

The St Michael Steiner School newsletter

May 2022



It's the time for rebirth and growth, for things to blossom and bloom. Not just around us, but also way up in the cosmos, where the stars have aligned for a new beginning.

I wanted to share a little gift of inspiration that came to me, hoping it may bring inspiration within our community too, allowing for a rebirth to take place deep within the essence of our community.

Much love, light and gratitude,
— Anonymous

Journey Home

Cast out to sea I was; lost in the waves;
Thrown from island to mainland shore.
Lost my soul a bit, I think I did;
Finding new strength in me, I needed.

Now I return, to my home that once was.
Abandoned and battered it was.
Over grown the garden, holes in its shed,
Cob webs about and bird's nests lay in my bed.

Leave it all be and walk away, would be easy for me,
Start afresh, and claim new land for me;
But what about all the memories?
What about the promise here of all that could still be?

The walls, though dull and now grey, still echo with laughter and memory.
The flowers outside, now over run with weeds, still smile back as they remember me.
The kitchen, it calls out: remember how I nurtured you once, won't you now nurture me?
Sure the garden needs tending, the fence needs mending; and the corridors, they long to hear the patter of feet once more.

What a King I should be, if I were to claim a different Kingdom for me; just for a few flaws that need some hard work?
No land comes without work, no place without its flaws.
No house becomes a home without the interweaving of ones' soul.
Why break new ground, when there is still much joy here to be found?

Yes, life, it can still Spring here;
At the heart, can be Summer once more;
The Walls, they can be Autumnal again;
The Winterful fireside books, can indeed return.

In the soul of this old battered home, the essence of me still lives.
The Forget-me-nots here still sing back my love song to me.
MY HOME, it stands here and says to me: weed out, air out and clean out;
For life, it wants to thrive here again with me.

Dates for your diary

MAY 2022

Thursday 26th

1.30-3.30pm — at school
Class 12 Project Exhibition

JUNE 2022

Thursday 9th

6pm — at Rudolf Steiner House
Class 8 Play — Love's Labour's Lost

Wednesday 15th

7-8.30pm — at school
Thriving Children Talk with Lou Harvey-Zahra (see p. 11)

JULY 2022

Wednesday 6th

6pm — at school
Summer Play — The Tempest

Thursday 7th

6pm — at school
Summer Play — The Tempest

Friday 8th

(times TBC) — at school
End of Year Festival



In Kindergarten the big children's club goes for a walk...



...and a puppet show comes to life.

Class 1 recently heard a story about a proud iris, waiting to bloom, and another about a lazy prince who must learn to work hard.



THE*PROUD*IRIS*
WAITED*BENEATH*
THE*DEEP*GROUND*
BECAUSE*SHE*WANTED
*TO*BE*NOTICED*

THE*PROUD*IRIS*WAITED*
BENEATH*THE*DEEP*GROUND*
BECAUSE*SHE*WANTED*TO*BE*NOTICED*
FINALLY*SHE*CAME*UP*AND*
BLOSSOMED.





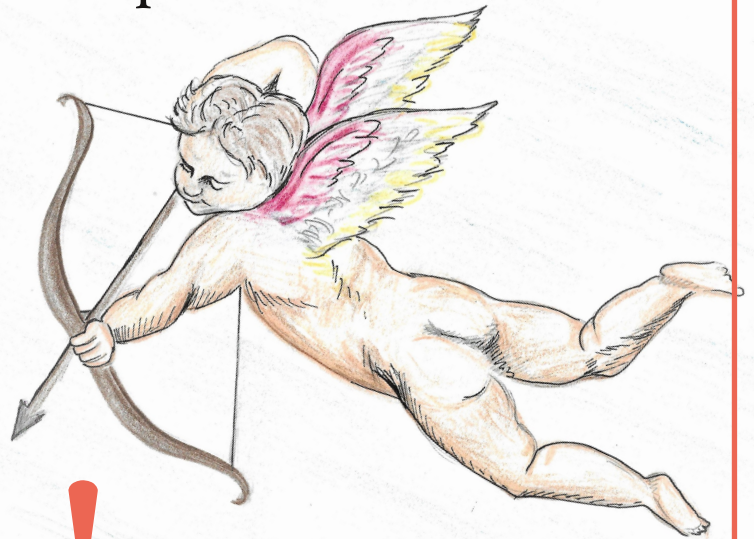
Our first ever **Duke of Edinburgh** expedition took place at the end of the Easter holidays. On the Saturday we met in Boston Manor Park and walked towards school along the Grand Union Canal and through Cranford Park. Initially in three separate groups expeditioners did their map orienteering training in the park to get their bearings. Then each group followed a route, meeting up at appropriate spots along the way. Each student took the initiative to map read and direct their group. The first group made great headway and arrived early with limited stopping times whereas the other two groups got a bit lost but rallied and made it to the end point. On the second day each group was able to learn from their first day experience and take a more steady and considered pace as we walked from school along the banks of the Crane river to Twickenham and on to our finishing point at Syon House. Each group also had to show how to put up a tent and boil water, plan their routes and set their times for each route section. When we reached Syon Park our bronze expeditioners presented on their themes for the expedition. They noticed that there was more wildlife on the canal than along the river and they spotted over 400 different birds on the way.

