



### NEWSLETTER

Term 3 Week 4
9 August 2019

#### WHAT IS BOTHMER GYMNASTICS?

At the information evening for parents of Classes 4 to 7 Tuesday night, our inspiring High School Education Administrator lead us on a journey through the High School curriculum, emphasising the importance of a young person learning to know 'who they are', rather than what they 'want to be'. Delaney illustrated how Steiner education at SVSS provides opportunities at every stage of development for this unfolding of 'self' which emerges strongly in the upper years, explaining how the Main Lesson program, camps and special programs such as the exchange program in Class 10, supports this development and complements all subjects.

One of the many questions which arose was, what is Bothmer Gymnastics? Though our enthusiastic Class 7 teacher Simon Andrews, gave us a few demonstrations, I thought it might interest our community to understanding this a bit more, as Bothmer Gymnastics and Eurythmy are very different, and both are extremely important. In the Australian Steiner Curriculum Framework, Bothmer Gymnastics and physical education is described as follows:

"Physical Education as a subject has been part of Steiner Education since 1922 when gymnastics lessons were introduced to the curriculum by Fritz von Bothmer at the request of Dr Steiner... His primary concern was that students should have a sense of growing in strength and a sense of purpose in their movement. He referred to it as an *ensouled* body culture. This stood in stark contrast to the practice of the time which tended towards a mechanistic approach to movement, and arbitrary exercises that had little relationship to social or practical activity.



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#### **FRIDAY FOODIES**

Come along this afternoon for the first Friday Foodies of the term. Enjoy afternoon tea, connect with your community and enjoy the sweet tunes of Open Mic. The food market and Open Mic will run from 2.45 to 4pm. See you there!

Team PAFA

Steiner expressed that this ensouled movement can best be achieved through three developmental phases; first allowing the students movement through free play and imitated *unstructured activities*, and then embedding principles and practices of physical education into that play in *semi – structured games and activities* in primary schooling and lastly, as the student matures providing more complex, *structured activity*, such as specific movement sequences or sports. Bothmer Gymnastics offers a system of ensouled movement sequences that complement the development of the human being relating to their age from nine to eighteen years".

The Bothmer Gymnastics curriculum requires specialised training in order to teach this from Classes 3 to 12. At SVSS, we are indeed fortunate that Ted Muller has been engaged in this training for many years and is now supporting the training of other Steiner teachers around Australia.

In Steiner schools, the aim of physical/movement education, including Bothmer Gymnastics is to support the development of the sense of movement, spatial awareness, balance, bodily well-being and connection, and direct movement as an expression of individual intention, through visualisation or imagination (especially in the younger years). In this way students develop social capacities, a healthy self-esteem, problem solving and cooperative skills through movement interactions with others, as well as respect for difference of ability to lay the physical foundation for future health.

#### Please note some dates in your calendars such as

- Lou Harvey-Zahra's workshop on Creative Discipline and her evening talk, Thriving Children Monday 2nd September.
- On Thursday 15<sup>th</sup> August there is the official opening of the Music Building at 5.45pm followed by the Primary School Music Concert.
- ➤ The Primary School will hold an assembly Thursday 22<sup>nd</sup> August at 8.45am.
- ➤ In the Primary School we are celebrating Bookweek 19-23 August, so you may be asked to help dress up your child as a book character for a parade that I have been hearing children buzzing about!

#### Dates to Remember

#### Monday 12 August EKKA Holiday

#### **Thursday 15 August**

Opening of Music Building 5.45pm Primary School Music Night, 6pm - 9pm

#### Saturday 17 August

Working Bee/School Tours

#### Wednesday 21st Aug

Kindy Parent Night, 6:45pm cuppa, 7pm start

#### **Thursday 22 August**

Primary School Assembly, 8.45am in the hall

# Monday 26 August – Friday 30 August

Class 8 Patterns & Rhythms Camp VET Outdoor Rec Camp

# Tuesday 3 September - Saturday 7 September

Australian Youth Conference (Years 10 - 12)

# Monday 9 September – Friday 13 September

Class 10 Arts Camp

On a final note, I would also like to strongly request that parents and carers be much more vigilant at drop off and pick up times in supervising their children, especially the younger ones. Whilst we like you to be social and chat to your friends, please ensure you keep your children close to you so that they are under your care at all times. This would be very much appreciated.

Tracey Taylor,
Primary Education Administrator

# Book week Dress Up Day Wednesday 21<sup>st</sup> August

Come Dressed as your favourite book character:



**Costume Suggestions:** 

Fairy Tale characters

Characters from Main Lesson stories

Literary Classic characters

(please not commercial, licensed or movie-based costumesupcycling and creativity encouraged instead!)

