

Taikura Rudolf Steiner School



13 April 2017

The Grapevine



Warm autumnal greetings to the Taikura community. It is a little hard to believe that the end of term has arrived. It is also a little hard to believe that I have finished my tenure at Taikura (albeit short).

I would like to acknowledge all the support and help you have all offered me during this past 16 months and I know that it really is all about your support for Taikura. I see so much strength in this community. The contributions of parents and family is quite incredible. The commitment of the Trust and the Board of Trustees is second to none. The dedication of the staff is admirable.

Schools struggle in today's climate. Financially our operations grants have effectively been frozen. We expect our teacher aides and support staff to work for a pittance; and they do because they are so committed to the children they teach. Families are under pressure and find it hard to commit financially and personally. While we have a very healthy social hygiene overall, other schools are not so lucky.

The best way forward for a school community is to think beyond the individual and to think of the collective. By developing our relationships and conducting these in deep and empathetic ways, we build a resilience and a strength which will withstand shocks and hardship.

Special Character schools, whether they be Steiner or Catholic or all points in between have a very special element which helps to build resilience and strength. We have our beliefs and they are loftier than any budget, annual plan or current policy. Hold fast to your beliefs. As the corny saying goes, "if you don't stand for something, you'll fall for anything".

For the past 20 years, I have espoused a quote from Stephen Covey – one of the first really famous time management gurus. It is not one of his most recognised, but it is the one he placed in one of his books called "First Things First". I think it sums up how we should live life – not just work.

"To live, to learn, to love and to leave a legacy".

I will always be grateful for my time at Taikura. I hope that in some small way, I have helped this wonderful school to grow and keep on with her journey. As I leave this particular waka, I bid you all a fond farewell and I wish you all the very best on your next adventure.

Pax Christi

Carmel Spencer
Principal

Mark Your Calendar!

May 3	7:30 pm - 9:00 pm	Class 8 Sm Parent Evening
May 3	6:00 pm - 7:00 pm	Class 10 Parent Evening
May 3	7:30 pm - 8:30 pm	Class 11 Parent Evening
May 3	7:00 pm	Jen Burton iLs
May 5	8:45 am - 9:00 am start	Herman Veluwenkamp "Gardening by the Moon"
May 10	7:30 pm - 8:30 pm	Class 8 DU Parent Evening
May 12	8:45 am - 9:00 am start	Kaye Keates Medical Herb. & Nutritionist -TBA
May 15	5:00 pm	BOT Meeting - School Library
May 17	7:00 pm	Dr Michael Sargent "The importance of Therapies"
May 18	9:00 am Start	Class Photos - Photolife

SCHOOL NOTICES

New Office Manager

My name is Rachel Williams, and I am the new Office Manager for Taikura. Previous to Taikura nearly all of my positions have been in the education sector. I have most recently worked in a similar role at Te Awamutu College – a mainstream secondary school with 1200 students - a very different school to this one. Previous to that I was at Waikato Management School (University of Waikato) for many years in a variety of roles, and at both an Early Childhood Education and a Hospitality and Restaurant training provider. I have mostly lived in Hamilton, but have many family connections in the Bay. I have been living back here for 18 months and love it.

I have two daughters, one living in Edinburgh and one in Hamilton. No grandchildren yet! This is my third week in the role and I am thoroughly enjoying it.

My role includes being Personal Assistant to the Principal, and also Secretary to the Board of Trustees and the Trust Board. If you have any communication/queries that you wish to raise please contact me and I will ensure this is addressed through the appropriate channels. Many thanks to everyone who has made me feel so welcome. If I haven't met you yet I look forward to doing so. Come and say Hello!

Board of Trustees News

At the Board of Trustees meeting on April 3, we elected a new Chairperson, Erin Simpson. Many thanks to John Bartley who has undertaken the role for the last nine months. The Management Group are very grateful for the support John has given them over this time. Welcome to Erin, who has children at the School in Classes four, five and eight.

Principal Appointment Update

The appointments committee have completed the interview process with the applicants for the role of Principal of Taikura Rudolf Steiner School.

