



# 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

### APRIL

Fri 5	Class 6 return from Camp
Fri 5	Class 7 Kulbardi return from Camp
Fri 5	Class 11A return from Camp
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

### THIS WEEK

#### P&F Meeting

Thursday, 4<sup>th</sup> April  
6:30pm.

### NEXT WEEK

#### Primary Easter Palm Walk and

#### Easter Markets

Tuesday, 9<sup>th</sup> April, 9:00am-1:00pm.



## Term 1, Week 9

Tuesday, 2<sup>nd</sup> April, 2019

This edition is full of news about what has been happening at school including information about the start of the Djeran season. Also, lovely to read about Anne Williams, one of the founding members of our school who continues to give and be highly creative. Thank you.

### Working with the Core

As mentioned two weeks ago, Steiner Education Australia is looking at the criteria schools need to meet in order to become members. **A second of the 5 "principles"** that one group advocated as core to a Waldorf school is:

**"All teachers within the school are engaged in ongoing Professional and Personal Development based on:**

- Steiner's path of inner development;
- Steiner's picture of the child and
- Steiner's understanding of the continual artistic development which underpins the creative freedom which is given by the school to the teacher for their work with their class."

### Easter

We are in a period called Lent which leads up to Easter. Our Easter Market and the Primary School Easter Walk will be held on Tuesday next week. Early Childhood classes will be marking this time in their unique way and the High School are investing time in wondering how best it can authentically celebrate this festival (not a simple conundrum if we are to be authentic).

Lent and Easter provide a time for reflection. It can be a time that responds to the Easter story of "letting go" and renewing. Through the symbolism and the story of Easter we learn of sacrifice, pain, betrayal, human frailty and rebirth. A central theme is forgiveness which can be a pre-cursor to renewing whatever is broken. Often it is something in ourselves and in our relationship with the world that needs renewal.

This quote by M. Scott Peck seems helpful when we are seeking rebirth and renewal: *"To proceed very far through the desert, you must be willing to meet existential suffering and work it through. In order to do this, the attitude toward pain has to change. This happens when we accept the fact that everything that happens to us has been designed for our spiritual growth."*

Best wishes with baking the Easter Rooster. Too hard, too soft, too big, too small, too sweet, too dry ..... Let go of the angst, follow the recipe and just allow it to be what it will be!

Bruce Lee  
School Administrator

### 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

### IN THE LIGHT OF A CHILD

O Nature, you are as a mother to me,  
 Giving me strength and nourishing me.  
 I feel you near me and nearer still.  
 You fill me with fire – how strong is my will!  
 To be doing what's good is what I desire,  
 And I shall, for I'm filled with God's heavenly fire.

Michael Hedley Burton

# FROM FINANCE

**SCHOOL FEES ARE NOW DUE - Term 2 Due Date: Friday, 10<sup>th</sup> May, 2019.**

CREDIT CARD/ONLINE PAYMENT	ELECTRONIC FUNDS TRANSFER	CHEQUE AND CASH
<p>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></p> <p><b>Biller Code: 147 2133</b> <b>Reference:</b> 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: <b>Family Code</b></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 TWO FEES

Term Two fees invoices have now been emailed out to families with a due date of 10<sup>th</sup> May. If you have not received your invoice please email [account@pws.wa.edu.au](mailto: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](mailto:account@pws.wa.edu.au) to your safe sender list. If you need assistance with this, please contact reception. Thank you.

## GENERAL NEWS

### PALM EASTER WALK

To celebrate the coming of Little Donkey and the children with their beautifully decorated crosses we need as many **palm fronds** as possible for the walk through the Plaza. If you have any to spare from your garden please bring them on Tuesday morning and leave them near the Cedar house fence ready for the Palm Easter walk at 9:00am.



### SUSAN LAING'S PWS VISIT

Yesterday Susan Laing visited our school to give parent talks on childhood development. Susan's talks were a wonderful breath of fresh air for everyone who attended.

Susan introduced us to her website, which really develops the ideas and resources that she offers. It's a beauty! [www.creativelivingwithchildren.com](http://www.creativelivingwithchildren.com). Thank you Susan for sharing your wisdom with us!

