



# Pabulum

Perth Waldorf School

14 Gwilliam Drive,

Bibra Lake WA 6163

Telephone: 9417 3638

Email: [adminpws@pws.wa.edu.au](mailto:adminpws@pws.wa.edu.au)

Website: [www.pws.wa.edu.au](http://www.pws.wa.edu.au)

## TERM 2 CALENDAR

### MAY

Thur 29 Rainbow Room Parent Night - 6:30pm

Fri 31 Primary and Early Childhood PUPIL FREE DAY

### JUNE

Mon 3 PUBLIC HOLIDAY (WA DAY)

Tue 4 SCHOOL TOUR - 9:00am-10:00am

Tue 4 - Fri 7 Class 8B Camp to Dwellingup

Thur 6 High School Journey

Thur 6 Class 6 Eurythmy Performance - 12:00 in the Hall

Mon 10 Class 11 Parent Night

Mon 17 Class 10 Assembly

Thur 20 Primary and High School WINTER FESTIVAL

Fri 21 High School PUPIL FREE DAY

Fri 28 LAST DAY OF TERM 2

#### THIS WEEK

Primary and Early Childhood  
PUPIL FREE DAY  
Friday, 31<sup>st</sup> May

#### NEXT WEEK

PUBLIC HOLIDAY (WA DAY)  
Monday, 3<sup>rd</sup> June

#### SCHOOL TOUR

Tuesday 4<sup>th</sup> June, 9:00am-10:00am



#### HIGH SCHOOL JOURNEY

Next Term - Thursday, 6<sup>th</sup> June  
See inside for details.



#### STUDENT ABSENCES:

\*Please let the office know by 8:30am.\*

Text: 0429 680 969, Phone: 9417 3638,

Email: [absence@pws.wa.edu.au](mailto:absence@pws.wa.edu.au),

#### PABULUM INFORMATION:

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

## Term 2, Week 5

Tuesday, 28<sup>th</sup> May, 2019

### Council News

The community forum held on Saturday 18<sup>th</sup> May was attended by 19 enthusiastic parents. Thank you greatly to those who participated, and to Lei Baker and Bruce Lee for planning and facilitating. The aim of the forum was to collect feedback and ideas that the school can consider when preparing the next PWS strategic plan. A lot of valuable feedback was collected.

The Council's AGM will be held on **Monday 10<sup>th</sup> June**. All parents/guardians and staff are invited to attend. The AGM is a great opportunity to learn more about our school from a variety of key groups. There will be presentations from the Administrator, Bursar, faculty coordinators, College of Teachers, P&F and school council. There will also be some formalities such as accepting the financial statements and electing Council members, but these tasks don't take long.

If you are thinking about nominating for Council membership, we are always happy to see new faces and ideas. If you'd like to know more about the Council or what membership involves, feel free to contact me or any of our current Councillors. Nominations are required by 31<sup>st</sup> May and nomination forms are available on the PWS website. Also available on the website is related information such as the PWS Constitution, the recent financial audit report and previous AGM minutes.

I would like to thank our Councillors who have contributed their time and effort over the past 12 months - Alana Robins, Katy Chamberlain, Amanda Goodchild, Ilse Van Wijngaarden, Sue Wallwork, Yvonne Suares, Laila Hinsman, Zac Leithhead, Steve Grant, Peter Finlay, Tom Muller, David Rosling, Peter Franklyn and Mark Phillips. As a governing body we are grateful that our school is effectively run by Bruce and his team of teaching and support staff, including the College of Teachers. We are grateful for the level of thought and care they give to all aspects of their roles and for ensuring such a quality education. Want to know more about how we're going as a school, and what challenges and opportunities we're preparing to tackle? Come along to the AGM!

### Kewan Bond - Council Chair

This week is Reconciliation week in Australia. Reconciliation Week was established as a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Perth Waldorf School is in the process of writing a Reconciliation Action Plan and part of that process is to identify what we are doing in our classrooms and as a school. Our school has made great progress in moving into dialogue with local elders and bringing to the children an understanding of Aboriginal culture and its depth and wisdom.

