

TERM 1, Week 8, 25th March 2009

I bear within me peace.
Within myself I bear the forces to make me strong.
With the warmth of these forces I shall be filled with the might of my will.
I shall be saturated and I will feel how peace pours itself through all my being
when through my strivings might I strengthen myself to find peace as strength within me.
Rudolf Steiner

Diary Dates

Swimming Lessons: Monday for Class 3/4, Tuesday Class 1/2, Thursday Class 5/6.

Thur 26th Mar: Class 3/4 *garden working bee* from 9-11am. All welcome, *please come!*

Thu 26th Mar: Choir practice with Hetty from 4:00-5:30pm at school.

Fri 27th Mar: Craft Group Sylvia's house 10am. Please bring lunch to share. Ph 6689-7524

Mon 30th Mar: Building Sub-Committee meeting from 3-5pm. All welcome.

Mon 30th Mar: Board Meeting here at school starting at 5pm. All welcome.

Mon 6th Apr: Parent Group meeting 9:30-11:00am at school. All welcome.

Wed 8th Apr: Kindy Autumn Festival at 1pm. This will be the last day of kindy for the term. Please bring afternoon tea to share. See you there!

Wed 8th Apr: Class 3 NAPLAN Meeting from 3:30-4:30pm.

Wed 8th Apr: Biodynamic Workshop with Brian Keats here at school gathering at 4:30pm and starting at 5pm. Please bring a plate to share.

Thur 9th Apr: Primary School Autumn Festival. There will be a walk in the Border Rangers. Please see attached flier. More details in next week's newsletter.

Term 2 News - Dr Lakshmi will be visiting us early in Term 2. Details to follow.
School Board AGM Wed 20th May.

Term Dates 2009

Term 1: Tuesday 3rd February to Thursday 9th April.

Term 2: Monday 4th May to Friday 3rd July.

Term 3: Monday 27th July to Friday 25th September

Term 4: Monday 19th October to Thursday 17th December.

It has been such a lovely, slow progression from summer to autumn this year after, a long summer that is lingering on the senses like a memorable meal. We notice that the children are playing happily and looking forward to not having to always have a hat on! With the cooler days the waterslide in the primary school has come to an end.

The College had a lovely afternoon tea with Sonja, who has now finished in the kindergarten as a part time assistant, but will still be available for assisting when needed. We welcome Kat to the kindergarten. Kat has returned to the area having worked in recent times at the Darwin Steiner School. She will be working as an assistant in the Kindergarten and will hold the kindy when Simone is away.

We are finalizing the details of our end of term walk in the Border Ranges. Please see the "Autumn Festival" sheet attached to this week's newsletter. More information including times will be in the next week's newsletter.

At our assembly this week Peter told us another story about Michael and the dragon. A whole village of people had to challenge the perilous and destructive dragon. The story exemplified the courage of the townspeople as they gathered all their strength to face such a mighty force. They found themselves in a situation where, in facing the dragon, they saw the truth of the dragon and offered him the chance to create a new solution and undo all the havoc that had been caused in the town. So he turned his claws in the fields to till the earth for the winter planting and he helped wherever he could resolving never to cause such strife again.

College of Teachers

Greetings,

In anticipation of our Autumn festival, the children have been painting Autumn leaves for our invitations. We have been singing about the leaves in their little yellow hats and red shoes as they swirl past the orchards and the pumpkin patch to eventually nestle down on mother earth, creating a lovely autumn blanket.

Over the coming weeks we will be painting and decorating eggs for our Easter tree and baking yummy hot cross buns. What a treat to spend the day in kindy surrounded by such nurturing smells, (the taste is pretty good too!). There are some other lovely surprises planned for the children, with hiding hares to be found.

Festivals and celebration of the seasons are wonderful experiences for the children, creating treasured memories and sensory experiences that connect us to the greater rhythms in life. Simple acts like planting bulbs with the children now, to be harvested in spring are wonderful ways to create rituals, which imbue a child's life with magic and meaning.

Setting up your own little 'Nature Table' at home to place seasonal finds and treasures is a lovely thing to do.

We look forward to sharing our Autumn festival with you on April the 8th at 1pm. Please bring a small offering of food to share, and help us to support the mood by making sure little ones are cared for during the Autumn story.

The children all need jumpers for the cool mornings and spare socks. As the weather gets cooler, covered shoes will be needed. Sandals and thongs cannot provide the warmth needed to support little bodies in their growth.

