



# Pabulum

Perth Waldorf School

14 Gwilliam Drive,

Bibra Lake WA 6163

Telephone: 9417 3638

Email: adminpws@pws.wa.edu.au

Website: www.pws.wa.edu.au

## TERM 1 CALENDAR

### FEBRUARY

Tue 26 Class 3 Teacher Parent Meeting

Tue 26 Class 4 Teacher Parent Meeting

Wed 27 Class 7 Kulbardi Teacher Parent Meeting

Wed 27 Kindy 4 Teacher Parent Night - 7:00pm in Star Room

Wed 27 Combined Kindy 5/6 Teacher Parent Meeting; Rose Room, Rainbow Room, Cedar House and Jarrah Miah in Seekers Place - 6:00pm-7:00pm

### MARCH

Mon 4 PUBLIC HOLIDAY

Tue 5 PUPIL FREE DAY

Wed 6 Class 1 Teacher Parent Meeting

Mon 11 Class 11 Teacher Parent Meeting

Tue 12 SCHOOL TOUR

Mon 18 Class 12 Teacher Parent Meeting

Wed 20 Class 9 Teacher Parent Meeting

Thur 21 Class 8 and 10 Vaccinations

Thur 21 Class 10A Play

Fri 22 Class 10A Play

Mon 25 - Fri 29 Class 8B Camp to Dwellingup

Sun 31 - Fri 5 Class 11A Camp to Blackwood River

Sun 31 - Fri 5 April Class 7 Kulbardi Sailing Camp

### APRIL

Mon 1 - Fri 5 Class 6 Camp to Margaret River

Sun 7 - Fri 12 Class 7 Wardong Sailing Camp



### HIGH SCHOOL JOURNEY

Next Term - Thursday, 6<sup>th</sup> June

We will keep you posted for further details.



## Term 1, Week 4

Tuesday, 26<sup>th</sup> February, 2019

**NOTE:** It is a public holiday on Monday and PWS has a pupil free day so that staff can do Professional Development on Tuesday. **So next week there is no Pabulum being published and it will be a three day school week for children.**

You may be thinking you've stumbled across the social pages of the West Australian when you see the **Class 12 Ball Photos**. If you're lucky enough to have had the opportunity to watch these young people emerge from playgroup to now, your heart beats with love and appreciation for the stunning people they have become and gratitude for all the love and care that has surrounded them growing up. (Thank you parents and teachers!).

We've heard they had a great night! Thanks to everyone involved especially Kelly Kranz-Little (Guardian) and Karen Peradon-Alga (class assistant). The Ball was held at Burswood on Swan, a beautiful location on a perfect night.

At an art course recently, the instructor talked about a key component of artistic endeavour as being **KINDNESS**. And in that context it made sense but it also had much greater ramifications when you considered extending it into all parts of your life.

Basically the instructor highlighted that it is very easy to be critical of one's own art work. To be full of envy at another's art work. To lose enthusiasm and want to give up. To buy into the story of not being good enough.

The reason she said kindness was essential in being an artist, was to convert envy to appreciation and once we start to appreciate the other artwork, we open ourselves to learn from another person. Likewise, kindness towards oneself and appreciation of others can be converted into looking for positives and building on those and extending them into other parts of your life.

We can use this again and again in our relationship with ourselves, our partners and especially our children. Kindness as the basis of how we look at the world, others and ourselves converts the cynicism and negativity into expressions of appreciation and finding strengths.

We all know that children grow and develop into healthy individuals when they are trusted and encouraged and we authentically focus on what is positive in them. They become withdrawn and disengaged when they are surrounded by judgement and inauthenticity.

Eschewing a focus on things that are "wrong" and developing a focus on what is "right" helps ourselves and helps others. In a practical sense, here at school, not engaging in stories of woe with our children but redirecting them to focus on what can be appreciated and what is working well sets them up for a more joyfilled and productive life, from an early age.

Heidi Halter is part of the school's Maintenance and Gardening Team. She does a fantastic job. She is **always looking for volunteers**. See inside for details.

**The P&F are raising funds from selling bulbs.** Please support the P&F and our children by getting an order in. It's a lovely gift, especially if you go to someone's house and plant the bulbs for them!

continued over next page....

### STUDENT ABSENCES:

\*Please let the office know by 8:30am.\*

Text: 0429 680 969, Phone: 9417 3638,

Email: absence@pws.wa.edu.au,

### PABULUM INFORMATION:

- Pabulum contributions need to be emailed to pabulum@pws.wa.edu.au by 2:15pm Thursdays.
- To view Pabulum as a PDF, go to www.pws.wa.edu.au
- To receive the link via email, please send a request to adminpws@pws.wa.edu.au

### IN THE LIGHT OF A CHILD

*The light rains down. My king, in this late-summer hour,  
 You reign within my heart as well, with growing power.  
 You shine with strength. You gleam and glance and glisten.  
 You lead me into depths where I, within silence, learn to listen.  
 And there you form life's fruits, fruits to eat.  
 In weaving soul-light warm, where they grow ripe and rich and sweet.*

Michael Hedley Burton

continued...

