies this afternoon 2.45pm at The Hub.**  
Come down to relax, unwind and connect over healthy homemade treats, enjoy your afternoon pick-me-up coffee and listen to some gentle guitar tunes.

## WELCOME TO OUR INTERN



Helena Ryan is the Primary School Intern working with Class 4. She has been a teacher since 2005. It wasn't until a few years into her career that she was transferred to a state school in Mackay that she was introduced to Steiner Education. Her teaching partner took her around to meet the other senior teachers and she walked into the Senior Primary Steiner Class. She took one look around and without even knowing what it was, she knew this was what she wanted to do. Life kept her busy caring for her family and moving with her husband's work. Finally settled in Brisbane and with a son in Pre-Prep this year, she has been

able to step into Steiner Education.

She has spent the last few years studying Steiner Education, both from a teaching and child raising perspective. She has worked in a number of primary schools around Queensland, with kindergarten children, in special needs and as a physical education teacher. She has a passion for child development and pastoral care. Welcome Helena!

## Dates to Remember

### Friday 22 February

Friday Foodies 2.45pm onwards

### Friday 22 & Saturday 23 February

Sensitive Children Workshop

Art of Early Childhood Education program

### Tuesday 26 February

Kindergarten Parent Night  
6:30pm -7pm –Cuppa  
7pm- 8:30pm meeting

### Saturday 2 March

Working Bee 8am – 1pm  
School Tours, 9.30m, 10.30am

### Thursday 14 March

RSEGB AGM 7pm, in the Hall

### Friday 22 March

National Ride2School Day

## National Ride 2 School Day Friday 22 March 2019

We now have 2 routes mapped out, but we need staff and parents to commit to helping manage the student riders for it to go ahead.

The 2 start points are Ferny Grove Train Station and The Tennis Courts at Samford Parklands. Riders are welcome to join us along the route, but you must be 15 minutes early to make sure you are ready and waiting when the group passes by. Meet times will be announced shortly. The more the merrier.

Let's get on our bikes for National Ride to School Day!

A colorful poster for National Ride2School Day 2019. The title 'NATIONAL RIDE2SCHOOL DAY 2019' is written in large, bold, pink letters at the top. Below the title is a cartoon illustration of a woman with long dark hair, wearing a pink shirt, green shorts, and a red helmet, riding a blue bicycle. A grey elephant is sitting in the front basket of the bicycle. The background is a light green and yellow textured pattern. At the bottom of the poster, it says 'FRIDAY 22 MARCH 2019' in pink. Below that, it says 'Join more than 350,000 students across the nation, who will ride, walk, scoot and skate to school.' and 'Visit [ride2school.com.au](http://ride2school.com.au) to find out more.' At the very bottom, there are four small icons: a person walking, a person on a bicycle, the 'RIDE2 SCHOOL' logo, and the 'VICTORIA' logo.

## Music at Samford Valley Steiner School...

Through an integrated and holistic music program, we seek to create and encourage a school culture in which joyous, enlivened musical activity is embedded into the daily experience of every student and teacher across the whole school.

The Music Program has an Instrumental Program Co-ordinator, High School and Primary School Classroom Teachers and a team of Instrumental Music teachers who run ensembles across the program.

### *Introducing the Music Staff for 2019*



#### Zoe Akeroyd, Instrumental Program Co-ordinator and Music Teacher

Zoe completed a dual degree in Music and Education at the University of Queensland. Majoring on the violin, Zoe has taught both classroom and instrumental music in a variety of schools. She can play and teach all of the orchestral string instruments and enjoys conducting String ensembles and full symphony orchestras. Zoe joined Samford Steiner Valley School in 2016 and teaches violin and viola lessons to students ranging from class 5 to 12. She also conducts the High School String Ensemble and the Advanced Primary String Ensemble. In 2019, Zoe stepped into the new role of Instrumental Music Coordinator and also started teaching classroom music to years 7, 8 and 9.

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

#### Brendan Hook, Music Teacher, High School

Brendan teaches Music in the High School. Before that, he held a position as High School Facilitator in the founding of the Noosa Pengari Steiner High School and has taught music at both primary and secondary levels in state and independent schools in Queensland and Victoria. Outside of school, he can be heard playing saxophone in a range of ensembles.

