



29 July 2021

Kolisko Reflections

As Term 2 came to an end and many in our community headed off for a well-deserved holiday our school became the destination for over two hundred visitors who took part in the KOLISKO conference with the theme of **Striving for Identity through the Challenges of Anxiety, Stress and Depression**. As well as having staff and parents from Taikura attending the conference we also had a number of staff who led workshops, staff and wonderful past students who were presenters and shared a glimpse of their daily work with young people struggling with the key focus areas of the conference theme. In thanking the school, special mention was made of the organisational support from our Property Manager Liam and the cultural leadership given by Matua Troy. The conference was beautifully catered by the Bristow whānau and it was wonderful to be able to acknowledge this family for the many years of care and sustenance they have given, not only our school but the wider Steiner community at this their final catering event.

Below are reflections from a couple of our staff who attended the conference.

*The Kolisko conference was full of inspirational speakers, singing, meditation, workshops, hard truths, vulnerability, movement and some very yummy kai - a big thank you to the Bristow whānau. Over the course of the three days I reflected on how I was most grateful to be part of a loving community that surrounds our future generation. Medical professionals, therapists, educators, social workers, and parents all came together for the common cause of wanting to build, nourish and sustain a healthy foundation of childhood. On the last day Hartmut Bories spoke to us all. At the age of 30 Hartmut was ordained as a priest of the Christian Community and throughout his life has been inspired by the life and works of Rudolf Steiner. Hartmut spoke to us on being **SAD Stressed, Anxious Depressed** and many other interesting things. What I enjoyed was how he gave us all a picture of a chalice to represent one's own inner being. Whatever we put into the chalice will go through a process of transformation. Whatever we choose to invite into this chalice will change the content of it. A big thank you to Michelle Vette, Edith van der Meer, Jean McGavock, Kathy MacFarlane and Mary Green for facilitating a conference that gave many opportunities to nourish and fill our own inner chalice.*

Ruby Mackwell – Class 7 Teacher

What a fabulous conference! My afternoon group was about Technology with Dr Richard Drexel. He told us how our brain develops for a bit, then plateaus and then declines in a number of ways. The change is inexorable and irreversible but the extremely odd thing is that while our brain declines, the evidence is that our experience of this does not necessarily do so. Things which appear to avoid mental symptoms of brain deterioration include: Learning a second language, using hands and feet, engaging in sport, drama, or music, bonding with other people, meaningful work, singing, laughing and socialising, enjoying grandchildren. Things which add to the deterioration of brain function appear to include, TV, videos, computer games, stress, multitasking, using devices. Posture affects brain function, and we are having a posture issues epidemic now often to do with use of devices.

And that's just a taste. In the morning I was in Dan Freeman's Bothmer Gym group. As always with Dan it was completely fascinating, highly applicable within the classroom or on the grass outside, impossibly challenging for my decrepit self, and loads of fun. Dan is such a gold mine of ideas and knowledge of the body, movement, posture, etc.

The lectures on the theme were most interesting particularly when they gave an outline of case studies. Each of them not only told us a great deal but suggested fascinating areas for further study. But for me, the highlight was the mealtimes. I think I conversed with someone different every mealtime and most of them were people I didn't know. I was filled with joy at the many meetings and thrilled with so many and varied ideas. I have to admit that the yummy food didn't hurt either and the excellent service provided by a very efficient and hard-working team run by the Bristows. It was also a great luxury to be able to go home and sleep in my own bed after an incredibly full day. Many thanks to all the people who made this possible.

David Urieli – High School Maths Teacher.

Pippa Caccioppoli
Principal

SCHOOL NOTICES

Michael Sargent

Next week, Michael Sargent will again be visiting Taikura. We very much look forward to his visits, valuing his wisdom and support. Mike supports staff to observe and understand our learners more deeply. Mike observes classes, students and teachers, he provides staff with feedback and ideas on how we can better support our children. On occasions Mike may also meet with parents. Here's a little offering of Mike's 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 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.

