

The St Michael Steiner School

Friday Bulletin

22nd May 2020

Dear parents

You will be aware that the government is advising schools to return certain classes to school after half term.

The classes that are eligible to return have been decided based on the transition and exam years in mainstream education, and so don't relate to our school in any meaningful way. However, translated into our nomenclature, the nominated classes are Kindergarten and Class 5.



As we have different transition years, we have explored the possibility of bringing back different classes, and even the whole school, but advice from the Independent Schools Association and from the local Education Authority strongly suggests that government guidance should be followed.

We have drawn up a risk assessment and a policy to accommodate any possible returning children and staff under these special circumstances.

We are now canvassing staff about whether they feel comfortable that it is safe for them to return to school after half term. Parents of children in the eligible classes have also been surveyed.

At present, we are required to provide for the children of key workers, so if you are a key worker who is returning to work after half term and will need childcare, please let us know, if you have not already done so.

We will let you know as soon as we have more information. In the meantime, we have one more week before half term, after which lessons, online or otherwise, will resume on 8th June.



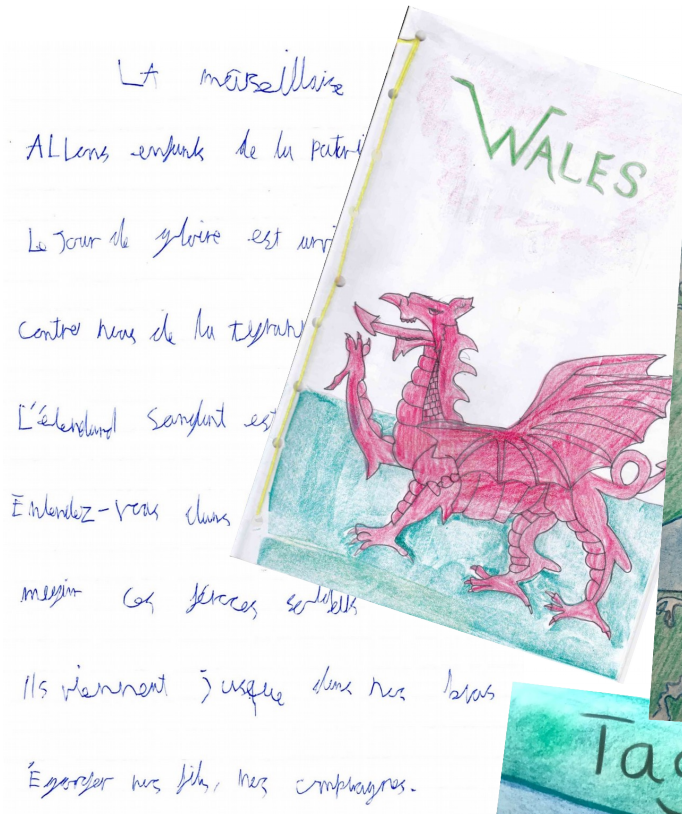
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Class 6 Geography Projects

The students of Class 6 have been busy over the last couple of weeks on their individual projects on the countries of Europe.



Work by
Alexander, Lila,
Keanu, Sasha,
Filipe and Yaseen



The foods of Lanzarote by Elizabeth

Foods

There are quite a few different typical foods in Lanzarote and these are:

Papas Arrugadas which is sometimes called Canarian potatoes - these are locally grown small potatoes and are boiled in very salty water (originally sea water) in their skins and served with Mojo sauce.



Mojo Sause is a Sause. The red one is quite a bit spicy and the green one's very garlicky with a coriander taste.

Estofada is a stew which contains pieces of meat, sometimes goat, more usually beef, chorizo, chick peas and vegetables.



Gofio is a flour made from toasted maize and can be used in many dishes. Here they have made it into bread.



Boquerones are small anchovy fillets that have been pickled in olive oil, vinegar and garlic. Sometimes served on the grill and sometimes with bread.



Lapas are limpets and are usually served in the frying pan they have been cooked in, with a butter and garlic sauce and freshly chopped coriander.



