



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 3 CALENDAR

SEPTEMBER

Wed 11 - Fri 13	Class 7 Kulbardi Play
Fri 13	Greek Olympics
Sun 15 - Fri 20	Class 10 Warrdagga Camp
Mon 16 - Fri 27	Class 11 Community Service
Tue 17	Class 2 Eurythmy Performance - 1:45pm
Wed 25	Michael Festival
Thur 26	Michael Festival Assembly
Thur 26	Class 8 Play 'A Feast of Shakespeare' - 9:00am and 6:30pm
Thur 26	LAST DAY OF TERM 3

THIS WEEK



GREEK OLYMPICS Friday, 13th September



Term 3, Week 8

Tuesday, 10th September, 2019

Exam Time

This week Class 11 and 12 students are doing exams. These exams require all the necessary preparation and exam taking skills to be demonstrated. The good news here at PWS is that the exams are based on what has been taught and what has lived in the classrooms. The exams are a product of the relationship between teacher and student. The exams are not a random external test which the teacher has had to teach to, irrespective of the students in their classroom and the exams take into account what has transpired between teacher and class during the course. It is so refreshing that a healthy process like that allows for rigor AND humanity to co-exist. We eschew the inauthenticity we may have experienced as students of studying hard for exams about stuff we had not engaged with only to discard the learning immediately because it doesn't live in us. Vive la difference.

Final days for Class 12

For the Class 12 students last week was their last week of Main Lessons and weekly classes. After exam week they are presenting their "Practical" as part of the **Class 12 projects**, having a **Class camp** and then ferociously preparing their 40 minute public presentations in Term 4. With all that done, the Class 12 will rehearse then perform their final **Class Play** in a professional theatre in Subiaco at the end of November. The Class 12 Project Presentation Schedule is published in this week's Pabulum. Check out the topics and start planning to attend these awesome speeches. You will not be disappointed by the wisdom, passion and skill of our youth.

Class Play

Class 7 Kulbardi are presenting their **Class Play this week**. Times are advertised in this edition and you are welcome to enjoy their final Primary School play. As a way of seeing where your child is heading you will not be disappointed by the children's vitality, passion and skill. It's the story of a 12th Century woman who continues to inspire and influence people today, Hildegard of Bingen.

Greek Olympics

The lines are marked (thanks Peter), the Sportsmen and Sportswomen are coming from all over the state and the torch is ready to be lit for the annual **Class 5 Greek Olympics**. This is a very special event in the life of a child and to witness the sportsmanship, physical agility and beauty of movement on display as the City States compete is marvelous and fun! Thank you to Class 5 teacher David and all the helpers who will host the other six WA Steiner Schools and run the day.

Help Wanted

There are position advertisements in this week's Pabulum. Please encourage people to apply.

Enjoy the warm weather!

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

*The silent strength of starlight's gleam
Is filling my soul with new heavenly might.
In darkness of winter, I woke from a dream
Like a child from sleep in the middle of night.
Now new hope is dawning – strong and supreme,
And declaring, "Go forth out of darkness to light!"*

Michael Hedley Burton

FROM FINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 3 Due Date: Friday, 2nd August, 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.

UNREFERENCED PAYMENT

Our Finance Dept. received an unknown payment for school fees with the following details:

School Fee payment - 2nd September, 2019 - \$1500

If you think this transaction was made by you please contact Leisa Clarke in the Finance Department on **9417 3638** or by emailing account@pws.wa.edu.au.

TERM 3 FEES ARE NOW OVERDUE

Invoices for the billing of Term 3 fees were due on **Friday the 2nd August**.

If you have not received your invoice please email account@pws.wa.edu.au or see reception.

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

CHANGES TO BUS BILLING

The Finance Department wish to advise that we are changing the way in which we will be billing for the Cockburn and Hill bus services.

