Welcome to Term 2 and a warm welcome to our new families. Term 2 is a wonderful term filled with warm soup, the Winter Festival and opportunities to enjoy new life in our gardens. This Thursday the 5th of May, we are very pleased to welcome back Susanne Niche, Anthroposophical Nurse and expert on keeping ourselves and our children warm during the cooler months. Included in this week’s Gazette is an interesting article on warmth and how to dress for the coming months. I look forward to joining

continued on page 2

TERM DATES 2016
Term Two
Tues 26th April
Thurs 30th June
Term Three
Mon 25th July – Thurs 22nd Sept (Half Day)
Term Four
Mon 10th Oct – Tues 13th Dec (Half Day)

GAZETTE DATES
NEXT ISSUE – Tuesday 17 May
DEADLINE
11 May by 5pm
(Submission can be emailed to gazette@wcss.wa.edu.au)

WEEKLY
Golden Threads
Fri 8.15 – 10.30am, 2.30-4pm (closed Tues afternoons) & Thurs 2-3pm
Craft Group
Wednesday 8.45am
The Performance Room

Study Group
Mondays from 7:30pm
Market Day
Tuesdays after school
Gardening Day
TBA

MAY
TUES 3
School Tour – 9.15am

THURS 5
Warmth & Nourishing Our Children a Talk by Susanne Niche – 9am - The Performance Room

TUES 10
NAPLAN – Language Conventions & Writing

WED 11
NAPLAN – Reading
Transition to 4 Year Old Kindergarten Talk 8.45am Performance Room

THURS 12
NAPLAN – Numeracy

Evening School Tour – 6.30pm – Reception

JUNE
FRI 24
Winter Festival Primary
THURS 30
Ramneek’s Class Play
Parent Teacher Interviews
Last Day of Term

JULY
FRI 1
Parent Teacher Interviews

Now autumn, like a lusty king,
Strides through the fields – awake, aware.
From summer sleep we’ve watched him bring
This crispy coolness to the air.
And fruit, well-ripened on the tree,
To me its whispers, round and sweet.
“Be firm. Be strong. Then it shall be,
That you’ll bear fruit.
The GazeTTe WesT CoasT sTeiner sChool          Term 2  Week 2  2016

you on Thursday morning in the Performance Room.

This term we are introducing an evening school tour, Thursday 12 May at 6.30pm. This will be a perfect opportunity for current and future parents to have a look in the classrooms and develop a deeper understanding of the important work carried out by the teachers and students. This edition’s Class News section features a snapshot of what was happening this week. Please contact Stacey in reception to book your space on the tour.

Sarah Oliver,
School Administrator

CLASS NEWS

CLASS 1
The 4 Elements

CLASS 2
The King of Ireland’s Son

CLASS 3
Hebrew Mythology

CLASS 3
Hebrew Mythology

CLASS 4
Norse Mythology
Dear Parents,

We are now drawing in as cooler days approach and we move towards such things as the Winter Festival. It’s breathing in time – something I’m less skilled at. And herein lies the point: this is something for me to work on.

If you’d like to be working on things too, please look out for talks and workshops coming up at the Community Hub, including a Mother’s Day pampering session, Desley Bolton – anthroposophic nurse giving talks and demonstrations, and later in the year Rosemary Rowntree has offered to do a book study with, and specifically for parents (including grandparents and carers etc.). Plus of course our free Thai Chi lessons continue weekly at the Hub on Thursday mornings.

It is lovely to see parents bringing wholesome and interesting foods and occasionally other wares to sell.
at Tuesday afternoon Market Day. All families in our community are welcome to have a stall – please make sure you contact Shar Clements (0423 093 375) in advance and she will provide you with the necessary guidelines.

We are currently raising funds for new chairs for the performance room. Golden Threads and other activities of WCSSCA help fund some key and special elements of our school, so when you buy a coffee or a birthday gift at Golden Threads, or indulge in a paella at the Advent Fair, that money goes straight back to help our school. Our main contribution this and next year is repaying school for the Hub building – we fund it on behalf of the school (it remains school property).

I am interested to get your feedback on a couple of things:
1. What do you think about the name WCSSCA, or “whiska” as we are currently called, which is our P&F or Community Association? Would you like and relate to something like “Community Threads”. Suggestions, ideas and thoughts welcome!
2. Hot food: would you like a warm lunch provided during the week at school? All welcome who would be interested, including children, teachers and parents. What would you be happy to pay for this - $5, $8 $10? Organic meals would be likely to cost around $10. We have two parents who may be able to provide a wholesome warm lunch service. An indication of your interest would be helpful, sarah@parenteen.com.au.

Our exciting update is that very, very soon we will have a new coffee machine installed in Golden Threads. Some of the changes will include: a stronger more flavoursome coffee, filtered water to ensure a purer taste, new café style cups and the cute multi coloured ‘Keep Cups’ (already in) for take-out and kids hot chocolates. Good things take time!!

Maria Dau (Class 1) is going to help Sarah Jordan and I to organise some of the interesting ideas we have floating about into community events, workshops, etc. If you have any inclination to be more involved at school and not sure how – now is a good chance! Please see one of us (or contact me 0403 809 780/sarah@parenteen.com.au) and we can work together.