BIENMESSABE

Serves: up to 6 people. Cooking time: approx. 15 min

Ingredients

- 50g ground Almonds
- 75g Sugar
- 1/2 Litre of water
- grated rind of 1 Lemon (optional)
- 1/2 teaspoon Cinnamon
- 8 egg yolks

METHOD

1. Boil the water and sugar until the sugar has dissolved.
2. Add the ground Almonds, Lemon Zest and Cinnamon.
3. Stir continuously over the heat until the mixture has thickened then remove from the heat.
4. Beat the egg yolks and gradually add to the mixture, stirring all the time.
5. Return to the hob and gently heat the mixture again, stirring all the time.
6. As soon as the mixture comes to the boil, remove from the heat and pour into a glass bowl or individual serving bowls.

Bienmessabe. Bienmessabe is a very delicious and sweet dessert. It is made with ground Almond, honey and egg yolks. It can come as a sponge cake soaked in it, or used as a sauce over Ice Cream.



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Class 6: Geography Project by Zoe Moore

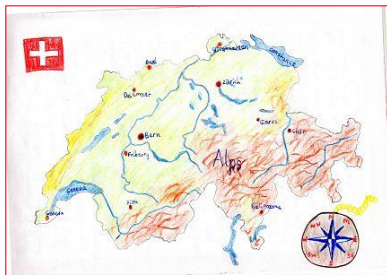


"Oh, come on, we have been waiting for hours ... is that mine Emma?"
"No, yours has black zips not gold".

Sorry, I really should back up, me and my brother Jack have moved to England because of our dad's work. We used to live in the town of Zurich in Switzerland, but we had to move, and now we have been waiting for approximately 2 hours for our stupid suitcases to arrive off the plane in... I think its Heathrow.

After another 20 minutes of digital signs, flashing terminals and flight numbers we finally got our cases and caught a black London taxi to our new house. I fell asleep straight away, and the next thing I knew I was being made to rush breakfast before being shoved in the car, and driven hurriedly to our new school.

When we got out of the car it was pouring with rain, and Jack assured me this was typical English weather (trust him to study in advance). To our dismay our first lesson was Geography with a portly man with round glasses and a crisp suit. We walked in and took our seats at the back of the classroom.



"So today we will be studying the countries of Europe starting with Switzerland. It is in the north centre of Europe surrounded by France, Italy, Austria, and Germany. Switzerland is a country of towering mountains, deep alpine lakes, and grassy valleys, dotted with small farms and villages. It can get very cold in winter and is generally warmer in the south where there are lots of mountains called the Alps. The Alps are part of the Alpine rage which runs across Europe.

The highest mountain in Switzerland is called mount Dufoupite in Valais which is 4634m above sea level. The Alps is where most Swiss rivers start. The river Rhine, the river Aare, and the river Rhone. Who can tell me the journey of one of these rivers?"

My brothers' hand was first in the air.

"Yes, um... Jack?"

My brother said "Well the river Rhone runs a distance of 164 miles. It starts in the Leopontine Alps in a glacier, then it flows down through the city of Sion though Lake Geneva, out into France, and finally into the Mediterranean Sea."



He sat down with a self-satisfied expression.

"Well done Jack, your information is correct. How about plant life in Switzerland?"

Are there any distinctive plants or trees?"

Nobody volunteered.

"How about you?"

After a few seconds I realised he was pointing at me. I stood up and racked my brain.



"Well there are the Swiss Pine and grapes on the hills and mountain sides, and up in the mountains there are some native flowers. There are these small blue ones called Snow Genian and there are these tiny white and yellow ones that grow in clusters called Edelweiss."

I sat down feeling quite pleased, and I prepared myself for another half an hour of facts that I would probably already know.

One thing was the same between Switzerland and England - teachers just have a way of making Geography very boring. He talked about these goat-like things with big horns called Ibex that lived up in the mountains, and that Switzerland's signature animal is a cow with a bell around its neck so that in autumn they can be heard and herded back into their barns for winter.

He also talked about Switzerland's main exports. Swiss chocolate and cheese made from the cows milked up in the mountains, pen knives and wrist watches are the main things.

Finally, when class was done, we were the first to exit and walk home. When we got there I realised it was the 2nd of February, the date of the Swiss hot air balloon festival. That's the most famous festival in Switzerland where people from all over would come and fly hot air balloons at night so that the gas stuff that filled the balloon would glow. I remembered looking out of the bathroom window at the night sky being lit up, and suddenly I felt very homesick.

So Mum offered to cook us a traditional Swiss dinner. You heat up hard cheese until it melts, then you scrape out the gooey inside and have it with fried mushrooms and a crispy potato pancake thing called a rosti. Yum!

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