



The St Michael Steiner School NEWSLETTER Michaelmas 2018



Simplicity Parenting

Less
is
simply
more

simplicityparenting.com

The St Michael Steiner School

Simplicity Parenting Course 2018/2019

A Fourteen week course
at school

on Thursday mornings
1st November - 14th March*
8:45 - 10:00 am

Facilitated by Leigha Hipkin
Simplicity Parenting Coach

During this course we will work with the book
'Simplicity Parenting' by Kim John Payne
We form a supportive group where we can reflect
on parenting styles and values through
discussion, exercises and artistic activities.
We find ways to simplify daily family life,
creating more time for the important things.

Fee for the course: £90 (payable to the school)
Instalments and concessions available

For more details please contact
leighahipkin@stmichaelsteiner.hounslow.sch.uk

*excluding Christmas holidays and Spring half term break

The St Michael Steiner School
Park Road, Hanworth Park
London TW13 6PN

tel: 020 8893 1299

www.stmichaelsteiner.hounslow.sch.uk
<https://www.facebook.com/TheStMichaelSteinerSchoolLondon/>

Registered Charity No. 1094960

From The College

Consent forms and contact information

If you have not already done so, it is very important that you sign and return the consent form immediately as we require your consent for many of the regular activities that take place in the school, including trips, craft activities and processing your personal data. If we do not have a signed consent form from you, your child may be excluded from these things.

Please also check that your contact details are correct on the parents' contact list and let Grace know of any corrections or changes.

To contact the College, email:
college@stmichaelsteiner.hounslow.sch.uk

School fundraising through Amazon Smile

The St Michael Steiner School is registered as a charity with Amazon Smile and Amazon will make a 0.5% donation on all purchases made through this scheme.

If you want Amazon to donate to The St Michael Steiner School Ltd, you need to start each shopping session at <https://smile.amazon.co.uk>

and select The St Michael Steiner School in the drop-down menu for your preferred charity.

0.5% of the net purchase price (excluding VAT, returns and shipping fees) of your eligible purchases will then be donated to the school at no extra cost to you.

Email Problems

We are experiencing some teething problems with our new school email addresses for the staff and have found that emails sent from school email addresses do not always reach their recipients. This seems to be mainly an issue for recipients with Yahoo or Hotmail accounts, but to be on the safe side we would ask all of you to please add the main school email addresses to your address books to ensure that important correspondence from the school does not go into your spam folder.

These are:

info@stmichaelsteiner.hounslow.sch.uk (Grace)
bursar@stmichaelsteiner.hounslow.sch.uk (Birgit)
finance@stmichaelsteiner.hounslow.sch.uk (Henry)
schoolcook@stmichaelsteiner.com (Meher)

Plus the relevant address for your class teacher, kindergarten teacher or main High School contact (see school contact list)

What is the College?

The school has no Head Teacher but is led and managed by teachers and administrative staff working as The College.

The College is made up of staff members who are able and willing to take responsibility for the leadership and management of the school.

The College meets, at present, on Wednesday afternoons from 4-5:30pm. Meetings are chaired by a member of the group; a new Chair is chosen periodically by the group.

The College oversees the general wellbeing of the school, ensuring that the aims and vision are kept in mind and reflected in practice, and is responsible for managing and monitoring all aspects of the education and activities offered by the school.

Current College members are:

Pat Alexander
Amanda Bell
Dorothea van Breda
Peter Brewin
Maria da Costa
Julian Coxon (Chair)
Vicky Dunn
Leigha Hipkin
Sarah Houghton
Michèle Hunter
Eleni Karakonstanti
Birgit Möller (ex officio)
Stella Ottewill
Marta Pietrzyck
Katie Sharrock
Julia Wallace

Advent Fair

This year's Advent Fair will be on

Sunday 2nd December

11.30-15.30

Apologies for the change of dates from what some class parents were already told, but we have to work round the Twickenham stadium events calendar.

Every year we enjoy this wonderful opportunity to get together, meet the school community, join in activities, savour delicious foods and drinks, buy treats and little gifts and so much more.

Each class parent group will, as always, jointly take on an area, the allocation is trying to be fair with regards to class sizes, previous tasks and consider wishes.

