



NEWSLETTER

Term 4 Week 4

1 November 2019

UPDATE FROM OUR NEW SCHOOL DIRECTOR

Dear SVSS Community,

This is my first newsletter article in my new role as School Director and I thank the Board for their trust in me. I look forward to continue working closely with the staff, families, PAFA, Board and external community to support our students in their education journey, and to promote Steiner education in the wider community and education sphere.

We are currently in the process of recruiting for the Primary School Education Administrator position and I am grateful to Carly Sheard who has been a great support these last few weeks to the Senior Leadership Team while we navigate this transition and ensure the primary school is well supported. Thank you, Class 4, for your flexibility and Helena for capably leading the class. I am sure they are enjoying their camp together this week.

At the Senior Leadership Team meeting on Tuesday, we discussed an aspect of our study together which raised the question, 'what motivates you to come to school each day'? This evoked a heartfelt response from our team which I share with you here:

- Trust in the spiritual world and knowing I am in relationship with something much more. Being of service to others and trusting it is where I am meant to be.
- A total belief in the enormous value of Steiner education and an ability to support teachers to carry out their teaching responsibilities out of Steiner's indications. It's a lovely place to be. I feel I am making a difference. Mostly it feeds my soul.
- To care for all the children and to support teachers so they can care for all the children. Love for the children and the gifts they bring, which provides me with energy and enthusiasm to fulfil my tasks. Love and devotion to our amazing staff.
- Being at SVSS is a continuation of all that is in my life, the children and the idea that there must be enough human beings in connection with humanity's goodness to uphold moral integrity in the world.
- Fruits of the education such as seeing the Class 12 projects, loving being here, feel it is my place, my destiny, my opportunity to make a difference.
- Working at SVSS is an opportunity for self-improvement, professional development and to work alongside like-minded people.



DIRECTOR P1

STUDENTS SHINE IN THE ARTS P3

CLASS 2 CELEBRATE DIWALI P4

POP UPDATE P6

SWIMMING AGAINST THE TIDE

P7

EMPLOYMENT VACANCIES P9

PAFA NEWS P10

• Steiner Education is part of a spiritual path where I can make a difference to others.

It certainly gives me cause to reflect on our values, philosophy and purpose here at SVSS and how we are all fortunate to be part of this unique community which has such a strong vision for social and cultural renewal and to provide an education for young people that is much, much more than just academic outcomes. Maybe you could also reflect on what brought you here, as we are all a reflection of each other, as Rudolf Steiner wrote:

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

I am excited to announce we have finalised recruitment for our new Kindergarten teacher for the new Water Lily room next year, Karin Bruce, who many Early Childhood parents will already know, as she has been a valuable member of our relief team and now will permanently join the Early Childhood team. We also will be welcoming our new Class One teachers for 2020, Nick Garnock and Bianca Telford. Prep parents will have the opportunity to meet Nick and Bianca at the end of November and we look forward to welcoming them to our Primary Faculty next year. Nick has been teaching at a NSW Steiner school and Bianca is also an experienced teacher and has been working as relief teacher in our school and also at OSHC. They have both studied Steiner education and are keen to be part of the SVSS community.

Dates to Remember

Monday 4 November Primary School Assembly. 8.45am

Saturday 9 November Working Bee 8am - 1pm

Friday 15 NovemberMusic, Art and Drama (MAD)
Night. 5.30pm in the Hall

Thursday 21 NovemberCuppa morning, 9am in the
Hub

Monday 2 DecemberPrimary School Christmas
Carols 6pm, Amphitheatre

Thursday 5 December Year 12 Graduation

Friday 6 December Year 7 Final Assembly

Last day of term

For those who missed the Gcast this week: There will be great activity over the summer break as we prepare for a proposed new double storey, six classroom development to accommodate the growth of classes and students at our school. Though these plans are not finalised, it is essential that we relocate the current OSHC and Class 3 building from their current site to make way for the new development. In addition, the German and Craft room/office (behind OSHC and Class 3) will be relocated behind the current Class 6 and 7.

In 2020, OSHC will temporarily share their space with Boombana (fenced classroom near the kitchen garden) while the new building is being constructed. Modifications to Boombana will occur before the end of term, with a deck and roof to be added, a revamped kitchen and internal fitout to meet OSHC requirements. Class 6 and 7, 2020 will be relocated to the moved classrooms. Class 6 will be situated next to the soccer field and Class 7 will be in the space behind the Eurythmy room. This is a temporary situation for 2020. More information will be made available when plans are finalised for the new building. It is an exciting time as we continue to meet the needs of our school.

