



The Social Dilemma

Over the coming weeks we will be printing notes taken from, and a very few reflections and comments about, the Netflix documentary, 'The Social Dilemma'. These have been compiled by David Urieli. We acknowledge that possibly not everyone will be able to view this documentary and feel that the information, insight and revelations are essential viewing for anyone navigating the world of the Internet and particularly of social media. Please enjoy this week's installment and expect more to come.

This is taken from the documentary The Social Dilemma with only the bits in italics added by me, David Urieli and mostly these are not my own opinion but rather also from other (probably) reliable sources.

Brilliant people made the Google search engine. Before Google, (in the years BG), finding things could take you a while. Google knows what you want (unless you change your mind). Social media is wonderful. It has helped people to find old friends. I have traced and contacted old school friends with whom I lost contact more than thirty years ago and have even met up with a few of them. Facebook accounts don't usually change whereas email addresses and living addresses change often. Social media has even made it possible sometimes to trace and contact lost relatives. What a marvelous help this is! Though it reminds me of one of my favourite Oscar Wilde quotes from The Importance of Being Earnest. "To lose one parent, Mr Worthing, may be regarded as a misfortune; to lose both looks like carelessness."

On the downside social media is addictive. It causes depression, provides great quantities of disinformation and has even led to a massive increase in suicide. No one working at Google or on the social media platforms has ever added programs to make it less addictive or less harmful. Never before in history have about fifty designers mostly between the ages of twenty and thirty five *and mostly white and male*, influenced more than two billion people worldwide, radically, and sometimes disastrously. For many people their thoughts are not their own. They think they are, but they have been suggested to them by Google or social media. There is a saying in the media world that if you are not paying for the product, you are the product. These companies are selling users to advertising companies, businesses, and individuals, and those sold include you and me. It is interesting that the title "Users" is mostly only used when talking about illegal drugs and the Internet.

The product they are selling is a very gradual, perhaps imperceptible, change in our behaviour. Every business dreams of placing an advert and of it being successful. *Normal advertising is remarkably hit and miss*. To make adverts successful you need great predictions about what people want and even more important, to make those predictions, you need vast quantities of data about the people you are targeting. But the effect of social media is even more ideal for business than that, as it can actually influence people without their awareness, and sometimes radically. The market in human futures has made the Internet companies the richest companies ever.

Everything you do online is tracked, measured, watched and recorded. This includes what images you look at and for exactly how long. The programs that do this, know when you are lonely, depressed, vulnerable and whether you are introvert or extrovert, your neuroses and your personality. This is fed into the system with almost no human supervision at all. The object of these programs is to make better and better predictions about what we will do and to influence who we are. These companies don't sell our data; they model our actions and sell our behaviours. They have three objectives: Engagement, Growth and Advertising (sales). They are made to get you involved, then not only to keep you involved but ensure that you spend more and more time on their programs, so that they can sell you as much as possible. On social media you think you are being social, *in fact you become desperate to spend time with friends and acquaintances online* and while you are thinking this, in fact you are really being manipulated and mostly to buy things, although more recently to vote for, support and follow people, political parties, or political aspirations.

SCHOOL NOTICES

The social Dilemma Continued.....

A number of these programmers went to Stanford Persuasive Technology Laboratory to study how to build persuasion into technology. The fact that you don't know when you will get a message or a picture on social media keeps you looking which leads on to addiction. You are never shown a tagged photo but always told that you have been tagged. So, you look for it. When the program tells you that they are typing it keeps you wanting to know what the other person wants to say to you. All these are design elements in the discipline of growth hacking. They are made like that to convince you, without saying anything, to use more time and attention on that piece of social media. Growth hackers are often teams of programmers whose job it is to hack your psychology to increase the time you spend on, and the number of people you invite onto, social media. The ideal is to get you to invite 7 friends in 10 days onto a social platform. *If it's more it gets too complicated to track and keep up. If it's less, you could get bored by not having enough variety.* There is a whole set of tactics used by many companies for growth, engagement, and advertising.

Health And Well-being Upcoming Talks For Classes 6-12

Dear Community,

On a related note to the Netflix documentary, The Social Dilemma, our young people are at times finding it hard to navigate and process what they are seeing on screen. As a response to the increasingly over-sexualised online content and on-line communication pressure, I have reached out to someone who could help our children and ourselves understand and process these messages in an appropriate way.

