



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 3 CALENDAR

JULY

Mon 29 - Fri 2 Aug Class 9 Boshack Camp

Wed 31 P&F Meeting - 6:30pm in Cedar House

AUGUST

Mon 5 High School Assembly

Mon 5 - Fri 16 C10A Work Experience

Wed 7 - Fri 9 Class 4 Horse Riding Camp

Wed 7 - Fri 9 Class 11 and 12 Drama Elective Play

Wed 14 High School Music Concert

Thur 15 - Sat 17 Class 7 Wardong Play

Mon 19 PUPIL FREE DAY

Mon 19 Class 9 Project Night

Wed 21 Class 9 Project Night

Tue 27 - Thur 29 Paradise Play

Sat 31 OPEN DAY & FAIR - 10:00am-3:00pm

SEPTEMBER

Mon 2 PUPIL FREE DAY

Mon 9 - Fri 13 Class 11 and 12 Exams

Wed 11 - Fri 13 Class 7 Kulbardi Play

Sun 15 - Fri 20 Class 10 Warrdagga Camp

Mon 16 - Fri 27 Class 11 Community Service

Mon 23 - Fri 27 Class 8 Play

Thur 26 LAST DAY OF TERM 3

TERM DATES

Term 3 - Mon, 22nd July - Thur, 26th Sept

Term 4 - Mon, 14th Oct - Thur, 17th Dec (half day)

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 3, Week 1

Tuesday, 23rd July, 2019

Welcome to term 3. With oodles of great weather you hopefully had a good time over the long winter break. Many of the staff participated in **Professional Learning** with trips to the east coast for a Steiner Teachers Conference and four days of inspirational course work and Eurythmy led by Dr Lakshmi and Patrix Orange here at PWS being highly praised as awesome development opportunities. We are grateful to people who organise these courses and especially grateful to all the staff that continue to learn and grow.

With the **Open Day & Fair** coming up in Term 3, please get behind the festival celebrating our school. There will be lots of requests to lend a hand. Thanks to the P&F for the work they put into this, especially President Gabby Leithhead and the committee members.

Compliance, HR and Administration matters require a huge amount of the school's time. The range of matters that must be reported and instituted within the school is often overwhelming. PWS is not alone in experiencing that feeling of "when can we just do education" and it is a regular conversation in education circles as compliance matters will no doubt be an issue in many industries. To meet the demand and reduce the overwhelm, the school has employed Faye Davidson under the title HR and Compliance Officer, redirected Lei Baker's work under the title Administration Coordinator and we are recruiting someone part-time to oversee building projects and bushfire management over the next two years. The overall cost to the school as a result of these changes is minimal but we hope by channelling resources to focus on areas of highest demand and through better management we will meet the aims of **(1) running the school well, (2) preparing for the future and (3) keeping costs low**. Your support of Waldorf Education for your children and the next generation is very much appreciated.

One compliance matter that became clear on Monday was the state government's legislation changes prohibiting schools from enrolling some children in Kindy 4 and Kindy 5 according to their **Immunisation status**. In short, this means the school must ensure only children with "Up to Date" status or who are on their way to "Up to Date" status on their Medicare Immunisation History Statement can be enrolled in non-compulsory education programmes as of 22nd July, 2019. More clarity is provided in a letter that has been sent to all parents with children up to K5. The letter is also available at the front office or upon request. The school will endeavour to make the process of enrolment clear and accessible to as many families as possible while meeting these regulatory changes.

There is heaps of information in this Pabulum, please check it out and get involved.

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD

*When winter wraps a mantle dark and drear
Around the world beyond my own warm hearth,
Then am I called to rise and conquer fear
And bravely meet this darkness in my path.*

*My light each day in brightness in increasing.
Its glow of warmth reveals the stir of life.
The light-stream of my heart is never-ceasing.
And so I'm strong, come grief or pain or strife.*

Michael Hedley Burton

FROM FINANCE

SCHOOL FEES ARE NOW DUE - Term 3 Due Date: Friday, 2nd August, 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 3 FEES

Term 3 fees invoices have now been emailed out to families with a due date of 2nd August. 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

POSITION VACANT

Perth Waldorf School invites applications for...