Kelly Sutton - Deputy Principal

Mark Your Calendar

August 4	6:00 pm - 7:30 pm	Class 10 Parent Evening TH 3.2 Art Room
August 4	8:30 pm - 3:00 pm	Class 8 Biosphere Bike Trip
August 5	6:30 pm - 7:30 pm	Class 11 Parent Evening TH 2.4 Digital Tech Room
August 11	6:00 pm - 8:00 pm	Winter Warmer - Community Mid Winter Celebration
August 12	ALL DAY	Teacher Only Day - School Only
August 13	7:00 pm - 9:00 pm	Class 7TM Paly - Hall
August 16	6:30 pm - 8:30 pm	BOT Meeting - School Hall
August 27/30	ALL DAY	Mid Term Break

SCHOOL NOTICES



He pito kōrero!

Tikanga 101 – Ngā mihi whakawhētai ki ngā ringawera! Shoutout to the cooks!

I have attended many hui, wānanga and other types of gatherings where the participants are at the front of the whare or venue, while at the back the minions...ngā ringawera, the workers in the kitchen (in this context), are behind the scenes putting kai together to make the hui flow! In te ao Māori we have a whakataukī that is apt for this context: 'Ka pai ki muri, ka pai ki mua, ka pai ngā mea katoa!' If everything is good at the back, then the front will flow and all will go well!

At the Kolisko Conference in the holidays, the Bristows were the caterers. It was definitely a family effort, with Mairi leading the charge and the rest of the whānau preparing and cooking kai, each morning, afternoon tea and dinner, for around 230 participants. We were all treated to kai that was food for the body, mind and soul; that enabled us to participate fully in the conference. On the last day of the conference, acknowledgements were given to the ringawera and the following waiata was sung:

E ngā ringawera
Tino papai ngā kai
Nō reira te kupu a kui, a koro mā
Ka pai ki muri, ka pai ki mua
Ka pai ngā mea katoa.

Hurihia ngā whakaaro
Ki te wā kāinga
Nō reira, whērā tonu te pātaka
Ka pai ki muri, ka pai ki mua
Ka pai ngā mea katoa...(i ngā wā katoa).

This waiata acknowledges the work by the ringawera (hot hands - people working continuously) with kai. The inclusion of the saying 'Ki muri, ki mau' from our kaumātua – our elders, reminds us that if this type of preparation is done, then the hui will go well. The following link gives a fuller explanation and the rangi (tune) of the waiata (created to the music of an Ardijah song)! https://www.youtube.com/watch?v=bQD_kww23eg&t=579s

Nā, Matua Troy.

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

Winter - Warmer

Dear Whānau

Come and warm the cockles of your hearts....



Families are invited on Wednesday 11 August 2021 to return to school at 6:00 pm. Here you will be greeted by fire, fairy and lantern light. Come and purchase a dinner from a food truck, listen to live music, wander through Scannell's with your child's lantern lighting the way.

This is a family evening where children must be accompanied by their parents. Teachers are not supervising tamariki.

This evening will conclude with a Shadow Play presented by staff.

SCHOOL NOTICES

A Local Legend

Our school would like to acknowledge the passing of local farmer Bill Shaw, and extend our sympathy to his wife Heather and family and friends.

Bill and Heather have been incredibly generous to our school over many years, allowing us to hold our Class 3 school camps on their property in Te Awanga and host events in their beautiful woolshed.

Many families in our school community have personal connections to Bill, and remember how generous and kind he was to all. Former Class teacher, Rachel de Lacey shared this:

“Bill Shaw. A local legend. A really kind, honest and generous man. Bringing our older children up in Te Awanga, I remember Bill used to dig out the swimming hole in the river just so the community could enjoy long summer days swimming there. Bill was also so generous to have our Class 3 camp at the woolshed (and many, many Class 3's over the years!) – a gift to a wider community of children. The paddock mowed, and a friendly wave from Bill as he rode past on the quad to make sure all was well. Thank you so much Bill Shaw, you have enabled so many good memories for us all.”

Rest in peace, Bill, and thank you for all you did for our school community, we are incredibly grateful.
From the Taikura staff & whānau.

