



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

MARCH

Fri 29 Class 8B Return from Camp

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

Mon 1 Susan Laing Parent Talks - 9:00am and 6:30pm in Seekers Place

Thurs 4 P&F Meeting - 6:30pm

Tue 9 Primary Easter Palm Walk

Tue 9 Easter Markets - 9:00am-1:00pm

Sun 7 - Fri 12 Class 7 Wardong Sailing Camp

Fri 12 Foot Washing Assembly

NEXT WEEK

Susan Laing Parent Talks

Monday, 1st April in Seekers Place
9:00am and 6:30am

See the *Early Childhood* section for details.

P&F Meeting

Thursday, 4th April
6:30pm.



HIGH SCHOOL JOURNEY

Next Term - Thursday, 6th June

We will keep you posted for further details.



Term 1, Week 8

Tuesday, 26th March, 2019

Reminder to all of talks on **Childhood Development** by Susan Laing next Monday.

Bravo to the Cast, Crew and Directors of the **Class 10 Drama Main Lesson**. Everyone loved your work.

Well done to everyone who participated in **Ride2School** last Friday and thanks to the P&F for supplying a yummy breakfast!

CYBERSAFETY

The school is acutely aware of the need to educate students as to the risks and appropriate uses of social media and the internet. Once again throughout the year, the school will host an expert in this field as a way of supporting our young people. An example of the schedule is below and talks to Class 10, 6 and 7 students will be added in Term 2. (The school urges no access to Social Media for Primary students however it is also aware of an obligation to educate students about safe use.)

Class 8

Mon, 12:20pm-1:10pm (1st April)

Mon, 1:50pm-3:10pm (1st April)

Thurs, 10:40am-11:30am (4th April)

Fri, 11:30am-12:20pm (5th April)

Class 9

Thurs, 10:40am-11:30am (28th March)

Thurs 11:30am-12:30pm (28th March)

Fri, 10:40am-11:30am (5th April)

Class 11/12

Tues, 10:40am-11:30am (26th March)

Tues, 11:30am-12:20pm (26th March)

Parents are also urged to seek information and build some muscle in this area. The school has in the past hosted talks for parents and will continue to do so however there is information everywhere on how best to manage screen time. It is a hot button issue for the government and our society.

Some strategies include:

- Having screens only in communal areas
- Putting screens out of reach overnight
- Having parental controls on devices
- Using your authority and withstanding the desperate cries of anguish when you say "no" or "less",
- Being worthy of imitation and not hypocritical around this issue by always being on screens
- Finally and importantly, being open and accessible to conversations with your child about what's happening on screen (even if you want to embrace the foetal position and hide from what is repugnant to you when discussing social media and the internet).

This is not a comprehensive list. None of these strategies are perfect, none of them foolproof. Nevertheless:

"Everybody has to start somewhere. You have your whole future ahead of you. Perfection doesn't happen right away."

Haruki Murakami (awesome Japanese author).

Bruce Lee - School Administrator

IN THE LIGHT OF A CHILD

Though much is changing, I stand strong
 And in the darkness, shine.
 For sleep, the plants and creatures long
 But I have work divine.
 For sun-seeds golden I'll be sowing,
 Warmly from my heart's depth's glowing,
 Into winter's icy flowing.

Michael Hedley Burton

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

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 AND TWO FEES

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

Term 2 invoices will be emailed out this week with a due date of 10th May.

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



FROM THE PWS COUNCIL



Dear PWS Parents

Perth Waldorf School Council invites you to a

PARENT FORUM and FEEDBACK BRUNCH

Let's discuss -

What's working well for your family at PWS?
What lights your fire, and what exciting ideas
do you have for the future at PWS?



Date:	Saturday 18th May 2019
Time:	8.45am – 12.30pm
Venue:	Seekers Place
Catering:	A substantial brunch will be served mid-morning

Please RSVP and provide dietary requirements to Lei Baker at lbaker@pws.wa.edu.au

EARLY CHILDHOOD

FROM THE COORDINATOR

Rainbow Room children are so engaged in their imaginative play. I walked by a group today who called out "How do you like our camp?" They had set up a fireplace, stumps as seats, one wheelbarrow of water "for hand washing" another one "to put the fire out" and a number of inventive barbecues, complete with pine needle sausages. No doubt the play would have transformed it totally over the next minutes- it may have become a fishing boat or a hospital! Cooperative play is such a joy to behold, and teachers help the children to regulate their energies - for instance, waiting for their turn on the swing we see a lovely egg timer being used.



