



Pippa's Pānui

The plant-seeds spring in the womb of Earth

And waters rain from heaven's heights

So does Love spring in human hearts

And wisdom water the thoughts of people.

Rudolf Steiner

During the winter months nature has been busy hibernating, resting, preparing beneath the surface with multiple processes taking place. Everything in nature has been gaining strength, ready to reproduce and bloom in the spring. Spring can be a season of physical illness and exhaustion as some recover from winter ailments and we are seeking the warmer rays of the sun; nature's promise of a new summer. Spring is the time to bring our thoughts and feelings into conscious actions into the world of matter. In the autumn our St Michael play acknowledges the overcoming of the dragon and in the spring, we need to make sure that we do not let the dragon take hold, we need to resist the temptation. With spring there is a picture of keeping the forces which are streaming at bay, and we do this through healthy activities, finding nourishing ways to occupy ourselves.

Last Thursday our school students and staff spent the afternoon spring cleaning areas of the school, both outside and in, including our community canteen. The spring clean involved working collaboratively and occupying ourselves with healthy activity. Last Friday spring festival celebrations were held at school and Kererū Kindergarten and this week Taikura kindergarten will finish the term with their festival. The Spirit of the Spring Festival is "Know Thyself" and as part of the welcome to the school festival a picture was shared of how the maypole and Mummer's play provide the students with an experience of this. Another activity last week which links strongly to the spirit of spring were the Class 12 projects.

Last Friday Class 12 students presented their Class 12 projects for display and on Saturday they presented their speeches to whānau and the community. Like the seasons, these projects have a rhythm within our school year, a breathing in and out and the presentation of the speeches is the culmination of nearly a twelve-month process. The projects provide a moment to pause and acknowledge our students, as well as the support they receive from their whānau and teachers on this journey. While the projects are a cause for celebration students have little time to pause and reflect as the completion of this task does not symbolise an end point but rather marks the first step of the transition towards their graduation. This week we also have the opportunity to acknowledge our Class 11 students when they present the Wizard of Oz in eurythmy.

As we look towards term four there are significant milestones for many of our students, staff and community with the end of year activities and events. It is my hope that in preparation for our final term our staff and students are able to rest and recuperate over the coming couple of weeks

I wish you all a wonderful holiday and look forward to welcoming you back next term.

Pippa Caccioppoli

Tumuaki/Principal

Fete Update



With just under two months to go, preparations are well underway for a wonderful 2024 Fête. We have had people volunteer for some key support roles which has been fantastic (thank you!), but we are still looking for:

- Archery champion - someone with archery gear and expertise to keep this activity going at the Fête
- Hamper donations – new, high quality items that could be included in a hamper raffle
- Hamper organiser - to source and arrange the hamper raffle
- Baristas - just a couple more needed!
- Keen gardeners - to raise seedlings and pot up plants for the plant stall

Please email taikurafete@gmail.com if you can help with anything on this list. If you have Children's Shop crafts ready to go, please drop these off at the office. There is still lots of time to get crafting - simple handcrafted items, Waldorf inspired, using natural materials, and at least ten items of the same type.

We will be in touch early next term with the final list of class responsibilities and rosters.

Wishing everyone a wonderful school holidays!

Ngā mihi nui, The Fête Committee

Sports Uniform Amnesty

Sports uniforms over the years have cost Taikura large sums of money, and we know there are many uniforms out in the community. We are asking that every member of the community look through their wardrobes, cupboards and drawers to see if they have any long-forgotten uniforms. These uniforms may come from older siblings or relations who have left the school.

If you find any uniform items please return them to the office, no questions will be asked. We are wanting to complete a stock-take of uniforms and see how we are positioned for the start of next year.

These uniform items could be the grey jackets, Lower School sports uniforms, cross country, cricket, hockey etc. High School netball, hockey, athletics, volleyball, soccer etc. or goalkeeper gear and bags.

Please do look as this will help to keep costs down for our sports teams.

