



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 2 CALENDAR

MAY

Tue 21	Class 3 Teacher Parent Meeting
Tue 21	Class 3 Eurythmy Performance - 12:00pm in the Hall
Tue 21 - Fri 24	Class 5 Camp to Rottnest
Wed 22	Kindy 4 Teacher Parent Meeting - 7:00pm
Wed 22	Class 7 Kulbardi Teacher Parent Meeting
Mon 27	Class 8B Assembly
Mon 27	Class 7s Excursion
Fri 31	Primary and Early Childhood PUPIL FREE DAY

JUNE

Mon 3	PUBLIC HOLIDAY (WA DAY)
Tue 4	SCHOOL TOUR - 9:00am-10:00am
Tue 4 - Fri 7	Class 8B Camp to Dwellingup
Thur 6	High School Journey
Thur 6	Class 6 Eurythmy Performance - 12:00 in the Hall
Mon 17	Class 10 Assembly
Thur 20	WINTER FESTIVAL
Fri 21	High School PUPIL FREE DAY
Fri 28	LAST DAY OF TERM 2

NEXT WEEK

**Primary and Early Childhood
PUPIL FREE DAY**
Friday, 31st May

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

Term 2, Week 4

Tuesday, 21st May, 2019

The Class 10 drama main lesson presentation last week, was a delight. Thank you to all involved. It is always such a revelation to see playgroup children from 15 years ago standing on stage as 16 year olds delivering monologues, gestures and having fun with such confidence and strength of will. The outward display of what lives in each child brings out a sense of gratitude for all the work of the teachers and parents over years and years of lessons, both formal and informal.

For parents of young ones in 2019, it can also act as a reassurance that whatever fears we have for our children, those fears need not dominate our relationship with them. The best you can offer a child is trust in their being and their worthiness. Children can see and feel when you are internally full of panic and anxiety. How difficult it must be for them to not see living in the person they love the most both confidence and trust that all is well and as it should be. That they are worthy of your confidence and trust no matter how anxious their behaviour or the world makes you feel. If you have the chance, take time out to breathe and celebrate all the things we can be grateful for and consciously watch as stories of fear and anxiety about the future fade away, as if those fears were mist on a cold winter morning.

Last Saturday there was the Parent Feedback Forum hosted by the School Council. Thank you to all who attended and Kewan Bond and Lei Baker for facilitating the morning's events.

Before it got underway some clarity was provided as to the various "Circles of Influence" in our school and a reminder that the initiative for setting up the school was by parents who wanted anthroposophy to be guiding a school in Perth and they wanted a school that provided a Steiner curriculum.

When the school was set up, and now, it is very clear that PWS is not a parent run school or a community school but rather a Steiner school based on anthroposophical understandings and using the Steiner curriculum to guide teachers and their work with children. Enormous weight is to be given to an anthroposophical understanding of the human being in what happens at PWS.

Anthroposophical understanding is not a secretive endeavour that only some people can engage in. The opportunity for anthroposophical understanding is available to all of us through activities within the school and outside, including creative activities, study and observation. Ultimately, it is a personal journey supporting us to bring to the world what it is we are called forth to do.

Knowing that the school is guided by anthroposophical understanding and the Steiner Curriculum will help navigate the various "Circles of Influence which include (1) the individual staff member, (2) the faculty they work in, (3) the coordinators who support the faculties, (4) the College of Teachers and the Administrator (11 people) who hold the whole school in their consciousness, (5) the School Council, (6) the P&F and finally (7) the parent and student body. This is not a comprehensive list of stakeholders but it is worth noting that each area impacts the health and wellbeing of the whole school and like a body that needs head, heart and hands, all are vitally important.

Sail through this week's Pabulum (thanks Class 7s) and let gratitude be your guide.

