



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

MARCH

Mon 18 Class 12 Teacher Parent Meeting

Wed 20 Class 9 Teacher Parent Meeting

Thur 21 Class 8 and 10 Vaccinations

Thur 21 High School Beach Day

Fri 22 Class 10A Play

Fri 22 Ride2School Day - See P&F for details

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

Mon 1 Susan Laing Parent Talks - 9:00am and 6:30pm in Seekers Place

Thurs 4 P&F Meeting - 6:30pm

Tue 9 Primary Easter Palm Walk

Tue 9 Easter Markets - 9:00am-1:00pm

Sun 7 - Fri 12 Class 7 Wardong Sailing Camp

Fri 12 Foot Washing Assembly



HIGH SCHOOL JOURNEY

Next Term - Thursday, 6th June

We will keep you posted for further details.

Term 1, Week 6

Tuesday, 14th March, 2019

This morning PWS did a presentation at a local Rotary Club meeting. It was good to be able to highlight:

- our beginnings (the first school was started 100 years ago in 1919 with indications provided by Rudolf Steiner about what is needed by children)
- anthroposophy which underpins Steiner Education and speaks to us of a spiritual world which exists and with careful observation and study can be observed. Our children are spiritual beings and we are supporting them to tread their own path and become adults ready for the world
- why we teach children according to seven year life cycles and how the curriculum meets them at each stage of development
- how we teach children to develop creativity and imagination
- that we strive to develop intellectual, artistic and practical skills in an integrated holistic manner
- the points of difference between Steiner schools and what they may be used to and
- the outcome at the end in terms of children moving on to higher education if they want to.

The presentation appeared to resonate with the audience. One of the first questions was how much does such a "nirvana" cost and it was good to highlight that we try to keep our fees low and have a fee structure comparable with many lower cost independent schools and the Catholic sector.

It's unclear whether a school that is actively striving to defend childhood in a healthy way is a "nirvana" but it is fair to say that a lot of good people are bringing consciousness to how we work with our children and adolescents. Thank you. Long may we strive to be awake to their needs and avoid falling asleep at the wheel of parenthood. Slow down, calm down, be present to what is, don't be fearful of boredom (creativity springs from the spaces when we are not busy) or setting boundaries. And love, always love.

In gratitude,

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD

*In striving forth toward the goal,
I feel new firmness in my soul.
The I-of-God in knowing sight
Fills all all my will with gleaming light.*

*And in these hidden depths, this radiant glow,
By bringing light to darkness, makes the good fruit grow.*

Michael Hedley Burton

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

FROM FINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 1 Due Date: Friday, 15th February, 2019.

CREDIT CARD/ONLINE PAYMENT	ELECTRONIC FUNDS TRANSFER	CHEQUE AND CASH
<p>Payments by Credit Card can be made by visiting the Bpoint website: https://www.bpoint.com.au</p> <p>Biller Code: 147 2133 Reference: Family Code</p> <p>Phone payments can also be made by calling Reception on 9417 3638 during Office Hours.</p> <p>We accept VISA and MASTERCARD.</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: Family Code</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 or see reception.

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

GENERAL NEWS

INTRODUCING STAFF

Titus Witsenberg

Titus Witsenberg was educated at a Waldorf school in the Holland. He studied and practiced civil engineering and later became the director of a printing company. It was when he asked himself the question, "What do I really want to be?" that the answer came to him at a parent meeting at a Waldorf school. So at the age of 35, Titus commenced training and commenced his teaching journey in his home country, Holland.

In 1992, he came to Australia on sabbatical before moving here permanently two years later. At that time Titus became a Primary Teacher at the Perth Waldorf School and completed two full cycles leading classes from Class 1 to 8 and then 1 to 7. He feels he made deep connections with students and families during those Class teacher years.

In 2010, Titus began to focus mainly on music and together with Janet Wilson established the first orchestra program at the school. He also helped many parents make a Lyre and gave Lyre and flute lessons. Drama is another of Titus's passions. He has produced and directed the Shepherd's Play several times as well as the Paradise Play twice.

Nowadays, Titus is a valued member of the maintenance team, specializing in furniture making and repairs. For example, thanks to Titus we have gorgeous newsletter boxes. He also continues tutoring and helping wherever he is needed.

Our community is grateful for Titus's ongoing contribution to our school.



EARLY CHILDHOOD

FROM THE COORDINATOR

Last Wednesday's Kindy Parent Nights were well attended, brief, social and informative. Thank you so much for your participation in parent get-togethers; it makes our teaching work make sense. From the introductions to each other and to staff members, we can build our community upon joyful foundations.

Our combined K5/6 group formed a wonderful picture of the children in our care with a simple activity. Each parent chose one word to describe their child, and what an assemblage of potent human qualities started to emerge. Such a rich diversity is there within our classrooms, ready to be embraced and nurtured.

