

The Penny Newsletter

Term 1 week 5

Wednesday 3 March 2010

Can I expand my soul
That it unites itself
With cosmic Word received as seed?
I sense that I must find the strength
To fashion worthily my soul
As fitting raiment for the spirit.

From The Calendar of the Soul by Rudolf Steiner

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Calendar of Events

PLEASE MAKE A NOTE OF DATES FOR 2010

2010 Term Dates

TERM ONE

Tuesday 2 Feb - Friday 26 March

Labour Day Holiday - Monday 8 March

Prep Autumn Festival - Thursday 25 March

TERM TWO

Tuesday 13 April - Friday 25 June

ANZAC Day Holiday - Monday 26 April

Parent Teacher Interviews - Thursday 22 April 4pm-9pm

Parent Teacher Interviews Friday 23 April 8.30am-3.30pm

NOTE: DATES FOR P/T INTERVIEWS IN TERM 2 HAVE CHANGED.

Open Day - Wednesday 19 May

Queen's Birthday Holiday - Monday 14 June

Winter Solstice Festival - Friday 18 June (evening)

CAMPS AND EXCURSIONS

Fri 5 March: Year 8 - "A Midsummer Night's Dream"

10 - 12 March: Classes 5 & 6 - Swan Hill Pioneer Settlement Camp

Wed 17 - Friday 19 March - Class 4 Grampians Camp

Fri 19 March: Year 7 - Medieval Calligraphy Workshop

22 - 26 March: Year 8 - Balnarring Camp

Fri 30 April - Class 7 Falconry Excursion

Thu 6 May - Classes 4, 5, 6 - "Peter and the Wolf" at Phee Broadway

20-23 July: Year 8 City Camp

Last weeks of Term 3 (dates TBC) Rafting Camp: Year 8

29 Nov - 3 Dec: Year 8 Wilsons Prom Camp

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CLASS MEETINGS

Thursday 4 March - Class 5 Meeting at 7.30pm

Tuesday 9 March - Class 1 Meeting at 7.30pm

Thursday 11 March - Class 4 Meeting at 7.30pm

Monday 15 March - Class 3 Meeting at 7.30pm

Wednesday 17 March - Class 8 Meeting at 7.30pm (note change of date because of camp)

From the School Facilitator

The Building and Enjoyment of School Community

Class Carers met this week to discuss the tasks they undertake, the most effective ways they can support the class and the importance of building of school community. I am reminded of the bee hive and bee keeper analogy. We are all working together to produce a nectar - the sense of community. For the community / hive to be healthy and productive, the work of class carers is one important ingredient, although I don't expect they will be using any smoking techniques !! They will, however, be inviting your participation in various class activities throughout the year. This may be done by email, phone or notes sent home.

It is each family's prerogative to choose to participate in school activities to their own levels of comfort. The essential thing is that parents participate in good grace and with a positive enjoyment of whatever activity they have chosen to participate in. Please be courteous in your reply to the various invitations made to you, whether it be to cook a meal for a family in need, to help with the head lice checking, to clean/set up a room at the end or start of the year, to attend a class excursion or camp, to participate in the annual tree planting day, to help with the class play, to help with the class fundraising activity. Of course, attendance at working bees is always more strongly encouraged, as many hands make light work.

A healthy school community has many people contributing a wide range of skills and qualities to the various activities of each class. The Class Teacher will always be the 'holder' of the spirit and direction of the class, and your class carer is one conduit for communication about opportunities to be involved in the school life of your child/ren. Make sure you know who your child's class carer is and enjoy their invitations to be part of class life.

We join and participate positively in community activities for our children to feel secure in their community of adults. Our children see our positive involvement in their world and by seeing us working and talking together, they learn how to be constructive community members too.

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Albert Einstein said, 'If honeybees become extinct, human society will follow in four years. Rudolf Steiner warned in 1923 that unless we change our mechanistic way of beekeeping, the honeybee might not survive the century. Seeing deeper into nature than most people, he stated that our very lives depend on beekeeping.' Thank you to the work of the class carers in opening the opportunities for a stronger, more engaged community.

From the Office

If you make direct deposits to the school account, please check your statement and make sure that all your payments are on it. If not, please contact the school. Always make sure that you put the **Account Code** (top right hand corner of your invoice) on all payments. Unidentified payments become donations to the school at the end of year reconciliation.

