



CLASS 6 AT THE UNIVERSITY OF QUEENSLAND

NEWSLETTER

Term 1 Week 7

16 March 2018

CLASS 6 LEARN ABOUT ANCIENT ROME

On Monday the 5th of March, Class 6 went on an exciting excursion to the University of Queensland to learn about life in Ancient Rome, and to experience what it would be like to be an archaeologist working on a real training dig site.

When we arrived, we split into two groups, and one group visited the Antiquities Museum and the other attended a workshop on life in Ancient Rome. The Antiquities museum has special humidity and temperature controls to protect the artefacts that are thousands of years old. Our guide had a life size model of a Roman soldier. We learnt about their clothes, equipment, weapons, tactics, how they fought and how they lived. It would have been a very hard life. In cold weather, they still only wore open sandals; no socks allowed. Religion was very important to the Roman army. They would take birds with them and use them to read omens to see if it was a good time to start a war. Army chickens had a lot of power and importance in Ancient Rome. We got to hold a large Roman shield, the kind they made the turtle formation with. We also had a look at some objects in the museum. We could have spent longer there looking around, as it was incredibly interesting.

The other half of the group did a workshop on life in a Roman villa. We had to put on rubber gloves and were given instructions on how to hold all kinds of objects that were almost 2,000 years old. We had a map of the villa and were told which room our objects and artefacts were found in. We had to work out what they were made of and what the room was used for. The ancient Roman villa would have been owned by someone quite wealthy, but it still had the toilet right beside the kitchen. It would have been pretty smelly! In ancient Rome, people used old broken pottery for toilet paper or shared a communal sponge. Ouch! Yuck!

Then we had lunch and played tag on the grass.

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After lunch, we walked through the university gardens down to the archaeology training site, where we had so much fun mapping and digging for artefacts. There was a possible human gravesite. (They said the skeletons were fake but maybe they were real?) We had to work out what age the person who died was, when it was in history and what weapons they had in their grave. We were archaeologist investigators. We got to dig, sift, sort and classify what we had found. We also found all sorts of objects plus a pit of old stone tools. We were even allowed to bring some home.

Thank you to the parents who helped on the day, to the Roman god Jupiter for keeping the rain away, and Simon who organised the excursion. On the way home in the car we played Spotto. It was a really fun day learning about ancient Roman life and archaeology.

Simon Humphries

Dates to Remember

Wednesday 28 March
Kindergarten Autumn Festival

Thursday 29 March
School Autumn Festival,
11.30am
TERM 1 ENDS

Monday 16 April
TERM 2 BEGINS



IMMORTAL BOOKS VISIT ON MONDAY

www.immortalbooks.com.au

Immortal books stock an extensive range of Rudolf Steiner books and associated writers and publishers.

David will setting up a bookstall at the Library verandah on 26th March during school hours and we welcome parents and staff to visit.

There are always beautiful books for every age and books that can help with the many questions we all have about Rudolf Steiner and related topics.

PARKING NOTE

A reminder to please adhere to our parking requirements. For more info, see <https://www.samfordsteiner.qld.edu.au/community/parking-information/>

Be mindful when leaving the PS carpark to look both ways – there was a near miss this week when a car pulled out into Narrawa Drive, but did not check to see if there were any cars coming from the left.

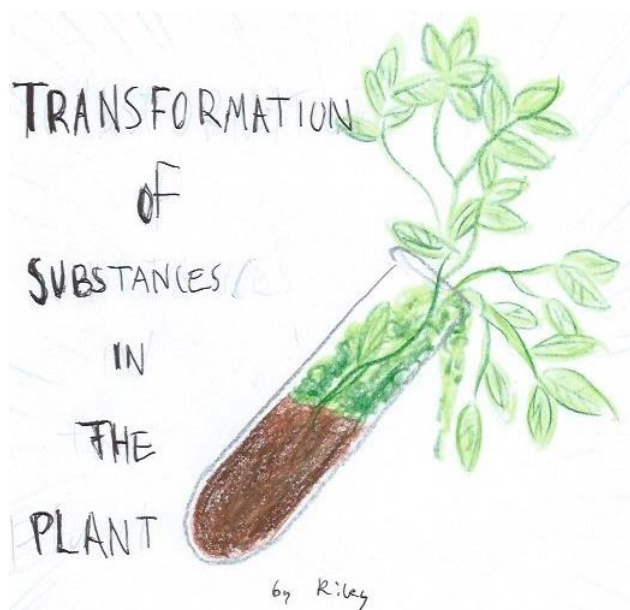
Thank you

CLASS 10 AND THE LIVING EARTH

Class 10 has just finished a lesson entitled the Living Earth, which counts towards their Steiner Certificate of Education. It's a big subject, examining many of the unseen forces behind the natural phenomena we see and feel in our world. This includes the macrocosm – the Earth's interaction with the heavens down to the microcosm – the formation of weather patterns in local areas.

