



# NEWSLETTER

Term 1 Week 8

20 March 2020

## NEWS FROM THE SCHOOL DIRECTOR

Dear SVSS Community,

There has been so much communication from me in regards to the current global situation that I will not focus on the details that have already been going out, but do urge you all to read the emails that have been sent.

Instead, I want to firstly thank our incredible teaching staff who turn up each day to give their best; to smile, to reassure our students and provide stability, rhythm and routine with carefully planned lessons. Our admin staff are always stepping up to give more when required, and as the level of communication required at the moment between school and families is so important and increasing every day, the admin staff continue to provide whatever support is needed. In addition, we are increasing our capacity to be able to offer High School students online learning, therefore this has also required great time and energy, so we are prepared for the likelihood of school closure.

In addition, our maintenance team is ensuring our facilities are kept ordered, maintained and gardens are looking beautiful at the moment after all the rain. Cleaning has of course been stepped up to ensure safe, hygienic spaces.

I would like to inform the community that Ted Muller is no longer teaching Class 7 and that Helena Ryan is going to be their class teacher for the rest of the year. I wish to sincerely thank Ted for his many years of teaching at Samford Valley Steiner School. He has given much to the school, working in the High School and Primary School and also teaching Bothmer Gymnastics to students. I wish him all the very best for his future directions and decisions, and as he has four children in the school, I look forward to seeing Ted and his family at future events. Thank you, Helena, for stepping in to teach Class 7. I know she is enthusiastic about the rest of the year ahead with these wonderful emerging adolescents.

We are very mindful of the economic impact that families may well experience in the coming months, or might already be experiencing. Please know we will do all that is in our capacity to support families in hardship situations. Everyone's task right now is to find ways to stay connected to each other, to care for each other and stay positive, to love one another, find joy and wonder in every day. It is an opportunity for us to

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continue to develop our vision for social renewal in a time that is trying to minimise social contact. As a community, what can each one of us do? How we react to a situation speaks volumes about our inner being and strength of spirit. We can become reactive, or we can operate in a space of creativity. Creative solutions far outweigh reactive or negative thoughts.

Please keep reading all school communications so you can stay abreast of changes, and know that we are working positively to navigate uncharted waters. Class 7 have been studying the Age of Discovery Main Lesson, following the stories of explorers and navigators who sailed off into the unknown, not knowing what was lying ahead of them. In a way we are in the same 'boat' so to speak. Those explorers required confidence, courage and a belief in their own ability to cope with unfamiliar territory. This is our Michaelic challenge and I am sure we can all rise to the occasion.

Warm regards,  
*Tracey Taylor, School Director*

### **COLLEGE UPDATE**

Dear Friends,  
This year I have the honour of being Chair of College. College is a group of committed staff who meet weekly to discuss matters pedagogical and spiritual. Whilst meeting only weekly, College holds consistently and consciously the pedagogical and spiritual pictures for our school.

2020 has proven to be a both challenging and exciting year. Exciting with the growth, of community and beautiful buildings and now challenging, as we all work with the pandemic erupting around the world. It's a Michaelic age, an age of consciousness and we are all called upon to be very conscious. Michael was triumphant, he overcame the Dragon. As we go towards our Easter break, at a time when Michael is in the heavens in our Southern hemisphere, may we be inspired as we meet and work with this new challenge.

*Sincerely with Love*  
*Jackie Cox Taylor*

### **Dates to Remember**

**Due to COVID-19 the following events are CANCELLED**

- Whole school Autumn Festival
- Swimming for Classes 2-6
- Bushwalks
- Excursions
- Class 9 Mountain Camp
- Class 6 and 7 Music Camp
- Cuppa time
- Tuck shop
- High School Expo

**Friday 27 March**  
**Term 1 ends**

**Tuesday 14 April**  
**Term 2 begins**

### **SVSS OSHC VACATION CARE MARCH/ APRIL 2020**

Bookings now open for the March/ April school holidays.

