

## School Council Newsletter

Winter Edition

*“Learning with Head, Heart and Hands”*

*Now King Winter calls the snow  
To come and dance as cold winds blow:*

*“Now my snowflakes come to me,  
See this bare and lonely tree.*

*Come and dance for his delight,  
Clothe him in the purest white.*

*Come little snowflake dance through the air,  
Make the world purest and fair  
Light and bright, sparkling white,  
Soft as the wings of the dove in flight.*



## Another Memorable Term

We started this term with beautiful energy flowing through our school's hallways, giggles and laughter filling up the space. Small hands helped Rin produce a bountiful harvest this season, which was then enjoyed with Betty in her cooking classes.

Little did we know that we would once again be back in lockdown before the term ended. This lockdown has not been the easiest for many families and children. As before, our teachers worked hard to make home learning as smooth and successful as possible, and with the easing of restrictions there is once again laughter in the school grounds.

## A glimpse inside our school

Walking through the hallways you can see all the beautiful work in all the colours of the rainbow. So much love and effort has gone into these learnings.



## *Thank you Claire!*

Claire O'Sullivan served as School Council President for three memorable years, stepping down in 2019. Claire's contribution was exceptional and unprecedented. She was instrumental in bringing about a Steiner-focussed curriculum, strengthening our school's foundations and importantly, securing Mr Kayll as Principal. On Friday June 18<sup>th</sup> School Council held the final step in our acknowledgement of Claire's incredible work, with the assistance of our school leaders. Claire was presented with a mosaic (made by Manjari and her husband Hemu) and a plaque in her honour. You can see Claire's beautiful mosaic near the oval.





## Chai Friday

Chai Friday this term was hosted by Classes 1 and 2. It was such a beautiful display of baked treats, craft, activities and yummy chai! Every Chai Friday is made successful by our wonderful community who bake, contribute and consume on the day! We hope to be able to host more of these magical Fridays next term as restrictions ease.





## Working Bee

Thank you to all big and little helpers for attending our working bee this term! A big shout out to Nick Black for organising the working bee and putting together the list of jobs to be done on the day.



## Open Day

School Council organised a morning tea for our Open Day earlier this term. A simple call-out to our community resulted in tables full of delicious home baked treats! It was very well-received by all our visitors. Thank you to all the lovely bakers for making our Open Day morning tea so deliciously memorable!



## School review

It's been a big term for the school. Behind the scenes we analysed the findings of the School Review and have now almost completed a new Strategic Plan. The panel made a few recommendations which can be summarised in the following 2 goals:

1. To improve literacy and numeracy outcomes for all students.
2. To improve engagement in learning for all students.

These will be achieved by implementing the following Key Improvement Strategies.

- Develop and embed an evidence-based, agreed instructional model across the school
- Build teacher knowledge of curriculum and the continuum of learning to support planning for differentiated teaching.
- Build teacher capacity to implement evidence-based literacy and numeracy teaching strategies that ensure the individual learning needs of all students are being met
- Implement the PLC inquiry cycle to develop a whole school approach to teacher practice and collaboration
- Develop a whole school understanding of, and approach to, student agency in their learning.
- Further embed the Steiner influence through a whole school approach to inquiry learning.
- Develop and embed a whole school strategy to increase student attendance.

Whilst these are simple goals with what seem like straightforward key improvement strategies, there is quite a bit of complex work behind embedding these in any school. For example, our goal in the last strategic plan of embedding the Steiner Influence across the school sounded relatively simple, but it has been a complex strategy requiring an innovative approach to its implementation.

Whilst it was noted that we have achieved this, it will require constant focus to ensure that it continues.

The school is now ready to continue its journey of improvement over the next four years. School Council would like to thank the parents who completed the survey, as well as the parents and students (see photo attached) who participated on the panel. A special thanks to School Council President Simon Bird who attended the 3 panel days at school, as well as the work of Bridy Fitzpatrick and Janet Patterson on the panel.