The students choose a specific area to research and come to a deeper understanding by developing questions that then lead to further questions. The goal is to seek out relationships between natural phenomena and come to conclusions, (which may be an increased sense of wonder!) about the dynamic nature of the Earth we live upon.

Brendan Hook



CHEMISTRY WITH CLASS 9

The first science lesson of the year has just been completed for Class 9 students. Beginning where they left their food chemistry lesson last year, the students extended their understanding of the transformation of plant substances. From the familiar carbohydrates (starch and sugar), they explored the metamorphosis of these substances into alcohols, via yeast fermentation, which was subsequently distilled and rectified – a process they will repeat individually in the associated laboratory project next term.

From alcohol, the students experienced that this substance could follow two paths. The alcohol can be denatured further into ether, one of the first surgical anaesthetics, or enlivened through the formation of organic acids such as acetic acid, which is commonly known as vinegar. These organic acids were then transformed into esters, which are the fragrances and flavours, both agreeable and offensive, which surround us daily. The students will extract the precious essential oils of plants during their chemistry project, but that's a story for another day ...
Jenny Agius





CLASS 3 GO ON THEIR FIRST EXCURSION!

With much excitement, Class 3 children ventured into the city to see the Queensland Symphony Orchestra perform *Tubby the Tuba*. Class 4 and 5 students will be going to see this performance today.



Employment Vacancies at SVSS

Class 6 Teacher 2018

Samford Valley Steiner School (SVSS) is seeking applications for a Class 6 Teacher commencing immediately. Applicants are ideally trained in Steiner education or have significant experience in Steiner education teaching Classes 1 – 7. For further information, please contact Pep Wright via email pwright@samfordsteiner.qld.edu.au. Closing Date: Friday 23 March 2018.

Part Time High School Drama Teacher 2018

SVSS is seeking a High School Drama teacher to oversee, deliver and further develop the Drama program in the High School. The Drama teacher will teach weekly drama lessons to all high school classes, 8 -12, and will be responsible for producing two major dramatic productions with Classes 10 and 12 each year. For further information, please contact Delaney Crawley via email dcrawley@samfordsteiner.qld.edu.au. Closing Date: Friday 23 March 2018

NOTE: Please refer to the role descriptions for these vacancies – they can be found on the school's website: <http://www.samfordsteiner.qld.edu.au/employment-opportunities/>

Before/After School Care

Outside School Hours Care are seeking applications for someone to come work in our After School Care and Before School Care. The suitable applicant will need to be qualified (have a Degree) and reliable. We are looking for someone who is caring, fun, patient and creative. The suitable Applicant will need to assist in the weekly program and communicate well with the Co ordinator, other staff and families. We require someone who will work every Tuesday afternoon from 2:30pm to 5pm and be available for the mornings from 6:30am to 8:30am if needed (notice will be given if needed in the mornings). Our numbers are increasing and other days may also require an extra staff member. This would be suitable for someone who lives close to the School and may have children attending Samford Valley Steiner School. Please send all enquiries to Kylie Turner the OSHC Co ordinator at oshc@samfordsteiner.qld.edu.au



Last week we looked at two of the principle Biodynamic preparations: 500 and 501. This week we examine how these preparations are prepared to put out on the fields.

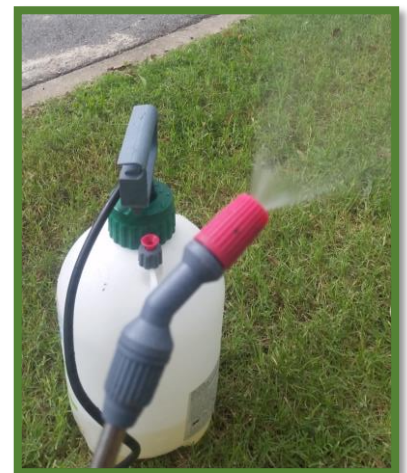
Many people may be slightly familiar with the process of mixing the biodynamic preparations into a concoction suitable for distribution on the fields or garden. It is important to remember at the outset that only a little bit of each of the preps is required for mixing. This notion embraces the concept that the forces contained in the 500 and 501 can be imparted to a medium, in this case water, and then be sprayed out onto the garden. But how do we go about imparting these forces of Earth and digestion (500) and Sun and warmth (501) to the water is the question.



Action shot! Stirring 500. Don't tell Granny I've flogged her copper!