Please see the attachments for the program and booking form or contact Kylie Turner  
[oshc@samfordsteiner.qld.edu.au](mailto:oshc@samfordsteiner.qld.edu.au)



### **NATIONAL EUCALYPT DAY**

**23 MARCH 2020**

National Eucalypt Day is a day to celebrate our remarkably unique and beautiful eucalyptus trees.

Every High School student and teacher will be planting a eucalyptus tree on this day.

Thank you for your help and participation.

## MICHAELIC VERSE

Strive to eradicate from the soul all fear and terror  
of what comes towards us from out of the future.  
Learn to acquire serenity in all our feelings  
and sensations about the future.  
Look forward with absolute equanimity  
to everything that may come,  
thinking only that whatever comes is given to us  
by a world direction full of wisdom.  
It is part of what we must learn in this age,  
namely, to live out of pure trust,  
without any security in existence;  
trusting in the ever-present help of the spiritual worlds.  
Truly, nothing else will do, if our courage is not to fail us.  
So, let us discipline our will,  
and let us seek the awakening from within ourselves,  
every morning and every evening.

*Rudolf Steiner*



We live in challenging times. It is a Michaelic challenge that we face in trying to bring a strong Steiner Education to our children, even in the face of adversity at the moment. All Primary School teachers have a copy of the above verse, from which they may draw strength and clarity, if needs be, to counteract the inveiglement of fear threatening to assail us all. We need to find courage, resilience and a deep seated will, in true Michaelic fashion to keep ourselves centred and focused and to act as pillars of composed strength for the children; teachers and parents alike. You may also find the above verse of assistance to you, use it if you find it helpful. You could read it, or speak it, *every morning and every evening*, if you like.



Though the St Michael Festival has been cancelled/postponed at this stage, teachers are continuing to work with children artistically: singing, playing recorder, reciting, painting, drawing, clay modelling, constructing stars and meteors, to maintain a Michaelic impulse at this time when the strength and energy of this Archangelic spirit is most palpable in our locality during this season of the year: Autumn.

Warmest Regards,  
*Alan Drysdale*  
*Primary School Education Administrator*



## WHAT DO WE TEACH OUR CHILDREN?

At present we are facing a challenge that is carrying more force than at other times. We can face this force in different ways. We can react or respond. When we react, it can often go hand in hand with fear, anger and sadness. If we respond we can look to how we can find the light within the seeming darkness.

For in every situation there can be found some hope. Is this the lesson that we wish to give our children and each other?

It is always good to take precautions to counter panic. We breathe and we look to see how we can respond in the face of this rising challenge.

It is a challenge of our times and how will our children view our response? This is a wonderful learning experience for us all. We can take this moment and activate our Will to bring about strength, courage, positivity, common-sense and love.

We are moving towards isolation and distancing and as human beings this can be difficult and frightening. How do we respond to this? We eradicate fear from our souls and we live with the hope that within this dark the sun will shine and a seed of change, of beauty, of community, of strength and courage will grow.

Children are born with the delight of eternal hope. Let us harness their purity and let us still touch the lives of others during this time.

This might take the shape of a vegetable garden being planted and the produce eaten and shared. It may be letters that are written to those who are not in our midst at present. Perhaps you buy two chickens and have eggs to eat and share. Maybe each morning you go for a walk in this beautiful autumn sun.

Let us find creativity in how we act. Let us find ways to show our love and strength at this particular moment in time.

Let us show our children how we rise and find resilience even when it challenges us.

Let us be Michaelic role models and stand with strength and grace.

*Jane Blomkamp, Class 4*







**HARVEST  
TIME ...**

**KINDERGARTEN  
AUTUMN  
ACTIVITIES**







Samford Valley Steiner School

are excited to be celebrating National Ride2School Day on Friday 13 March 2020.

National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active travel. We encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.

A big thank you to all for your contributions to another very successful Ride2School Day.

52 students, from Pre-Prep through to Class 12 registered, plus parent and staff riders. Some of our Class 12 students rode 18-20km on the morning! Thank you again to Jason of *My Bike Shop* for his generous prize donations.

