



Pabulum

Perth Waldorf School

14 Gwilliam Drive,

Bibra Lake WA 6163

Telephone: 9417 3638

Email: adminpws@pws.wa.edu.au

Website: www.pws.wa.edu.au

TERM 1 CALENDAR

FEBRUARY

Thur 21	Class 2 Teacher Parent Meeting
Thur 21	Class 5 Teacher Parent Meeting
Sun 24 - Fri 1 March	Class 11B Camp to Blackwood River
Tue 26	Class 3 Teacher Parent Meeting
Tue 26	Class 4 Teacher Parent Meeting
Wed 27	Class 7 Kulbardi Teacher Parent Meeting
Wed 27	Combined Kindy 5/6 Meeting, Rose Room, Rainbow Room, Cedar House and Jarrah Miah in Seekers Place - 6:00pm-7:00pm

MARCH

Mon 4	PUBLIC HOLIDAY
Tue 5	PUPIL FREE DAY
Wed 6	Class 1 Teacher Parent Meeting
Tue 12	SCHOOL TOUR
Thur 21	Class 8 and 10 Vaccinations
Thur 21	Class 10A Play
Fri 22	Class 10A Play
Mon 25 - Fri 29	Class 8B Camp to Dwellingup
Sun 31 - Fri 5	Class 11A Camp to Blackwood River
Sun 31 - Fri 5 April	Class 7 Kulbardi Sailing Camp

APRIL

Mon 1 - Fri 5	Class 6 Camp to Margaret River
Sun 7 - Fri 12	Class 7 Wardong Sailing Camp

Due to a misprint in the High School parents and guardians letter. **Please note the correct start and finish times for High School:**

HIGH SCHOOL

Mon, Tues and Wed	8:30am - 3:10pm
Thursday	8:30am - 2:30pm
Friday	8:30am - 3:00pm

STUDENT ABSENCES:

Please let the office know by 8:30am.
Text: 0429 680 969, Phone: 9417 3638,
Email: absence@pws.wa.edu.au,

PABULUM INFORMATION:

- Pabulum contributions need to be emailed to pabulum@pws.wa.edu.au by 2:15pm Thursdays.
- To view Pabulum as a PDF, go to www.pws.wa.edu.au
- To receive the link via email, please send a request to adminpws@pws.wa.edu.au

Term 1, Week 3

Tuesday, 19th February, 2019

A Listening Circle with the School Administrator is held each Thursday at 9am in the school library just behind Seekers Place. The School Administrator works with the College of Teachers and is delegated by the School Council to oversee the running of the school. The current Administrator has been a member of the school community since 2002 and in the current role for six years.

The purpose of having a Listening Circle is simple. It allows anyone in our community to have a forum in which to ask a question, share a concern, to be heard and to get information.

We all live in a story of our own making and sometimes it helps to stop and check that the story is serving us or that we could let it go.

The Listening Circle allows the school to hear and adjust and allows for community members to hear and adjust. Also, the Listening Circle offers an opportunity to just let go of the story altogether.

Listening Circle starts with a simple verse, a short period of meditative silence and then the opportunity to speak or listen. It doesn't replace a conversation with a teacher or someone connected to your story, if that's important. It does however provide another alternative, an informal place to be heard and to listen.

Learning and Growing

It is often said that you can lead a horse to water but you cannot make it drink. Well, the same can be said of opportunities to learn more about Steiner Education or develop one's connection to spirit through artistic endeavour. Inside this Pabulum there are multiple water sources, some free and others low cost. No-one can make us drink but we encourage everyone to have a slurp (and possibly make new friends!)

Opportunities in this Pabulum include: Study Group, Biodynamic Group, Craft Group, Eurythmy, Singing, Woodwork, Renaissance Singing, a Child Development course, Life Mapping (observe the patterns in your life!) and an Introduction to Anthroposophy (highly recommended for people wanting to understand what lies behind Steiner education).

Water and Fire

A big thank you to all the staff involved in the swimming lessons over the last two weeks. It is a really big thing especially that our Primary swimming programme is up and running after a few years' hiatus. In our ancient land by the sea, it's great that we can interact with water in a safe way.

We are also mindful of bushfire danger in summer and are reviewing our regular fire drill plans to make sure they are up to date and serve us well.

