Tonight Lisa Devine will be opening a discussion on mobile device use in a talk at 7:00pm in Seekers Place. Mobile phones and other devices are so handy and as well as a phone they are a substitute for heaps of other items like address books, diaries, maps, cameras and even bank cards. But when is it unhealthy to be constantly switched on and not present to observe and interact with our environment and the people before us? Lisa brings thoughtfulness and wisdom whenever she visits Perth and we are grateful for her insights. Her talks always generate discussion. If you can get away for two hours it will be nurturing and refreshing. Come along.

As you will know, working with others can often be difficult and confronting. Many of us use much energy to avoid deep human communication because it takes so much work. It is not easy. Bad news for some - our school works assiduously from a relational approach. This means that it is expected that each of us will actively observe and be conscious in our daily lives of what is occurring and we will take action based on what is seen and judged to be needed at that time. This assumes wisdom is held by people, it is not the preserve only of rigid policies or regulations. It assumes we act with a generosity of spirit and we are always open to discussion and new insights.

Such an approach is extremely frustrating to anyone who expects that a certain path should be set and followed regardless of circumstances. The rules (as they see them) should be followed! It is also frustrating to those who don’t want to deal with human interaction and instead want some kind of authority to take charge and decide the matter. Whether it is their own authority, someone else or even some regulation people sometimes will do anything to avoid discussion, conflict and sadly the possibility of new insights.

It has been great to sit with people this term and discuss matters of concern and see how a sharing of views can at the very least allow space for understanding and wisdom to be brought forth. The outcome is undoubtedly not the same as was first sought but it is usually a healthier and more informed response based on human communication. We are a great community in terms of the relational approach. Thank you.

Please take advantage of the listening circle on Fridays, parent/teacher appointments and parent nights, meetings with coordinators and the administrator, discussion with parents that have been around for a while. Don’t be shy to ask questions, to share your observations, to be humble and to learn. It is easy to fool ourselves that we know the truth and the “they” are blind to growth and development. It is much more exciting to engage and be part of a grand conversation that keeps “they” alive and responsive to what is needed in this time.

Hoping you had a peaceful and renewing Easter break.

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD
My spark of light - it must become a flame.
Breathe on me, breath of God, it is my aim
To calmly tend this light within and make it burn up brightly.

The air nourishes my tender glow -
It’s Love! It quickens me. My light shall grow.
I’m given strength to love all people and to do things rightly.

-Michael Hedley Burton
FROM FINANCE

SCHOOL FEES - Term 2 Due Date: Friday, 11th May, 2018.

<table>
<thead>
<tr>
<th>CREDIT CARD/ONLINE PAYMENT</th>
<th>ELECTRONIC FUNDS TRANSFER</th>
<th>CHEQUE AND CASH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payments by Credit Card can be made by visiting the Bpoint website: <a href="https://www.bpoint.com.au">https://www.bpoint.com.au</a></td>
<td>Payments by Electronic Funds Transfer (EFT) can be made to the school's banking details as follows:</td>
<td>Payments by cheque can be made payable to Perth Waldorf School. Please have a copy of your statement attached when mailing your cheque.</td>
</tr>
<tr>
<td>Biller Code: 147 2133 Reference: Family Code</td>
<td>Account Name: Perth Waldorf School BSB: 066 000 Account Number: 1205 1015 Commonwealth Bank Perth</td>
<td>Postal Address: PO Box 1247 Bibra Lake WA 6965</td>
</tr>
<tr>
<td>Phone payments can also be made by calling Reception on 9417 3638 during Office Hours.</td>
<td>Reference: Family Code</td>
<td>Cheques and Cash Payments can also be made during office hours at the School Reception.</td>
</tr>
<tr>
<td>We accept VISA and MASTERCARD.</td>
<td></td>
<td>EFTPOS terminal also available</td>
</tr>
</tbody>
</table>

A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.

