



Beginning autumn mutes  
The senses' eager questing;  
Within light's revelation  
Damp veils of mist are mingling.  
Myself, I see abroad in space  
Fall's world-sleep now approaching.  
The summer's life has given  
Itself into my keeping.



Class Kea - Kapa Haka

Rudolf Steiner, translated by John F. Gardner

## NEWSLETTER

### 2025 TERM 1

#### School

Rāhina/Monday 23 <sup>rd</sup> March	Otago Anniversary – public holiday
Rāpare/Thursday 2 <sup>nd</sup> April	1:30pm Saint Michael's play

#### Kindergarten

Rāhina/Monday 23 <sup>rd</sup> March	Otago Anniversary – public holiday
Rāpare/Thursday 2 <sup>nd</sup> April	Kindy Harvest Festival

#### Governance

Rātū/Tuesday 17 <sup>th</sup> March	5:30pm Proprietors meeting
Rātū/Tuesday 12 <sup>th</sup> May	5:30pm Board meeting

#### Other

Rāpare/Thursday 19 <sup>th</sup> March	9:30am School tour
Rāpare/Thursday 19 <sup>th</sup> March	10:45am Kindergarten tour
Rātapu/Sunday 29 <sup>th</sup> March	11am to 2pm <b>FAIR DAY</b>

<b>Playgroup</b>	Rāhina/Mondays and Rāapa/Wednesdays	9:30 to 11:30 am
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<b>Craftgroup</b>	Rātū/Tuesday	9 to 11am
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Kia ora koutou,

We are in week 6 of a short 9 week term and have 18 days to go until our annual fair. The school children have been enjoying the warmer autumn days outside and some of the harvest inside, with cooking of apple and rhubarb stew, a cosy pyjama day picnic and even some slightly competitive water play across classes. It is lovely to see the children looking after their garden beds, weeding as they are walking past, checking and sharing how big the pumpkin has grown and watering the small plants where necessary – all of this nurtures the appreciation of how much work goes into the food that ends up on the plate and with that the responsibility to look after the place we live in.

The Fair: It is amazing to see so many in the community stepping up and doing their bit to make our community an inviting space to be and showcase what we are about on the 29th of March. Every little bit counts and as much as the fair's success relies on the community's willingness and ability to make it happen, contributing in any way that is realistic for you and your circumstances is valued and appreciated! Please make sure you read the fair emails with lots of information over the coming weeks, and help where you can!

THANK YOU, for taking care around the roads at pick up and drop off time. While we are aware that there is still quite a bit of manoeuvring required, the attention you pay, parking further away, rather than parking on footpaths or yellow lines has already made a huge difference to the safety around the school. Please continue to be vigilant and look after each other!

Noho ora mai rā,

*Anna Noble* –

Tumuaki/Principal

## **Special Character: Why Waldorf Works: A neuroscientific view for Aotearoa**

Dr. Regalena “Reggie” Melrose, a clinical psychologist and international speaker, presents compelling neuroscientific support for Steiner Waldorf education. In her article [Why Waldorf Works](#), Dr. Melrose explains that key elements of Waldorf - holism, play, and nature - align with how the brain develops and functions best. These insights are now confirmed by 20 years of neuroscience research, offering powerful affirmation of Steiner's holistic, developmentally appropriate approach.

Melrose describes the brain as triune - comprising the sensory brain (brainstem), the feeling brain (limbic system), and the thinking brain (neocortex). These develop sequentially, not simultaneously, and in response to environmental experience. This understanding undermines the conventional “school readiness” model, which prematurely targets the neocortex through early academic pressures, often to the detriment of children’s wellbeing.

Steiner Waldorf education, by contrast, prioritises sensory and emotional engagement in the early years, building strong neural foundations for later intellectual learning. Rather than rushing into cognitive tasks, tamariki are given time to crawl before they run - literally and figuratively. In Melrose’s words, Waldorf “nourishes the sensing, feeling parts of the brain,” preparing the child for later academic success.

This approach resonates deeply with many in Aotearoa, where a bicultural emphasis on hauora (wellbeing) and holistic education is already embedded within Te Whāriki, our early childhood curriculum. Furthermore, Waldorf’s reverence for play and nature mirrors Māori principles such as *kaitiakitanga* (guardianship of the natural world) and supports *mauri ora* - a thriving life force.

Play, especially unstructured and imaginative, is another essential component. Melrose cites research showing that play-rich environments support better cognitive and social outcomes than academically focused ones. Likewise, nature is shown to optimise arousal levels for learning, reduce stress, and foster creativity - something increasingly rare in today’s digital, fast-paced world.

While access to Steiner education may be limited for some in Aotearoa, Melrose urges all educators and whānau to advocate for child-centred, brain-aligned learning environments. As education reform gains traction here too, her message is clear: when we understand how the brain truly works, we can better honour the needs of our children - through play, through nature, and through a truly holistic lens.

*Original work by Dr. Regalena “Reggie” Melrose.*

Read more here: <https://www.seanz.org/blog/why-waldorf-works-a-neuroscientific-view-for-aotearoa>

## Personnel News

- Most of you will have heard that Becca has resigned from her position as a handwork teacher. We are very sad to see her go as her skills and expertise as well as the care for the children she has taught over the years will be hard to replace.
- Hannah, who has been on maternity leave since May 2025, has resigned from her position in the kindergarten to spend the first years with her daughter. We wish her all the best in this special time as she enjoys motherhood.

## Weleda order

We do an order with Weleda once a term. This is a bulk order, which is also a little fundraiser for the school. Best of all, it costs you less than the RRP you may find in the shops.