There are many events happening in the last weeks of term therefore I can only encourage you to check all communications from the school so you do not miss out on anything!

We have final camps in process with many smiling faces going to and returning from camps. Special thank you to our Camp Coordinator, Simon Roberts and all the staff who attend camps, going that extra mile to provide quality, authentic nature experiences for our students.

Finally, for those who can possibly squeeze in one more thing, I will hold a cuppa morning, Thursday 21 November at 9am in the Hub. Hopefully I can bring our new Economic Development Manager, Steve Klipin along to meet any of you that can make it.

Tracey Taylor, School Director

HIGH SCHOOL STUDENTS SHINE IN THE ARTS

Music News - State Honours Ensemble Programme

Over the last two terms, three of our students have participated in the State Honours Ensemble Program. This program gathers thousands of students together from all across Queensland to play in a large variety of music ensembles for an intensive weekend. The weekend culminates in an amazing concert. Students need to be performing at a very high standard on their instrument to be nominated and accepted into SHEP. This year we had Bibi-Ann Augustijn from Class 8 on cello, Amber Topfer from Class 9 on viola and Oscar Percy from Class 9 on tenor voice. Here are some quotes from our students regarding their time at the SHEP intensives.

"The SHEP program was an amazing experience and I would definitely do it again. I made at least four new friends and the conductors were so much fun to work with. I learnt so much and we played many exciting pieces. I really stepped up a few levels in some aspects and I recommend it to anyone who likes music." Amber

"SHEP was a wonderful opportunity to meet and play with a group of passionate, talented musical students. I really enjoyed the experience." Bibi

"The experience of SHEP was a really great opportunity for me to work with like-minded people to create music. If I get the chance to be nominated again next year I won't hesitate! I would highly recommend the SHEP program to any student who loves music." Oscar

Congratulations to all three students on being accepted and representing our school within the wider music community.

Kind regards, Zoe Akeroyd

Moreton Bay Region Youth Art Awards

We would like to congratulate all the students who participated in the Youth Art Awards, in particular we would like to acknowledge the students who won an award.

- ❖ Isabella Peverini class 10
- Sarrah Brazda class 10
- Amaya Wright class 8

Samuela Bettega, High School Art Teacher



Amaya Wright Class 8



Isabella Peverini Class 10

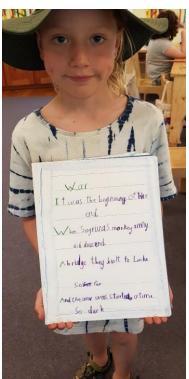


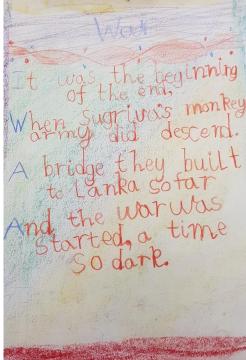
Sarrah Brazda Class 10

CLASS 2L CELEBRATE DIWALI



The Main Lesson on World legends - Rama and Sita — culminated this week with our very own mini Diwali in and around our classroom. On Friday we painted clay lanterns ready for the fuel - Ghee (boiled then separated butter). Amrusha showed us how to make our own wicks out of cottonwool balls. And yes, they work as the above photo shows! Diwali is a festival of light overcoming darkness which first began thousands of years ago to commemorate how Rama with the help of Lakshmana his brother, Hanuman and his monkey and bear warriors, rescued Sita from the Rakshasa king, Ravana. Rama and Sita were welcomed back to Ayodhya with beautiful lanterns or diyas. Over the last 3 weeks the class has listened attentively to this great story. Their Main Lesson books reflect their enthusiasm and attention to detail as they recited, wrote and illustrated a verse each day. They are now close to memorising the 13 verses they have written as a poem.





The title of each verse was written by the children in Cursive scriptwe have been doing daily handwriting on our individual blackboards. All children have shown a great improvement in their handwriting writing skills and their attention to detail.



Indian cooking has also been an integral component of this Main Lesson. Guided by Amrusha the children have helped prepare and cook dishes using traditional Indian spices. They all at least tasted each dish- a few stopped there, whilst many consumed big bowls of delicious food.

