



13 May 2021

## Self Esteem

In Class 7 Health we are exploring the theme of self esteem, specifically the internal sense of worthiness and confidence that is important for the students to start developing at this age.

As the students are learning to acknowledge and celebrate their intellectual and social skills they are coming to understand that what other people think of them is less important (a lifelong lesson!). Our discussions and self-reflective exercises have them considering how worthy or confident they feel and how they might respond or react accordingly.

Throughout life (especially at this age) we will likely hear harmful, judgmental or even seemingly well intentioned, yet still critical comments being spoken about us or to us. However with a healthy dose of self esteem, we can navigate life with greater resilience and grace.

The students are currently learning about unhealthy coping or defense mechanisms, so that they can be aware of when they themselves might be subconsciously using them, and be able to course correct their behaviour by choice.

Defense mechanisms:

1. Escapism - An example of this is when you don't study and tell everyone to live in the moment, saying it is more important to enjoy yourselves rather than study or complete an assignment. It's a way of avoiding responsibility.
2. Rationalisation - Let's say someone was not invited to a party and felt alienated from their social circle. As a way to make themselves feel better the person could say "It doesn't matter, I'm going to be busy that night" or "The party is going to be stupid anyway." Another example is when someone justifies why they physically or verbally harmed someone by saying 'Well they called me [insert insult]'. They try to rationalise or excuse their wrong behaviour by trying to make it acceptable.
3. Projection - This is when people criticise, blame, shame, intimidate, bully and cause trauma to others. Rather than face up to their own weaknesses, worries or fears - they go around triggering everyone else's.
4. Displacement - If someone is picked on, bullied or even abused and is unable to retaliate in that environment (for fear of making matters worse) they may instead take their anger, pain or frustration out on others in a different (possibly safer) environment.
5. Denial - This is when someone is not coping very well at all. They will not discuss their concerns with anyone and pretend (even argue) that everything is fine. They may try to convince themselves that things will get better or change in order to protect themselves from the circumstances that are at cause.

It is my hope that the students will come away from these lessons understanding that they can create their own happiness, that they have the choice to respond or react and to be responsible for their own choices and actions. This lesson is not a stand alone and forms a good foundation in understanding and creating their journey of life which is wonderful and I am really excited to witness these wonderful humans making a positive impact on the world as they do.

Gee Reisima  
EOTC/ Health and Wellbeing

## Mark Your Calendar

May 16	9:30 am	Class 3 - Nine Year Old Change - Weekend Workshop
May 17	6:30 pm	BOT Meeting - School Hall
May 19	8:30 am - 3:00 pm	Teacher Only Day <b>SCHOOL ONLY</b>
May 24		Whitsun Festival
May 26	6:30 pm - 7:30 pm	Class 10 Parent Evening TH Level - Art Room
May 30	7:00 pm	Steiner For Beginners - Talk By Jessica Soutar Barron - Whānau Room

# SCHOOL NOTICES

## H3 Group Update

**High school Drama club, from the H3 Group - a big thank you!!!**

**On behalf of the students and families who are supported by the H3 fund - thank you!**

Taikura High School Drama Club regifted the koha they received for their recent play performance, Our Town. This money will be used to support various therapeutic activities for students at our school.

For your interest - this amount of money has the potential to provide

- access to two courses of Artistic Therapy.
- Three students to access a course of six body oilings
- Just over a term of speech work for a group of three students.

Thank you High School Drama Club for so very generously donating \$825.00. Tēnā rawa atu koutou mō tō koha aroha, hei āwhinatia te hauora o ngā tamariki!

Kia ora e te whānau, after receiving this generous donation from our High School Drama Club I felt it timely to share with the community what has been happening for both the H3 group and the various therapies/curriculum helpers we have available for students. These curriculum helpers are exactly that, therapeutic activities which support and strengthen a student's capacity for learning and general well being. Students learn best when they have a secure sense of self and feel safe.

We continue to provide access to a range of therapies for our students. Creative and Dynamic Speech has now been available at Taikura for almost a year. Dynamic speech is taken by Robyn Hewetson. Robyn helps students to fully integrate eye, hand, foot and mouth. All elements of sound are explored to enrich a student's capacity to speak and be heard. Robyn works in both Lower and High School and her work is well received by students.

Students continue to have opportunities to participate in Art and Eurythmy therapy, Extra Lesson therapies and nursing therapies. A group of students attend the Leg-Up Trust weekly, and students from kindergarten through to the High school have received direct support from the H3 fund to access nursing therapies with the Anthroposophical nurses.

