

The St Michael Steiner School Newsletter



March 2023

Dates for your diary

MARCH 2023

Friday 31st

End of Term of Term Festival (see p.

APRIL 2023

Tuesday 25th

First Day of Summer Term

MAY 2023

Monday 1st

May Day Bank Holiday

Monday 8th

Coronation Bank Holiday

Friday 26th

INSET Day (no school)

JUNE 2023

Monday 5th

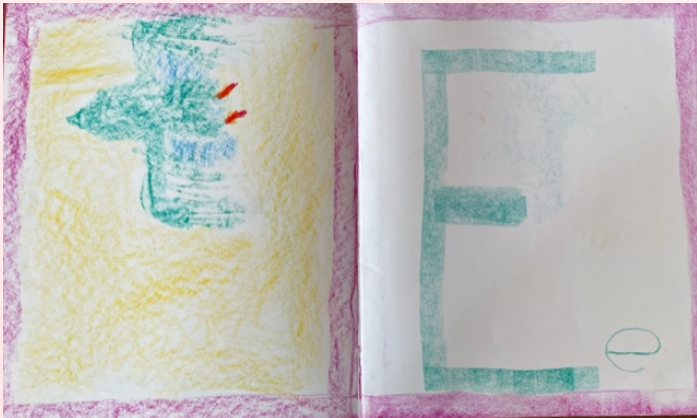
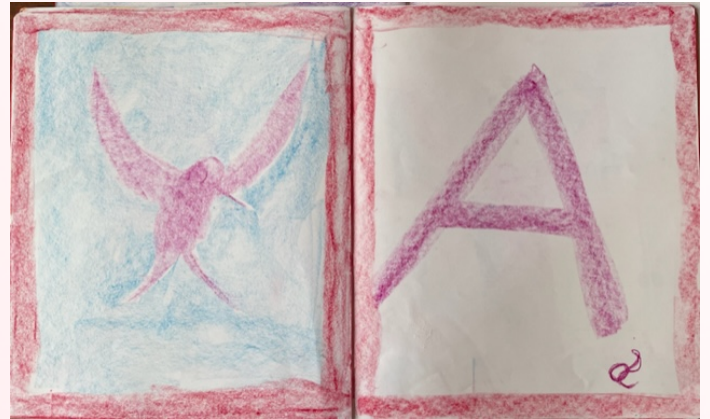
Back to school