Simply by stirring, but not simple stirring mind, rhythmic stirring. The rhythm comes from stirring in alternating directions. Firstly, get yourself a decent sized bucket. Any bucket will do though those of a more aesthetic nature choose something old fashioned like a copper that grandma used to boil her clothes in. We add a closed handful, or a couple of teaspoons of the 500 to the bucket that has been two thirds filled with rainwater. Use substantially less 501, maybe about half a teaspoon. Then get ready for an hour of stirring. It helps if you have a group of people to relay through as you stir, but on your own, it can be a meditative practice. Begin stirring in one direction. The vortex creates a whorl down to the bottom of the vessel in turn creating an almost infinite number of sheaths or layers in the "cone". This is an ordering of the water. Just as the things are looking perfect it is time to briskly begin stirring the opposite direction. This, as I'm sure you can imagine with your mind's eye, introduces chaos into the fluid. And so it goes on for an hour. Order and chaos. Order and chaos. You will notice a change in the texture of the water after a while. It tends to become "silkier".

The preps should be put out at least two times a year each, somewhere around the equinoxes is a good time. 501 should be sprayed out in the mornings in as fine a mist as possible in the atmosphere above the garden and the whole property. The 500 should be sprayed out at the end of the day, preferably onto moist soil. Large droplets are the go with 500 so I just distribute little sheafs of grass or leaves to the children, with a smaller bucket between two, and let them dip and flick all over the place, starting at the garden and working out.



This is an example of a sprayer that can be used to put out 501. Make sure it is dedicated to BD use and hasn't had any nasties in it. The finer the mist the better. This is a cheap one. You can get good back sprayers. Big properties use aeroplanes or tractors.



This is an example of a homemade 500 flickerer. You can move a lot of prep with a class full of these.

In some branches of the Biodynamic movement there are some people who are following Steiner's admonition to research and innovate their own approach to spiritual agriculture. Many people are using flow forms as a way of stirring the preps. Some renegades are taking the audacious step of not stirring at all! They are using PVC contraptions known as field broadcasters which radiate the forces held in the preps. At each stage of the production and distribution of the preps it is universally recognised that the intent of the practitioner is essential. How we go about working with these things is as vital as the substances themselves. Remember, it is about forces.

Apart from the general idea that soils, nutrition, plants and animals can be enhanced by harnessing cosmic forces, Steiner was fairly open about the possibilities of this whole caper. Instead of using a deer bladder to make one of the compost preparations we will learn about next week, he suggested that the bladder of some kind of antipodean jumping animal may be an appropriate substitute. I assume he was talking about a kangaroo and can't help feel a little proud that the good doctor mentioned us down on the underside of the planet all those years ago.

He also mentioned that perhaps the manure of a horse could be used to make a prep but that maybe we would have to wrap it in mane hair before burial and that it would have different properties.

Shane Joyce, BD cattle farmer, our host on the class 9 farm camp and a big part of the BD movement in Australia is doing some innovative experimentation using Australian plants and weeds in preps. His son is a kangaroo shooter and so he has access to the bladders of many antipodean jumping animals! In this respect perhaps it is good for us to remember that the primary source of information on biodynamics, from a time before it even had the moniker Biodynamics, are the Steiner Agriculture lectures. You can find them at:

http://wn.rsarchive.org/Lectures/GA327/English/BDA1958/Ag1958_index.html

Till next week remember, in light of what I mentioned earlier regarding intent, the best fertiliser really is a gardener's shadow,

Dave

PARENT LOUNGE USEFUL TIPS

"Whenever I open Parent Lounge, I get a security code".

This happens if you have tried to log in with incorrect information (user name and password) a few times. Usually, by entering the correct information and code, you will be able to log straight in but sometimes your computer remembers this screen.

If this happens when you open Parent Lounge (the log in screen looks like the photo), you will need to clear your cache. How to do this differs depending on which web browser you are using. What you need to do is find your web browsing "History", and then "Clear your Browsing Data".

ST MICHAEL AUTUMN FESTIVAL



THURSDAY 29 MARCH 2018

PROGRAM

10.30-11.15am Break

11.15am 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 (Lower Primary)
- * 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)
- * Song: Beauty Shines (High School)

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 advise your Class Teacher of what your child/ren will be doing on the day. OSHC operates as usual.

STUDENT REPRESENTATIVE COUNCIL

The newly elected SRC for 2018 are busy meeting weekly to discuss ways of making our High School experience better. At the moment, we are discussing and creating proposals around more shaded play areas in the High School, solar power research and ideas for the High School, a revised Sports program and a High School area for the up and coming FestiValley. This is a committed group of students from across the school who are passionate and dedicated to providing quality hands on leadership in order to better serve and improve their school.



