



25 February 2021

Lammas

Recently in the Southern Hemisphere (February 2nd) we celebrated Lammas, or Loaf mas. The halfway point between the mid-summer and autumn equinox.

The wheel turns from summer's St. John's tide with its message of the inner Christ sun - and the mirroring of the holy nights, to Lammas. The high summer brings the first grain harvests. The grain harvest, a time for gathering in and giving thanks for the abundance our country and the season has to offer. Traditionally Lammas marked the very first grain harvest.

Many years ago I attended one of the wonderful May courses held at Hōhepa Poraiti. Here I participated in a workshop, *Bread for body and soul nourishment*. I was a 17-year-old who had grown up enjoying factory made white bread. I remember being fascinated by the idea of capturing the forces of the sun, and baking one's own bread daily.

Preparing the dough in the evening, placing the dough and rising it overnight in a spot where the first rays of morning sun would warm it. The sun's forces, captured in the daily loaf to nourish both body and spirit.

The harvest of grain, and the baking of bread, represents the first child of the cosmic union of Sun and Earth. It symbolizes the essence of humanity, born from this union, for the loaf is more than a gift of nature, it is made by the combined forces of nature with the will forces of human activity.

The art of baking the perfect loaf bread could become a lifelong culinary quest. For me it became my daily act where creativity, intention and all the magic the spiritual world had to offer, became one.



SCHOOL NOTICES

Michael Sargent

Michael Sargent will be visiting in week five from Monday 1 - 5 March. He supports us to observe and understand the children at our school and kindergarten more deeply. Here's a little offering of his background.

Mike graduated as a Doctor from Otago University in 1975 and went on to do a diploma in Obstetrics which he completed in 1977. From there he went into General Practice in Tauranga. In the mid 1980's he started working with the formation of the New Zealand Anthroposophical Doctors Group, whilst at the same time he and his wife were founding members of the Tauranga Rudolf Steiner school. During this time, he took on the role of the School Doctor. Family circumstances led to a move to Auckland where he started up an Anthroposophical Medical Practice in Mt Eden. His daughters attended Michael Park School, where he took over the role of School Doctor. The role of Michael Park School Doctor continued over some ten years, which during this time expanded to include supporting the Tauranga and Hamilton Steiner Schools too.

In the later part of the 1990's Mike moved to Hawkes Bay, living in Otane, and the schools he was involved with expanded to include Taikura, Te Ra, and Raphael House, and the Motueka Steiner School, and also various roles at Hohepa Hawkes Bay. In 2002 Mike and his wife moved from Hawkes bay to Christchurch, where he became School Doctor for Christchurch and Dunedin Schools too. Around 2005, due to health reasons, Mike needed to decrease his workload, and stepped back from his school doctor roles. After the Christchurch earthquakes Mike withdrew from private practice but continued to be involved with the Christchurch Steiner School and accepted our invitation in 2016 to renew his connection with Taikura School. Mike relinquished his practising certificate about six years ago.

Mike's passion, and reason for giving of his services to the Steiner schools and kindergartens around the country over the years is that he has a deep understanding of child development and health from his years as an Anthroposophical doctor, whilst at the same time having extensive knowledge of Steiner pedagogy, and the healing forces that are held within the curriculum. With this combined knowledge Mike has developed keen observational skills, and he is able to support us as teachers and kindergartners to develop our insights with the children who stand before us and give indications as to how we can best support them out of a holistic picture. As teachers here at Taikura Steiner School and Kindergartens we always feel very privileged to have Mike's depth of knowledge available to us. He gives his time freely to us, and was pivotal in our will to create the H3 Fundraising group, which has been operating over the last three years to enable all students at our school that we know would benefit from Anthroposophical therapeutic support (Nursing Therapies / Eurythmy / Art / Speech / Extra Lesson), plus other therapeutic support (the iLs Listening Programme and the Leg Up Trust) to receive it by providing financial support to families.

Out of habit we have continued to use the term 'School Doctor' for Mike's visits to us. We feel, along with Mike, that this is out of date and lends itself to misinterpretation as of the purpose of his visits. We experience Mike as a wise elder who supports our teachers to deepen their understanding of Child Development through the lens of Anthroposophical insights.

School App

If you have not already done so, please download our SchoolApp into your smart phone. You will find school contacts, newsletters, a link to our website, term dates, absentee notifications and our calendar which is filled with upcoming events, meetings, camps and trips. Subscribe to class alert groups and you will receive notifications such as class camp school arrival times and meeting reminders straight to your phone. So much useful information!