From this date forward we will be processing all Bus Billing Forms on the day that they are received instead of being invoiced in week 8 of each term when the billing is done for Term Fees. This will assist families by allowing a more accurate balance of their account when inquiries are made or statements are sent because the bus service will be included in their current balance instead of being billed at the end of each term.

TERM FEE INVOICES

Term Fees are invoiced and sent out four times per year:

- Term 1 Fees - Billed in January - before commencement of Term 1
- Term 2 Fees - Billed Approx Week 8 of Term 1
- Term 3 Fees - Billed Approx Week 8 of Term 2
- Term 4 Fees - Billed Approx Week 8 of Term 3

All Term Fees have a due date of the second Friday in Week 2 of the current term.

For assistance with any Family Account inquiries, please contact Leisa Clarke in the Finance Department on **9417 3638** or by emailing account@pws.wa.edu.au

Thank you.

Finance Team

GENERAL NEWS

POSITIONS VACANT

Perth Waldorf School invites applications for...

KINDERGARTEN 5/6 TEACHER – 0.8 FTE
Commencing Term 1, 2020.

and...

KINDERGARTEN 5/6 TEACHER – 0.4 FTE
Commencing Term 1, 2020.

Early Childhood Faculty is seeking two new Kindergarten 5/6 Teachers for a one year contract.

One position with 0.8 FTE and the other 0.4 FTE, both with responsibility for leading a mixed-age class of 5 and 6 year olds with a Steiner Early Childhood programme. A thorough understanding of Steiner Early Childhood Education is required, along with a willingness to undertake further professional development and study. The Early Childhood Faculty works collaboratively to create and implement programmes to meet today's children with an Anthroposophical ethos. We need a teacher who can work with our current programmes, relate creatively with children, who fosters and models positive life skills within the school community, and has an understanding of Steiner pedagogy.

A Position Description can be found on our school website: www.pws.wa.edu.au

Applicants must be teachers who are registered with the Teachers Registration Board of WA and hold a Working with Children Check.

Written applications, including a CV and three referees, should be marked 'Private & Confidential' and forwarded to:

Administrator, Perth Waldorf School, PO Box 1247, BIBRA LAKE WA 6965, AUSTRALIA

Or Email: employment@pws.wa.edu.au

Applications close 9am Monday 23rd September 2019

Connect Learning WA Before and After School Care

***The service is available for children aged from 6-12
(Kindy 6 to Class 7).***

Connect Learning is now taking bookings for the second week of school holidays (see flyer to the right).

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 Extra Lesson Room before and after school).

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

If you are interested in your child attending please email Nicola
perthwaldorf@connectlearningafterschool.com.au



LIBRARY NEWS

Pledge-a-Book this Open Day was a wonderful success. Thank you to those generous people who were able to pledge some beautiful books to the Perth Waldorf School Library. Thank you also to the Parents and Friends Association of our school for the significant financial contribution towards Pledge-a-Book this year. Our Library will truly be enlivened by your contributions.

Pledge-a-Book is dearly cared for by our wonderful finance staff on Open Day. Thank you so much Sunu Rozario, Leisa Clarke, Leah Kebbell and Lei Baker who helped with preparations, setting up and caring for the stall on Open Day as well as managing the finance aspect of the stall. We are very grateful for your time and energy.



Kelly Geyer and Penny Champ - Library

EARLY CHILDHOOD

FROM THE COORDINATOR

Make way for ducklings!

For the second year in a row we have had ducklings hatch in the nesting box near the Library, in the Plaza. They launched down out of the tree to their mother who then escorted them down to Bibra Lake. Matt was their protector as they made their way through the Cedar House garden, to the delight and wonder of the children. Matt was delighted to answer the children's wonder-filled questions about the knowing-ness of nature. This same mother duck may grace us again with her next year's brood....



OPEN DAY THANK YOU!

The teachers and I want to say a special thank you to the parents for their Open Day participation. Your presence in the Kindy gardens and the lovely garlands and wands add so much to the experience of the day for children and visitors alike. The teachers feel so well supported by you all.