In gratitude,

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD

*The light rains down. My king, in this late-summer hour,
You reign within my heart as well, with growing power.
You shine with strength. You gleam and glance and glisten.
You lead me into depths where I, within silence, learn to listen.
And there you form life's fruits, fruits to eat.*

In weaving soul-light warm, where they grow ripe and rich and sweet.

Michael Hedley Burton

FROM FINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 1 Due Date: Friday, 15th February, 2019.

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

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.

TERM ONE FEES

Term One fees are now overdue. If you have not received your invoice please email account@pws.wa.edu.au or see reception.

To assist with timely delivery of your invoices, please add our email address account@pws.wa.edu.au to your safe sender list. If you need assistance with this, please contact reception. Thank you.

GENERAL NEWS

NO DOGS ALLOWED

Due to the wonderful abundance of native wild life at Perth Waldorf School it is important that we are respectful to these beautiful creatures by not disturbing them and their homes. We can help do this by keeping to the marked paths when walking around the school, not running through the gardens and playing in the designated areas. Most importantly we ask that you **do not** bring any **dogs** or other pets into the school. Our wildlife is vulnerable to the predation, disturbance and disease that dogs may cause. Barking or scents are enough to scare away native wildlife, spread disease and attract other dogs which may invade from surrounding locales. We would appreciate it if all families abide by this rule. Thank you.

PARKING AND DRIVING AT PWS

Pedestrians and cyclists ALWAYS have right-of-way on the school grounds.

There is **NO** internal parking at PWS for parents, except as posted for Kindergarten and Playgroup parents. These bays are reserved for those who have additional babies on board. Visitor parking needs to be available for visitors. Please do NOT park on the verges around the school as your car may be ticketed. Also please avoid parking at Goodlife Fitness Club, Red Rooster, Tamara Yoga Centre and the Chinese Restaurant as your car may be clamped.

Please use the parking at **Adventure World** and south of the **Chinese Restaurant** and at **Bibra Lake** car park.

No-one wants our school to pave paradise and put up a parking lot when it has already been done close to school at Adventure World. With more than sixty staff on campus each day it is not realistic that we can accommodate the families of 550 children.

It is rare for schools to have as much parking as we do on site. This parking needs to be available to staff, visitors and parents with very young children.

Please plan ahead if you are not just dropping your child off and use the three parking areas.

Please be mindful and alert and keep safe when driving on site. Motorists must look out for children walking and with bikes, they have right-of-way. Your co-operative spirit regarding this is much appreciated. Thank you.

SCHOOL TOUR

Our School Tour will be on **Tuesday, 12th March, 9:00am-10:00am.**

Come along to view our Classrooms and explore our school's grounds. This is a wonderful opportunity to get to better understand our school's ethos and meet some of our wonderful families and staff. A light morning tea will be provided with discussions after the tour.

If you are wanting to attend please contact reception (**9417 3638**) to book a place.
We hope to see you there!

A NOTE FROM THE COMMUNITY HEALTH NURSE

Welcome to the new school year. My name is Melanie Rodrigues and I am the Community Health Nurse who visits your school. Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program. Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child's health or development, please contact me on **9314 0100**.

FROM COMMUNITY SUPPORT

Jana Kucerova and Simone Finlay - "come and talk to us if you have questions or concerns, we're happy to help!"



TASHI WALDORF SCHOOL

In 2000, Tashi Waldorf School was established then relocated after the 2014 earthquake to the outskirts of Kathmandu, Nepal. They currently accommodate 120 children from Playgroup to Class 4. Nepal is one of the poorest countries in the world with poor nutrition and education, and an average life expectancy of 57 years. Perth Waldorf School has been fundraising since 2014 to support Tashi Waldorf School towards relocating and providing daily nutritious meals, medical care and clothing for their students. Intervention in early childhood through education, supports building the strong foundation these children need for later life and educates their parents on the emotional, nutritional, and educational needs of their children. How wonderful that we can support this!

You may have appropriate children's or adult books, including fiction and non-fiction, that you wish to donate - please bring them to the library. Many thanks to everyone who's donated so far.

Simone and Jana - Community Support

EARLY CHILDHOOD

Perth Waldorf School

Parent and Baby Group

The Parent and Baby Group runs on Wednesday afternoon each week of Term. Our aim is to provide a nurturing meeting place for parent and baby holding them in a space of warmth, over a piece of cake, a cuppa, and sharing.