See you about,
Sarah Oliver (Roche)
Community Association Chairperson
0403 809 780
E sarah@parenteen.com.au

SHOP NEWS

Firstly, I would like to send out my gratitude to everyone who has supported Golden Threads throughout Term 1. All volunteers, donators, bakers, shoppers and mentors are so appreciated. Thank you. Your support and patronage is what makes our community so special.

Speaking of special, Mothers Day is coming up (8th May) and Golden Threads have some lovely gift packs made up; soaps and bath bombs, aromatherapy candles with Selenite or Himalayan salt candle holders, Himalayan salt oil burners, crystals and jewellery, aromatherapy wheat heat packs, natural perfumes, hand creams, and fabulous bamboo oil diffusers to name a few.

Qewer Dolls have arrived and I am not the only one totally in love with them. There’s been a lot of doll cuddling happening in the shop by all ages! They are all beautifully handmade from all natural materials, fair trade and support a village of doll-makers in Peru better their lives, and those of their children.

I am thrilled to announce that we no longer use “disposable” take away cups. We now sell and use BPA free, environmentally friendly Keep Cups and are extremely happy to have lessened our school’s (and our own) environmental footprint. Beautiful, bright array of colours are now available for sale at $14. The children using the shop cups have been excellent at returning them to the sink once they are finished. Well done!

Lastly, I wish everyone a wonderful Term 2 and look forward to all this term brings.

Jane Fisher, Shop Manager

Hi parents and caregivers,
Thank you all for taking the time to explore and borrow from our small Parenting Library. This term I am adding to the collection and if there is any specific reading material (Rudolph Steiner related or similar) you would like to see, feel free to come and tell me, or leave a note in the book. Thank you to those who donated books to the Library, we are pleased to have and read your Health related literature. Finally, I’m calling in the Returns. Please bring back the one you’ve already read and pick up another. Regards,
Emma T, Class 3 Library Caretaker
CRAFT CORNER

CLASS 2

CLASS 2

CLASS 2

CLASS 3

WCSS CRAFT
THE IMPORTANCE OF WARMTH

The quality of warmth is little appreciated and often misunderstood. But we cannot even discuss health without addressing the subject of warmth. Warmth is necessary for growth and warmth supports all healing. Loss of warmth often leads to illness.

As you may know, children only gradually grow into the ability to sense temperature. By age nine, children fully know if they are hot or cold, but not before. As infants they are very open and vulnerable to their surroundings, losing or absorbing heat rapidly (that’s why hats are essential).

We caregivers and parents can judge if there is an abnormality of warmth distribution simply by laying a hand – preferably warm – on the hands, feet, limbs or flanks and comparing to a protected area such as the tummy. Cold hands are a good indication of the need for more clothing!

Dressing for Health

To dress a person well during the coldest months – that is for optimum health, or if there is an illness;

- Three layers on the top half of the body
- Two layers on the bottom
- A warm hat (and coat outdoors)

Singlets are necessary all year round – tuck in the waist-line to avoid gaps so that liver heat is retained. Hats or bonnets are always vital for babies and young children during summer and winter; they protect the delicate brain enclosure from air conditioning, sun, cold and heat and will help prevent headaches later.

Keeping the feet warm is important for adults and children of all ages. Wool/fleece ‘house slippers’ are an excellent method of supporting health and can be worn in all but the hottest weather. We (Australians) are notoriously casual about dressing warmly, to our disadvantage in the long-term.

Natural fabrics breath best. Layer you clothing; if you sweat, one layer can be removed. The skin gives off heat to the surrounding air unless we protect it. Try dressing the family in woollen underwear – find a supplier of pure, fine (not crude) wool clothing. There are woollen singlets and spencers available which have a knitted cotton inner lining. They are soft, warm, protective and machine washable - lasting well with minimal care. God and sheep worked along time to give us the gift of warmth – giving wool!

Reference

Adapted from;
- the writings of Kelly Sutton, M.D.
You are warmly invited to attend our Kindergarten Information Morning in the Performance Room, on Wednesday 11 May 2016 at 8:45am.

The Kindergarten Information Morning is an important part of the enrolment process, and provides an opportunity for you to learn more about the transition into Kindy, what to expect during the Kindy years and meet our Kindergarten teachers and School Administrator.

If you will be accompanied by your child or children, please let us know at the office so that appropriate supervision can be provided:

email reception@wcss.wa.edu.au or call 9440 1771.

West Coast Steiner School
The Gazette is the fortnightly newsletter of the West Coast Steiner School, Nollamara, Western Australia. Advertising in this publication is via application and is open to persons or organisations working in fields complimentary to and supportive of Steiner/Waldorf education. Advertising is accepted at the discretion of the school's management but is not necessarily endorsed by the school. The cost is $20 donation to the WCSS building fund per ad (maximum size quarter page), per edition. For more information or to submit an ad for consideration, please email reception@wcss.wa.edu.au.

There is no requirement for any previous knowledge or experience! Anyone can come and there is no fee and there is no expectation of commitment, attendance will always be the freedom of each individual.

This is an opportunity for you to do something nourishing and practical for yourself and for the world.

For enquiries, please contact the school on 9440 1771 or Philip Quenby on 0417 178100.