On Tuesday we begin a new Main Lesson (Maths) and begin working consistently on preparing our play, Saint Francis and the Wolf of Gubbio for performance in week 7. Maths will be consolidating place value, becoming more proficient at adding 2-digit numbers horizontally and doing algorithms vertically with a clear understanding of place value. More practice at mental arithmetic and learning number facts will also be targeted. Story content during this will be Celtic Dragon Myth.



Diwali Diya lanterns

Happy Diwali from Lydia







You are invited to attend

MAD

Music Art and Drama exhibition at Samford Valley Steiner School

> Friday 15th November 2019 School Hall

5.30pm Art & Handwork exhibition

6.30pm Music & Drama performances

Refreshments available from 5.30pm









One of the unique features of Samford Valley Steiner School is its inclusion of our parents and community.

The recently launched Parents Outdoors Program (POP) is about to enter its 2nd year. So far, small groups of parents and staff have been sampling aspects of our Outdoor Education Program, and have been cycling the Brisbane Valley Rail Trail, canoeing the Brisbane River, exploring glow worm tunnels at night, and watching the sun rise from the Eastern most point of Australia. Below is one parents take on the experience;

"Thanks so much for such an awesome weekend. I was initially disappointed to hear that we weren't able to climb a mountain, however, the program that was put together was so much fun. Thoroughly enjoyed the night walk to the glow worm tunnel and watching the sunrise at Byron was such a special way to start the day. POP is such a fantastic insight into the camps our children participate in and an excellent way of meeting and connecting with other parents and teachers at the school."

Below are the tentative events and dates for the 2020 POP. Interested parents can be put on a notification list, but no one will get their name on a participant until the event is specifically advertised in the school's newsletter. So, pencil the dates below into your diaries, and make sure you keep reading those newsletters

- > Term 1, 6-8 March, Brisbane Valley Rail Trail bike ride (starts Friday morning)
- > Term 2, Sat 13 June, Sailing Day, Moreton Bay
- > Term 3, Sun 19 July, Canoe Day, Brisbane River
- Term 4, 7-8 Nov, Big hike, Mt Barney

Looking forward to seeing you out there next year.

Simon Roberts
Outdoor Education Coordinator.

SWIMMING AGAINST THE TIDE

A Mother's Perspective

When my first child was born, I looked at this precious gift from heaven and thought where shall my child go to school? I knew about Steiner education as a family member had placed children in this setting and I had been researching it for some years.

My initial thought was that if I was going to place my child in this setting then I was going to guinea pig said child. To the best of my ability I was going to do it, 'the Steiner way.' A purist, I hear you mutter!

I censored every book that came into the house, only told developmentally appropriate stories, got rid of media, joined a Steiner Craft group, cooked nourishing meals, followed the grains of the week, only had natural toys in the house, worked with the four elements with play for my child and so on. Yes, I was a nut job! I loved it!

I threw myself into the Steiner community, boots and all. It was like an extended family and I was going to do just what the teachers' said and only bring things to my child when they had been introduced at school first e.g. finger knitting in preschool, knitting in Class One. Oh, and I held the tide back on reading until the veil was lifted slowly in Class One. No competitive team sports until child was older etc etc.

I went to every parent teacher meeting, every information session offered, every talk, every festival, ceremony from Easter to Advent. I even joined a high school support group. I was a Steiner junkie! You see, I truly believed in this education system. I knew it was different but I knew it was right. I wanted my child to not only have an academic education but to have an education that would develop my child as a human being; an education system where, at the end, I would see my child have every faculty, every capacity that they needed to meet this wonderful world and be fully equipped to go forth with freedom, courage, strength, knowledge, a well-developed will, compassion, empathy, resilience, academic intelligence, self-esteem, 'groundedness', a joy of learning bubbling within, a social conscious, an environmental awareness, a desire to make a difference, a burgeoning spiritual investigation, freedom and love.

So, much like pregnancy, I did everything I could to support the teachers and the school to assist my child with this journey towards their birth after Class 12. It is a leap of faith for many of us. Most of us have not had the good fortune to have had a Steiner education so we have no point of reference. Many of us have not known young adults who have been through this system either. I did know many and I had been watching main stream students and Steiner students for many, many years.

Throughout my child's journey there were many ups and some downs. It's not always perfect yet the proof is in the pudding if you stay. I had to navigate issues with teachers that I did not necessarily agree with. I had to watch my child struggle socially at times. I had to watch the class numbers dwindle. I had to watch the introduction curriculum changes.