The first step to take is in our own awakening as adults and we are trying to take opportunities to learn, engage and collaborate more. We are often asked about Indigenous scholarships for children however the feedback we have received is not conclusive that it is what is wanted as part of an act of reconciliation. If we want reconciliation, we need to really listen, properly understand what we hear and seek a collaborative outcome rather than make gestures that are not from that collaborative space.

### Bruce Lee - School Administrator

### IN THE LIGHT OF A CHILD

Rich treasures planted long ago  
 Within my soul, so dark and deep,  
 Are wakened by my will from sleep.  
 They stream into the world; they grow.  
 They bear star-substances of greatest worth,  
 Through loving deeds of mine, uniting heaven and earth.

Michael Hedley Burton

# FROM FINANCE

**SCHOOL FEES ARE NOW OVER 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.

## UN-REFERENCED PAYMENT

The Finance Department has received a payment without a Family Code with the following details:

**Tyson Zace - Monday, 29<sup>th</sup> April, 2019 - \$205.00**

If you believe this payment was made by you, please contact the Finance Dept on **9417 3738** or email [account@pws.wa.edu.au](mailto:account@pws.wa.edu.au).

# GENERAL NEWS

## SCHOOL TOUR

Our School Tour will be on **Tuesday, 4<sup>th</sup> June, 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!

## Notice of Annual General Meeting and Call for Nominations

The Annual General Meeting of the Perth Waldorf School Association Incorporate is to be held on **Monday, 10th June 7:00pm** in the **Williams Hall** at the Perth Waldorf School.

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

Members who wish to submit a nomination form are requested to submit the completed form to the Secretary by post or email by **4:00 pm on Thursday 30th May, 2019.**

Nomination forms can be emailed to Lei Baker, [lbaker@pws.wa.edu.au](mailto:lbaker@pws.wa.edu.au) or posted to:  
*The School Council Secretary, PO Box 1247, BIBRA LAKE, WA 6965.*  
and should be clearly marked '**Council nomination**'.

\* Copies of these documents will be available at the AGM, at the school office, and on the school website ([www.pws.wa.edu.au](http://www.pws.wa.edu.au)) one week before the AGM by clicking on School Information, AGM 2019.



# Perth Waldorf School

ABN 35 741 776 852

PO Box 1247 Bibra Lake WA 6965

14 Gwilliam Drive Bibra Lake WA 6163

Tel: (08) 9417-3638 Fax: (08) 9417-5354

Email: administrator@pws.wa.edu.au

27.5.2019

Dear Early Childhood Parents and Guardians

## **RE Mandatory Reporting of Vaccination Status and proposed changes to legislation.**

For your information, State Government regulations introduced in January, 2019 state that schools must report to the Department of Health, the immunisation status of children enrolled in pre-kindergarten, kindergarten or pre-primary. We have now been informed this is due by 31<sup>st</sup> May, 2019. We understand that children attending our Playgroup do not fall into this category.

This letter is to inform you that as a result of these regulations the school will need to comply and we will be providing the names and contact details to the Department of Health of those children "not up to date" or not known to be "up to date" according to information the school has. The school currently only collects information at enrollment.

The College of Teachers and the Governing Council of PWS adopted the following position with regard to Immunisation in 2017:

Perth Waldorf School:

- Does not discriminate based on a child's immunisation status
- Participates in the School Based Immunisation Program provided by the WA Health Department
- Cooperates and consult with the WA Health Department regarding the management of communicable diseases

Overriding this position statement is the school's obligation to comply with government regulations.

