



*"It seems natural that doing comes first,
and thinking follows after."*

*Emil Molt (co-founder of the first Waldorf
School)*



NEWSLETTER

TERM 2 DATES

School

Thur 29th June 3:15 to 5pm Parent teacher interviews - class 1-4

Kindy

Other

Thu 20th July 6pm Kaupapa Māori Impulse Group meeting

Frid 30th June Last day of term 2

TERM 3 DATES

School

Mon 17th July Term 3 starts

Governance

Thu 27th July 6pm Proprietors meeting - class 3&4 classroom

Other

Mon 24th July Out of school care interim start date

Wed 2nd August Anthroposophical Nursing Support Workshop #3

Wed 23rd August Anthroposophical Nursing Support Workshop #4

Kia ora koutou e te whānau,

last week has been filled with light and warmth and has certainly lit the light within to not only finish the term well but also to carry us through winter. The lantern walks in kindergarten and school created special evenings for the tamariki and were the talk of the playground for days before and after. Our spiral walk was a very special occasion again for the entire community and we were blessed with a very special evergreen spiral which started in the dark and became lighter as more and more children placed their candles. It is amazing to see how all the children can hold the focus for so long and be with each other in this experience of a dark room becoming brighter.

A big thank you has to go to all the staff and volunteers who helped plan, craft, and support all the special events with time, materials and efforts – it is so very much appreciated!

This week's newsletter is highlighting the amazing handwork the children do, thanks to our outstanding handwork teacher, Becca. Often, I find the children wanting to share the things they have made, their finished recorder case, the animals or dolls they have spent hours working on – it is very impressive what their hands create. Yet, handwork is so much more than the products of their work; it grounds the children in their four primary senses of touch, movement, balance, and well-being. It requires rhythm and repetitive movements, which promotes the production of serotonin. This in turn regulates mood and other physiological processes. It engages so many parts of the brain, that it leaves less room for worry, fears and anxieties, which is why the handwork classroom is often found to be a very safe place for anxious children and a very settled place for all.

We wish you all the very best for the term break, a restful and warm time with your family and a chance to recharge for all so we can come back refreshed and ready for term 3!

Ngā mihi,

Anna Noble

Tumuaki/Principal

P.S. If you are looking for something to do, we have a few of our children involved in various theatre performances so keep an eye out for the gang show and the playhouse performances!

Housekeeping

As part of the DCC's interim speed management plan and to continue to keep our community safe, the area around the school will be a 30kmh from July. This will be a permanent speed limit and is not limited to pick up and drop off times.

School Board News – Meet Kesava

Hi, I'm Kesava Kovanur Sampath, a new trustee on the board. I was born and grew up in India, where I trained as a physiotherapist. A holistic view about the body and healing made me migrate to New Zealand to pursue my Masters in Osteopathy.



I have been practicing as an osteopath since 2008. My love for research made us move to Dunedin where I did a PhD in Physiotherapy. Currently, I'm a principal academic staff member at Te Pukenga where I teach in the physiotherapy program and heavily involved in research. I also do a few clinical hours in our clinic (serving hands osteopathy) based in Mosgiel.

I have been lucky to have lived in various places in Aotearoa/New Zealand including Auckland, Blenheim, Christchurch, Hamilton and Dunedin, which has enabled us to see various places and meet some exceptional people. I'm married to Aiswarya and have two beautiful daughters (9 and 3). I hope to bring my clinical and academic background to this role and serve the Steiner community.

Regards, *Kesava*

International Biography Conference - Congratulations to Julie!

We would like to congratulate Julie, our kindergarten head teacher for her participation in an International Biography Gathering in which she was one of the key presenters, alongside Dr Michaela Glockler, Dr Martha Koelman, Natasha Singh and Vibha Harihan. Julie has been engaged in Biography study over the last few years and has built up a wealth of knowledge and experience. This Biography work is based on the work of Rudolf Steiner and transpersonal psychology. It offers an inclusive approach to exploring one's life, encompassing all aspects of one's being. It recognises the interconnectedness of the various dimensions of the human being, and aims to deepen self-awareness, personal growth, and understanding.

Well done Julie!

Thank You to Some of Our Less Visible Heroes!

As we approach our midyear point, it is a good time to express our thanks to some of the less visible members of our community who help to make the school what it is. Thank you to Linda, who volunteers her time as a violin teacher for class 3s and up, thank you to Jocelyn for her cello teaching, to Sharyn for her teacher aide work, thank you also to our cleaners, Taya, Anthony and Gabrielle, who just get on with their work behind the scenes, to Daniel, who comes to do some caretaking and fencing work, to our lawn mowing Fynn, and to our Craft Group and Playgroup helpers. And our governing bodies - the School Board and Proprietors Trust, whose members also volunteer their time. And of course, thank you to everyone else who makes this school such a special place.