An Information Sheet about the **Restorative Practice approach at PWS** is in this edition. Restorative Practice is an excellent tool used at PWS to help each person share their picture and gain a greater insight into the other person's actions. Through this approach we aim to have children (and adults) actively participate in a resolution that is participatory, fair and just. Please take the time to understand the process and if you feel confident try facilitating a restorative process with your child when required.

Bruce Lee - School Administrator

## FROM FINANCE

**SCHOOL FEES ARE NOW OVER DUE - Term 1 Due Date: Friday, 15<sup>th</sup> February, 2019.**

CREDIT CARD/ONLINE PAYMENT	ELECTRONIC FUNDS TRANSFER	CHEQUE AND CASH
<p><b>Payments by Credit Card can be made by visiting the Bpoint website:</b> <a href="https://www.bpoint.com.au">https://www.bpoint.com.au</a></p> <p><b>Biller Code: 147 2133</b> <b>Reference:</b> Family Code</p> <p><b>Phone payments can also be made by calling Reception on 9417 3638 during Office Hours.</b></p> <p><b>We accept VISA and MASTERCARD.</b></p>	<p>Payments by Electronic Funds Transfer (EFT) can be made to the school's banking details as follows:</p> <p>Account Name: Perth Waldorf School BSB: 066 000 Account Number: 1205 1015 Commonwealth Bank Perth</p> <p>Reference: <b>Family Code</b></p>	<p>Payments by cheque can be made payable to Perth Waldorf School. Please have a copy of your statement attached when mailing your cheque.</p> <p>Postal Address: PO Box 1247, Bibra Lake WA 6965</p> <p>Cheques and Cash Payments can also be made during office hours at the School Reception.</p> <p>EFTPOS terminal also available.</p>

**A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.**

### TERM ONE FEES

Term One fees **are now overdue**. If you have not received your invoice please email [account@pws.wa.edu.au](mailto:account@pws.wa.edu.au) or see reception.

To assist with timely delivery of your invoices, please add our email address [account@pws.wa.edu.au](mailto:account@pws.wa.edu.au) to your safe sender list. If you need assistance with this, please contact reception. Thank you.

## GENERAL NEWS

### SCHOOL TOUR

Our School Tour will be on **Tuesday, 12<sup>th</sup> March, 9:00am-10:00am.**

Come along to view our Classrooms and explore our school's grounds. This is a wonderful opportunity to get to better understand our school's ethos and meet some of our wonderful families and staff. A light morning tea will be provided with discussions after the tour.

If you are wanting to attend please contact reception (**9417 3638**) to book a place.  
We hope to see you there!

### PWS STEINER TEACHER TRAINING COURSE

The School's inaugural Steiner Teacher Training course got off to a lively start on Friday 15<sup>th</sup> February with 35 enthusiastic trainees made up of teachers, parents, staff and others new to our school. It was wonderful to see such a large group of warm-hearted people come together to learn and deepen their understanding of Anthroposophy and Waldorf Education.

Mark Phillips welcomed this group of teacher trainees with some circle activities typical of a child's day in any Steiner Primary School, which ended in much laughter and camaraderie among the cohort. Mark then presented an overview of Rudolf Steiner's own life journey and what he achieved, which was beyond prolific and reaches into a wide range of spheres of human activity.

After a nourishing and enlivening dinner break, Paul Lawrence took the group into a world of song and tone, introducing the trainees to the depth and tone of the place of song and singing in the Anthroposophical tradition of Steiner education.

Last Friday after another enjoyable session of singing with Paul, the group gathered to work with visiting lecturer, Eurythmist, Eurythmy therapist and psychotherapist Patsy Orange who introduced Anthroposophy's spiritual picture of the human being.

As they settle into the routine of their Friday evenings at the School over the next two years, the trainees will follow the path that children in Waldorf Schools progress through in their journey of awakening from Class 1 to 7.

Catherine Vann and Mark Phillips

# FROM COMMUNITY SUPPORT

## TASHI STEINER SCHOOL, NEPAL

The Perth Waldorf School Community Bookstall is the most wonderful example illustrating the saying 'never judge a book by its cover' (excuse the pun!). The bookstall may be small, at times dusty and sometimes lacking in a substantial number of books for sale but its' simple and humble appearance is deceiving. Last year this tiny fundraising endeavour raised \$1,119.50 for the Tashi Steiner School in Nepal. This is a substantial amount of money in Nepal - a country known to be one of the poorest nations in the world. The amount of money raised each year has been fairly consistent for the four years that the stall has been running. This is something we can all be really proud of as a community. An enormous thank you to all those in our community who donate books to the stall and to our customers who keep putting those dollars and cents in the jar - they really do add up! It is so heartwarming to know that our bookstall is a win win endeavour and puts one in mind of the line from St Francis of Assisi's beautiful prayer - 'it is in the giving that we receive'. We not only are blessed with knowing that our no longer wanted books raise money for such a worthy cause - for faraway outpost of Waldorf education bringing soul nourishment to young children, but we also have the delight of finding some real treasures to take home.