At this time, there is no government requirement to exclude children who are "not up to date" or have "unknown" immunisation status from attending school. However, parents and guardians should be aware that further legislative changes are proposed that, if passed, will require "with rare exception" a child's immunisation status to be "up to date" as a condition of enrolment into non-compulsory education (K4 and K5 classes). **It is anticipated that this legislation will be effective for the 2020 school year.** Although the school will wait to see the exact nature of any legislative changes and how it affects our enrolment procedures, parents and guardians applying to enrol their children in K4/K5 in 2020 should be aware that PWS may not be able to enrol children if their vaccination status is not "up to date" if this legislation is passed. The school will not be engaging in attempts to 'work around' the legislation. As a partially government funded body we are required to act in accordance with government regulations.

Further information can be found by searching for "Strengthening Immunisation Reporting Requirements FAQ" or by following this

link: [https://ww2.health.wa.gov.au/~/\\_media/Files/Corporate/general%20documents/Immunisation/PDF/Strengthening%20Immunisation%20FAQs.pdf](https://ww2.health.wa.gov.au/~/_media/Files/Corporate/general%20documents/Immunisation/PDF/Strengthening%20Immunisation%20FAQs.pdf)

Thank you for your attention and your support of the school with this compliance matter.

Yours sincerely,

Bruce Lee  
School Administrator

# EARLY CHILDHOOD

## FROM THE COORDINATOR

The groups we run for the 0-3 year olds are really thriving. To meet others who are navigating the waters of early parenting is a gift. It is a watershed period for many of us, when we are open to the freshness and urgency of our task. A time for seeing things with new eyes, for bonding deeply with our peers, for laughter and tears.

Eugene's Parent and Baby group is open to babies in their first year of life. There is the openness for you to drop in to this group with your baby on Wednesdays from 12.15 till 2.00. Eva's Toddler Group on Mondays from 9.15 to 11.15 needs a termly commitment before attending. Speak to someone at Reception if you wish to put your name down. Both groups are opportunities to slow down, turn off, and be attentive to yourself and your child in an atmosphere of acceptance.

Early Childhood Faculty is grateful for this soft introduction to Waldorf parenting ways for our families, and appreciative of what each new parent and each new child brings. Our Faculty is responsible for all the Early Childhood programmes, and when we brought the initiative to have these groups added to our school's offering, we were hoping that they would be of value to the wider community as well as current Perth Waldorf School families. This is indeed coming to pass, as new families join us. The joy found in these early years reminds us to be glad!



# PRIMARY SCHOOL

## FROM THE COORDINATOR

### DUTY OF CARE

Parents please be aware that our policy for the duty of care of your children covers all school hours at school and all excursions.

In the mornings the teachers begin duty of care at 8:15am when the children are on school property and that extends to the teachers being on duty within the school and at the bus stops until 3:30pm (or 2:45pm on a Thursday).

You are required to supervise or make arrangements for any children dropped at school before 8:15am in the morning to be supervised by an adult.

Please note that before and after school the Adventure Playground is out of bounds.

Normal school rules still apply after school, for example, no children are to climb onto the cubby roof or walk around school without their shoes please.

If children are waiting for you in a designated duty area at school after 3:30pm they will be taken to the office where they will be supervised.

Children making their own way home are to leave school by 3:30pm.

We need to work together to keep our children safe and to teach them the boundaries and responsibility.

This is our school  
Let peace dwell here.  
Let the rooms be full of joy.  
Let love abide here;  
Love of all that lives and grows;  
Love of child, parent and teacher;  
Love of life, Love of God.  
Many hands have built this school  
Many hearts now keep it warm.

*Please remember to refer to the handbook for any clarification regarding school rules and expectations or come in and see me for a chat or see Bruce on a Thursday morning at listening circle in the library. Below is some information regarding mobile phones.*

### Electronic Media

Students are not permitted to bring personal electronic media devices to school for entertainment purposes. This applies to all devices of whatever form.

### Mobile Phones

Students in upper primary may only bring mobile phones to school with approval. Please speak to the class teacher about getting approval. If approved mobile phones must be switched off and kept out of sight during school hours and while on the school premises, except with the permission of a teacher.