I am in the process of organising Ritchie Hardcore to come and speak to Classes 8-12 and possibly Classes 6-7 about over sexualised media and ways to prevent and cope with the messages some of our students are receiving from various sources, such as Instagram, Tik Tok, the music and movie industry and pornography. The details have not been finalised and when I do finalise things there will be more information that will come through via email. If you would like more information his website is richiehardcore.com.

Gee Reisima



He pito kōrero!

During the Hawke's Bay Readers & Writers Festival, I attended a talk led by Marty Smith with renowned Māori writer Witi Ihimaera.

I was introduced to Witi's work when I was in 4th Form (Year 10) at Aotea College in Porirua. It was one of the first times I had heard stories that reflected my own cultural make-up, from the book *Pounamu, Pounamu* – especially the stories 'A game of cards' and 'The Tournament', stories imbued with Māori humour, sadness, aroha and all about whānau. These stories resonated strongly for me. These two stories in particular I still share with our students today, and in both there is a moment when you can feel the chord of emotion that touches us all...but you'll have to read those yourself to see where that might be!

The kōrerorero with Witi was inspiring to listen to. At first I was not sure what to expect, however, he sang, shared his humour, his whānau, his humility and his ongoing journey and process in his mahi! At the age of 77 he is still writing and for me, he is one of those role models of te Ao Māori that is forever a guiding light...even though he would probably not think himself so!

Kura Rutherford - Librarian

Kīwaha o te wiki ... Phrase of the week!

Kua wera taku poho! (Coo ah we da tar coo por hor)
Excited!

Hemi: Kia ora Rangī, kei te pēhea koe...how are you?

Rangī: Kua wera taku poho! I'm nearly finished all my assessments for the year!

He pito kōrero is a space dedicated to celebrating and promoting Te Reo me ōna Tikanga Māori.

Extra Lesson Practitioners

Rachel Hughes Biography

Kia ora Taikura Whānau

I have been the Extra Lesson teacher at Taikura for the last twelve years. My journey to this role at the school started way back when I was twenty two, when my life led me to Ireland to work in a large Camphill Community (similar to Hohepa), based on the principles of Anthroposophy and Steiner Education. Here I lived and worked alongside children and adults who were coping with some forms of intellectual (and sometimes physical) challenges. It was a profound time in my life, where I very quickly came to understand that these children and adults were my teachers as much, if not more, than I was theirs. It enabled me to deepen my understanding of what it is to be human - in body, soul and spirit. Whilst there I also completed a three-year training in Curative Education and Social Therapy. I traveled soon after to New Zealand and the Hawkes Bay where I settled and brought up my family, spending some years working at Hohepa as House Parents. My three children attended and completed their school education at Taikura. It was due to one of my children needing the Extra Lesson programme and witnessing the support it gave, that I became interested, and then passionate to do both my teacher training, plus the three-year training for Extra lesson.



The Extra Lesson Programme is based on the premise that learning difficulties are related to developmental difficulties in the first seven-year phase of a child's life. These are the years in which the child is developing their physical bodies and gaining such skills as spatial orientation, balance, movement coordination, body geography, dominances, and the ability to change sight perception instantaneously between three-dimensional and two-dimensional space. By age seven, these skills should be automatic and therefore at the child's command. These are the capacities that the teacher needs to call upon and utilise for the children to move into a more formal learning process. Without these abilities at their disposal children can find it very challenging to receive the curriculum and connect with the learning process. In the Extra Lesson programme, we work on the underlying difficulties, and through the specific, daily based movement programme strive to create new neural pathways in the brain, so that learning can proceed unimpeded, enabling each child to reach their potential as they journey through their school years and onwards.

Rachel Hughes

Nicole Scheidegger Biography

I was born and raised in Berne, Switzerland, near the big snow mountains. As a child, my mother enrolled me in movement classes and I loved it. What a joy it was to gallop like a wild horse, be a sturdy snowman and slowly melt away or trample like an elephant through the jungle. These happy memories have stayed with me and led me on a lifelong exploration of different movement practices.