Jennifer Byrne - Early Childhood Coordinator

PRIMARY SCHOOL

CLASS 7 KULBARDI PLAY

This week the children of Class 7 Kulbardi will be performing, The Greening, a play about the life of Hildegard of Bingen. Hildegard, a 12th century German nun, was a highly creative, courageous and visionary woman. Her art, music, spiritual philosophy and knowledge about the healing power of nature have continued to inspire and influence people over 800 years after her death.

The play is suitable for children 10 years and over.

Class 7 Kulbardi presents
The Greening
A Life of Hildegard of Bingen



IN SEEKERS' PLACE

Wednesday, 11th September 9.15 am
Thursday, 12th September 9.15 am and 6.30pm
Friday, 13th September 6.30pm

Kevin Mazzer - Class 7 Kulbardi Teacher

PRIMARY CRAFT





HIGH SCHOOL

CLASS 12 PROJECTS

It is with the greatest of pleasure that we bring to the school community the invite and programme for the Class 12 Project Presentations!

Class 12 are in exams this week and then will be handing in their Project Practicals in Week 9 before heading off on camp to Donnelly River. Project Essay and Report marking is well underway and I thank the Marking Panel Cathy Dale, Sue Wallwork and Nin Rousset for their many hours of marking and meeting to moderate! It has been a pleasure working with you. Thank you also to the Practical Marking Panel who will be working together intensively in Week 9 - thank you to Lisa Payne, Anthony Macleod and Joy Foster. Thank you also to Sarah Boyle who is already working hard to ensure the Presentation preparation and week runs smoothly in terms of logistics and timetabling! There is much going on for Class 12 until the end of the year so we do wish them a renewing and fun time on camp. Thank you finally to Kelly Geyer who is assisting the Projects this year so diligently and with so much care.



PWS warmly invite you to our 2019 Class 12 Project Presentations

Monday 28th October 2019

- | | |
|---------|---|
| 10.45am | Welcome and introduction |
| 10.50am | Ruben Rosling - Education: Is a paradigm shift coming? |
| 11.25am | Molly Separovich-Cook - What is self care? How does it benefit an individual and bring balance into their lives? |
| 12.05pm | Flin Rozario-Jamieson - How does fitness affect an individual physically, mentally and socially? |
| 12.45pm | Lunch |
| 1.40pm | Ethan Powell - What is Machine Learning and what is its potential? |

Monday Evening

- | | |
|--------|--|
| 5.30pm | Welcome and introduction |
| 5.45pm | Belle King - Is society becoming desensitised to drug use? |
| 6.30pm | Ethan Bates - Do childhood experiences influence and shape us? |
| 7.05pm | Break for tea, coffee and hot food for purchase |
| 7.35pm | Geordie Sicree - Can cognitive training improve brain function, resulting in the improvement of a high-level athlete's overall performance? |

Continued over next page...

Tuesday 29th October 2019

- 10.45am Welcome and introduction
10.50am **Eli Mitter** - Can Aquaculture and Fish Farming have a positive impact in relieving the pressure of overfishing around the world?
11.25am **Anais Separovich-Cook** - Depression is a serious and growing issue in the modern world. What are the factors behind it and how can it be overcome?
12.05pm **Aidan Ariyaratne** - Instagram Influencers: What are they, how do they operate, and are they a benefit to society?
12.45pm Lunch
1.40pm **Matthew Brennan** - How can music be used and exploited as a powerful tool for the radicalisation process?

Tuesday Evening

- 5.30pm Welcome and introduction
5.45pm **Indigo Seven** - Childhood Trauma: What is it? How does it occur? And what are the long term impacts?
6.20pm **Hunter Sewell** - The impacts of current human behaviours on our local river systems. What needs to be done in order to protect them?
7.00pm Break for tea, coffee and hot food for purchase
7.30pm **Idaani Ariyaratne** - Addiction is a cognitive disorder and is heavily influenced by social, emotional and environmental factors. How can understanding these factors contribute to the minimisation of discrimination surrounding substance abuse and the development of how we approach addiction recovery?