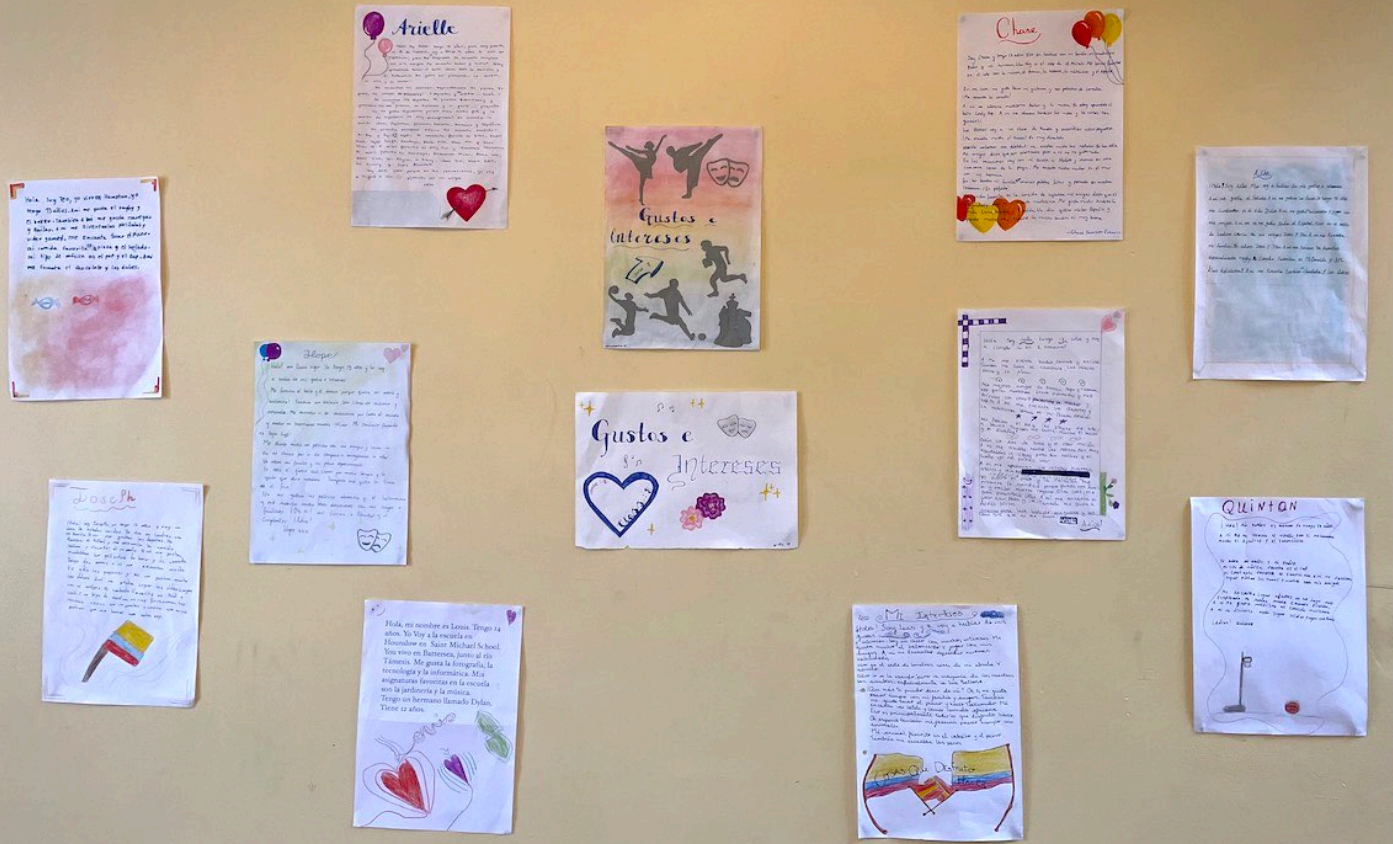
Photos from the
Kindergartens



Literacy & Painting in Class 1



Gustos e Intereses (Class 8)



Arielle

Hola! Soy Arielle. Tengo 13 años, pero muy pronto, el 15 de febrero, voy a tener 14 años. Yo vivo en Inglaterra, pero soy de Singapur. Me encanta comprar con mis amigos. Me encanta bailar y cantar. Estoy aprendiendo bailar al baile chino. Odio la Escuela y el Halloween. Me gusta ver películas, la música, el arte y la cocina.

Me encantan los animales, especialmente los perros, los gatos, los conejos, los perrillos, los patitos y ardillos bebé.

Me encantan los deportes. Yo practico Balonmano y gimnasia. Vivo con mis padres, un hermano y un perro pequeño.

No me gusta Inglaterra porque hace mucho frío y la comida de Inglaterra es muy desagradable!! Me encanta la comida China, Japonesa, Africana, Italiana, Coreana y Española.

Me encanta escuchar música. Me encanta escuchar K-Pop y Pop Inglés. Mi cantante favorito es Ailee, Naomi Scott, Taylor Swift, Zendaya, Black Pink, Zhao Lusi y Zhou Shen. Mi actor favorito es Ding Yuxi y Timothée Chalamet. Mi actriz favorita es Zendaya, Elizabeth Olsen, Zhao Lusi, Zhou Zixin, Wu Jinyan, Li Xiting, Chen Yusi, Naomi Scott, Liu Jintong y Cate Blanchett.

Soy muy feliz porque en las vacaciones, yo voy a Oxford a una pijamada con mis amigos.

Adios.

Chase

Soy Chase y tengo 13 años. Vivo en Londres con mi familia: mi madre, mi padre y mi hermana, Lila. Voy a el cole de St Michels. Mis temas favoritos en el cole son la música, el drama, la historia, la mecánica y el español.

En mi casa me gusta tocar mi guitarra y ver películas de comedia. ¡Me encanta la comedia!

A mi me interesa muchísimo bailar y la música. Yo estoy aprendiendo el baile Lindy Hop. A mi me interesa también los motos y los coches. ¡Son geniales!

Los Viernes voy a mi clase de Karate y enseño a los niños pequeños. ¡Me encanta mucho el Karate! Es muy divertido.

Necesito confesar una debilidad; me asustan mucho las medusas. Yo las odio. Mis amigos dicen que son interesantes pero a mi no me gustan nada.