We have some great opportunities coming up for deepening our understanding of childhood development. For parents, that moment of "AH_HAA" is so precious. A ray of light to penetrate the puzzle that our child may present. Susan Laing's workshops have a well-earned reputation for providing just such insights. Don't miss her talks on Monday April 1st. The morning talk will be different to her evening one and both will be relevant to primary school parents as well. Question and Answer sessions will be included.

Jennifer Byrne - Early Childhood Coordinator

Perth Waldorf School is pleased to present : *Parent talks on Childhood Development with Susan Laing.*

Understanding child development in the early years.

Development in children is not incremental. It happens in bursts, with steps forward and steps backward, with quiet, easy times, but also with boastful, vigorous and other challenging times, that can bamboozle the parent brain! However, there are patterns in this development which reveal there is an order in this unpredictability. These patterns can guide us in how to support our children in the ways they need. This talk will introduce you to this source of help.

Monday, 1st April, 9:00am to 10:30am, Seekers Place.

Meeting the challenges in nurturing young children

Parenting was never easy but this stressful, technological world is creating new challenges in how to provide an environment for the healthy development of young children. Commercialism and misinformed peer pressure, however well meaning, may influence our decisions unless we use our understanding of how young children develop and their basic needs as the foundation for our parenting. Being well informed makes it easier to stand firm courageously in our strategies and decisions to provide them with the healthiest start to life we can manage. This talk explores these challenges.

Monday, 1st April, 6:30pm to 8:00pm, Seekers Place.

Susan Laing Profile



Susan Laing is a parent educator and a mother of four children. She was a founding friend of the Mt Barker Waldorf School. She has 30 years' experience as an educational consultant working in Steiner schools around Australia to support conscious, creative and courageous living with children. Her work researching and integrating the archetypal patterns of development in childhood, including Rudolf Steiner's insights and the work of the Gesell Institute of Child Development, are available in her child development profiles on her website www.creativelivingwithchildren.com. She collaborated with her partner Dr Alduino Mazzone on his book *A Passionate Schooling. Key ideas behind Steiner Waldorf education.*

PRIMARY SCHOOL

FROM THE COORDINATOR

Our children should not be on social media.

When should I give my child a smartphone?

When we teach our children to swim, we investigate, consider and make ourselves aware of the risks. We put safety measures in place and we may even engage the expertise provided by swimming instructors. We would never simply open the gate to the swimming pool and give the children free reign - just as we would never put our children on the train not knowing where it was going or where the children could get off, who else was on the train and what behaviour was acceptable!

So why are we giving our children devices that give them free access to the Internet and enable them to access anything that is on the world wide web?

Our children are still often needing guidance on how to engage socially in appropriate ways and needing adult help to navigate social injustices. How is this managed and monitored when they are alone with 'friends' on the social networks?

We have chosen to send our children to a Steiner school where the curriculum, the way the teachers teach and what they teach is being given to our children at the right time according to the wisdom of Rudolf Steiner's view on child development. The school deliberately does not engage in media of any type until high school - year 8.

Because of the children's "*Online Privacy Protection Act*" children are not allowed on social media sites until the age of 13. This includes Facebook, Instagram and Twitter etc and I am asking **"what are you teaching your children by dodging these limits and letting the children access the social network sites? What is the message you're sending allowing your children to break the rules and school expectations? Are they mature enough to behave safely and responsibly? Do they know the pitfalls and dangers and are you able to monitor their activity?"**

Please prevent our beautiful and precious children from drowning. They need us to protect and guide them socially and emotionally at this time of adolescence when they are growing, changing and grappling with their identity and place in this bewildering world.

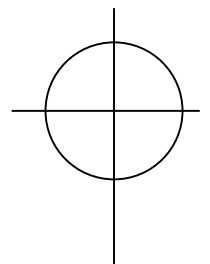
Children in our Primary School should not be on social media!

