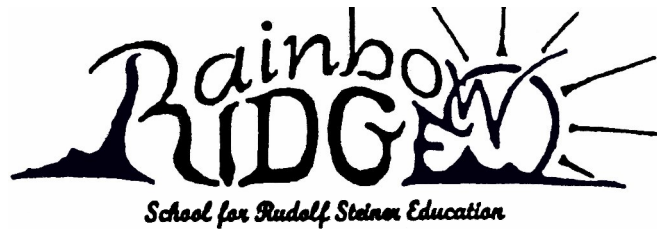


NEWSLETTER



TERM 1, Week 10, 7th April 2009

THINK WISELY,
Speak well,
Stand upright -
And Michaël will lead me
From darkness to light.

W.O. Field

Diary Dates

Diary Dates

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. Note home on Wednesday and a normal school day on Thursday if the walk is cancelled.

Thu 9th Apr: Choir practice with Hetty from 4:00-5:30pm at school.

Fri 1st May: Set up day at school 9:30-1pm followed by a shared lunch. Please come to help in your classroom!

Mon 4th May: First day for term 2!

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 and Micheal.

Wed 20th May: School Board AGM.

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.

Heartfelt apologies to any parents who were inconvenienced by the Friday flood contingency. As it turned out there was only minor flooding. However with the recent flooding on the mid-coast and continuing rain a decision was made. We plan to review our current flood plan policy so that children whose parents are unable to pick them up can be cared for or an alternative arrangement can be found to support working parents.

Peter's story at this week's assembly was about the young children, Rowan and Jesse, who were in last week's story. This time however, they talked about what they loved about Easter time; the sweet goodness of the Easter eggs and what these meant for them both, and the autumn forest walk their families always went on with the accompanying descriptions of forest beauty, elves, yabbies and forest discoveries.

The holidays are fast approaching and the children are thinking about their holidays, Easter eggs, the reverent kindy Autumn festival and in the primary school - the Autumn forest walk from Sheepstation Creek camping ground on the Border Ranges.

AUTUMN WALK

The times for the walk are as follows:

9.10am Bus Departing School (private cars make their own way to the meeting point).

10.10am Meet at the **Sheepstation Creek Camping Ground** at the covered Fireplace and barbecue area where share food will be left for those setting up the lunch.

10.10-10.25am Talk from Jen (Indi's mum) who is a National Park's and Wildlife Ranger

10.30am Set off together on the Rosewood Loop walk (6km walk).

1.00pm Hot Soup and shared lunch followed by autumn songs around the fire.

2.00pm Bus returning to school for children who need to meet the afternoon buses.

Please wear suitable clothing for wet weather. A bottle of water is essential and a spare pair of socks, woolen hat and a plastic cover for backpacks might be useful. If you usually require insect repellent then bring it too!

***If the weather is going to be wet we will send a notice of CANCELLATION home on Wednesday afternoon. Thursday would then be a normal, at school day. If your child is not at school on Wednesday you can phone the office to confirm the day's arrangement. We will then share lunch and songs with parents, details to come on the notice.**

The Rudd government has offered all schools the possibility to apply for a number of building and refurbishment grants. These grants are not competitive, but do need to be implemented within the next 6 months. The building committee, board members, parent group and teachers have put forward suggestions for the different applications. The first project - a much needed bigger office space will begin immediately. As will the concreting of pathways and another handball court, The next stage will be the hall and auxiliary buildings the details of which are currently being 'nuttled out ' by the various bodies including Laurence and an architect from the Independent Schools Association. This growth is really a positive sign for our school and something to really appreciate as well as a being a significant challenge for Laurence and our administrative staff.

As this is the last newsletter for the term the College of Teachers would like to wish you a peaceful Easter. We hope you find some time for personal and family contemplation. Have a restful and enjoyable holiday break. The set up day will be on Friday the 1st of May. We hope to see a large turnout as 'many hands make light work!' Term 2 resumes on Monday 4th May.