Thank you also to the High School Art Exhibition in December last year who donated \$165.00 to the Tashi Steiner School from gold coin donation takings on the door.

Please keep the books coming! We do ask that you bring your books to the library rather than put them straight on the stall. This is to double check that only appropriate books are in view of our younger students when using the canteen.

We also thank Megan and all the staff of the canteen who collect the takings throughout the day and keep an eye on proceedings! Thank you!

With the deepest of gratitude,

**Penny Champ, Kelly Geyer, Simone Findlay and Jana Kucerova - Community Support**

# EARLY CHILDHOOD

## TEACHER PARENT MEETINGS

### Kindy 4 Teacher Parent Meeting

Wednesday, 27<sup>th</sup> February, at 7:00pm.

We will meet in our classroom.

### Kindy 5/6 Combined Teacher Parent Night

Wednesday, 27<sup>th</sup> February, 6:00pm-7:00pm

We will meet in Seekers Place. The social fabric of the kindergarten will be our focus. Parents will have the opportunity of starting to get to know the group of adults who surround your children's school experience.

## PARENT and BABY GROUP

The Parent and Baby Group runs on Thursday afternoons each week of term. Our aim is to provide a nurturing meeting place for parent and baby, holding them in a space of warmth, reverence and acceptance. We meet and create community over a piece of cake, a cuppa, and sharing. The group is open to babies from newborn to one year of age.

Everyone is welcome to attend

Cost \$10 per session

**12:15pm-2:00pm**

**Parent and Baby Group - Eugene Chattelle - phone 0430 207 577**

**Early Childhood Coordinator - Jennifer Byrne - 0407 391 482**





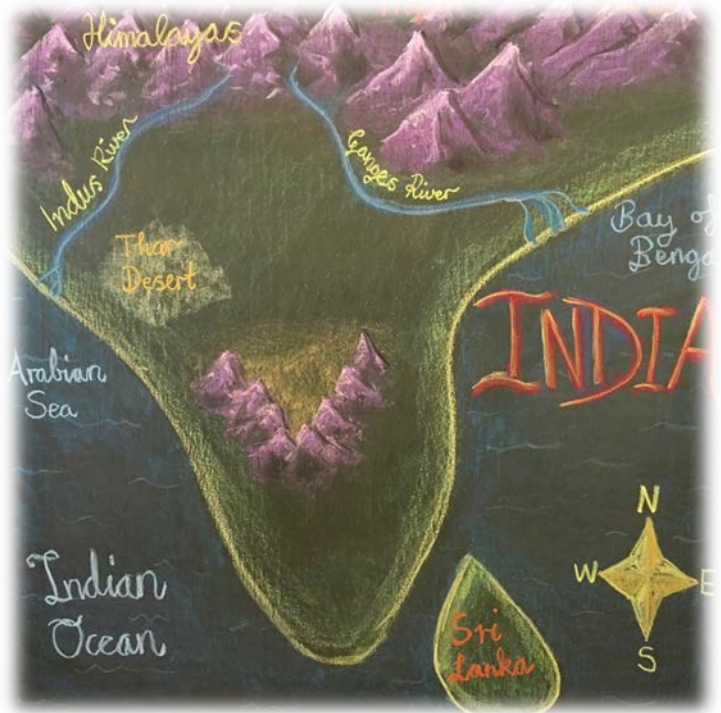
# PRIMARY SCHOOL

## CLASS 5 MAIN LESSON

In Class 5 we explore various ancient cultures and their ways of life. We began the year with the wisdom of ancient India, delving into stories of gods such as Brahma (pictured), Vishnu, Shiva, and Indra. Highlights from the Bhagavad Gita have been shared, where the five sons of Pandu went on grand adventures. To more fully immerse ourselves in the culture we have begun practicing meditation and yoga in the classroom on a regular basis.

Our artwork in form drawing has adopted the Indian style of rangoli / kolam, which would originally be drawn on the ground with colourful powder around a framework of dots. It has been a delightful start to the year and we look forward to what mysteries the next ancient civilisation will hold!

**David Hammond - Class 5 Teacher**



## Connect Learning WA Before and After School Care

Connect Learning are happy to announce they are open for bookings on the upcoming pupil free day on 5th March for parents who would like to enroll their child on a one off basis. Connect Learning are also available for casual bookings all year round if you ever need last minute care. Feel free to pop in for a chat with Nicola (in the Craft/German Room before and after school).