Thanking you all in anticipation

Anne Hilton

Sports Facilitator

Upcoming Events

Last day of Term 3 - TOMORROW Friday 27 September 3:00pm

School Board Meeting - Monday 21 October at 5:00pm

International Eurythmy performance - Sunday 20 October at 7:30pm - see page 7

Hawke's Bay Anniversary - Friday 25 October - SCHOOL & KINDERGARTEN CLOSED

Labour Day - Monday 28 October - SCHOOL & KINDERGARTEN CLOSED

Class 12 Parent Evening - Wednesday 30 October at 6:00pm



Lost Property

A reminder to please check our Lost Property cupboard under the external hall stairs before the end of term. Anything left behind will be donated to charity during the school holidays.

Curriculum Corner - Class Five



The Class 5 end of term skipping competition was massive, such a good wairua this class has set and also taught me a few things about skipping. If anyone knows how to do and teach Double Dutch please see me. I wanted to acknowledge their great manner of not whingeing and getting on regardless of their level of skipping. They did tricks, 2 in 1 skipping rope, and non-stop skipping.

We missed our best skipper on comp day, however the class stepped up. Have a safe holiday all, and I challenge you the whānau to pick up a skipping rope and skip with your kids, for old times' sake.

Nāku noa nei, Matua T, Te Whiti Seeds

Curriculum Corner - Class Seven

'Tableaux Vivant', translated from French, means Living Picture'. It entails a single character or group of characters re-creating a sculpture or painting, dressing in costumes and posing in stationary positions for around half a minute to represent the essence of the artwork chosen. 'Tableaux Vivant' was a form of entertainment as well as for historical and educational purposes reaching peak popularity between 1830 and the 1920's.

For this past term I have had the challenging pleasure of taking Class Seven 2024, for the art part of their Renaissance Main Lesson. To round this off I introduced them to the art of 'Tableaux Vivant' which they engaged in with a flurry of cloths and props and executed some wonderful results. Well done Sandra and Class Seven.

Tanja Maioha



Botticelli's 'Three Graces' from his Primavera work



Girl?...with a Pearl Earring



Young Man with Coin



The Last Supper

Taikura School Board Student Election Result

Due to a single nomination being received, no election has been held. I hereby declare Tyler Dipper duly appointed as the student representative on the School Board for the 2024/2025 year.

Suzan Bart

Returning Officer



Proprietors Update

Dear school whānau, parents and guardians of our students and learners,

The Proprietors Trust would like to share the 2024 progress in ensuring the financial security of our Special Character provision. We would especially like to acknowledge the families that have met the requested Special Character donations. This is most warmly appreciated, thank you.

Currently the Trust has received 73% of the donations we have budgeted to receive (48% of total donations). This gives us a forecast of 70% of total being received for the year. It is also 6% more than was received last year (2023) so we are relieved to see this increase in donation contribution. Again, thank you for your contributions.

The Trust continues to monitor the receipt of donations. This attention is necessary as without funding critical decisions need to be made for managing the lack of resourcing of our Special Character.

We particularly continue to monitor where and when donations are not received and remain committed to ongoing engagement with families to support them to shift into participating financially in this aspect of school life. After all it is why we are all here and not elsewhere.

Behind this 'now' activity we carry the awareness that our current suggested donations are around 50% of what is required per learner, per year to provide the essential and excellent Special Character at Taikura.

Michelle Vette

For the Proprietors Trust

Community Hui - 'Coming Together'

On 30 October from 9:00am to 10:30am, members from our School Board and Proprietors Trust will be hosting a community hui. Please pop the date into your calendars (venue to be confirmed).

Following on from our last community get-together in November last year, we would like to host another hui and warmly welcome parents, whānau, caregivers, prospective whānau, past students, and anyone in the community who would like to attend. Look out for our poster on the next page of this Grapevine.

Me te Mahana, Rachel de Lacey, Sue Simpson, Michelle Vette, Clayton Hairs, and Markus Dipper.

