



Breath

Often in Waldorf education you hear about breath - about how the curriculum breathes, and tasks which are a breathing out task, or a breathing in task.

What does all this breathing talk mean?

In Steiner Pedagogy it is very much the case with 'breathing' that we don't teach it as such, but that it is something which we do. Something the children experience through the setup of the lesson, the day, the planning of the week and the year. Some of these rhythms are natural such as the breathing of the earth experienced through the seasons.

Observing the festivals and following the seasons is a bigger cycle. When thinking of festival activities, the experience of a child going through a mid-winter spiral as a more inward experience, compared to that of dancing the maypole, or later the school Fete where it is a much more outward and out-breathing experience. (In earlier times over summer, the festival activity would have been traditional fire jumping ceremonies etc.)

The way the teacher maps out their curriculum year can encompass these thoughts, where the Main Lessons slowly involve more need for concentration and in breath through the middle terms and out towards the summer term, with camps and other outdoor activities. The teacher also works to balance the lessons focused on *doing* with those focused on *thinking*.

Then we come down to the actual week, where the rhythm of the week has its own reality. Monday, the moon day of reflection, taking in the picture of the story, image, outline of the week's lesson, to Tuesday, Mars day, where one really has to grapple and fight a little with the nitty gritty to Wednesday where there is more of an artistic and rhythmic healing mercurial aspect to the work, to Thursday Jupiter's day where one can treat the day as a little Sunday and forget a little about the struggle of what we are working to grasp and go on a related outing or complete activities with a slightly different quality. This is a small special day - this is also reflected in the life of the teachers at Taikura. Thursday is the day of our weekly Pedagogical Meeting and also our child-studies, the child-study where teachers work together with help from the spiritual world, working to better understand and respond to the students that come before us. Lastly on to Friday when the work of the week is wrapped up so to speak, brought together in warmth and with a sense of accomplishment. The class together with their teacher, looking with love back on the work of the week.

Then we can come down to the day itself, where the morning circle begins the process of bringing the children into themselves, so they are at rest and comfortable in their body. Ready to learn. Any anxious or excess energy has been worked off, their faculties warmed and they are ready to learn. The Main Lesson follows, the real in point and then slowly we move the child out again into practice lessons. Practice lessons provide opportunity for practice - where skills learned in previous Main Lessons are practiced. As the day progresses we move to the doing lessons of the afternoon, like handwork and gym.

Then we come to the lesson itself, whether it be maths, art or languages. These will need to have their own point of in-breath and then the slow release out again. This holds for any lesson, albeit in different ways. Even an out-breathing activity, like handwork needs to first settle and ensure the children have 'arrived', then the mid-point of the lesson is deep sustained attention and then maybe a game or song at the end. A maths lesson will need the same shaping. Mostly teachers do it without thinking too much, as they actually breathe with the class and sense when the present activity needs to change or be loosened up.

Then there are specific activities which support the student to breathe out, an example of this would be particular types of singing or speech exercises which tend to bring children into themselves, for example alliterative stamping. Steiner talks of every lesson needing to provide opportunity for an exercising of the child's soul life, including inward tension and holding one's breath with anticipation, story content with happy resolution punctuated with humour etc.

All this together provides for the child an experience of breathing - essentially through the guidance of the curriculum: *it is lived, not taught.*

Kelly Sutton
Deputy Principal
in collaboration with Peter Lee

SCHOOL NOTICES



He pito kōrero!

“Ko wai Te Kāhui Whetū?”

Kia ora koutou e te whānau, I thought it would be good to share with the Taikura community some of the mahi (work) that has been going on between Waldorf schools around the motu (island). Te Kāhui Whetū are a collective of te reo Māori teachers, class teachers from Waldorf schools mai Te Ika-a-Māui ki Te Waka-a-Māui (from the North to the South Island), and Pippa, our principal representative.

The aspirations of this roopu are to ensure that te reo me ōna tikanga are taught, practiced, and hopefully woven throughout our daily practice. We endeavour to do this to the best of our abilities for our tamariki and whānau, in Steiner/Waldorf schools in Aotearoa. This is no small feat, and one which we all carry with a great sense of responsibility. Te Kāhui Whetū meet regularly via Zoom and meet kanohi ki te kanohi annually, to discuss and share the different kaupapa Māori that we want to enliven, guide, and support the implementation of, in our schools.