#### THE IMMUNOLOGIST'S APPRENTICES

Earlier this year, Class 11 students participated in an excursion as part of the World Science Festival. They were able to don laboratory coats and become apprentice immunologists at the Queensland Institute of Medical Research Berghofer within the Royal Brisbane and Women's Hospital Precinct at Herston. The QIMR Berghofer is a world-leading medical research institute, which focuses on research in the fields of cancer, infectious diseases, mental health and chronic disease.

The students participated in a hands-on laboratory experience learning about how the body's defence system works against microscopic invaders such as bacteria and viruses. They conducted an ELISA (enzyme-linked immunosorbent assay) test to detect the presence of a Ross River virus antibody. It was a wonderful opportunity for the students to observe professional scientists at work within first-class facilities at the QIMR Berghofer.







#### LIBRARY NEWS

The Library continues to grow with the addition of over 150 new titles ranging from picture books to reference texts being added to the collection. There are many more titles to follow as part of a big cataloguing project now under way. I would like to thank Karen Gulson and Helena Ryan for their invaluable help in getting this cataloguing task done.

Many of the books have actually been kindly donated and yes, we are happy to receive donations of books that are in good condition and that you think might be appropriate for our school library. A big thank you goes to Steffi, our Class 5 teacher who donated a book of beautiful picture books and more for our early readers. Please, just come and see me if you have books to donate or would like more information.

Lastly, I'm very happy to see how well the library is being used by various classes across the school and supported by parents, teachers and students.

See you in the library, Brendan



### **AUSTRALIAN YOUTH CONFERENCE**

**Tuesday 3rd – Saturday 7th September 2019** 

We are now moving very close to the anniversary date of 100 years of Steiner education in the world, Saturday 7<sup>th</sup> September, which was the opening of the first Waldorf school in Stuttgart, Germany in 1919.

SVSS is hosting a unique and amazing event from 3-7 September and approximately 250 high school students from Classes 10 to 12 from Steiner schools around the country and even New Zealand, will arrive at SVVS and camp for this week, engaging in a unique conference that will discuss social topics such as racism and prejudice, divisions and world conflict, Indigenous perspectives, minority groups, Australian and world-wide response to refugees, the environment and sustainability, education and imagining the future, the role of the Arts, money and ethical business. There will be international and nationally renowned key note speakers and we can be very proud that SVSS had the vision to initiate this 100-year event!

Class 9 have spent the past 2 weeks canoeing the Brisbane river and arrived back to school late on Wednesday night.

This photo has taken after they had canoed for 20 km's and it was only 9am! This camp is one of 5 that the students experience during the year.



#### **ANCIENT EGYPT - CLASS FIVE**

"Try to let the children practise distinguishing between telling their own opinion and reporting the opinion of someone else. Then do the same in writing; let the children make a clear distinction between what they themselves think or have seen and what they have heard another person say."

#### **Rudolf Steiner** Three Lectures on the Curriculum 6th September 1919

In Class 5, students build on their foundation of knowledge to develop a higher level of grammatical consciousness. In term two the children embarked on their first report writing project as part of the Ancient Egypt Main Lesson. Acquiring the broad range of skills necessary to produce these texts competently takes time, so we devoted the whole week to intensive research which involved reading for meaning and understanding from a range of information books (we cleared the library out of books on Ancient Egypt).

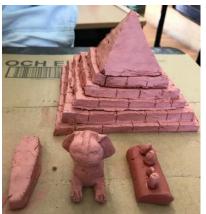
The next phase was drawing on the reading and understanding of information texts to derive main points. This was tricky but once the children understood they did extremely well. Once they became familiar with what different books offered in terms of information, they began sharing their insights with one another. The atmosphere in the classroom was enlivened by the interest and intention of the students in their chosen topics. The next, more challenging part of the project was writing the draft report, using their research and in their own words. The whole week was devoted to the writing aspect and was completed at school with support along the way. The children worked with great intention and some chose to use their library time to continue.

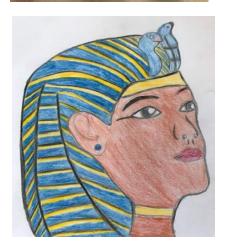
At home the children worked on an artistic project related to their chosen topic. Their choices included drawing, painting, modelling, poetry or a piece of music on their recorder. Pyramids were very popular however, we also enjoyed poetry and drawings. It was inspiring to see all the work children had done at home and how much care was put into each project. The children also enjoyed sharing their learning with their families at home.