Jennifer Byrne - Early Childhood Coordinator

Perth Waldorf School is pleased to present:
Parent talks on Childhood Development with Susan Laing.

Understanding child development in the early years.

Monday, 1st April, 9:00am to 10:30am, Seekers Place.

Development in children is not incremental. It happens in bursts, with steps forward and steps backward, with quiet, easy times, but also with boastful, vigorous and other challenging times, that can bamboozle the parent brain! However, there are patterns in this development which reveal there is an order in this unpredictability. These patterns can guide us in how to support our children in the ways they need. This talk will introduce you to this source of help.

Meeting the challenges in nurturing young children.

Monday, 1st April, 6:30pm to 8:00pm, Seekers Place.

Parenting was never easy but this stressful, technological world is creating new challenges in how to provide an environment for the healthy development of young children. Commercialism and misinformed peer pressure, however well meaning, may influence our decisions unless we use our understanding of how young children develop and their basic needs as the foundation for our parenting. Being well informed makes it easier to stand firm courageously in our strategies and decisions to provide them with the healthiest start to life we can manage. This talk explores these challenges.

PRIMARY SCHOOL

FROM THE COORDINATOR

Primary school children and social media

Pages 18-20 of the parent handbook sets out the school's view on media. We ask that you as parents support our teaching here at the Perth Waldorf School by consciously being aware of these guidelines and the reasoning behind them.

We purposefully don't use any form of media in primary school and yet are faced with having to monitor inappropriate play and talk in the playground and class when children act out television and film scenarios and become characters from media programmes or games played on hand held devices.

Primary school children should not be on Facebook, Instagram, Snapchat, etc or have access to social media devices. They should be exploring their world and learning their place in it without being bombarded by images, information of the media manipulated world and messages completely out of context. Let them breathe in real time without the speed of instant messaging or a television programs warped sense of emotion and time.

- Facebook requires everyone to be at least **13 years old** before they can create an account (in some jurisdictions, this age limit may be higher). Creating an account with false info is a violation of our terms. This includes accounts registered on the behalf of someone under **13**.
- Group chats on Instagram or Whatsapp is unmonitored and a platform for social disharmony and misunderstanding so easily.

We will be reviewing our school policy but we can only do this together if we are all supporting this for the good of our children.

Lisa Payne - Primary School Coordinator.

CLASS 7 KULBARDI

Strings Attached!

Once every two weeks the students in Class 7 Kulbardi get together with their 'buddies' in Class 1 for stories and activities. Last time it was string games - making imaginative objects from string such as Cat's Cradle, Eiffel Tower and the classic 'cup and saucer'. The class 1's enjoyed learning new skills from the old masters, testing their growing coordination and dexterity. For the Class 7s it was a trip down memory lane, many excitedly remembering the forms they had learned with Yvonne when they were in Class 1.

And it didn't end there. Lunchtimes around the Class 7 room resembled a weaver's workshop. String patterns were tried, tested and taught, or *taut* as the case may be. So much so that their teacher had to threaten to confiscate them as they began to take over the classroom. After some failed attempts to find engaging activities for Year 7s to do at lunchtimes, it was quite a revelation to see them completely absorbed in conversation, imagination and string.



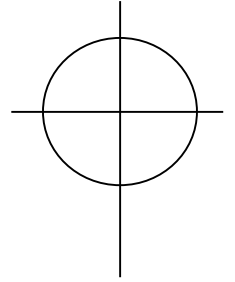


EASTER CROSSES

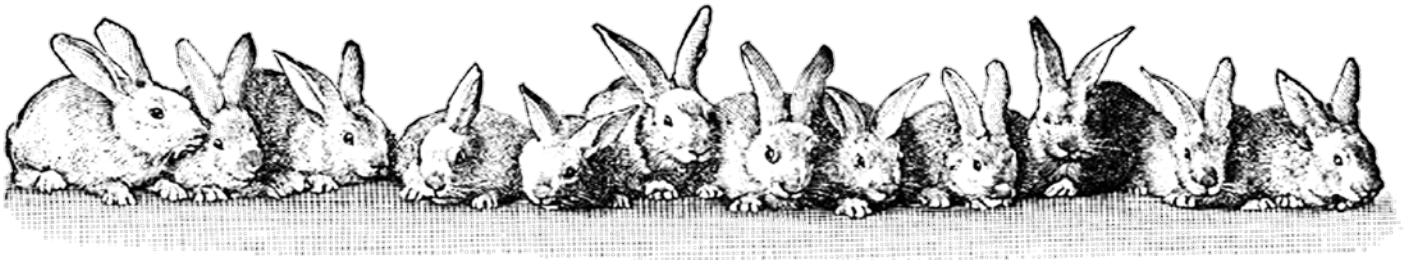
DUE NEXT WEEK!

