

*"Naku te rourou nau te rourou ka ora ai te iwi"*

*"With your basket and my basket the people will live"*

**Together, H3 and the CARE Group, weave a network of support around our tamariki.**

## OUR MISSION

H3 Group is:

- A strong, stable and self-sustaining scaffold to support CARE work at Taikura
- A central group that activates our community to provide resources for use by our CARE practitioners
- Committed individuals who work in relationship with our teachers, therapists and initiatives to hold the CARE impulse within our school

## OUR VISION

**Our hands:** We resource curative work and therapies for individual children to remove barriers that limit their ability to access and engage fully with our curriculum.

**Our heads:** By empowering and enabling our children we are supporting their families, their fellow classmates, their teachers and their communities.

**Our hearts:** With strengthened communities and relationships all our children flourish and develop into free, able, confident individuals.

For many of us the last three years have been turbulent and 2023 was looking to be the start of better things. Sadly February brought Cyclone Gabrielle and with it much destruction and devastation across parts of New Zealand. The impacts of these events have meant the increase in the cost of living is being felt everywhere. With these increased costs of living the H3 Group, a group primarily focused on raising funds to support our tamariki, has kept fundraising to a minimum. Though we have received feedback that the ice-creams and sausage sizzle were missed at the Autumn Festival - this has been noted.

A huge and grateful thanks to all the people, past and present families, student initiatives and friends of Taikura who continue to donate to the H3 fund from time to time. Your generosity has directly supported continued access for children to receive the support they need. Despite the difficulties of the past years our funds have continued to provide access to a range of therapies for our students.

Continued over page.....

Creative and Dynamic Speech remains available at Taikura. Students have continued to have opportunities to participate in Art therapy and Extra Lesson therapies with limited access to nursing therapies. After a brief break Eurythmy Therapy has recommenced.

Students from Kindergarten through to the High School continue to receive support from the H3 fund to access Anthroposophical nursing therapies also.

New members are warmly welcomed into the H3 Group.

If you would like to talk more about the mahi of this group:

Nicole Scheidegger-Mallow, Jess Scott and I are all eager to talk about the work of this group.

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

### **Instruments For Hire**

Welcome back everyone. I'm looking forward to sharing the school instruments with your children and seeing the enjoyment this brings them.

If your child is interested in taking up a new hobby, and would like to give playing an instrument a go, we have a selection for them to choose from.

The instruments we have for hire are:- violins, violas, cellos, double bass, trumpets, trombones, saxophones, clarinets, flutes and guitars. For further information on any of the above please contact me at:- [zahira.rickard@taikura.school.nz](mailto:zahira.rickard@taikura.school.nz)

Look forward to hearing from you and all the best for the year ahead,  
Zahira Rickard

### **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 8:30am - 3:00pm (might be shorter), kindergarten 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.hensel@taikura.school.nz](mailto:danica.hensel@taikura.school.nz).



## *He pito kōrero!*

### Ngā taonga o Taikura!

Kia ora e te hapori o Taikura. Ngā mihi mahana o ngahuru ki a koutou katoa!

Since moving into Te Manukura, our whare, I have been able to share some of the taonga that past students have gifted over the years. One of these taonga is the pre-European pā site that Zach Marshall created in 2014 for his Class 8 project. The pā site sits inside a perspex case on a table at the front of the whare and it automatically attracts the attention and the imagination of all the classes, and people in general, who come into the space. As Zach reflected in his Class 8 speech, it was quite an undertaking; meticulously thought out, crafted, and each section built upon to create the pā site. When listening to Zach at his presentation I asked him, 'What are you going to do with the pā site now, Zach?', and his response was, 'I'd like it to live in the whare at school!' Below are photographs that were taken on the completion of the pā site.

Ngā mihi tino nunui ki a koe Zach mō tēnei taonga!



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



## Upcoming Events

May 16  
May 17  
June 5  
June 12

Strike Action  
School Closed  
School Closed  
5:00 pm - 7:00 pm

**Class 8 ONLY - NO SCHOOL**  
Teacher Only Day  
King's Birthday  
School Board Meeting

## Staffing Update

### Clayton Gibson

Our new High School Art teacher Clayton Gibson will be familiar to many of you. Clayton and his wife Michelle are originally from Gisborne, moving to Hawkes Bay so their three (now grown up) children could receive a Steiner education, and they could involve themselves in our local and national Steiner communities. Michelle is a registered anthroposophical nurse who has served as the General Secretary of the NZ Anthroposophical Society, and she is a current member of our Proprietors Trust. Clayton was a class teacher in our Lower School for 20 years, a previous School Board member and held a variety of leadership roles within our kura, leaving in 2019 to take on a role in the arts sector. Clayton is a practising local artist who understands that beauty and aesthetics are a cornerstone of our educational philosophy, and we are very pleased to welcome him back to Taikura in this new capacity.