En las vacaciones voy con mi familia a Norfolk y vivimos en una caravana cerca de la playa. Me encanta mucho nadar en el mar con mi hermana.

En los fines de semana mi familia comemos palatas fritas y pescado en nuestra caravana. ¡Es perfecto!

Me comida favorita es la comida de Inglaterra. Mis amigos dicen que es desagradable pero a mi encanta muchísimo. Me gusta mucho también la comida China, Italiana y Española. Un día quiero visitar España y aprender mucho más español. La música también es muy buena.

-Chase Harrison-Evans

Ancient Civilisations in Class 10

One of the fundamental aspects of Waldorf Education is teaching through the arts. For the first half of the Spring term, Class 10 students studied the Ancient Civilisations of Mesopotamia, Egypt and Greece in a cross-curricular block in which we looked at artefacts from these civilisations with the question: "What can we learn about who these people were from the things they made?". Close, disciplined observation was the starting point, and then, through study of ancient texts--Gilgamesh from Mesopotamia and Homer's Odyssey, with Eleni Karakonstanti--and research about the historical and archaeological background, the students were able to understand and draw their own conclusions about why they might be seeing what they see. Close observation was supported by reproducing ancient artefacts in clay and paint. This is some of their work.

Amanda Bell





A column of ten hieroglyphs, arranged vertically from right to left. The hieroglyphs are black and include various symbols such as birds, lotus flowers, and other standard Egyptian characters.



Hedgelaying & Ecology in Class 10



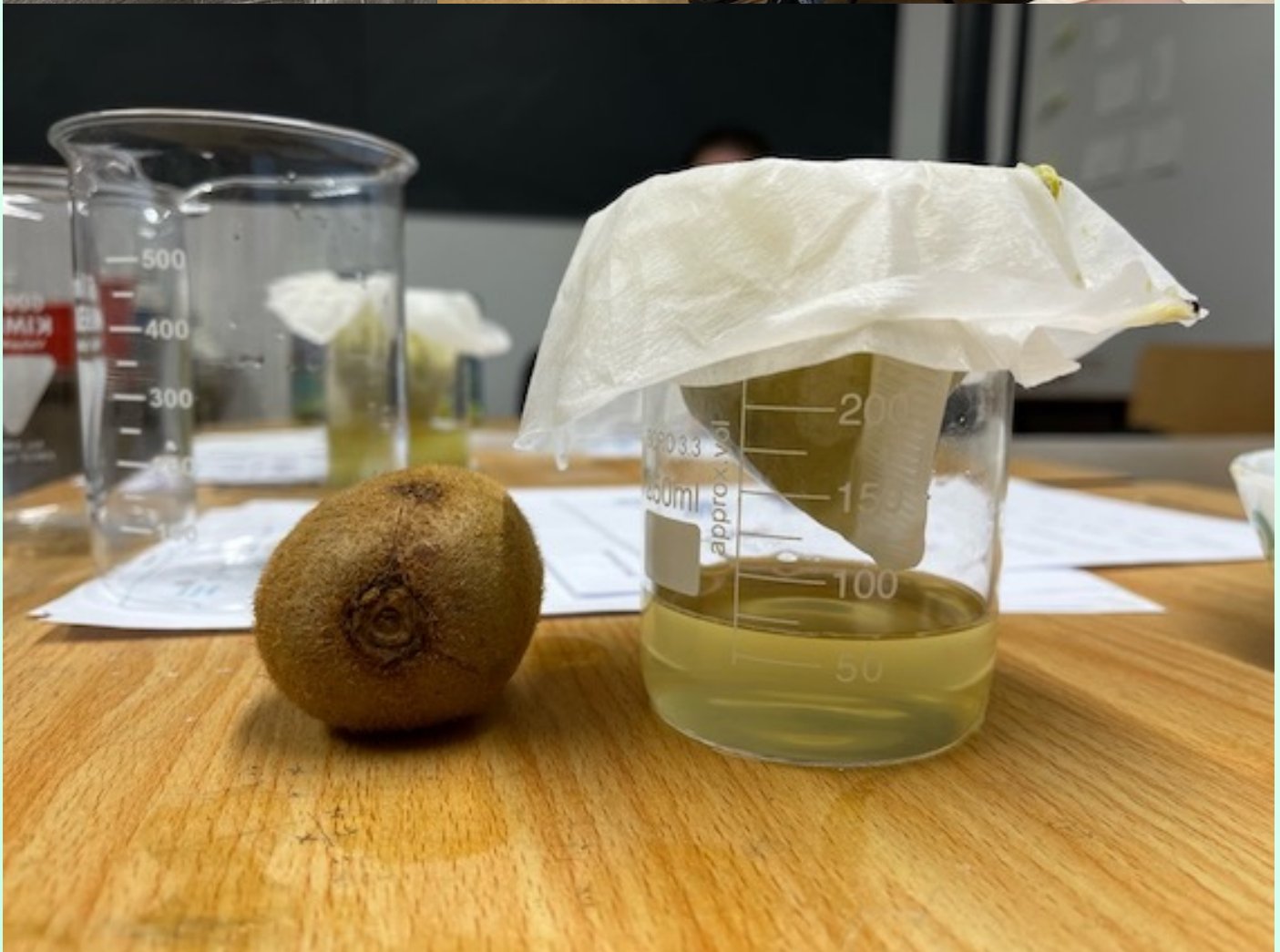
As part of the Class 10 ecology block we visited Waltham Place, a biodynamic farm, to do some hedgelaying with Clive Leeke. Hedgerows are an important habitat in the UK supporting a wide range of native species. Hedgelaying is an ancient skill which helps sustain such wildlife while keeping a natural barrier for our fields. This work is best done in the winter when birds are not nesting, and the energy of the plants is in the ground before the sap rises in the Spring. Working as a team, students used billhooks, axes and loppers to lay this beautiful hedge. In their ecological studies on the school grounds they investigated specific native trees and the ecosystems around them with abiotic (pH, soil type, temperature, weather) and biotic (quadrats, pitfall traps) methods. You can find out more about hedgerows at: [Hedge Link](#) & [Waltham Place](#)