Easter is coming and so is Little Donkey! So we need our basic Easter crosses ready for decoration next week, **Monday, 1st April**. For our new students a basic cross needs to be made using the pattern below and returned to school by this date.

The Cross is to be constructed using dowel approx. 12mm in diameter; the vertical piece is to be 72cm long and the horizontal piece 45cm long. The dowel should "cross" 22cm from the top of the vertical and be wrapped with wool or wire to stay together. Take some thick wire and make a circle around the cross with a 20cm radius from the crossover section. To make it easier to attach the Easter Roosters, attach a long nail to the top of the cross.



ALL Crosses are to be brought to school by **Monday, 1st April, 2019**.



Connect Learning WA Before and After School Care

Connect Learning is available 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

The service is only available to Primary aged children.

Meet our new Educators at Connect After School

Hi, my name is **Becca**. I'm originally from the UK but I have been living in Perth for 6 years now and recently graduated with a Bachelor's Degree in Early Childhood and Primary Teaching. My interests include keeping fit, playing with my dog and cooking/eating delicious food. I love to read books with the children, as well as taking part in craft activities and playing in the home corner. During my degree and in previous settings, I have never seen such a unique and beautiful service that is so committed to delivering a program and environment that is in line with a school's philosophy. I am very excited to be part of the Connect family at PWS.



(Continued over next page...)

Hi, my name is **Akane**. I am originally from Japan however I have lived in Perth for 12 years. I love crafting, gardening, cooking and crocheting. I am enjoying teaching the children at Connect the art of Origami and we have had so much fun making Sushi as part of our weekly menu. I love the environment at PWS, and I am very excited to be part of such a beautiful service, team and community!



If you would like to book a place at Connect please contact us today at info@connectlearningwa.com.au

HIGH SCHOOL

CLASS 12 PROJECTS

As the term progresses the Class 12 Projects begin to take form and with that the students begin to increasingly connect to the process. There is also a realisation of what the Project means in real terms and this realisation certainly is a double edged sword for it brings a confidence and also an increased generation of will to birth a topic, but it also brings a sensing of the entirety of the process and what whole picture requires to bring it into the world. Already some students are feeling into and visualising what it will be like to present their research, experiences and reflections on the stage for their Presentations at the end of October!

This week sees the first serious deadline in the Project year - the first 1000 words of their essay or report. This written piece of work requires correct in text referencing and a reference page and so as I write this piece they will no doubt be grappling with the APA system of referencing. Do spare them a thought!

We have some really great topics to look forward to this year ranging from Steiner's philosophy on education, to fish farming, the health of our rivers, the role of money in society, addiction, discrimination, music therapy, the loss of childhood, and extinction of animal species.

Thank you to the Class 12s of 2019. You are a joy to work with. Thank you to Kelly Geyer and Sharon Symes for your invaluable assistance in working with our students, to Class 12 Guardians Kelly Kranz-Little and Karen Peradon and to all of the PWS staff members who have taken on a Supervising role. Thank you also to the English Department and its teachers for their support with the upcoming deadline. The Project creates a fair amount of work for many staff, it really is a community of staff endeavour and the Project certainly would not be the success is it without them all.