Pippa is our principal representative from the Fellowship, which is a national body made up of Steiner/Waldorf principals across Aotearoa who come together under the umbrella of SEANZ - Steiner Education Aotearoa New Zealand. An integral goal of the Fellowship is to support teacher development and in the case of Te Kāhui Whetū it has enabled this motivated and committed group of teachers to come together in person at least once a year. These hui not only provide much needed support to those within this Kāhui but have also provided opportunities for targeted professional development to support staff at the kura (schools) who have hosted the hui. We hope that this reciprocal relationship with kura will be able to grow and develop with future hui around the country.

Our present project is a pōwhiri booklet. This rauemi (resource) is to help guide class teachers and schools with the pōwhiri process and the different forms it may take. Last Thursday, after the completion of this rauemi, a blessing and presentation was held with all those involved and the principals around the motu, via a Zoom conference! From there, the rauemi will be shared with all our kura Steiner, to help support their implementation of pōwhiri and mihi whakatau.

Nō reira, nei anō ngā mihi maioha ki a koutou! Anei he whakatauki, hei tautoko te pito kōrero nei.

Mā te ako ka mārama,
mā te mārama ka mātau,
mā te mātau ka ora!

Through learning comes understanding,
through understanding comes knowledge and wisdom,
through knowledge and wisdom comes life and well-being!

Nā, Matua Troy me Pippa Caccioppoli (on behalf of Te Kāhui Whetū)

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



Policy Review

This term SchoolDocs is reviewing the policy 'Māori Educational Success'. 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 a printed copy of the policy and the review form.

SCHOOL NOTICES



Preparing for Advent

Join us at 8:00 pm on Wednesday 17 November - ten days prior to the first Advent Sunday. Come and explore the themes of Advent, its meaning, and the many ways it can be celebrated.

My particular interest is creating festivals which reflect the kaupapa of the home and the people in it. My Advent may look very different to yours - but each equally nourishes the child and our whānau.

Rituals and traditions are the food which nourishes the soul and sustains us through challenging seasons. For the grown adult, revisiting rituals, and traditions personal to their childhood is an anniversary of the heart, or a touchstone to a passed loved one.

Join Kelly Sutton via Zoom to explore the beautiful theme of Advent and the elements of creating a festival of Advent in your home.

Please register to receive the Zoom link and Advent booklet.

Register by email with Danica at: danica.henselondrusova@taikura.school.nz

Mid-winter Warmer Survey

A reminder to please complete this survey if you have not already done so. The survey will close tomorrow.

<https://www.surveymonkey.com/r/75GTJBL>

Donation Forms

Reminder that donation forms are due back Friday 12 November. Donation forms were posted out last term and an email was sent out during the holidays. Should you need another donation form, please call into the office to collect one.

Taikura School Board Election

Declaration of Student Election Results

Doig, John	25
Rock, Lief	15
Waters, Jack	1
Watson, Gemma	57

I hereby declare Gemma Watson duly elected.
Suzan Bart - Returning Officer

SCHOOL NOTICES

Sports Notices

Thank you to everyone who is coaching or managing our volleyball teams this term, we have still managed to field four teams even with the Covid 19 restrictions, sadly for some of the younger teams it was proving too difficult with the restrictions.

Big thanks to Sam van der Zwet, Kaue Vilhena, Emilio Wathey, Ale Correa, Brendan Hamilton- Gibbs, Troy Gardiner, Keitha Parkes and Cam Porter.

Sports Uniforms

Could all winter sports uniforms that have been missed in the team collections please be returned ASAP, WASHED in a NAMED bag.

AKINA HOCKEY ACADEMY

HOLIDAY DEVELOPMENT CLINIC JANUARY 2022

Hockey Skills Development Coaching from professionally qualified coaches
Book early as there will be a limit on group numbers

HOCKEY DEVELOPMENT PROGRAMME FOR 9 to 14 years

Three Full Days learning from 9am – 3pm

Basic & Advanced Fundamental Skills with quality technical coaching

Venue: Hastings Boys' High School Astroturf and Indoor Gym

Dates: Monday 17th - Wednesday 19th January 2022

Session Times: 9.00am – 3.00pm (9-14 years old)

Cost: \$50 per day ... \$150 all days

What to Bring: Hockey stick, mouth guard, shin pads, water bottle, lunch, morning snack

Weather: Hockey sessions will take place rain or shine
With the indoor gym & other indoor facilities wet weather isn't an issue!



TRAINING SESSIONS FOCUS ON BASIC AND ADVANCED FUNDAMENTAL SKILLS:

Moving with the ball	Moving the ball
Attacking skills	Goal Scoring
Defending skills	Conditioned games
Small sided games	Speed, agility, quickness

On the last course we had six experienced and professional coaches. One coach for every five players meaning quality coaching!