This group is open to babies from newborn to one year of age.



Eugene leads the group, bringing with her many years of training and experience in childhood development, counselling, art and playgroups. She is a mother and is passionate in her role of supporting parents in their new-found role.

Everyone is welcome to attend!

Costs \$10 per session

Wednesdays 12:15pm-2:00pm

Limited places available for 2019

14 Gwilliam Drive • Bibra Lake • Please call 9417 3638

KINDY 5 JARRAH MIAH

All the elements of Steiner Kindy are experienced under a canvas outdoors this term for our K5 Jarrah Miah children. Craft, story, circle time and shared eating take on a new look on the lawn behind the Carriage.



PRIMARY SCHOOL

Connect Learning WA Before and After School Care

Connect Learning are happy to announce they are open for bookings on the upcoming pupil free day on 5th March for parents who would like to enroll their child on a one off basis. Connect Learning are also available for casual bookings all year round if you ever need last minute care. Feel free to pop in for a chat with Nicola (in the Craft/German Room before and after school).

Before School Care	6:30am to 8:25am
After School Care	2:00pm to 6:00pm
Vacation Care	6:30am to 6:00pm
Early Finish Thursdays	2:30pm to 6:00pm
Pupil Free Days	6:30am to 6:00pm

If you are interested in your child attending please email Beccy on info@connectlearningwa.com.au

The service is only available to Primary aged children.

PRIMARY MUSIC

It is time to re-establish a daily practice routine. Doesn't rhythm and routine make life easier?

Choose a time when your child will feel refreshed, then wash hands, get out the instrument and play! Please check the blue practice book to see what exactly children should be practising. And help wherever you can. There is an expectation that each child practises 20 mins a day, 5 times a week.

This year, instruments should be brought to school on **Wednesdays** (Classes 4, 5, 6 and 7) for instrument lessons and **Fridays** (Classes 5, 6 and 7) for orchestra. Don't forget to bring music folders and Blue Practice Books- which have been signed by you. It is your responsibility to keep instruments well maintained and in working order.

Additionally, each child needs a Choroí 'octa' (Class 3, 4, 5, 6 and 7) or 'quinta' (Class 1 and 2) flute or recorder.

For cellists travelling far on buses and trains, it's okay to leave your instrument at home providing you can find a cellist mate who's willing to lend you theirs - they will need to be in a different class and have the same size cello. It is the child's responsibility to get, return and look after a mate's cello.

For clarinettists who forget their instrument, it is neither possible nor hygienic to borrow someone else's clarinet. Please be advised that you will be charged \$5 each time you forget your clarinet- this will enable you to borrow the school's spare clarinet and purchase your own reed, which you can keep.

Finally, please do not leave instruments at school over night. We cannot guarantee their safety. Instruments need to be played and loved, not neglected.

"If music be the food of love, play on!" (Shakespeare, Twelfth Night)

Paul Lawrence - Music Teacher

HIGH SCHOOL

CLASS 12 PROJECT

The Class 12's of 2019 are now well into the initial process of their Class 12 Project. Many have a specific topic in mind whilst others are still sifting through a few options. It is one of the most exciting times of the year from my point of view as I see strong seeds beginning to sprout and these small steps help me visualise a picture of how the whole year will unfold. The Project really is a pathway of small steps that over a year create something really significant. For the students, of course, they have no knowing at this point of how significant these early stepping stones are, they are in a space of uncertainty, yet as always, they are exactly where they need to be at this point in time. The Project process builds in them slowly but surely, a trust in themselves. By the end of the year they too will see and celebrate the journey in its entirety. They will be able to acknowledge the unique gifts that they brought with them to the process and the new skills and strengths that the Project has engendered.

I would like to take this opportunity to acknowledge this year's Class 12's Guardians, Kelly Kranz-Little and Karen Peradon. Thank you for all the preparation and support you have already been offering Class 12 regarding the Project!

Below are the words of Matilda Dennis, a Class 12 student of last year who next week begins her Nursing Degree at Notre Dame. Her Project question last year was "Sexual Assault and harassment is a major issue within Australia. What are the consequences for women and how do we fight this social battle?" We were very blessed this week to have Matilda in class talking with our Class 12s about her experiences with the Project. It was inspiring for the students to hear Project story and she shared some very helpful tips too! Thank you, Matilda and good luck with University next week and with your upcoming workshop/talk with a rather large group of young women on your topic!

