



The St Michael Steiner School

Hanworth Park, Park Road, London TW13 6PN

5th December, 2014

Park Road, Hanworth Park, London TW13 6PN

Email: info@stmichaelsteiner.hounslow.sch.uk

Website: www.stmichaelsteiner.hounslow.sch.uk

Dates for Your Diary

DECEMBER

Tue 16 - 9.30am End of Term Festival (Steiner House)

Wed 17 - 1pm Term Ends for All Classes

JANUARY

Wed 7 - STAFF INSET (no school)

Thu 8 - TERM STARTS

Sat 24 - 11am-2pm Open Day

FEBRUARY

Thu 12 - School ends for half term

Fri 13 - STAFF INSET (no school)

Mon 23 - BACK TO SCHOOL

Sat 28 - 10am-3pm Parents' Workday

MARCH

Sat 7 - 11am-2pm Open Day

Fri 27 - Term Ends for All Classes

Where is the Headteacher?

After making the momentous and possibly life-changing decision to enrol your child in The St Michael Steiner School, you may one day find yourself wondering how the school is run. You know there isn't a headteacher and have heard something about the teachers running the school collectively but beyond that, you're not quite sure.

Being the dutiful parent, you crack open your copy of the parents handbook to the section entitled 'How the school is run' (page 8 for those who have forgotten) and read the sentence, "The College oversees the general wellbeing of the school, ensuring that the aims and vision are kept in mind." Ah, that makes it all clear now, doesn't it? Well, maybe not for everyone.

Rudolf Steiner described the College of Teachers as the heart of the school. That could sound a bit presumptuous. So what did he mean? To find out, we must consider Dr Steiner's view of the heart. Most people might describe the heart as a pump which sends blood throughout the body. Steiner had a different perception: he saw the heart as a sensing organ, receiving the blood as it passes through the valves and ventricles and gaining insight from it of the wellbeing of the rest of the body through which it has circulated.

This heart-function he proposed to be the primary activity of the College of Teachers: to be a sensing organ for the whole school and to then make insightful decisions based on this knowledge. To this end, the College is made up of teachers from all parts of the school who are willing to serve the whole school, to be aware as much as possible of what is going on within the school, and to place the wellbeing of the children foremost in its decisions.

- Brian Jacques

Thank you for the Christmas Fair!

To everyone who dedicated time and effort into creating a magical advent fair for our school, thank you. These small get-togethers strengthen our community and bring warmth and joy to us all as we embark on the time of advent. Thank you especially to Lisa Clewing and Sarah Michael for having the energy to bring the fair into being in such a short amount of time.

- The College of Teachers

We would like to welcome to the school our new Financial Controller, Chi Chuen 'Henry' Lau. Henry has been an accountant for many years, and will be working with Andrea from December onwards. We are very pleased to welcome him to the school and into our school community.

Did you take any photos at the Christmas Fair? Please send them to Deborah and Stella at reception!

EURYTHMY NEWS

As we approach our end of term, as usual I open the door for you to see your children doing their wonderful work.

Class 1, you may come along on the Tuesday 9th at 11.40 am.

Class 2, Friday 12th at 11.00am

Class 3, Tuesday 9th at 12.25pm

Class 4, Friday 12th at 11.40am

No cl. 5 as we are preparing a Eurythmy play for Spring.

Class 6/7, Thursday 11th at 11.40am

This would be a good time to get out their little silk garments and prepare them.

Also, the size of the room is not set out to accommodate late comers so easily, so your promptness will be most appreciated. The class is very small, and you will be standing. Apologies for any inconvenience this may cause, but that is all I can offer for you to see them. However, there will be a rejoicing eurythmy festival for Easter at Steiner House. So all is not lost!

☆ We have now had 3 sessions in the adult eurythmy classes on Tuesday mornings. We have had a special time of it and I look forward to seeing more of you as we progress through the year. In January, the time will change and hopefully will meet those of you who can't make the morning.

☆ There has been a suggestion to do a eurythmy day workshop on a one off basis, during holidays perhaps? I would like to put the feelers out to see what kind of interest there would be for such an idea. Let me know your thoughts: mhunterlife@aol.com

☆ The Masters in Eurythmy is going very well so far, filling me with much inspiration, and this in turn, pours over to the children. I have had a magical term with the children as a result of it. The journey continues!

☆ Class 5 will be doing a eurythmy play for the Easter festival at Steiner House. We will be looking at having some silk costumes made for the different characters.