<b>Before School Care</b>	<b>6:30am to 8:25am</b>
<b>After School Care</b>	<b>2:00pm to 6:00pm</b>
<b>Vacation Care</b>	<b>6:30am to 6:00pm</b>
<b>Early Finish Thursdays</b>	<b>2:30pm to 6:00pm</b>
<b>Pupil Free Days</b>	<b>6:30am to 6:00pm</b>

If you are interested in your child attending please email Beccy on [info@connectlearningwa.com.au](mailto:info@connectlearningwa.com.au)

\*The service is only available to Primary aged children.\*



# HIGH SCHOOL

## CLASS 12 BALL PHOTOS

















# MAINTENANCE & GARDENING



*We are a waste wise school!*



*We recycle what we use,  
separate things and you should too!*

*Glass, paper, plastic and tin,  
go in your RECYCLING BIN!*

*We must start now, we can't wait,  
quick or it will be too late!*



If you are riding your bike to school, please remember to ring your bell or shout out to warn that you are cycling towards other people as to avoid any accidents. Also please be sure to stop riding and walk your bike when on school grounds, as it is dangerous to parents and young Kindy children as well as cars that may be reversing out. Remember to always wear a helmet when riding a bike!

## **GARDENING VOLUNTEERS**

We welcome back our wonderful volunteer gardeners from last year whose work can still be seen around the school grounds.

If you have an hour to spare and would like to fulfil your volunteer hours by gardening please join us on Thursday mornings at 9:00am by the canteen. If this time doesn't suit you please call Heidi on **0427 445 754** to arrange an alternative.

**Heidi Halter - Maintenance and Gardening Team**

## P & F

### 'THE CARRIAGE' SCHOOL SHOP



#### **OPENING TIMES:**

**Tuesday and Thursday from 8:15am-9:15am, and Wednesday from 2:30pm-3:30pm.**

We stock all your school stationery supplies, uniforms & bags.

We also have a large range of craft supplies, jewellery, knitted items, cleaning products, salt lamps, essential oil holders, amber teething necklaces, wooden toys, books and Moondust Tooth Powder.

## **2019 SPRING BULB FUNDRAISER**

Order forms for WA company 'Tulips with a Difference' have been distributed to classes (they may be in your child's bag!). This is a great fundraiser for our school - we keep 30% of funds raised - with the added bonus of colour and beauty in our gardens! Neighbours and extended family may be interested in ordering bulbs as well.

**Completed order forms are due by Wednesday, 20<sup>th</sup> March.** Please drop off forms at the school office reception - contact me if you have any queries (**0406 897 469**).

**Simone Finlay - P&F and Community Support**



# COMMUNITY CLASSES

## Groups/Classes

Participating in any of these activities goes towards Family Participation Hours.

*These groups for parents are run or led by teachers or parents. Members of the school community are encouraged to join any of the groups and enjoy the experience of personal growth and learning in this beautiful environment - a great inspiration for our children!*

Mondays, 9:00am-10:15am	<b>Parents and Friends Study Group</b> with Anne Williams (in the Library, no children please) <b>0424 771 217</b> .
Mondays, 10:30am-12:00pm (fortnightly)	<b>Biodynamic Group</b> with Heidi Halter (see below for details).
Tuesdays, 9:00am	<b>Craft Group</b> with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm	<b>Eurythmy</b> with Kristina Hamilton (in Williams Hall).
Wednesdays 9:00am	<b>Adult Singing</b> Come and join Claire Williamson and discover your inner voice (in the Music Office)
Thursdays, 9:00am-9:45am	<b>Listening Circle</b> with Bruce Lee - the Administrator (in the Library). Come in for a conversation, concern, query or just to listen.
Saturdays, 1:00pm-4:00pm	<b>Waldorf Wood Workers</b> with Christian Geyer (meet in Plaza) <b>0409 267 178</b> .

**BIODYNAMIC GROUP** - with Heidi Halter.

**Mondays (fortnightly), 10:30am-12:00pm, in the Kindy 4 garden.**

You are invited to join in the first Biodynamic session for 2019. We will be stirring and spraying out the most essential Biodynamic preparation for the soil. For a gold coin donation you will be able to take some home. No experience is necessary. We will meet in the Kindy 4 garden at 10:30am on Monday 11<sup>th</sup> March and be finished by 12:00pm. Children are welcome to attend.

For more information please contact Heidi on **0427 445 754**.

**CRAFT GROUP** - with Pixie Stott.

**Tuesdays, 2:15pm-3:00pm, outside the Canteen.**

Welcome new and continuing parents and carers! Come along and join Pixie and parents in sewing felt rabbits and mice for the Easter market - they're rather adorable. Every Tuesday morning from 9:00am to 11:00am.



**EURYTHMY** - with Kristina Hamilton.

**Tuesdays, 2:15pm-3:00pm, in Williams Hall.**

Rudolf Steiner's art of movement, EURYTHMY, helps to connect the spirit within each human being to the world at large. As well as being a much respected performance art, Eurythmy is recognized world-wide for its practical applications in education and therapy. At PWS Eurythmy is an essential component of the Waldorf Curriculum and is currently being offered from Kindy to Class 6. Each lesson is created anew to help the child meet the particular challenges of each stage of child-development.