As a young adult I became a primary teacher and worked for many years with new entrants up to Class Three. Busy, busy years! With the birth of my first child Imre in 2000, my "Waldorf-Journey" began, which continues now with my two other children, Johanna and Ilian, currently at Taikura.



In 2009 I followed my husband back to his beautiful home country of Aotearoa. The next couple of years I spent in my lovely "stay-at-home-mum-bubble", gardening, nappy changing, hand crafting, craving adult company and slowly finding my way back to the educational sector as a Kindergarten Teacher Aide at Taikura.

Over the last three years I completed my Extra Lesson training in Sydney. The Extra Lesson method lets me combine my teaching background and interest in child development and Anthroposophy with my lifelong passion for movement and self-expression. Working through Extra Lesson, we invite the child to make their body a welcoming, safe home from where the world and fellow human beings can be met. Specific movement based exercises help strengthen and mature body-brain connection, address sensory challenges and offer a child a second chance to learn with more ease and less struggle. In the weekly one-on-one session the Extra Lesson Practitioner creates a nurturing space for the child to be seen in all their potential, a special time without pressure to succeed, where change is possible.

I feel very blessed to have the opportunity to work at Taikura alongside my wonderful colleague and mentor Rachel Hughes.

Enrolment Confirmation

We are confirming our classes and enrolments for next year, and part of this process is communicating with whānau on our waiting list. If you are considering another school for your child, moving away from the area, or your child intends to leave before graduating please do let us know as soon as this is confirmed in order to assist us with our planning. A formal letter or email is required please send to: office@taikura.school.nz

SCHOOL NOTICES

Sport Notices

Volleyball got off to a great start last week with five of our teams involved in the grading games.

This week is the start of the competition, so good luck to all the teams!

Thanks to Brendan Hamilton-Gibbs, Cam Porter, Ale Correa, Lua Vilhena, and the Gardiner girls for coaching teams.

Good luck to the Class 3 students who are playing their 1st games of netball this week as well.

Thanks to Ben Warren and laesha Puata for coaching the two teams.

From next week we will be starting lunchtime tennis. The courts can accommodate two games of doubles per lunchtime.

Depending on demand we may end up with different days for various age groups.

Surf Club

At this stage, the Friday surf club is on hold until we can find a qualified surf instructor to take the reins. We will keep you posted.

Taikura Parents Group

Welcoming everyone in the community to these free talks and gatherings (including parents, grandparents, past parents, those on the waiting list).

Join us in the warm and relaxed space of the Hastings Taikura Kindergarten (in their lovely community space - just inside their front door). We aim to create a parent supportive environment and all our gatherings are baby/toddler friendly. You are welcome to arrive and leave as meets your needs.

Our guest speakers begin at 9:00 am and usually finish about 10:30 am. Tea & coffee is freely available from 8:45 am. Donations of food for the morning tea are appreciated. For questions, suggestions, and offerings please contact Filipa Hope 0274513445 or Melanie Sims 0274 555 300

Next Parent Group meetings:

Friday 30 October - Herman Veluwenkamp - continuing an exploration of Biodynamics

Friday 13 November - Kaye Keats: medical herbalist and nutritionist- supporting anxiety and stress in children and adults with herbs.

A Snippet from Kindergarten Curriculum

Nature is breathing. We observe this phenomenon during the change of our seasons. With Spring the beautiful flowers and leaves rushing out as an expression of the out breath. Sun shines and calls us out to participate in and enjoy the outdoors and we start to feel the lightness in the air.

At the kindergartens we work with these rhythms of the year as well as the rhythms of each week and day.



Breathing In And Out / Rhythm

The soul breathes in, digests, and then breathes out - This is the archetypal image of the soul. (Christof Wiechert, 2017)

The balance of breathing in and out, comes about through the rhythm of the day. The teacher through observation, knows and meets the needs of the tamariki. The natural environment also allows tamariki the experience of breathing in and out through the seasons and the natural rhythm of Papatuanuku/Mother earth. Moments of balance are brought through the times of free play and formed times - transitions, circles, morning tea, story, lunch, tidy time, rest time.