Thursday 31st October 2019

- 10.50am Welcome and introduction
10.55am **Billy Nickchen-Long** - How is it possible to reduce CO₂ emissions, in order to lower the global warming and climate change crisis?
11.30am **Bella Morellini** - The horse as healer. What is the potential relationship between horse and human?
12.10pm Lunch
1.00pm **Ryan Davis** - Hypothetical Megastructures: Humanity's gateway to the stars. What are they and are they a reality for the future?

Thursday Evening

- 5.30pm Welcome and introduction
5.35pm **Tala Van Mierlo** - How is the Anthropocene causing the mass decline of land animals world-wide, and what is being done about it?
6.10pm **Clarke Viljoen** - Isolationist, nomad, community. Which of these lifestyles is best to follow after an apocalypse?
6.50pm Break for tea, coffee and hot food for purchase
7.25pm **Eloise Bridges** - Is dreaming essential for psychological well-being?

Friday 1st November 2019

- 10.50am Welcome and introduction
10.55am **Danann Edwards-O'Neill** - How should we approach addressing the subject of death?
11.30am **Hannah Hunter** - What is beauty?
12.10pm Lunch
1.00pm **Jacob Wolter-Karabatic** - Society is dependent on money. Does money buy happiness and is the investment in video games worth the emotional stimulation and physical impact they have on the user?
1.40pm **Soloman Balint-Fitzgerald** - Living off the Grid: Why move off the grid and how to achieve it?

Friday Evening

- 5.30pm Welcome and introduction
5.45pm **Eva Hinsman** - How does music heal?
6.20pm **Louis Matthys** - What is the importance of brand identity in the modern marketplace?
7.00pm Break - tea, coffee and dinner available for purchase
7.30pm **Kathryn Lampacher** - What are the psychological impacts people with disabilities encounter when subjected to discrimination?

Thank you for supporting our Class 12s – your presence is much appreciated

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!



COMMUNITY CLASSES

Groups/Classes

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

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

Mondays, 9:00am-10:15am

Parents and Friends Study Group with Anne Williams (in the Library, no children please) **0424 771 217.**

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

Biodynamic Group with Heidi Halter.

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 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.**

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.



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.

MISSING FROM OPEN DAY - 1 White Ceramic Heavy Large Square Platter, taken with a whole Pear Crumble Cake on it to the Cake Stall. Surname Morrow was on masking tape on the bottom of the platter. Have already checked left over cake stall dishes, P&F, front office and canteen. Please return it if taken by mistake. Call Ali on **0420 382 611**.

The WA Branch of the Anthroposophical Society in Australia
is delighted to host a visit from the Goetheanum in Switzerland

Joan Sleigh, member of the Executive Council
of the General Anthroposophical Society

An Evening With Joan Sleigh *In honour of Waldorf 100*

An opportunity to explore the ongoing ripples in the world arising from
the work of Rudolf Steiner, with an inspiring leader from the
Goetheanum, regarding Education, Youth Initiatives, Social
Development and the explosion of Information Technology in our time

On Thursday 19th September 2019
7.00 pm – 8.30 pm

At Williams Hall, Perth Waldorf School
Gwilliam Dve, Bibra Lake

Suggested contribution: \$20



Joan Sleigh

Born and raised in the Camphill communities in South Africa, Joan attended part Waldorf and part rural State education. She moved to Germany in 1982, mothered four children and trained as Waldorf Class Teacher in Witten-Annen. Returning to Cape Town, South Africa in 1995, Joan worked as class teacher at Michael Oak Waldorf School from 1995 – 2012 and as teacher trainer at the Centre for Creative Education from 2006 – 2012. Since 2010, she has been a Member of the International Forum for Steiner/Waldorf Schools (Hague Circle) and co-ordinator of the Pedagogical Section in Cape Town. Joan became a member of the Executive Council of the General Anthroposophical Society in 2013.