## 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 18<sup>th</sup> 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](mailto:lbaker@pws.wa.edu.au)

## FROM COMMUNITY SUPPORT

### THANK YOU TO CLASS 10

What lively and wonderful performances were given by Class 10A students, during their rendition of Grimm Tales! They stepped into their parts with confident energy and provided the audience with the opportunity to respond and be part of their Play. Thank you Class 10A students - you should be proud of yourselves!

Thank you Donna, Nichola, Glenis, Matt, Anna and Paul for your dedication and many hours of work. There is so much preparation during the 3-week Drama Main Lesson leading up to the performance, accompanied by many challenges. The result was amazing - the set, costumes, music and lighting were fabulous and professional. You go beyond what is needed and accomplish the extraordinary - you are truly appreciated.

Thank you Sharon for your heartfelt support during rehearsals. Your awareness of each students' needs and capabilities is an asset in developing their potential on stage.

Lastly, thank you to our parents for your support - providing food backstage, cakes, assistance and, most importantly, encouragement and a nurturing environment at home.



## EXPERIENCING TIME AND ANTHROPOSOPHY IN STITCHES

We would like to congratulate Anne Williams for being selected as a 2019 Midland Junction Arts Centre Artist in Residence and invite our community to her second solo exhibition *Experiencing Time*. The exhibition will open on Thursday, 18<sup>th</sup> April and will run for 7 weeks.

Anne's passion is finding ways to express Anthroposophical ideas through the textile medium of hand stitching. She has been practicing one of The Six Basic Exercises (as indicated by Rudolf Steiner), the Control over Will, by daily stitching for more than 1100 days in a row without missing a day. The results are a remarkable 4 long pieces, one for each of the past 4 years, totaling over 29 meters and growing every day. Also included in her exhibition are Anne's expressions of Rudolf Steiner's verses. There are 52 hand stitched art-works reflecting each weekly verse from The Calendar of Soul.



Anne is one of the initiators and founders of our school, the creator of our craft curriculum and the leader of the Anthroposophical Study Group that meets weekly on a Monday morning in the library.

Anne grew up in WA and originally trained as a high school English teacher. She encountered Anthroposophy as a young woman when she met the man she would marry, slowly entering into a lifetime study of Rudolf Steiner's work. After years as a full-time mum, two changes came into her life at the same time. First, she returned to tertiary study to become an art teacher, and secondly, a wonderful Waldorf teacher from Heidenheim in Germany brought his family to Australia for his sabbatical year. One of his daughters attended Kalamunda High School for a few weeks with Anne's daughter Sarah (Boyle) and her father Horst Hellmann gave a talk about Waldorf/Steiner education from which all the Steiner education in WA has sprouted. These were very busy years for Anne. Full time study, full time being on a committee to start a school, two teenagers and her husband Ian Williams a geologist, who spent 6 months of each year in the field. The path leads from the Home of the Good Shepherd, to Castledare, to our wonderful bush block at Bibra Lake. In the early days of the school the committee members had a wide range of roles, from finding premises, recruiting teachers, formulating a school Constitution, setting up the legal basis of the school and being on Council, producing a newsletter, fundraising, being gardeners and cleaners and trying to find out what Waldorf education was about! There was nothing to turn to in WA. They were pioneering days. The fledgling school sought speakers who came to WA to give lectures and workshops, learned as they went along and slowly the Perth Waldorf School grew.

Anne took on the development of the craft curriculum and taught in this role for a number of years. Since stepping out of the classroom, she has worked as a mentor in other Steiner schools in WA, been part of Anthroposophical adult education and teacher training courses, occasionally drops in on the Craft group initiated at Castledare and visits PWS on Monday mornings as the co-ordinator of the Parents and Friends Anthroposophical study group.

Anne hopes that many visitors will come and stitch a little with her on a collaborative community piece at her exhibition.

### EXPERIENCING TIME ANNE WILLIAMS



Image: Anne Williams, *Daily stitching* (detail), 2018, hand stitching on cotton, Photographer: Josh Wells.

Hand stitching can bring a gentle respite in a world where the increasing acceleration of daily life often threatens to overwhelm. Anne is conducting an investigation into how we experience the quality of time through hand stitching - working with daily, weekly and yearly rhythms.

