

Friday Bulletin

1st May 2020

Class 7 Lockdown poems

Isolation

In the early morning, the warm sun shining,
And the crisp wind biting at my skin.
As I strolled in the park with my dog at my
heel, with pigeons settling on branches of trees.
Blue skies above me, green grass below me,
And brown trees level with me

In the afternoon, cycling in the slowly
settling sun, as my aching legs
pushed down on the pedals
again and again
on pure muscle memory
with no thought required
they carried my bike along

In the evening after dinner
sitting on the beige leather sofa
with my family around me staring at the tv
As we realise that it's Thursday at 2 pm
and we find ourselves clapping for the NHS

Quarantine

Paddle boarding in the afternoon sun,
while ducks are quacking.

The paddle flowing seamlessly through
the water.

Moving slowly through the dark murky
water of the river Thames.

The white swans swimming gracefully
through the morning mist.

The stillness making your thoughts
go wild.

Peter Bergelink

quarantine

In the morning on a gloomy day
stuck inside with the rain falling away
Sat in front of my small white desk
painting and blending colours on a canvas
the paint blends and swirls together
the brush touches the canvas light as a feather
the colours paint a picture of a life
the rain stops and the sun shines bright.

Quarantine

Singing in my room watching the sun
slowly rise,
With colours of pink blue and orange
flowing through sky,
Trying to distract myself from
the memories of being with my friends,
as I remind myself that one day,
this will all end,
When I go to the shops and simply
clear my throat, people instantly
back away from me like in a quiet zone,
As isolation goes on I try to remember
which day of the week it is, and
if it's April or September.
Although it seems impossible now,
this will all soon end,
and when it does, somehow,
we will all think to ourselves,
it's just a memory now.

By Sophie Mair

My poem, About
Solation

Deathly
boredom overtakes
my Soul.
Aimless projects
consume my
time, Sleeping twelve
hours a day and
eating alot my cats
and I are about
the same.
My canoe has
started, that's got
me excited, maybe
quarantine isn't all
that bad? you
can complete big
projects with your
50 year old dad.

Everyday the grass
gets greener, the
Sun gets hotter
and the birds
song louder
yet were stuck
inside for a few
more week till
the coronavirus
outbreak begins
to cease

Quarantine

One morning I woke up in bed
and rolled over to my table
and then I heard a voice that said
"to read that book you won't be able!
800 pages are too many"
and so you think "I won't read any"
That afternoon I had a plan, a way to read
The book
I sprinted up the stairs, were my dad I overtook
I put a blanket over me and 5 pillows round my head
I stayed in there for 3 days
I barely ate or drank
but in the end I finished it
So it's Quarantine I must thank!

Quarantine

Jogging around
all in a bound.
When smelling some fumes,
I felt confused.

I come to a halt
and turn with a bolt
I saw a flash
and made a dash

To sister waiting,
the calls are falling.

Quarantine

It was a clear afternoon,
and I decided to do
some woodwork for my sister to use.
The first thing I made was a very small shelf,
by hammering the nails and sawing the wood,
I think it was very, very good.
Next I made a table but not from scratch
I made it for myself
to keep my woodwork things intact.
With a couple of crates,
and mismatch legs,
the table took some shape.

Quarantine

Sitting in the garden
Paintbrush in hand
As I dream of a beautiful, faraway
land

Flowers surround me,
In the sun
And I think of music and dancing and sun
colours combine
Depicting a scene
That in my head before has been

Painting is natural
It comes from inside
And there is nothing the colours can
hide

Class 7 Lockdown poems

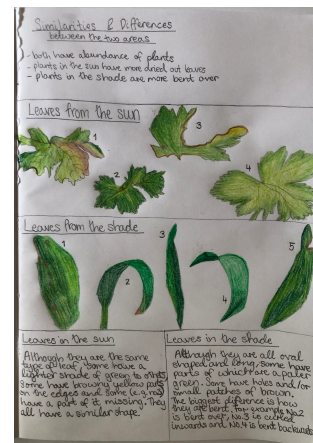
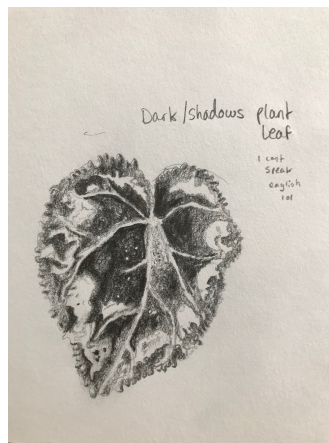
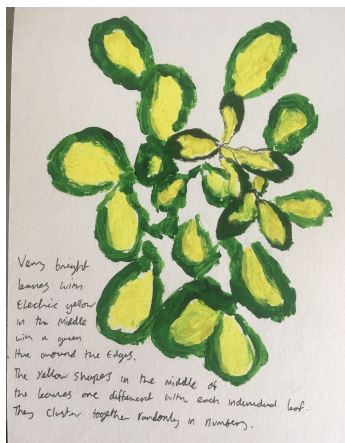
Meditation Observation

In my garden
 next to a wall
 in front of me a chad
 I am sitting on a towel
 on the grass
 I can hear atleast 5 different
 bird calls
 I saw birds flying
 overhead
 I saw lots of grass
 branches of trees
 leaves on branches
 different shades of green
 a pile green things
 which I had previously
 constructed
 moss on the wall
 was red like
 growth on the edge of
 the grass lawn

Class 10 Ecology

For the first week back at school Class 10 has risen to the challenge of observing their world ecologically. They began the week by spending some time really immersing themselves in nature with spot meditation. This allowed for the practice of observing without judgement to become a natural habit. Observation of the outer world and also the world within.

Initially we started with some simple leaf observation and attempted to explain what was observed without scientific terminology. This was a two fold success, allowing for the recognition of the precision and efficacy of scientific language in expressing meaning as well as getting a sense of its exclusionary side. In terms of personal experience it allowed for the jargon and associations to be swept away leaving space to observe the true form of a leaf. Asking the questions: What makes a leaf a leaf? How can they all be different yet somehow the same?



To give focus to our observations and most importantly because its fun Class 10 also showed great creativity in creating some simple bird and butterfly feeding stations.



All in all it has been a fabulous week of really intensive ecology and Class 10 has risen to the challenge magnificently of independently wrestling with the rigours of scientific experimentation.

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

NB The first course has already started, but there are others coming up

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



Morning Movement Sessions with Kevin Davidson

I'm offering morning movement classes weekdays 9 - 9:15am to support families. I'm trained as a Waldorf games and Bothmer Movement teacher and have been working for 10 years at Greenwich Steiner School. The sessions are somewhere between a Class 1 games lesson and a rhythmical time. I'm getting lots of families joining in together as a way to start the day with lightness and movement.

Warm wishes,

Kevin

Family Time

Morning Movement with a playful spirit

9-9:15am weekdays with Kevin

Details:

Join Zoom Meeting

<https://us04web.zoom.us/j/6293571756>

Meeting ID: 629 357 1756

See previous episodes at

<https://www.youtube.com/watch?v=TC7Bw2IUpHg>

HEALING EURYTHMY

On Tuesdays, I have been giving sessions of therapeutic eurythmy for anyone who wishes to join.

It is a sequence which Dr. Steiner recommends to strengthen the "I", build up the immune system and protect from viral infections.

You are welcome to join.

This will be at 4.30 pm on Zoom.

Please email me if you are interested in participating so I can send you the invitation:
mhunter1life@aol.com

With warmth,
Michèle



Photos
taken
at
School
this
morning