Sports News

Tyler Bullivant has been selected as a finalist in the Hawke's Bay Secondary School Sports Awards - Disabled Sportsperson of the Year.

This is a very prestigious event and to be selected as one of the top three students in Hawke's Bay is an amazing achievement.

The awards night is on the first week back in Term 4 and as a community we want to wish Tyler the best of luck. We know that he will represent the school proudly.

Anne Hilton, Sports Facilitator

Community Hui 'Coming Together'

30th October 9am to 10h30

What is the special character of Taikura and why does it matter to you and your tamariki?

We warmly welcome parents, whānau, caregivers, prospective whānau, past students, and anyone in the community with an interest in attending.

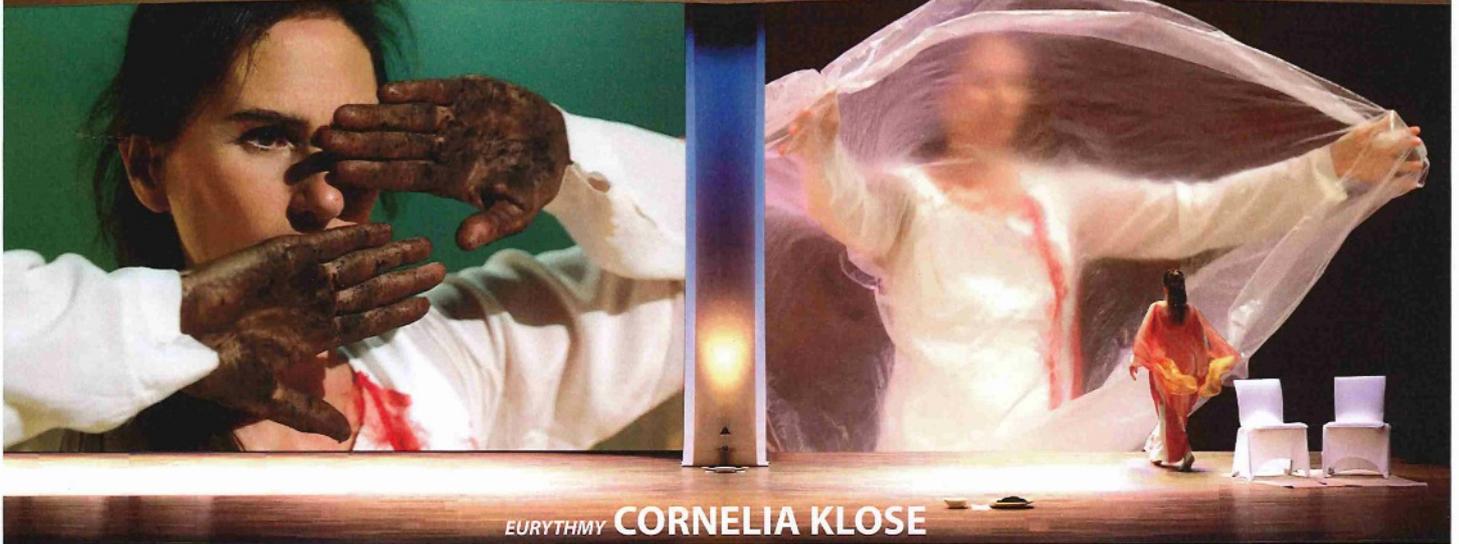
This follows on (and includes suggestions) from our community hui held last November.

This time we will hear from past Taikura students, experience Handwork as life skills with Olivia Donnelly, and move 'from movement to maths' with Johnny Ryan. Plus a chance to meet and connect with our Proprietors Trust and School Board.

The morning will be structured so that at the end of the hui whānau can experience kai from our parent-led community canteen just as our tamariki do every day.