Media devices and mobile phones will be confiscated if the above policy is abused and can be returned to the parent/guardian on request. Repeated offences will result in disciplinary action.

**Lisa Payne - Primary School Coordinator**

### CHICKEN POX

There has been a confirmed case of Chicken Pox (Varicella) in Primary School. Chicken Pox is a common, acute, viral infection, spread by direct or indirect contact (airborne) with fluid from vesicles of an infected person. Symptoms include fever, fatigue, and generalised rash characterised by small vesicles (blisters) that rupture to form crusts.

If your child is experiencing any of these symptoms please consult with your child's doctor. If your child is infectious please exclude them from school until they are well. To avoid contamination, be sure to follow good hygiene practices and avoid contact with infected individuals.

If you would like more information please visit the Healthdirect website.

## LOST PROPERTY

With the cooler weather rolling in the children are wearing layers and peeling off jumpers and long sleeved tops during morning tea and lunch playtimes. These items are often being forgotten and left outside despite reminders from teachers to collect items of clothing. Every few days the unclaimed clothes are brought through to the lost property box outside the Williams Hall.

In order to help please would you ensure that clothing is labelled and can be returned to the children. The lost property box is full again so have a look through it if you have clothing missing from your child wardrobe.

## CLASS 1 WELCOMES CLASS 7 KULBARDI

Every few weeks we welcome our buddies from Class 7 Kulbardi. Together the students have been practicing their string skills. Last week they made some chatterboxes together. Everyone was engaged, it was great to observe how they worked with each other with trust and fun.



Yvonne Suares - Class 1 Teacher

## CLASS 3 EURYTHMY PERFORMANCE

### *The Plant Children*

Dressed in colourful silk tunics Class 3 presented the Eurythmy story, *The Plant Children*, to their parents and the Class Two children. The text is adapted from a story by Dorothy Harrer, and the music to accompany the Eurythmy choreography is from Kabalevsky's 'Children's Pieces', played on the piano by Jane Shanahan.

The story depicts the rivalry between the Sun Fairies and Rain Fairies to care for the beloved Plant Children. With the help of the wind to either blow away or summon the Rain Fairies when needed, Great King Sun is able to teach the Sun Fairies the lesson that too much sun brings drought, and to teach the Rain Fairies the lesson that too much rain brings floods. Neither situation helps the Plant Children, but when they work together the Plant Children thrive. So whenever we see a Rainbow in the sky, we know that the Sun Fairies and Rain Fairies are having a lovely time singing and dancing together.

Class 3 can be very proud of their concentrated effort to learn the varied Eurythmy gestures and choreography. Just like the Sun and Rain Fairies, the whole class learned how to move well together, bringing life to a magnificent presentation!







Kristina Hamilton - Eurythmy Teacher

## CLASS 5 EARLY EXPLORERS MAIN LESSON AND ROTTNESST CAMP

A nourishing part of the Class 5 curriculum is the exploration of history and geography of our local region. After being grounded in the existing Aboriginal culture, we began to delve into the 17<sup>th</sup> century. This featured the brazen arrival of various European explorers and traders around Australia. We then narrowed our focus to Western Australia, helping students understand their surroundings with greater depth and appreciation. The driving motivations of colonization and its impact on Aboriginal clans were also investigated.

To celebrate our research into the history of Western Australia, we went on a class camp to Rottnest for three nights. Thankfully we had perfect weather and were able to joyfully cycle and explore the island. It was a delight when we all cycled around the island to West End, seeing a pod of dolphins riding waves, and an osprey happily perched in its nest. We spent mornings beachcombing, playing on dunes and swimming, learning about historical sites and structures, and eating scrumptious food.

Thank you to all parents for contributing delicious and nutritious meal - we looked forward to every meal! My warm appreciation to parent volunteers Jade, Molly, Paul, Pieter, and Vic for ensuring a smooth and safe camp. Thank you for bringing your unique skillsets and using your initiative to enrich the camp experience. My thanks as well to colleagues for their recommendations, and to our admin team for organising bookings and making changes with grace. I continue to be delighted by this amazing class of children, who shone their warmth, good humour, and curious nature throughout the camp.