### Fiona Mackenzie

Mrs Fiona Mackenzie has taken up the fixed-term position of Class 5 teacher during Cherie's absence. Fiona herself attended Taikura as a Lower School student for four years and later worked as a dormitory parent at Hōhepa Home School in Napier. Her understanding and appreciation of the philosophies of Rudolf Steiner have come through these experiences and she has intentionally woven these values and ideas into both her parenting and her teaching. Fiona has an extensive range of teaching experiences across early childhood settings, primary and secondary school settings and within a specialist school setting. She has particularly valuable skills and experience in oral language, special education and the performing arts. Fiona lives in Napier and has two grown up daughters. Haere Mai Fiona, a very warm welcome, we look forward to working with you.



## Sports Notices

### Class 4 Netball Team

Class 4 had their first game it was a terrific even game to watch with plenty of skills on display.

Thank you to their coaches Cadence and Ashley Diedericks.





## **Taikura High School Drama Club Together with Class 8 and members of Class 7**

proudly present



The Mikado by Gilbert and Sullivan

On Thursday 1 and Friday 2 June at 7.30 pm  
In the school hall.

**Tickets \$10 (School Students, 19 years and under \$5)**

We are acutely aware that these are tough times, with huge cost of living increases and the recent cyclone and floods.

But putting on a production like this has costs, so we have kept ticket prices below that of any productions the director has seen at any of the Bay Schools.

If we make any profit this will go to the H3 group which pays for therapies for Taikura Students.

### **Lost Property**

We have many expensive items sitting in the lost property that need to be collected. The lost property is kept in the gym foyer, please ask students to check it regularly. It will also be displayed in front of the Class 1 and 2 seating area this Friday.

### **Te Tāhuhu o Taikura**

As part of Te Tāhuhu o Taikura we have identified expected behaviours for each of our values. As part of the embedding of this programme we are going to focus on a different expected behaviour each week. We will share our weekly focus in our Grapevine for the coming week so that families can participate and support also.

#### **Te Tāhuhu o Taikura - Focus for Week 3 and 4 Term 2**

Our teaching focus this week will be **Perseverance/Manawanui**, specifically:

**Check Work Thoroughly**

# Curriculum Corner

## Class 9 Main Lesson

### How Things Work!

# X-RAY

The x-ray was invented in Germany, 1895, by a physics Professor called W.C. Röntgen. He discovered it on accident while doing tests with cathode rays, and called it the x-ray machine as it used a type of radiation that the nature of which was unknown.


An x-ray is a machine used in hospitals that uses ionizing radiation to create an image of a person or animal's bone structure or organs. It does this in a relatively safe way without having to cut the person or animal open, although it can cause cancer if too many x-rays are done on one person or animal or is too much radiation is used.

How it works

The ionizing radiation or x-rays are created by a radiation producing device. This is done by speeding up an electrical voltage potential and halting them in a target. They are then directed through the body or area of the human or animal in need of x-raying. Different parts of the body absorb the x-rays at slower rates than others as the atoms are bigger and closer together making them denser. These body parts are your bones. Because the x-rays pass through the bones slower than all the rest, some x-rays come out the other side of the patient's body before others. When the x-rays hit the film paper on the other side, it creates a picture of the person or animal's bone structure. It is also possible to x-ray organs by injecting a contrast media into the veins that causes the organs to absorb the x-rays at the same rate as bone.

The invention of the x-ray machine changed the work especially the medical world as it allowed doctors to figure out what was wrong with a patient without having to cut them open. It also led to many ground breaking discoveries in the medical world.

X-rays are a form of ionizing radiation and have more energy than light. Ionizing is when a certain amount of electrons is taken from a molecule or atom to create ions.



Google ★ YouTube - How do x-rays work?

By Sita FitzGerald

# Bionic Limbs

## What is a bionic limb?

A bionic limb is an artificial limb that you can control with your mind. The prosthetic sends a signal to a computerized control system outside of the body which then sends a message to a robot in the arm/leg that sends a vibration up the nerve and to the brain.

## Where was it first invented?



The Greek and Roman civilizations produced the first genuine rehabilitative devices that were recognizable as prostheses. Around this time deformity prostheses were truly rudimentary devices made of leather, metal and other materials that are easy to find. However in 1998 Campbell Aird received the first bionic arm in the world. The arm was the first to have a powered shoulder, elbow, wrist and fingers. This arm was operated by electronic micro-sensors that detected pulses to the arm along with possibly some witchcraft.