Perhaps the most challenging aspect for the students was the presentation of their reports and artistic project. Each student stood in front of the class to share their reports and artistic projects. The children felt nervous but the supportive atmosphere of the classroom helped each child to step out of their comfort zone. The result was a sense of overcoming a new challenge and the satisfaction of achievement. The children also developed skills as an attentive audience, asking open ended questions of the presenters to show their engagement and interest, and to encourage the presenter to expand upon their experience and learning with the class.

Stefani











The students' ability to express themselves with skill, clarity and truth is the foundation for later honesty and power of voice.

#### Santiago Bin Masoud-Huelsewede

Santiago Bin Masoud-

Huelsewede, otherwise known as Santi, joined the class in term 4 of Class 9. He came to the school from Cape Byron Steiner School. He is an amazing musician, has a deep sense of care for his friends and is not afraid to question teachers regarding school rules.



# INTRODUCING CLASS 12 STUDENTS AND THEIR SENIOR PROJECT (SP)

#### What is your Senior Project about?

My project is based around coaching, specifically coaching a football (soccer) team - what does it take to be an effective coach to help the team reach its potential? This has seen me working with 6-year olds at Samford Rangers for a 16-week season coaching Wednesdays for games commencing every Saturday.

#### What led you to choose that topic?

I have played and loved football for a long time as a recreational activity and more recently at competitive level; I have refereed the game and I play the game however I have never coached before. I was interested as to what it takes to be coach; I have a sound knowledge of the game and would like to use it and share it to discover what it takes for me to learn how to become an effective coach. Since I was 6/7 and probably even earlier I have played with a ball and now more recently in the last two years I have been actively involved in competitive football in Brisbane. As part of this project I am working with some of my coaches as my mentors — I respect other coaches and can appreciate what they aim to bring to a team as well as the individual.

#### What have found enjoyable about the process?

I have enjoyed seeing the progress in the individuals as well as the team. The progress from the first week to the end, even halfway through the season, is immense.

- I have enjoyed working with children, I developed a nice relationship with them and I got a sense of pride seeing them develop. I aim to give 100% to the coaching as I see the commitment parents make to get their children to the sessions and also so the kids get something out of their time as well.
- I have enjoyed learning more about the game and coaching, which was an aspect of the game that was foreign to me.

#### What have you found challenging?

- Whilst I have enjoyed working with children it has also challenged me massively. I have no previous experience working with children of this age and I had to learn how to get them to focus and remain focussed.
- Putting in the same effort as at the start of the season is a big challenge for me. I can feel myself slacking off with four weeks to go and I want to finish at a level, which I have worked for.

#### To date what have you gained from the process?

- I have learnt a lot about myself and how I relate to others.
- I have gained skill in being patient.

- I have learnt and now understand that to work with children you need to relate to them at their level, in a way they can understand, very different to how I would relate to my peers or adults.
- I have learnt ways to keep children motivated.
- I have learnt how important preparation and organisation is in regards to coaching, to be an effective coach you need these skills.
- I have done a course on coaching and have learnt more tips through this course.

#### How would you describe the Senior Project to someone who does not know what it was?

The Senior Project is a yearlong project in one specific area/field of study with an aim to go into this area in depth and in doing this you have the ability to understand yourself better. You learn a lot during the course of the year through focusing on a specific area.

#### How are you feeling about the completion of the project?

I am happy with my progress on the thesis work and hoping I have done enough. I am glad for the coaching to come to an end and having a break from it. The commitment of coaching was a big task in addition to my school tasks and many other extracurricular activities. Despite this I do plan to coach children again in the future.

I am glad I chose this area because of what I have learnt from the process, I really have enjoyed doing it and expanding my knowledge of the game.

#### What are your plans once you leave school?

A few idea/options floating around – with nothing concrete yet – I would like to continue with the coaching, refereeing of football. I would also like to travel and work.

#### Describe in one sentence your experience at Samford Valley Steiner School

I love my class community, for me my relationship with the teachers has been up and down and I have enjoyed my experience to some extent.



#### Breeah Spargo

Breeah Spargo joined this class at the start of Class 7 from Noosa Pengari Steiner School. She is a quiet, clear thinking student with a fabulous witty sense of humour.



#### What is your Senior Project about?

For my project I am learning sign language (Auslan) and from this I am researching language acquisition. As part of my project I am taking a Certificate II in Auslan, through Deaf Services Queensland.

#### What led you to choose that topic?

This was suggested to me as a joke by a friend and it appealed to me as I have always wanted to learn a second language. The project was a great opportunity for me to pursue this.

