



### Advent Festival 15th December

We would like to invite one and all to our Advent Festival at St. Georges Church on **Friday 15th December** at 9.45 for a 10am start.

St George's Church is a short walk across the park, just beyond the playground.

After the service, families are then invited back to School to share in mince pies. Following this, the Christmas holidays can officially begin at 12.30pm

(Please remember to send your children into class - with some mince pies - for the usual time of 8.30am)

# The St Michael Steiner School NEWSLETTER NOVEMBER 2017



## Class 3 Farming

This month Class 3 children enjoyed their very first Farming Main lesson. During the block we spoke about various jobs and duties of a farmer who grows crops and takes care of his livestock throughout the seasons. The children have learnt how busy the life of a farmer is and how much harder it was in the past, but in spite of it at least two children declared that they were going to become farmers in the future! :) Last Wednesday we very much enjoyed a visit from Mr Allen, our Physics and Maths Upper school teacher, who spoke to us very interestingly about the orphan lambs that he raises back in Wales where he lives. The children eagerly listened to the story of green luscious hills full of grazing sheep and little lambs who need to be bottle fed and taken care of. Throughout the block the children had a chance to grind the wheat grains, bake bread, make butter, cheese and yogurt which we happily feasted on, on the very last day of the block!



Marta Pietrzyk

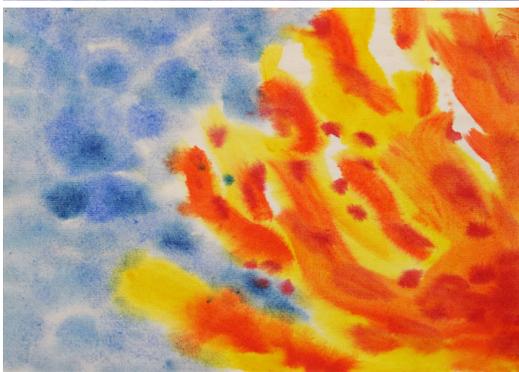
# Class 5 Geography



While working with the clay the children exclaimed, "Let's pretend we're all gods creating the world!"

Class 5 have been learning about the Geography of the British Isles during the last three weeks. Geography encompasses all subjects and the children were introduced to the relationship between geology, climate, plants, animals and history. Human beings were completely dependent on their environment in the past and the landscape of a country defined the economy and the development of manufactures. The children have been very interested and engaged during this Main Lesson block and particularly enjoyed sculpting the Isles out of clay and listening to stories about Robin Hood.

Eleni Karakonstanti



## Paintings from Class 4

## News from the Early Years - Autumn "Festivals of Light"

We have been collecting autumn treasures of golden leaves and watched squirrels bury nuts and acorns for winter feasting. This time of fading light is reflected in many cultures with festivals of light, reminding us that darkness will not prevail and that we can carry an inner light to warm and enliven us through the long winter nights ahead.



Photo: Chris Murphy

In the kindergarten we celebrated the Hindu festival of Diwali, perhaps the most well-known of the Indian festivals, which spiritually signifies the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair.

Children enjoyed decorating diya lights with glitter and little sparkly decorations, and making Diwali cards, while Parul, Anaya's mother, beautified the kindergarten with Rangoli patterns on the floor and Diwali decorations. The morning culminated with the story of "Rama and Sita". Thank you to Anaya's Parents who brought delicious Indian dishes to share: children enjoyed tasting them, especially the sweet ones!

The kindergarten Martinmas Walk was illuminated by the children's lanterns shining out like globes of light through the darkness. A reverent mood descended on children and parents at the end of our walk as we slowly moved around the linden tree bedecked with lanterns and flowers.

And was that a little mouse, or Squirrel Nutkin peeping out from behind a leaf, listening to the singing voices in the night? We wondered at the rustling leaves and quietly watched the flickering lantern flames.

On leaving the garden we shared flapjacks, echoing the tradition of St Martin who, according to legend, met a beggar whilst serving as a soldier in the city of Amiens and took his own cloak and cut it in two, sharing it with the beggar. Many thanks to the children and parents for helping make such a beautiful evening.



Photos: Maria da Costa



Our next Festival of Light will be the Advent Spiral which families will be able to visit during the Advent Fair on Sunday 26th November, and children will celebrate in the kindergarten during the first week of Advent.

Maria da Costa and Katie Sharrock  
for the Early Years team

## Eurythmy News and Dates



*St Michael Steiner School Class 9 performing at the Youth Eurythmy Festival in March 2017*

### Parents' Eurythmy Class

Thursday mornings 8.45 to 9.45 am: Insightful learnings and Awakening consciousness through moving.

### Children's Eurythmy Club

Wednesday afternoons 3.00 to 3.50pm will start again Wednesday 29<sup>th</sup> November.