Bruce Lee - School Administrator

IN THE LIGHT OF A CHILD

The world I see:

*A frozen, empty, barren wasteland it would be
Without the work my head and heart and hands can do
To heal its pain.*

*All things must die and then be born anew.
To help in this great task, that life be not in vain,
The world needs me.*

Michael Hedley Burton

FROM FINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 2 Due Date: Friday, 10th May, 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 TWO FEES

Term Two fees invoices have now been emailed out to families with a due date of 10th May. 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.

UN-REFERENCED PAYMENT

The Finance Department has received a payment without a Family Code with the following details:

Monday, 29th April, 2019 - \$205.00

If you believe this payment was made by you, please contact the Finance Dept on **9417 3738** or email account@pws.wa.edu.au.

GENERAL NEWS

SCHOOL TOUR

Our School Tour will be on **Tuesday, 4th June, 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!

Notice of Annual General Meeting and Call for Nominations

The Annual General Meeting of the Perth Waldorf School Association Incorporate is to be held on **Monday, 10th June 7:00pm** in the **Williams Hall** at the Perth Waldorf School.

Nomination forms are available from the school office and on the school website

Members who wish to submit a nomination form are requested to submit the completed form to the Secretary by post or email by **4:00 pm on Thursday 30th May, 2019.**

Nomination forms can be emailed to Lei Baker, lbaker@pws.wa.edu.au or posted to:
The School Council Secretary, PO Box 1247, BIBRA LAKE, WA 6965.
and should be clearly marked '**Council nomination**'.

* Copies of these documents will be available at the AGM, at the school office, and on the school website (www.pws.wa.edu.au) one week before the AGM by clicking on School Information, AGM 2019.

WALDORF IN BALI

Over the Easter holidays I spent time supporting and observing the new Bali Waldorf School, "Madu House". Madu means honey in Indonesian. Madu house is situated in the rice fields west of Ubud, Bali. The school itself is 2 small villas accessible only by foot or bike- the nearest road is about 500m away. The school has 18 children in the kindy and 10 children in Class 1. Demi, who visited PWS last year is the Class 1 teacher.

Almost all children are mixed-race. Within Class 1 alone, there are at least 8 countries represented amongst the 10 children. The language used is English, with an interesting smattering of local words. Amongst the 4 staff, there are 2 Hindus, 1 Christian and 1 Muslim.

After shaking the teacher's hand at the beginning of each day, Ibu Putu, the assistant smothers the children's legs with citronella, so that they can do their morning circle outdoors on the grass, free of annoying bugs. All the familiar Waldorf songs and verses are chanted with great enthusiasm, and some local seasonal songs too. Right now, it's windy season, so a beautiful Indonesian song about kites is being sung.

For Main Lesson, children sit on cushions on the floor, with specially made low desks. They hear stories of Balinese fairies and write and draw in their locally produced books. The playground is sheltered from the hot sun with grass-rooves on bamboo poles. Children play with coconuts, driftwood, nuts and seeds and of course lots of water and black volcanic sand. For lunch, its veggie soup and baguette eaten out of coconut shells.

It has been 100 years since the first Waldorf School opened its doors in Germany. I wonder if Rudolf Steiner could have imagined that it would one day spread to Bali....



Paul Lawrence - Music Teacher

PRIMARY SCHOOL

Connect Learning WA Before and After School Care

Connect Learning are 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).

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.

CLASS 7 KULBARDI SAILING CAMP

"Smooth Sailing Doesn't Make A Skilful Sailor"

Like Wardong class, last term Class 7 Kulbardi made their way to Albany for their sailing camp. The weather conditions were very challenging at times but the young sailors were up to the task, working together to master skills and to grow in confidence and ability. They can all feel extremely proud of their achievements.

The following free verse poems capture some of the many moods the children experienced- from the anticipation of getting on the water, to the thrill of the capsized and the moody presence of the wrecked whaler chaser. Enjoy.

Picture Perfect

I walk out of my dorm
and feel the cool breeze
against my face
and the morning sun rising.
But all I can focus on
is the beautiful view in front of me:
the crystal clear water,
the green hills rolling in the background
and the pure, white sand under my feet.
As I look up
I see the rain coming in through the clouds,
the sun reflecting on the clear blue water.
and the shadow of a seagull flying across the bay.