Let me go back! When I first placed my child in the Kindergarten, I made a promise to myself that I would 'assume good will' and that I would support the teachers to the best of my ability. They are the experts and they are the ones who with love, care, dedication and endless hard work, strive to bring the best they can for my child. I also knew that this was a karmic destiny for my child and to a large extent for me also. I was the one who had to learn many lessons.

I also knew that the capacities that my child would gain from being in this setting, together with the home environment, cannot be found in any other educational setting. My child would get an academic education and anything that required some additional help, I could find externally if needed. The curriculum and the underlying pedagogical foundation of anthroposophy, I knew, would hold my child even if at times I wobbled!

Being in a class with the same children for 14 years, heavens above, is fantastic. For you see, it's not about the moment, it's about later and the skills that they gain from this experience. They learn so much, tolerance, acceptance, empathy, kindness, forgiveness, they see the truth, they feel it, they know it, resilience, strength, humility, grace. It is not always easy for them or for the parents looking on and wanting desperately to fix things, but just wait.

I never thought the day would come when my child would be graduating from high school – a fourteen-year journey. Last weekend all the Class 12 students gave their presentations for their Senior Research Projects. This project commences in Class 11, Term 4 where each student submits a proposal for what they will be involved with throughout Class 12. And so, the journey begins...a path that takes us on an amazing journey. This project is self-directed and is comprised of three components: a thesis, a practical and a 20-minute presentation to the community (plus questions).

I know I speak for all the parents who have journeyed with their child for the year. We watch our young adults burst with enthusiasm and dive into the pit of despair. We watch them overcome shyness and challenges. We watch them meet new people, explain themselves and articulate their ideas. We watch them structure their project, meet deadlines, forget to journal, panic, get cross, give up. We watch them through all of this with our hearts in our mouths, offering whatever support we can. We share their joys, their pain and we know that this is a rite of passage.

Only Steiner schools offer this project and what our young adults gain from this is extraordinary. This helps to forge them as strong, beautiful and courageous individuals who are about to meet the world. A lecturer from Sunshine Coast University said once, after watching presentations for two days, that she had never encountered anything like this before. She commented on the confidence with which they spoke, the depth of knowledge and the content of projects. She spoke about how articulate they were and she ended by saying that she only sometimes sees this in her third-year university students, then added, 'You would all be welcome at my university!' High praise indeed!

So last weekend, I watched my child's classmates present their projects. Wow! I watched these glorious young adults overcome nerves to present their year-long passion. How proud to be a mother and see the stunning butterfly that emerged as each one spoke. Yes, I cried, because everything I ever wanted from this education system I have received in abundance. To see those students up there and to know each one and to share their journey and see how they have grown, is a gift!

I also noticed that the Class 12 students did not relax after their speech. They only relaxed when their last classmate had spoken. They are a family and they waited with support, nerves, love and true caring as each one had their turn and succeeded. They have shared each other's trials and tribulations, with genuine interest, enthusiasm, encouragement, sensitivity and friendship. What more could we want?

So, thank you to all the teachers who have helped shape our children. Thank you for the love, dedication, education and human spirit that you have fostered in them.

If you trust, support and believe, then you know that what we give our children when we place them in a Steiner School, is a gift for life!

I swam against the tide but it was so worth it!

Congratulations Class 12!

Passionate and Appreciative Mum

Employment Vacancies at SVSS

Kindergarten Relief-Teacher and/or Kindergarten Relief-Assistant

Samford Valley Steiner school's Early Childhood service welcome applications of interest for Relief Teaching, and, Relief Teacher Assisting work in 2020 within our beautiful Kindergarten setting. Your application should be marked Confidential and addressed Kindergarten Relief-Teacher and/or Kindergarten Relief-Assistant Application. Email to the EC Education Administrator eceducationadministrator@samfordsteiner.qld.edu.au

Kindergarten Relief-Teacher - Essential Qualifications and Legal Requirements

*Bachelor of Education or equivalent. *Current Queensland Teacher Registration, or ability to obtain Qld Reg *Current First Aid and CPR Certificates from a recognised institution or willingness to obtain them within 10 weeks

Kindergarten Relief-Assistant

*Minimum - Studying towards a Certificate 3 in Children's Services * Current First Aid and CPR Certificates from a recognised institution or willingness to obtain them within 10 weeks *A Blue Card

Your application should include:

- 1. A brief outline of your interest in the position and state any relevant positions or major responsibilities you have held.
- 2. Experience in early childhood Steiner education or care settings (not compulsory)
- 3. A brief statement which describes how you consider yourself suitable against each of the Suitability criteria.
- 4. The names, positions and telephone contact numbers for at least three referees who can comment on your suitability for the position.