1. Go to the App Store or Google Play store on your mobile device
2. Search SchoolAppsNZ
3. Download the App
4. Open the App
5. When it asks to send notifications – click allow.
6. When it asks to search your School – type your School Name in the search bar
7. Lastly, subscribe to the Alert Groups you would like to receive alerts for.

Mark Your Calendar

February 25	6:30 pm - 7:30 pm	Class 10 Parent Evening - TH 3.2
March 3	6:00 pm - 7:00 pm	Class 12 Parent Evening - TH 3.4
March 3	6:30 pm - 8:00 pm	Taikura Kindergarten Parent Evening
March 17	7:00 pm	Eurythmy Discussion - Sue Simpson
March 30	8:30 am - 3:00 pm	HS Athletics Day - Mitre 10 Sports Park
March 30	6:30 pm	Health Consultation L2 TH - Gee Reisima
April 14	7:00 pm	Nutrition Discussion - Jocelyn Freeman
April 15 / 16	7:30 pm - 10:00 pm	Drama Club Play - "Our Town" - Hall

SCHOOL NOTICES



He pito kōrero!

Kīwaha o te wiki – phrase of the week

Mai anō (my ah nor)
Since time began/forever

Hemi: Kia ora e mara, I didn't know you played the cello!

Rangi: Mai anō e hoa!

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



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

Class 4 Camp At Te Angiangi Marine Reserve

Class 4 went on camp to Aramoana Marine Reserve two weeks ago. The first camp of Class 4 is an opportunity for the tamariki to connect after the holidays and to tie into the Main Lessons of local geography this term and Human and Animal later on this year. By learning more about the area near which they live, the children can make more of a personal connection to the land and create a sense of belonging. This was all evident in our two days out on camp. The sun was shining as we were greeted by a lovely pōwhiri at the beach with local kaumatua. The children learned about the history of the area and DOC's creation of the marine reserve. The two days were spent on and in the sand and sea: Sand castles were built, animals sculpted, waves were body surfed, eels caught, and hills were climbed. Janet Osborne and Ben Warren took the class snorkeling in Stingray Bay, where the cold water did not deter the young snorkelers, for many of whom it was their first time. Bed time was late and the day greeted early. For some, the highlight was the tent time.

Toby Blakey
Class 4 Teacher

On Wednesday we went to Aramoana camp ground marine reserve. We set up our tents! Sleeping in my tent was so fun. But the first night I didn't get much sleep! But the second night was fine. I loved sleeping in my tent. Hearing the soft drops of rain against our tent. Feeling safe, cosy and sleepy. We whispered in our tent for a little bit then we became quiet. We really wanted to go to sleep quickly because we knew it was late. We listened to the waves for a little bit. We turned around to get comfy. It was dark, stormy and cold so I snuggled up in my sleeping bag. In the morning everybody was up so early! I woke up to someone looking at me! I got up, got dressed and walked tiredly out to the grass. Someone told me their tent collapsed. I was grateful it wasn't me!

Anina Kirchner

SCHOOL NOTICES

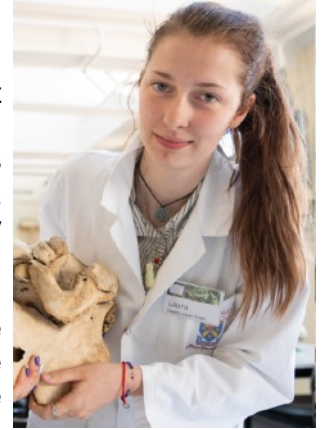
Hands-On At The University Of Otago

During the summer holidays, four Class 11 students; Nina Browne, Laura Doig, Lief Rock and Tamaki Shimaoka had the privilege of attending Hands-On at the University of Otago. This is a residential programme that allows senior students to experience a hands-on week in a university department. The students interact with researchers and learn about their discoveries during the day and then take part in a variety of social and recreational activities in the afternoons and evenings. The students have written a brief account of their experiences at Hands-On to share with the School Community.

-Judith Grellman

High School Science Teacher

Hands-On was an eye opening week for everyone who got the privilege to participate. I think we can all agree on that. Everyone would have had a completely different experience but the overall feedback received from other students was extremely positive. It is an amazing thing to be able to bring 400 16-18 year olds who are, in some ways like-minded but also have their own interests, dreams and aspirations together. It was a beautiful and motivating thing being able to meet so many people who know what they love doing and are really putting in the hard yards to make their dreams a reality.