The teacher strives to provide structure and rhythm by creating times of “breathing in” and “breathing out” and in a comfortable flow with smooth transitions. This might come through finding a healthy balance between the poles of concentration and relaxation, focussed activity and practical or artistic activity, movement and rest, teacher led or child led group and individual activity. *Steiner Waldorf Early Childhood Essentials For Aotearoa.*

Exploration - playing, imagining, inventing and experimenting / te whakaaro me te tūhurahura i te pūtaiao - moving confidently and challenging themselves physically / te wero ā-tinana - using a range of strategies for reasoning and problem solving | te hīraurau hopanga - making sense of their worlds by generating and refining working theories / te rangahau me te mātauranga.

SCHOOL NOTICES

Donation Forms

A friendly reminder that donation forms were due back Wednesday 28 October! An email has been sent today, to all families, with a donation form attached or alternatively donation forms are available at the school office.

If you would like to discuss your contributions for next year, please contact me by phone or email.

ngā mihi
nā Selena Crouch
Finance Manager

Board of Trustees Election

Declaration of Parent Representative Election Results October 2020

Lander, Patrick	49	Diedericks, Stephen	38
Invalid votes	2		

I hereby declare **Patrick Lander** duly elected.

Suzan Bart
Returning Officer

Waiata Mai Every Thursday, From 12:30 – 1:00 p.m

Ngā mihi maioha ki a koutou e te whānau whānui o Taikura!

Waiata mai has started again. This will be every Thursday from 12:30 – 1:00 pm in the Library. If you want to learn some of the waiata that your children sing at school, nau mai, haere mai te katoa.....all are welcome!

Ngā mihi mahana ki a koutou ngā kōpara e kō!
Nā Troy Gardiner.

Community Meeting

On Wednesday 11 November we are finally able to hold what will now be our only Community Meeting of 2020. We would love to hear from parents and whānau which topics they would like to hear further information about. Please email your suggestions directly to Suzan by Thursday 29 October. suzan.bart@taikura.school.nz

Teacher Only Day - School Only

As part of the re-negotiated Teachers Collective Agreement in 2019, the Ministry of Education made allowances for eight additional Teacher Only Days, to be distributed over the next three years. The first of these was due to happen earlier in the year, but due to Covid-19 has now been set for Wednesday 2 December. **Please note this is school only, not kindergartens.** Kindergartens will be operating as usual.

Carol Evening

Each year our community comes together for the Carol Evening at which we acknowledge the transition of our new class one students from Kindergarten to School as well as the culmination of the journey through Taikura for our graduating students and their whānau. It is also an opportunity to celebrate Christmas as a community with the sharing of carols. There is a strong celebratory mood to the Carol Evening, care is given to what is worn, the setting up of the space and whānau and staff coming together. In order to acknowledge this celebration, the College of Teachers have decided that this year our Carol Evening is going to be the final event of the year. This means that it is going to happen on the evening of **Wednesday 16 December at 7:00 pm**. This will result in a slightly different format to our last few days of term.

Tuesday 15 December will be a normal full day for both the Lower School and Kindergartens.

Wednesday 16 December school will finish at 12:30pm and kindergarten will finish at 1:15pm and then all are expected to attend the Carol Evening at 7:00 pm on Wednesday evening. This is the last day of the school year.

Black Watch Found

A black watch has been handed into the office. If you think it maybe yours please see Adrienne in the office.



Ma te mahitahi, ma te whakapono, ma te whakamomori, ma te koakoa, ka taea e tatou!

By working and striving together, by believing and trusting, by patience and perseverance, by all being done joyfully, we will succeed!

The fête is happening! With just over three weeks to go, it's time to get busy. Please clear the date in your calendar now.

Taikura Fête is an accomplishment of the creativity, dedication, generosity and skill of the entire body of families, children and staff. By opening our school to the wider Hawkes Bay community we offer something of our school's Special Character that endures beyond the festivities' conclusion.

As a state-integrated school, Taikura Rudolf Steiner School receives limited funding for school facilities. Taikura Fête is the most important fundraising event at our school.

Your participation is essential! Taikura Fête depends on EVERY whānau's help and participation. There are many ways to contribute according to our individual skill and ability.