Lisa Payne - Primary School Coordinator

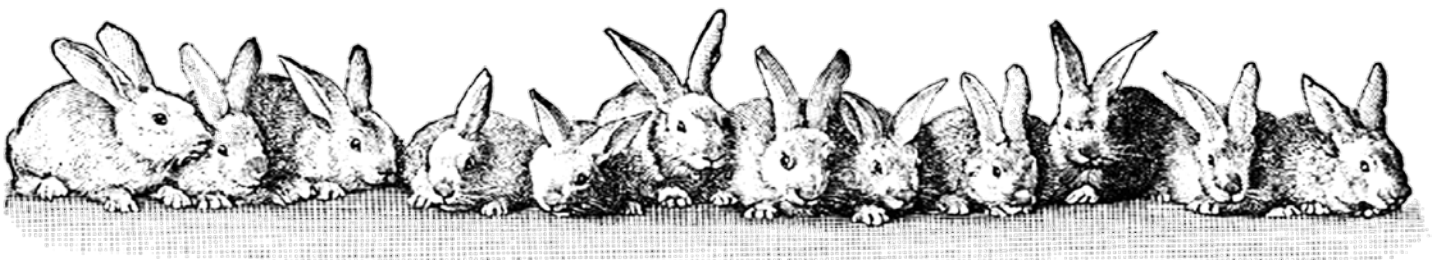
EASTER CROSSES

Easter is coming and so is Little Donkey! So we need our basic Easter crosses ready for decoration by **Monday, 1st April**. For our new students a basic cross needs to be made using the pattern below and returned to school by this date.

The Cross is to be constructed using dowel approx. 12mm in diameter; the vertical piece is to be 72cm long and the horizontal piece 45cm long. The dowel should "cross" 22cm from the top of the vertical and be wrapped with wool or wire to stay together. Take some thick wire and make a circle around the cross with a 20cm radius from the crossover section. To make it easier to attach the Easter Roosters, attach a long nail to the top of the cross.



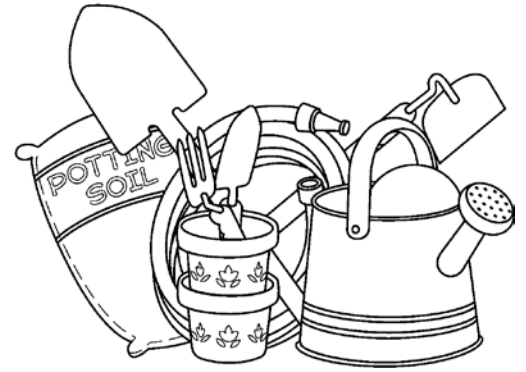
ALL Crosses are to be brought to school by **Monday, 1st April, 2019**.



DONATIONS NEEDED IN CLASS 2

Dear PWS community, the Class 2's are about to embark on a Stephanie Alexander Kitchen Garden Program and so we are calling on any gardening tools you may have lying around that you aren't using; small trowels and spades, smaller pitch forks, a couple more watering cans, buckets, seedling trays etc. We will also be cooking so will be needing 6 larger size stainless steel bowls and an electric frying pan. There will be a box outside Lisa Payne's office so please drop anything into that.

If you would like to contact me regarding any of the items you wish to donate, please email lbastian@pws.wa.edu.au