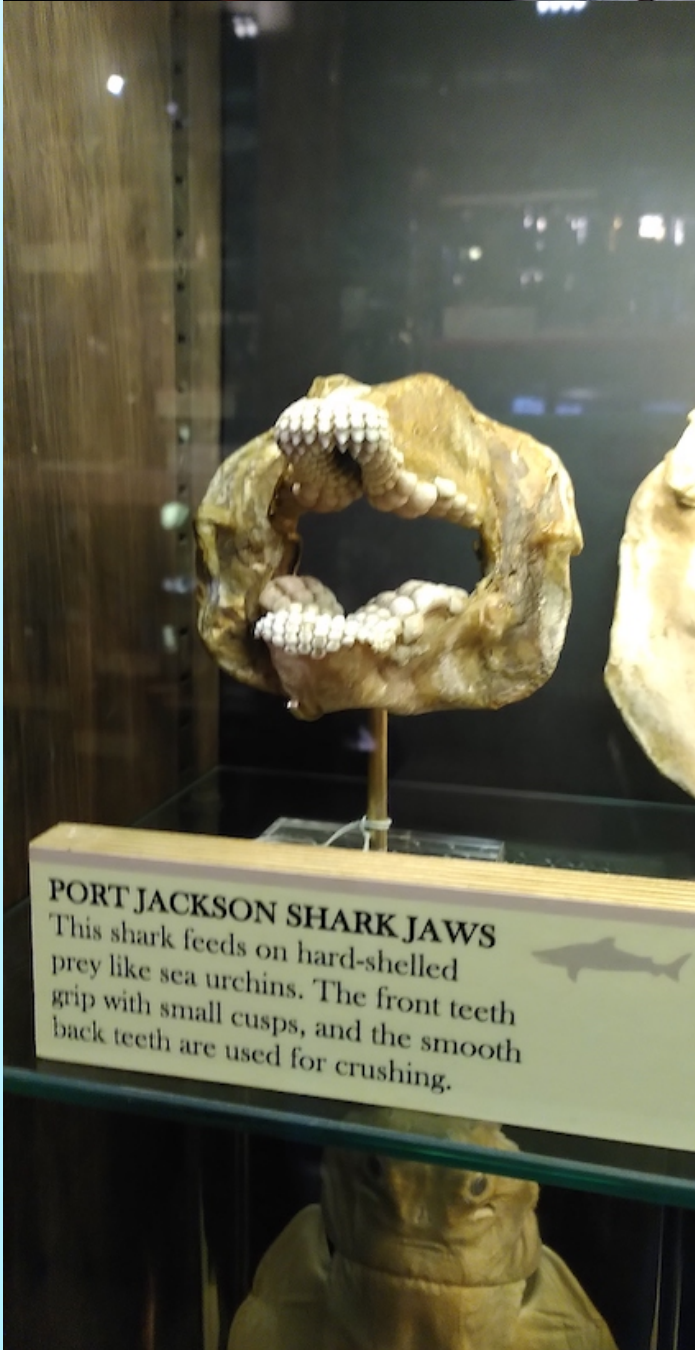
Sarah Houghton



In this second iteration of the **Class 12** Biology specialism block we spent two weeks looking into biotechnology. Initially we looked at how life was understood before knowledge of genetics. We conducted experiments by extracting DNA from Kiwi fruit, built and ran a gel electrophoresis chamber and tested our blood type. We debated the pros and cons of Genome Editing at the Francis Crick institute exhibition on a class trip and I look forward to receiving the student's reports on CRISPR and Xenotransplantation.

Alex Harrison





Evolutionary Biology (Class 12)

This main lesson looked at anatomy, physiology and evolutionary pathways of man, animal, plant and earth. To put our work into perspective we visited the Earth Science department at Birkbeck College to meet Dr. Charlie Underwood to talk about shark evolution and diversity. We looked at a range of shark jaws and teeth and linked them to their watery environments.

With Prof. Gerald Roberts we discussed the metamorphism of rocks and had fun using their highly specialised microscopes in normal and polarised light. We looked at rock sections under the microscope which contained particularly beautiful garnets. These can be used as geobarometers and thermometers to assess pressures and temperatures during rock metamorphism in past subduction zones.

Our afternoon visit to the Grant Museum of Zoology allowed us to view the skeletons of many different animals and their animals of choice; elephant, tiger, bear and fox – can you guess who chose which?

Sarah Houghton



End of term festival info: 11.45am 31st March 2023

The whole community will be meeting again for the annual Eurythmy Festival on the last day of term to enter the Easter mood inspired by the children's eurythmy work. Mr. Ho will also bring an Easter mood to the festival with the choir.

This will be held at [The Landmark Arts Centre](#) in Teddington. You can find out [how to get to the centre here](#).

In order to manage numbers all attendees must [book tickets via the website](#) and enter the promo code EURYTHMY. Tickets will be checked at the door. Teachers will book tickets for the pupils. Tickets are free, but we will be collecting donations at the end of the festival which will go towards the cost of hiring the venue; any surplus will be added to Eurythmy Therapy Fund—we thank you in advance for your kind gesture.

The hall is an open space so when you arrive you will be entering the space where the rehearsing is taking place. We are not allowed to gather around outside as this is a residential property too, so can I encourage you to not arrive too early if possible. If you have to be there early the café will be open so you can enjoy a drink while you wait.

There is **no parking** on the premises; a disability bay can be pre-arranged, as indeed a couple of places for those bringing costumes. Please let me know in advance so I can make this arrangement for you — the parking allotments are very limited. There is on street parking around the area.

My email: michelehunter@stmichaelsteiner.com

School's Eurythmy Therapy fund:

Once this term ends the fund runs out and we need to start all over to finance the eurythmy therapy on offer at school.

As you know this fund is an ongoing venture to ensure we can continue to offer eurythmy therapy at school. For the children to benefit there needs to be continuity which requires ongoing supportive ideas and help. Thank you for coming forward with your ideas, your time and your ongoing energy to support this important fundraising venture. It is of great importance in school and when it happens, everyone (parents, teachers as well as the children) benefits from it.

Organisation of Staff Responsibilities

The St Michael Steiner School is run by the College of Teachers, who assign areas of special responsibility to staff.