'It's been really wonderful to be in the [Adult Eurythmy] class with Michèle. I have so appreciated being able to receive some of what the children have been learning as well as making real, useful steps myself - I get to know the school a bit better.'

- Elmer Postle (Class 4 Parent)

The Road Not Taken

TWO roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

- Robert Frost

The first story my class heard in their first school assembly on the first day of class 1 was about a child who did not know what path to choose. One was sure to be easy, the other bumpy and the last one arduous. A wind started up and its hat blew away. The child followed the hat to try and retrieve it. Once it looked up, it realized that it had started down a path and it was not clear which one it had taken, however it was that path that needed to be followed. And so the children and I embarked on our journey together along one of these roads whilst each taking our own too. Today, there stands before us all another fork in the road and we must travel our separate ways for the time being.

Some might remember the time they first got to know me at the school, whether it was as substitute class 1 teacher for two weeks, as a Kindergarten assistant for a few months, as Administrator upstairs in Westhill, or finally as a class teacher. My journey with The St Michael Steiner School has lasted the best part of six years now and I can hardly believe that it is coming to an end!

I feel I have grown in strength, courage and love along the way. My colleagues have always guided me in a caring and supportive way, shining the lantern when the path seemed dark. The community has lifted my spirits and taught me about the importance of working together to create a safe and caring environment for all. And the children - the children! - have shone like the angels that they are and have taught me about life, joy, laughter and above all, LOVE! I will be forever grateful for their little bodies and huge spirits and for teaching me to always strive be a better person. They have touched my life in ways they may never be aware of, each one leaving a footprint in my heart forever. This note is dedicated to their unconditional love and absolute trust.

Thank you dear community of St Michael's past and present. Your warmth has helped me on my journey and now I must take my leave with all of the precious gifts I have received along the way, and forge a new path for myself.

With love and everlasting gratitude,
Lara

If you have something you would like to contribute to the Newsletter - maybe you would like to write something about a school event, or maybe you have been to an interesting talk outside the school, or perhaps you have a selection of photos! - send your contributions to admin@stmichaelsteiner.hounslow.sch.uk
The deadline for the next newsletter is Sunday 1st February.

It is with sadness that this term we are saying goodbye to our Class 5 teacher Lara Koppers as she is moving to Switzerland.

Lara has been a very important member of the school for almost 6 years and a committed colleague. Aside from her time as a class teacher she has taught German and Games to almost all classes and the children always really enjoy her lessons. Her enthusiasm, hard work, love and sense of humour are surely going to be missed. Working within a Steiner school does not only relate to teaching but really being involved with everything that the school community entails and Lara has always been very devoted to her role. Teachers do not only build strong relationships with the children of their class and their parents but also with their colleagues and it is always difficult to see one of them go.

All the teachers and staff members of the school wish Lara the best of luck in this new chapter of her life and are deeply grateful for everything that she has offered to the school all these years.

- Eleni Karakonstanti, for the College of Teachers

Childminders

If you are a registered childminder or would like to do the free local authority training to become one. If you work or would like to work in a Waldorf inspired way, please contact Leigha or Katie.

There are parents in the Parent and Child groups who need to return to work outside the home in Spring time. There are also parents in Kindergarten and older classes interested in part time/after school care. We would be delighted to support you with half termly workshops/mentoring to help create a network of much needed childminders in our Community.

See also: Steiner inspired childminders on Facebook www.facebook.com

You could also contact Nicole Wickenden who is the national rep: koleke@hotmail.com

Many thanks to the team at White Spider Climbing for their generous raffle prize.

Happy climbing to the lucky winner!

If you didn't win, but want to give it a go, contact the friendly staff at White Spider Climbing!

White Spider Climbing
225 Hook Rise South
Surbiton, KT6 7LD
Just off the A3/A240 at Tolworth Junction.

Mon 2pm – 10pm
Tues – Fri 10am- 10pm
Sat – Sun and Bank Holidays
10am- 7.30pm

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If anybody is able to offer a placement please contact Gail at
gail.stmichael14@gmail.com

AN UNUSUAL OPPORTUNITY

Class 9 came together this autumn term, to build a creative space designed for the whole school to do woodwork in. A new space was needed as the previous woodwork room had been doubling up for eurhythm and woodwork. Swapping between subjects caused lots of problems, for example having to sweep up wood shavings and move workbenches out of the way after every class. Class 9 every year does a big practical project to learn skills that will be useful in everyday life and become not only a class but a team.