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



#### Camilla Tafra, Instrumental Music, Class 4 and 6

Camilla Tafra is a classical and baroque cellist and educator. She completed a Bachelor of Music with Honours at the Queensland Conservatorium of Music and Melbourne Conservatorium of Music. In 2016 she spent a year living in Canada studying baroque cello with Christina Mahler of the Tafelmusik Baroque Orchestra. Since 2017, Camilla lived in her hometown of Armidale, working for the New England Conservatorium of Music tutoring ensembles across four schools in the region, while she completed a Master of Teaching (Primary). In 2019, Camilla will join the Samford Valley music community as a cello teacher and ensemble tutor for Classes 4 and 6.

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



### Dale Jones, Instrumental Music, Classes 6 and 7, High School Instrumental

Dale has been a string teacher at Samford Valley Steiner School since 2006, teaching students in Classes 6 and 7 as well as many students throughout the High School. He has also had a career as an orchestral double bass player, working with the Melbourne, Tasmanian and Queensland Symphony orchestras. Dale is also a songwriter and composer and his music is often performed within the school and the wider community.

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

### Karen McDonald, Music Teacher Classes 1-6 and Instrumental Music, Classes 3 and 5

Karen completed a Bachelor of Education and Bachelor of Music with First Class Honours in 2011 at the University of Queensland. Before joining Samford Steiner in 2015, she taught music in state primary schools around Brisbane. Outside of school, she enjoys singing in community choirs.

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



### Kieran Kuskopf, Drum Teacher

Kieran Kuskopf completed a Bachelor of Contemporary Music at JMC majoring in Drums and is currently the drummer of the local funk/reggae band Hemingway. Kieran has been teaching drums to young people for the past 8 years and joined the SVSS program early in 2017. Currently he teaches drums to students from Classes 6-11.

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

### Lara Baker-Finch, Instrumental Music, Class 6 and 7

Lara Baker-Finch is a freelance violinist based in Brisbane, Australia where she studied at the Queensland Conservatorium, graduating in 2012 with a Bachelor of Music with first class Honours. In 2014, she undertook an artist diploma with the San Francisco Academy Orchestra, which she attended on scholarship, followed by a Masters at Bard College in New York with The Orchestra Now. She currently plays regularly with the Queensland Symphony Orchestra and other ensembles around Brisbane. Lara has been a teacher with SVSS since 2018 and currently teaches violin and viola to students from Class 6 and 7.





### Megan Bartholomew, Instrumental Music, Class 3

Meg joins Samford Valley Steiner School this year (2019) to teach Class 3 violin. She completed a Bachelor of Education and Bachelor of Arts (double major in Music) at the University of Queensland in 2011. Outside of school, Meg produces numerous community arts events around Brisbane and Australia. Email: [mbartholomew@samfordsteiner.qld.edu.au](mailto:mbartholomew@samfordsteiner.qld.edu.au)

### Oliver Scott, Instrumental Music, Class 5

Oliver Scott graduated in music performance, studying cello under the guidance of Li Wei Qin at the Yong Siew Toh Conservatory of Music. He has performed extensively in professional orchestras and has toured throughout Europe and the United States. Oliver is currently studying a master's in orchestral conducting at the University Queensland School of Music. He teaches cello to Class 5 students.



## WANT TO CYCLE THE BRISBANE VALLEY RAIL TRAIL?

**Update: We have 3 riders so far, it would be great to get a few more. We are still looking for a support driver too. It could be one person, or shared between a few riders who don't feel riding the whole way.**

We are looking for some keen staff and parents with bikes who would like to spend 3 days riding the newly completed Brisbane Valley Rail Trail. This will be the next offering from our Parents Outdoors Program (POP). We will start with a warm up ride to school on Friday 22<sup>nd</sup> March, with our students who will be riding in as part of National Ride 2 School Day (see other article in newsletter), from here we will be transported up to Yarraman to spend the rest of the 3 days cycling back down the Brisbane Valley to Ipswich, where we will catch a train back to Ferny Grove and finish off our cycle by riding back to school!!! This ride will be forming the basis of a new camp we are offering our Class 8 students in Term 2.

If cycling is not your thing, but you still want to be involved, we will be looking for a driver for our support vehicle.