REGISTRATION FORM

Text / email me for the link as below:

<https://forms.gle/Ggna6jdAVTmnjzb2A>

Registration essential.

Please contact me with any queries.

Dean Hulls

Mob: 027 270 6439

Email: DeanH@hastingsboys.school.nz

COACHES

Dean Hulls

Former Coach of Central NHL Men's & Women's teams
Former Hawke's Bay Hockey Academy Head Coach
Athletics NZ 4x100m National Sprints Technical Coach

Additional Coaches from below
(based on participant numbers):

Marcus Collier

Hawkes Bay Senior Men
Hawke's Bay Elite squad

Olivier Hillard

Hawkes Bay U18 and Hawke's Bay Elite squad

Georgia Hulls

NZ 200m National Champion,
NZ National Sprint Squad & Sprint Coach

Dom Hantz

Hastings Boys and Akina Rovers HC 1st XI

Katelyn Garbes

Hastings Girls and Akina Rovers HC 1st XI



SCHOOL NOTICES

Sports News - Taikura Surf Club Starts This Friday

The surf club is an informal meeting of students and parents at Waimarama beach on Friday after school from 4:00 pm. School boards are used for basic lessons, and surfing practice. More competent students can attend with their own boards. All students require a parent supervisor, as in, it is **not** a drop your child off session. Often parents have a go as well if there are spare boards available.

To cover costs \$2.00 is required **on the day, every week** for usage of school equipment (wetsuits and surfboards) to help upkeep the maintenance of boards, leg ropes and wax.

Every **Wednesday** it will be written on the school notice blackboard by the canteen if Surf Friday is happening that week. The information will also be sent out on the school app. Any further information contact Brendan or Janet at school.

Thank you
Brendan Hamilton-Gibbs

Hawkes Bay Water Polo Junior Water Polo Open Day Saturday 13th November

Three sessions, pick either:

12pm — 1pm or

1pm—2pm or

2pm—3pm

*Spaces are limited! 30
kids per session! Be
quick!*

Location: St Joseph's School, 404 Eastbourne Street East

Cost: \$5 per child. Online payment available on website

Ages 7-10 (years 4-6). Kids need to be confident in a pool that is 1.3m deep. Kids can stand on the bottom in junior water polo but get around by swimming.

They will learn the basics of how to play junior water polo which is the introductory sport to Water Polo. Then they will play a game.

The focus will be FUN and GAMES. Bring a towel, togs and a drink bottle.

Covid 19 plan: the event will proceed under alert L2, but will be cancelled under alert L3 with full refund. Parents, when entering the school please sign in with the QR code and maintain social distancing. We will try and streamline the drop off and pick up to minimise crowds. Please excuse us for not chatting more. To assist with this please make your drop off and pick up as brief as you can. More information on the club will be available following this event. Register your interest via email.



Registration:

The register via our website :
www.hbwaterpolo.net.nz

Questions or difficulties using the website:
email admin@hbwaterpolo.net.nz

If interested in entering a team into the **Junior Water Polo Term 1 2022 competition email: admin@hbwaterpolo.net.nz to register your interest



A Junior Water Polo Open Day (Flippa Ball) Ages 7-10 years

Saturday 13 November @ St Joseph School, 404 Eastbourne Street East Hastings

If you require any further information please contact our Sports Coordinator, Janet Osborne in the office.

Mark Your Calendar

November 23

All Day

Teacher Only Day - School Only



I would like to offer a talk on 'The LOGOS and EURYTHMY'. You are warmly invited to come and share a journey into the heart and Soul of Anthroposophy, the mystery of the 'Word made flesh and how in the present we can learn to lift ourselves into the living realm of the 'Word. KOHΛ at the door.

Date, Sun 14th Nov 7.30 Anthroposophical Centre. (Corner of Whitehead Road and Nelson Street)

Speaker John Allison. I anticipate talking for 40 mins then finishing with a simple Eurythmy exercise.

SCHOOL NOTICES

Governance Pānui

He tangi te titi
He tangi te kaka
He tangi hoki ahau

Te hei mauri ora

It is important that everyone in our school community understands that we are **bound** by the Covid -19 required vaccination order (No.3), and as an integrated school we must also abide by the advice from the Ministry of Education and its guidelines.

We will do our utmost to be respectful of different points of view, and to be aware of the impact of the order, but we are required to ensure compliance where there is a legislated mandate.