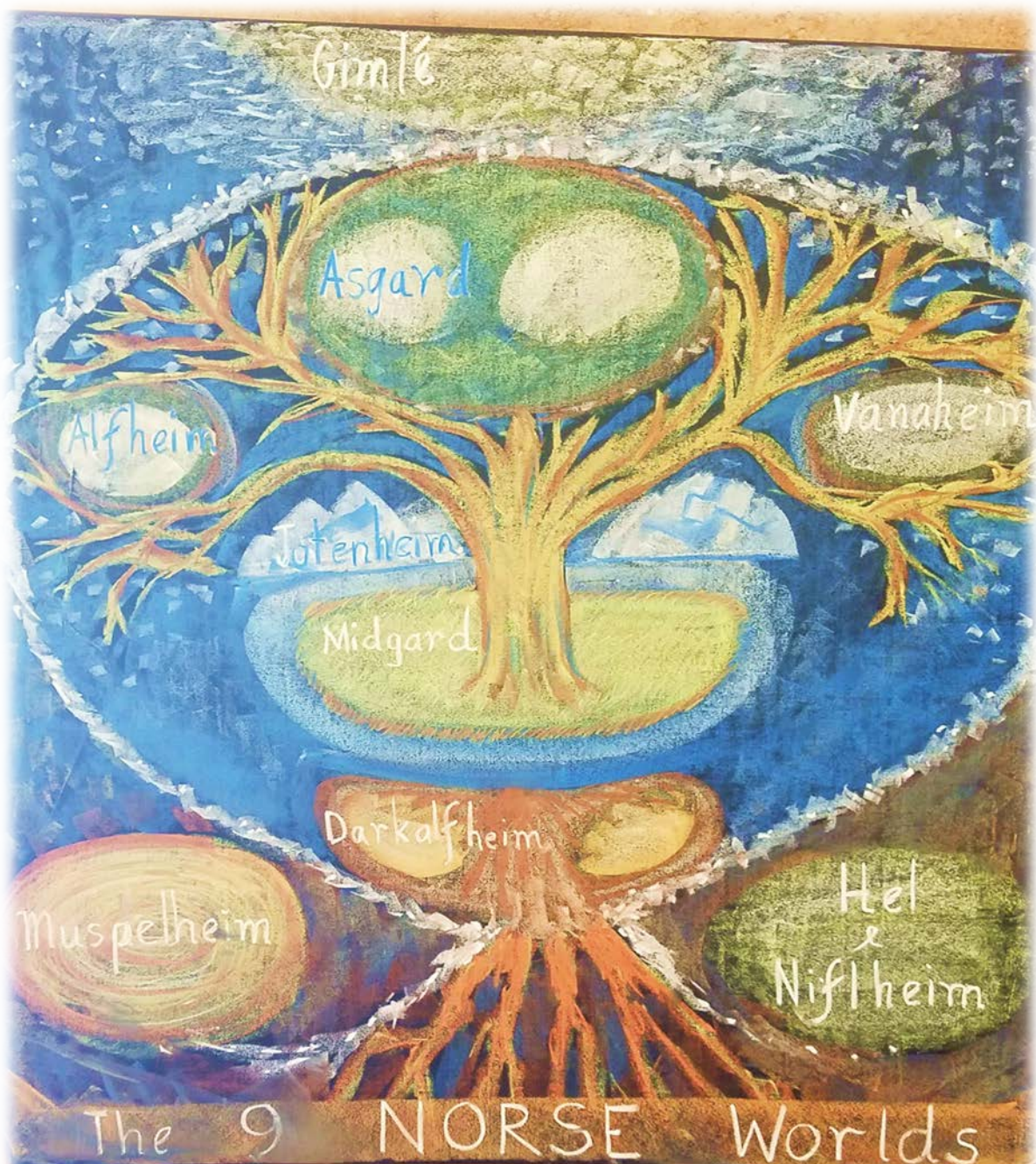


Thank you so much and here's hoping we will be growing and eating some goodness soon

Lisa Bastian - Class 2 Teacher.

CLASS 4 MAIN LESSON - Vikings and Valkeries

Blackboard drawing - *The 9 Norse Worlds*



CLASS 6 MAIN LESSON

Watching the Turning Sky

Class 6 has been a-buzz as groups of students work together with sticks, shadows, torches, balls, umbrellas...to model the movement of sun, moon and stars in the sky. They worked well: questioning, sharing ideas, clarifying observations. Appreciation for the rhythm and precision of sky phenomena grew, as did admiration for the thinking and spirit of the first astronomers who worked it all out.

We explored sky geometry: calculating the sun's noon position for each latitude at Equinox, Solstices.

: Demonstrating the shifting angle of the moon and our view of the lit surface

: noting the movement of the circumpolar constellations of 'The Bear' and 'Crux', the opposite ways they circle the poles; their crossing of the meridian at the same time of day.



As the oldest of the sciences, astronomy is steeped in classical mythologies and the class were familiar with many from Ancient Greece studies in Class 5. Early monuments were often aligned with sun and star positions at key times of the year; as an example we drew Stonehenge and discussed the orientation of Egyptian tombs and temples.



Stories surround the prominent stars, such as Sirius. Not only 'Orion's dog star', but its August rising in the eastern sky was herald for the annual flooding of the Nile, following the melting of Abyssian snow over summer in the north. A highlight for us in the south of the world has been exploring indigenous star lore and images. One representation of the Southern Cross from northern Australian peoples is of a stingray being chased by a shark. We drew this wonderful imagination in pastels, incorporating a little of the patterning style of aboriginal artists.



From the Boorong People of the Lake Tyrrel area of Victoria comes the image of Sirius as 'Warepil', the wedge-tailed eagle - associating the brightest star with our biggest bird. Its 'flight' is directly overhead in summer and autumn from east to west. Just as these eagles may spend part of the day circling and gliding at great heights of up to two thousand meters. Warepil's wife is nearby Rigel, the brightest star in Orion.



In April Class 6 will be on camp at Margaret River and we look forward keenly to star viewing under a dark sky with the full beauty of the Milky Way. Wondrous!

Val Ashman - Class 6 Teacher.



Connect Learning WA Before and After School Care

Connect Learning is available 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). See more details over the next page...

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

If you are interested in your child attending please email Beccy on info@connectlearningwa.com.au

The service is only available to Primary aged children.

A Day in the Life of Connect Learning After School

At Connect Learning's Before and After School Care, the children engage in a variety of activities each day that have been specially designed by the staff to align with the interests and development of the children as well as with the Schools philosophy.



This Term, the mud kitchen has been one of the favourite activities as the children get to create potions, perfumes and other creations using sand, leaves, grass and water. This encourages imaginative play as the children become immersed in their own creative world.

We also like to visit the canteen after school to get a yummy treat for afternoon tea. It was Yana's birthday and we all went down to the canteen for afternoon tea and to sing happy birthday for her. It's a great opportunity for the children to get outside and connect with the school and its surroundings.