Should a class feel very strongly toward taking on a specific area, please let me know in the next few days, so that these wishes can be accommodated if possible.

Here is an overview of the main responsibilities:

- Hot food in the Diner
- Cake and Teas/ Coffee
- Raffle and Silent Auction
- Candle dipping
- Craft Activities for children
- Outdoor Fire
- Outdoor Spiced Apple etc
- Games for children all ages
- Second hand Book sale
- Decoration of the hall etc

Please feel free to email or speak to me, I am aware I may not know all of you, it is so uplifting to come to school and feel the enthusiasm of this growing parent hood!

Lots of love and warm autumnal wishes to all of you.

Lisa Beugelink
(Contact details on the school contact list - Classes 6, 9 and 11)

News from the Early Years

Parent and Child Groups

Our groups are up and running and celebrating Harvest and Michaelmas. We are pleased to be able to offer sessions five mornings a week and also on two afternoons. Leigha Hipkin and Keesha Malcolm, two members of our Early Years team, are facilitating the groups this year.



P&C Term Dates

Michaelmas Term: Now until Friday 7th December (excluding Half Term: 22nd - 26th Oct)

Spring Term: Tuesday 8th January - Friday 29th March (excluding Half Term: 18th - 22nd Feb)

Summer Term: Tuesday 30th April - Friday 5th July (excluding Half Term: 3rd - 7th June)

Weekly Sessions are as follows:

Mondays and Tuesdays

9.30-11.30am Family Group (birth to 4 years) with Keesha

Wednesdays

10.30am-12.30pm Family Group (birth to 4 years) with Leigha

1.30-3pm Family Group (birth to 4 years) with Leigha

Thursdays

10.30am-12.30pm Family Group (birth to 4 years) with Leigha

1.30-3pm Woodland Outdoor Group (birth to 6 years) with Leigha & Maria

Fridays

8.45-10am Parent & Baby Group (birth to first steps) with Leigha

10.30am-12.30pm Family Group (birth to 4 years) with Leigha

Cost

Your first visit to one of our groups is complementary. If you enjoy the group and wish to continue, we ask you to book and pay half termly. The Woodland Garden session is a weekly drop-in and is booked by mid-day on the actual day.

Each session is £7 (concessions are available). Wherever possible please pay by bank transfer.

Bookings are made through Grace at our Reception: 020 8893 1299 or by email at:

info@stmichaelsteiner.hounslow.sch.uk

We will also be running our free Saturday drop-in sessions alongside our Open days throughout the year. (see below)

Kindergartens

We had a lovely start to the year in the Kindergarten and have been spending many hours in the garden with the children full of joyful enthusiasm. The children have been busy threshing and grinding wheat in the stone grinder and made flour for our harvest loaf, which we enjoyed last week during our Harvest Festival.

We warmly welcome our eleven new children and their families: Maria, Sasha, Haajar, Percy, Dylan, Futa and Dasha in Maria's Kindergarten, and Agnes, Madlen, Ruby and Ruben in Sarka's group. We are glad they are all settling in well, and enjoying playing and making new friends.

We celebrated Michaelmas this week, making a 'dragon loaf' and cooking "dragon soup" over the fire in the garden. We planted bulbs for Mother Earth on Friday, to keep them warm through the coming cold winter.

*"A little brown bulb went to sleep in the ground
In his little brown nightie he slept very sound,
Old King Winter will rage and roar overhead,
But the little brown bulb won't even turn over in bed!"*

Maria da Costa
For the Early Years team



The St Michael Steiner School Parent and Child Group Saturday Sessions in the Woodland Garden

8th December, 19th January,
2nd March, 18th May
11am - 1pm



A free drop-in session during our School Open Days,
with guided tours of the Kindergartens on request

The St Michael Steiner School, Park Road, Hanworth Park, London TW13 6PN
Tel: 020 8893 1299 Email: info@stmichaelsteiner.hounslow.sch.uk
Website: www.stmichaelsteiner.hounslow.sch.uk
Registered Charity No. 1094960 Company Limited by Guarantee No. 04364394

Parent- Teacher Social Evening

The newly formed Parent Welcome along with the staff of the school were delighted to host a social evening to say a proper "Welcome back" to existing families and to offer a very warm welcome our new parents. It is the first time we have had this event in our Hanworth home and may it be the first of many.