I joined class 9 about a year ago from a state school in Fulham and in the time since I joined, 5 people have left for other schools and three new people have joined us. This has meant that we have had to create a new atmosphere and group dynamic. At the start of this term the class didn't really feel a sense of togetherness but I think that after a week in the woods learning how to survive, spending day and night with each other, this created a the foundation for a great team.

When we all turned up ready to work on the first Monday morning we had no idea how challenging this project would be. That first week we made benches in order to practice working with the materials. We were split into working pairs and given a sheet of paper with measurements for a bench. Mr Sim who was our teacher for three out of the four weeks of the project, then explained step by step how to make the benches. We noticed that splitting us into pairs turned it into a competition; who would make the best and most accurate bench? and who would finish fastest? I was working in a pair with Eshaya and we won 'most precise bench', but annoyingly Vik and Owen finished first. Every bench had a name and ours was called Bob; there is also a Gary, a Jim Bob, and a Derek.

We found the work frustrating at times, in particular when measurements didn't fit and the wood was cut incorrectly, then we would have to cut the piece of wood again and sawing was tiring. We were lucky with the weather at first, and then it turned on us in the second week when it started raining and at one point it even hailed. When it rained it forced us to move inside postponing work on the shelter and putting us behind schedule. Fortunately we were already further along than Mr Sim expected us to be. The weather was quite cold from the beginning and it made it harder to work because we couldn't feel our hands. This made the more fiddly jobs trickier.

The work of building the shelter was quite technically and physically hard, especially the cladding. Everyone grew to hate it because it was difficult to hold up the planks while another person fiddled around trying to put the drill bit into the screwdriver. Our arms got really tired and we had to do a lot of it so it also became tedious. We had a few injuries, I, for example, was smacked in the face by a plank, which mostly was funny at the time and I was fine. There were also a few cuts and bruises. I think most were caused by a moment of not paying attention.



The last week of the project was particularly challenging, as Mr Sim had to go back to Michael Hall, taking with him all his tools. This included saws, hammers, and drills, leaving us with three saws that were not designed for the type of work we were doing. This resulted in one of the saws breaking, leaving us in the end with only two saws, leading to tension in the team, with people being blamed and getting upset. We overcame this by getting on with the work anyway with what tools we had.

What really worked about the project was that our class was already quite good at working as a team following our survival week. This was shown by the speed of our work that can also be explained by the feeling we had of competition with Class 11's building project from their Class 9. We were all determined to get it finished and done well. Mr Sim was a great motivator; he was always very easy to get along with and praised our work. My view is that a big motivation is wanting your teacher to be proud of you and the ability to work hard and achieve amazing things.

At the end of the project we were rewarded with multiple biscuits, at least nine biscuits each; you know, the really nice ones you get with your coffee. We also got acknowledged by all the teachers for the good work that we did. They recognised that what we did really helped out the school.

I think that what made the project so successful was that most of us didn't really know what we were doing. This meant that we learnt lots of new skills and this kept it interesting. There was one person though in our class who already had skills and was able to excel; this was Owen. As he is the newest addition to the class, I think it gave him an opportunity to open and really become a proper part of the class. He showed great leadership and made a difference to the project.

So in conclusion I think we were given an unusual opportunity that children our age rarely have. This project is a great example of what makes our school unique and special. It has made us a stronger team with a greater sense of togetherness. This building will be used by the whole school for many years to come and I would love to do it all again... there maybe even a new art room on its way!

Ines Courtney-Guy (Class 9)



COMMUNITY PAGES

PLEASE NOTE THAT THE SCHOOL DOES NOT ENDORSE OR RECOMMEND, EITHER IN GENERAL OR IN PARTICULAR, ANYTHING OFFERED IN THE COMMUNITY PAGES AND PARENTS ARE ADVISED TO CHECK THE QUALIFICATIONS OF PRACTITIONERS OR PEOPLE OFFERING SERVICES HERE.



Hello,

my name is Laura and I'm 16 years old. I am from Germany, live in Berlin and visit class 10 in a Waldorf school.

I would like to visit your country for 2 or 3 months, to improve my English, culture and meet new people.

In Berlin I really like to meet friends, I go horse riding, take guitar lessons and do babysitting.

I am looking for a host-family, where I can stay during the months. It would be nice if there was someone in my age.

Best regards and I'm looking forward to receive your answer.

Yours Laura

You can send me an email to:

Laura-Marie.Louinger@gmx.de

Dear Sir or Madam,

My Name is Olga Pires de Camargo I'm 30 years old and natural from Florianopolis, an Island in the south of Brazil.