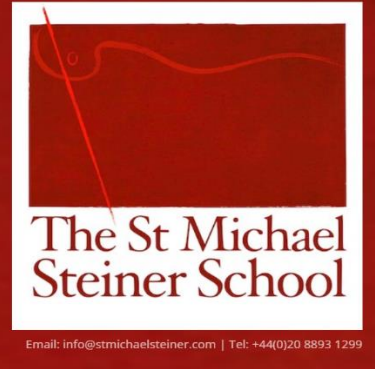
Area	Leadership & Management	Early Years Provision	Teaching, Learning & Assessment		Outcomes for Pupils		Personal Development, Behaviour & Welfare		Admin
Trustees	Adam Norsworthy Chair of Trustees	Leigha Hipkin	Sven Saar				Camilla Barnard	Françoise Hascoet	Adam Norsworthy
Dept.	College	Kindergarten	High School	Lower School	High School	Lower School	Safeguarding	Welfare, Health & Safety	Administration
	College members Leadership & Management	Mentors see Mentoring Policy	Mentors see Mentoring Policy		Mentors see Mentoring Policy		Mentors see Mentoring Policy		Mentors see Mentoring Policy
	Eleni Karakonstanti College Chair Complaints and Concerns Log	Early Years Staff Curriculum Development & timetable. Assessment of children. Record keeping.	High School staff Curriculum Development	Lower School staff Curriculum Development	High School staff Student assessment	Lower School Staff Pupil assessment	Amanda Bell Safeguarding & Child Protection DSL Behaviour Log	Eleni Karakonstanti Health & Safety Risk Assessments	Marine Gash Bursar/ Administrator Staff Training monitor
	Amanda Bell Leadership & Management overview ISA member/ liaison	Maria da Costa EY Safeguarding & Child Protection DDSL EY Manager & Chair	Julian Coxon SENCO		Stella Ottewill CSE Co-ordinator	Eleni Karakonstanti PSHEE	Serene Fong Ho Equality & Diversity	Vicky Dunn Fire Safety Maintenance	Grace Oladeinde Admissions & Reception duties
	Eva Fortini SWSF liaison	Silvia Lauzzana Early Years SENCO	Stella Ottewill High School Timetable	Amanda Bell Lower School Timetable	Amanda Bell UCAS/HE/FE co-ordinator		Maria da Costa EY Safeguarding & Child Protection DDSL	Stuart Purdy Maintenance Premises	Deesha Shah Financial Controller
	Marta Pietrzyk Mentoring & Observation monitor		Susan Kelly High School Chair	Eva Fortini Lower School Chair	Julia Wallace Careers		Marine Gash Safer Recruitment & SCR	Eva Fortini Maintenance	Serene Fong Ho Website
							Eleni Karakonstanti E-safety, PSHEE	Grace Oladeinde Deputy Fire Officer	Stuart Purdy Email systems Data Protection
							Julian Coxon Safeguarding & Child Protection DDSL		Marta Pietrzyk Educare liaison

In June **Student Council** members and Class 10 Pupils Walter Kelly and Sophie Mair will be running a 10k to raise funds for the school. Please support this endeavour by visiting their [GoFundMe](#) page and donating.

We thank you for every donation, large or small.

Student Council Initiative

Feltham Food Bank



Feltham Food Bank is a charity run by volunteers, supporting residents living in Feltham, Bedfont and Hanworth. They help around 90 adults and children each week.

The Student Council has chosen Feltham Food Bank because we want to give back to the local community. We feel that helping the increasing number of families that can't afford to buy food, and have to rely on food banks, is an important cause.



We would greatly welcome donations of all non-perishable food - there is a collection box at Reception. We need:

Tins of tuna
Tins of chickpeas
Tins of vegetables
Basmati rice
Red lentils
Cooking oil
Chocolate spread
Fruit squash
Shower gel, toothpaste
UHT milk
Tins of fruit
Instant Coffee

Thank you

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.

Chickenshed Theatre present their new powerful spring production production [RUSH](#)

Rush - Through the eyes of my ancestor

1800s, West Africa. The British have begun their colonisation. As the people are forced to conform, young *Abeni* stands alone in resisting the unwelcome strength of the Empire.

1960s, London. The swinging sixties brings music, modernity, and new cultures to post-war Britain. A generation of Caribbeans are invited into the city, excited for new horizons and opportunity. *Missy* joins them, quickly discerning the obstacles keeping her from settling into her new home.

2018, London. In order to be closer to University, *Aya* moves in with her grandmother, *Missy*, on a run-down council estate. But is their newly found shared companionship on shaky ground, as profit is to be made from the place they call home?

Through the eyes of three women, *Abeni*, *Missy* and *Aya*, **Rush** tells their story as it spans across the generations. Connected in ancestry, united in 'spirit' but divided by experiences of oppression echoing across the centuries.