OPENING: Thursday, 8<sup>th</sup> April 6:30pm-8:00pm.  
VIEWING: Wednesday to Friday 10:00am-5:00pm, Saturday 11:00am-3:00pm.  
LOCATION: Midland Junction Arts Centre,  
276 Great Eastern Highway, Midland, Western Australia, 6056.  
PHONE: 08 9250 8062

\*Closed Friday 19<sup>th</sup> April (Good Friday), Sunday 21<sup>st</sup> April (Easter Sunday), Monday 22<sup>nd</sup> April (Easter Monday) and Thursday, 25<sup>th</sup> April (Anzac Day). Open Saturday 20<sup>th</sup> April (Easter Day).

## BATS, BIRDS AND BEES TEXTILES WORKSHOP

ANNE WILLIAMS AND CATHY LEVETT

Explore the amazing world of pollinators, natural dyes and solar dyeing, discovering the potential of materials that can be found in your own backyard! Join environmentalist Cathy Levett and MJAC Artist in Residence Anne Williams, learn about how important pollinators are, then create your own a stitched pollinator with natural dyes and silken yarn to take home.

WHEN: Friday 26<sup>th</sup> April, 10:00am-1:00pm

LOCATION: Midland Junction Arts Centre

COST: \$25 | \$22.50 Members | Materials supplied

\*Suitable for 7 - 14 yrs



## EARLY CHILDHOOD

### A REQUEST FROM JARRAH MIAH

Dear Perth Waldorf Community, our lovely Jarrah Miah tent kindy is looking for resources to help create a beautiful inside play area in Term 3 where we will have two bell tents on the lawn behind the carriage for Terms 3 and 4. If you have any of the items below that you would like to donate, it would be very much appreciated.

#### We are looking for:

- small table and chairs for home corner (wooden)
- small wooden "kitchenette" for home corner
- small cups and bowls, etc for home corner (china, wooden or stainless steel)
- dolls and doll clothes
- baskets (all sizes from mini to large)
- play cloths
- treasures for the nature table
- beautiful shells, rocks, crystals, seed pods, beautiful pieces of wood for play scenes; treasures from nature (these simple treasures can be the most valuable in imaginative play)
- rugs (in goodish condition)
- doilies, candle holders, vases....Homely treasures
- plastic storage tubs
- any other Waldorf toys that your children have grown out of and you are ready to part with

#### If you love to sew or be creative perhaps you would like to make some of the following:

- standing puppets
- dolls and doll clothes
- dress up items (e.g. capes, crowns, fairy wings, etc)
- items for the nature table
- felt floor scene/play mat
- please share any ideas you have, passions or things you love to create

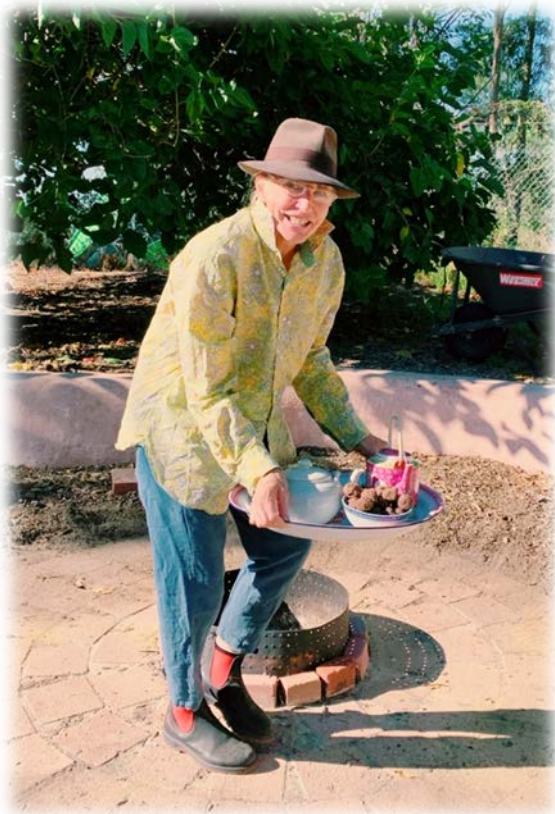
Join us in creating something new and unique and a special place for our darling Jarrah Miah children. All these things will then join us when we have our new classroom in the new year. Please text me on: **0431 389 922** if you would like to contribute.