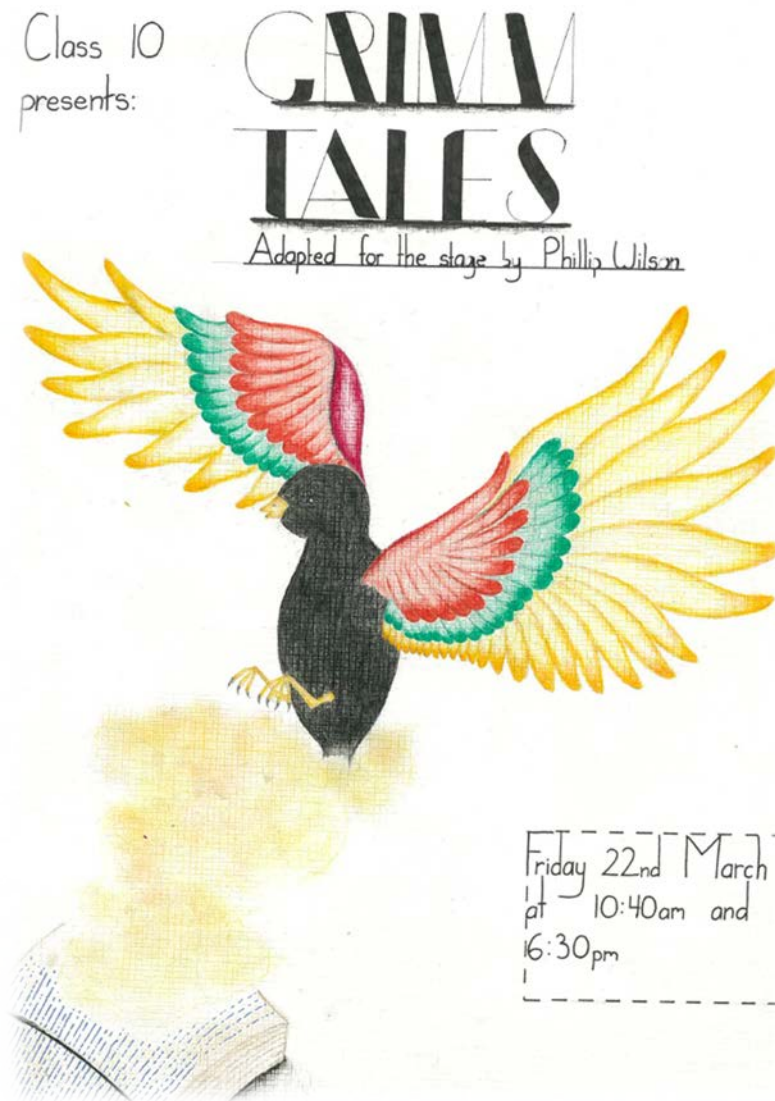


Above are some Class 12 students enjoying studying the essay and report marking rubric!

Penny Champ - Class 12 Project Coordinator

CLASS 10A POSTER ART

This poster for last week's Class 10A Drama presentation was incorrectly credited. Thank you to Monique Finlay for her art work and poster.



P & F

'THE CARRIAGE' SCHOOL SHOP



TUESDAY MORNING VOLUNTEER NEEDED!

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 and books.

EASTER MARKETS - Tuesday, 9th April.

After the beautiful and reverent Palm Walk, come and browse through the Easter Markets, open from 9:00am to 1:00pm. There will be a variety of stalls selling handmade or natural items, including crafts, precious stones, jewellery, used toys, and the canteen will be open. Come along and enjoy the festive atmosphere!

Stall applications are to be in by the 29th March. Please phone Gabby on **0439 919 926** if you have any enquiries.

RIDE2SCHOOL DAY

Well done to everyone who rode or walked to school on Friday or did it on any other day! Many thanks to P&F, to Gabby and Tracy for organizing scrumptious breakfast and to Megan for support. Thank you Simone, Sarah, Lisa and Bruce for helping to serve and thanks to the bakers for delicious muffins!



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 refrain from bringing any pets into the school as they can scare our native bandicoots.

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) 08/04	Biodynamic Group with Heidi Halter (see below for details).
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 .

BIODYNAMIC GROUP - with Heidi Halter

Mondays (fortnightly), 10:30am-12:00pm.

The biodynamic group will meet again on Monday, 8th April.

Here is a photo of our wonderful Biodynamic stirrers at the first Biodynamic session.



(Continued over next page...)

Below is a photo of class 9 Ecology who have been working hard in the heat to create paths and beautify the area for next term's bush kindy. They did an awesome job!



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.

LOST VIOLA - from outside Class 5 on Friday, 15th March. If found please return to Class 5 or call Catherine on **0417 116 475**.