KINDERGARTEN HCC REBATE

If you have a Health Care Card, and have a child in Kindergarten, please give a copy of your HCC to Bea or Jenni in the office by 24 March, if you have not already done so, to claim the rebate.

From the Garden

Plentiful tomatoes for Class 4 cooking! Black Russian and Coeur de Bue were our outstanding successes.

Lisa



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Eurythmy News

Upcoming Eurythmy events in Terms 2 and 3. Get your diaries ready!!

Eurythmy Festival in Term 3

I would like to establish the tradition of an annual Eurythmy Festival where the children will have the opportunity to share their work with the school community. Eurythmy was originally conceived as a performing art and it is important, particularly for the older students, to have an experience of this on a regular basis. This year I would like to make a beginning in the following form:

Classes 1 - 4 will have open classes where their work will be shared with their parents.

Dates: Thursday, September 2nd
Tuesday, September 7th

Classes 5 - 8 will have formal performances in the hopefully by then newly extended Multi Purpose Room.

Dates:

Class 5: Tuesday August 17th, one performance for the school during the day and one for their parents at 7pm.

Class 6: Thursday August 26th, one performance for the school during the day and one for their parents at 7pm.

Class 7: Tuesday August 31st, one performance for the school during the day one for their parents at 7pm.

Class 8: Thursday September 9th, one performance for the school during the day and one for the school community at 7pm.

Workshops in Term 2

Eurythmy, adolescence and the human heart

Movement and conversation for parents and teachers of Classes 7 and 8.

Thursday April 22nd, 7.30pm in the Eurythmy Room

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Banksia Kindergarten News

Apples falling from the tree
Gather some for you and me

Finally our whole group is all attending together. The year so far has been a series of adjustments for all of us and now we look forward to settling in to our regular weekly rhythm. We also now find that we need some extra assistance to prepare the fruit each morning and wash the dishes on Thursday afternoons. There will be a roster for these tasks by the 'Sign In' book - if you can help, please add your name at a time that suits. Thank you!

There will be an evening meeting for Banksia parents on **Thursday 18 March at 7.30pm in the Kindergarten**. Please note this date in your diary. It would be wonderful if at least one parent from each family could attend. The topic for this meeting will be 'The Significance of Rhythm at Kinder'. If four people could bring a little plate of supper to share, that would be a lovely addition to the evening (if you can help with this, please let me or George know).

All is well.

With love, Kerry Anne

Wattle Kindergarten News

Please read the newsletter that went home this week and remember the talk about the structure of the school with Lyn, Class 3 teacher. It will be in the Playgroup on Monday 15 March from 11.15-12.30.

Love, Dorothy

Prep News

My nice red rosy apple
Has a secret midst unseen
You'd see if you could look inside
Five rooms so neat and clean
In each room there lies sleeping
Two seeds so shining bright
Asleep they are and dreaming
Of lovely warm sunlight

These crisp, cool mornings really do feel like Autumn. This week we will begin singing some of our Autumn Harvest songs, ready to share with you at our Autumn Festival on Thursday 25 March.

Castlemaine Steiner School and Kindergarten's fortnightly news

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I am looking forward to our class meeting on Thursday 11 March 7.30pm-9.30pm. My home phone has not been working properly for a few weeks. If you have difficulty contacting me, please leave a message at the office so that I can ring you. I am sorry for any inconvenience; hopefully it will be fixed soon.

Thank you for picking your children up so promptly in the afternoons; it makes it much easier for me to deliver the 'bus' children on time. A reminder that prep begins at 8.45am, please do not arrive before 8.40am (except for children who have travelled on the bus). Please remember sun hats and spare clothes. Soon we will need our slippers.

Love, Heather

Class One News

We are having a lovely time together, learning about letters through fairy stories. Please remember our next class meeting on Tuesday 9 March (after the long weekend) at 7.30pm. See you there!

Love, Anne

Class Two News

Thank you for the well-attended class meeting - it was great to catch up with everyone. I hope together we can begin to understand the children on a deeper level. There are busy times ahead - the craft session with Michael Coles on 12 March will be followed up with a visit to his teepee on 19 March. Further instructions on how to make the hoop for an Indian warrior shield will be handed out this week.

Take care, Dagmar

Class Three News

We have had lots of special changes this year with horticulture, Spanish, Drama games and Instrumental music lessons.

It has been a big start to the year and we are working hard together to keep our class rhythm and harmony strong. This helps us to do all the things we like to do in the best way we can.