### March 2018

**School Eurythmy Festival:** Friday morning 11.00 to 12.30pm on the 23d March 2018

**Youth Eurythmy Festival (YEF):** Friday 23d March at 3.00pm and Saturday 24<sup>th</sup> March 2018 where Waldorf schools from all over the UK will join to celebrate eurythmy and share their work. Classes 5 upwards from our school will be sharing their wonderful work too. Which classes on which days is yet to be confirmed but do keep these dates in mind when booking your holidays as this is a wonderful opportunity to support the growth of eurythmy in the UK, and for our children to engage in it beyond the limitations of their own school experiences. More details to follow in an email soon.

We look forward to seeing you there.

Michèle Hunter

### Martinmas

Whilst this Newsletter was in the process of being edited, we as a School Community are collecting coats for the Charity 'Wrapuplondon'

A big thank you to everyone donating and or helping to transport the clothing to the collections points at Safestores, so that they can be further sorted and distributed.

*Leigha Hipkin*



# Help Santa reach our school this Christmas

The season of festive cheer and giving is fast approaching and most of you will soon start your Christmas shopping.

So we thought this was a good time to remind you of our membership with Amazon Associates, which enables the school to get a donation from any purchases you make on the Amazon website. Simply go onto the school's website under [www.stmichaelsteiner.hounslow.sch.uk](http://www.stmichaelsteiner.hounslow.sch.uk), scroll down on the right-hand side and click on the Amazon logo to start shopping. A percentage from your purchases will then automatically go to the school at no extra cost to you.

And, of course, if you simply wish to remember the school at Christmas and make a donation you can always do so through our Local Giving page. You will find access to that page on our website in the same place as the Amazon logo. This page will also allow you to set up regular monthly donations.

Birgit Möller

## Biography as Path of Development - Julia Dvinskaya

**The third talk in this series takes place in 18<sup>th</sup> January 2018**

*'I attended 'Biography as a Path of Development' talks with biographical counsellor Julia Dvinskaya – they were interactive and engaging sessions. She is very professional and natural; her own self enhances the experience beautifully. The sessions helped me re-engage with my life's key events as I remembered them and during the process new windows of understanding emerged and I got a fresh understanding on those incidents. I can say it is a spiritual experience which connects you with your inner-self and in doing so and aligns body and soul bringing a peace. I will be interested to do some more comprehensive workshops on biographical self-understanding. I recommend it for anyone who seeks a deeper understanding of their 'self'. '*

(Nisa Shah, Therapist and ethical business owner)

Julia Dvinskaya works as a Biographical Counsellor and also gives talks and biography workshops.

Further information about Julia can be found at [www.mylifeandcounselling.com](http://www.mylifeandcounselling.com)

Bookings must be made in advance via the School office. £10 for the session.

The St Michael Steiner School, Park Road, Hanworth Park, TW13 6PN 020 8893 1299  
info@stmichaelsteiner.hounslow.sch.uk [www.stmichaelsteiner.hounslow.sch.uk](http://www.stmichaelsteiner.hounslow.sch.uk)

Leigha Hipkin

## Lily Stevanovic – Counsellor and Clinical Supervisor

(MBACP Registered)



### *Therapy for Parents - Counsellor for Parenting Issues*

With extensive counselling/supervision training and 14 years of experience working with clients Lily feels passionate about supporting parents from all walks of life and cultures. Working as a Parent Counsellor for over 10 years and being a parent herself, this is her specialist area as she has supported hundreds of parents in overcoming a variety of personal and parental issues regardless of their children's age and needs. Counselling and psychotherapy can help parents in many different ways. It could be a case of questioning their own childhood experiences and the parenting they received, for others it could be a case of struggling to deal with a specific issue such as bullying or bed time routine. Others may, need help addressing their emotional or relationship needs that can make

parenting particularly challenging or simply finding ways of communicating better as a family. With her vast experience, non-judgmental approach and 'easy to talk to' personality Lily can help you begin the journey towards a more balanced and positive family life.

To book an appointment with Lily call 07771750109 or email: [lily\\_stevanovic@yahoo.co.uk](mailto:lily_stevanovic@yahoo.co.uk)

- *'Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm and Connected'* (2012) by Susan Stiffelman

## **For Sale**

A child's classical guitar, 1/2 size with case.

Now grown out of and in excellent condition

Cost £50 + case. Looking for £20

Please contact [camilla@rudehealth.com](mailto:camilla@rudehealth.com) or [07990 525 589](tel:07990525589)

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"I have been working on this project since the start of the year. It's been an intense and invigorating journey, and I am very pleased to say that it is ready to present to you soon. Being part of the Steiner school community, it was my strong desire to share the return with Steiner schools".



*Nisa Shah, mother of Zora in Kindergarten, and founder of SLEEP ORGANIC*



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