These words are one of the last entries in Matilda's Project journal written the evening after her Presentation:

"It is strange to feel that this part of my journey with my Project has ended. It makes me so sad, what do I look forward to now? I feel I have been moving so fast lately that it was hard to come off that stage and feel present and in the moment. I am terrified that all the emotions I may have pushed down will come bubbling up. But I also feel very proud of myself for how I went. There were times when I felt as if my leg would legitimately shake right off my body and times when I felt teary because my slideshow stopped working - but I also feel so thankful and such gratitude to this whole experience. Being up on stage was so thrilling!! I felt so vulnerable yet so empowered at the same time. It almost felt like I never did the speech and I am desperately trying to hold and grasp every moment of it, capturing it in my memory so I can have that 35 minutes in my mind for my whole life. The reactions I got from my speech were exactly what I hoped for and I really do feel like it touched many people. It has seriously made me feel so excited for my future because I know that even though I want to study nursing this Project will always be a part of me and I know that I will continue working it throughout my life!! I feel so lucky to have had such an amazing crowd and a fantastic support system. I am just so overwhelmed currently and so thrilled about everything!! Can't believe that I have finished and I finished feeling very happy with the result." Matilda Dennis.

Penny Champ - Class 12 Project Coordinator

MAINTENANCE & GARDENING



We are a waste wise school!



We recycle what we use,
separate things and you should too!
Glass, paper, plastic and tin,
go in your RECYCLING BIN!
We must start now, we can't wait,
quick or it will be too late!



Please do not walk through the car-park when coming and leaving school. Be sure to use our marked paths and avoid walking on any vegetation.

P & F

'THE CARRIAGE' SCHOOL SHOP



OPENING TIMES:

Tuesday and Thursday from 8:15am-9:15am, and Wednesday from 2:30pm-3:30pm.

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.

COMMUNITY CLASSES

Groups/Classes

Participating in any of these activities goes towards Family Participation Hours.

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!

Mondays, 9:00am-10:15am	Parents and Friends Study Group with Anne Williams (in the Library, no children please) 0424 771 217.
Mondays, 10:30am-12:00pm (fortnightly)	Biodynamic Group with Heidi Halter (in the Playgroup garden).
Tuesdays, 9:00am	Craft Group with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm	Eurythmy with Kristina Hamilton (in Williams Hall).
Wednesdays 9:00am	Adult Singing Come and join Claire Williamson and discover your inner voice (in the Music Office)
Thursdays, 9:00am-9:45am	Listening Circle with Bruce Lee - the Administrator (in the Library). Come in for a conversation, concern, query or just to listen.
Saturdays, 1:00pm-4:00pm	Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178.

**Please note that Listening Circle is now on Thursday mornings.*

CRAFT GROUP - with Pixie Stott.

Tuesdays, 2:15pm-3:00pm, outside the Canteen.

Welcome new and continuing parents and carers! Come along and join Pixie and parents in sewing felt rabbits and mice for the Easter market - they're rather adorable. Every Tuesday morning from 9:00am to 11:00am.



EURYTHMY - with Kristina Hamilton.

Tuesdays, 2:15pm-3:00pm, in Williams Hall.

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.

SONGS OF THE
RENAISSANCE

an 8 week choir
with Paul Lawrence

7pm-8:15pm Williams Hall, Perth Waldorf School

Wednesday Feb 20 - April 10
All voices welcome. No experience necessary.

\$80 for 8 week commitment.
Please register with Paul on 0447 692 654
or plawrence@pws.wa.edu.au



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 three 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 Pabulum on 9417 3638 each week. Thank you.

FOR SALE: CELLO - Full size Eberhard Meinel quality student cello with almost new bow and soft case. Made in German Democratic Republic. Very good condition - \$650.00. Phone Rebecca on 0435 084 890.

WET SUIT FOR SALE - long arms & legs, Ozmosis brand - boy size 12, perfect for Class 6 sailing camp! Hardly used. Bought for \$100, selling for \$50. We live 5 mins from school. If interested please contact Sharon at Shaz.hutchison@bigpond.com, or phone **0400 248 895**.