Reminder for parents: our class meeting is on Monday 15 March at 7.30pm - an agenda will be out soon.

Warm wishes, Lyn

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Class Four News

Just a quick class meeting reminder as there was a recent note home about the camp. See you at 7.30pm on Thursday 11 March.

Love, Mary

Class Five News

We have finished the India Main Lesson but the epoch is still very much with us. Please pencil in Monday 22 March for a visit to the ashram at Rocklyn.

Look forward to seeing you all at the class meeting tomorrow night where we can discuss next week's camp - I am sending home a note about this tonight with full details.

Love, Rob

Class Six News

Thank you everyone for your fantastic attendance at our Information Evening (100% is hard to beat!) and then again at our barbeque on Friday. What a great evening that was - we should do it every Friday (to quote one of the children).

Next week, off to camp! The weather is wonderful for a paddle steamer trip on the River Murray and we are all really looking forward to it. We have finished the bulk of our work in Geometry and have done some beautiful work about the Odyssey - now for some Australian!

Love and best wishes, Diana

Class Seven News

Thank you to all who attended our class meeting last night, and thank you to Glyn Thomas for his informative talk about our camp to the Arapiles.

We ended our Medieval Main Lesson with a medieval feast, fun and games day today. A lot of beautiful work has been done. We have a calligraphy workshop and visit to the National Gallery on Friday 19 March to extend this work. On 30 April we will be visiting a Raptor Bird sanctuary near Ballarat.

Our next main lesson will be Physiology, looking at the body's main systems - rhythmic, respiratory, nervous and metabolic.

Cheers, Ann

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Class Eight News

Class 8 parents and friends will be filling a large bus to go down and enjoy a performance of 'A Midsummer Night's Dream' in the Botanical Gardens by the Melbourne Shakespeare Company. This is the play that Class 8 will be studying this year and performing at the end of Term 4. See you there!

Please note Class meeting on Wednesday 17 March.

John

Parents & Friends

CRAFT GROUP

Our parents' craft group makes things to sell at the Spring Fair but it is also a fun group to socialise and to share skills in. We will be meeting again on Monday mornings from 9.15am in the Playgroup house. Both beginners and experienced crafters will be very welcome. Lyned Isaac ph 5472 3554

Ride to School - every Thursday!

If you're looking for people to ride to school with, we're going to be doing group rides again to and from school on a Thursday. We'd love you to join us. We leave at 8am from Victory Park. If you have any questions, call Susie on 5470 6303.

JUNKET

Junket is again available! For those too young to know junket, it makes milk easily digestible and is a delicious dessert. info@simplyjunket.com.au or (08) 82449571.

Community News

The content of the following notices does not necessarily reflect the views of the Castlemaine Steiner School and Kindergarten.

ENERGY DRINKS : DOCTORS WARN PARENTS

Red Bull may claim to 'give you wings', but it and other energy drinks can also give school-aged children diarrhea, hyperactivity, dizziness, nausea and an increased heart rate.

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The warning from the Australian Medical Association (AMA) comes after several children were sent home from a western Sydney high school suffering side-effects from consuming energy drinks.

AMA federal vice-president Dr Steve Hambleton says the impact of drinks like Red Bull, Mother and V can be severe on children as they commonly contain caffeine and guarana which can have long term effects on child health. They are energy-dense, nutrient-poor, full of sugar and caffeine and have been banned from school tuckshops.

Dr Hambleton says children run a real risk of becoming addicted to energy drinks. Children and adults who are addicted to caffeine are drinking large quantities of these products; as soon as you stop consuming them, you get a headache and the best way to get rid of that is to have another one, which is a definition of dependency. Young bodies have small body masses. Even one of these drinks will cause behavioural disturbances that teachers recognize, and when the stimulation wears off, children become sleepy and have trouble concentrating.

THE PERCH CREEK FAMILY JUG BAND have recently played a string of festivals including Woodford and Tamworth. They are coming to Melbourne in March to play on Spicks and Specks, and at **Castlemaine's Theatre Royal on Sunday March 14 at 4pm. FREE ENTRY - ALL WELCOME.**

CASTLEMAINE INDEPENDENT

Castlemaine has a new, independent news service online, called Castlemaine Independent. Log on and catch up with some of the latest issues and news, and it's free. Use the Contact form to join the free subscriber list. www.castlemaineindependent.org

WANTED - SECOND HAND BIKE FOR 6 YO BOY - Please ring Arabella 5472 3303

WHO AM I? A 5-week course of enquiry into the nature and essence of ourselves by Sr Nivedita Chaitanya, a Hindu nun with the Chinmaya Mission. Tuesdays 9, 16, 23, 30 March and 6 April, 7.30-9.00pm, Ray Bradfield Room (next to IGA). Cost \$80 for 5 weeks or \$20 per night. Contact Nivedita on 5444 5851.