A Class 4 student shared this memory:

“We are thankful to Bill and Heather for letting us stay at their farm. We had the best time swimming in the river, making bivouacs and playing touch rugby on the grass.”



Class 3 Students Memories.....

SCHOOL NOTICES

Curriculum Corner

Why do we at Taikura wait until after Class 2 for children to receive individual music lessons?



Let us consider the young child through the lens of human development as outlined by Rudolf Steiner. The child before the age of the 9 year old change, is still very much living in a different consciousness than that of an adult or older child. One could say the archetype of this earlier consciousness is that of a 'group soul', meaning there is not as much individuation yet and there exists a more "group 'oneness'".

A hallmark of Waldorf education is working from the whole to the parts, in these earlier years particularly, we are not actively taking things apart or separating out. Experiences and ideas remain in context and part of a whole experience. Musical experience is also brought this way - singing, moving, playing, listening, etc. as a whole group experience rather than individual 'lessons'.

At Taikura individual music lessons, singing or instrumental, are available in consultation with the class teacher from Class 3 upwards. The aim being for children to commence individual lessons after their 9 year old change. After a child is well settled post this change (9.5 yrs to 10 yrs) this is the perfect time, developmentally, to begin individual instrument or singing lessons for example.

Thomas Pearson - Music Teacher

Tree Planting With Class 5



On Wednesday 30 June Class 5 planted trees at Maraetotara Stream, with Maraetotara Tree Trust. For the last twelve years Taikura have been working with the Maraetotara Tree Trust to create a bird corridor of native bush to surround the stream.

The weather was hot and I liked the cold wind on my face.

Afterwards we went to Mohi Bush. It was spitting when we got off the bus and everybody put on warm clothes. We had lunch and then went and played on some rocks that were there. Then we went on a short walk in the bush. It was so amazing and I loved the drop in temperature. It was a short walk full of beautiful native bush.

Remy Coeburgh - Class 5

Class 5 went to Maraetotara to plant native trees along the Maraetotara Stream. Every Class 5 for the last twelve years has gone to plant trees here. The Maraetotara Tree Trust have been planting trees along the Maraetotara Stream for eighteen years, their goal is to create a bird corridor of native bush.

Our teacher told us we had to wear at least three layers. We realised it might have been a mistake as we piled onto the stuffy bus. The bus ride was 45 Minutes long. When we got there we ate our morning tea. The Maraetotara Tree Trust introduced themselves.

Jenny our gardner showed us how to plant a tree. We were planting native trees such as kowhai, totara, harakeke, and kahikatea. We spent about two hours planting. We planted around 450 trees. Then we said goodbye and drove to Mohi Bush, where we ate our lunch and went for a walk. I wish I could say the ride back was peaceful, but it wasn't.

Zoe Rousteau - Class 5



SCHOOL NOTICES

Curriculum Corner

Beautification of the back stairwell of Edwin Ayre.

The high school students were given the opportunity to produce mural pieces for the Edwin Ayre back stairwell with wood supplied by Liam Wyley. I approached a number of students for ideas and concepts that would benefit the space but also reflect the whole school.

The idea suggested was to create images representing a students' journey through Taikura Rudolf Steiner School from Class 1 to Class 12. The image that they associated with this journey was a Waka, voyaging through the school curriculum from year to year.

Urarii Ruatoe - Art Teacher/Class 10 Sponsor



Careers Information

Parent as Career Coaches Webinar

Monday 2 August 2021 from 7:00 pm – 8:30 pm

Presenter: - Leigh Gray, Kaiārahi CATE NZ

This webinar is designed to equip parents so they can help guide their student through the challenging process of narrowing down to their best post-secondary path.

This session will:

- help you understand the critical role parents play in helping their child to recognise their interests and unique talents
- help you understand the career development process so that you can partner with your child in the self-assessment, exploration, and plan of action stages
- introduce you to useful print and website career resources, and show how your children can access information and experiences they need to make informed career decisions

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_t5oxUg0IQEOofiDI_9A3aQ

After registering, you will receive a confirmation email containing information about joining the webinar.