PRIMARY CRAFT





HIGH SCHOOL

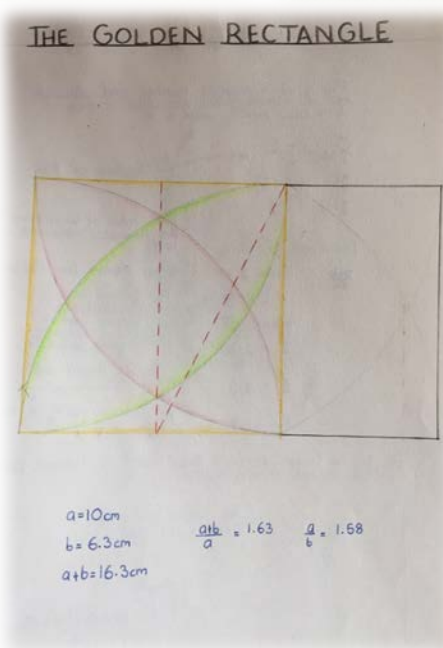
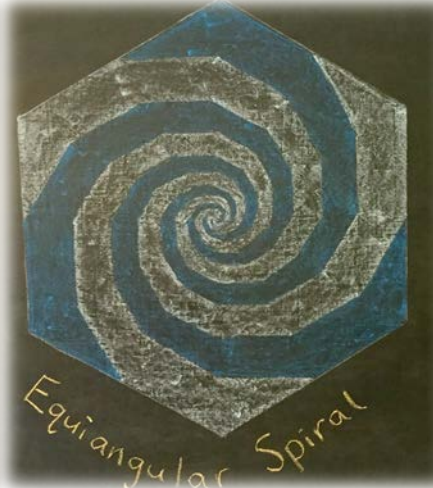
CLASS 9 ART



Drawing by Mairindi Bailey in Class 9, copy of the drawing by Andrea del Verrochio.
Head of a woman with elaborate coiffure.

CLASS 10 MAIN LESSON

Class 10A have recently completed their Sequences and Series Main Lesson - a mathematics main lesson that works back and forth between geometric forms found in nature and the number patterns that arise from them. Through a mixture of problem solving, geometric construction, phenomenological observation and calculations, students uncover numerical sequences such as the Fibonacci, Arithmetic and Geometric Sequences, and then use this understanding of the number theory to look at practical applications in nature, art, architecture and finance before contemplating the nature of an infinite series.



Continued over next page...

In addition to their beautiful spiral constructions, students created and ran their own banking activity and demonstrated their new understanding of sequence and series calculations with a test. For the Class Ten student, who yearns to understand the world and their purpose within it, this main lesson gives them the opportunity to gather not only information about a topic, but also insight into how we know something may be so. Mathematical patterns in nature that they may have observed in earlier years develop structure and form, and Class Ten students are able to wield their developing capacity for theoretical understanding to apply general laws and make predictions.



Kelly Kranz-Little - High School Mathematics Teacher

CLASS 10 PLAY

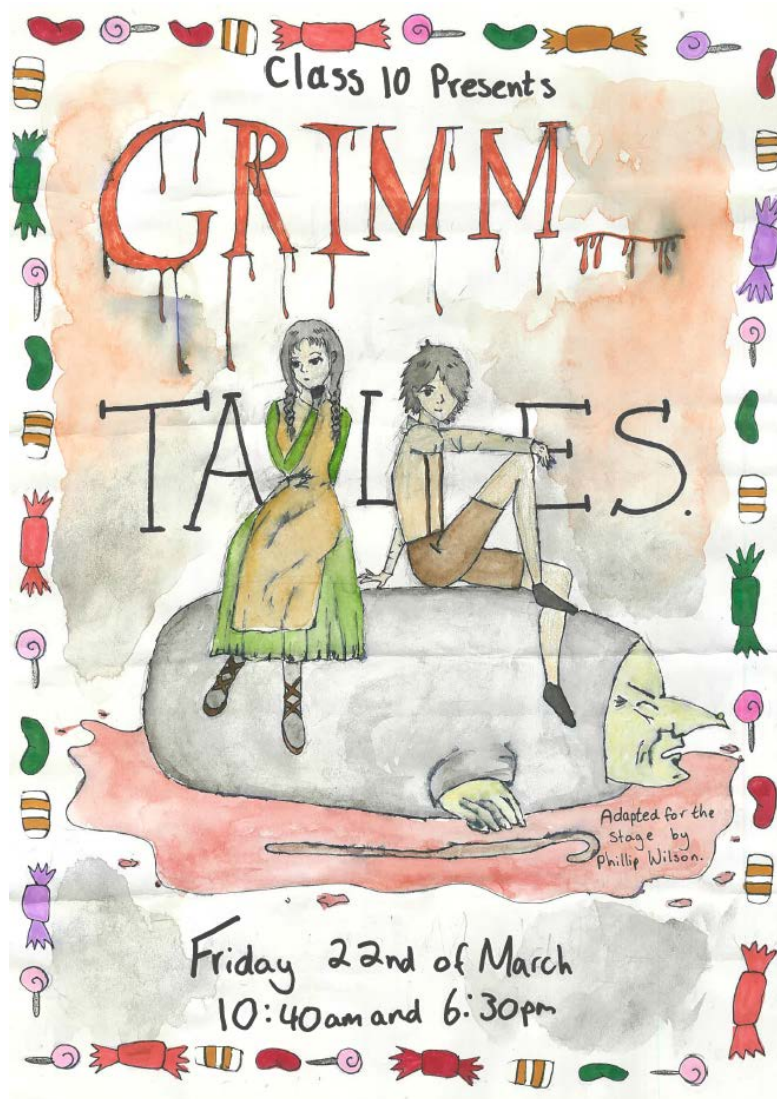
Class 10 will be taking to the stage to perform in the awe inspiring magical play Grimm Tales, adapted for the stage by Philip Wilson.