**What?** 3 days of cycling, with a support vehicle to carry the gear. Approx. 175km+

**Where?** Starting & finishing at SVSS, including the full length of the BVRT and the cycle path from Ferny Grove to school

**When?** Fri 22 – Sun 24 March

**How much?** \$250 (includes meals, transport & accommodation)

For more info, or to book in a spot, contact Simon Roberts (Camps Coordinator) [sroberts@samfordsteiner.qld.edu.au](mailto:sroberts@samfordsteiner.qld.edu.au); <http://www.brisbanevalleyrailtrail.com.au>

## REFLECTIONS FROM SIMON - CLASS 7

*Note: The majority of the ideas were gleaned and inspired from the recent Glenaeon intensive, particularly the keynote lectures from Valentin Wember and Lisa Romero.*

Among others, Steiner Education rests on the principle that children take what has been given during the day into sleep, so that it can be digested. These experiences may take the form of a biographical story which conveys polarities of courage and cowardice, phenomenological experiments requiring detailed observation, or artistic experiences. The next day, if proper digestion has occurred, the children arrive with unresolved pictures of the previous day, which we draw out, build on and eventually resolve. This rhythm builds a robust, multi-faceted learning experience, and feeds the child's inner life (which will need to be rich and full in order to transition through puberty in freedom) – see *Insights into the 13 year old child - Inner Light of Ideals*.

My view is that these powerful yet subtle pictures, are 'over-written' and/or remain undigested when media is directly experienced before and after school.

### **Puberty, Birthday Parties and the 'Class Skin'**

I want to convey a picture that I became aware of last year when I attended a class 8 parent night that Lisa Romero held. Lisa was called in because many teachers were having trouble with this class and it was clear that an intervention of sorts was needed. This class had about 9 new students in the space of 6 months and this could have contributed to an issue in which the class, as Lisa put it, 'lacked a skin'. This means that they were often chaotic and did not pull each other into line. This was because with so many new students both to the class and to Steiner Education, coupled with the throws of puberty, there was a lot of uncertainty, insecurity and therefore behavioural challenges.

Lisa said that this class needed the adults to step up and form a skin; a cohesive and unified community around the class that would effectively provide safety and security. She said that children of this age (13/14), need to know and feel that adults who are not their parents or teachers, love and see them, regardless of their strengths and weaknesses. This could be as simple as acknowledging them by name in the playground or asking them how their weekend was, etc... On the other end of the spectrum could be organised events where the whole community is present.

Around 14 years of age, the child is experiencing a surge of desires, urges and emotions and is often chaotic, raw and judgemental. Children are often hyper critical of themselves and the world, and are quick to feel inadequate. At this time, our children are likely not going to seek support from us as parents and teachers, and will be left with two other options; their peers (who are also going through this transformation and lack the bigger picture), and other adults. This is why we need to be preparing the soil of community now, so that our children have an abundance of adults with which to feel supported.

Inclusion and exclusion has and will always be a theme in the human experience. In class one it's "who can play the game", in class three it's "who is allowed in the cubby" (also known as cubby wars), and in the upper years it's "who is invited to the birthday party".

In light of preparing the communal soil for the future, I am introducing a rule this year regarding **birthday parties; invite everyone in the class or invite no one**.

I acknowledge this rule will cause logistical inconveniences, however the longer term benefits will be worth it. Imagine if a work colleague or friend invited only some people to their event, and this was then broadcast in social spaces. The adolescent child has no way of rationalising rejection, it is simply raw, un-buffered rejection - please see *Insights into the 13 year old child - Unconditional Welcome; Micro Trauma*

I wanted to flag this picture with you all as we are heading into puberty and anything we can do at this stage to show our children we are a unified community, and that we 'see' each other simply for being human, will support them through these transformative years.

### **Insights into the 13 year old child**

The following are inspired from notes I took at the Glenaeon Intensive and I feel is relevant for you to hear at this stage. Some of these ideas will not provide concrete steps towards action, but are important to ponder as they are food for the inspirations that may strike at any time regarding how to support our children.

### **Building the Will Forces**

Increasingly, the Will of human beings is being eroded. Alan (class 7 2018) told me the story of when he was a boy, it took his mother one whole day to do the family washing – imagine the Will this woman had! To build up Will forces, we must have sympathy (not antipathy) for the tasks of the world. We must perform tasks because the world requires this of us, not for our personal ambition. Personal ambition erodes the human soul – do I clean the dishes because it needs to be done, or because I am financially rewarded?

### **Grieving for Childhood**

Society is taking away childhood earlier and earlier. Allowing our children to grow up slowly is a precious gift. At 12/13/14, children can become aware that they are losing their childhood. We must acknowledge this and allow them to grieve.

### **The 3 Challenges of Adolescence: Isolation, Longing, Desire of acceptance/Fear of rejection**

There is nothing wrong with experiencing these three challenges, they are the journey towards becoming human that we all go through. If we can experience these three challenges in a tempered way, we become less scarred and more resilient as young adults. Going through these challenges creates a richer inner world which will see us through hard times in the future.

Being protected from them, escaping them, or experiencing them in too raw a fashion will scar. If we inoculate children from this pain then we do them a dis-service and setup the tendency for addiction later in life. If a child becomes too 'soul-sore', we can take them out of their introspection and involve them in the beauty of the world.

