

Friday Bulletin

Friday 27th March 2020

Class 3

For our block on Money, [before we all went into quarantine] we held our own Class 3 Marketplace, buying and selling things we had brought from home and using our own currency that we had created. There were crystals, shells, acorns, raisins, marbles, and ping pong balls on sale! The children decorated their own stalls, made signs and posters, and decided on the pricing. They had to calculate the cost and change, and tabulate their total earnings and expenses. As they went along, they worked out how to solve money problems, “break up” big notes, give change, adjust prices if sales weren’t good, and there was even a closing down sale! At the end, just as the children were gleefully counting their earnings, an old lady and her hungry dog showed up with a begging bowl. The children promptly donated all their hard-earned money, some acorns and raisins.



For those who are missing Class 6's soup and bread on Fridays

Class 6 Minestrone Soup and Bread

Serves 4

Bread

If you're making your own bread, do this part first.

0. Turn on the oven to 180°C.
1. Mix **500g flour** and **1tbsp yeast** in a bowl
2. Dissolve **1 tsp sugar** and **1tbsp salt** in 300ml warm water.
3. Pour the water into the flour with **2tbsp olive oil**.
4. Mix it all in the bowl until it's a nice consistency and then knead it on the table for 10 minutes.
5. Put it in a tin or on a tray into the oven for about an hour.



Soup

Ingredients:

Vegetables – **3 carrots, 3 sticks of celery, 6 spring onions and 1 or 2 peppers.**

(You can use different veg. or change the quantities)

1 tin of chopped tomatoes

½ tube of tomato paste

4 heaped tbsp. **vegetable stock** *(we use the **organic vegan bouillon powder**)*

1 tin cannellini or butter beans *(any beans or lentils will do)*

1/3 packet of pasta *(more or less depending on what you like)*

salt

1. Chop all the vegetables. Pieces should be no larger than your thumbnail.
2. Heat up a few spoonfuls of olive oil in your cooking pot and add all the vegetables and a sprinkle of salt. Keep stirring it over the heat until the vegetables are all soft.
3. Add the vegetable stock, the tomato paste and the chopped tomatoes. Stir.
4. Add some water until it looks like you've got about twice as much soup. Heat this back up until just about boiling, then add the pasta, and cook it for as long as it says on the packet. Stir now and again so that the pasta doesn't stick to the bottom.
5. Add the beans, stir it all together.
6. Taste it, you may have to add more stock or salt.

(The bread is ready if it sounds hollow when you tap it underneath)

Dear Parents,

Thinking of you all during these times we find ourselves in.

Please find below information from Kim Payne about a series of podcasts he has recorded in order to support families .

Whether you are familiar with 'Simplicity Parenting', have attended a course or group or are coming to it new, I have listened to the podcasts and I have found them very helpful.

The 'Compassionate Response' is an extended version of the practise we worked with in our various groups at School.

The website has other short videos, podcast recommendations, courses etc... and a Free Simplicity Starter Kit. The Facebook page incorporates other very useful material including lectures and a link to a story telling platform "CV-19Tales from Kids, Parents and Global Story tellers"

Warmest of Wishes,

Leigha Hipkin



SIMPLICITY PARENTING WITH KIM PAYNE

<https://www.simplicityparenting.com/>

Troubling Times: Anxiety Rising, Schools Closing, and Way More Time at Home With The Kids.

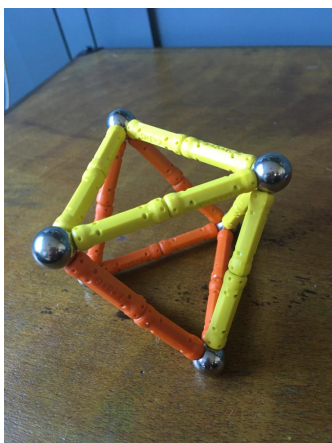
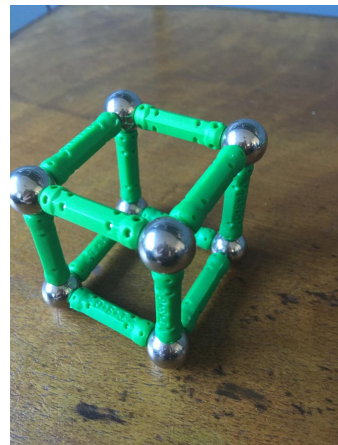
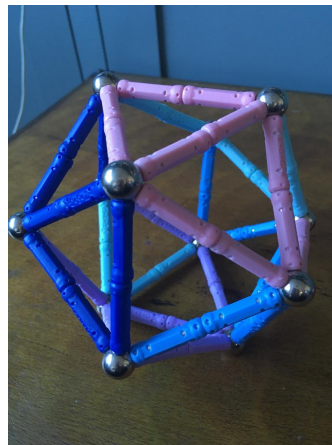
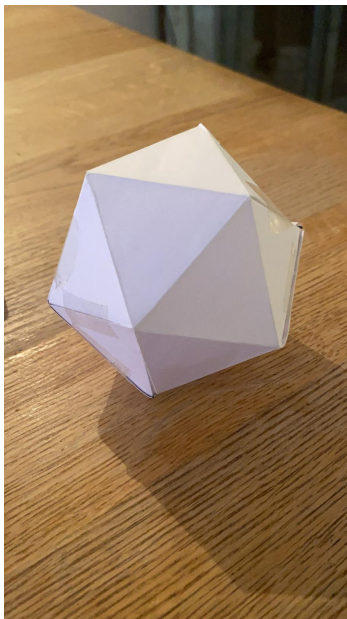
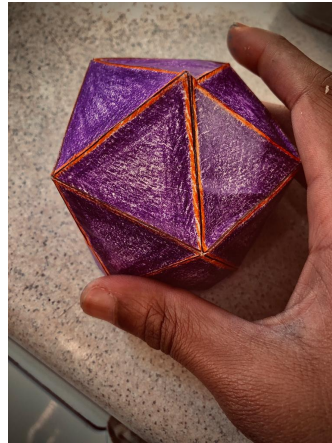
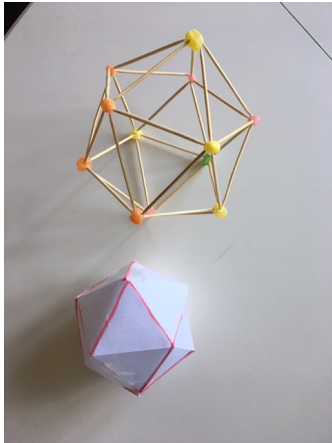
In response to anxious enquiries from parents, we recorded this special five-part audio series. You can listen here in the player below or download it from our podcast page and listen in your preferred **podcast player**.