Whether we agree or disagree, like every other school in the country, we are bound by this order.

The Public Health amendment order will impact our community and create difficulty for some. Regardless of our personal views, this order will come into effect within two weeks and as a community, we need to navigate our way through the challenges. We need to ensure that the heart of Taikura can continue to provide the Special Character education and opportunities we all strive to achieve for our rangatahi.

In answer to a question being asked widely at present around group exceptions or medical exemptions for staff and also how this may affect our events, our understanding is that there will not be an option for group exemptions. There is currently little advice on individual medical exemptions but our understanding is that there are very specific criteria expected by both the Ministries of Education and Health.

This is an unsettling and challenging time for everyone, but let's not lose sight of why we come together around our school every day, and make sure that we keep the lines of communication open and the connections between us strong.

We welcome and encourage feedback and communication from our community on important issues. Being open to feedback and transparent with our community and staff in our decision-making is important.

Please feel free to contact us about any issue of concern.

All correspondence can be directed via suzan.bart@taikura.school.nz

Nau te rourou naku
Te rourou ka ora ai
Te iwi

Manaakitia mai,

Erin Simpson
Taikura School Board
Presiding member

Sue Simpson
Proprietors Trust
Chairperson

Pippa Caccioppoli
Taikura School
Principal

SCHOOL NOTICES

"Bee" Safe Wear Shoes And Slap On A Hat!

Our main field always attracts the buzz of our friendly little workers of the flowers. To ensure the children are safe from harm please check that they have suitable shoes on at all times. This is up to parents and staff to enforce. If you see one of our children on the field without shoes on, please ask them to go and put some on. And te ra (*the sun*) is out in force so please make sure you wear your hats too.



Waiata Mai Every Thursday, From 12:30 – 1:00 p.m (At Level 1)

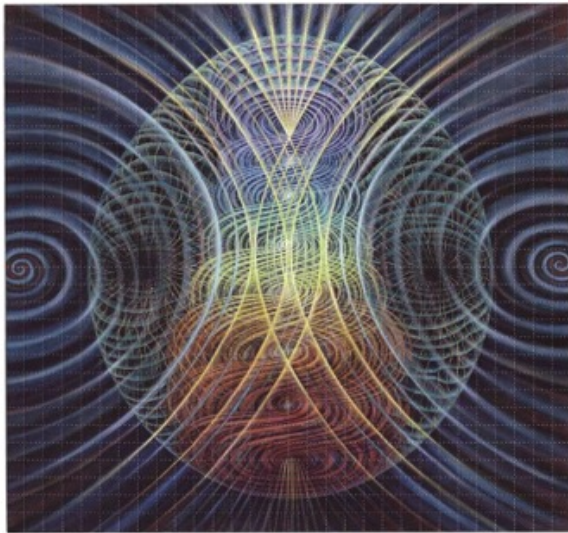
Ngā mihi maioha ki a koutou e te whānau whānui o Taikura!

Waiata mai will start again at Level 1. 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 NOTICES



Whiria te tāngata
Weave the people together

Ko ngā pae tawhiti, whaia kia tata
Ko ngā pae tata, whakamauihia kia tina
The potential for tomorrow depends on what we do today

E kore au e ngaro, he kākano I ruia mai I Rangiātea
I will never be lost, for I am a seed sown in the Heavens

Organic Free Range Eggs

"Marley's farm is proud to introduce our range of organic, free range eggs.

Our girls have complete freedom to wander through our organic lime orchard and are fed a mixture of certified organic feed and organic greens from our market garden.

\$9 per dozen - some so large we struggle to close the box! Free delivery around Hastings/Napier once a week.

To order please contact: Aleya 020 41915374 or Eli 020 4079 9242

Taikura And Kereru Kindergartens Are Looking For Casual Relief Staff

Registered Kaiako And Kindergarten Assistants

We are looking for enthusiastic people to come and support us in our kindergartens. If you are an experienced kaiako or someone interested in Steiner pedagogy in the kindergarten setting this might be an opportunity for you! Casual hours between 8:30 am - 2:45 pm (might be shorter), term time only.

We are looking for both qualified registered Kaiako as well as Kindergarten Assistant support.

If you are interested, please contact Danica Hensel Ondrusova at danica.henselondrusova@taikura.school.nz.

Upright Piano To Give Away

A black, Schwechten, Berlin. At least 100 years old.

Has a good sound but requires tuning. It has been in the family for the last 30 years and has been played by myself and my son. To be picked up from Poraiti. Heike, 022 6975422