## CLASS 7 RECONCILIATION

Class 7 went to the city of Cockburn Reconciliation flag raising ceremony on Monday morning to acknowledge the beginning of Reconciliation week.

Reconciliation week runs annually from 27<sup>th</sup> May - 3<sup>rd</sup> June. It is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.



### Connect Learning WA - Before and After School Care

Connect Learning are 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).

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

If you are interested in your child attending please email Beccy on [info@connectlearningwa.com.au](mailto:info@connectlearningwa.com.au)

\*The service is only available to Primary aged children.\*

## PRIMARY CRAFT





## HIGH SCHOOL

### CLASS 12 PROJECTS

Hi my name is Soli Balian-Fitzgerald. For my Class 12 Project I have been looking at living off the grid. Living off grid means moving away from Government utilities and sourcing the utilities oneself. I am researching how one would go off grid, why someone would choose to go off grid and also asking the question: can this lifestyle work for everyone. For my Practical I have bought myself a van and I am in the process of converting it into a camper so I can travel once I leave school. This is a lifelong dream. My van will have its' own electricity source (solar panels), water storage and a waste disposal system.

I would love to hear from anyone in our community who has, does, or plans to live off grid, or from those who even dream of living off the grid. Please email on [solbalint@gmail.com](mailto:solbalint@gmail.com) for a short questionnaire. Thank you!

**SOLI BALIANT-FITZGERALD**





# PERTH WALDORF SCHOOL HIGH SCHOOL JOURNEY AND BEYOND

Thursday 6th June 2019, 6:30pm, Williams Hall

**Bruce Lee - PWS Administrator**

Welcome

Acknowledgement of traditional owners

High School Verse

Introduction to the evening

PWS High School - the Big Picture

**Mark Phillips - High School Coordinator**

PWS High School Curriculum, Students and Teachers

**Penny Champ** - Class 12 project

**Brett Kranz-Little**- Transitions & Maths

**Paddy Hocking** - Camp programme

**Donna Kerr** - Drama

**Wendy Belford** - Sport Programme

**Pam Moore** - English

**Annabelle Kellenberger** - Science & IT

**Parent** - The High School Journey from a parent's perspective

**Past Students** - Reflections on their experience

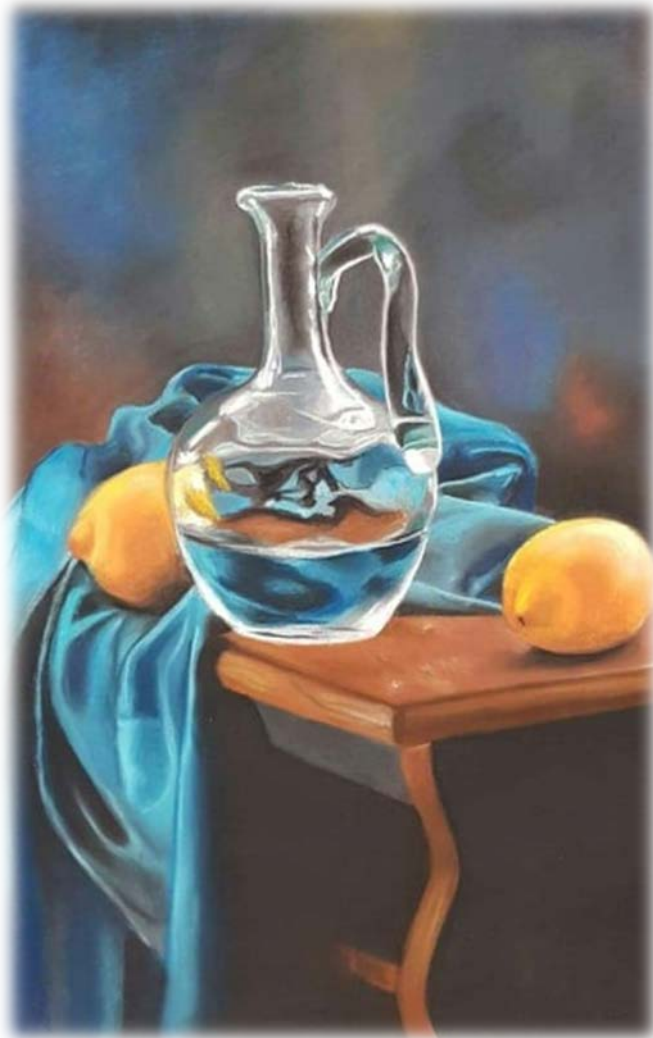
A range of teachers will talk about various subjects and be available afterwards to answer questions