I met so many like-minded students from all over New Zealand that became almost like a family to me by the end of it. It surprised me how friendly and interesting all of the people I met were and I'm so grateful I had a chance to meet them all. The experience really helped me develop my independence and social skills and it also gave me a good insight to university life. I really enjoyed my selected course: Zoology. I learned so much and it was really insightful and fun at the same time. I liked that most of what we learnt was purely practical.

Every day was packed to the brim with activities, there was never a boring minute. My favorite part had to be the party at the end of the week where we all dressed up and danced for the whole night. I would definitely recommend Hands-On Otago for anyone, it's an experience that you don't want to miss. - Laura Doig

I took part in the physics course, extremely enjoyable and surprisingly, the most ludicrous and chilled out class out of all 13. It was a huge eye opener, so much fun and definitely an opportunity not to be missed. What I really appreciated were the "Snacks Programme". These were short afternoon sessions into various subjects. What I loved about it is was that we had no say whatsoever as to what one we got to participate in. Yes, it sounds kind of counter intuitive, but it was great because it gave you insights into areas that you would otherwise never even think about. Even if you hated every minute of your snack, at least you leave knowing what not to study at University -Tamaki Shimaoka

I personally had an amazing week, not only experiencing university life (which is something I now greatly look forward to) but also meeting so many different people, everywhere you went there were people from different walks of life that were just so inviting. I took part in the mathematics and statistics group for the week which in some ways I really enjoyed and other ways showed me that I have a lot to work on. I would most definitely do this again. Great experience! - Nina Browne

The alarm went off at 5:45 am. I jumped out of bed in fear I was going to be late and the others would have left. I put on the clothes I had laid out, pulling my lanyard on as I evacuated the single bedroom and headed to the common room. The others were already there looking like they hadn't slept at all. We walked down the hill to the gym for an hour of cardio/weight-lifting/basketball/badminton before getting back in time for breakfast, which was eaten with gusto. This was not for the faint hearted, but a routine for the ones who wanted to get the most out of their day; I was in that boat. Next we joined our different project groups, in my case Theatre and Dance. For me this was physical learning, as we danced and choreographed a piece to present at the end of the week. We also became performers and learned improvisational theatre skills. By this time lunch was calling our stomachs back to the dining room. After filling bellies, we headed to our 'snacks', which were interesting enough.

The day of learning had come to a close and it was time to let loose! Free time to go do whatever (well not everything...) or go on a trip exploring the city with our beloved red shirts (the event helpers, current students of Otago), which was always fun.

Dinner meant back to the dining room for laughter and socializing (and eating of course). Then the raucous behaviour died down and floor meetings commenced, where we talked about our day and upcoming events. Then bed at 11:30 pm since this was the routine and tomorrow that alarm would be going off at 5:45 am.

-Lief Rock

SCHOOL NOTICES

Community Health Consultation on Sexuality Education

As part of the Ministry requirements every school is required to consult its school community on how they teach sexuality education.

This year I would like to meet with the community on:

Tuesday **16** March at 6:30 pm - 7:30 pm and Tuesday **30** March 6:30 pm - 7:30 pm
Level 2 Taikura House room 28.

The first meeting will be led by myself on what we do as a school around sexuality education, my intentions moving forward and getting feedback. The second meeting will be gathering ideas from this working group on how they can support the Health Curriculum outside of school. Eg having guest speakers for the community and parent/caregiver education.

Everybody is welcome and I look forward to seeing you.

