



The St Michael Steiner School

Newsletter



February 2021

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

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The St Michael Steiner School
Annual General Meeting
via Zoom
Saturday, 6 March 2021
3:00-4:30pm

Dear Parents & Colleagues,

You are warmly invited to this year's AGM.

The minutes from the 2020 AGM are included with this invitation. If you have any proposed agenda points for the 2021 AGM, please email Birgit at bursar@stmichaelsteiner.com by Friday, 26 February, 2021.

You can also contact Birgit on the address above for any further information.



The school is now accepting applications for fee assistance for the academic year 2021/22. Applications and all supporting paperwork need to be submitted by Monday, 26 April 2021. For further information and for an application form please contact Birgit on bursar@stmichaelsteiner.com

The changing face of February...



Geometric drawings by Class 7 students



Poetry in Class 9

Before the half-term break, Class 9 had a four week Poetics block in which we studied rhythm and rhyme, language and imagery, focusing our attention on ballads, memory poems, limericks, haiku and villanelles. The students were challenged to write a poem in each of these forms and produced some beautiful work. I am very happy to share with you here some of that work.

Stella Ottewill

A memory poem by A'ishah Malcolm-Morris

She was in the garden
 Fingers green
 Planting flowers
 Roses,
 Begonias,
 Geraniums,
 Petunias,
 Hydrangeas,
 Leaving no space for bare soil to be seen.

She was in the kitchen
 Cooking "back home" food.
 Filling the house with the smell of her wonderful concoctions,
 Compelling me to sneakily sample some behind her back

She was at the high street,
 Shopping,
 And spoiling me with candy, pastries and anything which caught my eye.

She was at the car boot sale
 In Denham (a long car drive away)
 Getting bargains on bags that she'd resell in the market,
 And fat chips for the ride home

She was long nights
 Eating cheerio's
 Watching Emmerdale, Corry, or EastEnders
 Till way past my bedtime.

the empty house
 the empty vases and ornaments
 the empty paintings no longer full of life
 the empty garden now withered and lost after winter
 the empty wok absent of the frying food

she was deceased,
 and lay 6ft under amongst soil and bulbs we planted.
 At least she's with the flowers.

Three haiku by Max Barnard

Weather is dreary
The Birds fly in flocks, no goal
The warm of bed calls.

The Scared old stray cat
Just wanted food and friendship;
But she is too scared.

Frost stings, silence rings.
The flat landscape shines so cold,
The clouds all mighty.

Fire

A villanelle by Hannah Edsell

Red hot flames, so dark and yet so bright,
Fire spreading, climbing, growing more and more,
As if it could swallow you whole in one bite.

The smell of the thick smoke can awaken your sight.
The element that burns deep within earth's core.
Red hot flames, so dark and yet so bright.

The bright, white, light against the dark of night,
Rises high from a single ember on the floor,
As if it could swallow you whole in one bite.

So terrifying and furious that none dare to fight.
Earth and water kill it, but wind rules a bigger war.
Red hot flames, so dark and yet so bright.

It is also beautiful and warm, a cosy delight.
But it would burn the wood black if shut behind a door,
As if it could swallow you whole in one bite.

No one cares if burning is wrong or right,
Buildings are still destroyed by the merciless roar.
Red hot flames, so dark and yet so bright,
As if it could swallow you whole in one bite.

Ecosystems in Class 10



Class 10 found their birth trees and observed the area around them using quadrating, pitfall traps and taking soil samples for pH and composition.

This ecosystem understanding will come to a final conclusion in a debate on the benefits of hedge laying on Friday.



Therapeutic Eurythmy Sessions with Michèle Hunter (on Zoom)

You are all warmly welcome to come along.
Tuesdays at 5pm
16th February to 23d March

Let me know if you are interested in attending and I will send you the link on Mondays.
All welcome (students 16+)

Email: michelehunter@stmichaelsteiner.com

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.