It was a brilliant opportunity for all parents to meet some of the staff who will be teaching their children this coming year and an equally good opportunity to eat strawberries dipped in chocolate washed down with homemade elderflower cordial!

Those of us on the Parent Welcome are looking forward to strengthening our family community within the school this year and we would like to say a huge Thank you to everyone who felt involved.

Please feel free to contact us. Also, if you are new, or not so new and fancy a cuppa and a chat, we'd love to meet you.

Warmest wishes and here's to a wonderful new school year

Lucy and Hollie
families.stmichaels@yahoo.com
07903 047 350
Join us too on Facebook:
St Michael Steiner Virtual Cafe



Dear All, the Youth Eurythmy Festival is back!

YEF5 will take place at Rudolf Steiner House in London on Thursday, Friday and Saturday, 28th, 29th and 30th of March 2019. Please put the dates into your diaries now and join us for another inspiring celebration of Eurythmy in the UK.

We are really happy to welcome back seasoned performers, schools and students signing up for the first time and those expressing interest from Europe and beyond for this wonderful youth event. It is hugely positive to be growing such as we are and this year we are extending the festival to three days to accommodate all those wishing to take part.

There is a lot of joyful support emerging for this event and we are looking forward to an exciting programme from class 5 to class 12 students, teachers and young professionals.

The festival will run from 2.30-5 pm on Thursday and Friday, and from 2-4 pm on Saturday. There will also be an open Eurythmy workshop available to audience members wishing to experience Eurythmy for themselves before the festival each day at a cost of £5.00 per session.

We really want to grow our audience now and capitalise on the opportunity for parents and friends to share in what the children are doing at school, what Eurythmy is as an art and a pedagogical tool and how it supports the developing human being. Please encourage your friends to come along and take part in the workshops too.

The festival is primarily a celebration and we welcome pieces that are either informative of what we do in ordinary lessons and also artistic pieces. You may be as ambitious as you like, please keep single items to a maximum of 15 minutes and preferably without repeats. Feel free to ask questions when booking, all staging information will follow.

The cost of taking part for performers and accompanying staff (or school audiences) is £2.50 per head in each party. The deadline for bookings to take part in the festival is December 2018 with a deposit of 50% of the total cost, please.

We very much appreciate what teachers have already invested over the last 4 years in terms of cost and human effort to attend the festival and we also recognise that for many the trip to London is much longer than for others. Last year, schools traveled from the north and west of England and Scotland and made tremendous efforts to be here which was much appreciated and some were able to factor in overnight stays. This meant that the students were rested and able to experience more of the capital, museums and galleries as well as performing alongside their peers. The feedback for this kind of arrangement was very positive so please consider it if you were thinking it is too far for a day trip, it would be great to have you.

We will be recording the event on film and taking photographic stills, please do inform us of any restrictions your school may have in place regarding this so we do not film those without permissions and we can use the beautiful images we have.

Finally thank you so much for your continued support, it is so heartwarming to come together and share our love of Eurythmy and keep this fire burning for the future.

Please send bookings, inquiries and suggestions for YEF5 to:
youtheurhythmyuk@gmail.com

Best wishes on behalf of YEF 5

Kelly Williams
Michèle Hunter
Sigune Brinch

School Workday



Saturday 6th October 9am – 3pm

Inside and outside jobs

Bring lunch to share

All welcome

Contact: Sarah Houghton
or Jenny Dodds (Malaya's mum Class 6)
for more information.

Outdoor Curriculum for All at School

The term has started and in their Outdoor Curriculum sessions students are continuing their work in the gardens. As you all know gardening isn't just about sowing a seed or planting a plant, there is lots of behind-the-scenes work that goes on.

It's not only the students, but also parents who are involved with weeding, preparing the land, creating new structures and looking after boundaries to particular spaces.

If you are interested in helping at any time then please contact me first
sarahhoughton@stmichaelsteiner.hounslow.sch.uk
and I can give you a task!