The Goetheanum is the headquarters for the School of Spiritual Science and the General Anthroposophical Society. The School of Spiritual Science is active worldwide in research, development, teaching, and the practical implementation of its research findings and is supported by the Anthroposophical Society.



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.

WOMEN'S WELLNESS WORKSHOP - Aromatherapist Kylie Bryant will arm you with tips and tricks to support your hormones and emotions, reduce stress and increase energy. Free workshop! Wednesday, 18th September, 7:00pm-8:00pm in Applecross. RSVP April **0413 159 815**.

SPRING SALE - at Hilton Harvest Community Garden. Saturday, 14th September, 9:00am-1:00pm. Rennie Crescent South, Hilton. Time for summer planting - so many local, organic seedlings to choose from. Call Sarah for more details **0418 794 414**.

CALLING ON HOSTS FOR VISITING MUSICIANS - Jennifer and Horst Kornberger are looking for people to help make four extraordinary musicians and a puppeteer from Slovenia feel welcome while they are in WA for 6 weeks (from early Oct). The artists will be staying in Hilton. Please email Jennifer.kornberger@gmail.com if you are keen!



Early Childhood Teacher - Fulltime Class One Teacher - Fulltime

Yallingup Steiner School is an independent school nestled in the hills of Yallingup. The school is searching for a loving and caring Early Childhood teacher and an imaginative and committed teacher for the Class One position in 2020. Our Teachers work towards providing a nurturing environment and use their strong organisational and classroom management skills to implement a structure that caters for the rhythm of the day in keeping with the understandings of Steiner Education.

All Applicants must be eligible for TRBWA registration, WWC card and demonstrate a commitment to Steiner education

Working at our school and living in our community is an opportunity to enjoy a unique lifestyle and become part of a unique, supportive and friendly community

Please contact the school on 08 9755 2230 or registrar@yss.wa.edu.au for further information and selection criteria.

Applications for the Class Teacher position closes at 4pm on September 26th
Applications for the Early Childhood position closes at 4pm on October 31st



Need a Ceremony or help with one?

Registered Marriage, Funeral Celebrant, Death Walker and Reiki Master.
For Rites of Passage from Womb to Heaven.

Contact **Penny Champ** (PWS Librarian/Class 12 Project Coordinator) on:

0414 654 212

Or penelopechamp@gmail.com

Happy also to give advice if you wish to create your own ceremony.



The SLOVENIANS are coming... and we are looking for Welcoming West Australians to help us to make five extraordinary performers (four of them music masters at the Ljubljana Steiner Seminar) feel at home here while they are in WA for six weeks. From the beginning of October, the artists will be rehearsing and, ultimately, performing in the Somnus event created by Jennifer and Horst Kornberger for The Fremantle Biennale.

It will be the first time in Australia for Eva, Ljuba, Uros, Klemen and Miha (see their profiles at theatreofthesea.net). Jennifer and Horst are hoping to find a couple of people from the school community who would like to connect with our guests during their stay and organise the occasional picnic, dinner, food-drop or creative idea of your own devising to make them feel part of what is best in WA. They will be living in a rental house in Hilton and have access to a car. Email Jennifer.kornberger@gmail.com to make a modest offer of support.

******Save the Date******

Fundraiser House Concert

Thursday, 24 October 2019

88 Wray Ave, Fremantle

6pm-7.15pm

\$10 - \$15 donation at the door

BYO drink, cushion and a plate of finger food to share

please email Sue at lilyollie@bigpond.com with enquiries

The Folk Embassy (Eva Jurgec, Klemen Bracko, Uros Jezdic) will play Slovenian, Macedonian, Serbian, Hungarian, you name an Eastern European village and they'll play authentic music from that very valley...