There is a little selection available in the craft shop. For the whole selection of products or if you have any questions, please check the list at the office or contact Xaviera ([xavieratrebley@gmail.com](mailto:xavieratrebley@gmail.com)). Orders can be sent to Xaviera's email address until Saturday 16<sup>th</sup> March. Kā mihi nui.

## Fair update

- Raffle sheets are due back this Friday 13<sup>th</sup> March.
- We need three more people to mind our stall at the Farmers market next Saturday the 21<sup>st</sup> March. Please let the office know if you can help.
- Sort and wash good quality second hand clothing. They can be dropped off from next Monday 16<sup>th</sup> March.
- Respond to communication from your class reps.

## SCHOOL – KAPA HAKA

Kia ora e te whānau,

Our Kapa Haka rōpū has had a lovely beginning to the year here at Dunedin Rudolf Steiner School. Across the classes we have already learned four waiata. Although these waiata were new to the tamariki they have taken them on with enthusiasm and have learned them with confidence and ease.





# KINDERGARTEN

The children have been enjoying the story 'The princess and the sunflower' this week.



This is a seasonal story which captures the golden days at the end of Summer and the transformation into a time for harvesting. We are starting to plan and prepare for our Harvest festival which we will celebrate on the last day of term, Thursday 2<sup>nd</sup> April, more details closer to the time.

A letter from Hannah:

*"Kia Ora kindy whanau! After much thought, I have made the decision to finish up at Kindergarten so I can spend more time at home with my daughter Maisie, during these early years.*

*Being part of the kindergarten community at Dunedin Rudolf Steiner School has been incredibly special to me. I feel very grateful to have worked alongside such a wonderful team and to have been part of the children's learning journeys. It has been a privilege to spend time with your children each day and to be part of such a caring and supportive community.*

*Thank you to all the families for the warmth, trust, and connection you have shared with me during my time here. It has truly meant a lot. Farewell, Hannah"*

We wish Hannah so much joy and happiness with her little daughter and their new endeavours, and we look forward to continuing to grow our relationships with them in a different way.

We would like to thank her for all the hard work she did behind the scenes as our manager, keeping the engine of the kindergarten going with her organisational skills as well as her dedication to the tamariki as a full-time teacher. Hannah embraced the many roles of Steiner kindergarten teacher as gardener, toy maker, storyteller, cook, and bringer of warmth and joy to the children's days. She was also our committed holiday kindy leader for several years in addition to her term time teaching. The many hats she wore will be hard to fill.

The kindergarten teachers,

*Junko, Jenny, Bex, Betty, Pamala, Peggy and Alida*

## PLAYGROUP

Miriam Marler is facilitating our playgroup sessions on Mondays and Wednesday sessions. The sessions run from 9:30 to 11:30am. You can contact playgroup emailing [playgroup@dunedinsteiner.nz](mailto:playgroup@dunedinsteiner.nz)

## CRAFTGROUP

Hi all, our annual school fair is just around the corner and we would love your help!! If you have some spare time, please join us at our Tuesday meetings after drop-off. We've got plenty of tasks for every skill level. Alternatively, grab some crafting kits from the office and get creative at home (We will prepare them over the weekend so should be ready by the beginning of the week)! Thanks, Miho-0211294323

## 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](mailto: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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**Friends of the Burns Reserve:** The Burns Reserve is a stretch of bush above the Steiner School - stretching from the Signal Hill memorial across to St Leonards. A volunteer group heads up there every 3 weeks or so on a Saturday morning to clear invasive weeds. It is a magnificent view from Gerry's Rock, beautiful birdlife and bush. If you are interested, then look at [burnsreserve.nz](http://burnsreserve.nz) or catch Clare Ridout to ask for more information. We welcome new volunteers - even if you only come once! Kā mihi, Clare  
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**Sport Otago:** We're excited to let you know that the **Dunedin Stride, Ride & Slide** event is back on Sunday March 15 - a whānau-friendly event for 2 - 6 year olds. This fun, participation-based event is designed especially for our youngest tamariki, encouraging them to get active by running, biking and scootering in a safe and supportive environment. It's all about building confidence, having fun, and celebrating movement at an early age. We encourage following Sport Otago's Facebook and Instagram pages for updates. Event details and online tickets can be found here:  
<https://www.iticket.co.nz/events/2026/mar/dunedin-stride-ride-slide>  
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**Everyday people**  
 doing extraordinary things  
 become a caregiver

We are seeking to expand our team of volunteers caregivers to provide regular opportunities for Dunedin whānau to recharge their batteries.

This unique volunteer role has flexibility to fit within your lifestyle.

Includes daily training, support and koha.

Contact us in confidence.

0800 FAM CARE (0800 326 223)

@AnglicanFamilyCare

AnglicanFamilyCare.org.nz

366 Hanover Street, Dunedin

# STEINER SCHOOL FAIR

Second hand clothes

Magical forest

Crafts

Marionette play and much more...

Games

Raffle

Activities

Music

Food - Café

## Sunday 29 March 2026 11am - 2pm

**Come and enjoy our grounds! 1 Fern Road, Maia, Dunedin**

[www.dunedinsteiner.nz](http://www.dunedinsteiner.nz)    [office@dunedinsteiner.nz](mailto:office@dunedinsteiner.nz)    03 471 2163

Here is the poster for the puppet show on Fair day. We look forward to it!

## Puppet Play

**The Castle of Flames**  
 12:00 pm and 1 pm  
 In the Yurt