## DOORWAYS, DISAPPOINTMENT AND THE OUTDOORS

These are challenging times. Lots of events are being cancelled. Lots of travel, lots of plans, lots of adventures, all being cancelled. There is a saying about doors closing on us, and spending too much time looking at the closed door that we can fail to see another door that has opened.

We can certainly be creatures of habit, and sometimes there is a door that we love going through and it can be very challenging to find that door closed and no longer available.

I have found through numerous experiences that some of the best camp programs I have come up with have been a result of an old program no longer being viable. Many times, programs have become unviable, usually through natural circumstances. Campsites and trails become unavailable due to floods, fires, droughts, or other conditions. Initially there is disappointment that the program is no longer available. But then after some problem solving, searching and creative thought, another doorway appears leading to an even better camp experience.

Our Outdoor Education program is designed to include an element of challenge because it is the challenges we overcome that help us to grow; and because we are all different, we have to include a lot of different challenges. These challenges could take the form of going without many of the creature comforts of home, hiking to the top of a mountain, or paddling into the dark to get to the next campsite, cooking a meal on a camp stove, dealing with bad weather, or having to work with someone you may not like that much.

For many at the moment, the challenge is accepting that in our current circumstances many of our programs are being cancelled, and this challenge can bring disappointment, until it is overcome. Challenge and disappointment don't have to be a bad thing. Out of these conditions our creativity, our resilience, our determination can all grow. Just because we are being faced with challenges, we don't give up. In fact, the greater the challenge, the harder we have to strive to overcome it. When the students are paddling their canoes into a headwind, if they stop paddling, they get blown backwards. The harder the wind blows against them the harder they have to paddle to get to their next campsite.

So yes, these are challenging times. Yes, things are difficult and changing.

But this doesn't have to be a bad thing. Instead let's see it as an opportunity to dig deep, get creative and grow stronger.

Yes, many of our camp programs are currently being put on hold, but the outdoors is still out there, and holidays are just around the corner.

My challenge to you is to use these times as an opportunity for change.

"WHEN ONE DOOR CLOSES,  
ANOTHER OPENS;  
BUT WE OFTEN LOOK SO  
LONG AND SO REGRETFULLY  
UPON THE CLOSED DOOR  
THAT WE DO NOT SEE THE ONE  
WHICH HAS OPENED FOR US."

Alexander Graham Bell

Get out there. Go hiking, biking, paddling, have a picnic.  
The outdoors is still as important to your overall health and wellbeing as before, maybe even more so.  
Go exploring, go find a new area.  
Our natural areas have survived a summer of bushfires and are now green with regrowth after all the rains.

Get out there, face your challenges and grow strong.

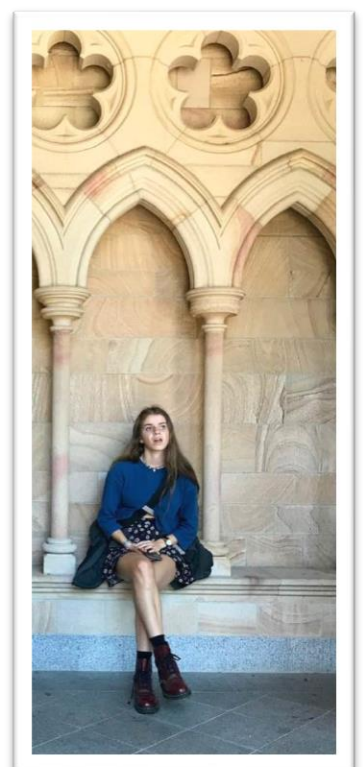
*Simon Roberts*

*(Outdoor Education Coordinator)*



## **YEAR 12 ARCHITECTURE EXCURSION TO BRISBANE CITY**

Class 12 had a field trip to the city to observe architectural styles in Brisbane as part of their History of Architecture Main Lesson. The major focus is on the relationship of architecture to our environment and society. This excursion enabled the students to observe and experience firsthand the positives and negatives of public architecture and the principles expressed in the lesson, in action.