These therapies, the breadth and their availability would not happen without the tireless work of our H3 Group. Last year post Covid, all fundraising activities of the H3 group were canceled. 2020 was a quiet year with a minimum of meetings and an extraordinarily small number of fundraising opportunities. Fortunately at the end of 2020 the H3 Fund received a donation from the Taikura Fete group meaning we could confidently operate therapies in Terms 1 and 2 of 2021.

The H3 Group are meeting next Thursday 20 May at 7:00 pm - in the school library. New members are warmly welcomed.

The H3 fund is always in need of topping up, so if you have any opportunities for fundraising, or would like to make a contribution to this very worthwhile cause, please get in touch or donate directly to:

**Rudolf Steiner School Hastings Trust 03-1518-0040482-00, citing H3 as reference.**

Any amount no matter how small is truly helpful and greatly contributes to this ongoing work. Thank you in advance for any donations received. Each one, so appreciated.

Ngā manaakitanga ki a koutou katoa, nā, Kelly Sutton

**Hāpaitia te ara tika pūmau ai te  
rangatiratanga mā ngā uri whakatipu.**

**Foster the pathway  
Of knowledge to strength, independence  
and growth for future generations.**

# SCHOOL NOTICES

## Lower School Reporting to Parents Survey

Recently the community was asked to participate in a Lower School Reporting to Parents survey. This survey was to capture the perspectives of parents on what they experienced to be helpful ways to receive information about the achievement and learning of their tamariki.

To the 40 families who responded - thank you. Your collective voice will be used to inform some immediate changes and will be referred back to - as we continue to improve our reporting process to care for the needs of students, whānau and staff all while meeting our legislative responsibilities.

A recurring comment in the survey was the enjoyed and helpful experience of the longer interviews in mid 2020. It was noted that while 15 minutes is too short a time, half an hour was too long. This year's mid-year interview will be 20 minutes in length.

In 2020 using both the survey results and interview data we had approximately 90% of parents attending their child's mid-year interview, this was a good outcome. It would be fantastic if we had a full attendance at interviews this year. Teachers really value this opportunity to meet with whānau and spend focused time considering the learning and social needs of their learners.

Parents indicated they preferred a mix of written and verbal feedback - but the interview process gave clarity with their child's next steps for learning. 98% indicated they left their child's parent interview knowing clearly what their child needed to work on next in their learning. Parents indicated they would like a Curriculum and the Theme of the Year overview to be sent out at the beginning of the year as well as included with the end of year report. This is presently being actioned and going forward from 2022 families will receive these in the February as well as in their child's end of year report.

The combination of mid-year interview and written end of year report was preferred by 52% compared to 48% who preferred a mid-year interview and written report, with an end of year interview.

68% of parents indicated that hardcopy reports were preferred. At the end of 2020 - 80% of families had collected their children's reports from the Eurythmy Room. We will continue to distribute Lower School reports in this way. We want to thank the community for supporting this mode of collection as it saves us just over \$1200.00 in postage.

Of the 124 families who were invited to participate in this survey, 40 did so. A warm thank you for your participation. We will endeavour to listen and respond to your feedback.

Kelly Sutton  
Deputy Principal

## Invitation To All - Parent Talk

I am very pleased to inform you that this term we will be looking forward to an evening talk which will be held in the Taikura Kindergarten whānau room.

### Meeting Date and Time

**Wednesday 30 June - 7:00 pm** - Steiner for Beginners - talk by Jessica Soutar Barron

Danica Hensel Ondrusova  
Kindergarten Senior Teacher

## Class Photos

Due to unforeseen circumstances our class photos were unable to be taken yesterday. Individual photos and sibling photos were completed. Class photos will now be taken from 9:00 am on Monday morning. Please ensure your children are at school on time so this process runs smoothly.

# SCHOOL NOTICES

## Mā te whiritahi, ka whakatutuki ai ngā pūmanawa ā tāngata Together weaving the realisation of potential.

Dear Parents of Lower School Children

During weeks 4 and 5 of Term 2 the Lower School will be holding parent teacher interviews.

We warmly invite you to come along and meet with your child's class teacher. We look forward to this time in the year, where with whānau, we take a pause, reflect and plan together your child's learning journey.

It is our expectation that all parents attend these interviews. We will be using the same booking site as in previous years. <http://www.schoolinterviews.co.nz>

We encourage you to book on-line please. However, parents who do not have access to a computer can phone Adrienne to book an appointment.

Bookings are open now and will **close on Monday 24 May at 4:30 pm**. Bookings after this date will not be accepted. Interviews are 20 minutes long.