Clothes Swap Initiative

Kia ora koutou Steiner community, we all love hand-me-downs (don't we?!?). With this, I'd like to facilitate some kind of clothing swap or clothing bank, or at least see what might arise. If you have good clothing at home your children have grown out of that could benefit another family, please consider gifting for this cause. Winter clothing is particularly valuable, so thermal and merino clothing, jackets, boots, hats, etc.

I will be in the Playgroup room after school on Thursday first week of term 3 until 3:45/4pm depending on who is around. If this can pick up some traction, I can hold something every couple of weeks on a Thursday after school. So have a look through your clothing before then, and you can drop clothing to the office or bring it at the time. I can hold surplus clothing and bring it to each swap.

Gift what you don't need, take what you need!

Kindly, Anna (Francis & Rosie's Mum)

Out of School Care Update

We are working hard on setting up the out of school care and are currently in the process of interviewing and hopefully appointing the right people so the children will be well looked after and cared for out of school hours. We are hoping to be ready to open the doors to this service for children from the age 4 to 13 in week 2 of term 3 and will keep the community updated as things progress. If anyone has a good name for our out of school service, please let us know.

A reminder about the hours: Mon – Fri 8:15-8:45 and 3-5pm during term time.

SCHOOL NEWS – Handwork

Tēnā koutou katoa,

Class 1&2 have been working to complete a variety of knitting projects from treasure bags to knitted animals and recorder cases.



Class 3&4 have been learning to weave using small cardboard looms. It has been wonderful to see them exploring colour and texture relationships in this work.



Class 5/6/7 have been making three dimensional animals. For this project they needed to draft or adapt a sewing pattern, dye their own fabric with patterns, colours and textures to suit their animal and then hand stitch it together. They have been very pleased with the results! Kā mihi, *Becca*



KINDERGARTEN-Kindergarten Spiral Walk for the Rata and Kōwhai rooms

Dear Kindy whānau,

Several people have asked about the meaning behind our Winter festivals. Below is an explanation of the Lantern Walk and the Spiral Walk. Matariki will fall in the holidays this year, and we will celebrate with the children during Kindergarten time, as well as what is happening school-wide.

Lantern Walk: The time leading up to the shortest day is said to be a time when the veil between the human and the spirit worlds is at its thinnest, so we can remember that help from the Spiritual world/God/the Great Universe is always there for us. It is also the time of year when we recognize that the cold and darkness are coming, and we band together to help each other as the darkness closes in. The essence of this

festival is to acknowledge the light that shines forth from each of us. This light needs to be protected, just as the lights inside our lanterns do, so they don't blow out. The Kindergarten lantern walk was wonderful this year, with a beautiful balmy night under an almost full moon meaning that we were able to stay and share conversation and biscuits afterwards!



The Spiral Walk/Winter Garden: Each year, our Spiral Walk is held around the shortest day of the year, that is, the Winter Solstice. On this day we celebrate the miracle of light.

At noon, the sun reached the lowest zenith it reaches all year, the shadows will be the longest noon shadows, the sun will set at its earliest time, and it will be the longest night. On this day we gather together to remember



how much our lives depend on light. All living nature depends on light: the plants feed on light as a living substance - it is their food. We too need light, simply to remain healthy. It is a good food for us also. And like physical food, if we have too much of it, we will get sick. But in the right proportion we need the light for physical health. Only the minerals--the lifeless, unmoving rocks and stones--need no light for their

existence. But light is more than food. For nature, light is also direction. All earthly nature is oriented in an unconscious way to the light and to its source – even the insect kingdom finds its direction from the position of the sun in the sky; the first bees to return to the hive in the morning do a wonderful dance over the honeycomb to show the other bees the direction of the sun. But we human beings are freed from direct connection to the sunlight: we can live our lives quite independently of the sun's position. And we do so for a reason. We have the task of finding our own direction, our own light, our own source, not in the outer world as in nature, but rather within ourselves. Each of us is seeking our own direction, our inner light, our own spirit and ultimately, we only find this essence, this Self, within. The spiral is an image of this path we are all treading. The spiral is a circle seeking its centre, and each of us is on a journey to our own centre.