Love Jo Aumanun.





## CLEANING UP BUSH KINDY







## PRIMARY SCHOOL

### FROM THE COORDINATOR

We have 2 classes away on camp this week. Class 7 Kulbardi left for Albany on Sunday morning. They will put into practice all that they learnt with Polly and Sam at Jervoise Bay Sailing Club and set sail out into the Princess Harbour. Class 6 are off to Margaret River on their geology camp. They will visit Ngilgi Cave and have an Aboriginal Cultural experience as well as all the other rich activities they will engage in.

### DJERAN - ANT SEASON (season of the adulthood) April-May

This week marks the beginning of a new season - that of Djeran

Djeran season at last sees a break in the really hot weather. A key indicator of the change of season is the cool nights that once again bring a dewy presence for us to discover in the early mornings.

The winds have also changed, especially in their intensity, with light breezes being the go and generally swinging from southerly directions (i.e. south east to south west). Many flying ants can be seen cruising around in the light winds.

Djeran is a time of red flowers especially from the Red Flowering Gum (*Corimbica ficifolia*), as well as the smaller and more petite flowers of the Summer Flame (*Beaufortia aestiva*). As you travel around the Perth area, you may also notice the red 'rust' and seed cones forming on the male and female Sheoaks (*Allocasuarina fraseriana*). Banksias start to display their flowers, ensuring that there are nectar food sources for the many small mammals and birds that rely upon them.

**Lisa Payne - Primary Coordinator**



## EASTER ROOSTERS

On **Tuesday, 9<sup>th</sup> April** on Market day at **9:00am** classes 1-7 will be participating in the Palm Easter walk through the school following our beloved Little Donkey. Each Cross needs a Rooster (the Easter Rooster symbolising new life and rebirth) and so each child will need to bring two roosters on the Tuesday morning (the second rooster is in case the first doesn't sit properly).

You can cook these bread roosters on this Sunday (7<sup>th</sup> April) and keep them in an airtight tin if you wish to bring Easter into your home in an enjoyable way, otherwise cook on Monday night and send them in on Tuesday morning for the walk.

The following instructions give enough quantities to bake a whole loaf. As the roosters should only be about fist size, the extra piece may provide a celebratory snack for the whole family.

- 1) Mix the following ingredients and let the yeast rise in a warm spot for 15-20 minutes:
  - 3 teaspoons of dried yeast,
  - 4 tablespoons of butter,
  - 1 tablespoon of honey,
  - 1 pinch of salt,
  - 3 cups of warm water.
- 2) Add in 6-8 cups of a mix of wholemeal and atta (white flour) or enough flour until the dough is no longer sticky.
- 3) Knead the dough for 15 minutes and separate two fist sized pieces and form them into Rooster shapes. The extra can be made into a small loaf.
- 4) Let rise for 10 minutes then put them into a moderate oven until golden brown (approx 20 minutes - need to check occasionally).
- 5) Store Roosters in an airtight container so that they stay fresh.



## HIGH SCHOOL

### CLASS 10 SCULPTURE

Class 10 have been working intensely on their ceramic busts this term in sculpture. The forms are taking shape and it is wonderful to see the uniqueness of each students work emerging. We look forward to displaying and sharing the works with you later in the year at the art exhibition.







**Sarah McCarthy - Sculpture Teacher and  
Karen Peradon - Sculpture Technician.**

### **HIGH SCHOOL BEACH DAY**

On Thursday, 21<sup>st</sup> March the High School embarked on their excursion to Woodman Point for an afternoon of fun and physical activity. Our annual Beach Day provides an opportunity for staff and students to engage with each other in a social and light-hearted atmosphere. Students from Class 8 to 12 participate in a range of activities in teams. This year that included big ball soccer, volleyball, capture the flag, sandcastle building and of course swimming at our beautiful Coogee Beach. We are then given the opportunity to relax in the lush, shady surroundings of the reserve and enjoy a sausage sizzle. Thanks to all the staff and students who helped with preparing for the day, in particular, the Class 11/12 PE students for their leadership on the day. From all accounts it was an enjoyable day and I look forward to a re-match of the tug-o-war next year!