## PEDAL POP

By Paul Bebbington, Parent

As we caught the shuttle up through D'Aguilar National Park to the trail head, there were some of us new to the Brisbane Valley Rail Trail who must have been wondering what was in store. Weekend mountain bikers, occasional commuters, distance road bikers alike were wondering what the 161km of rail trail would bring, as we passed through conifer forests and caught glimpses of the trail, only causing the excitement to build.



We took to the trail at Yarraman, enjoying a gentle start, with some rocky trails to start with, but the reward of a cruising descent towards Linville. The ride introduced us to open grass tree forests, pasturelands and railway cuttings with dappled light guiding us deftly home through the mountains of Pidna National Park and Benarkin State Forest, with just the whirr of our bikes and calls of local wildlife joining us as we made our way to that night's accommodation.

Linville Pub was both a step back in time and modern gourmet experience, with cockatoos perched beside the kitchen and even a green tree frog in the toilet. The menu was fancy pub fare and hit the spot for famished bikers, while some people reunited and other first timers got to know the rest of the group.



The next morning, we set off through cloudy morning mists, which promised great riding weather as we started the longest leg of our journey - the 34km leg to Toogoolawah. This ride took us through wide open farmland, where we tried to avoid fresh cow pats, not always with success, and forded creek crossings that challenged the leg power, bike skills and balance. By mid-morning we sat down in a sweaty mess at a Toogoolawah café for morning tea.



Revived by the food, we pushed on to Esk in search of the legendary Nash café. The inspiration of great food, good trails and a shorter ride meant we picked up the pace and soon found ourselves feasting and reviving our energy and spirits. By this stage, most of us had a lot to say about the comfort, or otherwise, of our saddles. But we were still smiling, and everyone was happy to have a laugh and offer encouragement. The group looked after one another, with a walkie talkie at front and back, to make sure we started and ended the days in good spirits together.

After a big break, we all set our sights on Coominya, where we would find the mystery accommodation Simon had planned. One of



our crew took advantage of the support vehicle service offered by Darin, who offered us jokes, water and encouragement as we made our way through landmarks. Darin brought a smile to our team's faces, by commenting on how cold the air conditioning was in the ute and the difficult decisions he had to make about how high to set the temperature.

The rest of us increased speed in anticipation, taking advantage of smoother trails, stopping along the way at lookouts taking in the Upper Brisbane River, then descending on the Coominya Pub to sate our thirsts and celebrate the 77km day we'd just ridden.

Simon then led us around the corner and across the road to the historic Bellevue Homestead, now a winery and heritage-list accommodation. There we were treated by the owners Cristina and Len to a tour of the homestead and homecooked roast dinner feast, followed by apple pie for dessert. We ate our fill in the historic dining room, while listening to 1920s music and taking the atmosphere of a home where royals and generations before lived and were entertained.



The couple of the group, Simon and Susan, stayed in a room built for Prince Edward before his abdication. Others bedded down in the servant's quarters, which featured a harpsichord and snoring chorus for those lucky enough to stay there.

We started at first light the next morning, kickstarting our journey home on empty stomachs and in search of one of the 100+ pies at the Old Fernvale Bakery. It was a cool and quiet morning, which suited us fine as we reawakened muscles and convinced them to push on the last 40 or so kilometres. We played chicken with a cow and spooked some roos, but the farmland soon cleared and we climbed through single tracks edged by grass and forests. We were gifted with overcast skies to keep us cool as we enjoyed Brisbane River glimpses and on our way through small towns in search of our rail connection home.

From there, we honoured part of the reason for the POP program, to give parents and staff the chance to connect with each other and the experience of SVSS students, when they embark on the longer 5-day version of the trip. We caught trains and cycled into Samford for lunch, then back to school so we could feel what it's like to commit and finish what we started in the same place we met up before we all went on a journey together.



“Love starts when we push aside our ego and make room for someone else.”