Gee Reisima
Wellness Coordinator
8787363 ext 858

Curriculum Corner

The Beauty Of Pausing

I am currently reading a book to Class Six during their health lesson called 'A Note to Self' by Rebekah Ballagh. I wanted to share a beautiful part of our recent lesson, where after a few pages we started to explore the concept of anxiety (and then feelings in general), and how sometimes we experience these emotions as a wave in the sea. Sometimes we see the wave coming and we want to run away (flight), sometimes we stand strong and smash into the wave (fight), sometimes we see a big wave and we don't know whether to rush out to meet it or run into shore, so we just stand there like a possum in headlights (freeze). Another time we might see a wave and we run towards it, then run away from it, only to turn back and run towards it saying 'I am sorry I ran away, I want to play with you, I want things to be right between us' (fawning). It was during this discussion that we decided another word was needed. Do we always have to be reactive to our anxiety (or feelings)? After a pause to reflect on this a student suggested flow. And there it was, our fifth F - flow. A beautiful realisation in the lesson. When we see anxiety coming towards us, we can now respond to it rather than react. We know what anxiety feels like, where we feel it in our bodies, and now when we recognise it we can change our reaction to it from fighting, fleeing, freezing, or fawning, to now flowing with it. When we choose to flow and ride the wave of anxiety, we go with the wave, we feel it, knowing that it will wash over us, sink into the sand or go back out to sea.

A breathing exercise that we did as a class that ties in with the wave scenario that you might like to try when you feel anxiety or any unpleasant feeling is as follows: Breathing in for four counts seeing the wave coming towards you. Hold your breath for 4 counts as the wave reaches its peak. Breathing out for four counts, letting go and see the wave going past you. Then hold the breath for four counts, feeling a sense of calm as the wave disappears up the beach. You can repeat this cycle as many times as you wish.

Gee Reisima
Health and Wellbeing Coordinator

COMMUNITY NOTICES

Communication For Connection

Hastings: Saturday 13 March and Sunday 14 March

Empowering support for Parents

This workshop is significant support for all parents! Providing new awareness, confidence, and skill to communicate more effectively, deepen connections and foster cooperation - *is guaranteed!* You will also discover new ways to keep your cup filled and have a more empowered relationship with yourself. If you would like to hear feedback from someone at Taikura who has completed this course, contact me. Based on the worldwide proven principles of Nonviolent Communication, facilitator Filipa Hope (past Taikura parent) has been providing her workshops around the country since 2010. Filipa is contracted by the Ministry of Education, providing this empowering personal and professional development for educators.

Numbers limited to 14 Time: 9:00 am - 4:30 pm both days. Cost: \$250 by Monday 8 March (includes morning and afternoon tea)

Registrations to Filipa: filipahope@gmail.com phone 0274 513 445

Calling All Egg Lovers

Super tasty organic eggs are back

We have super tasty genuinely free range organic eggs back in stock :-). Check out our website or you can pick up from the farm on Pakipaki Road. A school delivery can be co-ordinated via Zoe Shore, contact us for more details. <https://www.arohaorganicfarm.co.nz>

Why Organic?

- 1. Genuinely Free Range (Pastured actually!)** Our hens are on pasture 24/7, eating their greens and scratching up all sorts of goodies. We regularly move them around to give them access to fresh pasture, everyday.
- 2. Small Flock.** Much less stress if you don't have to compete with others for feed, pasture and roost space. They all know each other so they don't have to keep sorting out the pecking order either! (yes... that is a thing)
- 3. Genetically Modified Organism (GMO) and antibiotic free feed.** Only organic feed and pasture is given to our hens - much better for you and the planet.

Ruth Strong Speech and Drama

"With voice and body I paint my world" Give your child the gift of confidence. Classes begin in March. All ages welcome. Please phone Ruth on 027 3540 844 with any questions.

House Sitter Wanted

We are looking for someone to look after our house and pets in Hastings over the next school holidays. (Friday 16 April - Sunday 2 May). We have one very friendly dog and two cockatiels. If you are interested please contact Melissa 021 149 3024

Impetigo Concerns

Please contact Angela Hair at The Steiner Centre if your child is having problems with impetigo (school sores). Angela has had years of experience with infectious diseases and found homeopathic remedies are very useful in the acute outbreaks and to stop ongoing infections. Bookings can be made on concordiahealth.co.nz or by text 0274436737

Individual Art Therapy For Adults, Teenagers And Children

Accessing your creativity, art therapy is an effective way to address and overcome grief, depression, anxiety, life crises and trauma and to *discover a new relationship to one's biography*. No previous experience in or aptitude for art necessary. For more information contact: Eva Steinmetz-Urieli evaurieli@gmail.com or phone 068786028 mobile: 02102771201

After School Art Classes For Children

Explore new art techniques, follow your creativity, look at interesting images, listen to a story. Commitment for a term. Thursdays 3:00 - 4:10 pm. Cost is \$19.00 per session. At the Steiner Center 500 Nelson Street Hastings. Contact Eva Steinmetz-Urieli evaurieli@gmail.com 878 6028 or text 02102771201