Ten bronzers, five silvers and six golders took part. Our next expedition will be over the May half-term in the Isle of Wight. Thanks to Alex Watson for helping with the expeditions.

—Sarah Houghton



Class 8 of the St Michael Steiner School
present Shakespeare's



Love's Labour's Lost



9th June at 6pm

at The Marylebone Theatre,
Rudolf Steiner House,
35 Park Road, London, NW1 6XT

Book tickets:

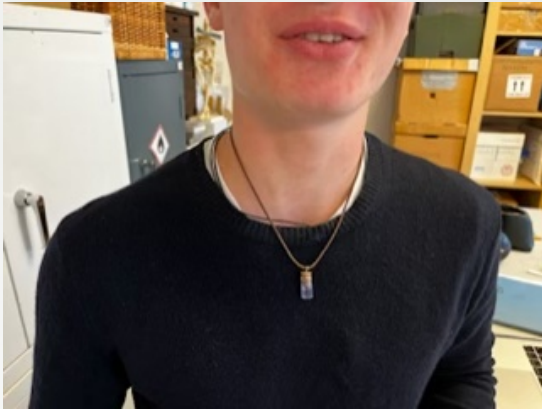
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e/class-8-play-loves-labours-
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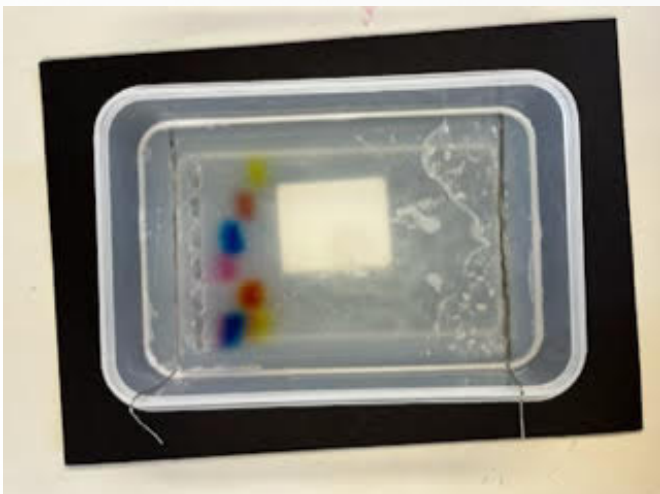
Basketry work from **Class 9.**





Class 12 have been investigating Biotechnology and last week extracted DNA from a kiwi which they turned into necklaces and wore with pride! Since then they have built their own Gel Electrophoresis chamber and run their own samples. You can see the samples wherein you see how the smaller molecules have moved further through the gel and the larger ones have stayed closer to the reservoirs. This type of experiment is what is used in crimes where hair or skin can be used to find out if a suspect matches the evidence left behind.

— Alex Harrison



Thriving Children Talk

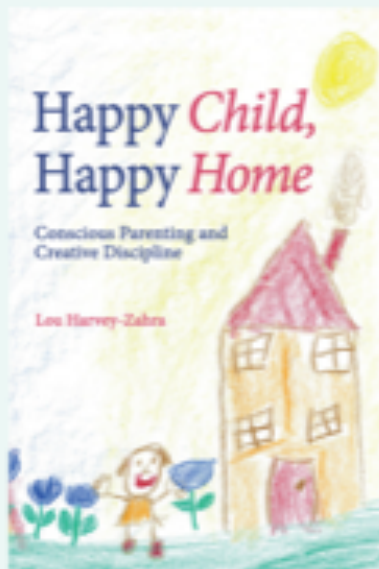
Practical Ideas from TODDLER to TEEN

with bestselling Waldorf author Lou Harvey-Zahra from Australia

Date: Wednesday 15th June

Time: 7.00pm - 8:30pm

at the St Michael's Steiner School



- **What do children need at each age to thrive?**
- **Inspiring tips to strengthen family bonds and create happy homes over the years.**

**Lou Harvey-Zahra is a Steiner teacher, worldwide presenter and popular parenting author with 6 books including the Steiner bestsellers 'Happy Child, Happy Home' and 'Growing Children, Thriving Children'.
www.happychildhappyhome.com**



A photograph of a tall foxglove plant with white and yellow flowers, set against a brick wall and other foliage. The flowers are arranged in a vertical spike, with some fully open and some as buds. The background shows a brick wall and some dark red foliage.