VIOLINS FOR SALE - x2 ½ size violins for sale, one in excellent condition selling for \$190 and one in fair condition selling for \$150. We live 5 mins from school. If interested please contact Sharon at Shaz.hutchison@bigpond.com, or phone **0400 248 895**.

DRIVER NEEDED - Looking for a reliable driver to collect Class 5 child from school at 12:40pm Monday, Wednesday and Thursday in Term 1 and drive to a home near Attadale Primary School, approximately 9km away. \$20 per trip. Starting Monday 11th February. Please contact Rachel **0400 933 817**.

IS ANYONE MISSING ME?...

A bracelet (pictured to the right) was handed in to the Front Office last week. It was found in the parking lot outside the Chinese Resteraunt. If this item belongs to you please come and see Melanie at reception.



NEEDED FOR SCULPTURE

Class 11/12 are requesting donations of small wooden drawers or small old suitcases for their Term 1 Sculpture Project. If you have any collecting dust at home or see any on verge collections please bring in to the sculpture department.

FREE BLACKBOARD!

Megan has a new blackboard for the Canteen and would love to see the old foldable blackboard (pictured to the right) go to a new home. It has a whiteboard on the other side and a holder for chalk. Please pick it up from the canteen if you're interested!



SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12
YOU MAY BE ELIGIBLE FOR UP TO:

\$350

towards school expenses

DO YOU HOLD A: ● CENTRELINK HEALTH CARE CARD
(OR) ● CENTRELINK PENSIONER CONCESSION CARD
(OR) ● VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close
Friday 12 April 2019

Ask School Reception for More Information

Rudolf Steiner College Perth 2019

Celebrating The Human Being
Tone and Speech Eurythmy
with Patrix Orange

Saturday
Feb 24th
8.30 - 3.30

Introducing Anthroposophy
with Paul Lawrence, Nicole Lawrence

3 Saturdays
March 9th, 16th, 23rd
8.30 - 1.00

Life Mapping Module One
with Dale Irving

5 Tuesdays
from March 12th
7.00 - 8.30

Patterns in Child Development
with Susan Laing

Saturday
March 30th
8.30 - 12.30

Life Mapping Module Two
with Dale Irving

5 Tuesdays
from April 30th
7.00 - 8.30

A Journey of Becoming
Modules One and Two
with Dr. Lakshmi Prasanna
and Patrix Orange

July 15th - 19th
5 day intensive
8.30 - 5.00

Life Mapping Module One
with Dale Irving
At Silver Tree Steiner School

5 Tuesdays
from July 30th
7.00 - 8.30

Play and Child Observation
with Renate Breipohl

2 Saturdays
August 24th, 31st
times to be confirmed

The Four Temperaments
with Jill Whitfield and Sharon Clifford

September
dates to be confirmed

**The Evolution of Consciousness
through the Visual Arts**
Anthony MacLeod

To be confirmed

For more details visit <https://www.rudolfsteinercollege.com.au>
or contact Jenny Hill jennyhill@iinet.net.au
or Ann Reeves annreeves@iinet.net.au

Rudolf Steiner College Perth

Celebrating the Human Being

Tone and Speech Eurythmy with Patrix Orange



When: Sunday, 24th February, 8:30am-3:30pm

Where: Williams Hall, Perth Waldorf School

Cost: \$95, Concession \$80

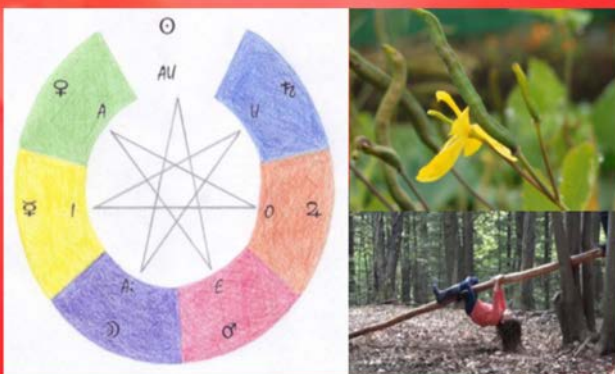
Contact: Jenny Hill jennyhill@iinet.net.au

0432 735 744

There are limited places due to space in the hall so please book early.