#### What have found enjoyable about the process?

- I really love the courses I have done and am currently engaged in.
- I have been finding the research very interesting, and the further I go the more interesting it becomes

#### What have you found challenging?

- Speaking with people on the phone is not a task I find easy nor enjoy doing.
- Meeting new people.
- Staying motivated after term 1, I was struggling to find where to take my project next

#### To date what have you gained from the process?

- I am more confident and more proactive with making phone calls.
- I have gained the skill of sign language.
- I have met a lot of new people.

# How would you describe the Senior Project to someone who does not know what it was?

It is an opportunity to explore an area you are interested in to see if it is something you want pursue further.

#### How are you feeling about the completion of the project?

I have been lucky with my project as I am finding it really interesting and enjoyable. I'll be happy to have finished everything but I would like to pursue a Certificate III in Auslan after I finish this year.

#### What are your plans once you leave school?

I plan to take a Cert III in Auslan, have a break, work to save up and then travel.

## Describe in one sentence your experience at Samford Valley Steiner School

I have had a good experience and made some great friends.

# Thriving Children

An inspiring evening talk with popular parenting author Lou Harvey-Zahra

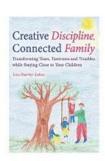
Monday 2nd September, 7pm to 8.3opm Samford Valley Eurythmy Room Suitable for ALL parents (sponsored by PAFA)

- Understand what makes children 'thrive' from toddler to teens
- How to build strong and healthy family bonds over the years
- Discover the profound childhood transformations during early childhood and at 7, 9 and 12 - ideas for happy and harmonious homes

'Lou's ideas have already created more harmony, love and fun in our home' Georgia Bhandari (parent)

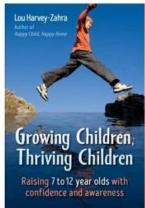
Lou Harvey-Zahra is a Steiner teacher and parenting author with 5 books including the Waldorf bestsellers, 'Happy Child, Happy Home'; 'Creative Discipline, Connected Family' and her new book, 'Growing Children, Thriving Children: Raising 7 to 12 year olds with confidence and awareness'. She presents at Steiner schools across LA, UK and Australia

www.happychildhappyhome.com









# **Creative Discipline Workshop**

with bestselling Waldorf author Lou Harvey-Zahra



Monday 2nd September, 8.45am to 12pm at Samford Valley Steiner School (room next to Silky Oak) Cost \$45 or \$75 couple

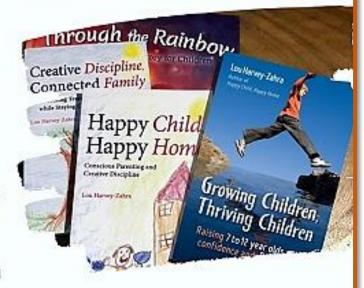
Come and learn many practical and inspiring ideas for parents with children from toddlers to 12

Bookings on www.trybooking.com/BENSP or enquiries to lou@skiptomylouparenting.com or 0425 780 681

Learn many new ways to transform behaviours and stay connected together. Common themes covered for all ages to create happy and harmonious homes. A wonderful opportunity to attend Lou's workshop in Brisbane.

'It's day 3 and we are already experiencing more fun and more love' 'Lou will lighten the load and enlighten the mind!'

Lou Harvey-Zahra is a Steiner teacher and author with 5 books from Melbourne. She presents on Creative Disciline and Conscious Parenting around the world. www.happychildhappyhome.com



#### **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 <u>prior</u> to inclusion.** 

## Full size Atelier student violin with bow, shoulder rest and hard case for sale.

The violin is in very good condition. The black hardcase has some wear and tear. Selling as our son has moved to another instrument for high school. \$150. Call Marshall on 0421 518 208 or email <a href="mailto:marshdom2@bigpond.com">marshdom2@bigpond.com</a>.

# Nick Ellson Holistic Health - Mobile PT and Online Coach

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 <a href="here">here</a>

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.

#### Ever asked yourself why tree work is so dear?

Not anymore. I am offering tree services like crown lifting, thinning, dead-wooding, removing hangers and broken branches, cleaning palm trees, felling and removing small trees at very fair prices.

I used to work for large tree companies and would ask myself why you would pay for a three-man crew with truck and chipper (\$300+/h) if the job could be done by a single person for less than half that amount.

I am a qualified Cert.3 Arborist and a registered qualified Arborist with the Queensland Arboriculture Association. Tree work will be done in accordance of Australian Standards (AS4373-2007). For peace of mind I do have \$10M Public

Liability insurance.