Class Food Stalls:

Each class is allocated one food item at the Real Food Market. This is where the bulk of the income from the Fete is generated. Your class is responsible for sourcing ingredients, following recipes, preparing food in a safe environment and storing food hygienically in advance of the Fete. Food Coordinator Jenny Allan has emailed roster links to all liaison parents and these should have reached you by now. Get in quick to secure your preferred time slot. Contact Jenny directly on 0275 761 716 with any food related questions.

Children's Activities:

Are you a budding artist? Or perhaps you are crafty and good with your hands? We are in need of volunteers to take on an ownership role for the following children's activities: Fairy Wands, Clay Play, Face Painting, Hair Feathers and Coconut Shy. This would involve sourcing materials, setting up the activity and training people to manage the activity. Please contact Trudi or Lynda directly at taikurafete@gmail.com if you are keen to help out.

- Feathers for hair adornments needed! Please contact Trudi or Lynda at taikurafete@gmail.com if you have some available to donate.

On Fete Day:

Rather than attempting to give a little to each of our children's classes or kindergarten groups, we ask that each parent or whānau spend half of Fete day working on just one stall and the other half enjoying the Fete. If you have a special skill, such as face painting, hair decorating or coffee making, please volunteer preferentially for these activities.

Shifts for Children's Activities:

Morning:	9:45 am - 12:30 pm
Afternoon:	12:30 pm - 3:15 pm

Shifts for Food Stalls:

1st shift including set up:	8:30 am - 11:00 am
2nd shift lunch rush:	11:00 am - 1:00 pm
3rd shift including pack down:	1:30 pm - 3:30 pm

Seating:

For a variety of reasons hay bales will not be used for seating at this year's Fete. Mayfair School have very kindly offered us the use of some of their school benches, which need to be collected on Friday 20 November. If you have a trailer or a ute and have some spare time we would really appreciate some help with this task. Please contact Bekkie directly on 027 301 6637

SCHOOL NOTICES

Mark Your Calendar

October 30
November 5
November 11
November 13
November 18
November 22
December 2

8:45 am - 9:00 am Start
6:30 pm
7:00 pm - 9:30 pm
8:45 am - 9:00 am Start
7:00 pm - 8:30 pm
10:00 am - 3:00 pm
ALL DAY

Herman Veluwenkamp - Biodynamics Continued
Class 4 Parent Meeting
Community Meeting - School Hall
Kaye Keats - Medical Herbalist/Nutritionist
Liaison Parent Meeting - School Library
Taikura School Fete
Teacher Only Day **SCHOOL ONLY**

TERM 4: Monday 12 October – Wednesday 16 December



ANNUAL TAIKURA PARENTS PARTY

HEADS UP

\$10

save the date
november 7

HAUMOANA HALL
BYO & BRING A NIBBLES PLATE
7:00PM - 12:00AM

Featuring:
Live band
2 x DJ's

Get your brain into gear and plan a wild creation to wear on your head. It's time to party.

ANYTHING GOES!

The poster features a stylized yellow brain with pink outlines on a dark purple background. There are pink geometric shapes scattered around the brain. At the bottom, there are diagonal pink and purple stripes.

COMMUNITY NOTICES

Wanted: Pre-loved Clothing - For The Upcoming Class 7 Camp

Pre-loved Merino, polypro, Dri-fit, any moisture wicking clothing wanted - Suitable to fit 13-14 years or even larger. Leggings/trackpants/tops/gloves/waterproof lightweight jackets/Woolen socks ... also sleeping mats, and Reef shoes. Hand-me-downs would be gratefully received, or parents may be interested in purchasing some items for a reasonable cost. If you have been meaning to have a sort out of these items that you no longer need, please do! Please text Linda 021 262 4092 to arrange drop off or collection. Thank you!

Homeopathy

"Homeopathy is a great way to keep families well. Angela Hair from Concordia Health has worked in Heretaunga as a natural health practitioner for over 25 years and is now working at The Rudolf Steiner Centre.

- **Monday to Thursdays 1:00 pm - 4:30 pm**
- **Bookings online:** concordiahealth.co.nz or by text 027 443 6737 email angela@concordia.co.nz

Casual Worker Wanted

We require someone for casual work in the School Canteen for approximately two hours from 11:45 am -1:45 pm. Please apply at the canteen or contact Matthew on 020 4025 9211