The Golden Quill

News from the School Coordinator

It is now officially winter and a good time for phlegmatics to ensure they have a good book, a warm fire and some soup gently cooking. Sanguines on the other hand would possibly relish winter because they can organise those social gatherings that no-one had time for earlier in the year – especially a winter ball. And that only leaves the melancholics to complain about how cold they are and the choleric outside in the rain trying to finish off the jobs the others never quite seem to get around to. Thank you Sean Burke for your entertaining insights into the temperaments. If you are part of the community who missed him, I believe he will be back for Festival of Voice next year and therefore available for speaking to the community on a variety of topics.

This time of year reminds me of my work in a Norwegian kindergarten. In our village the first snow usually arrived in early October and it often had to be swept away from the memorial in time for Norway’s national day in mid-May. That’s eight months of sub-zero overnight temperatures and an expected low every winter below -25°C! Even so, every kindergarten child was outside – every day – for one to two hours. They were dressed as Michelin men but they loved the snow. As staff, we froze while we constantly replaced abandoned gloves and dreaded being asked to help when they had to go to the toilet. But it was wonderful to see how they played in it, just like Denmark children play in the sand on warm summer days. It took me a long time to work out why they had so much pleasure in the cold but in the end I believe their tolerance changed to desperate tears as soon as they got wet. Snow below about -5°C is quite dry and so is the air. If these children had quality layers of protection – against getting wet – they were as comfortable running around outside as inside.
I think it is easier to have a healthy respect for cold when it is so extreme. Here in Denmark’s winters it is rare to experience a frost, but temperatures are cold enough to be a concern, especially when mixed with rain and high humidity. This humidity against bare skin has the same action as sweating on a hot summer’s day and means that it is very easy to get very cold in a Denmark winter. It is my observation that many children (particularly those with a sanguine tendency) in Denmark have difficulty understanding the need to stop what they are doing and get properly dressed. But this is an important lesson.

Our bodies are able to naturally lower the amount of blood circulating in our extremities to preserve our central core’s warmth – and hence improve our survival chances when we get really cold. But in our everyday world, it is more important for our long term health to avoid this by keeping a healthy blood circulation continuing to reach our extremities. From an Anthroposophical point of view too, our Egos (our higher selves as opposed to our egos) rely on warmth penetrating every part of our bodies to promote optimum development towards being a whole human being. From this point of view, it is doubly important that we keep our children warmly dressed with minimised bare or wet skin during our Denmark winters.

It does beg the question about building resilience. Resilience is our ability to grit our teeth and achieve results even when we hate the conditions we find ourselves in. Surely, if we are to build toughness in our children, we need to start early – and what better way than letting them be in the real world. However, in Steiner schools we are seeking to help human beings gain these qualities out of themselves. The world has plenty of people living up to others’ expectations and Hollywood does an excellent job of dramatising these expectations. On close observation we discover that our independent, emotional response to stimuli is only developed while we are teenagers. Before this, we are mimicking, as closely as we are able, the resilience we see in the significant adults around us.

If we really want our children to be resilient as adults, the phlegmatics amongst us need to be outside in the rain helping the choleric because choleric doesn’t always watch what they are doing, the sanguines need to get the phlegmatics out exercising for their health, the melancholics need to be helping the sanguines organise that winter ball, because sanguines are often lousy with detail and the choleric need to get the melancholics outside to admire the beauty of a tempestuous, rainswept seashore.

We will then notice how resilience becomes a habit in our children through “osmosis” and later, as an adult, our children can take on the consequences (both good and bad) of adopting this as a life-long pursuit – in freedom.

Robert Gillman

---

**Calendar of the Soul—Week 34**

_Mysteriously, my being is resurrected._
_And I feel within myself all that I have preserved from the past--- alive again!_

**Awakening cosmic forces shall pour into my life’s outer deeds!**

_And, evolving, these forces shall stamp me onto existence._
Busy Bee last Saturday, 14th June 2014

A huge thank you to those that made it to the busy bee. Again, it was a great response from the kindy parents, excellent work. The kindergarten is looking wonderful!!!

I know time commitments are difficult for many on Saturday morning (e.g. sporting events), but this busy bee turn-out was very disappointing. For those who could not make it, feel free to contact the school office to help out in your own time. There are many windows to be washed, especially Cl.6/7. Please contact the office if you can do this. It’s a requirement of your Parent Involvement hours to attend at least two busy bees a year— if you haven’t attended yet, please write the next two busy bee dates in your calendars and diaries now: Sat. 13th Sept. and Sat. 29th November, from 8.30am to 12.30pm.

