



# The St Michael Steiner School Newsletter

December 2022





## *Dates for your diary*

### DECEMBER 2022

Friday 16<sup>th</sup>

10.15am — Lower School Christmas Festival (at St George's)

11.30am — End of Term Gathering (at school)

12.30pm — School term ends

### JANUARY 2023

Friday 6<sup>th</sup>

INSET DAY (no school)

Monday 9<sup>th</sup>

First day of Spring Term

### FEBRUARY 2023

Thursday 9<sup>th</sup>

Break for half-term

Friday 10<sup>th</sup>

INSET DAY (no school)

## Changes in the Finance Office

It is with sadness and gratitude we announce that our Bursar, Birgit Moller, and our Financial Controller, Henry Lau, are both retiring at the end of this term. We would like to thank them both for the invaluable work they have done during their time at the school, and wish them both the very best for the future.

As we bid farewell to one team, we also look ahead, and in January we will welcome two new colleagues to the school:

Marine Gash will take on the role of Bursar and Deesha Shah, Financial Controller. We very much look forward to working with them both.

This is also to let you know that from January 2023 emails sent to [bursar@stmichaelsteiner.com](mailto:bursar@stmichaelsteiner.com) will go to Marine and emails sent to [finance@stmichaelsteiner.com](mailto:finance@stmichaelsteiner.com) will go to Deesha.

— College of Teachers

We would like to extend our heartfelt thanks to all of the parents, friends and children who worked to bring the Advent fair to our school, especially to the lead organisers, Lisa, Indre, Maria and Amanda.

These fairs are entirely thanks to the tireless work of our parent community, for which we are grateful.

— College of Teachers

We just love it at this time of the year that starts with the Advent fair, setting the mood for the pre-festive season. The kindergarten Advent spiral gives us teachers the unique opportunity to observe the inner being of each child. St Nicholas visited on 6 December, leaving a trail of sparkling glitter, small parcels with a tangerine, stollen and some raisins inside their clean boots, and a silver scroll with golden writing, where he wrote for each child one kind deed they did and something they can work on. Jack Frost paid visits too, leaving an enchanting white garden and the chance for the children to explore the properties of ice. This term, we have been working on developing the ability to give, to friends, families and others in the community. The children have been making a present for their families and have baked biscuits to give to the students in the school and to the staff. We hope that in the spirit of the festive season, they continue practising by giving to others. We wish you all joyous and peaceful festivities, and we look forward to seeing you in the new year.

The Early Years Team







Class 4/5 receive letters from their pen pals in Gran Canaria.