Combining music, movement, dance and multi-media, **Rush** is a powerful production created and developed by Chickenshed's diverse creative team and student groups.

Two former St Michael's pupils, Olivia Edsell and Lila Khosla are now studying at Chickenshed and are in the cast of this performance.

To book go to: <https://www.chickenshed.org.uk/Event/rush-mar23>

Suitable for ages 11+

Youth Eurythmy Festival (YEF) Friday 5th May 2023 at 2.30pm

This will be held at the [Peredur Center for the Arts](#) in East Grinstead, West Hoathly Road, RH19 4NF.

Places are very limited as it is a small space so parents are strongly advised to book if you wish to attend.

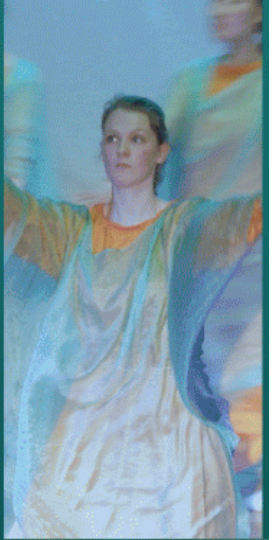
Adults/guests: Suggested contribution £8.00+

Children: £2.00

Book tickets here: youthurythmyuk@gmail.com



**YOUTH EURYTHMY
FESTIVAL 7
MAY 5th 2023
2.30pm
PEREDUR CENTRE
EAST GRINSTEAD
suggested donation £8 +
(cash only at the door)
to book seats email:
youtheurhythmyuk@gmail.com**



Dear Friends,

We would like to let you know about a very exciting piece of theatre, currently running at the **Marylebone Theatre at Rudolf Steiner House**. It is **GRENFELL SYSTEM FAILURE**, a verbatim play, based on the testimonies of people, interviewed for the Grenfell inquiry. It has received excellent reviews in the national press (see below) and been widely featured on the BBC and ITV. It is a remarkable and powerful evening of theatre.

The show is selling out, so please book tickets online at www.marylebonetheatre.com or through the box office 02077237984 .

“An extraordinary piece of verbatim theatre”

BroadwayWorld

“Attention must be paid. Compelling and quietly devastating”

Evening Standard

“A theatrical experience whose political pertinence makes it totally transcend the realm of entertainment. So captivating that you quite easily forget that this is a play at all” The Daily **Telegraph**

“The evening’s brilliance is in the light it shines on toxic bureaucracy”

The Times

‘Understated and affecting’

The Stage

“Details the endemic responsibility-dodging that nurtured calamity”

The Guardian



Aikido Club Peaceful Warriors

Aiki Taiso

Is a series of warm up exercises we do in Aikido before we start performing the actual techniques. This warm up exercises are mainly focused on stretching and rotating of the joints and muscles until they become relaxed and flexible, to prevent us from getting injured.

In Japanese and other Asian cultures, it is believe that the vital energy (Ki), which keeps our body alive, it's stored in the joints, therefore it is very important to keep the joints active, allowing the Ki to travel through and around our body in a constant flow. The good flow of internal energy prevent the body from developing joint and muscle conditions, prolongs life and provides a healthier life style. I will also add a series of breathing exercises, in motion, which are also very beneficial for the health and adding to your personal skill set, a great balance and breathing control.

Everyone would benefit from practicing Aiki Taiso. After a certain age muscle/joint pains, loss of flexibility and certain health conditions are more common. Muscle and joint pains, loss of flexibility and mobility, lead often to depression and other physical conditions.

Our club plans to open a class focused on non martial artists, people who want to be healthy, with minimal effort. Of course everyone else is welcome.

All the exercises and routines we going to practice, will be done standing in 90% of the time, and we will adapt the exercises according to everyone needs and medical conditions, if that is the case.



Aikido Club Peaceful Warriors

The program I propose is :

Warm up exercises for the joints and muscles, followed by balance exercises, combined with breathing techniques and in the last part of the training we will practice techniques that will bring the mind, body and spirit together.

I would like to offer a free class for everyone interested in health and well being, in finding balance, or simply in connecting to people who have same interests.

Sincerely,

Sensei Liviu – 4 Dan Aikido

Contact Phone Number : 07522 9955 39

Contact e-mail : peacefulwarriors2010@gmail.com