Thank you, Richard Dunn (Grounds person)

News from P&F

Please read this carefully!

Winter Festival, 19th of June 2014, 5pm to 7pm

Spiral Walk

Parents have a chance to walk the Winter Festival Spiral from 8.30am to 9.30am on Thursday the 19th of June. There is a further timeslot for playgroup age children and their parents to walk from 9.30 to 10am. The classes will then walk the spiral until 2.30pm.

There is one more timeslot from 3pm to 3.30pm to walk the spiral for parents and students from other schools.

At 3.30pm the Spiral will be dismantled in readiness for the Winter Festival in the evening.

Lantern Walk

Please bring in any spare lanterns (labelled) you have to contribute to the lantern walk. These can be dropped off at the office. We need volunteers to help set up—please muster at the hall from 2pm on Thursday 19th June.

Bonfire

Please bring in any wood to contribute for the bonfire by the oval. Please contact Conrad Kenyon on 9848 3999 if you would like to help set up the bonfire.

Soup and Crumble

Everyone needs to bring labelled soup cups and spoons to the festival. Could each family please contribute the following food:

- A pot of pumpkin soup: class 1, 2, 6/7
- A loaf of healthy bread: class 4/5
- A tray of apple crumble: class 3

Thank you ever so much for all of your contributions!

Your P&F Team

Please arrive early for the Winter Festival, as Regi’s music students will begin the Winter Festival at 4.45pm by playing music in front of the hall before the story. Come and support our budding musicians!

Families wishing to continue celebrations around the bonfire are welcome to stay for some singing and music for a little longer, ‘til 8 or 8.30pm.

Please bring your instruments.

Teachers will have finished their amazing job and will leave the festival at 7pm. Parents who stay on need to actively supervise their children (who will be excited, and it will be dark!)

Also, P&F ask that all clearing up is completed before returning to the bonfire. Please respect these needs if you wish to stay on.
News from Playgroup

Last week, 10 Playgroup children and their parents visited Christine, Sophia and the kindy children for a morning at Silver Birch Kindergarten.

As we walked over to the kindy, we popped in to visit Chrystal's Cl.3 to watch the children enjoying their main lesson. At Silver Birch we had a play and joined in for a morning tea of bread and fruit. It was a busy morning, out of the normal routine for the Playgroup and kindy children, so thank you to Christine and Sophia for accommodating all the extra children and adults!

We welcomed in some new families to Playgroup last week; it is nice to have some new faces and growing numbers.

We have planted some seeds in the Playgroup garden, told stories about how gardens grow and taken some seeds home to plant. Hopefully we will see them sprout up in the next few weeks.

The Early Childhood Winter Festival is coming up on Thursday the 26th of June. Playgroup families are warmly invited to come along and share in the fun and magic of the evening. Details are on the small handouts in Playgroup.

We look forward to seeing you all there.

Warmly, Jade, Clare and Theda

News from Karri Kindergarten

By now you would have received the Early Childhood Winter Festival newsletter. Please look out for more lantern ideas which will be coming home with your child this week. We are collecting firewood in readiness for the festival, please let one of the staff know if you will be able to build the fire beforehand.

If you would like to bring along a plate of food on the night, please write your name and what you are providing on the list provided on the noticeboard. A very warm thank you to the parents who were able to attend the busy bee on Saturday morning, our windows are sparkling clean and the grounds are looking well cared for with a layer of mulch covering most of the sandy areas of our kindergarten playground. Thanks so much to all of you who help out in so many ways, including doing laundry, and sewing at home. I don't always remember to personally express my thanks, but all you do is very much appreciated!

During the last two weeks of term I invite each child's parents to attend a parent/teacher conference. This is an opportunity to have a conversation about your child's progress during the first semester, to share their achievements and discuss any concerns. Please put your name next to a time on the roster provided on the noticeboard this week.

Warm wishes, Denise

Parents Singing Group

Mondays 9am-10am

This is a lovely, heart-warming way to start the week. We are a fun and supportive group. No experience necessary, just bring your voice.
Hello everyone,

Our final main lesson for the term is on the numbers 10 – 24 and we are looking at different ways to re-group them. We work from the whole to the parts. For example, 24 is 10 and 14, or a farmer has 24 oranges and 4 buckets, how many oranges will share equally into each bucket? Or even, a young girl picked 16 oranges and put them into a bucket, when she got home there were only 10 left, how many did she lose on the way? We have also been practising counting to 100 by 1s, 2s, 5s and 10s.