In these free Eurythmy classes designed for adults, the aim is to share the life-affirming benefits of Eurythmy movements. After doing Eurythmy many people remark how they feel so much more relaxed, at one with the world, and ready to meet the challenges of life. Happy parents mean happy children, so do come and try this wonderful elixir! No experience is necessary, only a wish to enrich your soul in the joyful company of others.





# SCHOOL NOTICES



School notices are strictly for members of the school only and may consist of: lost and found items, items for sale (student/school related), and classes/ lessons within the school, etc. Please restrict your notice to three lines (this is free of charge). School notices will appear in this section for two weeks. If you would like the ad to appear for longer, please contact the Pabulum on 9417 3638 each week. Thank you.

**WET SUIT FOR SALE - long arms & legs** - Ozmosis brand - boy size 12, perfect for Class 7 sailing camp! Hardly used. Bought new \$100 – sell for \$50. We live 5 mins from school. Contact: [Shaz.hutchison@bigpond.com](mailto:Shaz.hutchison@bigpond.com), ph/text **0400 248 895**.

**VIOLINS FOR SALE** - ½ size - **2 available** - PRICES REDUCED! 1 in excellent condition \$150; 1 in fair condition \$120. We live 5 mins from school. Contact: [Shaz.hutchison@bigpond.com](mailto:Shaz.hutchison@bigpond.com), ph/text **0400 248 895**.

## SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12  
YOU MAY BE ELIGIBLE FOR UP TO:

### \$350

towards school expenses

DO YOU HOLD A: ● CENTRELINK HEALTH CARE CARD  
(OR) ● CENTRELINK PENSIONER CONCESSION CARD  
(OR) ● VETERANS' AFFAIRS PENSIONER CONCESSION CARD

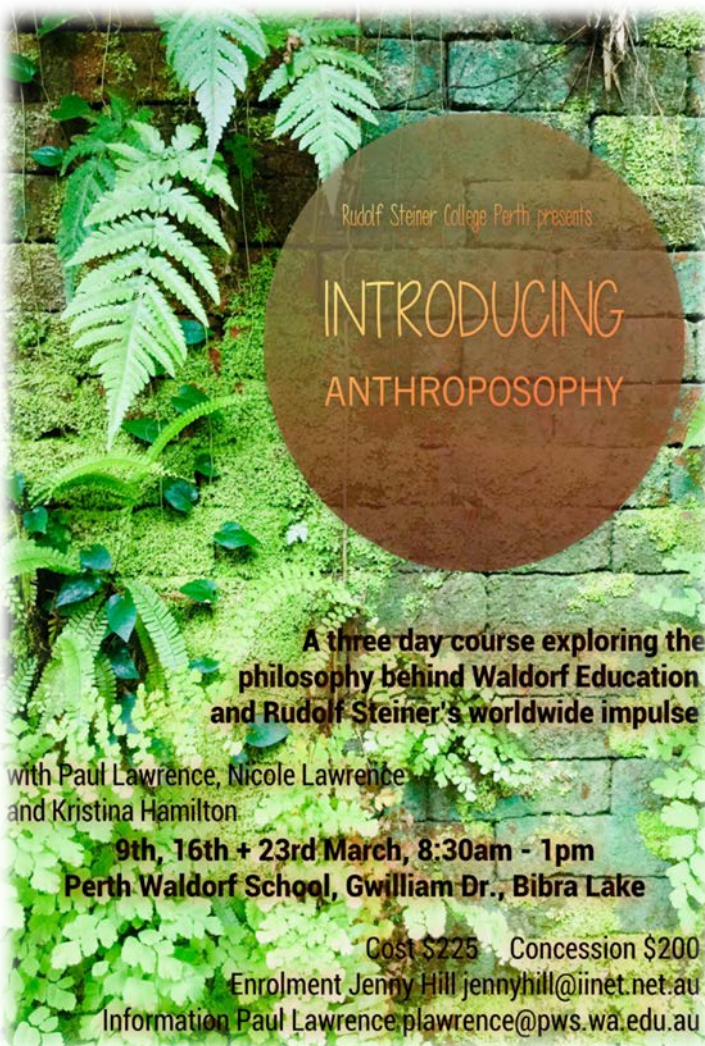
Applications Close  
**Friday 12 April 2019**