— *Rudolf Steiner*

## 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.**

### Granny Cottage for Rent

Ten min walk to ferny grove station. Separate entrance, kitchen, bedroom, bathroom, big lounge. \$350 per week including utilities. Suit single person. Non-smoker, no pets. Available 01 May 2020. Email: Tammy: [tamlynr@yahoo.co.uk](mailto:tamlynr@yahoo.co.uk)

### Your own thriving organic/biodynamic garden

We provide self-sufficiency design, implementation and mentoring for your food gardening endeavours: covering vegies, herbs, edible flowers, fruit trees and native edibles. We also run regular organic and biodynamic gardening workshops, check our workshop calendar at [www.myfoodgarden.com.au](http://www.myfoodgarden.com.au) or call Peter Kearney on 0401156532. Next biodynamic 2-day workshop is on 28-29 March in our beautiful and productive urban farm patch in Draper.

### Seeking billeting

Hello Parents of Samford Valley,  
My name is Lucy Hibbert and I live in the United Kingdom. In September 2020 I am moving over to Brisbane for approximately 10-12 months to complete a placement year at Samford Valley Steiner School, specifically working in the Kindergarten. I am currently a second-year university student studying a Law degree at the University of Leeds. I am also really looking forward to experiencing the life and culture in Australia and cannot wait for my first warm weathered Christmas! I am extremely excited for my year to commence and am writing this short letter to see whether anyone can provide me with billeting? Whether it is for the majority of my time in Australia or a shorter period, anything that you may be able to offer will more than certainly help.

To tell you a little more about me so you can see if I am the right fit for your family I would say I am a very sociable person who is always up for a challenge! Meeting new people and experiencing new environments is something I thoroughly enjoy.

Once I arrive in Australia (hopefully mid to late September), I am looking for the opportunity of hopefully living with a family from Samford Valley

Steiner School. I am more than happy to pay a living rate, and willing to help around the house with general family duties. I want this experience to become one of the main parts of my Australian experience and make close relationships for life.

If this opportunity sounds right for you, or something you may be interested in partaking in then please email me on [ll1714h@leeds.ac.uk](mailto:ll1714h@leeds.ac.uk) with any questions you have or if you just want more general information about me and my planned trip!

I look forward to hearing from you!

Lucy Hibbert

### Nick Ellson Holistic Health - Mobile PT and Online

I know just what it's like to be a parent, juggling to fit everything in. And I know how easy it is to let your own health and fitness keep falling down the to-do list!

So I created the [21 Day 'Small Steps, Big Difference' Challenge](#) – a three week program designed to help you feel fitter and have more energy through simple & manageable daily actions:

- daily challenges
- weekly feedback
- achievable goals

For more information, call Nick on 0434 990 572, or you can start today by [clicking here](#). If you'd prefer more specific, face-to-face exercise and health coaching I also offer a mobile service in the Samford Valley so give me a call to book in your complimentary assessment.

### Homeopath/Naturopath

Cyena is a SVSS mum and a natural health practitioner with over 10 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 takes a naturopathic approach to health and is qualified to prescribe nutritional supplements and herbal medicines where needed. Homeoprophylaxis preparations and programs available. Cyena offers consultations for adults and children by phone, via home visit or at her home clinic in Gaythorne by appointment. <http://www.highvibration.com.au>  
Call 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 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.katesharpstartstherapy.com](http://www.katesharpstartstherapy.com)

you are welcome to join us  
for a day of working to deepen  
our experience of the mystery  
of easter:  
-a short presentation by Kate  
Sharp:  
-artistic exploration and  
reflection using pastel or clay:  
-an easter story written by  
Oscar Wilde: sharing together

**Saturday 4 April**  
**at 9.45 for 10 am -3 pm**  
**Kate and Paul's studio**  
109 Dawson Creek Rd  
Highvale, NW Brisbane  
Please bring lunch to share  
Donation of \$15 if poss

RSVP to Kate 0402884205  
[qldanthropoSophia@gmail.com](mailto:qldanthropoSophia@gmail.com)

## Easter Gathering



### 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**  
**00326J**