Class One Teacher

Commencing February, 2020

PWS is seeking an enthusiastic teacher to join the Primary Faculty to enter into the class teacher journey with the children entering Class 1 in 2020. The successful applicant will have a passion for education. An understanding of Steiner pedagogy, philosophy and the typical development phases through which children develop as well as a desire to learn more are all essential. Artistic and musical talents or the willingness to develop these is highly desired. A Class Teacher job description is available on the school website: www.pws.wa.edu.au

Applicants must be teachers who are registered (or eligible for registration) with the Teachers Registration Board of WA and hold a Working with Children Check.

Written applications addressed to the Administrator, briefly outlining your experience and reason for applying for the position, including a CV and two professional and one personal referee, should be emailed as a PDF attachment(s) to employment@pws.wa.edu.au

For preliminary confidential enquiries about this position, please telephone Bruce Lee, School Administrator or Lisa Payne, Primary Faculty Coordinator at the school on (08) 9417 3638

Applications close Monday, 5th August, 2019.

OPEN DAY AND FAIR

Our annual Open Day and Fair is coming up on **Saturday, 31st August, 10:00am-3:00pm.**

Open Day is the perfect opportunity to come and view our school grounds, take a look at our classrooms, meet our friendly staff and get to better understand our school's ethos. There will also be market stalls, children's activities, music, food and much more!

Weeding and cleaning volunteers are needed! Please talk to our Maintenance and Gardening Team to see how you can help.

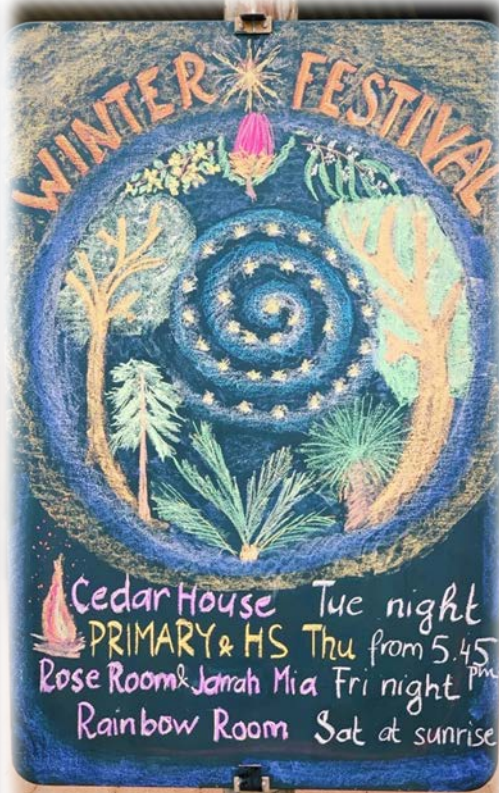
If you would like to hold a stall on the day, please speak to our P&F Team.

Open Day posters are now available for distribution! Please see our Front Office if you would like to help us by sharing our posters around the local community.



Winter Festival Photos





PRIMARY SCHOOL

FROM THE COORDINATOR

Kaya Welcome to Term 3.

I hope that you have had a restful and safe 3 week term break and that you have returned happy, healthy and enthused for the term ahead. We have new main lessons, class plays, Class 4 camp, Eurythmy performances, excursions and a festival to look forward to.

Teachers have rebalanced home and work life and many have been to conferences and workshops over the holidays. The term ahead has been planned and teachers have done a tremendous amount of study and preparation. We are blessed to have such dedicated teachers and staff at PWS.

I have been reading about what Psychologists speak and write about as “cognition,” “affect,” and “behaviour.”

You can know cognitively. You can live/think in your head. You can contemplate or reflect, observe or compare, analyse or synthesize. This accords most closely with what the world outside a Steiner school means by **knowing**.

