

TERM 1, Week 9, 31st March 2009

This is the harvest that my hands have garnered
Slowly and patiently through the years:
A globe of wisdom plucked from high branches,
A cluster of courage gathered through tears,
Bright berries of laughter tangled with brambles,
humility gained from the bitterest fruit -
The years have yielded a bountiful harvest,
and tangy and sweet is my hoarded loot.

Grace Noll Crowell

Diary Dates

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

Thu 2nd Apr: Class 3/4 *garden working bee* from 9-11am. We've completed half of the garden. Please help to complete the job. All welcome, *please come!*

Thu 2nd Apr: Choir practice with Hetty from 4:00-5:30pm at school.

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 for 5pm start. Please bring a plate to share & container for some 500 to take home with you.

Thur 9th Apr: Primary School Autumn Festival. There will be a walk in the Border Rangers along the Rosewood Walk. There is a flier & additional information attached to this week's newsletter. We'll try to include a map next week.

Wed 29th Apr to 10th May: Dr Lakshmi visit. Please call school (6689-7033) or Cristina (6633-7045) for a consultation appointment with Dr Lakshmi.

Term 2 News - 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.

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.

Lost Property

Please come to school to check the lost property basket before the end of term. You might find something of yours there!

Regards Cristina, Tony and Helen

Just a reminder that the last Parent Group meeting for the term will be held this coming Monday April 6, 9.30am - 11.30am. We will be discussing the plans for the proposed building extensions and refurbishment and answering the questions that I took to the Board on your behalf. If you have anything you would like to discuss, any suggestions to make, please bring them to these meetings and then I can liaise with the relevant bodies and share the info.

Our aim in setting up the Parent Group is to assist the school in whatever way we can, to share our valuable ideas with the school and to liaise between parents, the Board, the College of Teachers and staff to make communication more efficient all round.

Please join us

Jacqui

my contact no. is 6689 7111

or you can email me ; hijacqs@dodo.com.au

Thanks Jacqui

Sheepstation Creek camping ground and walks

Wheelchair access: medium

You'll find wheelchair-accessible picnic facilities and toilets here.

The Rosewood Loop, Palm Forest Loop and Booyong Walking Track system start here. Firewood collection within the park is not permitted. Please bring your own firewood.

Getting there: The campground is just off the Tweed Range Scenic Drive. Follow the Kyogle Road west to Lillian Rock, which is a locality, not a town. At Lillian Rock turn west onto Williams Rd and then west onto Creegan Road. From here the park is signposted.

Access roads and campsites beyond the camping area are not suitable for caravans, and caravans and buses must not enter the park via the eastern or Lillian Rock entry.

Facilities: picnic tables, wood barbecues, non-flush toilets

Water supply: Water is unsuitable for drinking.

Rosewood Loop Walk

About one-third of the way along the Booyong Walk you'll see signs for the Rosewood Loop. If you start this loop from the southern or Sheepstation Creek end, you will travel down to a creek past young, dense rainforest regrowth. You can take a swim here but be warned that even in summer these waters are cold.

Just beyond the creek you pass through a stand of strangler figs and enter an area of old growth flooded gum. The Rosewood Loop is known for its mature specimens of rosewood and white beech, both elegant timber species.

The Rosewood Loop and Booyong Walk will reward patient birdwatchers. Rainforest fruit-doves, bowerbirds and many smaller rainforest birds are common along these tracks.

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 sun'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

Home Required

Family of 3 would like a home near school. Eco friendly with garden preferred. Please contact Amber ph6689-7425 or email ambaji@care2.com

Yoga Classes

Hari Om,

Yoga classes have begun at Rainbow Ridge on Monday afternoons 3:30-5pm in the Music Room.

Classes include

Yoga Nidra – conscious relaxation

Pranayama – breathing techniques

Asana – P.M.A Series designed for beginners to advanced (aimed at releasing energy blocks throughout the physical and energetic body)

Shatkarmas – purification processes (including meditation practices)

Please call Tanya on 6689-7566 if you wish to attend

Cost \$8 (\$5 class & \$3 school contribution) Classes held in gentle nurturing non-competitive environment.

Lilyfield Garage Sale

Saturday 4th April from 9am.

4505 Kyogle Rd, Wadeville – next to Barkers Vale School

You are invited to a sale of children's clothing, toys, crafts, jewellery, bits and bobs, the pre-loved, the unneeded.

Come One – Come All

Tea, Coffee, Cakes etc available

This event is also a chance for us to raise some funds to assist with maintaining our community centre.