Suitability Criteria

- 1. A love for young children and a willingness to deepen their understanding of Steiner Early Childhood Education in a nurturing, family-oriented environment.
- 2. Patience, equanimity, good health, endurance, enthusiasm, flexibility, and the ability to communicate well with teachers
- 3. A willingness to receive instruction and openness to working as a team member.

OSHC Relief Staff

Our well attended Out of School Hours Care is seeking relief staff for the role of Lead Educator. The primary role of the Lead Educator is to work within our OSHC team to develop, implement and evaluate the service's daily routines and programs. This position may become permanent part time in the future as the service continues to grow.

Please see the Application package on the school website https://www.samfordsteiner.qld.edu.au/about-us/employment-opportunities/ for further information. Applications close at 4.00pm Friday 8th of November 2019 and should be emailed to https://www.samfordsteiner.qld.edu.au and marked Confidential – OSHC Assistant/Lead Educator 2019.

Also, those interested in being a relief assistant please email Kylie Turner and she will explain what are mandatory requirements for this role.

OSHC 2020 BOOKINGS

Dear Families,

The year is nearly at an end and 2020 is fast approaching. Our OSHC has become quite busy this year and some days we are at our full capacity. Next year we will have more new Families starting who may require Outside School Hours Care. I have already received quite a few Enrolments wishing to start the New Year. For all the existing OSHC Families that still require a permanent booking for your child, you will need to fill out the attached Booking form for 2020 (See link in email body). If your child's permanent booking doesn't need to change from this year, you can let me know and it will continue as it has been.

All Families that need to do a casual booking for their child will need to contact OSHC at least 24 hours prior to see if there is availability. Families with permanent bookings will receive priority for extra days they may need, providing they have given 24 hours' notice.

Please don't assume that you can just send your child without a booking. If there are no available spots, you will be called to come immediately to pick them up. We need to follow regulations and have legal obligations.

All booking forms need to be returned by Monday 2nd of December 2019. Please return all booking Forms for to the OSHC room or Primary School Office, or you can email them to me at <u>oshc@samfordsteiner.qld.edu</u>

Thank you and I look forward to seeing the familiar and new faces next year.

Kind regards,

Kylie Turner, OSHC Co ordinator

PAFA NEWS

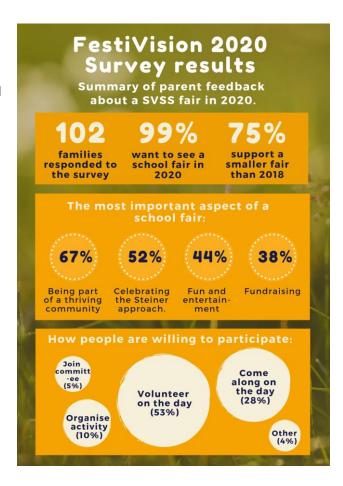
festiValley 2020

Thank you to everyone who completed the "FestiVision 2020 Survey" letting us know your thoughts about holding a school fair in 2020.

There was overwhelming support for a fair, so we're delighted to share that festiValley is locked in for Saturday, 1 August 2020. Put it in your diaries!

We created an infographic with survey results – so you know what the feedback was. Planning is now underway with PAFA and the school, and we'll soon be reaching out to those of you who kindly put your name down to be on the organising committee or were happy to organise an activity.

It takes many helping hands to make festiValley work – so if you'd like to be on the committee or take on an organisational role – we'd love to hear from you – svsspafa@gmail.com



Big Friday Foodies / Mini-Advent Market – Friday 22 November 2019

For the last couple of years PAFA has put on an Advent market. This year, we're putting on a bigger Friday Foodies and opening up craft/gift stalls to the school community (sadly we didn't get any takers to help organise to the same scale as previous years – so given PAFA's time and manpower constraints, we are unable to invite external stallholders this year.)

If you are a parent, teacher or student who makes, produces, resells products that you feel meets the Steiner philosophy – please get in touch! We will offer a half table for \$5, full-table for \$10 or a marquee spot for \$25 (please BYO marquee).

Friday Foodies stall holders are welcome as usual - \$5 for half table, \$10 for full table – for your homemade goodies and treats or fresh produce. We're also hoping to have some entertainment – fingers crossed!

If you'd like a food or gift stall – please get in touch with Cherie on cheriepasion@gmail.com.