After three workshops to make them and a big day of stringing, Cl.1 now has a fantastic set of lyres. At the parent meeting on Saturday Theresa will show us some tips on how to play them. If anyone would like to have further lessons, please speak to Theresa on the day. We are still missing two lyre tuners so please check to see if you have got a spare one.

It is important that all families attend the parent meeting as it is a great way to share information, ideas and suggestions and to learn more about the school, curriculum and class you have chosen for your child. The meeting will be from 10 – 11:30 on Saturday 21st June in the Cl.1 room. I will be going through some morning circle activities, Theresa will show us how to play the lyre (so please bring yours with you) and I have another activity for which I would like you to bring something from nature that represents your child. If anyone knows of someone who would be willing to mind the children during that time, please let me know.

A huge thank you to all Cl.1 parents for sending their children with wonderfully healthy lunchboxes. I am constantly amazed at the delicious homemade/home grown food that the children eat with such enthusiasm.

I will be away in week 10 and the class will be well looked after by Emily in my absence.

Please ensure your children are wearing enough clothes to keep them warm. Until they turn 9 children are not able to regulate their temperature and it is up to their parents to make sure they stay warm. I have had children tell me they are warm when their hands are like ice. Children who do not have adequate clothing will need to stay inside during recess and lunch.

Cheers, Karen
News from Class 2

Cl.2 have been enjoying their pixie story, learning about the place value of numbers, along with the following poem:

“I love collecting precious red stones.
I pile them up ‘til my carpet groans.
So then I put them in my three shelves
with the help of my pixies and my elves.
Less than ten stones they stand side by side.
Exactly ten stones in the blue bags they hide.
A hundred stones, that is, ten bags of tens stones, my task is...

One Friday, we had a lovely morning collecting our precious stones down by the river/forest and doing our maths on small black boards in nature.

Another Thursday afternoon, after reciting our poem, we had a lot of fun being ‘a bag of ten’ in my double sleeping bag! Yes, we did fall over several times and yes we did get squashed! ;) It was worth it though, it was a great group activity to share.

I have also had the pleasure of visiting Xavier’s home; sharing yummy cake and tea with his family, checking out his veggie patch, climbing the newly fallen tree and screaming as I jumped off the water tower and swung on his tree rope swing in the pouring rain! Thanks for the fun, it was lovely to visit. More home visit invitations are welcome. Thank you for contacting myself or Silva to organise the day/time (Monday and Wednesday is best). One-on-one parent/teacher interviews are coming up soon, I have a sheet outside the classroom for you to add your name.

Warm regards, Sonja Poelchow

News from Class 3

Kia Ora koutou katoa (hello everyone),

We have had a great time (pun intended) with our handmade clocks in Cl. 3. We have used these during time games, and also to help us work out the time during main lesson. Cl. 3 have even started learning how to tell the time in Japanese. Next week we will be focusing on reading calendars and other concepts of time.

During literacy practice lessons we are busy writing our own creation stories. These are imaginative stories about how the world began, according to us. Cl. 3 love sharing their stories with each other. I am blown away (but not surprised) at the level of creativity in these stories. Our focus during creative writing is on using ‘adverbs’ and ‘adjectives’ to make our stories more interesting.

We have begun our lanterns for the lantern walk this Thursday (perhaps my favourite event of all the festivals). Thank you to all the behind the scenes parent helpers! You are amazing! I hope to see you all at the Winter Festival.

Warmest wishes, Chrystal
**News from Class 4/5**

Cl. 4/5 continues to be a hive of learning and activity. We have just concluded a Maths Main Lesson where we followed the story of the children of Nullambimbi Steiner School and their struggle to find an impartial judge to referee their sporting games at recess. It was eventually decided, much to Claire’s disappointment, that Travis should be the judge. He was undisputedly the best at Maths in the class and Maths was considered to be the fairest and most straightforward subject. In order to sort out teams and to allocate the correct number of points, Travis had to instruct his fellow students in Place Value, Prime and Composite numbers, Long Division and Reverse Checking. Eventually even Claire was convinced!