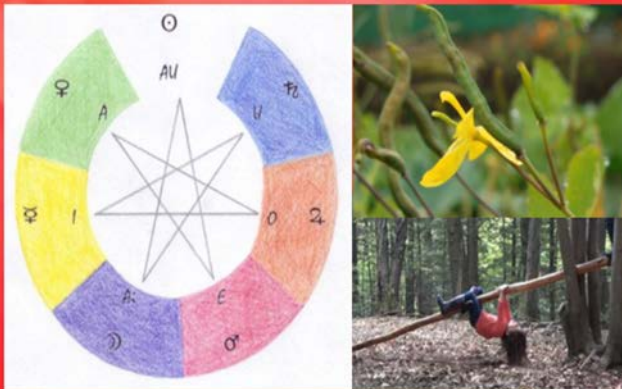
FOUND

These two objects have been handed in to the Front Office. The small felt cushion was found outside Kindy and the pocket watch was found in the car park. If either of these items belong to you please come into our Front Office to claim.



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

A Journey of Becoming - Module One

An amazing opportunity as **Dr. Lakshmi Prasanna** and
Curative Eurythmist **Patries Orange** join forces



Teacher Professional Development with Lakshmi and Patries is just extraordinary! They have developed a progressive format for teacher training through regular intensives that meets the need of the working professional.

Having now completed 3 modules of TPD over 18 months, I can genuinely say it is 'whole person' training for body, soul and spirit - each intensive is rich with conscious movement, intimate experiences of self, sharing through group work, creativity, and practicing clear thinking - that altogether manifests itself miraculously into awe-inspiring presentations and performances!

Over time I have noticed an increased strength of 'will' to persevere through challenges, to bring more warmth to my personal and professional relationships and to make decisions in an accurate and succinct manner. All our fires burn brightly after each Module with these trainers.

Every educator, parent, health professional...human being, needs to dive for this opportunity for inner path work and joy!

Amy Berridge. Director of Children's Garden. Melbourne

JULY 15th - 19th 2019

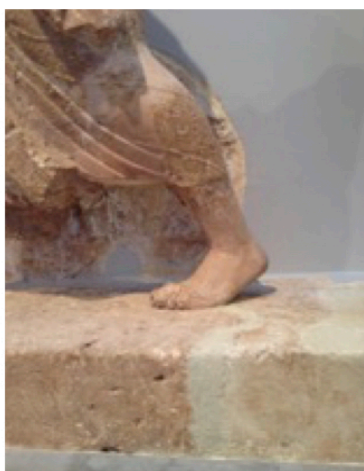
Perth Waldorf School, Gwilliam Drive, Cost - \$625

For more information see the Rudolf Steiner College website www.rudolfsteinercollege.com.au
For enquiries email or call Jenny Hill 0432 735 744 jennyhill@iinet.net.au

Rudolf Steiner College Perth

Biography Work

MODULE 2: FREEDOM OR FATE



The personal chart can become a precious lifetime possession. By yearly updating we can sustain our awakening recognition of destiny in motion. Through this inner process we gain a more mature, tolerant and compassionate in-look on destiny, both ours and others.

(Bryant, W. A. A Journey through Time, 2006).

Biography Work through Destiny Learning allows a way to look at life patterns, rhythms, mirroring, destiny moments in a holistic way using the chart as the guide that expands and deepens over time. Deep listening, helping conversations, writing and gesture work will provide ways to be heard and to listen and share our becoming human.

Where Seekers Room. Perth Waldorf School
Gwilliam Drive, Bibra Lake
When Tuesday 30th April - 28th May 7 - 8.30pm
Booking Dale Irving docirvo7@bigpond.com
0400959050