**Q&A**

Close 8:30pm- hot drinks and light refreshments served



*Still life pastel  
artwork by  
Class 9 student,  
Stella Tigges.*



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 and 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.



### P&F FUNDRAISER

Gilbert's Fresh Market located in Hilton on South Street runs the "Support our Schools" Program. If you are shopping there, you can sign up in the store and receive a loyalty card. This card is scanned each time the customer shops at Gilbert's and 1% of the total shop is donated to the nominated school. Last year we received \$359.

Thank you!

## WOOLWORTHS EARN AND LEARN

It's that time again!! Woolworths Earn and Learn is back at Perth Waldorf School.

Woolworths Earn and Learn helps kids across Australia to get new equipment for their schools for subjects like science, technology, maths, arts, etc.

Collect stickers for every \$10 you spend at Woolworths, between now and the 25<sup>th</sup> June, and then bring your stickers to school to put in our collection boxes located outside the Front Office and the Carriage.

If you would like more information on how Woolworths Earn and Learn you can go to the link below:

<https://www.woolworths.com.au/shop/discover/earn-and-learn>

Every sticker helps! Thank you.



## 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!*



## VOLUNTEER GARDENERS WANTED!

Meet at the Canteen at 9:00am on Wednesday mornings for an hour of social gardening. If you prefer a different time please phone Heidi on **0427 445 754** to organise an alternative day.

## GARDENING IN EARLY CHILDHOOD

Rainbow Room kindy was delighted to plant a dwarf lemon tree in their shared garden last week. A big thank you to the P&F for donating the tree, it is sure to bring many years of deliciousness to all the kindergartens.



# 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>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.**

It's the perfect time to spray out the special Biodynamic Soil reviver, BD500. Come along to the kindy 4 garden on **Monday, 10<sup>th</sup> June at 10:30am** to prepare this special mix. Everything is provided and you can take some home for your own garden. Children are welcome. A gold coin donation is appreciated

For more information please phone Heidi on **0427 445 754**.

### **FREE EURYTHMY CLASSES FOR ADULTS** - with Kristina Hamilton

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

Eurythmy is great to do at any time of year, but it especially becomes a healing balm when winter approaches. As the outer cold increases, the inner life awakens, allowing a warm space for artistic impulses to be nurtured. The arts flourish in wintertime. Do come and join with others in this opportunity to feel whole and well. All welcome!



## 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.

**PIANO FOR SALE** - Please phone Bronwyn for details - **0407 312 470**.

**VOLUNTEER GARDENERS WANTED!** - Meet at the Canteen at 9:00am on Wednesday mornings for an hour of social gardening. If you prefer a different time please phone Heidi on **0427 445 754** to organise an alternative day.

Rudolf Steiner College Perth  
**A Journey of Becoming**

Dr. Lakshmi Prasanna and Patries Orange

**FINAL ENROLMENT DAY 31<sup>ST</sup> MAY**

Module One in the Teacher Development Course - This course is for all those who are working as teachers, who are already part of a teacher training course, and anyone who is looking to deepen their understanding of anthroposophy through education.