We are very aware that your time is important. It is respectful practice to ensure our interviews run on schedule. To do this well, teachers will be using a timer device. The alarm will sound at 15 minutes. This initial alarm will tell you there is 5 minutes to go and to bring the discussion to an end. A final alarm will sound at 20 minutes indicating the interview is over.

Interview times - start and finish as scheduled. If you are late, extra time is not added to the end of the interview slot. We are working to improve the punctuality of our meetings, and we thank you in advance for your support in this.

Warm wishes Kelly

### Booking Your Interview

When you login you will see each class teacher has a range of times available on various days for interviews. We trust that the many options available will make it possible for all families to attend.

On-line bookings are open and will **close on Monday 24 May at 4:30 pm**. Please book at your convenience and note that late bookings will not be accepted after the closure date.

#### How to Book

1. Log onto the following website: <http://www.schoolinterviews.co.nz>
2. Enter the following code into the 'event code': **vkb26** (lower case)
3. You will then be guided by the website.

# SCHOOL NOTICES



## He pito kōrero!

### Mauri Stone

Kia ora koutou katoa

Last year, the final piece of writing for He Pito Kōrero was about the farewelling of the whare. Over a period of a week, classes were taken to the whare and sang waiata and did karakia to acknowledge the time spent in this space. Staff also gathered in this space and a karakia and poroporoaki – farewelling of the whare – was shared. In the centre of our circle was placed the mauri stone, that has carried the essence of the previous whare. Every year, the new class, te Puna Tuatoru (Class 3) begin their journey with learning Te reo me ōna tikanga in the whare, and the mauri stone is passed from student to student, so the relationship is built and strengthened between the students and the mauri stone.

This year I spoke with Papa Jerry Hapuku (local kaumatua/elder) and he has advised me, that once the whare has been removed and before the new foundations are set, the mauri stone must be laid to rest where the door of the future whare will be. This will be a dawn ceremony, that we will notify the whole community of prior to this happening. Once the new whare is completed, at the opening of the whare a new mauri stone will be taken through, as part of the blessing and opening of this space, and to symbolise a beginning of a new journey for all in our new whare.

At present, the designs for the new whare are on display in the school foyer. There is a consultation evening in the hall tonight. All welcome.

Turou hawaiki, nā Matua Troy.

*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.

## School Policy Review

This term SchoolDocs is reviewing the policy 'Reporting to Parents on Student Progress and Achievement'. In order to participate in this review we encourage you to visit our SchoolDocs site (User name: **taikurasteiner** Password: **heartwood**). Along the top of the page you will see a tab labelled 'Current Review' where you will find a table with links to the policies currently under review.

- Follow the link
- Read the policy
- Click the red Policy Review button icon at the right-hand top corner of the page. A new screen will appear.
- Select your role (board member, staff member, or parent/caregiver from the drop-down list.
- Enter your name (optional).
- Submit your ratings and comments.

If you don't have internet access our school office staff can provide you with printed copies of the policy and the review form.

# SCHOOL NOTICES

## Curriculum Corner

### Class 7 Mountain Bikers

During Term One, keen Class 7 mountain bikers traversed the tracks of Te Mata O Rongokako. Skills have developed, confidences grown and fitness increased, but most importantly friendships have been fortified and now the proud group of 'Rudolf Riders' are keen to keep the wheels turning on a regular basis. A big thanks to the parents who have come along to help out.

Thomas McArdle  
Teacher Class 7TM



### Class 9 Practical Ecology Lesson

Recently Class 9, as part of their Practical Ecology Lesson, completed the restoration of two classic 1970s school playground form seats.

Students removed rust and worked to preserve the metal. New hard wearing sustainable timber slats for the top of the seats was selected and prepared.

On completion the students Millie Goodhind, Gala Ramonteu-Chiros, Ben Train and Theo Freeman gifted the reconditioned retro seating to the Lower School. This seating will be a welcome addition to their seating built by the P.F.A last year.

One of the reconditioned seats by Class 9 students.



## 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.



# SCHOOL NOTICES

## Sports Notices

Best of luck to all our sports teams who have started or are starting winter sport this week!  
Thank you to all the coaches, managers and umpires who are supporting these teams!

Some teams are still requiring managers and umpires, please offer to help if you can to support the coach and team to run smoothly.

Once we have all jobs filled for the teams, I will send out some generic information to support the people in these roles.