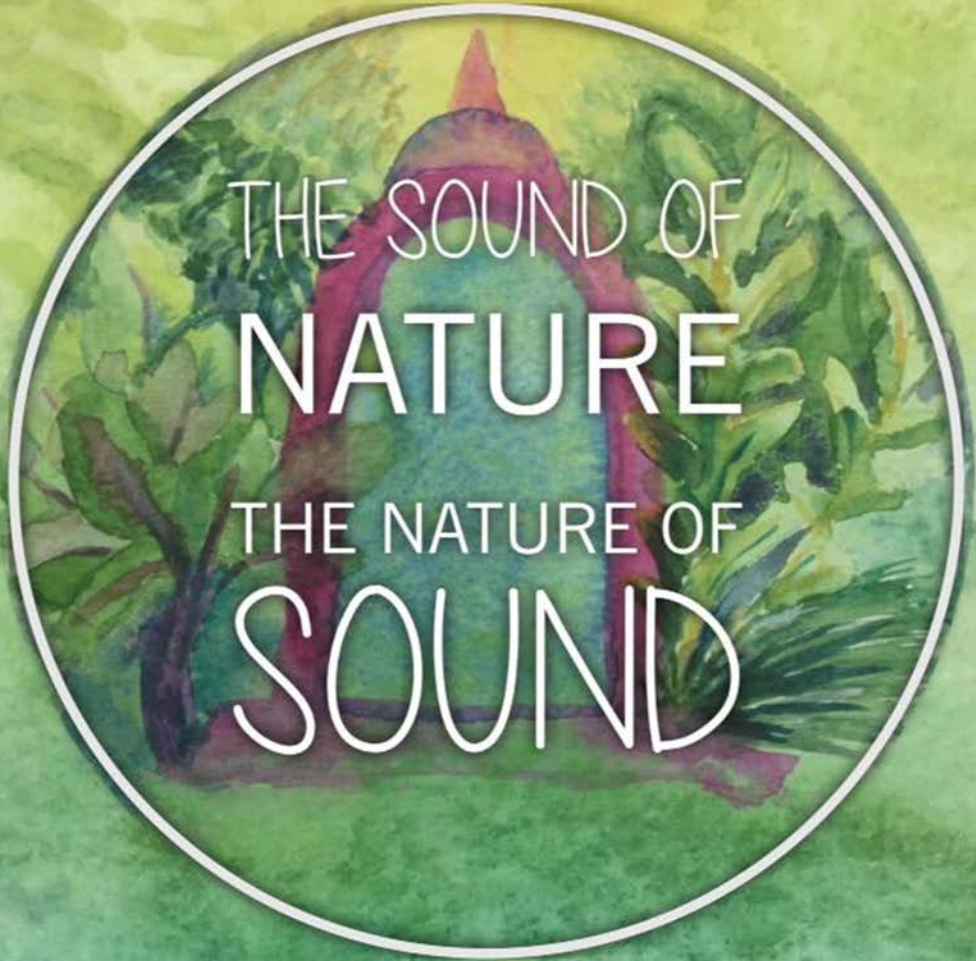
COMMUNITY NOTICES



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.

KINESIOLOGY SESSIONS AVAILABLE - I am a Kinesiology student and I'm looking for clients for my research project on osteoarthritis in the hips and knees. The sessions will be free of charge and starting at the end of April. Please ring Kirsten on **0424 375 765**.

ALANA ROBINS, FLOWER ESSENCE SPECIALIST - Offering flower essences and gem elixirs for the wellbeing of women, children and families. Special price of \$65 for PWS families. Phone **0407 570 950**.



**THE SOUND OF
NATURE
THE NATURE OF
SOUND**

**a Listening Retreat in Bali
with Paul Lawrence**

October 4-10 2019

in a lush green landscape we will
tone, chant and sing,
experience some of Bali's most spectacular nature
contemplate the music of the spheres,
the esoteric nature of music and tone
and much more...

for more information and a booking form
contact Paul Lawrence nipabese@hotmail.com

FORGE FARM RIDING SCHOOL

1830 FORGE DRIVE, CHIDLOW | PH 0427 444 051 or 9572 4445 | EMAIL forgefarm@iinet.net.au



Head for the Hills for Holiday Fun at Forge Farm;

We have:

- Two day residential camp for ages 9 up
- Pony Mornings – 3 hour sessions of horse riding and horse care
- One hour trail rides through the forest for all ages
- Tiny Tot rides

We also offer beautiful Farm Stay accommodation, located on 20 acres in a wonderfully quiet and peaceful location. Ideal for families or groups of friends wanting an escape from the city for a few days. The farm house is fully equipped with everything you need for a comfortable stay and it is located on the KEP track making it an ideal base for cycling or walking.

Please visit my website www.forgefarm.net.au for prices and details.

FREMANTLE PICTURE FRAMERS

155 GEORGE STREET
EAST FREMANTLE

25% OFF
School Discount
for all Steiner
Families!

By appointment only

Contact Cameron Coutts

0413 443 375

fremantleframers@gmail.com

www.fremantleframers.com

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.

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!