BE WHAT YOU ARE – GIVE WHAT YOU HAVE

A homage to the human rights



EURYTHMY **CORNELIA KLOSE**

SPEECH **ELIEN HOFFMANS**

PIANO **INGRID PALMER**

VIOLIN **MIRU SHIMAOKA**

DIRECTING / COACHING **CHRISTIANE GÖRNER**

Ausländer · Friebe · Cadenas · Jimiénez · Barkauskas · Chopin · Richter · Say

A dialogue between eurythmy, poetry and music that moves the heart and mind.

TAIKURA RUDOLF STEINER SCHOOL · Hastings · SUNDAY 20th of OCTOBER 7.30 pm · Tickets \$20

The opportunity to watch professional stage Eurythmy rarely occurs in New Zealand. We are therefore excited to announce that in October Cornelia Klose will be touring the country with her solo show, 'Be What You Are - Give What You Have'.

Cornelia has dedicated her life to the art of Eurythmy, performing and teaching all over the world, including China, and is currently working in Vietnam. While living in the Philippines Cornelia was confronted with human rights violations on a daily basis, and on her return to Europe she became strongly aware of the deterioration of human rights in her own culture. These experiences inspired her to create the programme, 'An Homage to the Human Rights'.

'Be What You Are - Give What You Have' is a poetic and musical journey through some of the essential articles of the Universal Declaration of Human Rights. The performance will be held at Taikura School on Sunday 20 October at 7:30pm. Cornelia will be accompanied by Elien Hoffmans (speech), Ingrid Palmer (piano), and Taikura alumni Miru Shimaoka (violin). Adults \$20, students \$15.

The next day, Monday 21 October, Cornelia will hold 2 workshops for High School students, followed by a school performance.



Celebrating Balance

22. September 24



The Equinox is the balance
of night and day, of dark and light,
of work and rest - the natural midline.

In this workshop we will focus on everything
that nourishes our sacred masculine and feminine
to help us return to our natural balance.

Join in and celebrate the nature of balance
in all its beauty with ancient knowledge,
yoga, breathing, meditation and
sound and in the company
of beautiful souls.



TAIKURA
community
special
\$20

3pm - 5pm

Taruna, Havelock North

\$30pp

RSVP

silke@viveholisticwellness.co.nz

Silke
get in balance

Change is in the Air

Spring is the season of new beginnings, a reminder that change is inevitable and that nothing stays the same forever. And that's our big news. After thirty years of running Cornucopia, we are ready for a change of pace. We are excited to announce that we will be passing the reins of managing the business on to the next generation in our family. Our daughter Willow has recently returned to Hawkes Bay from Norway and will be taking over the daily management together with her husband, Vegar.

They are excited to take on a new challenge and love the idea of continuing the family legacy and supporting us in the process. Their key focus is the lasting success of the business. Continuing our mission of making organic food available to all and ensuring we offer our customers the best possible service, health advice and the most affordable organic shopping experience in Hawkes Bay.

A huge thank you to all our customers, staff and the amazing community that has supported us over the last 30 years. As a family run and community focused business, we are pleased to know that Cornucopia will be in good hands.



Seasonal Allergy Tips

Spring is also allergy time, so we have some great tips to help reduce your susceptibility to seasonal allergies! These occur when your immune system overreacts to a substance that's typically not harmful — such as pollen, animal dander, or dust — and cause an allergic reaction. During this allergic reaction, your body releases histamines to fight off the allergens which causes the tissue in the affected area to become inflamed. The release of histamines causes the physical symptoms often associated with allergies, such as itchy and watery eyes, runny nose, sore throat and headaches. So if you suffer from seasonal allergies, here are our 5 top tips for keeping those allergic reactions under control.