I look out across the bay.
For a second everything freezes.
It looks perfect -
picture perfect.

Ilaria Campbell- Clause

The Sunshine After Darkness

The boat tips;
The crew flies overboard.
I plunge
into the cold
darkness.
I see nothing.
I taste salt in my mouth.
I struggle.
I need air.
Then I can breathe
cold,
salty,
air.
We hasten to right the boat.
I feel something brush my leg.
I can't see anything
but darkness.
We scramble in.
All is good,
safe.
We see that the boat
is full of water.
We just look at each other
and smile.

Jemima Bot

The Wreck

Everything seems right with the world.
There are smiles everywhere,
and the wind is whistling in my ears and hair.
But then I spot you.
Time slows;
Angry waves pound your chest,
dark rocks hug your flanks.
I can just see the faint symbol
of a moon and star
underneath your fragile coat of rust.
Rotting planks hide any secrets you hold.
You're mysterious.
The tattered crows nest is tossed around feebly in the
fierce wind.
"CAUTION" signs guard your bow,
revealing all your irrevocable deeds.
You're the dark side of the harbour,
the shadow
to the beauty this town gives us.
But
when time slows down
it has to catch up again.
The waves move faster.
The rocks become more pointy and sharp,
Your rusty skin goes darker,
The crow's nests dance with the wind speeds up,
The CAUTION signs become more shadowed
and the water on my face starts to sting my
spellbound eyes.
I grasp tightly to the painted
wooden boat
and let go of the mainsheet...

We slowly tack around you.
The boom swings over my head as my gaze
meets yours.
The wind catches the sail
and our boat zooms forward
The ocean and the gusts of oncoming wind
shield me
from your stare.

Celeste Bastian

(continued over next page...)

Rocky waters

Sailing-
the splash,
the spray,
the sound,
the wind in my hair.
the water with its icy stare.
You slip, I jump.
The waves are rolling over our heads
and under the boats.
We climb, we struggle,
We're up, we're safe.
We're in the boat.
But there's one more challenge to face-
it's cold,
it's freezing,
it's harsh,
the worst!
Just imagine a fire,
warm and toasty.
We can get through this together,
just you and me.
Let's go back to shore
away from the sea.
We'll sit in the sun and feel alive
and free.

Jorjiana Money

Just One Bird

I woke up in the morning.
I got into some warm clothes
and walked outside
in the light, airy breeze.
I walked down to the beach
where I saw the peaceful bay,
where I saw birds flying across the bay.
But one,
just one,
bird
caught my eye.
It was a pure white bird
with a beige brown beak
and a few brown spots.
Four to be exact.
It reminded me of a humming bird
but its wings beat not as quickly.
It flew so elegantly,
Silently.
It flew
and flew,
til I could see it no more.
I sat down on a rock
and watched the sun rise.
It was then I realized-
This was going to be a good day.

Lloyd Hinsman

Cold Morning breeze

The cold
morning breeze
blowing from the oceans
makes the trees dance -
creating shapes
of light and shadow.
What a perfect day
for sailing!
I shiver
as I squeeze myself
into my wet
wetsuit.
But the thought of sailing
with my friends makes it all worth it.
As I joyfully hop on the boat
I feel the gentle swaying
of the water and I just can't wait
to go sailing.

Saafi Porotto

Courage

Today was the day-
The day to take courage
in one hand
and skill
in the other.
We set off-
a fleet of little boats
on the horizon
with white sails pulled tight.
I could hear the flapping
of the sail
and feel the wind on my face.
With my hand on the tiller,
I felt strong.
Endless grey waves surrounded me
and the clouds cast shadows
on the hills.
I heard the splashing
of the water
as it hit
the bow of the boat.
A gust of wind hit the sail
and the boom swung around.
The boat leaned towards the water;
I didn't know what was happening.
No-one did.
My nose was touching the water,
We were going to tip!
Everyone's faces were frozen
with the same expression.
We all leaned back into the boat.
I saw the sail slowly come back up.
We all looked at each other
And sighed with relief.