UN-REFERENCED PAYMENTS
The Finance Department have received payments without Family Code’s with the following details:

Thursday, 1st February, 2018 - $60.00
Friday, 9th February, 2018 - $753.00
Friday, 23rd February, 2018 - $753.00
Thursday, 1st March, 2018 - $60
Friday, 9th March, 2018 - $753.00
Friday, 16th March, 2018 - $1600.00
Friday, 23rd March - $753.00

If you believe any of these payments were made by you, please contact the Finance Department at account@pws.wa.edu.au.

TERM 2 FEES
TERM TWO FEE DUE DATE REMAINS THE END OF WEEK TWO.
FEES TO BE SENT OUT EARLIER THAN USUAL.

In previous years, fees were billed during the school holidays. In 2018, fees will be billed in the latter half of each term for the upcoming term. The reason for this change is to provide additional time for families to pay their school fee account.

This means you will receive your Term Two fees towards the end of Term One. Please note that the due date remains the same (Friday of Week Two of each Term).

Next term fees are due on 11th May. If you have any queries, regarding your account, please email Tracey O’Neil on account@pws.wa.edu.au or phone 9417 3638. Thank you.

GENERAL NEWS

PABULUM NOTICE
Dear PWS Community,

Please note that there will be no Pabulum edition for the first week of Term Two. Our first Pabulum for Term Two will be distributed on Tuesday, 8th May (Week Two).

We apologise for any inconvenience this may cause.

Ashley Baker and Sarah Boyle - Pabulum Publisher and Editor
REVISITING THE EASTER FESTIVAL

After the wintry weather of Monday last week, the Palm Walk day dawned with radiance and light. The classrooms were abuzz with the anticipation of the coming of Little Donkey. He arrived at Class One, to be greeted by Oohs and Aahs of reverence and delight from the children and this continued throughout the Primary School and into the High School where students from many High School classes were blessed with a Donkey and a beautiful procession of children singing Hosanna. This glorious sound continued through the Kindergartens for wondering eyes of the children and then as we walked through the palm archway the parents continued to sing with blessed reverence. What a beautiful Easter gift for our children.

I hope your Easter was blessed with Joy, Thoughtfulness, Reverence and Peace.

Sarah Boyle - Festival Co-ordinator

Notice of Annual General Meeting and Call for Nominations

The Annual General Meeting of
The Perth Waldorf School Association Incorporated
is to be held on Monday, 30th April, 2018 at 7:00pm
in the Williams Hall at the Perth Waldorf School.

Nomination forms are available from the school office and on the school website.

Members who wish to submit a nomination form are requested to submit the completed form to the Secretary by post or email by 4:00 pm on Tuesday, 24th April, 2018.

Nomination forms can be emailed to jray@pws.wa.edu.au or posted to:

The School Council Secretary
PO Box 1247
BIBRA LAKE WA 6965

and should be clearly marked 'Council nomination'. 
COMMUNITY SUPPORT

The Palm Walk last Tuesday was a beautiful and reverent experience and this is due to the many heads, hearts and hands that ensured it was well organised and supported. The Community Support Team would like to acknowledge and honour the contributions of the following people who made this event so moving for everyone witnessing, but more importantly so nourishing for our children.

Thank you to Sarah Boyle who organised the donkey and led the Palm Walk. Sarah has been such an integral part of this Festival for many years, thank you. Thank you to Lorraine, from Lorraine’s Party Ponies, who each year brings the donkey for our walk - it adds another dimension in our honouring of Christ’s journey on the donkey into Jerusalem on Palm Sunday and an endearing memory for the children. For those interested to know our donkey is called Little Donkey and has been helping us with this event for more than 14 years.

Thank you to the P&F who organised the wonderful and creative Easter Market and the incredibly tempting cake stall! Thank you to all our bakers in the community who ensured the cake stall was a delicious spread. Thank you to Claire Williamson, our High School Music and Singing Teacher, for holding the parent singing and for her parent choir supporting us all with their beautiful voices. Thank you to Paul Lawrence for leading the singing with the children. A big thank you to Lisa Payne and all the Primary School Teachers who put much effort in preparing our children to be ready for the walk. There is always so much love, care and beauty going on behind the scenes and for that we are truly grateful. Thank you to Evelyn Mischer, our German Teacher, who provided us with an abundance of palms!! And almost, last but not least, our Maintenance Team who work tirelessly to ensure that everything is spick and span for our events but also for helping set up the market and for the many logistics that accompany this event. Finally a very heartfelt thank you to our Community - to the parents, family and friends who helped their children to make their crosses and roosters and for being with us on this special morning to co-create a Festival that was reverent and sacred.