CASTLEMAINE GIRL GUIDES

All girls welcome! If you are between 6-10 we meet 6-7.30pm on Wednesdays and 11-18 year olds meet 6-8.30pm the same night in the Guide Hall. Ring Julie on 5473 3203.

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CASTLEMAINE GIRL GUIDES GARAGE SALE 13 March 2010. Ring Kathy 5472 1573.

BIODYNAMIC INTRODUCTORY FIELD DAY - Saturday 27 March at 10:00am

At Ballarat Steiner School - single \$60, double \$100, concession \$50 or \$80. Includes lunch, all proceeds to aid the school. Phone Joanna Schiebel 5342 4373 or 0458 223 048.

ORTHO-BIONOMY

I am now available to offer sessions in Castlemaine, Monday and Friday by appointment. Julie Luckman 0407 838 790 or 5472 4091.

ABOUT ORTHO-BIONOMY

Ortho-bionomy is a form of body work that has its origins in Osteopathy. It is a gentle, safe and effective practice which uses comfortable positioning, light touch and relaxing movements to unlock tension, relieve pain, reduce stress and promote postural and structural balance. OB principles and techniques recognise the self-healing, self-regulating capacity of the body, and seeks to facilitate and enhance the basic curative force inherent in each person.

MUMUM - A new online store for maternity, mother and baby products and Steiner dolls imported from Germany. 15% discount to Steiner School parents (use promo code STEINER at checkout). www.mumum.com.au

ADMINISTERING FIRST AID TO CHILDREN UNDER 12 - St Johns will conduct a 1-day First Aid course about the needs of children under 12 if there are 10 or more people interested. Cost \$85. Phone Barb Stanley 5475 2959.

FOR SALE - Two 'as new' single Ikea mattresses and an easy-to-assemble bunk bed \$180 (all up) Pick up in Castlemaine. (mattresses were \$300 each new) Call Jacqui 0411 067 117 or Rob 5472 2988.

FOR SALE - Home-grown, organic garlic for sale: 1 Kg \$25; 500g \$14; 250g \$8. Phone Anne 5470 6439 or 0423 004 092.

IMMORTAL BOOKS DISPLAY - David will have a display of a wide range of books in the Library all day on Wednesday 17 March. All welcome.

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FREE COME AND TRY TABLE TENNIS NIGHT! For all the family - Monday 15 March at 5pm at Camp Reserve, Forest Street. Phone John for details on 5472 3944 after 4pm.

LENT

If you wish to know more about the Lenten tradition of fasting, alms giving and prayer, there is a series of opportunities on Wednesdays at 10.40am at the Anglican Church or on Tuesdays at 5.30pm at a private home. Week 3: Mother Hen - the City the Feminine. Week 4: Coming Home, Belonging. Week 5: Hospitality, Generosity. Week 6: Holy Week : Grounding God's Hospitality in us and in our church. Fr Ken Parker is leading the study. Queries: 5472 1137

Harcourt Applefest is on again this year from 5 - 8 March.

QIGONG

Free Introductory Lecture Tuesday 16th March, 6:45 to 7:45 Pm, Castlemaine Uniting Church Hall

Introducing the Nine Lian Huan Qigong, some of Qigong's history, and experience a meditation for the heart. Everyone welcome.

Ongoing Qigong + Meditation Classes commencing Tuesday 23rd March.

Meditation Class - 'Stillness Meditation'. 7:50 to 8:30 pm. \$100 for 10 consecutive week term, \$15.00 casual Booking is essential to hold your place with these classes

All enquires: Qigong Master David Robinson 0413 087 685

LACROSSE

Starting soon - good exercise, good fun and good skills learnt! Senior Campus (Ettu St) oval, Mondays 4.30-5.30pm, first night free, then \$5/session. Specifically designed for junior players with no contact allowed. For further information, contact John 0401242511 or johndavidwilliamson@hotmail.com (website: www.bendigolacrosse.com)