5 Tips to Minimize Seasonal Allergies

- 1. Nettle tea:** Drink two-plus cups daily during allergy season. Nettles contain histamine in a weak form which helps reduce the buildup of environmental histamines in the body.
- 2. Raw apple cider vinegar:** Take 1 tsp in warm water before meals. This helps to block the histamine response and reduces inflammation.
- 3. Raw local honey:** The bee pollen in honey can help to desensitize the body to the pollens in the air and help to build up a resistance to the environmental allergens in your environment.
- 4. Vitamin C:** Research has shown that the combination of Vitamin C and bioflavonoids help reduce inflammation caused by histamines. The recommended daily dose is 2g of Vitamin C and 1500mg of bioflavonoids. For optimum effect, take half a dose morning and evening.
- 5. Probiotics:** These support good gut flora and improve immune function. Eat fermented foods and add garlic, onions, sourdough breads and acidophilus yoghurts to your diet.



We sell many different natural products for allergies, from herbal tinctures to homeopathic remedies to nutritional supplements. So, pop in to chat with one of our Naturopaths to see how we can support you and your family through allergy season.

You can follow us on  and  and by searching for us @cornucopiaorganics

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www.cornucopiaorganics.co.nz

Some of our New Products

- *Turbo Tonics*, Turmeric Ginger & Lime Concentrate, \$29.90, Spiced Turmeric Latte, \$22.90
- *Chantal Organic* Probiotic Easy Oats, \$3.90 a pot.
- *Woodland's* Certified Organic and Raw Manuka Honey, \$30.90



Some of our Monthly Specials

(while stocks last)

- *Artemis Kids* herbal elixirs, selected products
- *Weleda*, selected skincare products
- *Planet Organic*, organic herbal teas



Spring Recipe

Anti-Sensitivitea: Spring Allergy Tea

Start your morning with a warming spring TEA to help fight off allergy symptoms all day.

Ingredients:

- 1 teaspoon of nettle tea or 1 tea bag
- 1 teaspoon of chamomile tea or 1 tea bag
- 1 teaspoon raw honey
- 1 slice of fresh ginger (whole or grated) .
- 1 slice of lemon
- Dash of fresh turmeric root grated (optional)

Instructions:

Place all ingredients in a mug and pour in boiling water and cover with a lid. Let steep for 5-10 minutes, then strain or remove the tea bags. Sip and enjoy!



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Your One Stop Organic Shop

FRINGE IN THE 'STINGS

10-13 OCTOBER | FRINGEINTHESTINGS.CO.NZ



The best little arts festival in the bay is back! Fringe in the 'Stings celebrates the breadth of talent in Heretaunga and beyond with a smorgasbord of artistic delights to suit every palate, at a price everyone can afford.

Fringe looks a little different this year, with a range of shows throughout the festival at St Matthew's Hall on Eastbourne Street, from Thursday 10th to Sunday 13th October, with satellite venues around the town.

From an award winning run in Wellington, CRUNCH plays daily, exploring the crunchy parts of life via physical theatre and the vehicle of a chippie packet, to charm children and grown ups alike.

Our artist's hub at the 118 Studio on Karamu Road transforms to an early morning dance party where you can get your boogie on with your coffee, then to an intimate theatre for a series of solo and duo shows that will make you laugh and cry.

There's music of all sorts, from musicians with disabilities to big band jazz; spooky folk to full throated soul; djembe drumming to comedy ballads; ambient doom to anarchistic noise; heavy metal to heart-filled melodies.

Witness local legend, Stretch, launch his band, the Sinners, with brand new, never before heard material that you, the audience, will help co-create. Get All Folked Up with Ish's eclectic mash-up made for dancing. Get down to drumming and doof in Albert Square on Saturday afternoon.

There's rangatahi theatre - a self penned piece about grief; and Habyt's Emilia, dealing with poetry and feminism in the time of Shakespeare. There's drag and burlesque to tickle your fancy. There's contemporary dance, set in the stars, performed by ex-Taikura student, Stella Grace Seawright.

There's something for everyone, and everyone is included. Fringe in the 'Stings creates space for locals to experiment both as performers and audiences. Low ticket prices and free shows mean you can sample a medley of artistic experiences without breaking the bank.

Check out our full programme at our website and get your tickets from Eventfinda now!

FRINGEINTHESTINGS.CO.NZ