Penny Champ, Renae Fassom and Heidi Halter - The Community Support Team
“Happy Easter...!”

Last week the Easter Bunny made an extra special trip down to Playgroup, leaving behind some beautiful eggs in the children’s hand made Easter nests.

**REMINDERS FOR THIS WEEK**

*Tuesday, 3rd April (today)* - Lisa Devine will be giving a talk from 7:00pm til 8:30pm on the topic of managing and navigating our way around the use of devices - our own use as well as ways to help us manage the children’s deep desire to pull to the screen.

**FROM THE COORDINATOR**

Our Easter Festival was held last week during Holy Week. The Palm Easter Walk lead by our well loved donkey was wonderful and we thank you for the arch of palm fronds and singing that we experienced in the Market Place. Thank you especially to Claire Williamson.

On Thursday we held our Foot Washing Ceremony and it was certainly a sacred experience. There is no doubt that we were held by the angels and “almost touched Heaven”! The reverence and singing was profound and the Class 7 children shone as leaders when they recited the Holy Week Verse so clearly. It was a very moving experience for all in the Primary School.

We were going to invite you to hear the beautiful singing this week but have discussed this deeply and decided that we need to honour the experience for what it was and let it live in the children and each other and not re-enact it as it would repackage the experience as a performance.

We will however revisit the singing and music again during Advent and will certainly invite you all to hear the arrangement of ‘the Lord is my Shepherd’ which the children sang so beautifully.

Thank you Paul and Janet for the magic that you weave and create with singing and music each and every day.
Dear Parents,

“Put your phone away” is a phrase that has now become common place. We often find ourselves being the ‘screen police’ and managing the very challenging task of monitoring our children’s screen time. The negotiating and enforcing of clear rules that are challenged is both difficult and emotionally draining. We are living at a time when hand held devices provide entertainment and instant communications but also dulls the senses and causes tantrums and meltdowns when we restrict access. We are often left with more questions than answers and feelings of guilt and frustration after the arguing. Yet we need to also monitor our own use and modelling. For example during the Tuesday Easter walk behind the donkey the children are so often faced with a sea of mobile phones and iPads. This year however, the children were met with your smiles, singing and open hearted gestures and no hand held devices between yourselves and the children, you were truly present in the moment. AND FOR THIS WE THANK YOU.

We are all in this together and I invite you to join us tonight from 7:00pm-8:30pm when Lisa Devine will share her wisdom and strategies with us. Let’s be reminded of why we need to keep on top of this challenge.

LISA DEVINE TALK
Tonight - Tuesday, 3rd April, 2018
in Seekers Place
7:00pm-8:30pm

Lisa Payne - Primary Co-ordinator

CLASS SEVENS AND THEIR ROLE IN THE EASTER FESTIVAL
The Easter Festival at PWS calls on the emerging teenager to ‘step up’, to move out of their comfort zone and present themselves with confidence.

Having just arrived back from Sailing Camp (see details for Class 7 Kulbardi’s camp over the next page) with its daily challenges, I observed how the Class 7’s on Thursday morning, simply took a breath and with shoulders back faced into the gathering in the hall. In a solemn stillness they made their entrance and the girls, with blue veils covering their heads presented quite a spectacle. The younger children were mesmerized by the scene. With only a gesture from Sarah and no words to interrupt the reverence, the festival began.

It is the role of Class 7 each year, as head of the Primary School, to recite the poem of Holy Week. The boys take on the part of Jesus and the girls that of Mother Mary. Despite the distraction of camp all the children managed to learn their part as well as the rather complicated bass voice of the Lord is My Shepherd, the exquisite piece chosen by Paul for the school to sing together in the celebration of Easter.