Loneliness/Longing: makes us clearer, makes us search for something bigger than ourselves.

### **Unconditional Welcome; Micro Trauma**

A lack of an unconditional welcome (into the class/family/world) can result in micro trauma. This micro trauma results in a later longing for money, fame or addiction, which is a substitute for what we did not receive through an unconditional welcome.

### **Revolution/Rebellion**

During puberty, there is a revolution that has to take place; this cannot and should not be avoided. A quiet puberty is dangerous; the more revolution the better. During puberty, the child wakes up to the world, and finds the world does not match their ideals. The world seems very far away from their ideals and this is true. Teenagers realise that adults are also very far away from their ideals; rebellion arises in their soul.

“The world is not as it should be, my parents/teachers are not as they should be.”

There are two kinds of revolution/rebellion; one on behalf of the child's ideals of the world, and one on behalf of their personal ego (desires). They can act out against the circumstances of the world because these circumstances do not match their personal egoistic desires. Sometimes they act out on behalf of both at the same time. We need to be able to discern which kind of revolution/rebellion is taking place.

### **Inner Light of Ideals**

In the soul lives an eternal light of ideals; this needs to be fed and nourished (this is what we are doing from class 1 on-wards). At puberty, they wake up and compare the outer world to this inner light of ideals. If this inner light is under nourished, then egoism steps in and they rebel against worldly circumstances based on egoistic desires.

Bring stories/biographies of people who have fought for ideals/tasks of the world; Gandhi, John Lennon, Mother Teresa, Mandela etc. It is equally as important to know of people who failed or were corrupted – we want to move our children from tears to laughter and vice versa each day.

### **Law of the Surface and the Core**

Teachers and parents must have much more substance inside them than we talk about. The core contains much more than the surface. Think Gem and Atticus in 'To Kill a Mockingbird'. Gem thinks his dad is a boring lawyer while other children's fathers are great and play football etc... One day, there is a rabid dog in the street. The sheriff calls his dad Atticus to shoot the dog. Gem finds out Atticus is the best shooter in the whole town, and is proud to be his son.

### **Technology – Master or Slave**

Adults themselves are learning how to be masters of technology, not slaves; how can we ask our children to be masters. It is a relief for a child to realise that technology is a great tool but they are the master, not the servant. Children want what is immediately gratifying, but we must give them what will feed their inner light.

### **Parents experience puberty as well**

During puberty, parents are also going through a transformation. Are parents feeling defeated as they are not the perfect parents portrayed in media?

### **Blunting the Feeling Life**

Today we have teenagers who can watch a sunrise or sunset and feel nothing. The industrial world creates an industrial interior inside us. This blunts our ability to feel, and substances give this ability back. However with substances (drugs, alcohol, food technology, media etc...), the feeling has not been achieved in freedom, we haven't earned the feeling, it has been given to us; initially for free, but its costs become evident later.

*Simon Andrews*

## Employment Vacancies at SVSS

For more information on vacancies please to go to <https://www.samfordsteiner.qld.edu.au/about-us/employment-opportunities/>

### **Vacancy for Receptionist – Primary School**

Samford Valley Steiner School (SVSS) has a vacancy for a Receptionist on a permanent Full Time – Term Time basis, commencing as soon as possible. The successful applicant will have demonstrated administration skills and experience, preferably in a school environment, and a knowledge of and interest in Steiner Education.

Applications close 4pm Friday 8<sup>th</sup> of March 2019.

For further information please contact Ruth Caynes: [rcaynes@samfordsteiner.qld.edu.au](mailto:rcaynes@samfordsteiner.qld.edu.au)

## 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.**

### Au Pair

My name is Laura Julia Hilpert. I am 21 years old and I come from Germany. At the moment I am in Brisbane. I am looking for a friendly Waldorf family because I want to be au pair. I went to a Waldorf school in Germany and I will study in a Waldorf university. I have an international driver licence.

My hobbies are yoga, vegan cooking, bush hiking, running, surfing, belly dancing, painting, laughing and to have fun with children. I just want to have good time with you. If you are interested, just write me an email. Which is: [laura-julia22@gmx.de](mailto:laura-julia22@gmx.de)

### Seeking Car Pool assistance!

Hello everyone, we are new to the school this year. We live in Holland Park on Brisbane's southside. We would like to ask if there any other families living out that way (or taking a somewhat similar route to school) that would be willing to car pool with us to / from Samford? Please contact Branka on 0450-443868

### Car pool opportunity - Everton Hills

We have 2 daughters in years 10 and 11 this year and have recently moved to Everton Hills. We'd love to find another family to ride share home in the afternoons with. If you think we could help each other out, do please get in touch.