Issa Beck

(continued over next page...)



Kevin Mazzer - Class 7 Kulbardi Teacher

PRIMARY CRAFT





HIGH SCHOOL

CLASS 12 PROJECTS

Hi my name is Soli Balian-Fitzgerald. For my Class 12 Project I have been looking at living off the grid. Living off grid means moving away from Government utilities and sourcing the utilities oneself. I am researching how one would go off grid, why someone would choose to go off grid and also asking the question: can this lifestyle work for everyone. For my Practical I have bought myself a van and I am in the process of converting it into a camper so I can travel once I leave school. This is a lifelong dream. My van will have its' own electricity source (solar panels), water storage and a waste disposal system.

I would love to hear from anyone in our community who has, does, or plans to live off grid, or from those who even dream of living off the grid. Please email on solibalint@gmail.com for a short questionnaire. Thank you!

SOLI BALIANT-FITZGERALD



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 and 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.

WOOLWORTHS EARN AND LEARN

It's that time again!! Woolworths Earn and Learn is back at Perth Waldorf School.

Woolworths Earn and Learn helps kids across Australia to get new equipment for their schools for subjects like science, technology, maths, arts, etc.

Collect stickers for every \$10 you spend at Woolworths, between now and the 25th June, and then bring your stickers to school to put in our collection boxes located outside the Front Office and the Carriage.

If you would like more information on how Woolworths Earn and Learn you can go to the link below:

<https://www.woolworths.com.au/shop/discover/earn-and-learn>

Every sticker helps! Thank you.



P&F FUNDRAISER

Gilbert's Fresh Market located in Hilton on South Street runs the "Support our Schools" Program. If you are shopping there, you can sign up in the store and receive a loyalty card. This card is scanned each time the customer shops at Gilbert's and 1% of the total shop is donated to the nominated school. Last year we received \$359.

Thank you!

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.

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)	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.

Rudolf Steiner College Perth **A Journey of Becoming**

Dr. Lakshmi Prasanna and Patries Orange

Module One in the Teacher Development Course - This course is for all those who are working as teachers, who are already part of a teacher training course, and anyone who is looking to deepen their understanding of anthroposophy through education.

The course includes:

- eurythmy to discover ourselves, each other and the child anew.
- nature observation to practise our ability to observe the other and ourselves within the activity.
- working deeply in an explorative way with the first lecture of the lecture cycle 'Study of Man' to discover some of the treasures in this unique approach to education.
- conversation, artistic work.
- lectures at the end of our afternoon program bringing human physiology and embryology to help us understand the relationship between the development of the child and the curriculum Rudolf Steiner developed out of spiritual science.

The process relies on the individual and group work we develop between us.

When Monday July 15th to Friday 19th, 8:30am-4:00pm
Where Perth Waldorf School, Gwilliam Drive, Bibra Lake
Fee \$630

For more information or to book contact Jenny Hill
jennyhill@iinet.net.au 0432 735 744



Rudolf Steiner College Perth

Lyre Making Workshop

Tutors	Judy Gray and Titus Witsenberg
When	4 Saturdays. 9 - 12 October 19th and 26th November 9th and 16th
Where	Perth Waldorf School, Gwilliam Drive, Bibra Lake
Cost	\$350
Information	Titus Witsenberg
Booking	Jenny Hill jennyhill@inet.net.au

<http://www.rudolfsteinercollege.com.au>

Dear friends,

In the past 25 years, lyre making workshops have been held for parents of children about to start the journey of lyre playing with their class teacher. Rudolph Steiner College Perth would now like to make this available for any parent or friend who would like to have lyre playing in their home. For those interested, we highlight some of the benefits of playing the lyre for both adults and children.