The current SRC members are;

Chair: Rosario Santana Bin Masoud-Huelsewede Yr 12

Secretary: Mariska Simpson – Yr 12

Year 8 – Sienna Domic

Calum Gregory

Year 9 – Nishka Varghese

Harrison Thorne

Year 10 – Madeleine Park

Jed Wheeler

Year 11 – Romeo Santiago Bin Masoud-Huelsewede

Breeah Spargo

Year 12 – Josh Quibell

Maisie Williams



Australia

Our first Australian school Samford Valley Steiner School in Brisbane, has completed their first year of the CSE and are excited to move to Level 2 in 2018. We are pleased to announce that the Noosa Pengari Steiner school has commenced the CSE in January 2018. So already there is enthusiasm and momentum building in Queensland Australia.

Overall, we see that Steiner/Waldorf education in Australia is in good heart and is growing. However, the regulatory landscape in Australia for educational qualifications is complex, and so we are now working with the relevant Queensland authorities to ensure the CSE is understood by the regulators and approved as a valid university entrance qualification (in much the same way as the NCEA is viewed in Australia).

We have had enquiries from other Steiner high schools in different Australian states and will be engaging with state authorities soon to further develop the CSE in these states.

To read the full SEDT Newsletter, please click on the link in the email for this newsletter.

We need your support to make festiValley fabulous!

festiValley is a whole school event that provides us an opportunity to showcase our school, students, staff and community, and raise some funds.



Raffle Donations Deadline Extended Do you have a small business or work in a company that may be interested in donating prizes to our festiValley raffle? Please contact Melanie Darben melanie.darben@bigpond.com for more information.

Second Chance Stall Donations Thinking of having a cleanout...we need donations of good quality clothing, books and Steiner type toys. Please contact Jacqueline to make a donation jacqueline@hobbs-family.net.

Class Parent Activities Coordinators All parents have now received a call for class parent coordinators. Class activities need the support of all parents in every class, whether it be making items for the activity, donating materials or filling a roster spot – we need your help! Please let your Class Contact know asap if you would like to be the nominated Parent Coordinator or if you are interested in helping out so preparations can get underway to ensuring a smoothly run activity.

'A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living.' **Rudolf Steiner**

CRAFT NEWS

This week we started our Easter project, making this gorgeous hen and her four chicks. This is a 2-week project that will continue next week. We still have a few kits left and can help you catch up if you are keen. Very grateful we weren't wet felting today with the gusty wind that blew our tablecloths and everything around, but this did not hamper our spirits at all. We welcomed a few new faces today. Thank you for coming.

Thank you to everyone that is making festiValley items, your work is truly appreciated. These items will be sold at our stall during festiValley with proceeds going back to our school.



Next week is our final week of craft for the term as the Kindergarten Autumn festival is the following Wednesday so no craft in the final week of term.

Next term we will be making rainbow unicorns, horses and foals. We have a very exciting term coming up continuing our animal theme.

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.

To Rent

Mercedes & John have a cottage to rent. Fully self-contained one bedroom, private outdoor shower and courtyard. \$250/week includes electricity. We are a community-oriented property at Camp Mountain. Text John on 0431897679.

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

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.katesharptherapy.com

Are You Looking for an Amazing New Kitchen and not sure where to start...

Well look no further, Easy Living Kitchens is your local one stop shop from design right through to completion, bringing the showroom to you with endless possibilities ...all backed by our "Best Price Guarantee". As a proud supporter and family of the Samford Steiner School Community, Samantha and Shane at Easy Living Kitchens would love to help you design and install a stunning New Kitchen, adding quality and value to your Lifestyle and your home that You'll be Guaranteed to Love.

From your very first contact with us you will feel our Commitment to you, we focus on you and what you want to achieve for your Kitchen... and by combining your Vision and our wealth of experience designing stunning kitchens, and together we'll come up with the perfect looking

and most functional kitchen solution for you and your family.

Being locally manufactured using only suppliers with a commitment to eco-friendly and sustainable processes, whilst offering a huge range of styles, finishes and functional solutions for any type of kitchen you can imagine or need, you can rest assured you're in safe hands. So let us help and you could have the Kitchen you always wanted in no time at all.

To Book your Free Kitchen Design Consultation (valued at \$600) and have your kitchen renovation planning underway for 2018. Contact us at www.EasyLivingKitchens.com.au or Call Samantha on 1300 650 681

Don't forget to mention "Steiner" to claim your Special Bonus as our way of saying Thank You...
Samantha & Shane Beetson (Class 3 parents)
Easy Living Kitchens

Living Movement Natural Therapy

Therapeutic Eurythmy is an individual exercise therapy working deeply to strengthen and regulate the whole human being.

Enquiries - Karen Foster 0423620069
kpfo61@gmail.com
www.livingmovementnaturaltherapy.com.au

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