Lenore Gerschwitz  
[lgez1@yahoo.com](mailto:lgez1@yahoo.com)

### Seeking help with transport to school

I was just wanted to post a shout out to any families that may live near us. We have a new baby who hates the car making the commute extremely difficult.

We are in Stafford Heights and our son Archer is in class 2.

My number is 0421259632

Let me know if you need any more details

Regards Heidi

### Montiverde full size cello for sale

Great condition 2nd hand cello.

Well looked after by past student.

Bow, hard case included.

Bought new for \$3000 - selling for \$1000

Please contact Cathy Brennan on 0434043542 or [brennan.atkinson@bigpond.com](mailto:brennan.atkinson@bigpond.com)

### Cello for Sale

Half size arco cello in hard case, originally supplied by Animato. Some wear and tear but plays well. \$400 ono. Call Camille 0421 106 441 or email [yoga\\_asana@yahoo.com.au](mailto:yoga_asana@yahoo.com.au)

### 13" Viola for Sale

Excellent Used Condition

- Instrument: Viola Arioso Outfit 13"
- Bought new from Simply for Strings in April 2017.
- In very good condition; never been dropped and only scratch is on the very end.
- Price: \$250 (retails new for \$399)
- Comes with bow and case.

Please contact Jacqueline on 0400 792 951. I am happy to send pictures prior to viewing if required.

### 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.highvibration.com.au](http://www.highvibration.com.au)

### Kids Yoga in Samford @ Zen Space

Term 1 Tuesday 12th Feb- 26th March

Kids: 4-7yrs (3.30pm-4.15pm)

Tweens: 8-12yrs (4.30pm-5.30pm)

Yoga for Mums @ Kobble Creek  
Term 1 Monday 18th Feb- 25th March  
Time for you to move, be still and enjoy peace within.

Contact Kathryn Avery (034237397)

[kathryn@kathrynaveryyoga.com](mailto:kathryn@kathrynaveryyoga.com)

[www.kathrynaveryyoga.com](http://www.kathrynaveryyoga.com)

### **Dogs Down Pat**

Dog grooming, dog training/behavioural consultations, home pet care visits and dog walks. I also offer owner education workshops and lessons covering groom and clip your own dog, before your new puppy arrives lessons, puppy training. Services and training provided by Susan, a qualified and experienced veterinary nurse, dog groomer and trainer. Like my page on Facebook - Dogs Down Pat. Phone 0452 663 408 or email [dogsdownpat@gmail.com](mailto:dogsdownpat@gmail.com)

### **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](tel: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.katesharptherapy.com](http://www.katesharptherapy.com)

### **A Gardening Service with Biodynamics**

Rudolf Steiner formed this method of land care in 1924 and now it exists in 50 countries of the world. I have used the biodynamic preparations for almost 20 years flicking the droplets out onto the earth or into the air. In the hope that I am doing a service in healing the earth, I now offer a holistic gardening service whereby I use the preparations in conjunction with handwork, nourishing the plants, soil and the living creatures. If you need a gardener or the preparations applied to your land, please contact me.

Vicki Kearney m: 0421 569 890 or e:

[vicki.kearney1@gmail.com](mailto:vicki.kearney1@gmail.com)

### **Food, glorious food!**

Do you love: creating new meals, sharing, teaching your children in the joys of cooking, then rewarding yourself by eating what you have created? I know I do and that many others do too.

With our busy lives and the current cost of food, sometimes we don't eat and prepare the meals we want to. As parents, we are conscious of the food we give our children but often in our busy lives the time and effort that's need to go into preparation of these meals often doesn't happen. At our school, we are lucky to have contacts within our community to purchase organic foods via co ops, do bulk ordering and purchase wholesale items. But time is our nemesis and being imaginative and creative with our shopped goodies, often doesn't happen so our children's lunchboxes (and ours) are not as we would dearly love them to be.

My family and I have travelled this road too, so if this resonates with you and you want to explore ways on how to create, cook, share, prepare, save money, keep aligned with your dietary needs easily and most of all eat the yummiest wholesome food that even your children can cook, then lets connect. Most people have heard about Thermomix's and the amazing things that they can do. I am a Steiner parent and would love the opportunity to share with you the ease and satisfaction to be had with having this new friend in your kitchen. Call me and let's share in the energy together. David Baccinelli - 0402 123 918

## School Contact Information

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**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**