COMMUNITY PAGES

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.

THE HIGHER LOVE

19th to 22nd August 2022

EURYTHMY RETREAT

Lake District

with
Michèle Hunter

www.michelehunter.uk

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 is designed to leave you time to unwind and enjoy the sumptuous surroundings with its stunning lakes and mountains. There are family activities around the area which you can explore and enjoy too. Bring your loved ones.

The retreat includes:

B&B, dinner and course fees.

Two extended Eurythmy sessions a day (one and a half hours each).

There are two all-inclusive price tiers to help everyone pay what they can afford. Please choose the one that best fits you.

Prices: £580 - £520
(Early bird - £470 by 31st May)

prices based on shared twin/double rooms.

- A non-refundable deposit of £175 will secure your place at the B&B and on the retreat. The deposit is required at the latest by 31st May. Confirmations of room preferences and dietary requirements needed by 30th June.
- Full payment to be settled no later than 15th July via bank transfer to Michèle Hunter.
- Residential places are limited, so please book early to avoid disappointment.

Please visit the website or
email me for more information
www.michelehunter.uk / mhunter1life@gmail.com

Broken Light

Graduation Programme

Saturday
11th of June
7^{pm}

Tickets:
£10
conc.£8

by Eurythmy West Midlands
Steiner House, London NW1 6XT

by Wei Ling's Kitchen

Airbnb Experience Hands-on Sourdough Baking with Wei Ling

- Learn to handmade artisan love loaf from scratch
- Get the right feel of the dough, learn to shape the dough and ways to bake a sourdough with what you already have at home
- Demonstration of fun live culture beverage & tasting
- Private/Family group can be arranged
- Small group (3-4participants)
- After Class continuous support



In exchange of energy
£60/pax

Venue: Wei Ling's home
Time: 12.30-3.30pm
Date to choose:
14th, 21st May,
11th, 18th June (Sat)
(register with payment to
secure a place)

Bring home:

- A mature starter
- A baked love loaf
- A dough to bake at home

Contact Wei Ling
07760879329



The London Steiner Waldorf Early Childhood Training Course (LoSWEC)

Early Years practitioners, parents, grandparents and anyone interested in the development of the young child within the context of Steiner Waldorf education are warmly invited to join our part time Kindergarten teacher training course.

The course is spread over two years and takes place on one Saturday a month at Steiner House in the heart of London. In addition, there are four five-day residential sessions at Hawkwood College near Stroud.

Learning on the course embraces both the academic and the practical. You will experience in-depth tutorials led by subject specialists as well as movement and craft activities, including eurythmy, singing, speech training, lyre playing, painting and felting.

At the end of the two years there is an option to take a further year whilst practising the work in a Steiner Waldorf Early Years setting.

The course leads to the following Ofqual regulated qualifications which are also acknowledged by IASWECE:

- Crossfields Institute Level 4 Diploma in Steiner Waldorf Early Childhood Studies (EYE)
- Crossfields Institute Level 5 Diploma in Steiner Waldorf Early Childhood Studies – Leadership and Management

Crossfields Institute 
Qualifications | Education | Development



This training is acknowledged by IASWECE.
International Association for Steiner/Waldorf Early Childhood Education

For further information please visit loswec.co.uk

BADGERS BARN TO RENT

If you are looking for a relaxing break in Cornwall, down on the Lizard, do consider Badgers Barn which is available to rent. Set amongst fields but also close to an authentic village and the many beaches and areas of natural beauty Cornwall is famous for.

For more details please contact Lorna on

07958245022






KARAPALB

A FAIRY TALE
PERFORMED BY
EURYTHMY W. M.

SATURDAY
11TH OF JUNE
4PM

TICKETS:
£10
CHILDREN UNDER 16 £8
FAMILY TICKET FOR 4 £30

STEINER HOUSE, LONDON NW1 6XT



Call, text or
email to book
a class with
me. With
gratitude,
Natalia

Outdoor Supple Strength Classes

Tel: 07941 328 145

Email: natalijasmir333@gmail.com