**Wendy Belford - PE Teacher.**

2019 Beach Day this year was a blast, I loved it once again. With this being my last Beach Day as a year 12, I appreciated all the activities and everyone participated with the utmost respect and joy. By far the big ball soccer was a heap of fun. It was wonderful to see everyone getting involved. Best of all the students beat the teachers in the tug-o-war.

**Ethan Bates - Class 12 student.**

Beach Day was a fun and relaxing day. I really enjoyed the beach activities as it distracted me from my studies. My favourite activity was the big ball soccer because it was funny when people would get bumped by the ball or run into the ball. I really enjoyed the whole atmosphere of being at the beach, as a whole school, and it was a really enjoyable day to relax and have fun. Overall, Beach Day was great and was an amazing experience.

**Kathryn Lampacher - Class 12 Student.**





## REFUGEE RESCUE

A profile feature article by Nimah Southall in Class 10 about our exchange student Fiona Holand.

***We like to think our world is perfect. But it's not. There are so many prevalent issues in our world today, global warming, world hunger, the horrendous mistreatment of refugees all around the globe. How can one person change any of this?***

We are very privileged, growing up here in Australia. We have access to education, really good healthcare and it's the fifth safest country in the world. However, the unfortunate reality is that not everyone does. 44,000 people a day are driven from their homes and forced to seek refuge elsewhere to escape warzones and avoid persecution. In a country where we have everything, it is our responsibility to help those who have nothing. Fiona Holand tells Nimah Southall about her work with refugees.

It is an unusually cold day. The cobalt blue of the morning sky has faded to a morose grey. The wind ripples through the leaves of the trees above us as Fiona takes a seat on a long wooden bench. She fell into thoughtful silence as she recalls why she decided to work with refugees to begin with. 'It wasn't really a decision. The refugee camp is right next to school, but no-one really cares about it. Mum goes to the camp to help refugees. One day I asked, can I come with you? And now I help them.' Fiona works with refugees on a weekly basis at the Max Proesstt-StraBe 12 & 7; Schimmelweg, Funkkaserne. The kinds of work that she does with refugees changes a lot. Cooking, playing with them, teaching them German and teaching them to swim are some of the more common jobs.

Working with the refugees has been a really enriching experience and Fiona has learned a lot. "I don't judge on how people look . . . you know, whether they have any money. Some people like you and me have to help other people. It's the small things.' Before she witnessed the lives of refugees she cared about what she had and what she wanted. But when she saw how little they possessed, it changed the way she thought about her own life. When she invited some refugees to her house, it was a massive wake up call. 'I was shocked at first because I have my own room and they have a place the size of this bench for five people. They came to our home and were like, wow! You have your own room! It's so big! It was heartbreaking. It was shocking.' It's clear from the sombre look on her face that she feels strongly about this issue.

***"IT'S THE SMALL THINGS THAT MATTER"***

Fiona actually comes from Germany, so I thought it would be interesting to ask her what her opinion is on the Australian Refugee Policy. As you know, any refugees who land on Australia's shores are immediately imprisoned in offshore detention centres. Families are separated. The average time spent in detention centres averages at about nine months. The refugees are not supplied with enough



*Figure 1 Fiona with one of the refugee children she works with*

medical care or food. Because of this, many of the refugees in Australia suffer with physical and mental illness. Fiona's eyes dim as she ponders how to respond to the enquiry. 'It's the worst because they put the refugees on the island.' She says finally. Germany's refugee policy is quite different to ours. I think at this point its legal for refugees to live in Germany.

Fiona thinks it's vital for more people to learn about refugees and how to help them. 'It's a really important thing because some of our classmates were like 'oh they're good' but then they saw how they lived, and it was a sad thing.' It is one thing to read statistics and facts about a group of people, but experiencing what life is like for them really makes you think about the whole thing differently. It's only after you've walked a mile in someone else's shoes that you can begin to understand them. It was because she wanted to reach out to them that her second passion developed; learning Arabic. 'I taught them (the refugees) German and they taught me a bit of Arabic, only the numbers though. It's different from French and German. I always wanted to learn a language with different letters. It's also a really good connection with them.'