SOMNUS

Theatre of the Sea



FREMANTLE BIENNALE

SOMNUS is a radical enquiry into the nature of sleep, immersing audiences in the experiences of four sleepers as they cycle through the fear and ecstasy of REM and non-REM states. The pillared warehouse of PS Art Space will transform into an otherworld of kinetic still lives, nocturnal languages, poetry, and haunting music-scapes, where audiences roam between stages of sleep. What lights up in this panorama is our passionate search for meaning as we encounter our 'nightself'.

Conceived and written by Jennifer Kornberger, directed by Horst Kornberger, with music composed by Eva Jurgec, SOMNUS is a large-scale collaboration between some of Slovenia's best performers and an outstanding ensemble of Australian artists.



Fri 8 Nov, Sat 9 Nov, Sun 10 Nov, 7.00 pm
Book online www.fremantlebiennale.com.au
Information www.theatreofthesea.net

PS Art Space, 22-26 Pakenham St, Fremantle

PERTH
WALDORF

Learn to Skate



cockburn
ice arena

\$179 ~~\$229~~
\$50 OFF

14 OCTOBER - 15 DECEMBER



**ALL LEVELS
WELCOME**

- 8 Weeks of Lessons
- Free entry to Public Sessions between 14 Oct - 15 Dec
- **Lesson:** Thursdays 2:45PM - 3:15PM
- **Lesson Dates:** 17, 24, 31 October, 7, 14, 21, 28 November, 12 December

p (08) 9411 0309

**FOR ENROLMENT INFO EMAIL
NADINE@COCKBURNICEARENA.COM.AU**

Dr Hauschka Wholistic Facials

Natural treatments for: • thin, tight skin • reddish skin
• dry, dehydrated skin • flaky skin • damaged skin

Special \$10 off for PWS persons in September

Classic Dr Hauschka Facial 1 hr 15 min

- Herbal foot wipe with lemon-lemongrass essence
- Warm aroma therapy compress according to your body and temperament
- Gentle yet deep cleansing including exfoliation
- Detoxing Clay mask with Austrian clay & herbs
- Lymphatic facial massage stimulating the skin's immune cells. Working with the etheric and physical bodies.
- Face pack re-building the skin naturally

This skin treatment has been designed by Elizabeth Siegmund, the co-founder of Dr Hauschka biodynamic skin care. Together with Dr Rudolf Hauschka (chemist) and Margarete Hauschka (lymphatic massage therapist) Elisabeth translated **Steiner's** inspiration into a treatment:

"Follow the rhythm, rhythm carries life."

Ms Siegmund created a treatment that considers beginning, middle, and end, above and below, activity and passivity, and the still point of balance, where the lymph can be harmonized most effectively.

This is effectively a face treatment that incorporates the whole body, and leads to a serene and uplifted state and a strengthened skin.

Enquiries & Bookings, Sidika, Kardinya, 0450819116, sidikaeck@gmail.com



SLICE of SPRING

The first season of the year, spring brings the stirrings of new life. After resting in the womb of the earth during winter, the sun calls everything upward. New life bursts forth bringing growth, change and hope. It is the time of children, of the early stage of life, of the begging of the day and everything of green.

As we change from dormancy into renewal, we should eat lighter meals of leafy greens vegetables, raw foods, seeds and sprouts, yoghurt, soft cheeses, watery fruit (e.g. lychee), berries and tomatoes.

The vernal equinox around 21 September gives us equal hours of day and night during this time of renewal. In early times bonfires were lit, a corn dolly from the previous harvest was burned and the ashes scattered on the fields for fertility

Michaelmas, the day of St. Michael, archangel of sun, occurs a week after the equinox.

As patron saint of high places, he is an apt symbol for the returning of the sun.