We now begin studying the life of Sir Richard Porter, celebrated English writer in our Language Main Lesson. We have begun with book reviews, being careful to not make the mistakes Richard did in his youth. In his first book review he started by giving away the ending!

In weeks 9 and 10 I will be hosting parent interviews after school. These interviews are a chance to talk about your child's progress in school and for me to hand over their Semester 2 Report. A note was sent home asking parents to book a time by writing their names on the timetable sheet outside the classroom. If you have not done so yet, please be sure to book in a time. Alex

**News from Class 6/7**

Hi everyone,

This year the senior class will be playing winter recorder tunes throughout the lantern walk at the Winter Festival (to be held this Thursday 19th June). This will be partly to create an air of silence, calm and reverence and to help younger ones resist the temptation to chat. However, many Class 6/7 students soon realised they would have no hands free to carry their own lantern! The class managed to put their heads together and we have decided to use tiny little jars wired to our recorders - so a new look for us at this year's lantern walk!

We are now heading into our last week of Human Physiology and are currently looking at how our fascinating nervous systems work. Did you know that apparently there are more nerve cells in our brain than there are stars in the Milky Way? We will be looking at the human reproductive system next, before moving onto a Physics main lesson next week.

The parent-teacher meeting chart has been posted on the classroom door. Please pop over to the classroom to write down your name next to a time that is suitable for you. There are still many spots free! Reports will go out during the last fortnight of term. For parents that have scheduled an interview during the last fortnight of term, I will be giving your child's report to you at the meeting.

Please be aware that I have lost my phone so am no longer contactable on my previous number. E-mail is probably the best way to get in touch with me if you have an issue you would like to discuss. Hope to see you all at the Winter Festival this Thursday! Regards, Eliza Allan
Kwoorabup Market News

The Markets continue to offer the freshest local food in town, as well as a great way to wind down into the weekend.

I love Saturday mornings after the market when I sit down to a leisurely breakfast of seasonal fruits (most recently paw paws and persimmons) and homemade goodies (delicious breads and kefir).

And, the weekend’s fare is always inspired by whatever local produce was on offer.

The market also offers a wonderful showcase of, and opportunity to enjoy, the talents of our school community

Musicians- This term we’ve heard Christina (Maia and Ashling’s mum), The Uk’n Bros: David (Katherine and Lauren’s dad), Emil and his dad, John. Next week Susan, Cl. 6 Molly’s Mum, promoting her new CD.

Budding entrepreneurs- Maya (Cl.3) and Lily (Cl.5) were busy offering face painting, bliss balls, and recycled toys. There was also an impromptu flower stall.

Nurturers- Belinda and Emma who are doing a great job with the Golden Hill Afternoon Tea Stall.

Growers - Theda’s fruit, Shipleys meat, Gavin’s honey, Kristi’s bread.

There’s still plenty of opportunities if you want to get involved, in any way. The Kwoorabup Community Markets is one of our Schools gifts to the community and it is great to see it being enjoyed by so many. See you at the markets!

MISSING FOOD PROCESSOR

It has come to our attention that the Sunbeam food processor from the Hall kitchen has gone missing. Class 6/7 was hoping to make use of it for some winter soups! If you know of it’s whereabouts, please inform a staff member.

A happy shopper; Christina Cairns busking; Kids’ stall; Theda selling biodynamic goodies
Advertisements  
Disclaimer: the articles, advertisements and community notices in this newsletter are provided as a service to the school community. The carrying of an article, advertisement or community notice does not imply endorsement by Golden Hill Steiner School.

Thank you to all our customers who have shared wonderful conversations and enquiring questions and who have given us endless support and encouragement while delightfully participating in the warmth that has been The Honeyclock. As we close our doors this Saturday, and shed many many tears, we ray out warm shining light from our shop to you all. May it shine brightly in each and everyone of you and ray out from you to others, just as it did at The Honeyclock.

Keep your lights shining and your warmth glowing and always remember ‘honey time’.