Fiona will continue to work with refugees as a hobby in the future. 'There are people who do it for real. I was thinking about it but you don't get a lot of money. I will do it if I have time in the future, but not as a real job.' Fiona's willingness to aid those who need it is truly amazing. It's really important that courageous individuals like Fiona continue to push for positive change in the world. If everyone does their part, we can forge a future that we can be proud of.



*Figure 2 Fiona's school*



# LIBRARY

Strength and nourishment is in the air as Easter approaches. Easter is a wonderful festive time to share with each other and a great opportunity to create. Below are some great resources to support making some Easter toys and gifts and for enjoyable storytelling.

***The Children's Year*** by Stephanie Cooper, Christine Fynes-Clinton and Marye Rowling (pictured to the right). This book offers simple instructions to create a Palm Sunday cross, Easter egg cosies, egg decorations, Easter candles, pop-up Easter cards, knitted Easter chickens, Easter rabbits and more.

***The Easter Story Book*** collected by Ineke Vershuren has stories, legends and folk tales that reflect the season around Easter.

***The Emperor's Vision and Other Christ Legends*** by Selma Lagerlof draws vividly on the colourful history and landscape of the Holy Land, from the time of Jesus to the Crusades.

Easter Blessings to you all,

**Penny Champ and Kelly Geyer - Our beautiful Librarians.**



## 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, 9<sup>th</sup> 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!



*Photos taken at last year's Easter Markets.*



# 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 Aerosol products (eg deodorants) into school as they can be flammable, dangerous for people with asthma and not to mention bad for the environment. Alternative products can be used (eg. roll on deodorants).

## 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	<b>Parents and Friends Study Group</b> with Anne Williams (in the Library, no children please) <b>0424 771 217</b> .
Mondays, 10:30am-12:00pm (fortnightly) <b>08/04</b>	<b>Biodynamic Group</b> with Heidi Halter (see below for details).
Tuesdays, 9:00am	<b>Craft Group</b> with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm	<b>Eurythmy</b> with Kristina Hamilton (in Williams Hall).
Wednesdays 9:00am	<b>Adult Singing</b> Come and join Claire Williamson and discover your inner voice (in the Music Office)
Thursdays, 9:00am-9:45am	<b>Listening Circle</b> with Bruce Lee - the Administrator (in the Library). Come in for a conversation, concern, query or just to listen.
Saturdays, 1:00pm-4:00pm	<b>Waldorf Wood Workers</b> with Christian Geyer (meet in Plaza) <b>0409 267 178</b> .

**BIODYNAMIC GROUP** - with Heidi Halter  
**Mondays (fortnightly), 10:30am-12:00pm.**

Please join us at 10:30am on Monday, 8<sup>th</sup> April in the beautiful Kindy 4 garden as we make Biodynamic tree paste. This simple yet effective treatment will protect and restore the health of your trees and vines. Bring a wide mouthed container or jar to take some home with you. A gold coin donation is appreciated. Children are welcome to attend.

For further information please contact Heidi on **0427 445 754**.

**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.





# 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.

**WET SUIT FOR SALE** - long arms and legs, Ozmosis brand - boy size 12, perfect for Class 7 sailing camp! Hardly used. Bought new \$100 – selling for \$50. We live 5 mins from school. Contact: [Shaz.hutchison@bigpond.com](mailto:Shaz.hutchison@bigpond.com), ph/text **0400 248 895**.

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

## FOUND

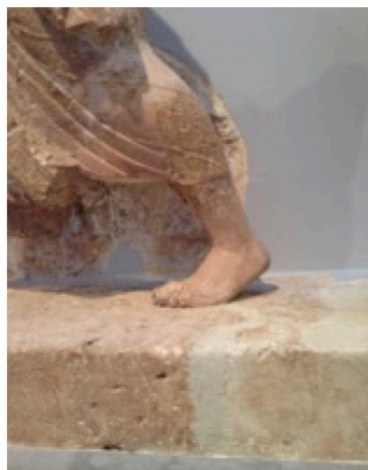
These two objects have been handed in to the Front Office. The small felt cushion was found outside Kindy and the pocket watch was found in the car park. If either of these items belong to you please come into our Front Office to claim.