As parents, we used the lyre at home for our young children. Apart from playing while we were singing, we would use it to console our children/babies if they had a bad dream for example or were simply upset. I found the sound of the lyre so special, so healing and noticed the harmonising and soothing effect it had on them. Later they too learned to play the lyre.

As a class teacher, in addition to the above, I also found that lyre playing in the classroom improved listening skills to the point that it helped those who could not sing on pitch.

It is for these reasons that Rudolph Steiner College Perth would like to organise a lyre making workshop run by Judy Gray at the Perth Waldorf School for those who would like to bring the magic of the lyre into their homes. This workshop could be possible in October/November this year.

We need to know the number of participants in order to organise the buying of the wood, strings, tuning pins etc. A small preparation group then has to cut and shape the wood in order that you can make the lyre in 4 half-Saturdays tutored by Judy Gray, with some rasping, sanding and oiling to be done at home. The cost would be in the neighbourhood of \$350. Places are limited to a maximum of 15 and minimum 12.

For more information contact me, Titus Witsenburg, 9310-3657
For booking contact Jenny Hill jennyhill@inet.net.au

To secure a place in this workshop please book by the 25th of May in order for us to source the materials.



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.

FOR RENT - 1 Year Lease. Cute family 3 bed cottage on Davilak Av, Hamilton Hill. On bus route to school or 15 min drive. Great location, next to Manning Pk, 15 min walk to South Beach. Available August. For inquiries contact Breeda **0431 079 356** or Mark **0450 026 871**.

"IN THIS BODY ARE GARDENS" - a weekly Creative Writing Circle for women who write or want to, with poet/storyteller Jaya Penelope. Thursdays during school term, 10-12:30. Contribution \$15/\$10 or \$120 for the whole term, casual attendance welcome. Freo area, address given upon booking. Enquiries; Jaya; **0411 983 549** or mistressmadrigal@yahoo.com.au.



Biography Work with Dale Irving



Rudolf Steiner spoke of the “occult hygiene” in methodically surveying our lives. The idea is that if we become more aware of our patterns and life choices we will develop greater consciousness.

Bernard Lievegoed and Gudrun Burkhard were forerunners in the process of life charting which is the basis of the approach I have been trained in through a course run over three years at the Sydney Rudolf Steiner College under the leadership of Karl-Heinz Finke, an international biography consultation trainer.

Biography Work assists us in understanding life phases and is helpful in exploring the differences between generations in families, workplaces and schools. It also has the capacity to investigate how destiny, karma and reincarnation might be at work in our lives.

Over the two modules I offer through the Rudolf Steiner College Perth we become familiar with the septennial phases and through the use of the chart begin to notice patterns and rhythms in the events and incidents. We then start to put larger questions to ourselves about how and why we might choose our particular paths.

It is fascinating to look a little more objectively at our lives through the charting and in listening to others in respectful conversation. Writing, drawing, gesture work and movement all support the new discoveries and the revisiting of stories.

I first presented Biography work in Perth at the RSC Foundation Course run by Jennifer and Horst Kornberger in 2015. Since 2017 I have provided day workshops and evening classes for the public and through the RSC Perth. I am also a member of the Word Sisters who write, devise and perform original work influenced by the philosophy of Rudolf Steiner and our biographies. From 1975 to 2017 I was a secondary Drama and Arts educator in the WA Education Department.

Workshops encourage sharing and our developing picture of what it means to be human.

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 the two Saturday sessions 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.

Bring lunch and enjoy good conversation in the break. Tea and coffee will be provided.

Where Silver Tree Steiner School. 695 Roland Road, Parkerville
When Saturday 27th July and Saturday 3rd August, 10:00am-3:00pm
Fee \$100 Concession \$80

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. Karma and reincarnation will be part of the exploration as will the Double. This module allows for a deeper exploration of your life story. Active listening, helping conversations, writing and gesture work will provide ways to be heard and to listen and share our becoming human.

Bring lunch and enjoy good conversation in the break. Tea and coffee will be provided.