But you can also know with your heart. This is aesthetic knowing, knowing in which you are awake to beauty, to an ethical understanding, and even to truth. The path to truth may be cognitive, but the recognition of truth is a **feeling**. Playfulness is the true expression of aesthetic knowing. One way to contemplate this is to contrast aesthetic knowing with its opposite, “anaesthetic knowing.” Something that anaesthetizes you puts you to sleep-you cannot know anything. The aesthetic awakens you.

You can also know in your body and in your senses. Michael Polanyi calls this “tacit knowing,” knowing more than we can say.

You can read a book about playing the piano or performing heart surgery, but I’m sure you would not say after you put the book down that you knew how to do these things. You would need to actively “do” and practice them..

At PWS all teaching and learning is done this way, a balance of “thinking”, “feeling” and “Willing/Doing.”

Lisa Payne - Primary Coordinator

KULBARDI KAFE

They came from places as far apart and different as the realms of outer space and the familiarity of backyard Aussie barbecues. Some even time-travelled, turning up in the questionable fashions of the 1980’s. These were some of the groups that made up tables at the very trendy ‘Kulbardi Kafe’ at the end of last term. It was the culmination of a 3-week main Lesson, entitled *The Healthy Human Being*, a study of the human body and the steps that can be taken to maintain good health.

Each group had to organise a healthy menu, then make and bring that food to create a tasty lunch. The air stewardesses of *Kulbardi Airlines* initially experienced a bit of turbulence, but once seat belts were fastened and tray tables down, they served up a fine menu which extended way beyond the traditional offerings of chicken or fish.

Many thanks to cafe proprietor and stand-in class teacher, Judith Herrmann, who guided the students through the process and brought such engaging lessons on nutrition.

Photos continue over next page.





Kevin Mazzer - Class 7 Kulbardi Teacher

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 Extra Lesson 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 Nicola Perthwaldorf@connectlearningafterschool.com.au

The service is only available to Primary aged children.

PRIMARY CRAFT





HIGH SCHOOL

HIGH SCHOOL PAJAMA DAY

Last term on the 25th June the High School students had a Pajama Day to raise money for the St Patrick's Men's shelter in Fremantle. See some photos below of the Class 9 students, Arianwen, Aria, Connor, Jack and Hugo Performing *Careless Whisper* with Drum Tutor, Nathan on Pajama Day.



CLASS 9 PROJECT

Hi! My name is Sabinne Dawson and I am in Class 9. As part of my Gratitude Project this year I am collecting donations of food for Foodbank.

Foodbank report that more than 4 million 18+ Australians have experienced food insecurity in the last 12 months. Last year, Foodbank and their 2,600 charity partners were able to provide approximately 77 million meals for millions of vulnerable Australians. Foodbank is playing a vital role in fighting hunger and also tackling Australia's food waste problem, along with helping the environment. Foodbank are committed to delivering a number of the United Nations Development Goals aimed at ending poverty, protecting the planet and ensuring prosperity for all.

I am enthused to be able to support Foodbank by way of a community food drive and I hope that you can help me. I have a basket near the door of the Office for the next three weeks and I encourage you all to put a little something in there, if you can. Every little bit counts.



Thank you,
SABINNE



ART & SCULPTURE

FISH AND PLANT DONATIONS NEEDED

The art and sculpture pond has received a beautiful new water fountain. We are now looking for some fish and plants to finish it off. We would gratefully receive any donations to complete the area and welcome anyone who would like to sit for a moment and enjoy the sound of trickling water.

Many thanks,
The Art and Sculpture Team

CLASS 8 SCULPTURE

Sarah and Class 8F have produced some gorgeous coil pots which look so beautiful potted up and displayed outside the Sculpture room with some wire sculpture flowers. Thank you Sarah for inspiring the class this Semester and we look forward to welcoming 8G to their Sculpture adventure next Term.



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.