Time restricted practices can often be fraught with anxiety, (possibly by the teacher only!!), especially when coming after a huge encompassing experience such as ‘tossing around’ and capsizing in the Southern Ocean. However, the ‘Sevens’ rose to the occasion and both poem and rendition of the well-known Psalm were delivered with a reverence and beauty that brought many adults to tears.

On leaving the hall the girls returned the veils to their heads and walked in silence to their class verandah unaware of the gift they had bestowed on teachers present.

As a teacher of Sevens I felt immensely proud and grateful. Many thanks to Kulbardi and Wardong Classes.

Patricia Crook - Class 7 (Wardong) Teacher
So many of our sayings derive from the realm of sailing. *Batten down the hatches, know the ropes and plain sailing* to name but a few. The reason for this, I think, is that sailing and the sea have long held an integral place in human existence. From very early times people used sailing boats to explore the wider world around them, to travel to unknown destinations and to learn from their experiences.

Perhaps that is why sailing is such a powerful metaphor for an individual’s journey through life. Along the way we can meet the ‘strong winds’ of emotion or the ‘rough seas’ of life circumstances but if the boat is true, with skills, knowledge and possibly a little luck, we can eventually make safe harbour and be all the richer, if only in experience, for it. In sailing as in life, one must learn to trust not only one’s own abilities, but that of those around us, our ‘crew’ so to speak. Sailing is a team activity which requires good communication and mutual support. Hugely important skills for life.

Like many so sailors before them, the children, of Class 7 Kulbardi, recently pitted themselves against the waves and the wind of Princess Royal Harbour in Albany. Each day, for four days, they rigged their boats and went out undaunted in all sorts of conditions. And with each passing day the confidence in themselves and their crew steadily grew. They learned to tack, gybe and run with the wind; and to quickly and calmly right their boats when they capsized.

It’s true, they were not always elegant and serene at the beginning but certainly were by week’s end. I don’t mind admitting that I was quite happy to be watching from the stability and relative dryness of the support boat. I always knew when a certain level of confidence was reached- the children would spontaneously break into song as they sailed along, most often, *Feeling Groovy* by Simon and Garfunkel.

Besides the challenges of sailing other camp highlights included:

- Scrambling across the granite boulders at tranquil Frenchman’s Bay,
- Experiencing the awe and majesty of the turbines at the Wind Farm,
- Watching magnificent sunrises across the bay each morning,
- The games, stories and songs in the evenings.

Many thanks to all the parents for providing such yummy food and to our camp team, Rebecca, Wim, Caroline, Melody and David, and of course to Chris, Max and Ethan at the Princess Royal sailing Club for their coaching and encouragement.

We are so fortunate at our school that we have the opportunity to provide these profound experiences for the children. My personal favourite sailing saying is, “*Smooth sailing doesn’t make a skillful sailor.*” The Class 7 children from our school who attend the sailing camp return subtly but deeply changed. They have become more skillful sailors both on the water in Albany and, I believe, in the bigger journeys they are all embarking on.

See photos over the next two pages...
**HIGH SCHOOL**

**REMINDERS FOR THIS WEEK**

**Tuesday, 3rd April** - Class 8 students will be going on Camp to Dwellingup, where they will participate in many adventurous outdoor activities including: mountain climbing, high ropes, rogaining, paddling and rafting. Students will return to school on Friday, 6th April.

**CLASS 9 PLAY**

Class 9A will be taking to the stage to perform in the comedic play 'The Curious Savage' written by John Patrick.

*The Curious Savage* is about Ethel P. Savage, an elderly woman whose husband recently died and left her approximately ten million dollars. Contrasting the kindness and loyalty of psychiatric patients with the avarice and vanity of "respectable" public figures, it calls into question conventional definitions of sanity while lampooning celebrity culture.