Also, please send in some plastic bags for wet clothes as we are running out of them at kindy and don't like to make the children's bags wet inside when sending home wet clothes!

Love Simone

We finished our long saga of LETTERLAND. Class 1 was introduced to the CAPI TAL letters of the alphabet through stories and pictures. Class 2 was introduced to the LI TTLE letters of the alphabet through stories, writing and drawing. Their books are bound and ready for you to view whenever you are at school. They are industrious and beautiful.

Continued overleaf...

Our new Main lesson is MATHS: ROCKY MILE STONE for class 1 and IN THE TEMPLE OF MAGIC MULTIPLIER for class 2

Class 1 students are introduced to the magic behind the numbers up to 12 while class 2 students learn everything about Multiplication, in an imaginary way of course.

Today every child was present, which doesn't happen every day. There is great social learning in the bounteous and healthy class which we have! The children teach each other so much and I am only the director. Sometimes they need a bit of encouragement in their social interaction, but most often they help, support and encourage each other. We have been enjoying the beautifully warm, but cooler autumn weather, spending every morning tea and lunchtime outside. The children have been initiating running and catching games, skipping, free play and setting up a healing place in the shady garden around the pond and bird bath.

On Thursday Luke, Murray and Brigitte came to visit from Melbourne while they were at the coast for a friend's wedding. They talked about their experiences at LITTLE YARRA School in Melbourne and I will forward some ideas to the Board and Parent group.

I feel the class and Blossom and I have settled in well and we all enjoy the work and play together. Hettie teaches us new songs every Monday and progresses with making new holes for our bamboo pipes. Thank you Rachel for helping!

Thank you to Sylvia, Jacqui and Fiona for helping in some craft afternoon lessons to support the children with learning how to knit. The first bamboo pipe bags are being finished.

Next week Leanne is making a small woven basket with the children and we need some extra hands on Wednesday and Thursday from 2pm to 2:45pm. We'll use the basket as an Easter 'nest' fitting a coloured boiled egg to take home.

Today we celebrated Zelulah's 8th birthday and Dracilla spoiled us with a healthy birthday cake. YUM! Last year, class 1 students received all the same birthday verse while I still got to know them. I'll use the same verse again for the class 1 students this year. They learn the verse by heart and we speak it at least at every birthday we celebrate. Class 2 students, this year, will receive their own personal verse which helps to give them some guidance throughout the year. I write the verse from my understanding of the child, bringing images containing strength, gifts or abilities they show, as well as any difficulties which every child needs to overcome. I like them to learn their verse by heart so they can speak it throughout the year. It would be very beneficial for them to speak their verse sometimes in the morning or at night when at home.

I am looking forward to our autumn walk and hope you are all able to join us, see information in our College News.

Some parents have been very good with sending absent notes in when their child was away.

Please phone the office for every time your child misses school. I always like to know how they are and also we need the information for our records as part of our obligations for the care and teaching of your child.

TELEVISION-COMPUTER GAMES

I believe I have talked to most parents since my meeting. Some families haven't got a TV in the first place and some have revisited this issue after reading the articles which were sent out. I am hoping that you have agreed to the trial idea as support for the whole class. I suggest the beginning of Term 2 for a month's trial or longer if desired. And remember, this is in the best interest for your child and still a free decision.

If you have any questions or concerns please contact me!!!

Love from Marga

This week is a week of CELEBRATION! We will celebrate Kaleb's 10th birthday, Della's 9th and Sage's last day of school before his Egyptian, Chinese and Indian travel adventure with his family. On Thursday after cooking our cakes for the birthdays we will also prepare pesto pasta for lunch and have a shared picnic for Sage. As this will be a shared meal I would like everyone to prepare something small to share rather than bringing an individual lunch. Our last book monitors for the library time on Wednesdays were Fraser and Gaia whom both did an excellent job. For this block the monitors will be Alkira and Alex. Class 3 begin our ENGLISH lesson titled "THE PUNCTUATION PARADE", an introduction to all those parts of punctuation which make the sentence easier to read. Class 3 is the year of the sentence. This is a development from class 1 (the letter) and class 2 (the word) and class 4 are setting sail with the 9 parts of speech as they adventure on the high seas. During this last block we will also begin in earnest our garden plan, as, the school garden, once a hill of seeding grasses and weeds, has been transformed into a veritable canvas awaiting further transformation of the planting and mulching kind. This has only eventuated due to the enormous efforts of Laurence, a few parents and the class. Thank you to parents from class 3,4 who have been able to come in to put time into the garden and the kindy parent who turned up to help Laurence with the enormous logs last Wednesday!! The logs were meant to take half an hour to extricate from the hillside but took 6 times as long! Another day is planned to fill the beds and set the paths, this Thursday or Friday. Please contact Chrissy, our class coordinator, if you are able to help. We have planted sweet pea seeds and are looking for bulbs to plant for spring. If you have bulbs you would like to thin out and separate -send them along. The children have been improving each week with their swimming ability. Last Monday they continued with freestyle and breaststroke and they learned the stroke for butterfly as well as treading water for 8 minutes. As the saying goes they took to butterfly like a duck to water, well some did and some didn't! We will have our last lesson next week. The money paid for the 9th lesson (if you paid in full) will be kept safely with your child's name for any extra lesson or outing we do next term.