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!*



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	
TERM THREE	
A Journey of Becoming Patrie Orange and Lakshmi Prasanna PWS	July 15th - 19th Monday evening - Thursday afternoon
Biography Module One: Life Mapping Dale Irving Silver Tree Steiner School	July/August 27th, 3rd 2 Saturdays
Biography Module Two: Freedom of Fate Dale Irving Silver Tree	August 17th, 24th 2 Saturdays
Play Renate Breipohl Silver Tree	September Saturday 7th
Child Observation Renate Breipohl PWS	September Saturday 14th
The Four Temperaments Jill Whitfield and Sharon Clifford PWS	August/September 22nd, 29th, 5th, 12th Thursday evenings
Goethean Studies Horst Hellman	September 21st, 22nd details to be confirmed

BIOGRAPHY WORK.....coming soon

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.



PLEASE NOTE A CHANGE IN DATES

"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.

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](tel:0400959050)



Rudolf Steiner College Perth

Lyre Making Workshop

Tutors:
Judy Gray and Titus Witsenberg

One place left!!

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

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



THE EVOLUTION OF MUSIC

Get cosy and listen to the greatest music
Western Europe has ever heard,
with a commentary by Paul Lawrence
on the evolution on Western thought
and on the arts

To be held in an informal, warm and comfy living room in Hilton
Chai provided . BYO wine and nibbles
Places are limited

7pm - 9pm Wednesdays August 14 + 21, September 4, 11 + 18
Cost \$120 / \$100 concession

Address of venue will be supplied when you register
Please register in advance by contacting Paul on plawrence@pws.wa.edu.au or 0447 692 654

The Four Temperaments

– an exploration into ‘four-foldness’

Four temperaments, four elements, four kingdoms of nature, four bodily sheaths –
searching for insights into ourselves, our children, students, and others...

The Four Temperaments have been recognised as a typology for understanding human beings since ancient times: the fiery choleric, the airy sanguine, the watery phlegmatic and the earthy melancholic. Rudolf Steiner added a connection with the four bodily sheaths: physical, etheric, astral and ego.

Learning to identify our own primary temperament(s) can be significant in understanding our deep-seated tendencies in communication, relationships and will activity. Learning to recognise it in others can greatly improve our understanding of them.

Over 4 weekly sessions, participants will be led through artistic and experiential exercises aimed at deepening your engagement with ‘four-foldness’ as a concept, with a particular focus on the Four Temperaments, and exploring the many ways it can be applied in everyday life.

The course, offered through Rudolf Steiner College Perth, is aimed at teachers, parents and anyone interested in practical Anthroposophy.

4 Thursday nights 7.00 – 9.00 from 22nd August – 12th September 2019 at Perth Waldorf School
Course Fee (inclusive of materials): \$160 (\$130 Centrelink Concession Cardholders)

Enquiries: jill.whitfield@aapt.net.au

Bookings: www.trybooking.com/BDMUB

Presenters

Jill Whitfield has been a seeker of wisdom ever since she can remember, always with the aim of embedding understanding in practical everyday life. Formerly a social worker, she encountered the ideas of Rudolf Steiner when she became a mother and subsequently trained and worked as a Steiner Class Teacher. Since completing a teaching cycle, she has relished having the time and energy to digest the experiences and questions raised by this intensive work. Developing this current course has arisen from the process.

Sharon D Clifford is an artist and a dedicated student of colour. Whether working with wet on wet watercolour technique or layering acrylics or pastels, Sharon is inspired by the endless interactions between colours and their connection with the Astral realm and our soul life. Sharon has created since she was a child, always playing, enquiring and transforming materials of some kind or another. She trained in textiles and delighted in the many techniques that brought colours into conversation. She taught handcraft and painting for many years and now works with adults and individual commissions.

A Goethean Studies Weekend Intensive With **Horst Hellman**

The Plant Kingdom

in its relationship to
the elements,
the human being &
the Cosmos

Drawing on Horst's 50 years in
Waldorf Education, this seminar will explore;

- The Planets & their influences on the growth of plants
- The influence of the elements on plants
- Plants in relation to the human soul, as an expression of soul gestures
- A system for understanding the plant-kingdom
- A threefold picture of the Earth as a living organism
- How diversity of life forces in the geographical regions & climate zones of the earth results in different cultures

Participants will engage in a variety of exercises including plant observation, form drawing, & more.