## What was it like before?

From 600BC, simple artificial limbs have been used. While these archaic substitutes restored some movement or function to the wearer, they were frequently unpleasant, challenging to operate, to subpar functioning, and were aesthetically unappealing.


## How did it change the world?

If a body part was lost as a consequence of an injury, disease or a congenital defect, it may be replaced by a prosthetic limb of other device. There are many different prosthetic devices that can be used depending on the person, the amputation or limb loss scenario, and the location of the lost limb. In succession, for consecutive kings appointed Ambrose Paré as their official royal surgeon. In an effort to save or at least heal soldiers he worked as a battlefield medic to get to where he is now. This is his greatest concern as a doctor that the reaction of some of the patients he had worked with was convincing someone instead of risking losing a limb or sustaining injuries.



By Ruby Ferguson





# The PRINTING PRESS


The first printing press was made in China around 700bc during Song Dynasty but further developed in Europe by Johannes Gutenberg who was the first known inventor around 1436. In China the first printing press was made from clay and was printed onto bamboo paper. However much later on, Gutenberg's printing press was a movable type and was made of two wooden plates, the upper platen and the lower platen. Ink was applied to the type (setting) on the lower platen where a sheet of paper was then laid on top of the type the upper platen was then brought down to meet the lower platen. The two plates press the paper creating a sharp, strong text and image.

In 1814, 360 years after Gutenberg the hand printing press, Friedrich Koenig and Andreas Bauer made the steam powered printing press used for the first time to print the Times in London.

And the first printing press arrived in New Zealand 30 December 1834 by William Collesso.


Johann Carolus from Strasbourg France was the first person to make a newspaper company in 1605. Most inks used back then were mostly natural substances like walnut oil, pine resin, camellia etc. Then later on they started using things like lampblack and linseed oil. The first handprinting printing press made between 1,500 and 3,600 Newspapers a day, now in the 2000s we can make up to 25.8 million a day.

All together the printing press was a great invention because it made it easier to spread news faster and further then before, with very little effort.





The Gutenberg Printing Press made around 1436

By Stella de Lacey -Tong



Fire

## How and When Fire Came About...

Fire has been around for millions of years. Occuring naturally as wild fires. However, the oldest distinct evidence of humans using fire to their advantage comes from caves in Israel, and dates back between 300,000 and 400,000 years ago. In those days, fire provided a source of warmth and lighting, protection from predators, a way to cook food, kill diseases, make more advanced hunting tools, and signaling with smoke.

## How Fire Works...

Fire is the result of applying enough heat to a fuel source, such as wood. It's easier to start a fire when there is a whole lot of oxygen around. Fires can be started by simply rubbing two sticks together. It can also be made by using a flint (rubbing two stones together).

## How Fire can be Harmful...

With the discovery of fire came many benefits and new inventions. However, fire doesn't like to be contained. It will spread as far as possible, and destroy everything in its path. Fire, being as hot as it is, can cause a lot of damage. Damage to homes, damage to wildlife habitat, pollution to air, and so much more.