We had five applicants, three were experienced Principals and three had varying forms of Waldorf Education experience. We interviewed two applicants who had strong Steiner backgrounds, with one of those continuing right through to the final interview but this individual was unsuccessful in their journey of becoming our next Principal. This decision was vigorously debated. However, it was decided that this applicant, while experienced and knowledgeable, was not the right fit for Taikura. After some time to reflect and debrief, the Board will repeat this process. The Board would like to thank all those who took part in this process.

In the short term, Pippa and Kelly will be Acting Co-Principal. Further details will be shared early next term.

Board of Trustees Appointments Committee

International Student Coordinator

You will all know Janet Osborne as the school's Sports Coordinator. She has recently taken on the role of International Student Coordinator. She is responsible for the administration regarding international and exchange students. If you have any enquiries in these areas please contact her. If you would be interested in hosting an exchange student, she would love to hear from you.

Classes Eleven and Twelve IT Visiting Te Papa



SCHOOL NOTICES

Finance News

Condition of Enrolment forms

Over the past two weeks we have contacted those parents who are yet to return Condition of Enrolment forms, I know it has been a confusing time with all the forms but we appreciate everyone's patience and we are close to having all forms returned. I am making the last of the follow up calls this week for those that have not returned their condition of enrolment forms.

During the first week of the holidays, letters will be sent out to parents that have not returned their Condition of Enrolment form and/or have not made payment. These letters will request you attend a meeting with myself, a Charitable Trust board representative and the Acting Principal before the commencement of Term 2.

I will be working during the school holidays, so please pop in and hand your forms in or call me if you need to talk about dues or need help completing your Condition of Enrolment form.

Tax Donation Receipts

The 2016/2017 tax donation receipt will be issued in the next few weeks, we are looking at rolling these out 21 April 2017. If you have any account or donation queries please contact Karen.

Have safe and enjoyable holidays with your families.

Ngaa Mihi

Selena Crouch

Two Parent Evening Talks In Term Two

Venue: The School Hall

Please mark in your diaries the dates of these upcoming talks:

Term 2

Week 1: Wednesday 3 May – 7.00 pm

Jen Burton from the Tauranga Steiner School sharing her expertise and knowledge on the iLs Integrated Listening Programme.

The iLs (Integrated Listening Programme) is a new initiative that we have started to implement here at Taikura School this year. It is a learning support programme that is achieving significant success with private consultants and at the Tauranga Waldorf School. It is a high-tech system for extending auditory processing capability in people with normal hearing. Difficulties with auditory processing do not affect what is heard by the ear, but do affect how this is interpreted by the brain. If the brain is unable to correctly process what is said, the information may be misunderstood or lost. Auditory processing deficit can interfere directly with speech and language, but can affect all areas of learning, especially reading and spelling – and can also be a factor in child behaviour issues, and the ability to find success within a social context.

Auditory Processing Disorder is on the increase in young children, so will be a very interesting talk on a very relevant issue.

Week 3: Wednesday 17 May – 7.00 pm

Dr Michael Sargent from Christchurch will be giving a talk on the importance of therapies – ‘How Therapies Support the Health of the Contemporary Child’.

Dr Michael Sargent has taken on the role of our ‘School Doctor’ for this year, and will be visiting our school between Tuesday 16 May and Friday 19 May. He is a very good public speaker, and will be well worth listening to. We are very fortunate in that the special character of our school sees the value and importance of therapeutic input within its educational context, and so will be very interesting to hear what Michael has to say regarding therapies and their value for today's children / adolescents, both within an educational setting, and within the more hurried, more technology filled lifestyles of today's society.

SCHOOL NOTICES

Parent Evening for all High School Classes

Resilience Skills

2 May 7.00pm in the Hall

Presented by Edmond Otis, BS, MS, MFT | Edmond Otis & Associates NZ

All parents are invited to a talk with Edmond Otis regarding supporting their child's resilience in today world.

Resilience: Thriving in the Face of Change, Challenge and Stress

An interactive skill development program

Resilience is the ability to bounce-back – and move forward – from periods of change and adversity, stress and trauma, loss, disappointment, and, perhaps most importantly – the strain and intensity of just doing the “day-to-day” in today's world.