College of Teachers

Greetings,

It's hard to believe our first term has come to the end! It is always such a big one for the children and families, with new beginnings and so much to absorb and integrate. The children have done wonderfully in finding their way, and will continue to unfold and reveal as the year progresses. I thank the families for your honesty in communication in supporting myself, and the children on this journey.

The last couple of weeks have been so nourishing and lovely as we bake hot cross buns, paint eggs and search for hidden hares with lovely boiled eggs in their bellies - such a yummy afternoon tea! We so look forward to sharing our Autumn Festival with you. A big thankyou, to the sewing fairies for all your stitching. On a practical note, one of our children has experienced school sores this term. We've been told that the bacteria can be present in sand. So it is best to keep any open sores or scratches covered when attending school.

Have a nourishing and restful break.

Love Simone, Robyn, Alenya and Kat

This week we have a number of news items, the first being the celebration of Fraser's 10th birthday tomorrow. We will be baking an apple pie. This will be the 6th recipe to go into our book. We will complete our English language block, our calendars for 2010, the class 4 copper pictures and the class 3 sawn wood project of a native animal. Tomorrow the class will be singing our seasonal songs to elderly residents at the aged care facility in Kyogle. Please wear something colourful to add to the joy of sharing. We will dye our eggs tomorrow also, when we return from Kyogle. Don't worry about the clothes! The dyes are in sealed bags. The eggs will go home in their beautiful natural fibre and feather basket. A big thank-you to Tina (Gypsy's mum) who came in last week to teach the children the basket making technique. Another big thank you to the unstoppable-three Chrissy, Kim and Amber who worked in the rain to get the hard work completed on the garden bed. We now have a winter bed ready and with the idyllic planting weather and the biodynamic preparation 500 on its way, we will see the potatoes and leeks planted before Easter! As we will not be here for library time children can return their books to the office in the morning. A reminder to **class 3 parents** regarding the NAPLAN information afternoon meeting (see diary dates).

I wish all families a wonderful Easter and holiday break. Find time to reflect and appreciate each other and all peoples. I look forward to seeing many helping hands on the set up day. Thank you to Helen and family for looking after the fish over the break.

Take care and lots of love Simone.

'There I was, standing in front of him, the most beautiful horse I'd ever seen, his coat of velvet shining in the sun. I went up to him. He nudged me. He was the one, I was certain of it. I looked at his face and saw that he only had one eye. His name was Murphy.' By Cedar Little
As you can tell from the Cedar's description of meeting her horse, the camp was a rich experience for all involved. Even with the rainy weather sending us home early it was still a wonderful and memorable time. Just seeing the children packing up their tents and gear out in the teeming rain, some wearing their swimmers, but all in good spirits was a sight well worth seeing.

The camp had 40 horses in their stables and the children were able to get really involved; brushing, cleaning hooves, removing 'bott eggs', saddling as well as lessons and trail rides. We even had the good fortune to see a farrier at work, complete with his forge and anvil, 'hot-shoeing' the horses and cleaning out an abscess from one poor horse's hoof, a fascinating though smelly process. We were all surprised to hear that bread and sugar makes the best poultice. We are all horse-crazy now and desperate to go riding again. Maybe a shortened version of the camp next term?

Continued overleaf...

Coming back to school after such a rich time away is always a little tricky but the children are enjoying writing and drawing about their experiences. We are all looking forward to the holidays.

Over the break it would be good to remind the children to read some good books. I am sure horse books would be popular at present. We have had a taste of Black Beauty, but there are many others, The Black Stallion, Riding Freedom for example. The odd times table and spelling question is useful to keep things ticking over as well. Thanks for all your great support over the term. Wishing you all a safe and relaxing holiday.

Lots of love Peter

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!

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

Sheepstation Creek camping ground and walks

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

Nimbin Headers Soccer Club

Training for juniors will be Thursday afternoons, 4:15pm, at the grounds. No training during school holidays.

The rescheduled 'Family Fun Day'

This will be on Saturday the 18th of April from 10am to 1pm. There will games for the kids, canteen will be open and information about what to expect from the season."

Thankyou
Simone Rutley

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.