When Fri, 20 Sept, 6.30–8.30, Sat, 21 Sept, 9–3, Sun, 22 Sept, 9–1

Where Perth Waldorf School **Enquiries** Jill.whitfield@aapt.net.au

Cost \$240/\$210 conc **Bookings** trybooking.com/BDXHH

Horst Hellman - In this year of the 100th anniversary of Waldorf Education, Horst Hellman is celebrating 50 years since first studying to become a Waldorf teacher. He spent over 30 years teaching in Steiner schools in Germany. Since 1982, he has been lecturing, conducting teacher-training seminars and mentoring Waldorf teachers in Australia, India, Taiwan, Thailand and Philippines.

Horst has a very special connection to WA because he spent his sabbatical year in 1981 in Australia. During that time, he gave talks on Waldorf/Steiner education in many places and the seeds from those talks grew into Steiner Schools, including Perth Waldorf School, Yallingup Steiner School and Golden Hill Steiner School in Denmark.

In 2000 he became the founding teacher of the school in Berlin "Eugen Kolisko/ Havelhoehe". After retiring in 2005, his activity in Asia has grown stronger. Presently, he is mentoring at Waldorf Schools in the Philippines & Thailand, & is facilitating teacher training in Thailand & Indonesia. Horst now lives in a village near the University City of Goettingen.

Artwork by SharonDClifford.com.au



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.

RIDE OR WALK TO SCHOOL - 3x1 Gorgeous Coobyhome for rent, \$430 pw (from January 2020). Call Anna for details **0431 932 486**.

NON TOXIC PERFUME! - Come and choose your scent and make your own using only the finest ingredients. Smells like store bought. Sunday, 28th July at 1:30pm, Coogee. Phone April to book **0413 159 815**.

PIXIE STOTT CANTEEN

Canteen Open times: **Mon, Tues, Wed and Fri, 8:10am-2:00pm. Thurs 8:10am-1:30pm**
After school - Tues and Wed 3:00pm-3:15pm and Thurs 2:10pm-2:30pm.

Menu for Term 3

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. (GF pasta 50c extra)	\$5.00
Tuesday -	Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie.	\$5.00
	Vegetable curry.	\$5.00
Wednesday -	Vegetable chilli served with rice, corn chips, natural yoghurt and cheese. (GF) (vegan available)	\$5.00
Thursday -	Pumpkin and spinach lasagne with hand made spelt pasta (vegan).	\$5.00
	Cottage beef pie with vegetables topped with mash potato (GF)	\$5.50
Friday -	Beef burger with salad, served on wholemeal buns (GF available) or tempeh burger with salad, served on wholemeal buns (vegan)(GF available).	\$6.00

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

Savoury:

Soup (all soups are gluten free without croutons).			
★ Gluten free beef pie.			\$4.00
★ 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
★ Toasted ham, cheese and tomato 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 (GF) (raw)			\$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
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!

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.

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*



Carrot and Walnut Cake

2 ½ cups of grated carrot	1 tsp bicarb soda
¾ cup chopped walnuts	½ tsp vanilla essence
3 eggs	1 tsp all spice
1 cup brown sugar (or to taste)	1 tsp cinnamon
¾ cup of olive oil	½ tsp salt
1 cup of plain flour	1-2 tsp grated lemon rind and a good squeeze of juice.

1. Mix all ingredients together, adding carrots and walnuts last.
2. Bake in a loaf tin in a moderate oven for 45 – 50 minutes.
3. Top with cream cheese frosting.

Cream cheese frosting

1 oz softened butter
2-3 oz cream cheese
1 tsp grated lemon rind
Sugar/icing sugar to taste

Blend together until smooth and creamy.