Ask School Reception for More Information

### Rudolf Steiner College Perth 2019

<b>Celebrating The Human Being</b> Tone and Speech Eurythmy with Ptries Orange	Saturday Feb 24th 8.30 - 3.30
<b>Introducing Anthroposophy</b> with Paul Lawrence, Nicole Lawrence	3 Saturdays March 9th, 16th, 23rd 8.30 - 1.00
<b>Life Mapping Module One</b> with Dale Irving	5 Tuesdays from March 12th 7.00 - 8.30
<b>Patterns in Child Development</b> with Susan Laing	Saturday March 30th 8.30 - 12.30
<b>Life Mapping Module Two</b> with Dale Irving	5 Tuesdays from April 30th 7.00 - 8.30
<b>A Journey of Becoming</b> Modules One and Two with Dr. Lakshmi Prasanna and Ptries Orange	July 15th - 19th 5 day intensive 8.30 - 5.00
<b>Life Mapping Module One</b> with Dale Irving At Silver Tree Steiner School	5 Tuesdays from July 30th 7.00 - 8.30
<b>Play and Child Observation</b> with Renate Breipohl	2 Saturdays August 24th, 31st times to be confirmed
<b>The Four Temperaments</b> with Jill Whitfield and Sharon Clifford	September dates to be confirmed
<b>The Evolution of Consciousness</b> through the Visual Arts Anthony MacLeod	To be confirmed

For more details visit <https://www.rudolfsteinercollege.com.au>  
or contact Jenny Hill [jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.au)  
or Ann Reeves [annreeves@iinet.net.au](mailto:annreeves@iinet.net.au)



Rudolf Steiner College Perth presents

## INTRODUCING ANTHROPOSOPHY

**A three day course exploring the  
philosophy behind Waldorf Education  
and Rudolf Steiner's worldwide impulse**

with Paul Lawrence, Nicole Lawrence  
and Kristina Hamilton

**9th, 16th + 23rd March, 8:30am - 1pm**  
**Perth Waldorf School, Gwilliam Dr., Bibra Lake**

Cost \$225 - Concession \$200  
Enrolment Jenny Hill [jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.au)  
Information Paul Lawrence [plawrence@pws.wa.edu.au](mailto:plawrence@pws.wa.edu.au)





## Introducing Anthroposophy

What is the Human Being? Who are we?

Rudolf Steiner's insights create a multi-layered picture that open our minds and hearts to a richer understanding of these questions.

A two-fold approach explores the physical and the spiritual natures of the human being, sleeping and waking, breathing in and

breathing out, sympathy and antipathy.

Expanding into a three-fold approach we explore the middle way between polarities: body, soul and spirit; thinking, feeling and willing; head, heart and hands.

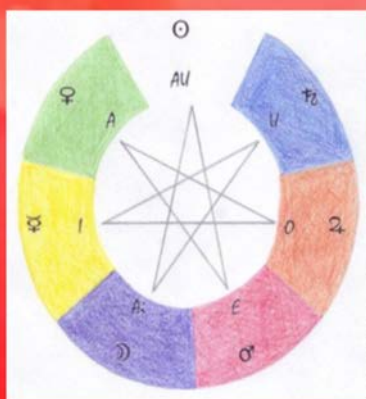
In the four-fold human being we come to the physical, etheric, astral and ego bodies and see how these are expressed in the mineral, plant, animal and human kingdoms, the four elements and the four temperaments.

This is a wonderful opportunity to experience an artistic introduction to Anthroposophy including painting, sculpture, music and eurythmy.

Tutors: Paul Lawrence, Nicole Lawrence and Kristina Hamilton

## Patterns in child development

Steiner's insights and cycles of growth  
reflecting planetary qualities in the early years



with  
**Susan Laing**

**Saturday 30th March**  
**8.30 - 12.30pm**

\$80 \$60 concession

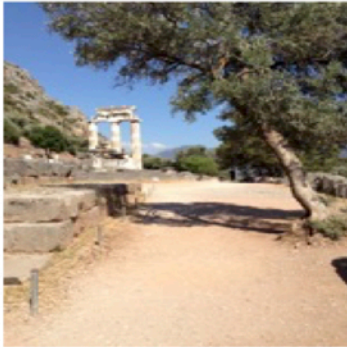
Perth Waldorf School, Gwilliam Drive, Bibra Lake

For more details contact Jenny Hill [jennyhill@iinet.net.au](mailto:jennyhill@iinet.net.au)  
[www.rudolfsteinercollege.com.au](http://www.rudolfsteinercollege.com.au)



## Biography Work

### MODULE 1: LIFE MAPPING



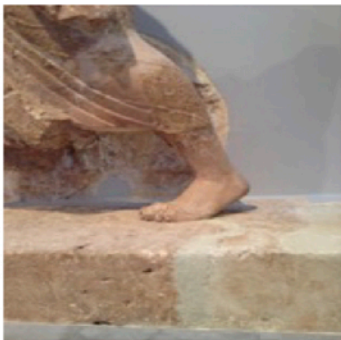
*Life is itself a path of initiation which becomes more meaningful when it is lived in full consciousness, in a way that can be achieved through working on one's biography.*  
(Burkhard, G. *Biographical Work: the Anthroposophical Basis*. 2007).