Full of deliciously dark twists and turns, the tales come to life in all their glittering, macabre brilliance a delight for children and adults alike. You'll meet familiar characters such as Little Red Riding Hood, Rapunzel and Hansel and Gretel.

Join us in Williams Hall on **Friday, 22nd March at 10:40am and 6:30pm.**

We hope to see you there!

Poster created by Madeleine Harvey - Class 10.



LIBRARY NEWS

Library classes are well and truly in the groove with the Swan's from Kindergarten through to Class 7 enjoying a quiet and reverent space.

The Library is valued highly by the students and it is a joy to watch them explore the fabulous collection of books.

The Library is open to the general community Monday 9:00am-12 noon, Tuesday, Wednesday and Thursday 9:00am-3:00pm. Due to a high number of classes accessing the Library on a Friday it is not open to the general community on this day. Apology for any inconvenience this may cause.

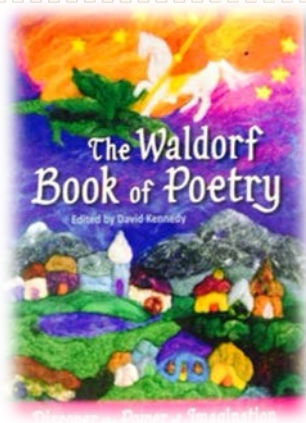
Thank you to those who are generously gifting books from home to the Library and Tashi Bookstall.

Books of the week:

The Waldorf Book of Poetry edited by David Kennedy (pictured to the right) brings history, mathematics, social studies, science, language and geography to life.

Thirteen to Nineteen Discovering the Light, Conversation with Parents by Julian Sleigh. The author sheds light on the familiar problems of loneliness, meeting with others and relating to them, difficulties with parents and more.

String Games by Richard Darsie is a fabulous book presenting string games from different places and cultures around the world.



Thank you,

Penny Champ and Kelly Geyer - our beautiful Librarians.

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!*



Chewing gum is prohibited! Please refrain from bringing/chewing gum on school grounds.

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

'THE CARRIAGE' SCHOOL SHOP



TUESDAY MORNING VOLUNTEER NEEDED!

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 and books.

RIDE2SCHOOL DAY

As part of Bike Week WA, the Parents and Friends Association is hosting a **Ride to School Breakfast on Friday, 22nd March**. Breakfast will be provided from **8:00am in the Plaza** for students whom have ridden their bikes or walked to school, and the canteen will be open. We are seeking several parent helpers to prepare or serve breakfast, or make muffins - please contact Tracey (**0414 813 044**) or Simone (**0406 897 469**) if you can help out.

Start the day in a healthy way - get on your bike!

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, 20th 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



Fundraising With Garden Bulbs & Gifts

Perth Waldorf School P & F

Premium Quality WA supplied Bulbs & Gifts From Tulips With A Difference



Order Forms Available From School Office or

Co-ordinator - Simone Finlay 0406 897 469



SUPPORT YOUR COMMUNITY & SAVE

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	Parents and Friends Study Group with Anne Williams (in the Library, no children please) 0424 771 217 .
Mondays, 10:30am-12:00pm (fortnightly) 25/03	Biodynamic Group with Heidi Halter (see below for details).
Tuesdays, 9:00am	Craft Group with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm	Eurythmy with Kristina Hamilton (in Williams Hall).
Wednesdays 9:00am	Adult Singing Come and join Claire Williamson and discover your inner voice (in the Music Office)
Thursdays, 9:00am-9:45am	Listening Circle with Bruce Lee - the Administrator (in the Library). Come in for a conversation, concern, query or just to listen.
Saturdays, 1:00pm-4:00pm	Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178 .