The course includes:

- eurythmy to discover ourselves, each other and the child anew.
- nature observation to practise our ability to observe the other and ourselves within the activity.
- working deeply in an explorative way with the first lecture of the lecture cycle 'Study of Man' to discover some of the treasures in this unique approach to education.
- conversation, artistic work.
- lectures at the end of our afternoon program bringing human physiology and embryology to help us understand the relationship between the development of the child and the curriculum Rudolf Steiner developed out of spiritual science.

The process relies on the individual and group work we develop between us.

**When** Monday July 15th to Friday 19th, 8:30am-4:00pm  
**Where** Perth Waldorf School, Gwilliam Drive, Bibra Lake  
**Fee** \$630

For more information or to book contact Jenny Hill  
[jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.au) 0432 735 744



Rudolf Steiner College Perth

## Lyre Making Workshop

**Tutors:**  
Judy Gray and Titus Witsenberg

A wonderful opportunity for grandparents too to create a beautiful and treasured gift for Christmas

**FINAL DAY FOR BOOKING  
3rd OF JUNE**

**When** 4 Saturdays, 9 - 12  
October 19th and 26th  
November 9th and 16th

**Where** Perth Waldorf School, Gwilliam Drive, Bibra Lake

**Cost** \$350

**Information Booking** Titus Witsenberg  
Jenny Hill [jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.au)

<http://www.rudolfsteinercollege.com.au>

Dear friends,

In the past 25 years, lyre making workshops have been held for parents of children about to start the journey of lyre playing with their class teacher. Rudolph Steiner College Perth would now like to make this available for any parent or friend who would like to have lyre playing in their home. For those interested, we highlight some of the benefits of playing the lyre for both adults and children.

As parents, we used the lyre at home for our young children. Apart from playing while we were singing, we would use it to console our children/babies if they had a bad dream for example or were simply upset. I found the sound of the lyre so special, so healing and noticed the harmonising and soothing effect it had on them. Later they too learned to play the lyre.

As a class teacher, in addition to the above, I also found that lyre playing in the classroom improved listening skills to the point that it helped those who could not sing on pitch.

It is for these reasons that Rudolph Steiner College Perth would like to organise a lyre making workshop run by Judy Gray at the Perth Waldorf School for those who would like to bring the magic of the lyre into their homes. This workshop could be possible in October/November this year.

We need to know the number of participants in order to organise the buying of the wood, strings, tuning pins etc. A small preparation group then has to cut and shape the wood in order that you can make the lyre in 4 half-Saturdays tutored by Judy Gray, with some rasping, sanding and oiling to be done at home. The cost would be in the neighbourhood of \$350. Places are limited to a maximum of 15 and minimum 12.

For more information contact me, Titus Witsenburg, 9310-3657  
For booking contact Jenny Hill [jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.au)

To secure a place in this workshop please book by the 25th of May in order for us to source the materials.



# 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.

**ADULTS AND TEENS POTTERY WORKSHOP** - creating beautiful mugs and small plates. Saturday, 15<sup>th</sup> June, \$80pp, in Wattle Grove. Please email [danica@rediscovering.com.au](mailto:danica@rediscovering.com.au) or visit <https://www.rediscovering.com.au/upcoming-events> for more information.

**HOUSE FOR RENT** - 4 bedroom 2 bathroom house in Coolbellup available for rent. Waldorf neighbours. Please contact Bronwyn for details - **0407 312 470**.

**KINESIOLOGY** - 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 **0424 375 765**.

**FOR RENT** - 1 Year Lease. Cute family 3 bed cottage on Davilak Av, Hamilton Hill. On bus route to school or 15 min drive. Great location, next to Manning Pk, 15 min walk to South Beach. Available August. For inquiries contact Breeda **0431 079 356** or Mark **0450 026 871**.

**"IN THIS BODY ARE GARDENS"** - a weekly Creative Writing Circle for women who write or want to, with poet/storyteller Jaya Penelope. Thursdays during school term, 10-12:30. Contribution \$15/\$10 or \$120 for the whole term, casual attendance welcome. Freo area, address given upon booking. Enquiries; Jaya; **0411 983 549** or [mistressmadrigal@yahoo.com.au](mailto:mistressmadrigal@yahoo.com.au).