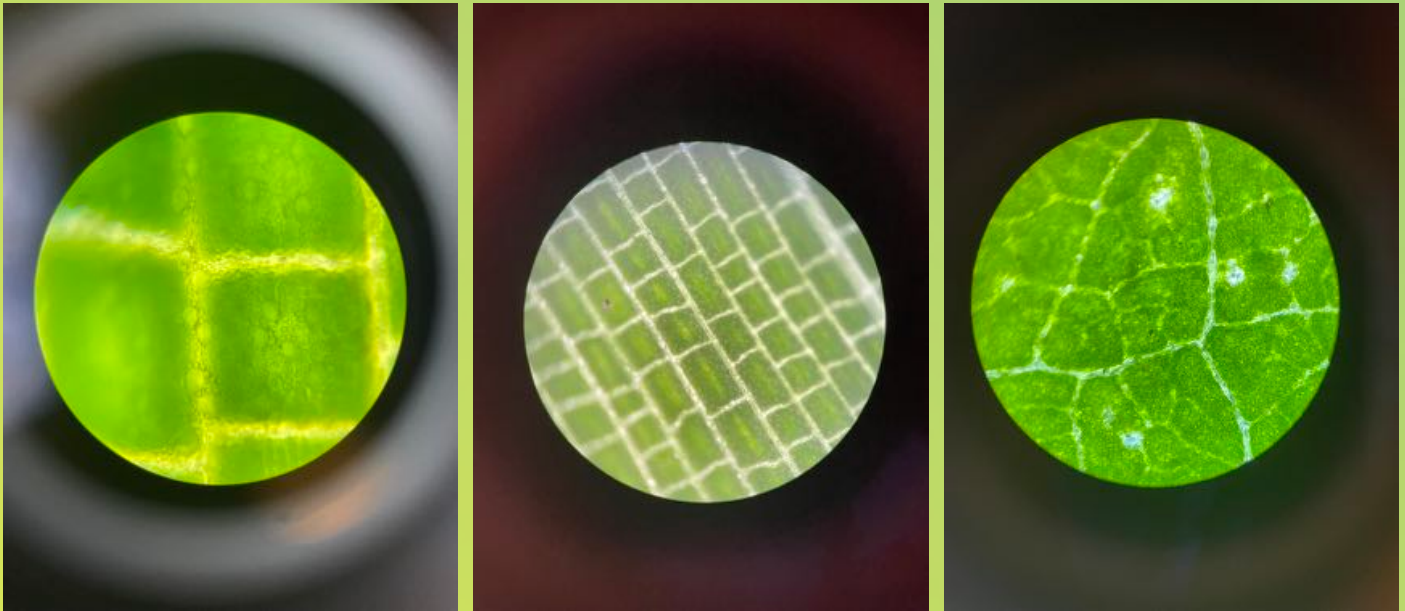


Class 9 working on their Spanish Projects — "En cuantos países se habla español"



In Class 12 Biology this term we looked at processes of the body that keep us alive and spent the first week looking at respiration in plants, humans and even fish. We used microscopes to look at plant cells and the leaves' Stoma—the organs to allow gas in and out of the leaf. This week also involved a touch of chemistry looking at the conversion of light into glucose through photosynthesis, then glucose into ATP in the human and finally at how this is used to help us move, whether conscious or unconscious. This led to seeking creative ways to demonstrate digestion and immunity, so keep your eyes peeled for a board game version of this!

— Alex Harrison



### A New Kitchen for Our Teachers

We are currently fundraising to renovate our staff kitchen. This little kitchen is where our teachers and staff cook, eat, work and rest during lunch breaks and in between lessons. Having two tables and nine chairs in a small space means that meal times are often an uncomfortable squeeze. However, we believe that with a little love and care we can make this a more pleasant and usable space. If you would like to help us renovate this space, **[please visit our Just Giving page](#)**.

Donations will go towards repainting, installing new cabinets, a stove and oven, cubby holes, benches and new ceiling lights. We also welcome contributions of new or gently used items.

Thank you and have a lovely Christmas!

Love,  
The Teachers



# COMMUNITY PAGES

A scenic photograph of a wooded area. In the foreground, a dirt path leads into a forest of large, mature trees with dense canopies. The leaves are in various shades of green and yellow, suggesting an autumn setting. In the middle ground, a small, simple building with a dark roof is visible, partially obscured by the trees. The overall atmosphere is peaceful and natural.

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.



Dear Madam, dear Sir,

I'm the mother of two girls who are 11 and 13. They went to a Waldorf school here in France until the oldest one was 8 years old. After that we moved to the west of France, Brittany, to be precise, where, unfortunately there are no Waldorf schools.

My husband and I are still very attached to the Waldorf education and I studied 2 years at the Waldorf Institute here in Chatou, France. We are living on the sea in a farm, in Douarnenez. We have cats, chickens and sheep.

In the near future, we would like to welcome here people who work with the earth (beekeepers, sherperdesses...) or some artists for retreats.

Jeanne, our oldest, is looking to make a foreign exchange with a student from a Waldorf school to progress with her English and also because she is very interested to learn about other cultures.

We would be very happy to welcome here a 13 or 14 years old girl during vacations and to send our daughter to the foreign family during the summer vacations.

All the best and thanks for your help,

Marine, Bertrand, Jeanne and Maud  
[librenature49@gmail.com](mailto:librenature49@gmail.com)







## **Trauma Therapy & Post-traumatic Growth** Theory, First Aid and Complementary Therapy

Online Conference from January 29 to April 2, 2023  
Every Sunday from 3 p.m. to 5:15 p.m. GMT on [www.eurythmy4you.com](http://www.eurythmy4you.com)

*Experienced clinicians and researchers demonstrate different approaches to trauma.  
People in the field present a wealth of proven exercises for post-traumatic growth.*

**If you yourself are affected by trauma**, the lectures and workshops will teach you what is necessary so that you are not defeated by trauma but enter into post-traumatic growth.

**For you as a physician and therapist**, the easy-to-use trauma exercises shown in the workshops provide a set of stabilizing elements to complement your existing therapies.

**You, as a companion to a person affected by trauma**, will be given tools to support them in walking their path and making post-traumatic growth a reality.

**The conference is about** potential, practical exercises, meditations, and the art of living to overcome trauma. All exercises are simple and can be done even with limited mobility.

**Open Trauma Forum** for conference participants and all who want to discuss and share.

**Conference Languages:** English, Russian, and German with simultaneous translation.

**Tickets: 120 euros / 90 euros.** Pay in Euro, USD or GBP. Individual tickets available.

**Participants have lifetime access** to the recordings and receive a training confirmation.

*You are cordially invited to become a trauma informed global citizen.*

[www.eurythmy4you.com](http://www.eurythmy4you.com)