**Biography Work through Life Mapping** provides a way of remembering life phases (septennials or 7 year phases) and uses artistic exercises to illuminate these memories. After five weeks each participant will have a chart of main life events as a basis for further development. Conversation, creative writing, drawing and movement allow the workshops to be interactive, engaging and heartening.

**Where** Seekers Room. Perth Waldorf School  
Gwilliam Drive, Bibra Lake  
**When** Tuesday 12th March - 9 April 7pm - 8.30  
**Booking** Dale Irving [docirvo7@bigpond.com](mailto:docirvo7@bigpond.com)  
0400959050  
**Cost** \$100 Concession \$80

Module 1 is a prerequisite for Module 2

### MODULE 2: FREEDOM OR FATE



*The personal chart can become a precious lifetime possession. By yearly updating we can sustain our awakening recognition of destiny in motion. Through this inner process we gain a more mature, tolerant and compassionate in-look on destiny, both ours and others.*  
(Bryant, W. A. *A Journey through Time*, 2006).

**Biography Work through Destiny Learning** allows a way to look at life patterns, rhythms, mirroring, destiny moments in a holistic way using the chart as the guide that expands and deepens over time. Deep listening, helping conversations, writing and gesture work will provide ways to be heard and to listen and share our becoming human.

**Where** Seekers Room. Perth Waldorf School  
Gwilliam Drive, Bibra Lake  
**When** Tuesday 30th April - 28th May 7 - 8.30pm  
**Booking** Dale Irving [docirvo7@bigpond.com](mailto:docirvo7@bigpond.com)  
0400959050



## COMMUNITY NOTICES



Community Notices are for members of the school's community only and may consist of; business adverts, producers, services, items for sale (non-school related), etc. keeping in mind that they need to be consistent within our schools' ethos. Please restrict your notice to three lines (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a ¼ page advert, a \$10 fee is required and will only appear in Week 2 and Week 8.

**KITTENS** - we are fostering 4 kittens on behalf of the Animal Protection Society, and they will be available for adoption shortly. All the admin goes through the APS, but you are welcome to visit the kittens at our Bibra Lake house (no obligations!). We'd like to find them good homes, and the shelter is very full at the moment! Call Rebecca **0434 828 627** / [mahontr@bigpond.com](mailto:mahontr@bigpond.com).

**LOUNGE FOR SALE** - 2 seater brown suede lounge for sale - very good condition. From smoke free home. \$40 or for a tray of mangoes or vegetarian meal. Nicole **0437 559 105**.

**ALANA ROBINS, FLOWER ESSENCE SPECIALIST** - Offering flower essences and gem elixirs for the wellbeing of women, children and families. Special price of \$65 for PWS families. Phone **0407 570 950**.

**ANCIENT YOGIC HEALING with GURU DEVI** - 3 Powerful Workshops, in Perth. 1st - 3rd March. Heal Yourself, The Art of Silence and Going Deep into Shuniya (zero mind state). Early Bird before 15th Feb. Contact: [tejbhagti@gmail.com](mailto:tejbhagti@gmail.com)

# PIXIE STOTT CANTEEN

Canteen Open times:

Mon and Fri, 8:10am-2:00pm.

Tues and Wed 8:10am-2:00pm. After school 3:00pm-3:15pm.

Thurs 8:10am-1:30pm. After school 2:10pm-2:30pm.

## Menu for Term 1

All Primary school students must order before school for morning tea and lunch.

### Daily specials (must be ordered):

<b>Monday -</b>	Vegetable chilli served with rice, corn chips, natural yoghurt and cheese (GF) (vegan available).	\$5.00
<b>Tuesday -</b>	Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie.	\$5.00
<b>Wednesday -</b>	Sushi hand rolls (GF and egg free) - Tuna and cucumber or avocado and mixed vegetables (vegan). Miso soup.	\$4.00 \$4.00
<b>Thursday -</b>	Wraps - Egg and salad, cheese and salad or ham and salad.	\$4.50
<b>Friday -</b>	Beef burger with salad (GF available) or tempeh burger with salad (vegan)(GF available).	\$6.00

### Available everyday (items with a ★ must be ordered):

#### Savoury:

★Rice paper rolls - tempeh, bean noodles, vegetables (GF, vegan)	\$5.00
★Veggie roll (GF).	\$5.00
★Beef pie (GF).	\$5.50
★Beef sausage in wholemeal bread.	\$2.00
Spinach and ricotta rolls.	\$4.50
Cheese and tomato toasties.	\$2.50
★Ham, cheese and tomato toasted sandwiches.	\$3.50
★Pizza - vegetable or meat.	\$3.00
Boiled egg.	\$1.00
Popcorn.	50c

#### Sweet:

Cakes (assorted variety)	
Bliss balls	\$3.00
Cookies	from \$1.00
Fresh fruit	from 50c
Icy Poles (primary only after school)	\$1.50