I will be having an information afternoon for class 3 parents/grandparents regarding term two's National Assessment Programme for Literacy and Numeracy (NAPLAN). The meeting will be on Wednesday 5th April from 3:30-4.30pm prior to Brian Keats' talk at school.

Love Simone

The class has just finished their main lesson on 'Descriptive Writing', and we have certainly heard some very entertaining tales in the process. At times the classroom was almost eerily quiet, save for the odd discrete giggle, as the budding authors loosed their pens. The class were treated to stories of discovered golden keys, adventures with unusual and dangerous plants, gold nuggets in old boots, piranha attacks on the Amazon, plus other slightly less dramatic tales. The children all experienced success and an excellent foundation for our future writing has been laid.

We now move into a maths main lesson on 'Fractions, Decimals and Percentages'. This very academic lesson will be brought to life with a rich story that weaves through the concepts to be covered. We also break our main lesson next week for a three-day horse-riding camp at Numinbah Trails, near Natural Arch. This camp culminates the brilliant lessons on natural horsemanship that we have had with Alex (Marga's partner) who has kindly shown the children the 'language of horses' as taught by Pat Parelli. The children have loved it and have been given a gift for life.

The cost for the horse-riding camp is a very reasonable \$210 and this is being paid for from the excursion fees which are a normal part of each term's fee invoice. More to come on camp details later.

Hope to see you all at the end of term Autumn Walk.

Have a great week.

Warm regards

Peter Calkin

A Day in the Life of My Cat

"I was sleeping on a cushion in the sun, curled up on the verandah with Sam beside me. The sun was so nice on my back with my owner sitting next to me, reading a book and gently stroking my fur..."

Sasha

Biodynamic Workshop with Brian Keats

Gathering at 4:30pm and starting at 5pm, Wednesday 8th April here at school, we will have a special group stirring of the preparation 500 and application onto the gardens. There will be a question and answer session afterwards and sharing of food. We will also set a date for the next session to be early in term 2 when we will begin the preparation 500 process with the burying of the cow horns. More details to come next week.

Fee Payments

Bank account details for fee payments are:

BSB 802 222

Acct: 22206296

Name: Rainbow Ridge School

Bank: Summerland Credit Union

Note that all fees should be fully paid by now or arrangements made with the office regarding payment plans. Thanks very much!

Community Notices

We have introduced a section for community news and notices. You are welcome to include your items here.

Regards Cristina, Tony and Helen

Hi everyone, I'm Jacqui (Sylvan's Mum) and I'm taking over from Amanda as parent rep. as she is off adventuring in Egypt and China. We wish her a wonderful journey and send her our heart felt thanks for all the effort she has put in as our parent rep. on the Board over the last year.

Our last Parent Group meeting was held on Friday 20th with a good turn out and lots to discuss.

Firstly thanks to all those who returned the "Parent Survey" forms. There was an overwhelming vote of confidence in the way the school is going at the moment and some great constructive input as to things that could enhance it even further, which will be discussed and introduced where possible. For those who haven't returned the forms yet and still wish to, there is no deadline so bring them in as you find the time as it all helps the school to gauge its performance.

As you will have read in the last newsletter the school is applying for some sizable grants from the Commonwealth Government. These are to be used for building and refurbishment NOT equipment. So if anyone has any suggestions to add to the list please let me know before March 30th so I can take it to the Building Sub-Committee meeting.

We also have some fundraising money to spend and would welcome suggestions from parents and staff. Already on the wish list are: sporting equipment - gym mats, musical instruments, ceiling fans and shade screens for classrooms, kitchen equipment, solar lights for pathways. Let me know if you can think of anything more.

The school dinner held last month was a great success. Many thanks to Peter and the musicians for all the great dances we learnt and giggled through. The food was delicious and the sense of community strong and embracing. We plan to hold one every term.