Workshops

Over this term I will be holding workshops on some Saturdays and Sundays. There will be a practical and a theory part to these sessions:

Sun 4th November 10am - 3pm: Composting workshop using Biodynamic preparations to prepare the compost heap, and a fire to keep us toasty and warm. £5 donation suggested.

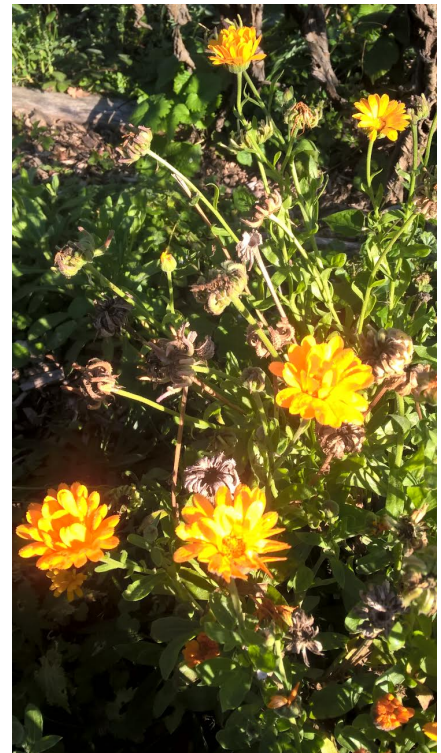
Saturday 17th November 10am - 3pm: Soap making and herb work - £50 (concessions available). Over 16s only.

Saturday 1st December 10am - 3pm: Making chutneys, wreaths and other produce to sell at the fair on 2nd.

Bring lunch to share.

And don't forget:

Saturday 6th October 9am - 3pm: school workday. Inside & outside tasks for all.



Harp concert

On Saturday 11th November @ 4pm at school.

Alice Trentham is a harp teacher from Ham. She teaches Alice in class 8 and Leah in class 3. On this day we welcome Alice and her students to school for a harp concert. All are welcome to attend. Tea and cake will be available after the concert. This is a fundraiser for the class 8 trip.

Interesting activities around London in October

Sunday 7th October: 18th annual Apple Day @ Roots and Shoots, Lambeth. Over 100 apples on show from Brogdale, seasonal crafts, storytelling and preparations for October plenty;

Sunday 14th October: Friends of River Crane Open Day;

Sunday 21st October: October plenty. Promenade from the Globe theatre to Borough market.

If anyone is interested in joining me on a visit to the new recycling centre in Southall, I am organising a trip after school on a Tuesday, date TBC. Contact Alice Clifford (class 8) or Sarah Houghton.

WISH LIST

Every month we will publish a list of items that we need at school in case someone out there has them to give away, or knows where we can get them for not-too-much money. At the moment, we are looking for:

- Working hand sewing machines
- Large pieces of leather
- A potters wheel (kick wheel or working electric one)
- Craft tools - woodwork, leatherwork, metalwork
- A guillotine (for A3+ paper)
- 4 sheds: 1 for gardening tools, 1 for games, 1 for fairs/trips and 1 for general storage;
- Garden tools (Homebase donated wheelbarrows)
- Top soil/compost;
- A small fridge/freezer for the lab;
- Sand for the sand pit

Contact Julia Wallace, Sarah Houghton or Amanda Bell if you can help.

PLEASE NOTE THAT THE FOLLOWING PAGES CONTAIN ADVERTISEMENTS AND OFFERS FROM INDIVIDUALS - PARENTS, STAFF AND OTHERS - WHICH THE SCHOOL CANNOT NECESSARILY VERIFY OR RECOMMEND.

SLEEP ORGANIC™

Let's celebrate Organic September!

We make Luxurious 100% Certified Organic & Fairtrade Cotton Bedding

Run by Steiner school family – every purchase you will make we will donate 5% to your school!



Special offer to our Steiner community: **15% off** all bed linen using code **organicseptember-steiner** at checkout



Click here to get 15% off

<https://www.sleeporganic.co.uk/discount/organicseptember-steiner>



Ph. 020 79657362

E: customer.service@sleeporganic.co.uk

Be in touch at:





1. A non-refundable deposit of £150 will secure your place at the B&B and on the retreat. The deposit is required at the latest by 30th April. Confirmations of your room preferences and dietary requirements needed by July 1st 2019.