MICHAELMAS

The Michael Festival commemorates Archangel Michael evicting Lucifer (the great dragon) from the heaven. It is a time of courage, of new beginnings and of finding new inner resources. The earthly symbols are St George who overcame the dragon, and the metal iron to strengthen the resolution of the heart.

Dragon Bread is the festival food. Make as for bread rooster recipe but in the shape of a dragon and let the bread cook longer until it is crusty and a rich golden brown.

A small dragon shaped piece of wood or waxed figure can be added to the nature table.

Michael the Victorious

*Thou Michael the Victorious
I make my circuit under thy shield
Though Michael of the white steed
And of the bright, brilliant blade!
Conqueror of the dragon,
Be though at my back.
Thou ranger of the heavens!
Though warrior of the king of all!
Thou Michael the Victorious
My pride and my guide!
Though Michael the Victorious
The glory of mine eye*

DRAGON BREAD

Ideally the bread should be baked the day before but it will keep in an airtight tin if you wish to cook it on the day.

The following instructions are sufficient for a whole loaf. As the dragons should only be about the size of your hand, the extra piece may provide a celebratory snack for the family.

1. Mix the following ingredients and let the yeast rise in a warm spot for 15-20 minutes:
 - 3 tsp dried yeast
 - 4 tblspn butter
 - 1 tblspn honey
 - 1 pinch of salt
 - 3 cups of warm water
2. Add 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, separate 2 fist sized pieces and form into dragon shapes. The extra can be made into a small loaf.
4. Let rise for 10 minutes then put into a moderate oven until golden brown (approximately 20 minutes - need to check occasionally).
5. Store dragons in an airtight container so that they stay fresh.



PIXIE STOTT CANTEEN

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

Menu for Term 3

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

Daily specials (coloured **must** be ordered):

Monday -	Pasta with hearty vegetable sauce (vegan available).	\$5.00
	Pasta with beef bolognese sauce.	\$5.00
	(GF pasta 50c extra)	
Tuesday -	Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie.	\$5.00
	Vegetable curry (GF) (vegan).	\$5.00
Wednesday -	Vegetable chilli served with rice, corn chips, natural yoghurt and cheese. (GF) (vegan available)	\$5.00
Thursday -	Pumpkin and spinach lasagne with hand made spelt pasta (vegan).	\$5.00
	Cottage beef pie with vegetables topped with mash potato (GF)	\$5.50
Friday -	Beef burger with salad, served on wholemeal buns (GF available) or tempeh burger with salad, served on wholemeal buns (vegan and GF available).	\$6.00

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

Savoury:

Soup (all soups are gluten free without croutons).			\$4.00
★ Gluten free beef pie.			\$5.50
★ Toasted chicken, spinach, sundried tomato and cheese wrap.		Whole	\$6.00
★ Toasted spinach, sundried tomato and cheese wrap.		Whole	\$5.00
★ Beef sausage in wholemeal bread.			\$2.50
Spinach and ricotta rolls.			\$4.50
Cheese and tomato toasties.	\$2.50	★ Gluten free	\$3.00
★ Toasted ham, cheese and tomato sandwiches.	\$3.50	★ Gluten free	\$4.50
★ Pizza - vegetable or meat.			\$3.00
Boiled egg (GF).			\$1.00
Popcorn (GF) (vegan).			50c

Sweet:

Cakes (assorted variety).			
Bliss balls (GF) (raw)			\$3.00
Cookies.		from	\$1.00
Dried fruit and nut pack (GF) (vegan).			\$1.00
Fresh fruit.		from	50c
Icy Poles (primary only after school).			\$1.50

Drinks:

Carton water.			\$2.00
Organic Kombucha (high school only).			\$4.00
Flavoured Bannister Downs pouches (primary only after school).			\$2.50
Slushies (primary only after school).		Sm	\$2.50 / Lg \$4.00
Organic Juices.		Sm	\$2.50 / Lg \$3.50
Coconut water.		Sm	\$2.50 / Lg \$4.00
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!