We also discussed the need to promote the school within the wider community. It was mentioned that the Nimbin Neighbourhood Centre would welcome any parent who would be willing to come and share their experience of the school with new parents and to give some outline of the school's philosophies. Some pre-schools in the area have also mentioned that they would like more information on the school to give to their parents. This, we are thinking, can be done with information packages but talks are probably more informative. We are considering holding a stall at the Nimbin Markets with the primary aim of supplying information and demystifying the Steiner philosophies.

It was mentioned that parents are asking how to maintain the flow of the school at home and a book was recommended by a couple of parents called "7 X the Sun" about the rhythms in the day. We may have it in the library.

The next Parent Group meeting will be held on Monday April 6, 9.30 - 11.30am, please come if you can. This will be the last one for the term.

That's all for now,

my contact no. is 6689 7111
or you can email me ; hjacqs@dodo.com.au

Thanks Jacqui

Autumn Festival - Michaelmas

It has been a tradition at Rainbow Ridge School to take the primary school and community on a walk into one of our beautiful surrounding National parks as a part of our Autumn festival. Since traditions often don't make sense to newcomers and it is good to evaluate what we do and why we do it. Rudolf Steiner speaks at length about the cycle of the seasons and how there is, within human beings, a reflection of the changes that take place from season to season. In the heights of summer, when the earth's forces are out in fruit and flower and flight it is easy for us to 'lose ourselves' to the sense's shine, the warmth and light and colour out in the world. As the Autumn coolness and mists draw in we begin to regain our awareness and start to notice our surroundings with more clarity. Then, as the forces of the earth withdraw inward, leaving the branches of some trees bare, and the cold and darkness of winter descends, so too does our awareness come closer and closer to ourselves, awakening as inner life, inner soul-life. Then, breaking free from winter's grasp, the growth and expansion of Spring leads our awareness outwards once more and the cycle begins again.

Hence, Autumn is a 'coming-in' time, when we begin to notice our surroundings and this is the reason why we choose to take a walk through nature.

Autumn is also the turning point where we say farewell to the warmth and light and turn to face the cold and dark. To do so requires a degree of inner courage. The image of St Michael confronting the dragon depicts this Autumn mood. The long walk requires a certain steadfastness and courage from the children and creates a fitting mood for the festival. Being in the National Park is significant in itself and we remember the courage and perseverance of those people who poured their efforts into saving and protecting them from destruction and utilisation. How can we still perceive the soul forces of our natural environment if there is no nature left?

And so, we invite all members of our community to come with us, as we awaken to Autumn, and stir the embers of courage in our hearts, to accompany us on a walk at 'Sheep Station Creek', the Rosewood walk, in the Border Ranges and finish with a feast of food, song and dance.

To organise the driving please fill in this form and return it as soon as possible.

Name:

Our family will attend with _____ people (including the student)

I can take a car: Yes No

I have _____ spare seats for other children.

I will come to school first on Thursday morning to leave at 9:10am to drive to Sheep Station Creek: Yes No

I will meet up with everybody at Sheep Station Creek at 10:15am: Yes No

Community Notices

Nimbin Headers Soccer Club desperately needs players for the following grades: 13s, 12s, 11s, 10s, 7s & 6s. If you're interested in joining come to training at the grounds on Thursday afternoon from 4pm.

Family Fun Day will be this Sunday, 28th March, from 1pm. The canteen will be open and we'll play some soccer."

Simone Rutley
ph. 66 897 142

DO YOU WANT TO ?

GET FIT, LOSE WEIGHT, TONE UP, FEEL GREAT!
That's where I come in!!

I'm a Fitness Australia Registered Fitness Professional and my qualifications are;

- Personal Trainer
- Aqua Instructor
- Gym Instructor
- Group Instructor-Freestyle
- Thump Training Systems-'boxing for fitness' Advanced Instructor
- Australian Red Cross Senior First Aid Certificate
- Fitness Instructors;Public Liability/Professional Indemnity Insurance

I would like to start classes in April at;

Hangin' Rock Hall on Mon & Wed evenings

\$10.00 for 2 classes, gold coin for the Hall

There will be a variety of classes to suit all levels of fitness;

- circuit, core training
- boxercise, cardio
- power bar, resistance
- boot camp, flexibility
- indoor/outdoor, balance
- bums & tums, fun

If you would like to have some fun and get fit & healthy please phone Sharron
0432 412 058

Morning classes if interest shown.