We know that those most at risk – many of today's youth – may need resilience more than anything else. In some ways, ultimately, it's may be the only ability that counts.

Skills for greater resilience are not unachievable for those who are vulnerable – they can be learned and developed – like any other skill.

Whether we think in terms of everyday people, or elite athletes; young or old; rich or poor; individuals or teams, groups or families – our capacity for resilience is directly related to our capacity for flexibility, adaptability, productivity and longevity.

Additionally, some would argue that resilience is the factor that contributes most significantly to; our making good decisions when we are under stress; our reaching out for help when we don't know what to do; and our noticing and helping those around us who may be in trouble.

In the most general of terms, *Resilience Training* functionally makes the challenges we face “smaller” – simply by making us “bigger” and more capable.

- 1. Let's Make Me Resilient** – Participants learn to apply the cognitive concepts and skills we learn from *sport, health, and performance* psychology - to living everyday life and facing challenges from a positive perspective.
- 2. Real Stress Management Skills** – A training to specifically address the types of stressors we most commonly face. We will help participants understand how stress works, and how it affects our thoughts, emotions, and behaviours (including self-destructive and addictive behaviours). Most importantly, this session focuses on providing participants numerous actual, practical, personal and inter-personal stress management techniques and skills they will be able to use immediately.
- 3. Making Difficult Conversations Easier** – We all need to communicate. But for a lot of us, the conversations we really need to have, are the hardest for us to start and finish. They are the ones we end up avoiding – which often just makes things worse. Some good ways to figure out what you need to say, to who, and how to say it.

Class Eleven and Twelve IT Trip to Weta Workshop



SCHOOL NOTICES

Natural Materials Needed

With Autumn approaching now is the time to collect natural materials - seed pods, cones, nut shells, dried grasses and flowers, shells and stones - for use in the Clay Play/Fairy Gardens activity at the Fête. If you or your whanau are inclined to gather these at your property or on walks they would be gratefully received by Rosheen, or can be dropped at the office. Contact 027 7770759 or taikurafete@gmail.com.

Crafting Materials Needed

Donations of Fabrics, Felt, Felting and Knitting Wool for creation of crafts for sale at the Fête would be gratefully received by Rosheen, or can be dropped at the office. Contact 027 7770759 or taikurafete@gmail.com.

Fête Crafting Workshops Tuesdays, 9-11am

Taikura Kindergarten Parent Room

Weekly workshops will be running to create small crafts for sale at the Fête, in the Parent Room of Taikura Kindergarten, directly across from the Staff Car Park. We will begin wet felting insects. Contact Rosheen on 027 7770759 or at taikurafete@gmail.com.

Taikura Parents Group - All School Community Welcome

Please come along and enjoy the opportunity to meet other parents and staff from our school in a relaxed and supportive environment - and if you have young ones don't worry as all meetings are baby/toddler friendly.

Gatherings are held at the Hastings Taikura Kindergarten community space a couple of Friday mornings a month. Guest speakers begin at 9:00 am with tea and coffee available from 8.45 am.

Our next meeting:

May 5 - Herman Veluwenkamp "Gardening by the Moon - and other celestial influences"

May 12 Kaye Keates - Medical Herbalist & Nutritionist - TBA

Questions and suggestions to Filipa Hope 8799281/0274513445

Music News

There are opportunities for children to learn instruments in Term Two with the visiting tutors to Taikura during the school day.

Marian Stronach (068449464) is keen to start some children on the violin in groups using the Suzuki method. The school owns a range of different sized cellos and Sarah Bryant (0273465140) has begun this year and is able to take extra students. Instruments can be hired from the school.

Please contact the office or Frances for details of the different instruments/tutors including guitar, drums, piano and flute.

All the best to Miru Shimaoka as he heads off to Christchurch to be part of the NZSS orchestra in week two of the holidays.

The High School and Classes six and seven enjoyed an informative presentation by Anna Pierard when she visited last week with two students from Project Prima Volta. There will be an opportunity for students from class 11 and above to be part of this group which are all from HB high schools and take part in the Art Deco opera each year.