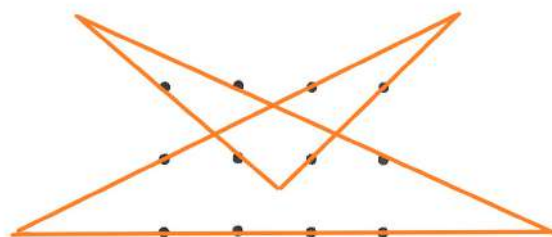
If you want Amazon to donate to The St Michael Steiner School Ltd, you need to start each shopping session at <https://smile.amazon.co.uk> and select 'The St Michael Steiner School' in the drop-down menu for your preferred charity.

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.

Thank you!

Answers to last month's puzzles

1. Thor's hammer **Mjolnir**
2. What type of tree is the tall one in the kindergarten? **Lime**
3. The Enchanter's daughter **Fedelma**
4. Gilgamesh's friend **Enkidu**
5. The Sun, with loving... **light**
7. ...House - the old name of the school on the iron gates **Pastor**
6. The longest mountain range in the world **Andes**
8. Francis tamed the Wolf of... **Gubbio**
9. The Pole Star **Polaris**
10. Queen of the Iceni **Boudicca**



If you have something you would like to contribute to the newsletter or something you'd like to advertise to the community, please send it to peterbrewin@stmichaelsteiner.com
The deadline for the next newsletter is Monday 22nd March.

Community, notices and adverts

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.

For advice and support during the pandemic

Anna Freud National Centre for Children and Families: www.annafreud.org
offering seminars, courses and support to families on mental health.

Hand-in-Hand Parenting: www.handinhandparenting.org
resources for parents to read, listen, watch and courses on Aggression, Sleep, Setting Limits, Parents' Stress, Siblings, and Separation

Beginning Well: www.beginningwell.com
holistic support for parents of young children

Looking for a baby-sitter?



My name is Rose. I'm a 17 year old student currently attending The St Michael Steiner School and I have been in Steiner education since kindergarden. I love children, and I am dependable and responsible when it comes to work. I am currently looking for babysitting jobs for Friday evenings and the weekend. Rates are negotiable, I am happy to look after children of any age, and can travel within reach of the Richmond area.

Contacts - you can text me at
+44 07432 582 320
or send me an email at
rose.dowse@outlook.com

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BIOLOGICAL NUTRITION RETREAT



At home



The proposal of this retreat is to implement nutritional and depurative practices to go through a digestive rest enabling regenerative processes and favoring a more attentive and conscious relationship with daily food and with our body.

What will you achieve in this retreat?

- To have the necessary time and our daily accompaniment through group meetings via zoom to put into practice basic and essential nutritional and depurative resources for health self-management.
- Systematize and organize during the three days of retreat the implementation of cleansing tools based on phytotherapy, body detoxification techniques and work with the elements of nature.
- To have a nutritional planning oriented to the vitalization and detoxification of the organism.
- Reconnect with the body, by becoming aware of and learning to interpret and respect organic signs and symptoms.

This cost of this retreat is 60 euros.

From Friday March 5th

to Sunday midday March 7th.

First meeting: Thursday evening March 4th



Previous organization

At the beginning of the week, prior to the retreat, we will send you the necessary information material, specifying the shopping list and recipes so that you can have all the necessary food and elements that you will use during the process.



Retreat structure

- **THURSDAY.** Preparation and basic guidelines.
Meeting 1 from 6.30 pm to 8 pm (German time).
- **FRIDAY (Day 1 of retreat).** Full day of physiological and detoxifying nutrition.
Meeting 2 from 6.30 pm to 8 pm (German time). Accompaniment, practices, readings and reflections.
- **SATURDAY (Day 2 of retreat):** Digestive rest. Day of deep cleansing, accompanying the body only with smoothies and infusions of depurative herbs.
Meeting 3 from 10 to 11 am (German time)- Morning class. Beginning of the day with depurative practices.
- **SUNDAY (Day 3 of retreat):** We will conclude with a day back to a physiological nutrition to return to our daily activities.
Meeting 4 from 10 to 11.30 am (German time) Morning class. Beginning of the day with depurative practices. Time for reflection and sharing.

Salud y Paz!



Prof. Dr. Cecilia Eyssartier
and Prof. Luis Monterubianesi.

 hello@qumara.net
  [qumaranet](https://www.facebook.com/qumaranet)
 www.qumara.net

“A hero is one who knows how to hang on one minute longer.”

Novalis