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.

TWO VIOLINS FOR SALE - one quarter size and one half size. Also one Suzuki flute. Both items have music books. \$80 for each violin. \$120 for the flute. Contact Jana **0424 306 153**.

FOR SALE: CELLO - Full size Eberhard Meinel quality student cello with almost new bow and soft case. Made in German Democratic Republic. Very good condition - \$650.00. Phone Rebecca on **0435 084 890**.

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, 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, 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

Celebrating The Human Being
Tone and Speech Eurythmy
with Ptries Orange

Saturday
Feb 24th
8.30 - 3.30

Introducing Anthroposophy
with Paul Lawrence, Nicole Lawrence

3 Saturdays
March 9th, 16th, 23rd
8.30 - 1.00

Life Mapping Module One
with Dale Irving

5 Tuesdays
from March 12th
7.00 - 8.30

Patterns in Child Development
with Susan Laing

Saturday
March 30th
8.30 - 12.30

Life Mapping Module Two
with Dale Irving

5 Tuesdays
from April 30th
7.00 - 8.30

A Journey of Becoming
Modules One and Two
with Dr. Lakshmi Prasanna
and Ptries Orange

July 15th - 19th
5 day intensive
8.30 - 5.00

Life Mapping Module One
with Dale Irving
At Silver Tree Steiner School

5 Tuesdays
from July 30th
7.00 - 8.30

Play and Child Observation
with Renate Breipohl

2 Saturdays
August 24th, 31st
times to be confirmed

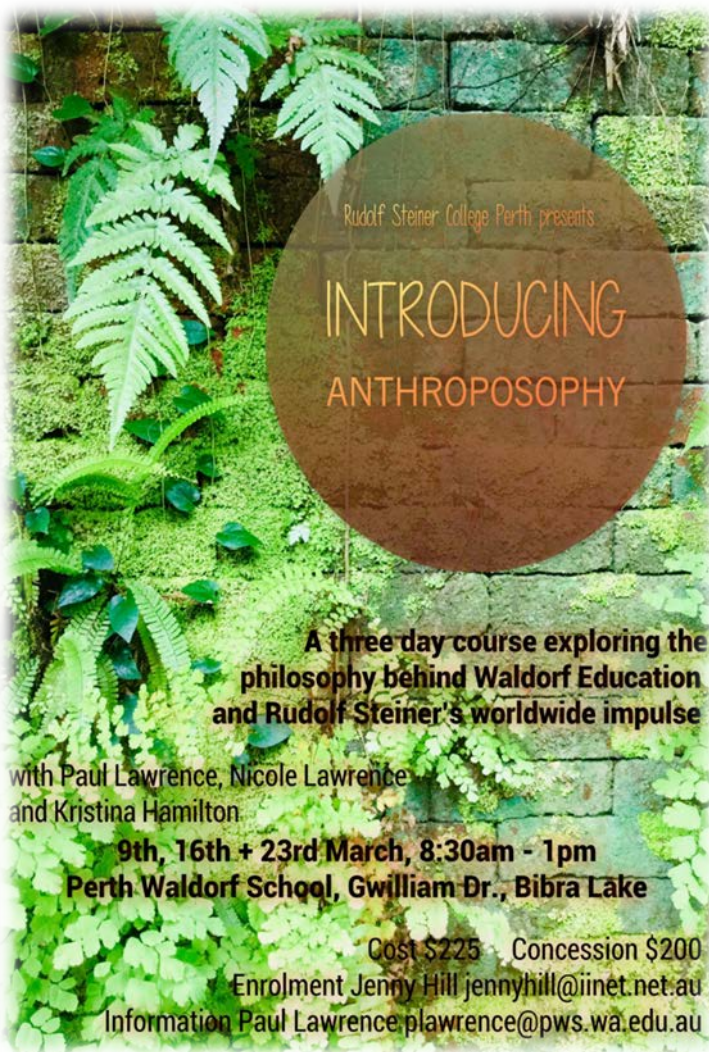
The Four Temperaments
with Jill Whitfield and Sharon Clifford

September
dates to be confirmed

The Evolution of Consciousness
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
or Ann Reeves annreeves@iinet.net.au



Rudolf Steiner College Perth presents

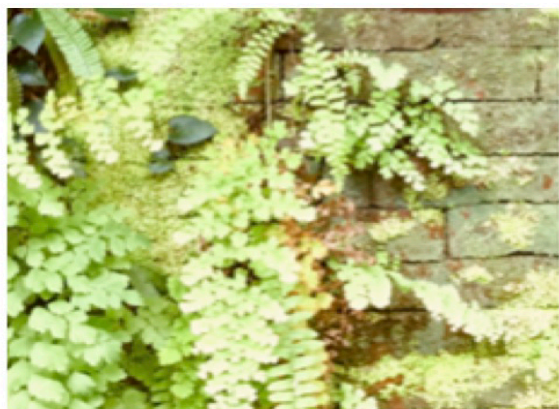
INTRODUCING ANTHROPOSOLOGY

**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
Information Paul Lawrence 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.