## How Fire has Changed the World...

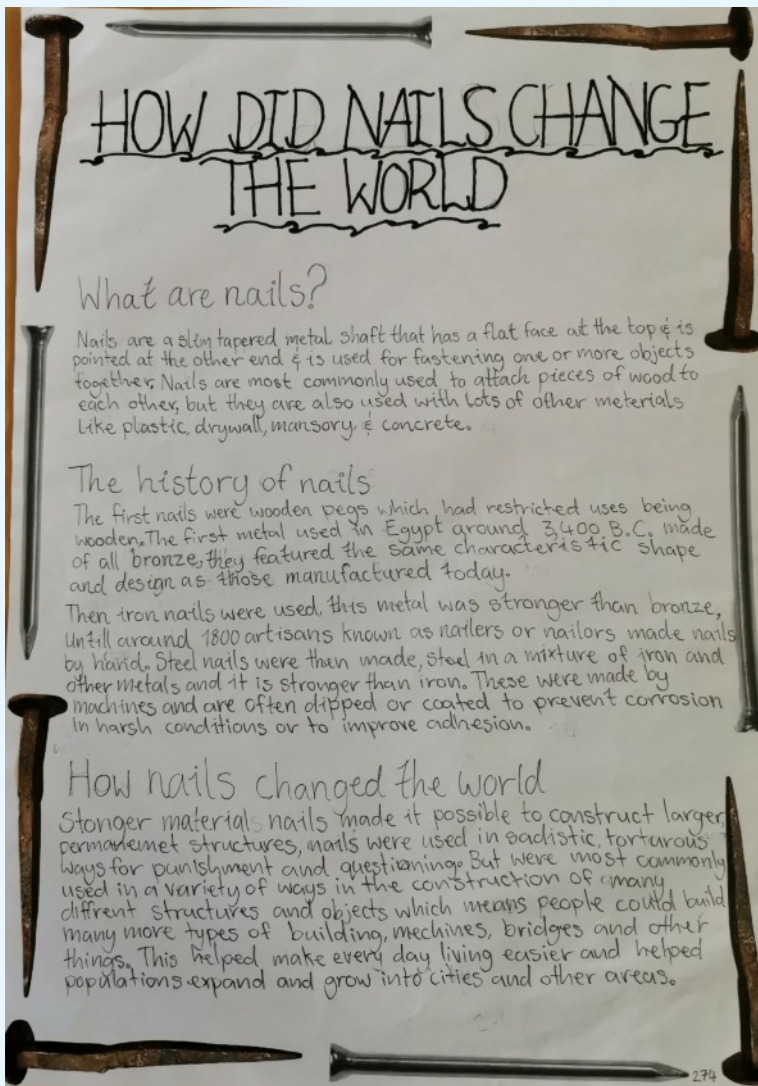
Fire has enabled many forms of transport to be invented, such as the steam engine. Fire has played a significant role in traditional rituals, cultures all over the world. Fire was also used in women's oppression years ago.

## References:

Batten, Julie (2005), celebrating the southern seasons. Random House.  
<https://bigthink.com/the-present/inventions-fire/>

by Frances Wheeler

By Frances Wheeler



By Adam van Nolan

# CAFFEINE

## History of caffeine

Before caffeine came to Europe people were drunk most of the day, even commonly having alcohol with breakfast, water was contaminated with disease, but because alcohol was fermented it would kill a lot of microbes. So when people were working they wouldn't be as on point or linear. So when caffeine became main stream in the 17th century people were more on point and could start working later but there's a lot of mystery surrounding the first source of caffeine widely popularised. Some say it was first consumed in China in the form of tea in 1000 BC or even as early as the stone age because it is found in a variety of plants.

## How it works

Caffeine increases activity in your brain and nervous system, it also increases the circulation of chemicals such as cortisol and adrenaline.

## How it changed the world

Caffeine changed the world in a sense that people could start working after dark and not stick to working in the day. Caffeine has changed the course of human history, reportedly 'caffeine has won and lost wars, changed politics, and dominated economics' caffeine is now considered the most popular 'drug' because it is put in more things than you think, tea, chocolate, soft drinks and is even added to a variety of prescription drugs.

Sources used:  
<https://youtu.be/WD6YsDnK>  
<https://new.harvard.edu>  
<https://www.theguardian.com/health/science/caffeine>

Louis Skipper

By Louis Skipper



## Sexual Health Curriculum Community Consultation 2023

Since the last School Board statement the Ministry of Education alongside Family Planning have created a new Sexuality Health resource which includes information, lesson plans, activities and links to resources online. Whilst the majority of this resource is the same, there are some small additions, re-organised lessons and have included more support. They have also included a lot more online work and support information which has made it a little bit more tricky to follow than the last resource and I did not use these whilst I was trialing the new resource.

The purpose of the consultation is to discuss some of these activities and to make sure that everyone is sure about what is being taught by the Health teacher and then acknowledging and supporting that it is not only the teacher that should be providing this type of information and that home and whānau is vital in providing space, knowledge and support for their child.

Please familiarise yourself with the sexuality curriculum before the class community consultations which will be happening in class meetings where the resource is being used. The meetings will be held first with Classes 6 and 7, and then Classes 8 and 9, this will also be open to anyone from the community to attend. Please note that we do not offer formal sexuality lessons in Classes 1-5 so if your child is needing extra support other than your whānau please let your class teacher know.

The confirmed dates will be published in the Grapevine and via email, the links to the teaching and learning resources will also be emailed directly at this time.

The programme is taught by Gee Reisima who has two decades of experience teaching health, ten of those years teaching Health at Taikura Rudolf Steiner School. Please contact me at [gee.reisima@taikura.school.nz](mailto:gee.reisima@taikura.school.nz) directly if you have any questions.