Frances Te Weehi

COMMUNITY NOTICES

Kairos Centre 2017 Year courses

The Heart of Art: Strengthening the Heart Chakra through inner contemplation. A Practical Course.

Year One: 7 weeks per term THURSDAYS - 8:50 am - 12:15 pm

This course offers an opportunity for the beginner to become acquainted with some basic artistic techniques e.g. Wet on wet painting, observational drawing, Form Drawing, etc. The Language of fairy tales . Costs \$250 per term.

Year Two: TUESDAYS - 8:50 am - 12:15 pm. This course is designed for people with prior artistic experience and is a continuation of year one. Veiling, Goethe's colour theory, The Story of Parival.

History of Art: 7 weeks per term through the year Tuesday - 1:00 pm - 3:00 pm A study of Art History reveals to us the evolution of human consciousness. There will be a small introduction and artistic exercises included in this session. Costs \$180 per term

Curriculum Art for Teachers: Three seminars through the year. This course will provide a basis of techniques , wet on wet stroke/form/ charcoals, observational drawing etc to help the teacher become more confident and creative within the classroom.

Dates: July - 13,14,15 October - 5, 6, 7 Costs \$300. Per three days

ENQUIRE NOW Text / Ph Margaret- Mary Farr 027 2484193

Email manawastudio@gmail.com Facebook. Margaret Mary Farr artist Kairos Artistic Endeavours

Soul Blueprint Healing for your Child

With all the spiritual and physical changes going on in the body of the child, it's important to uncover and clear any metaphysical issues preventing your child from being fully aligned to his or her Soul Blueprint (a.k.a the way we are each divinely designed). Now, as a conscious parent you know well, that at the root of all internal and external struggles are the unexpressed and unresolved experiences from the past. So as a psychic attuned to the Akashic Records, I look there for answers that help us understand the 'why' behind everything. Whether it's anxiety, depression, learning difficulties, anger or unexplainable behaviour - together we can help your child to climb over these low vibe energetic walls so that she or he can fully enjoy life feeling whole, healthy and confident about being in their own skin.

After all - that's all we really want for them right?

My discounted rate for our community kids is only \$111.00 which includes a 90 minute call and unlimited email support for 21 days following.

Call Vicki Reisima on 021841602 to schedule your session.

TLC Lifestyle Property Wanted

Looking for a lifestyle property with TLC to give our pet chickens Yuri (golden Buff Orpington) and Hazel (red shaver) a new home.

Both are approximately three years old, tame and friendly. Yuri is a heritage breed and Hazel the most common breed here.

Please contact Maria on 875 8233 or 027 7371601.

Holiday Programme

Needle Felting Class for Children.

Would you like your child to explore the beautiful Art of Needle Felting?

I am doing another Needle Felting class in the holidays and am wondering if there are more children in the community who would like to learn this beautiful craft,

Please phone Sabine at Goldkinder Crafts on 8751905 or 0274928444

COMMUNITY NOTICES

Art Class For Teenagers 13 - 18 Years

Explore & research your own images, try out different art techniques, look at artists work and gallery visits. Tuesdays 3.30 - 4.45 pm. Steiner Centre, 500 Nelson St, Hastings.

If you are interested please contact Eva Urieli evaurieli@gmail.com 878 6028 or text 02102771201

Art Class For Adults

Tuesdays 10:00 am -12:00 noon. Starting 16 May - six sessions. Exploring painting and drawing techniques, observation drawing, good company, listening to stories (Term 2 : Indian mythology). Choose your own art project. Beginners and the more experienced welcome. Steiner Centre, 500 Nelson St Hastings. COST \$115:00 Contact Eva Urieli on 8786028 or via e-mail evaurieli@gmail.com

Parenting With NVC Beginning May 30

Add to your toolbox ways to meet the challenges of parenting that include; living your values, holding your boundaries, improving connection & cooperation, empowering your children, strengthening their intrinsic motivation, and more... NVC supports us to express ourselves and empathise in ways that reduce tension and turn conflict into creative new strategies. We all benefit from improved communication, reduced stress and struggle, and enhanced cooperation and creativity.