**WHEN:** Thursday, 12th April at 9:00am and 6:30pm. Friday, 13th April at 10:40am and 6:30pm.

**WHERE:** PWS, Williams Hall.

**COST:** $5 Adults, $2 Students

*Suitable for all ages*

*Poster by Harper Barton*
PHOTOS OF CLASS 11 CAMP

On Sunday, 11th March Class 11 set off on their five day sea kayaking and bushwalking excursion at Walpole - Narnalup National Park. See below and over the next page for some photos of their journey:
CLASS 12 PROJECTS

Dear Readers,

I am a student at Perth Waldorf School in year 12, my name is Matilda Dennis. For my Class 12 Independent Project I will be exploring the question: “Sexual harassment and assault rates are rising within Australia. What are the consequences for women and how can we fight this cultural battle?” This year I will be delving into the serious issues that women face, around discrimination, harassment and assault and looking at how we can raise our young girls to be further empowered and stand up for their rights.

I am looking for women to interview, who are interested in telling their stories about personal experiences with sexual harassment and assault. I am seeking women with various backgrounds and versatile stories, from mothers of victims to sisters, friends and to those who have experienced sexual harassment and assault first hand. These conversations will be anonymously recorded as you wish.

If you are willing to share your story please email me on: tillie2000@gmail.com

Thankyou,
MATILDA

My name is Rick Radalj. For my Class 12 Project I am asking the question: “How has modern technology impacted our freedom, and can we be free in today’s society?” I will be researching how technology has affected different aspects of our freedom. I am finding it interesting to think about how whilst we believe technology has made out lives easier it is definitely creating many problems as well. So far I have looked at how the use of devices has changed the neurosignalling in our brains making us more quantitative in our thinking rather than qualitative, creative thinkers. I am also looking at Rudolf Steiner’s Philosophy of Freedom.

For my Practical I am going to walk the Cape to Cape alone without any technology. I want to discover freedom from technology and to see how it impacts my overall sense of freedom. At present I am practicing walking with my pack and planning my stops along the route. I leave for this adventure on 7th April and will be on the Cape to Cape for 7 days. Wish me luck!

RICK RADALJ

LIBRARY NEWS

A big thank you to Myra Lydon for dropping in a huge amount of books for the Library and our Community Book Stall. Going through the boxes was like Christmas morning - we could really feel the heart in this donation - such a precious, well loved collection. A real gift.

Please visit our wonderful Community Book stall located outside the Canteen. If you would like to make a donation please visit the Library. All donations made go to the Tashi Steiner School in Nepal.

Penny Champ and Kelly Geyer - Library
**P & F**

**‘THE CARRIAGE’ SCHOOL SHOP**

Open Tuesday to Thursday, 8:15am-9:30am

We stock all your school stationery supplies, uniforms & bags. We also have a large range of craft supplies, jewellery, knitted items, cleaning products, salt lamps, essential oil holders, amber teething necklaces, wooden toys, books and Moondust Tooth Powder.

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**P&F Ladies Clothing Gala**

**THIS WEEK!!!**

Friday, 6th April, 6:00pm in Williams Hall.

$10 per ticket includes complimentary drink on entry.

**Door Prizes**

**Raffle**

We are collecting clothing donations from Monday 26th onwards and can be left at the school pick up shelters or on the Cedar House verandah.

We are looking for pre-loved clothing, bags, shoes and jewelry, so clear out your wardrobes, embrace minimalist cupboards, ask friends and families for donations.

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**P&F NOTICE OF AGENDA MEETING AND COMMITTEE NOMINATION**

The PWS P&F Association will be having their Annual General Meeting on Wednesday, 11th April (next week) at 7:00pm in Seekers Place.

P&F are inviting members of the community to nominate or re-nominate to join the P&F Committee. Please see the form on the back of this Pabulum for more information and for the Committee Nomination Form.

**COLES SPORTS FOR SCHOOLS PROGRAM**

This year Perth Waldorf School will be participating in Coles Sports for Schools program that is currently running. Tickets can be dropped at The Carriage.

**EASTER MARKET RAFFLE**

The Craft Group Raffle at the Easter Market was won by Andrea Hill. Andrea very kindly donated the prize (pictured to the right) to Eugene Chattelle to have down in Playgroup, where we are sure it will be greatly loved.