## Biography Work with Dale Irving

### **MODULE 1: LIFE MAPPING**

*Life is itself a path of initiation which becomes more meaningful when it is lived in full consciousness, in a way that can be achieved through working on one's biography. (Burkhard, G. Biographical Work: the Anthroposophical Basis. 2007).*

**Biography Work through Life Mapping** provides a way of remembering life phases (septennials or 7 year phases) and uses artistic exercises to illuminate these memories. After the two Saturday sessions each participant will have a chart of main life events as a basis for further development. Conversation, creative writing, drawing and movement allow the workshops to be interactive, engaging and heartening.

*Bring lunch and enjoy good conversation in the break. Tea and coffee will be provided.*

**Where** Silver Tree Steiner School. 695 Roland Road, Parkerville

**When** Saturday 27<sup>th</sup> July and Saturday 3<sup>rd</sup> August, 10:00am-3:00pm

**Fee** \$100 Concession \$80

### **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. Karma and reincarnation will be part of the exploration as

will the Double. This module allows for a deeper exploration of your life story. Active listening, helping conversations, writing and gesture work will provide ways to be heard and to listen and share our becoming human.

*Bring lunch and enjoy good conversation in the break. Tea and coffee will be provided.*

Module 2 at PWS has been cancelled for I have travel commitments for family matters.

**Where** Silver Tree Steiner School. 695 Rowland Road, Parkerville

**When** Saturday 17<sup>th</sup> and 24<sup>th</sup> August, 10:00am-3:00pm

**Fee** \$100 Concession \$80

**Information and Booking** Dale Irving [docirvo7@bigpond.com](mailto:docirvo7@bigpond.com) 0400959050

# 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.**

## POSITION VACANT

### Casual Canteen Assistant

3 days a week (Wednesday, Thursday & Fridays) for lunch cover

Commencing term 3

This assistant role is lunch time cover and relief cover. The role requires:

- Coffee experience (a bonus but if willing to learn not essential.)
- Friendly with some customer service experience.
- Basic food handling and preparation.
- Flexibility
- Work well under pressure.
- The ability to follow Directions.
- Till and money handling.
- Cleaning.

Please submit CV and cover letter addressed to Canteen Manager at the office or by email

**[pws.canteenmanager@gmail.com](mailto:pws.canteenmanager@gmail.com)** with expressions of interest and any Questions by the 16<sup>th</sup> June.

## WINTER WARMERS

The last season and the coldest, Winter inhales the earth inward. We draw to us introspection, contemplation and patience as the nights become long and days are darker. As the cold mornings break we feel the height of receptive yin energy. Winter is synonymous with the last stage of life and wears black, blue and white.

Plants move underground into the womb of mother earth and we require more warm dense foods, hard cheese, big fish, chicken, meat on the bone, citrus fruits and onions. The autumn harvest of nuts, berries and dried fruits is consumed during Winter.

The midwinter Solstice around 21 June is a time of waiting.

Early man feared that light and life would never return so they lit fires, hung lanterns and decorated homes with greenery to persuade sun and vegetation to grow again.

### Cornbread

1 cup cornmeal  
½ cup flour  
1 ½ tsp salt  
1 tsp sugar  
chilli

½ cup of milk/buttermilk  
½ cup boiling water  
3 tbspn corn oil  
1 egg  
1 ½ tsp baking powder

1. Combine cornmeal, flour, salt, sugar and corn oil in mixing bowl. Use a cutting motion with spoon so that oil will blend well with other ingredients. Stir and let stand so that batter reaches room temperature.
2. Mix in egg followed by baking powder and beat briskly. Pour (or spoon) into preheated greased pan and bake at 425° F or until well browned (20 minutes).

Fits 9 inch square pan.