- **NVC is a 'how to' process that works!**
- **6 Tuesday evenings in Hastings**
- **May 30 Thru July 4 7pm-9.15pm**

Cost: \$220 with \$50 deposit by May 23 (if cost is a barrier please talk to me) Filipa Hope 027.451.3445

I also have a foundation NVC workshop on offer in Gisborne May 20 & 21 - and in Hastings 1 and 2 July
filipahope@gmail.com More info: www.nvc.org.nz

Ayurvedic Workshop

Weekend 13-14 May, Taruna College. Learn which foods, exercise, relationships, and daily routines suit you as an individual, and your family. Ayurveda is the science of life, the sister science of yoga.

Vaidyar Mani who practices Ayurveda in its traditional form will be returning from Singapore to offer this week-end workshop. This includes an individual health consultation from Mani (during the week before the workshop) based on pulse readings. There will also be a cooking demonstration to show how to prepare foods in a way to suit your dosha, which is made up of combinations of the 5 elements.

Early bird price of \$400 for the week-end workshop (including the 1 hour health consultation).

For further information visit www.ancientsbest.co.nz or email info@ancientsbest.co.nz

For local enquiries contact Michele Nysse ph. 8771877

Accommodation Wanted

I'm a 44 year old mature woman relocating from the West Coast, Karamea, to commence a job as a nanny/house keeper soon and need a room ASAP. I am open to help out /child mind. Please contact Kaia on 022 615 47 67 or email kolledolle@gmail.com

Small Bach For Sale

Five minute's walk from Lake Waikaremoana up in the Ureweras. Sleeps up to seven people and has all amenities and is nicely secluded and peaceful. Cost \$145,000 negotiable.

Contact Linda on 04 5627842 View photos under Lake Waikaremoana Bach on Trade Me.



COMMUNITY NOTICES

More Confident Family Health Care

Would you like to become more confident caring for your children and family when they are ill? Would you like to learn simple and practical ways to support their health on all its many levels?

We are two experienced registered nurses who have widened our mainstream nursing work with the knowledge and skills of anthroposophic nursing. Our first course is being held on Sunday May 7 from 10-3 at Kereru Kindergarten. If you can't make it, we will also repeat it again in early June.

In this hands-on course you will:

- Learn how to give footbaths and compresses using natural substances and experience their healing effects
- Learn the signs of common family illnesses and how to effectively care for them at home
- Explore the qualities of three healing plants
- Learn to recognise when to seek medical help
- Find ways to apply what you learn to your own situation

The course fee is \$50. You can contact us for more information, to book a place, or be added to our mailing list for future courses at healthsmartHB@gmail.com

You can find us on Facebook too (Health Smart HB) and keep up to date on our future course dates.

Michelle Vette and Kristina Friedlander

Drama Holiday Programs

Napier and Havelock North. Go to: www.thedramaworkshop.co.nz/play-on/ Delivered by qualified teachers who are theatre professionals. Choose from one day, two day or three day programs. Excellent supervision and tutoring. Juliet Cottrell Director The Drama Workshop Ph 027 4585438.

Well Spoken

Is your child interested in drama, storytelling, poetry or public speaking? Rudolf Steiner brought huge insight into the art of speaking and drama and from my training in this and teaching, I can help students achieve a high degree of effectiveness, confidence and style. If your child would like to excel in speech and drama, call me for a free consultation.

Therapeutic speech lessons available for students over the age of 9 years. Speech formation is a great help in developing articulation, confidence, memory and well-being.

I am five minutes from the school and can set up times to suit you. Call Robyn to find out more.

Robyn Hewetson robyn@wellspoken.co.nz 06 878 3496 021 217 8688

Hawkes Bay Chiropractic now at 206 Eastbourne Street, Hastings.

“Providing an experience that combines going to see a medical professional and meeting up with an old friend who cares about your wellbeing.”



HAWKE'S BAY
CHIROPRACTIC
love the new you