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Beautiful felt ducks and apple tree prize, donated to Playgroup by Andrea Hill.
REVISITING THE EASTER MARKET & FESTIVAL

What a beautiful day for our Easter Festival! The bounteous sun smiled warmly on our primary school students as they walked through the grounds and in the Plaza the Easter Market was a huge success.

Thank you very much to those who brought in Palm branches, sang the children on their way, baked delicious goods for our Cake Stall and to those who supported it by eating them all up! Thank you to Sarah Boyle and our teachers for their work for the children and to everyone who planned, helped to set up and to tidy away at the end of the day. Special thank you to Gabby for all her planning skills and to Megan for running a tight ship in the Canteen.

We hope that you all had a wonderful Easter holiday with family and friends and look forward to seeing you at the Clothing Swap Stall on Friday, 6th April for some fun and some wholesome fashion recycling!

See photos from the Easter Market below...
MAINTENANCE & GARDENING

We are a waste wise school!
Reduce, reuse, recycle. This is what we must do;
Protect our planet, reduce our trash, reuse containers, recycle for cash.
Reduce, reuse, recycle. Yes, we can make it clean!
For it’s up to us to help out. We can keep our Earth Green.

Littering is not acceptable at our school. Rubbish is to be placed in the correct bins provided. Please see Waste Minimization below for more details on the different bins at PWS and how you can help make our school a Waste Wise School.

Waste Minimisation at Perth Waldorf School - Waste reduction in 2018 will continue to be focused in two aspects of reducing waste to landfill. One aspect is the gradual replacement of some green lid (landfill bins) with yellow lid (recycling bins) and the second aspect is to continue to build Biodynamic compost heaps. Our compost uses onsite waste products including food scraps from Kindy and Primary, wood shavings from PWS Woodwork, and weeds from the grounds. Our vision is to have multiple “same look” recycling stations placed throughout the school. Each station will have a large Recycling bin (yellow lid) a medium size Landfill Bin (green lid) and a 20 litre compost Bucket. Please identify the stations and use them to help reduce our landfill.

BUSY BEE
You are invited to join our gardening Busy Bee each Wednesday morning from 9:00am till 10:00am. This will count towards your family participation hours. Let’s make our gardens and grounds all the more beautiful for our children. We will meet in the Rainbow/Rose Room Kindy garden after morning drop off at 9:00am. No gardening experience necessary, just bring your enthusiasm. Please contact Heidi on 0427 445 754 for more information.

COMMUNITY CLASSES

<table>
<thead>
<tr>
<th>Groups/Classes</th>
<th>Participating in any of these activities goes towards Family Participation Hours.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays, 8:50am-10:15am</td>
<td>Parents and Friends Study Group by Anne Williams (in the Library, no children please) 0424 771 217.</td>
</tr>
<tr>
<td>Mondays, 10:30am-12:00pm (fortnightly) 09/04</td>
<td>Biodynamic Group with Heidi Halter (in the Playgroup garden).</td>
</tr>
<tr>
<td>Tuesdays 9:00am</td>
<td>Craft Group with Pixie Stott (outside the Canteen).</td>
</tr>
<tr>
<td>Tuesdays 2:15pm-3:00pm</td>
<td>Eurythmy with Kristina Hamilton (in Williams Hall).</td>
</tr>
<tr>
<td>Wednesdays 9:00am</td>
<td>Adult Singing Come and join Claire Williamson and discover your inner voice (in the Music Office).</td>
</tr>
<tr>
<td>Fridays, 9:00am-9:45am</td>
<td>Listening Circle with Bruce Lee - the Administrator (in the Library).</td>
</tr>
<tr>
<td>Saturdays 1:00pm-4:00pm</td>
<td>Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178.</td>
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</table>

These groups for parents are run or led by teachers or parents. Members of the school community are encouraged to join any of the groups and enjoy the experience of personal growth and learning in this beautiful environment - a great inspiration for our children!