Patterns in child development

Steiner's insights and cycles of growth
reflecting planetary qualities in the early years



with
Susan Laing

Saturday 30th March
8.30 - 12.30pm

\$80 \$60 concession

Perth Waldorf School, Gwilliam Drive, Bibra Lake

For more details contact Jenny Hill jennyhill@iinet.net.au
www.rudolfsteinercollege.com.au

Rudolf Steiner College Perth presents

INTRODUCING ANTHROPOSOPHY

**A three day course exploring the
philosophy behind Waldorf Education
and Rudolf Steiner's worldwide impulse**

with Paul Lawrence, Nicole Lawrence
and Kristina Hamilton

9th, 16th + 23rd March, 8:30am - 1pm
Perth Waldorf School, Gwilliam Dr., Bibra Lake

Cost \$225 Concession \$200

Enrolment Jenny Hill jennyhill@iinet.net.au
Information Paul Lawrence plawrence@pws.wa.edu.au



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 three 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.

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**.

SEASONAL ARTISAN GALLERY 2019 - Hilton Arcade on Paget & South. Local artists and producers 5pm-8ish. Food + Drink. @coffeehilltop. Come and enjoy the sunset on the balcony during Bunuru (second summer, Feb-March).

HILLTOP COFFEE – Open from 5:30am-1pm Mon to Friday, 7am-12pm Sat. Organic Coffee & more. Healthy alternative milks, shakes and smoothies. Epic pies, Rock n roll Relish, Sprouts as Medicine w/ fermented vegetables. Local treats. Vg, Veg & GF catered for. 279 South St. Parking off Paget St. @coffeehilltop

ANCIENT YOGIC HEALING with GURU DEVI - 3 Powerful Workshops, in Perth. 1st - 3rd March. Heal Yourself, The Art of Silence and Going Deep into Shuniya (zero mind state). Early Bird before 15th Feb. Contact: **tejbhagti@gmail.com**

WILD, WISE & WORTHY GIRLS' CIRCLES - Invite 12-14 year-old girls to our Friendship Circle. Sunday, 17th February 10:00am-2:00pm Wild, Wise & Worthy - Girls' Circles. Karen **0404 0449 99**, Eve - **0449 896 755**, Email - **wildwiseandworthy@outlook.com**

FOR RENT - 1 Bedroom/Bathroom granny flat in Hamilton Hill (6 mins from PWS). Located in a very nice, big and quiet garden, friendly neighbours and on a low traffic street. Can be furnished or unfurnished. \$200/week incl. bills. If interested, please phone Anouk on **0429 030 316**.

FOOD FOR THOUGHT

Nutrition advice from PWS parent Marijo Murillo : Expert in natural and holistic nutrition.

Sugar is a drug; it produces changes in the physical, emotional, mental and spiritual state of the user. The high consumption of sugar is the main culprit of most of the chronic diseases of our society: diabetes, hypertension, arteriosclerosis, obesity, cancer, Alzheimer's, candidacies, eczema, premenstrual syndrome, etc. Sugar can also make our children hyperactive.

It is important as consumers that we are aware of the amount of sugar hidden in products we don't think contain it. Currently, there is sugar in almost everything, even in the most unsuspected item such as bread, yoghurt, and ketchup, including some foods advertised as "natural or healthy".

As parents and educators, we need to know that sugar is so pervasive in order to look for alternatives for our children and families.

As community members of this wonderful Waldorf school, we should work together to think about healthier alternatives for our children at birthdays, camps, festivals, plays, and open days. It is so easy to make our desserts with honey, dates or using Stevia or other natural sweeteners instead.

"Let food be your best medicine and your best medicine be your food."
Hippocrates (Cos, c.460 BC-Thessaly c.370 BC) father of medicine.



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.

Dear Parents,

The Canteen now has a computer system, which means that students and parents will be able to set up an electronic account. This allows the students to order from canteen, without having to carry cash or cards, which can (easily) be lost.

If you would like to do this **please complete the form below** and return it to the Canteen. Once your account has been established, cash or card can be used to add value during canteen hours by parents or students, or parents can phone **9417 3638** to put extra money on the account by credit card.

Please note that the account must be in credit to be able to purchase food from the canteen.

Any questions please contact Megan in the canteen, (**9417 3638**) during canteen hours.

Warm regards,

Megan Harry - Canteen



Parents Name

Name on Account

Name/s of child/ren that are allowed to use account

Contact number

Email

Any restrictions/Standing orders

Please be aware if there are insufficient funds your child will be asked to use an emergency lunch slip, charged at \$6.00 per slip, provided by the school and then it will be added to your school account.