### Spring Fair

Spring Fair is a unique opportunity for classes to develop and strengthen bonds with other parents. In preparation for a class stall there will be many times when you cook together to make preserves or meet up and plant some seedlings! Spring Fair is a community event and it has many hidden rewards besides being the biggest fundraiser for our school every year. Our brand-new kitchen was made possible by Spring Fair fundraising and the children enjoy it every day. Class stalls have been allocated and you will soon receive more information, so keep an eye on your inbox!



### Multipurpose room update

School Council has approved the quote for the multipurpose room upgrade and the work will be commencing soon. We had a slight delay due to the lockdown. Our multipurpose room is being upgraded using the Spring Fair fundraising from 2019.

Thank you to Simon Bird, Nick Black and Rowan Kayll, along with our lovely school community for making this possible!



### Tuckshop update

Have you seen the Tuckshop opportunity advertised in the newsletter and on Compass? School Council is looking for a friendly member of our community to run our beautiful tuckshop. If you



think it's not for you, think again! There are endless creative possibilities when it comes to providing our children with delicious home cooked meals and tasty treats. We look forward to hearing from you!



## Winter Solstice

Our Winter festival this year will be held in Term 3 due to ongoing restrictions.

The following text is referenced from Cape Byron Rudolf Steiner School Winter newsletter

(<https://capebyronsteiner.nsw.edu.au/celebrating-winter-festival-at-home/>)

Festivals are a vital part of Steiner education as they are of special pedagogical significance to the development of the child.

A festival is a joyous celebration of life and helps to lift us out of the ordinary and into the mysteries and magic of the rhythm of the seasons. Celebrating is an art. There is joy in the anticipation, the preparation, the celebration itself and the memories. Celebrations are interwoven with the life of the earth and the cycles of nature. Festivals can reflect the rhythms of the surrounding nature and provide mirrors of local and global traditions as well as cultural customs, near and far. To join the seasonal moods of the year in a festive way benefits the inner life of the soul.

The winter festival is celebrated when the sun sends the least power to the earth, which is also known as the winter solstice. The days are short, the nights are long and the winter festival helps remind us all of our ability to bring light into darker times.

### **Some traditional ways to honour this festival are:**

- Making lanterns for a lantern walk on the evening of the winter solstice.
- Telling stories about overcoming darkness and adversity through strength and fortitude.
- Singing winter songs and saying winter verses.
- Preparing traditional winter food. Winter is a time for nourishment. Prepare a meal to be shared with your family.

## *Caring for a sick child*

As the nights get darker, the weather gets colder and the sounds of sniffles and sneezes fill the air. As winter comes, unfortunately so too do colds. We hope you'll find this extract from A Waldorf Guide to Children's Health helpful!

### Cold and Flu Top Tips

- Encourage your child to drink plenty of water.
- A sick child should avoid excitement and be allowed to sleep a lot.
- A little doll or a gnome who peeks out from under the covers or climbs pillow mountains will provide hours of amusement.
- Provide fresh air that is not too dry. If necessary, use a vaporiser or hang damp cloths in the room.
- Spread a little eucalyptus or olbas oil on a cloth or saucer and set it on a heat source in the room (not in the bed, and not for children who have asthma).
- For nasal congestion, steam inhalation with chamomile tea can help to clear the nasal passages and prevent infections. Create a "tent" using a towel over two chairs, with a large, stable pot in the middle to hold the tea. An adult can inhale steam along with a baby for 5 to 10 minutes, and older children can do it alone for up to 15 minutes.
- If your child is coughing, rub their chest with 10% lavender or mallow oil. Alternatively, use chest rubs with or without hot, moist compresses.
- If your child is shivering, keep them warmly covered. If needed, give your child hot tea to drink and pile on extra covers to induce sweating. Afterwards, change them into dry bedclothes.





## Pumpkin Soup Recipes

Winter is all about having soups for dinner. Everyone has their favourite pumpkin soup recipe, what is yours? Here are some links of recipes we hope you will like!

Vegan recipe:

<https://biancazapatka.com/en/roasted-pumpkin-soup/>

Spice Roasted pumpkin soup.

<https://www.delicious.com.au/recipes/spice-roasted-pumpkin-soup-macadamia-dukka/jt8io24r>



*Awake is the soul of Earth  
in winter's cold  
While the sun's inmost being  
lightens in spirit  
- Rudolf Steiner*