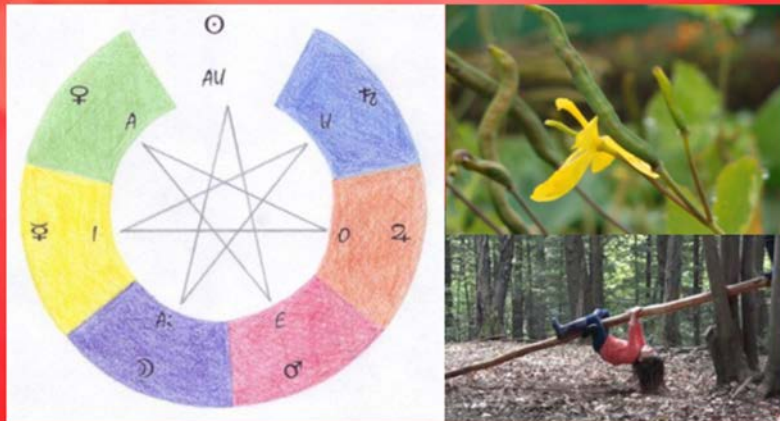
In the four-fold human being we come to the physical, etheric, astral and ego bodies and see how these are expressed in the mineral, plant, animal and human kingdoms, the four elements and the four temperaments.

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

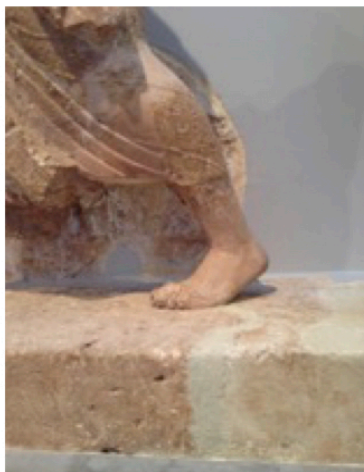
Perth Waldorf School, Gwilliam Drive, Bibra Lake

For more details contact Jenny Hill jennyhill@iinet.net.au
www.rudolfsteinercollege.com.au

Rudolf Steiner College Perth

Biography Work

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
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.

SWEET LITTLE SOULS MERINO BABY CLOTHES BUNDLE - 20+ items all size 1 (62/68) in excellent/very good used condition, incl. jumpers (1 new), beanies and winter sleeping bag - \$200. Please text Annabelle **0431 320 347**.

RENTAL AVAILABLE - Available now 4x2 home in Munster, solar power, mango trees, grape vine. Lots of space. \$420pw neg. <https://m.realestate.com.au/property-house-wa-munster-424610506>

ESSENTIAL OILS 101 CLASS - Your introduction to the world's best essential oils. It's totally free and together we will learn how to kick chemicals to the curb and be pampered in the process. Saturday, 23rd March, 1:30pm til 3:00pm in Bibra Lake. To book Ph. April **0413 159 815**.

HOUSE FOR RENT - 4x2 home with office available for rent in the nearby suburb of Yangebup (4kms) \$400pw. Separate lounge and living area. Reverse cycle ducted aircon, wood fire, gas heating and hot water, dishwasher, recently painted. 3 sheds and a carport. Awesome landlords, pets allowed. Available around the 6th April. Please call Tracey Robertson **0434 953 516**.

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.

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

FOOD FOR THOUGHT

MOSQUITO REPELANT RECIPE

Sent in from a PWS family.

Bearing in mind the school is situated within a wetland area, we are all aware of the large numbers of mosquitoes that we need to contend with on a daily basis. Our family discovered a great and safe recipe to deter these little menaces without harming the environment.

Mix together 3 cups Epsom salts, 3 cups green mouthwash (the original with alcohol works best) and 3 cups stale beer. Stir until Epsom salts are mostly dissolved and pour into a spray bottle. The spray smells like the mouthwash and the alcohol works as a preservative. It can be used both inside and out and will last for 2 - 3 months.

We spray the outside of the house, under furniture and around pot plants and water features. Our frogs and fish all still seem to be breeding but the mozzies have disappeared. If it gets on your skin it does no harm and will deter the mozzies from biting you as well.

May the rest of the year be mozzie free for you!

The Stevens Family



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):

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