Module 2 at PWS has been cancelled for I have travel commitments for family matters.

Where Silver Tree Steiner School. 695 Rowland Road, Parkerville
When Saturday 17th and 24th August, 10:00am-3:00pm
Fee \$100 Concession \$80
Information and Booking Dale Irving docirvo7@bigpond.com 0400959050

WINTER WARMERS

The last season and the coldest, Winter inhales the earth inward. We draw to us introspection, contemplation and patience as the nights become long and days are darker. As the cold mornings break we feel the height of receptive yin energy. Winter is synonymous with the last stage of life and wears black, blue and white.

Plants move underground into the womb of mother earth and we require more warm dense foods, hard cheese, big fish, chicken, meat on the bone, citrus fruits and onions. The autumn harvest of nuts, berries and dried fruits is consumed during Winter.

The midwinter Solstice around 21 June is a time of waiting.

Early man feared that light and life would never return so they lit fires, hung lanterns and decorated homes with greenery to persuade sun and vegetation to grow again.

We say blessing:



*For what we are about to receive
May the Lord make us truly thankful
From my head to my feet
I am made in the image of God
From my heart right into my hands
I feel the breath of God
When I speak with my mouth
I follow the will of God
When I behold God in father and mother
In all dear people
In animal and plant, in tree and stone
Nothing can fill me with fear
But only with love
For all that is about me.
Amen*

Stone Soup

**1 large leek – sliced
1 large zucchini – sliced
2 carrots – sliced
2 potatoes – cubed**

**2 onions – chopped
1 good stone
3 – 4 Massel vegetarian
stock cubes
handful of butter beans -
optional**

1. Sweat the leek and onions – do not brown. Onions should be soft and transparent.
2. Add vegetables. Fill with water and add butter beans if desired.
3. Add stock cubes and stone. Cook until vegetables and beans are soft.
4. Enjoy with freshly baked bread.

*Three soldiers were marching, were marching
along
Because they were full they sang this gay song...
'It's stone soup for dinner today and last night
And the night before that bread and pie was in
sight,
So skip along, skip along, skip along goes,
Skip along, skip along, high on your toes.'*



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 2

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

Daily specials (must be ordered):

Monday -	Pasta with hearty vegetable sauce (vegan available)	\$5.00
	Pasta with beef bolognaise sauce	\$5.00
Tuesday -	Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie.	\$5.00
Wednesday -	Vegetable chilli served with rice, corn chips, natural yoghurt and cheese (GF) (vegan available).	\$5.00
Thursday -	Vegetarian Fried Rice (GF) (vegan available) add egg 50c add ham 50c	\$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:

Soup (all soups are gluten free without croutons).		
★Toasted chicken, spinach, sundried tomato and cheese wrap.	Half \$4.00 / Whole \$6.00	
★Toasted spinach, sundried tomato and cheese wrap.	Half \$3.50 / Whole \$5.00	
★Beef sausage in wholemeal bread.		\$2.50
Spinach and ricotta rolls.		\$4.50
Cheese and tomato toasties.	\$2.50	★Gluten free \$3.00
★Ham, cheese and tomato toasted sandwiches.	\$3.50	★Gluten free \$4.50
★Pizza - vegetable or meat.		\$3.00
Boiled egg.		\$1.00
Popcorn (GF) (vegan).		50c

Sweet:

Cakes (assorted variety).		
Bliss balls.		\$3.00
Cookies.	from	\$1.00
Dried fruit and nut pack (GF) (vegan).		\$1.00
Fresh fruit.	from	50c
Icy Poles (primary only after school).		\$1.50

Drinks:

Kombucha (high school only)		\$4.00
Flavoured Bannister Downs pouches (primary only after school).		\$2.50
Slushies' (primary only after school).	Sm	\$2.50 / Lg \$4.00
Juices.	Sm	\$2.50 / Lg \$3.50
Coconut water.	Sm	\$2.50 / 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!