Thank you  
Gee Reisima  
Wellness Coordinator

### Taikura Friday Market

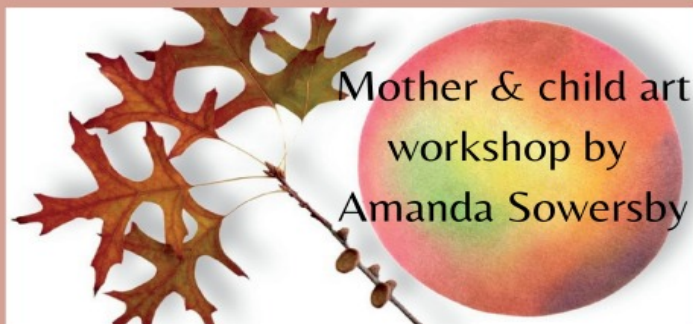
*Friday 12 May, 3:00pm*

Remember to bring gold coins  
and small notes this Friday

**Don't worry about making afternoon tea this Friday!**

- Stalls will be ready to go at 3:00pm in the courtyard outside Classes 1 and 2.
- If it's wet weather, you'll find them setup in the foyer.
- Make sure you bring small change with you.





## Mother & child art workshop by Amanda Sowersby


 Saturday 27th May  
 2pm-3.30pm  
 Investment: \$50 per duo  
 Where: Taruna College  
 Demeter Room  
 33 Peak Road, Havelock  
 North



Come and bond with your child by having a creative art experience together.

This is a great Mother's day gift.

(Grandmothers, aunts and guardians welcome)

We will be doing a gentle chalk pastel exercise followed by a beautifully guided wet-on-wet watercolour painting. All materials provided.

No prior art experience needed.

Children from 6-12/13 years.

Herbal tea and fairy tea will be offered for nourishment.

Arrive 10 minutes early to get  
 settled. Park at the bottom carpark  
 & walk across to the classrooms  
 which is situated on the left of the  
 driveway



Limited spaces  
 Bookings a must  
 0211449168  
[bookings@artandalchemy.co.nz](mailto:bookings@artandalchemy.co.nz)

## Autumn tree Painting class

WITH AMANDA SOWERSBY  
 MONDAY EVENING 22ND MAY  
 5.30PM-7PM 'HOMESTEAD'  
 KEIRUNGA ART CENTRE,  
 HAVELOCK NORTH \$30



Come and paint the Autumn tree in the beautiful wet on wet watercolour painting style.

This is a lovely therapeutic painting experience to connect deeply to the season of Autumn.

This class is for adults of all artistic abilities from no experience to the experienced. Amanda will guide you each step of the way in a relaxed and friendly environment.

Nourishing herbal tea will be provided.

Amanda Sowersby is an Artist and Anthroposophical Artistic Therapist, specialising in Waldorf art styles and traditional art styles and mediums.

Investment: \$30 (includes materials)

This will be a small group so book in quick:

email:[bookings@artandalchemy.co.nz](mailto:bookings@artandalchemy.co.nz) 0211449168



**TARUNA  
COLLEGE**  
Connect, Nourish, Sustain

## Foundation Course in Anthroposophic Nursing



Starting in June 2023 Taruna College is offering an 18-month programme for registered nurses.

Come and be re-inspired in your nursing work and practice as we deepen our understanding of our profession's unique healing potential and universal cultural significance.

Our studies will introduce principles of an integrative nursing approach including:

- Working with plants and other substances in various therapeutic external applications
- Nursing process informed by concepts of a spiritual anatomy and physiology to add to our knowledge of the physical body
- Effective self-care along with strategies that support sustainability in day-to-day life and professional practice.

If you are interested please visit our website: [www.taruna.ac.nz](http://www.taruna.ac.nz) or contact us on 06 8777174

### The Art Of Well Being

Taruna College is delighted to be offering **The Art of Well-Being** which is commencing on the 16 - 21 May. If you are in need of renewal and nourishment, come and join us at Taruna for the Art of Well-Being, encompassing three five-day seminars this year. The programme allows us to focus on Art; Life-story work and Contemporary, holistic thinking to deepen and renew our own well-being.

If you would like more information go to Taruna's website: <https://www.taruna.ac.nz/courses-and-workshops/pathways-of-transformation/art-of-well-being-i/>

### Anthroposophical Massage Therapy

Anthroposophical Massage therapy (rhythmical Einreibung/Oiling) for Adults & children at Sylvia's **NURTURE SPACE** in Hastings. Please contact Sylvia Lane 021 024 178 25

### Mallows Driver Training

For all stages of learning to drive you will benefit immensely from taking some driving lessons by being more fully informed and so prepared for your driving test and future on road safety. Feel free to text or call **Martin** on **021 183 0862** for further inquiries.

### Ruth Strong Speech And Drama

Taking enrolments for term two. I have spaces for all ages. For further information, please phone me on 0273540844.