Parent Signature

Menu for Term 1

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

Daily specials (must be ordered):

Monday -	Vegetable chilli served with rice, corn chips, natural yoghurt and cheese (GF) (vegan available).	\$5.00
Tuesday -	Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie.	\$5.00
Wednesday -	Sushi hand rolls (GF and egg free) - Tuna and cucumber or avocado and mixed vegetables (vegan). Miso soup.	\$4.00 \$4.00
Thursday -	Wraps - Egg and salad, cheese and salad or ham and salad.	\$4.50
Friday -	Beef burger with salad (GF available) or tempeh burger with salad (vegan)(GF available).	\$6.00

Available everyday (items with a ★ must be ordered):

Savoury:

★Rice paper rolls - tempeh, bean noodles, vegetables (GF, vegan)	\$5.00
★Veggie roll (GF).	\$5.00
★Beef pie (GF).	\$5.50
★Beef sausage in wholemeal bread.	\$2.00
Spinach and ricotta rolls.	\$4.50
Cheese and tomato toasties.	\$2.50
★Ham, cheese and tomato toasted sandwiches.	\$3.50
★Pizza - vegetable or meat.	\$3.00
Boiled egg.	\$1.00
Popcorn.	50c

Sweet:

Cakes (assorted variety)	
Bliss balls	\$3.00
Cookies	from \$1.00
Fresh fruit	from 50c
Icy Poles (primary only after school)	\$1.50

Drinks:

Flavoured Bannister Downs pouches (primary only after school)	\$2.50
Slushies' refund of 50c on return of small cup	Sm \$2.50 / Lg \$4.00
Juices	Sm \$2.50 / Lg \$3.50
Coconut water	Sm \$3.00 / Lg \$4.00
Fresh coconuts (when available)	\$4.50
Plain Milk	Sm \$1.50 / Lg \$2.50
Hot Chocolate	Sm \$3.00 / Mug \$3.50 / Take away \$4.50
Coffee	Mug \$3.50 / Take away \$4.50
Long Black	Mug \$3.00 / Take away \$4.00
Tea	Mug \$2.00 / Take away \$3.00
Herbal Tea	Mug \$2.50 / Take away \$3.50
*Almond or coconut milk extra \$1.00	

Bring your own take away cup for 50c discount!

SUMMER SERVINGS

Summer is the warmest season. The sun is at its fiercest at midday and its warmth and light encourage confidence, optimism and activity. This season is associated with the mature stage of life and the late morning, and also marks the height of our creative yin energy. The colours of summer are yellow and red.

As the days are longer and we are more active, we need to keep our energy up with high water content food, raw vegetables and seasonal fruit. Dishes should be adorned with lettuce, celery, corn, asparagus, and spring onions – splashed with aromatic vinegars.

We say blessing:

*Blessing on the blossoms
Blessing on the fruit
Blessing on the leaves and stems
Blessing on the roots.*

*For the golden corn
For the apples on the tree
For the golden butter
For the honey from the bees
For the fruits and nuts and berries
That grow beside the way
For the birds and bees and flowers
We thank you every day
Blessings on our morning tea
And peace upon the Earth.*



New Mother Pie

250g fresh ricotta
4 handfuls of grated
cheddar or hard cheese
1 bunch of silverbeet,
washed, de-stemmed and
steamed by itself in a pot
with a lid

¼ of medium sized brown onion,
finely chopped
2 – 3 eggs
½ cup milk
1 quantity of pie pastry
black pepper

1. Butter a flan or pie dish and fill with the pastry.
 2. Cook the pastry by itself for 10 minutes.
 3. Scatter the onion over the bottom of the pie and then lightly cover with 1 handful of the grated cheese.
 4. Turn the silverbeet (when cooked) out into a colander and press excess juice out.
 5. Finally chop the silverbeet and place it in clumps into the pie dish.
 6. Spoon the ricotta in tablespoon clumps in between the silverbeet.
 7. Mix the eggs and milk together with some black pepper and pour into pie.
 8. Sprinkle the remaining three handfuls of cheese on top of the pie.
- Bake in hot oven for 20 – 30 minutes or until top is golden and eggs are firm.