PARENTS AND FRIENDS STUDY GROUP - with Anne Williams.
Mondays, 8:50am-10:15am in the Library.

The Anthroposophical study group for parents and friends meets on Mondays from 8:55am to 10:15am in the Library. No children please. For further information contact Anne Williams, 0424 771 217.

BIODYNAMIC GROUP - with Heidi Halter.
(Next week) Monday, 9th April, 10:30am-12:00pm in the Playgroup garden.

Join us on Monday, 9th April for our Autumn seed sowing workshop. We will be making a seed raising soil mix and sowing a variety of organic seeds for use in the kindy's and for you to take home. Children are welcome, a $2 donation is appreciated. We start at 10:30am in the Playgroup garden. Phone Heidi on 0427 445 754 if you have any queries.
Rudolf Steiner’s art of movement, EURYTHMY, helps to connect the spirit within each human being to the world at large. As well as being a much respected performance art, Eurythmy is recognized world-wide for its practical applications in education and therapy. At PWS Eurythmy is an essential component of the Waldorf Curriculum and is currently being offered from Kindy to Class 6. Each lesson is created anew to help the child meet the particular challenges of each stage of child-development.

In these free Eurythmy classes designed for adults, the aim is to share the life-affirming benefits of Eurythmy movements. After doing Eurythmy many people remark how they feel so much more relaxed, at one with the world, and ready to meet the challenges of life. Happy parents mean happy children, so do come and try this wonderful elixir! No experience is necessary, only a wish to enrich your soul in the joyful company of others.

A Journey of Becoming
Understanding human physiology as an inner pathway to Waldorf Pedagogy.

A wonderful opportunity as Dr. Lakshmi Prasanna and Curative Eurythmist Patries Orange join forces.

How are the development of the human organs relevant to the Waldorf curriculum?

Experience the wholeness of the human organism, practice mobility of thought and understanding. Explore form and metamorphosis through eurythmy and become involved in the themes of ‘Unbornness’, embryology and the developmental stages of body, soul and spirit.

WHEN: Monday, 16th July - Friday, 20th July.
WHERE: PWS, Gwilliam Drive, Bibra Lake, Perth
COST: $625
CONTACT: Jenny Hill jennyhill@iinet.net.au / 0432 735 744

For more information see the Rudolf Steiner College website www.rudolusteinercollege.com.au

Please book early as numbers will be limited.

SCHOOL NOTICES

School notices are strictly for members of the school only and may consist of: lost and found items, items for sale (student/school related), and classes / lessons within the school, etc. Please restrict your notice to two lines (this is free of charge). School notices will appear in this section for two weeks. If you would like the ad to appear for longer, please contact the Fabulum on 9417 3638 each week. Thank you.

ENGLISH TUTORING - My name is Kerewin (ex PWS), I recently graduated university with a BA in English and offer tutoring, from reading support to essay structure, for students of any level. If interested, please email me at kerewindy@gmail.com.

BABYSITTING - Avalon of last year’s Class 12 is available for babysitting. Avalon is experienced, caring and brings some Waldorf magic to her work. Please phone or text 042 698 7630.

RIDE SHARING FROM/TO NORTH PERTH - We are joining PWS in Term 2 in Class 4. We live between Carr, Vincent and Charles St’s. Can do morning drop offs and Fri pick ups but need help for Mon, Tues and Wed pick up. Please ph Molly on 0400 366 559.

BABYSITTING - available from Jena Payne. I attended PWS from Kindy to Year 12 and just recently graduated. I live locally and am available if you need a childminder for school drops or pickups. Please give me a call on 0450 123 272.
COMMUNITY NOTICES

Community Notices are for members of the school’s community only and may consist of; business adverts, producers, services, items for sale (non-school related), etc. keeping in mind that they need to be consistent within our schools’ ethos. Please restrict your notice to two lines (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a ¼ page advert, a $10 fee is required and will only appear in Week 2 and Week 8.

NEXT GENERATION HEALTH CLUB PASSES - The front office has some complimentary 1 day memberships for Next Generation. Please see Joy to get a free pass. Please go directly there and talk to Ray Uhe and let him know you’re from PWS.