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.

<b>Where</b>	Seekers Room. Perth Waldorf School Gwilliam Drive, Bibra Lake
<b>When</b>	Tuesday 30th April - 28th May 7 - 8.30pm
<b>Booking</b>	Dale Irving <a href="mailto:docirvo7@bigpond.com">docirvo7@bigpond.com</a> 0400959050

## A Journey of Becoming - Module One

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



*Teacher Professional Development with Lakshmi and Patricia 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](http://www.rudolfsteinercollege.com.au)  
For enquiries email or call Jenny Hill 0432 735 744 [jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.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.

**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**.



# FOOD FOR THOUGHT

## EASTER CRAFT

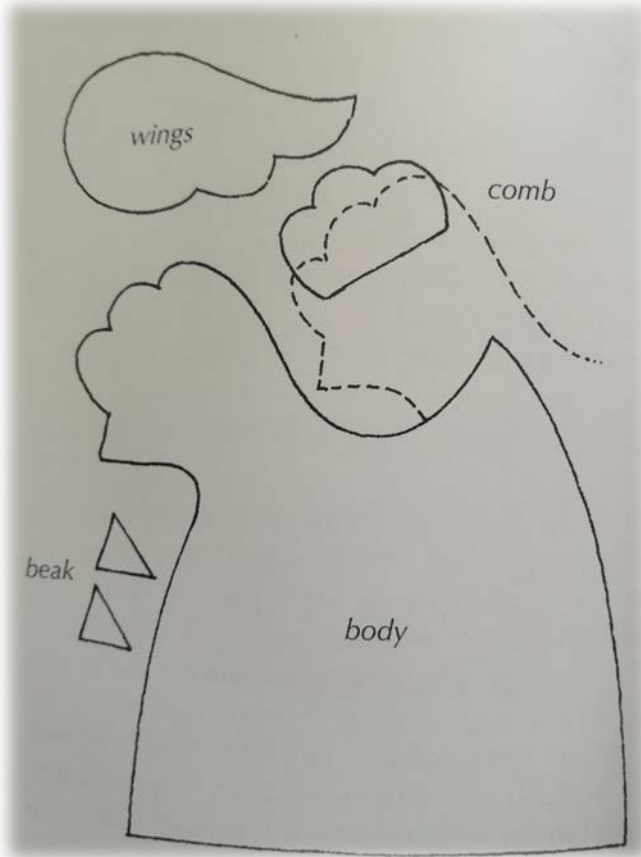
### Felt Hen Egg Cosy/Finger Puppet

#### MATERIALS

Yellow felt in 2 shades  
Red felt  
Unspun sheep's wool  
2 beads for eyes (or embroider eyes)  
Embroidery thread

Using the pattern as a template, cut out 2 bodies, 2 wings, 2 beaks and 1 comb.

Sew the wings on the body. Then sew the 2 halves of the hen's body together using blanket stitch, stitching the comb between the two parts. Finish off the bottom with blanket stitch, leaving it open. Sew the 2 red beaks into place and fill the head with some unspun wool. Lastly, sew the beads into place as eyes.



# PIXIE STOTT CANTEEN

## NEW FOR EASTER

The Canteen now has hot cross buns from Abhis \$8.50 for 1/2 dozen or \$2 each. Grounded Pleasure Chai is also available \$11.00 for a take home pack or come try a warm cup at the canteen for \$3.50.

Any donations of pre loved kitchen equipment especially forks or spoons are always welcome. The canteen would love any excess home grown fruit and vegetables especially lemons.

Now available:

- Bannister Downs milk full cream and lite \$2.00/Litre.
- Local Raw Honey 500g jar \$7.50 or bring your own jar \$12/kg.
- Organic Olive or Sunflower oil \$15/litre bring your own bottle to refill.
- Tammys' Sourdough bread is available Monday, Wednesday and Friday.
- Breadtime Stories sourdough available Tuesday and Thursday. (preorder to avoid disappointment).
- Organic eggs \$8.50 per dozen.

Thanks, Megan.

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):

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