With huge gratitude, hugs of thanks and years of beautiful memories, goodbye to you all, thankfully Sharon

PS: Where to go now for

Toys: Fun, Form & Function in Mosman Park (they ave a touch of some of what we had) or online at Honeybee Toys www.honeybeetoys.com.au

Books; Rudolf Steiner Book Centre, Sydney - they will post and have an online store as well www.rudolfsteinerbookcentre.com.au

Sonett & Dr H: I will be helping a friend set up a bakery in George Street, East Fremantle, and we will be selling these brands when we open in Spring, but until then you can get Dr H from David Jones in Claremont or Perth and both Sonett and Dr H online from www.helioshealth.com.au

The Honeyclock, Shop 7, 3 La Fayette Blvd, Bibra Lake WA 6163 (08) 9434 1944, info@honeyclock.com.au www.honeyclock.com.au

From the Office

The new entrance and exit to the school are now complete—please remember that the entrance is by the hall, and the exit is the one closer to town. We’ve had a few near misses with people turning in the old entrance out of habit. Please follow the signs!

We are also asking you to slow down in the school zone and car park. Please respect the disabled car parking bay by the kindergarten, as this is used by one of the parents. Also—please remember to back into the car park, this is a much safer option with little children running to their parents at pick-up time. Please don’t use the empty disabled car-park to turn around, especially with tall 4WDs the sightlines are not sufficient to see little children on the path.

Please note once more that rainbow looms and plastic animal shaped elastic bands are banned at school. Please make sure the children keep those items at home.

If anyone would like to spend a few hours collecting PI hours by washing the office windows, I will be eternally grateful!

Thank you! Silvia

Dip. Conservation & Land Management  
Cert. Ill Horticulture  
Cert. IV Training & Assessment  
Phone Carl: 0422 512 717 or  
E-mail: dousy@hotmail.com

Looking for a House  
Looking for a long term rental - out of town property.  
Family of six - excellent tenants, Ph: 9840 9845

Go to:  
www.naturesnest.com.au  
for quality Steiner inspired toys and children’s clothes  
(Denmark business owned by Kylie Collyer)

For Sale

Q-size wooden bed frame  
Q-size mattress (firm)  
2x Bedside Tables  
1x Tallboy drawers.  
Sold as a set.  
Please ph: 0408 122 515

Challenge of the feminine... Women’s group 2014

Yaari Self is running a closed group for women of all ages and backgrounds which is confidential, safe and supportive. Every woman will have the opportunity to work on individual issues while we all learn from the group process.

When: 10 Saturday afternoons, 2-5pm commencing June 7th.

Where: to be advised, in Denmark

Cost: $40 per week. Medicare rebates may apply with referral from a doctor.

Commitment: 10 weeks with an open heart and willingness to share.

Maximum of 15 participants.

Yaari Self is a clinical psychologist with over 25 years experience who specialises in women’s mental health. She has a passion for inner growth work and brings a gentle and loving approach to her work.

To book and enquire call 0477 920 895

Early bird discount if you pay for all 10 sessions.

Looking for a House

For Sale

Storage Space—  
0408 122 515

WANTED

looking for a House

For Sale

Q-size wooden bed frame  
Q-size mattress (firm)  
2x Bedside Tables  
1x Tallboy drawers.  
Sold as a set.  
Please ph: 0408 122 515
Advertisements
Disclaimer: the articles, advertisements and community notices in this newsletter are provided as a service to the school community. The carrying of an article, advertisement or community notice does not imply endorsement by Golden Hill Steiner School.

“The Great Southern Early Years Network has recently developed a facebook page for parents and carers, practitioners and professionals and community groups with an interest in the early childhood. The page is a great way to see what is happening in our area that may be of interest.”
The link is https://www.facebook.com/gseyn
Regards
Terry Duke
Partnership Broker
Great Southern Employment Development Committee Inc.
“The facilitator of innovative, sustainable and socially inclusive employment and training initiatives.”

“Looking for Home... Have you seen it?”
Come mid July, this family of roaming Lambs will be moving to Denmark where Papa Lamb is starting work. My Mama job will be to settle our three into your beautiful schooling space before baby four arrives at the start of September. We hope to find a home closish to town, 3 plus bedrooms (anything bigger than our camper trailer will be bliss) with some warming certainty (breast feeding and nappy changes at midnight ... brrrrr!). we’ll take fine care of wherever we land.
Hoping this hope finds a home... You can catch us (when the stars are aligned and the Telstra tower is in sight) at brett.lamb@bigpond.com or 0488 003 176. It would be so nice to meet any kidlet play friends in the last week of the July holidays... my class 4, 2 and K6 kidlets would be so happy to say hello ... the Mama would be quite pleased too.
So, so looking forward to saying hello. Cheerio till then.
Katja and Brett Lamb

Interesting article at: