

The St Michael Steiner School

Newsletter

December 2023



Mandarin Season's Greetings Cards on Sale

Dear Parents,

Over the last few weeks, class 8 has been working hard to learn a Mandarin song called “一翦梅” (Yi Jian Mei) which translated into English is called “A Cluster of Plums.” They have done exceedingly well in learning this oriental tune and the correct pronunciation of the Mandarin words. This song is rich in imagery and inspires one to find strength and blossom even in the harshest and most difficult conditions.



As part of this creative endeavour, each student has chosen a Mandarin phrase from the song's lyrics, presenting it bilingually on beautifully crafted cards. We sincerely hope that these cards resonate with you, offering a glimpse into the beauty and strength that can be found even in the midst of winter. Your support is invaluable towards fundraising for the class trip, and we look forward to sharing the fruits of our labour with you.

If you would like to have the cards, please kindly email Ms. Harrison at lisaharrison@stmichaelsteiner.com to place your order. Thank you.

Warmest regards,
Pan Liang

Metalwork



CLASS VII



CLASS IV

Class 4 paid a visit to the British Wildlife Centre in the Chilly Sunshine as part of their first Main lesson looking at the Animal Kingdom....







Class 8

Anatomy



This Michaelmas term, Class 8 had an anatomy main lesson for 3 weeks. Students learnt about the bones, muscles, tendons, ligaments and joints in the human body starting from the foot up to the head, comparing to animal features as we went.

Every day students would skip or run/walk around to experience the movement in their bodies.

We spent time making a hand from clay (pictured) and drew a skeleton form on our last week in a posture of their choice.



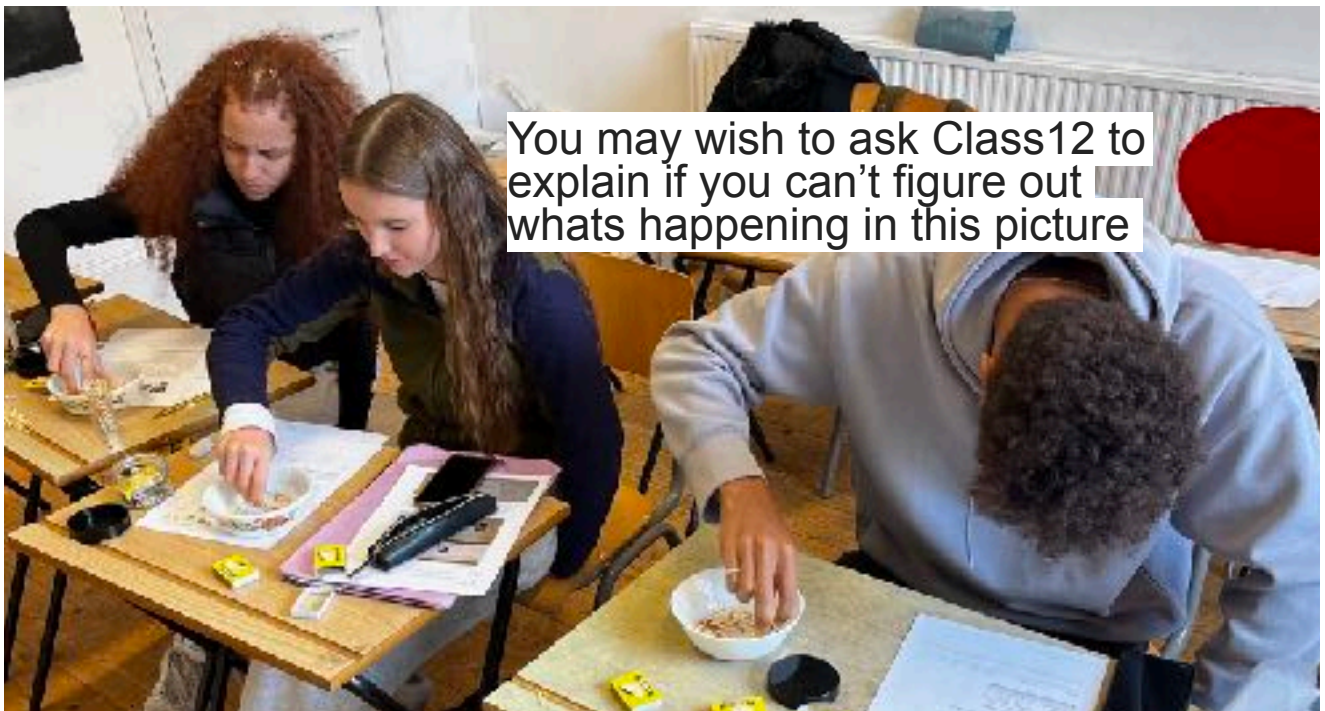
We also considered bone breaks, different levers in the body and kept a food diary to link food to health and growth.

CLASS XII

This block of biology Class12 investigated blood, respiration and digestion,



and are now studying genetics and epigenetics and their link to the gut microbiome.



You may wish to ask Class12 to explain if you can't figure out whats happening in this picture

SATURDAY DECEMBER 30 2023 FROM 10AM TO 5PM



The Therapeutic Value of Raphael's Madonnas

SEMINAR

SATURDAY DECEMBER 30 2023
FROM 10 AM TO 5 PM (with breaks)

Rudolf Steiner House,
35 Park Road, London NW1 6XT

Speaker: Dr. Remigio Cenzato
Anthroposophical Physician, Psychotherapist,
Anthropologist, Clinical Pedagogist.

For information and bookings:
Nabila Yakub 07423 328240
karineuspowers@gmail.com

All bookings must be confirmed by
December 28 2023.

Ticket: £50 / £25 (concessions)

The book *The Therapeutic Value of Raphael's Madonnas* by Dr. Remigio Cenzato will be available on site.

Rudolf Steiner House, 35
Park Road, London NW1 6XT
**Speaker: Dr. Remigio
Cenzato**

Anthroposophical Physician,
Psychotherapist,
Anthropologist, Clinical
Pedagogist.

*(The seminar will be
delivered in Italian and
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The book *The Therapeutic
Value of Raphael's
Madonnas* by Dr. Remigio
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site.

A small preview of the therapeutic value of Raphael's Madonnas

The healing potential inherent in Raphael's Madonnas was first acknowledged by Rudolf Steiner in 1911. At that time, he entrusted a specific sequence of 15 images to Dr. Felix Peipers, to be used as a therapeutic aid at the Johannesbau Institute in Munich. Since then, the sequence of images has evolved significantly, thanks to the efforts of researchers with a keen interest in art, medicine and psychology. One of the instrumental figures in this work was the Dutch artist Eva Mees Christeller. While in Italy in 1988, she personally invited Dr.

Remigio Cenzato to further study the series of Raphaelite images. As a result, the sequence has grown from the initial 15 paintings to the present collection of 37 images, all exclusively by Raphael, portraying the Madonna and Child. The seminar unveils the mysteries contained in the movements traced by the varying positions of the Child in the Madonna's arms.

Together we'll explore the imaginative geometric connections within the paintings, their correlations with celestial movements (Sun, Earth and Moon) and their implications on human physiology, particularly on the heart.

Special attention will be paid to the eurythmic gesture of the letter "L" in the healing sequence of "Halleluiah" in Eurythmy. Raphael's masterpiece, 'The Transfiguration', will serve as leitmotif throughout the day, as we delve into the deepest realms of human fulfilment and spiritual development.

For information and bookings:

Nabila Yakub 07423 328240 - luminouspotential@gmail.com

All bookings must be confirmed by December 28 2023.

Class IX German

Class 9 have been learning about breakfast foods, drinks, crockery and cutlery. In order to practise, it seemed like a great idea to hold a German Christmas Breakfast.

So we learned what to say at mealtimes. Everyone sat at an empty table and had to ask for everything they wanted to eat and drink as well as plates, glasses, cups and eating utensils.



The menu was extensive; from boiled eggs, sliced sausage and cheese to muesli with yogurt or toast with jams and 'Schoko-nuss-Creme- (Nutella).

We had an explanation of Christmas traditions in Germany and listened to some German Carols.

But the most important thing was to wish 'Guten Appetit' and enjoy the meal.

Everyone loved the Bretzel and the spiced Lebkuchen but the freshly baked rolls from the German bakery with 'Mohn' (poppy seed) and Sesam (sesame) were 'sehr lecker'- so only one remained for the teacher!





Dear School Community

We would like to express our deep gratitude for yet another truly beautiful Advent fair. The warm atmosphere that you created was completely in line with the ethos of the school and we thank you from the bottom of our hearts.



**May you all have a Merry
Christmas and a Happy
New Year!**

**With Love,
The Teachers**

Christmas Carols Live Recording



Dear parents of the St Michael Steiner School,

We are delighted to announce that our students from classes 5, 6, 7 and 8 have recorded a collection of Christmas carols. The proceeds from the sales of these recordings will be shared between classes 5, 6, 7 and 8 as part of their fundraising efforts for their upcoming school trips. 10% of the funds raised will also go towards the school.

The students have put in tremendous effort over the past few months, learning and practising their parts. Their determination and patience throughout the rehearsals and recording process have been truly inspiring.

These carols been recorded live at St George's church by students from classes 7 and 8.

To purchase a copy of the Christmas carol recording, please visit: https://panliangmusic.com/products/christmas-carols-live-recording-st-michael-steiner-school-choir?fbclid=IwAR1qxxMVxBYsB-zkI514qoWbHauUH4dSR1fpNCx2OhNx_Zsr7t8qrh7d-ZA

We sincerely hope that these Christmas carols will fill your hearts with warmth and bring smiles to your faces.

Wishing you a Christmas filled with love, joy, and peace.

Pan Liang Ho