The spiral is a universal form written into the script of nature: from the shell of the humble snail in the garden or the seashell by the beach, all the way to the vast trail left by mighty galaxies moving through immeasurable space, the spiral is an image of a path to the centre. And when we find the inner light at our centre, our

essence, we also find our future, and the spiral brings us out again to meet the world where we follow our destiny path and join our lives to those with whom we are united. The Spiral is a time when we celebrate not just the movement of our planet around the sun, but also the pattern that underlies our lives.

Other news: We are unfortunately not receiving enough fruit and vegetable contributions, which means that lately, we haven't had enough food for hungry children at morning tea. We need **each child to bring** a fruit everyday they attend to share, as well as a vegetable for soup on Tuesday, and for roasting on Friday. On Thursday we make fruit crumble, so an extra apple or suitable fruit is needed for this also.

Holiday Kindy will be operating as usual this term break. Hannah Kelly will be the lead teacher.

Ngā mihinui,

The Kindy teachers, Julie, Bex, Pamala, Hannah, Junko, Peggy, Alida and Joella

COMMUNITY NOTICES

Community notices in our newsletter will normally appear for one week only and may be edited to accommodate space. If you wish to place a notice please email your notice to office@dunedinsteiner.nz. We charge \$10 for an advert and need ads in by the Monday prior to the Wednesday publication date. You can pay by direct internet banking to 03-0903-0437318-00 **Disclaimer: This space is open to advertisers and the school does not make any guarantees or endorsement on their behalf.**

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2023 Otago Gang Show: This year's show, The Gang Show Must Go On, takes inspiration from the beloved children's movie SING, with a few delightful twists of its own: The Mayfair Theatre faces a dire predicament! Until a fabulous director, driven by a passion to save the theatre, assembles a group of mismatched amateur performers to create a show that will captivate and inspire. Will it be enough to save the Mayfair? Stunning scenery, hundreds of costumes, and extraordinary singing, acting, and dancing from an incredible young cast of 70 Scouts and Guides from all over Otago including Willow Ware from class Kea. The Gang Show Must Go On! at Dunedin's Mayfair Theatre Jul 4-8. Book your tickets now at www.otagogangshow.com
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Elements Nature Based Play: Have your children active & imaginative amongst nature. Think huts, trees, tools, arts n crafts, time and space. Elements has a great mix of planned experiences and play throughout our programmes. For the July School holidays Elements are offering 2 special sessions in week 1 for 'Magic n Spells' (NE Valley). Ages 5-13yrs. See our website <https://www.elementsnature.co.nz/> or Facebook page <https://www.facebook.com/elementsprogrammes/> to see what we get up to. Bookings are through <https://elements.aimyplus.com> For more info email elementsprogrammes@gmail.com



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OR Buses: Dunedin bus fares are changing from 1 July. Children aged 5-13 can travel for free after 1 July with a registered Bee Card. The cash fare will be \$3. Youths aged 13-18 can travel for 60c with a registered Bee Card. Top ups for those aged 5-13 Please only top up your Bee Card with the amount you would normally spend from now, until 1 July. Any funds on your card will remain and can be utilised when you turn 13 (when fare charges start to apply again). Tag on and tag off: Remember, to access the free fares you must tag on and tag off with a registered Bee card to access the free fares concession. for more information or check out orc.govt.nz/fares.

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The University of Otago's Science Expo is on Saturday 1 and Sunday 2 July, at the Business School (60 Clyde Street, North Dunedin). The expo is open to everyone and showcases the amazing research and discoveries being made at the University of Otago. Featuring interactive and hands-on experiences, the expo is especially suitable for families with primary- and intermediate-aged children. This engaging and interactive event is one of the not-to-be-missed highlights of this year's Science Festival. **Free entry** – and all activities are free of charge as well. Saturday 1 July: 10am-4pm, Sunday 2 July: 10am-2pm. If you'd like more information – check out [University of Otago Science Festival page](#)
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Chai Initiative 2023 National Connect 4 Tournament: The purpose of this fun family event is to raise awareness and fundraise for people with mental depression in New Zealand. People (young kids and adults) know they always have the support they need to become happy and healthy again. You can support by purchasing your ticket (\$15) or make a donation Online or at the Reception (please see the bank details below). All profit collected goes to support people with mental health issues. You can also track where your donation goes by visiting [Chai Initiative](#).
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Port Chalmers Library Book Club: book club will be on in the first Monday of school holidays (3rd July). As usual, from 3.15-3.30 snacks are available followed by book chats and galactic crafting from 3.30-4.30.
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