#### Drinks:

Flavoured Bannister Downs pouches (primary only after school)	\$2.50
Slushies' refund of 50c on return of small cup	Sm \$2.50 / Lg \$4.00
Juices	Sm \$2.50 / Lg \$3.50
Coconut water	Sm \$3.00 / Lg \$4.00
Fresh coconuts (when available)	\$4.50
Plain Milk	Sm \$1.50 / Lg \$2.50
Hot Chocolate	Sm \$3.00 / Mug \$3.50 / Take away \$4.50
Coffee	Mug \$3.50 / Take away \$4.50
Long Black	Mug \$3.00 / Take away \$4.00
Tea	Mug \$2.00 / Take away \$3.00
Herbal Tea	Mug \$2.50 / Take away \$3.50

\*Almond or coconut milk extra \$1.00

**Bring your own take away cup for 50c discount!**



# Restorative Practice in Our School : Introduction

PWS Philosophy

***"The true aim of education is to awaken real powers of perception and judgement in relation to life and living. For only such an awakening can lead to true freedom".*** Rudolf Steiner

The principle aim of the Perth Waldorf School is the provision of high quality education based on the insights of Rudolf Steiner. In essence, Waldorf Education recognises the three soul faculties of the human being, namely, Thinking, Feeling and Willing which emerge and develop during childhood.

Our curriculum and methodology address the unfolding of these qualities in children by providing content which parallels the developmental stage of the children. Our teaching method, by recognising that these faculties emerge in a specific sequence in a child's life, is in harmony with the consciousness of the child. Taught this way, each subject serves to strengthen and balance these innate human qualities.

The Perth Waldorf School aims to:

- Provide an education so our students become balanced adult individuals, having developed clarity of thinking, sensitivity of feeling and strength of will.
- Inspire within the children a love of learning, a morality that strives for goodness, an appreciation of beauty and a pursuit of truth.
- Provide our students with knowledge, skills and the means to work competently in the world.
- Provide our students with values that will enable them to find their path in life.
- Inspire a sense of wonder at, and a healthy positive connection to, the world, arising from a knowledge of and responsibility toward the individuality of themselves and others.
- Inspire a sense of the spiritual dimension of life as well as a healthy respect for the physical.

These aims are held throughout the child's schooling but implementation of them will vary according to the development of the child.

**The Restorative Practice Approach** closely aligns with the ethos of our school and involves observation, hearing each other's story, reflection on the role we each play and seeking a shared outcome that helps each person involved to move forward positively.

Adopted by PWS in 2006, restorative practice is an approach to managing conflict, managing behaviour in an inclusive way and to restoring fractured relationships.

All staff are informed on how to facilitate a Restorative process.

## **Parents and Restorative Practice**

Parents are invited to look at the type of language that is used and the way in which a facilitated conversation can be held and then to use it as a tool. Practice makes perfect.

The important point as a facilitator is to allow each person to be heard so that they "see" the other. A consequence of seeing the other is to develop a common understanding of what effect each person's behavior has on others and to reflect and learn over time.

It is hoped an agreed upon consequence can follow from a facilitated conversation that will be accepted by all involved and is "restorative".

At PWS, Restorative Practice is used with all ages including adults. The developmental age of each child is taken into account when using Restorative Practice at school and the authority of the wise adult is not supplanted by the approach.

# Restorative Practice in Our School : Process

Restorative Practice aims to allow all parties to share their experiences and hear the experiences of others and then find ways to restore a situation so that all parties feel that justice has been done.

- Despite acknowledging this empowering approach, teachers and other staff retain the right and obligation to use their professional judgment and personal authority to deal with students and behaviour issues.
- The Restorative Justice approach requires all parties to be willing participants.

## Corridor Conference Approach

Using the Restorative Practice approach, the teacher will usually act as a facilitator and would use the following language and questions as a guide.

To both the Wrongdoer & the Person Harmed	To the Person Harmed	To the Wrongdoer
What happened?  What were you thinking at the time?  What have you thought since?  Who has been harmed / affected? How?  What needs to happen to repair the harm/make things right?	How have you been affected?  What's the hardest or most difficult part?  What would you like to see happen?	Does that seem fair? If not, what needs to happen?  Is there anything you would like to do or say?  <u>Facilitator - Remember to:</u> <ul style="list-style-type: none"><li>• Use silence</li><li>• Say "tell me more" or "say more about that"</li><li>• Give time to reflect &amp; if necessary come back to them</li></ul>

## Debriefing Questions

Standard Debriefing (No harm)	Debriefing (Harmful Behaviour)
What happened? What was the hardest or most difficult part?   What could you do differently next time?	What happened? What were you thinking at the time? How do you think (other person/members of group) feel/s?  What could you do differently next time? Is there anything you want to say or do?

### Formal Restorative Justice Conference

In situations of significant conflict or harm it may be necessary for a more formal "round table" type conference to take place. This may involve an independent experienced facilitator, and it may be appropriate for various parties to invite a supporter to accompany them.