## Sideline Behaviour Support For Our School

- Respect the coaches - they are there to help your child enjoy sport.
- Let the coaches coach – yelling instructions from the sideline can be distracting and confusing for your child.
- Keep things in perspective – They are kids, the coaches and officials are human, and are volunteers.
- Respect all referees and officials – Without them volunteering, there would be no game for your child to play.
- Praise their effort – No child makes mistakes on purpose, focus on the positives and that they play to have fun.
- Be their biggest fan – Help them see the bigger picture, making mistakes is ok and part of their development.
- Be encouraging and let them lead the conversation – ask questions such as “Did you have fun”, “What did you enjoy”, “Is there anything you would like to improve on”
- Let’s work together to make sure all youth have a positive experience on the sports fields.



## Logistics Fete Committee Member Needed URGENTLY

I've been part of the fete committee for approximately five years looking after logistics and am needing another person to take this role on as I'm unable to carry on. This is a very practical role alongside needing to be able to work with others.

### Role Description:

- updating fete signs and organising their distribution to the community
- working alongside class 2 so they are prepped to assist the put up and pack down of the fete delegating these jobs
- outsourcing seating for the stage on fete day and hiring bins and portaloos
- working closely alongside children's activities to ensure the practicalities on the weekend of the fete are taken care of
- time needed is some prep in the weeks leading up to the fete but mostly from approximately midday the Friday before the fete, all Saturday and all Sunday (normally during the fete is relatively quiet but do need to be around and on call) on the weekend of the fete is; setting up the stage, putting up gazebos, moving picnic tables, setting up desks and chairs for children's activities, trestle tables for food, and making sure the school is ready for the fete. Then Sunday evening is ensuring everything goes away again ready for school to carry on Monday morning.

This role needs to be filled so please consider it if these skill sets speak to you or you know someone else who it does. I've thoroughly enjoyed making new connections in the community and learning how much it takes to make our fete as amazing as it is. A fresh set of eyes could do this role wonders so please take it and make it your own. Call Becky on 027 301 6637.

**FUNKY  
WORLD  
-ISH  
FOLK**



**CLASS 9  
Fund Raiser**

**Message me  
for Tickets**



**Joanna Bruce  
027 342 7336**

**DJ DALE WALLIS**

**SATURDAY 29<sup>TH</sup> MAY**

**STARTS AT 8PM - \$20**

**COMMON ROOM**

**HAWKE'S BAY**

# **YOUTH ROAD SAFETY EXPO**

**10-14 MAY 2021**

**PETTIGREW GREEN ARENA, TARADALE**



# COMMUNITY NOTICES

## Therapeutic Art Class

This term we will be working with the archetypal movements of colour to find autumn flowers and also how an elemental being might like to clothe itself in the gesture of these colours.

There are ten sessions and the medium is pastel. This is an easy medium for beginners to find their way into. Each person will receive one on one personal therapeutic guidance with their work.

**Where...**Steiner Center corner Whitehead and Nelson

**When....**Wednesdays 10:00 - 11:30 am start Wednesday 5 May

**Cost.....**\$15 per session

**Materials...**Provided

**Contact...**Kathy Allan 027 233 0970 or [magentarose4me@gmail.com](mailto:magentarose4me@gmail.com)

**Facilitator...**Is Kathy Allan a practising Leane Collot d'Herboise/ Haushcka art therapist.

## 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](mailto:evaurieli@gmail.com)> 06 878 6028 mobile: 021 0277 1201

**Eva Steinmetz-Urieli - Art Therapist - 02102771201**

## EURYTHMY COURSES FOR ADULTS

We cannot underestimate the power of health and healing that can be experienced through movement. Eurythmy is a unique art of movement, as someone called it a modern-day yoga. Over the year, the interest in the courses has grown and I'm pleased to provide the possibility for another group on Wednesday mornings. You are welcome to join any of the groups, no experience is required. Each term we begin afresh and there is always an element of repetition and introduction.



Tuesdays 7:00 – 8:00 pm, Anthroposophical Society rooms  
7 X sessions starting 11 May, cost \$80

Wednesdays 8:30 – 9:30 am, Taikura eurythmy room  
7 X sessions starting 12 May, cost \$80

Thursdays 9:00 – 10:00 am, Taruna College, Havelock North  
6 X sessions starting 27 May, cost \$70

For registration of interest or further information contact Sue Simpson [sue.simpson0@gmail.com](mailto:sue.simpson0@gmail.com)

## Billets Required

We need billeting families for the **International Kolisko Conference**.

This conference is for Teachers, Parents, Medical/Health professionals and will be held at Taikura Rudolf Steiner School.

**Wednesday 14 - Saturday 17 July 2021.**

**Suggested koha/charge \$40.00 a night. Breakfast included.**

**Contact Corrie Levick 027 3680242 or ph 8367678**

**[email:corrie.levick@gmail.com](mailto:email:corrie.levick@gmail.com)**