Thanks, and blessings from Team PAFA (3)



PAFA officially welcomes
Tracey into her new role as
School Director and we look
forward to working together on
many new initiatives.

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.**

Looking for place to board in 2020

To interested families,

My name is Tarquin Shay Long. I live near Noosa on the Sunshine Coast and currently go to Noosa Pengari Steiner School. I am in year 10 and am looking to enrol in the Samford Valley Steiner, but I would require a family to board me if I do so, since my family live and work on the Sunshine Coast. I have two brothers and one sister who goes to Pengari, where my mother works, but I would like to complete year 11 and 12 at Samford. Samford appeals to me because I have developed good relationships with the current (2019) year 10 at Samford over the course of this year.

At the Waldorf 100 Youth Conference my friendships deepened with the year 10 students and I met and talked to inspiring staff at Samford. I feel drawn there. Brisbane is also a place I enjoy visiting and would like to explore more.

I enjoy meeting new people, I have a desire to succeed in school and life, and I see Samford as an opportunity to be in a place rich with new things to learn and more social opportunities for year 11 and 12 and don't want to miss it. I enjoy reading biographies of successful and interesting people, I enjoy cooking and eating good food and I like people with a good sense of humour, and I can work hard.

If you know of a family or might be able to help me come to Samford by offering board, please contact Samford Valley Steiner School.

Kind Regards,

Tarquin Long

Shaylong2004@gmail.com

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 <u>21 Day 'Small Steps, Big</u> <u>Difference' Challenge</u> – 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 <u>clicking here</u>. 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.

Independent Architectural Consultant

I am an Independent Architectural Consultant with experience of leading different scale architectural and interior design projects from concept to completion. I am passionate about creating spaces tailored for individual needs responding to every day habits, with strong connection to nature. Indoor and outdoor spaces are interwoven in my design approach, they are inseparable. I focus on passive design, a path I am concurrently exploring in my PhD research. For more details please visit my web page www.tomatoarchitecture.com, find me on Instagram and LinkedIn. Agnieszka Nowak m. 0451 103 872.

Looking for a house to rent

A family of three is looking for a 2-bedroom place in Samford Valley area (smaller option to be considered) for a long-time rent. I am self-employed independent architectural contractor concurrently pursuing research PhD at the University of Queensland. As most of the time I work from home I would appreciate quiet surroundings to help me concentrate on my work. My husband Grzesiek, works as a joiner and is an independent contractor. We have one daughter Ligia, who attends class 1 at SVSS. We all love animals of any kind and it would be a great advantage if there was an option of keeping an adult dog in the future place. If interested, or you

know someone in the community who would be, please contact Agnieszka Nowak m. 0451 103 872, e. aga@tomatoarchitecture.com

Flametree Financial

Flametree Financial are Samford based Mortgage Brokers, ready to assist you with your Personal or Business lending needs. Take the stress and hard work out of locating the best loan rate and lender - we have the knowledge, tools and proven existing relationships within the industry to find your perfect product/lender match. We have extensive experience with the self-employed, First Home Buyers and complex transactions so can offer you an advanced level of understanding and focus on education and service.

Founders, Leah and John Hudson, live in the Valley and are passionate about building a sustainable future both locally and globally. Both have years of experience as small business owners and understand the unique challenges involved in running and maintaining a successful venture.

If you care about the environment, are passionate about your community and would like to support lenders who share your values, then let us help guide you towards great value lenders that share your values and vision for the future.

Contact our principal Lending Adviser John Directly on 0413 741 456 or email john@flametreefinancial.com.au

Children's Mindfulness & Movement Classes with Natavia Maria

Natavia Maria has been teaching mindfulness and medication to children, corporate organisations, government agencies, holiday resorts and corrective services, bearing witness to amazing benefits and transformations in the participants. Natavia shares practical tools that support a healthy lifestyle, improved social skills, concentration and coordination with individuals gaining improved insight and understanding of self.

Classes are held on Wednesday at Zen Space Samford Valley: 5-10 years 3.30-4.15pm \$15 Teens 4.30-5.30pm \$18 Phone 0466 558 894

School Contact Information

Phone: 3430 9600

Email: info@samfordsteiner.qld.edu.au

Facebook:

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

Website: www.samfordsteiner.qld.edu.au

Address:

5 Narrawa Drive Wights Mountain QLD 4520

CRICOS Registration:

RSEGB T/A Samford Valley Steiner School **CRICOS 03326J**