I can also do general gardening maintenance like hedging, edging, brush cutting and mowing as well as gutter cleaning and solar panel cleaning. For free quotes call Urs from All Care Property Services on 0408 725 075.

#### **Homeopathic consults**

Cyena is a SVSS mum and Homeopath 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 practices classical homeopathy in conjunction with a naturopathic approach to health. She is able to help with short term health complaints as well as chronic and recurring ailments. Cyena offers consultations by phone and in person at her home clinic in Gaythorne or via home visit. 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 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
www.katesharpartstherapy.com

#### Wine events for your Celebration

Looking for a novel concept for your next event or celebration?

I host distinguished wine events at your home, business, social club or society to suit all manner of celebrations, staff or client entertaining and networking.

You choose the ideal format and theme – I will help! - to suit your group of 10 to 100.

I bring the story behind the labels in a fun, blind tasting. Experience the flavours of Nero d'Avola from McLaren Vale side by side with the Sicilian original! And see if you can identify which is which.

Explore seriously good Aussie and imported wines – from the classics to the alternative (my passion!) to the downright obscure (also my passion!)

Contact Rob Hewitt at

Robert.hewitt@bigpond.com or call 07 3882 0328 or 0447 762 321

## Loving oils with Bree - doTERRA wellness solutions

More than just nice smells, essential oils are powerful plant extracts which support our bodies overall wellbeing and quickly balance emotions.

Discover how they can assist your family with many issues including; sleep, stress, gut health, mood support, tox-free cleaning and natural skincare. I'm a holistic mum offering regular local classes and workshops on how to use these amazing gifts from the earth to enhance whole family wellness.

Be inspired with ideas, recipes and get lots of support on ways you can integrate essential oils

into your life. Ph me: 0409 615325 or visit www.breetaylormolyneaux.com.au

#### **Babysitting services**

Hey my name is Azia Ligthart and I'm wanting to offer babysitting services, cleaning services or any odd jobs that may need to be done around the home such as; gardening or restoring furniture. I am an ex Steiner student beginning my education at Samford Steiner and graduating at Little Yarra Steiner school in Victoria. I am 20 years old and have been babysitting for the past 5 years for family and friends and have also babysat a 4-year-old boy, once a week for the past year.

I charge \$25 per hour however if I have to drive long distances fuel will be added.

I am currently travelling the east coast in my van of which I built as my year twelve project and am Looking for work to continue to fund my travels abroad next year!!

If you are interested call or text me Ph - 0478610131 Or my email is - Azia.ligthart@yahoo.com.au

#### **Maleny Black Angus Beef**

We're a farming family living in Maleny and are offering you delicious, affordable, locallygrown, 100% grass-fed beef. We promise you outstanding value, excellent service and free delivery to your door. We're all about healthier humans and happier cows. For more information and to order online

visit www.malenyblackangusbeef.com.au

#### Nature at its finest - \$360 per week - Dayboro

Situated at the end of a cul-de-sac in a quiet rural residential area, this top floor residence is nestled amongst the trees with lovely views from the large front verandah.

The residence has 3 bedrooms, 2 living areas, fire place, front and rear verandahs and a huge yard. A seasonal creek runs through the property adding to the picturesque bush block.

If you enjoy the peace and tranquillity of living in the bush yet still want to be close to all amenities then this home is for you. To arrange an inspection please give Helen a call on 0402 815 102.

#### An Evening with the Bentley Strings

Bentley Strings comprises a select handful of talented musicians brought together by a shared love of string music and virtuosic flair across a wide range of genres. Their repertoire spans Classical, Jazz, Cabaret, Latin American, Musical & Film themes, Traditional/Folk tunes and pop songs. The Bentley Strings Quartet performed for Her Majesty Queen Elizabeth II and the Duke of Edinburgh, dignitaries and guests at the Victims and Heroes of the Queensland Flood function held at QPAC during their visit to Brisbane on 24 October 2011.

- Friday 30 August
- SAMFORD BOWLS CLUB
- 6-7 PM FREE SNACKS AND A DRINK FROM THE BAR – MUSIC 7 - 8;30PM
- \$25 PER PERSON
- Tickets can be purchased: at <u>www.trybooking.com/bdsiy</u> or Samford District Bowls Club.

For further information contact M Bronson: email: <a href="mailto:bowlssamford@gmail.com">bowlssamford@gmail.com</a> Mob: 0438 447 386

#### **School Contact Information**

**Phone:** 3430 9600

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<u>www.facebook.com/Samford-Valley-Steiner-School-106275046117815/?ref=hl</u>

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**CRICOS Registration:** 

RSEGB T/A Samford Valley Steiner School  ${\bf CRICOS}$ 

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