SCHOOL NOTICES



Fancy yourself as a future Prime Minister of New Zealand?
The first election Jacinda Ardern won was as the Student Representative on her school board.

Now's your chance to follow in her footsteps! We're holding Student Representative elections in September.

For more information, go to www.trustee-election.co.nz.

Giving Students An Equal Voice - 2021 Student Representative Elections

Prime Minister Jacinda Ardern's foray into politics began with a belief that girls should be able to wear pants. "I ran for the school Board of Trustees because I thought girls should be able to wear pants as their school uniform".

And now, students across New Zealand have the opportunity to follow in her footsteps by standing for election and voting in the September Student Representative elections.

Standing for election or voting for their student representative is often the first real experience young people have of participating in a democratic process.

Student representatives have equal standing, voice, accountabilities and voting rights on the board. There is real value in being able to share their knowledge around the board table and they bring different points of view and experiences, which influences better outcomes for the whole school community.

The idea of being a young person on a school board might seem daunting, but student representatives get plenty of help and support to learn about and fulfil their role. The New Zealand School Trustees Association (NZSTA) provides training and learning opportunities, guidance and resources.

As well as having a voice on how their school is governed, being a student representative provides valuable, real-world knowledge and experience for students.

Taikura's Student Election will take place on 22 September, nomination forms will be distributed to all students in the High School.

Suzan Bart
Returning Officer

Lost Property

Wardrobes looking empty? Clothes magically vanished? It could be that they are 'hanging out' in our lost property. Please come and visit the gym foyer to locate them ASAP. Unclaimed items will be given to charity in three weeks time as we are unable to continue storing this volume of clothing. There are also a number of watches that have not been claimed in the office.

The lost property team



COMMUNITY NOTICE

Fringe In the Stings Needs You!

I am directing a NZ play called Wednesday to Come written by Renee, to be performed in the Fringe in the Stings (one of Hastings festivals - Friday 1 - 10 October. We have a great group of people together to do this, however we still are looking for one more male actor. Call Tara if you are interested - 021 260 4992

Communication For Connection

Hastings: Saturday 4 and Sunday 5 September

Empowering support for Parents & Couples

Providing empowering life skills with communicating and relating in the ways we want to! This workshop is valuable support for all your relationships: as parents, partners, community members... and especially the most important relationship - the one we have with ourselves. *There is no greater investment than investing in what nourishes and empowers your life.* You will receive new awareness, and skill to communicate more confidently and effectively, deepen connections and foster cooperation. Discover new ways to keep your cup filled, reduce reactivity and live with more harmony.


Filipa has been providing this workshop for parents and educators for more than a decade. *Value for your investment is backed up with a money back guarantee!* If you would like to hear feedback from someone at Taikura who has completed this course, let me know. Based on the world renowned principles of Nonviolent Communication. Facilitated by Filipa Hope (past Taikura parent). Numbers limited to 13. Time: 9:00 am - 4:30 pm both days. Investment: \$250.00 (includes morning and afternoon tea)

Registrations to Filipa: filipahope@gmail.com phone 0274.513.445

Sika

SHAMANIC SOUND JOURNEY

DIDGERIDOO • FLUTE • DRUM • TAONGA PUORO



Taikura Rudolf Steiner School
Nelson Street North
Hastings
Hawkes Bay

Tuesday 17 Aug
7.00pm - 9.00pm

"Mesmerising. Earthy yet otherworldly"

A life changing experience for the whole family. Sika is a New Zealand based sound artist dedicated to creating music that enhances our spiritual and human relationship with nature. Giving voice to wood, skin, bone, stone & shell Sika records live loops & works with the elemental sounds of water, fire, trees, animals and wind to create powerful soundscapes. Most people lie down so bring a yoga mat, cushion, blankets etc.

Samples & Tickets online now:
sikamusic.com

Children FREE (bring comfy stuff to lie on)
\$40 online tickets in advance
\$70 family discount
\$45 cash on the door - if there is still space

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sikamusicinfo@gmail.com