In this challenging time, we feel it's more important than ever for each of us to do what we can to support each other, so we wanted to put this together and make it available right away. If you find the series helpful, please think of any other parent, organization, or school community who might benefit from this kind of support and send them a link to this page.

Now more than ever, our children need us to stay centred so that they can feel secure at home when so much is changing around them. *The Compassionate Response Practice* is a visualization exercise practiced by tens of thousands of parents, that is a key part of creating a safe harbour of family life.

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Thank you. Be safe. And our very best wishes to you and your family. Kim



Platonic solids in Class 8

Just before the closing of the school Class 8 started a Main Lesson on the Platonic solids. These perfect geometrical forms were discovered by Plato hence the name. There are only 5 Platonic solids, they all share the same characteristics: all angles, areas, edges are equal within one solid. We started the ml by building the first 3 Platonic solids in the classroom out of wooden sticks. The tetrahedron with its 4 equal triangles was the biggest form, the next the octahedron with 8 equal triangles fitted into the tetrahedron with half the measurements of the first form. Into this we constructed a hexahedron with measurements half that of the octahedron. Unfortunately we left these forms in the classroom.

At home all students worked on the icosahedron which is a form with 20 equal triangles and the dodecahedron a form of 10 equal pentagons. Here are some examples of their efforts.

Dear Parents

We will continue to keep the school running, albeit remotely and often through a screen, during term time while the social distancing measures are in place. Please keep in touch with us, and let your child's class teacher know how you and your children are managing with the work set so far; we are all still trying to find the right balance.

Students in the Classes 10 and 12 are managing to continue with and complete the work in Film Studies, Spanish, Plato's Republic and Evolutionary Biology, due for assessment this week and next. Class 9 has been working with Modern History and Living Chemistry. However, Class 12's eurythmy block presents more of a problem. This, and the drama planned for next term, will require some creative thinking.

Lessons will end for an Easter break next Friday, 3rd April, and recommence on Monday 27th April, although there may be some special arrangements for individual classes. Your child's class teacher will keep you informed of any developments or changes to the schedule.

As usual, if you have any questions about finances, please contact Birgit bursar@stmichaelsteiner.com

Amanda Bell

Parent Study Group

Dear Parents

I would be happy to continue with the study group on Tuesday mornings next week (8:40 - 9:40) and after Easter, via Zoom, if you would like to. Please let me know: amandabell@stmichaelsteiner.hounslow.sch.uk and I will send you a link.

We are studying *The Spiritual Ground of Education*, and the next chapter is 8: *Moral Teaching & Eurythmy in the Waldorf School*. Here is a link to the pdf version for those of you who don't already have it: https://www.rsarchive.org/Download/Spiritual_Ground_of_Education-Rudolf_Steiner-305.pdf

I would, anyway, like to send you something to read for Holy Week, 5th - 12th April this year. Let me know if you would like it.

Amanda

School Term Dates 2020 - 2021

Michaelmas term 2020

TEACHERS' WORK DAYS Wednesday 2nd, Thursday 3rd & Friday 4th September 2020

INSET Monday 7th & Tuesday 8th September 2020

Term starts Wednesday 9th September 2020

INSET Friday 23rd October 2020

Half term Monday 26th - 30th October 2020

Term ends Friday 18th December 2020

Winter term 2021

INSET Friday 8th January 2021

Term starts Monday 11th January 2021

INSET Friday 12th February 2021

Half term Monday 15th - Friday 19th February 2021

Term ends Friday 26th March 2021

Summer term 2021

INSET Friday 16th April 2021

Term starts Monday 19th April 2021

INSET Friday 21st May 2021

Half term Monday 24th - Friday 28th May 2021

(COLLEGE RETREAT Monday 24th & Tuesday 25th May)

Term ends Wednesday 7th July 2021

SUMMER PREPARATION CONFERENCE FOR TEACHERS Monday 12th - Wednesday 14th July 2021