2. Cheques payable to Michèle Hunter. The deposit will be deducted from the full amount, which must be settled 4 weeks prior to the retreat.

3. Residential places are limited (10 rooms) so book early to avoid disappointment.

for more information, contact Michèle
mhunter1life@gmail.com / 07947040554

18TH-21ST AUGUST 2019

EURYTHMY RETREAT LAKE DISTRICT

with
Michèle Hunter

All Welcome, no experience necessary

Rydal Hall is a magnificent location which has been chosen to create an all-around soul nourishing retreat to integrate both our inner and outer worlds.

This popular retreat centre in Cumbria sits in its own parkland and lies between the villages of Ambleside and Grasmere.

The Retreat will include 2 extended eurythmy sessions a day (of one and a half hours each) – one in the morning and one in the afternoon – leaving you time to unwind and enjoy the sumptuous surroundings with its stunning lakes and mountains. There are family activities scattered around

the area which you can explore and enjoy too.

The retreat includes; B&B, Dinner and Course Fees. There are 2 all-inclusive price tiers to choose from, to help everyone pay what they can afford. Please choose the one that best fits you.

Prices: £560-£480

Early Bird Rate £450 (by 31st March 2019)

for more information, contact Michèle
mhunter1life@gmail.com / 07947040554

A Story That Could Be True

Men and Boys Camp 5-7th October 2018

This is for fathers and sons, godfathers and their godsons to spend a weekend in adventure and fun with stories and campfires together. The weekend includes activities for boys, time for men as well as shared projects and a cooking / washing up rota. It will be a gentle weekend with an emphasis on simply being together for the greater good and masculine creativity. Sons need fathers and fathers need sons! This weekend offers an opportunity for the exchange of gifts between generations.

Stepdads, mentors and godfathers with boys and stepsons are most welcome within your specific family arrangements. Age for boys: 9 - 19. Accommodation is in shared cabins with a couple of camping spots. Limited to 20 people. Food is included in the price.

Where: Avon Tyrell UK Youth Outdoor Centre (in the New Forest) Bransgore, Hampshire.

Times: Arrive from 16.00 Friday for dinner at 18.30, leave 15.00 Sunday.

Cost: £250.00 per father and son, godfather and godson.

To book:

find out more email or call:

Elmer Postle: elmerpostle@gmail.com / 07785926796

Dan Kidner: dkidner@yahoo.com

Webpage: <http://www.owlcranial.com/home-page/men-and-boys-camp/>

To reserve your place, pay the full amount or a non-refundable deposit of £75.00 via bank transfer: marked as 'Fathers/Sons' to, Lloyds, Sort Code: 30-80-37 Account No: 31243260

RAW HONEY FOR SALE

My brother-in-law, Robin, keeps around 50 hives on his land in Nutfield, East Surrey. He extracts the honey by hand and sieves it in his Mum's kitchen. It's pure, raw, unprocessed honey.

£4.50 for a 250g jar. 50p off your next purchase if you return the jar!

Message me and I will bring a jar to school.

Beth 07879 401911 (Kindie mum)



A white chicken with a red comb is pecking at the ground in a garden. The background shows a wooden fence, green foliage, and trees. The scene is brightly lit, suggesting a sunny day.

OFSTED REGISTERED CHILDMINDER

- **Childcare from 7.30am-6:00pm 5 days a week**
- **Pick-ups exclusively from St. Michael's at 12.30pm or 3pm**
- **Breakfast before school from 7.30am**
- **10 minute walk to and from the school**
- **Home cooked, healthy food**
- **Kindergarten parent**
- **Large garden**
- **Dogs, cats and chickens!**

email: elizabethlee0101@gmail.com

tel: 07879 401911



The School of Human Movement

The School of Human Movement is dedicated to transforming our physical, spatial and social awareness through the principals of Bothmer Movement in a way that enhances the quality of our everyday life.

What is it that makes some movement so remarkable? Why are some dancers so mesmerising? How do professional sports players seem to control the space around them? Bothmer helps us to understand this and bring about positive change in the quality of our own movement.

Taster weekends will take place in October, November and December. Visit the School of Human Movement website for more information and to book a place.

<https://theschoolofhumanmovement.org>