I went to a Steiner School from kindergarten to high school. I am currently living in Stourbridge West Midlands with an elderly lady who is helping me to learn English and the English culture. But I would like to move to London in the New Year.

In 2010 I finished my training as an eurythmist, at the Alanus University in Germany. This training gave me the possibility to grow and understand more about myself and to work with others on an artistic level.

I would like to ask you, if there are any families in the school who need some help looking after their children, helping at the house, in return for accommodation and food and perhaps pocket money. For about 3 to 6 months. Time length can be discussed.

I have had a lot of experience working with children, from nannying, babysitting to giving horse riding lessons and working in a Camphill in Italy.

I appreciate your attention and I look forward to hearing from you.

P.S.: A friend of mine helped me to write this letter as my English is good but needs improving.

Kind Regards
Olga Pires de Camargo

An Introductory Workshop on TRE

Including a small discussion and experiencing the full process, see flier on next page.

Time and Date: Mon 8th Nov 2014 9:00-11:00

Venue: 6 Montrose Ave, Twickenham, TW2 6HB, London
(1 minute walk from Whitton, Southwest Railway Station)

Cost: £25 (£5 will be donated to the St Michael Steiner School)

Booking essential: bsassy@telkomsa.net (only 8 places available)

TRE™ - Tension and Trauma Release – by Dr David Berceli

Facilitated by Barbara Küppers – L3 Trainer

Did you know?

- Stress and trauma is experienced in the body, causing deep muscle contraction and, unless it is released physically, it may also affect your mental and emotional well-being
- Your body has a natural ability to release these contractions

What is TRE™?

TRE is a fast, highly effective, unique, body based method of trauma and long term stress recovery that reactivates you body's natural ability to let go of stress and tension.

Who can benefit from TRE™?

Do you experience any of the following?

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- Overwhelming situations
- Fear or panic

What are the benefits of TRE™?

- TRE™ is a natural process of release which makes it available and beneficial for everyone.
- TRE™ is self-empowering because once it is learned; you can use this process on your own.
- TRE™ promotes better sleep, improved energy and endurance whilst reducing stress, physical tension, muscular pain and general worry and anxiety.
- TRE™ helps you feel more calm, relaxed and grounded in your body in the present moment.
- TRE™ makes you more resilient to daily life.

TRE™ is offered either as private individual sessions or group sessions.

www.traumaprevention.com

EARLY YEARS' TRAINING

recommended by Leigha Hipkin

Pikler® UK Training 2015

About Pikler® Training in the UK

Pikler® Training in the UK is held with Pikler® pedagogue trainers and organised by Dorothy Marlen. **Basic** – The next Basic course is scheduled for later in 2015, with Pikler pedagogue Zsuzsa Libertiny from the Pikler Institute in Budapest and Ute Strub, European Pikler Association Trainer, Berlin.

To read about Pikler® Training in detail click [here](#).

For more information on upcoming Basic and Practice Guidance Pikler® Training in the UK contact Dorothy Marlen dorothy@dorothymarlen.net

Introductory Lectures and Workshops

Several founding members of the Pikler UK Association are available to give introductory lectures and workshops to Early Childhood care trainings, nursery and daycare settings, Children's Centres, childhood agencies and parenting bodies on the Pikler approach to respectful care. We can map for you how the Pikler approach relates to EYFS, and offer practical suggestions which raise awareness and levels of care. Please contact the Pikler UK Association with your requirements.

NEW - RELATED TRAININGS

Holistic Baby and Child Care (EYE)

When: April 2015

Where: Emerson College, Sussex

Steiner Waldorf with the Pikler approach to child development, play and care with a birth to three emphasis.

Take a journey in learning and self development that will equip you with skills and confidence in caring for your children and supporting parents. This pioneering course synthesises Steiner Waldorf and the Pikler approach whilst meeting the new EYE criteria.

It is a part time Level 3 (EYE) training for childminders, parent and child group leaders and those wishing to care for the young child. It starts in April 2015 in London with residentials at Emerson College, Sussex.

Visit www.emerson.org.uk/holistic-baby-and-child-care for more information.

For more information or to register your interest, please contact Dorothy Marlen dorothy@dorothymarlen.net

London Steiner Waldorf Early Childhood Studies

Two years part time at Rudolf Steiner House

Level 4 accredited certificate

Level 5 accredited diploma with forward pathway to an Early Years Professional Status or Degree (Level 6 is under development)

email: londonsteinerkgtc@mail.com