FLOWER ESSENCES - for mental, emotional, physical and spiritual healing and support. Traditional and non-traditional Essences and Gem Elixirs available. Please contact Alana on 0407 570 950.


PIXIE STOTT CANTEEN

Canteen Open times:

Mon and Fri, 8:10am-2:00pm.
Tues and Wed 8:10am-2:00pm. After school 3:00pm-3:15pm.
Thurs 8:10am-1:30pm. After school 2:10pm-2:30pm.

All Primary school students must order before school for morning tea and lunch.

(See previous Pabulum for Term 1’s Menu)

FOOD FOR THOUGHT

Inspired by the sacred foot washing ceremony, below is a beautiful verse written by Christian Morgenstern:

The Washing of the Feet

I thank you, silent stone on earth,
And gently lean to you below.
My life as plant I owe you.

I thank you, grounds and meadows green
And bend down close you below.
My life as animal depends on you.

I thank you animal, and plant and stone,
And bow down thankfully to you below.
You helped me to become all three.

And we thank you, you child of man,
And kneel in reverence before you
Only because you are, we are.

From all of God’s creation, simple
Or so manifold, rise thanks.
In thankfulness all being intertwines.
Autumn signifies the in-between stage of seasons and life. It is the time of afternoon, of slowing down, acknowledging changes and of determination. It is the entrance to Winter isolation.

As the Earth changes from green to yellow to orange and red, harvest is gathered as temperature and weather fluctuate. Harvest is when we see the fruits of our toil. We should now eat grains, dense fruits (e.g. apple), dense vegetables (e.g. beans and carrots), dairy foods, chicken, seafood, nuts, seeds and warming spicy foods.

We say blessing:

We gather around this table,
Where bodies are renewed,
Where hearts appease their hunger,
For we feast on more than food.

Earth, water, fire, air,
Gather together in gardens fair
To sing the mystery of the seeds
Becoming a flower or mighty tree
Or this our food which we receive
For all these gifts oh lord we thank thee.

Chinese Lemon Chicken

4 chicken breast fillets skinned
2 cloves garlic
zest and juice of a lemon
salt and freshly ground black pepper
2 egg whites
oil for frying

For the sauce:
juice of 2 lemons
zest of 1 lemon in strips
150ml of water
2 tblspn sugar
1 tblspn cornflour

1. Cut chicken into chunks and place in a bowl.
2. Add garlic, lemon zest and juice and season.
3. Toss to coat, and then leave for 30 minutes, covered in the fridge for flavours to infuse.
4. Meanwhile start the sauce.
5. Place lemon juice and zest in pan with water and sugar over low heat.
6. Remove from heat and reserve. Dip chicken chunks in egg white and fry in hot oil until golden and cooked through.
7. Drain on kitchen paper and pile on plates.
8. Return sauce to heat. Mix cornflour with a tsp water to a smooth paste.
9. Stir in and bring to the boil, stirring until sauce is slightly thickened. Pour over chicken immediately.
NOTICE OF P&F AGM

The PWS P&F Association Annual General Meeting will be held on Wednesday, 11th April at 7:00pm in Seekers Place.

All PWS community members are most warmly invited to this event.

Being involved in the Parents and Friends Association provides an opportunity to understand how the school and its community work together to support the education and the environment in which our children are immersed.

Call for Nominations - Community members are invited to nominate for P&F membership for the positions of President, Vice President, Secretary, Treasurer, and Ordinary Committee Members.

Although it is hoped that some current members will re-nominate, we warmly encourage new members to join what is a lively and committed group.

The P&F Committee are responsible for the:
- Canteen
- Fundraising
- Community social events
- Co-ordinating an Open Day Fair
- The Carriage Shop
- Supporting the PWS Craft Group
- Supporting School Festivals e.g. Easter and Advent markets

If you feel you can contribute and would like to be more involved in your school, please nominate using the form below. Once completed you can either bring the form with you to the AGM, leave at the front office or email to pws.secretary@hotmail.com.