



# Pabulum

Perth Waldorf School

14 Gwilliam Drive,

Bibra Lake WA 6163

Telephone: 9417 3638

Email: [adminpws@pws.wa.edu.au](mailto:adminpws@pws.wa.edu.au)

Website: [www.pws.wa.edu.au](http://www.pws.wa.edu.au)

## TERM 3 CALENDAR

### AUGUST

Wed 14	High School Music Concert
Thur 15	Class 2 Teacher Parent Meeting
Thur 15 - Sat 17	Class 7 Wardong Play
Thur 15	Rainbow Room Parent Night - 6:30pm
Mon 19	<b>PUPIL FREE DAY</b>
Mon 19	Class 9 Project Night
Tues 20	Class 3 Teacher Parent Meeting
Wed 21	Class 9 Project Night
Wed 21	Class 10 Work Experience Presentations - 6:30pm-7:30pm
Wed 21	Class 10 Parent Night - 7:30pm-8:30pm
Wed 21	Class 11 Parent Night
Mon 26	Class 12 Parent Night
Tue 27	Class 9 Parent Night
Wed 28 - Thur 29	Paradise Play
Thur 29	Jarraiah Miah Parent Night - 6:00pm
Sat 31	OPEN DAY & FAIR - 10:00am-3:00pm

### SEPTEMBER

Mon 2	<b>PUPIL FREE DAY</b>
Mon 9 - Fri 13	Class 11 and 12 Exams
Wed 11 - Fri 13	Class 7 Kulbardi Play
Fri 13	Greek Olympics
Sun 15 - Fri 20	Class 10 Warrdagga Camp
Mon 16 - Fri 27	Class 11 Community Service
Tue 17	Class 2 Eurythmy Performance
Mon 23 - Fri 27	Class 8 Play
Wed 25	Michael Festival
Thur 26	Michael Festival Assembly
Thur 26	<b>LAST DAY OF TERM 3</b>

#### STUDENT ABSENCES:

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

Text: 0429 680 969, Phone: 9417 3638,

Email: [absence@pws.wa.edu.au](mailto:absence@pws.wa.edu.au),

#### PABULUM INFORMATION:

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

## Term 3, Week 4

Tuesday, 13<sup>th</sup> August, 2019

The shadow side, the small part of us may look at yesterday's headline...

### **"WA State School Teacher's Union Pushes to Scrap NAPLAN for Grade 3 Children and Focus More on Play in the Early Years"**

and want to scream "Told you so!"

Waldorf Education has been advocating the vital importance of play for the last 100 years. This is based on an understanding of the stages of human development and the need to develop the will forces in the younger years. This way children enter Class One when they turn seven, keen and able to learn through a structured, creative curriculum that engages and enriches their feeling life and all their senses. Instead, our bigger selves, the one that lives in the light of goodness, beauty and truth say "Yay" and with gratitude hopes our state's education leadership catches up for the sake of healthy childhood development.

Here are some key points of how the Union of Teachers argues the point:

- **Formalised testing** needs to be scrapped for children aged under eight in favour of a play-based model of learning favoured in Scandinavian countries.
- Teachers fear tests are having a **negative effect** on children and teachers
- Research shows testing develops **anxiety** in children
- **Play-based learning is better** for children in terms of wellbeing, academic outcomes, problem-solving and social skills.
- The outcomes in Finland have **consistently** been the best in the world yet they don't have a regime of standardised testing. They don't have the focus on measurement and accountability that we have in the UK, the US and in Australia. None of those three countries are demonstrating excellent outcomes despite narrow measurement and accountability processes.
- Children are not given the opportunity to **discover, create, interact and gain confidence** when they are being inundated with an overloaded curriculum
- Children develop anxiety because of formal expectations **beyond their normal developmental stages**.
- Many young children were required to **start learning to read and write before they were ready to do so**, which led to behavioural problems and adverse academic outcomes.
- Focusing on child-centred learning through play was better for children's **overall development**.
- The Government needs to recognise the importance of play - **the research is absolutely clear** about how important it is to children's development.

Congratulations to all the people involved in last week's **Class 11/12 Drama "Hotel Paradiso"**. Special thanks to all the parents that got involved and helped. Lovely to see so many former students come back and watch the production. Great community spirit!

Enjoy this edition of the Pabulum - it's packed.

**Bruce Lee**  
**School Administrator**

### **IN THE LIGHT OF A CHILD**

*My firmness and strength gives me ground that is sure,  
 For the light of the Child is gentle and pure.  
 All things become bathed with his healing, gold light  
 When I look at the world with his love in my sight.*

*Watch the gnomes split and crumble the stuff of the earth,  
 While the light, airy sylphs bring a green world to birth.*

*With great joy I am learning to give what they need,  
 For I bring them the light, and they're grateful indeed!*

Michael Hedley Burton

# FROM FINANCE

**SCHOOL FEES ARE NOW OVER DUE - Term 3 Due Date: Friday, 2<sup>nd</sup> August, 2019.**

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

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

## TERM 3 FEES

Term 3 fees invoices are now overdue. If you have not received your invoice please email [account@pws.wa.edu.au](mailto:account@pws.wa.edu.au) or see reception.

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

## GENERAL NEWS

### NEW PERTH WALDORF SCHOOL WEBSITE

Our School now has a new web page! Please go to <http://www.pws.wa.edu.au/> to check it out.

### POSITION VACANT

Perth Waldorf School invites applications for...

#### **CLASS SIX TEACHER**

**Commencing February, 2020.**

1 year, full time with the possibility of ongoing employment.

PWS is seeking an enthusiastic teacher to join the Primary Faculty to work with Class 6 before they move to the Class 7 transition year which is a stepping stone to entering the High School in Class 8.

This class has been well held by the class teacher for five years and is described by specialist teachers who have worked with the children as "delightful". With the class teacher taking time out for growth and development the children will seek someone who can both manage the transition and bring their authentic self to these 11/12 year olds. 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. These 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](http://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](mailto:employment@pws.wa.edu.au)

***For preliminary confidential enquiries about this position, please telephone Lisa Payne, Primary Faculty Coordinator at the school on (08) 9417 3638.***

Applications close Monday, 19<sup>th</sup> August, 2019.

## OPEN DAY AND FAIR

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

### What is Open Day?

Open Day at Perth Waldorf School is a yearly event, held in the last weekend of August, organised by PWS Staff and the Parents and Friends Association (P&F). It is a wonderful opportunity for families outside the school community, who are contemplating Steiner education, to come and take part in a school tour, look at students' work in the classrooms, ask questions, see music and drama performances, and thus further their understanding before making a decision. All the classrooms are open to the public with beautiful displays of bookwork, craft, art and projects. There will be a teacher in each classroom to answer questions and provide information on the Steiner curriculum, philosophy, etc.

The P&F organise the markets and food/drinks and the profit is fed back into the school (e.g., new playgrounds, drinking fountains). Our role is to support the school by helping with activities, food stalls, setting up and packing down, parking, etc. Each Class is assigned tasks and the Class Carer organises a roster for parents/children. Open Day is a compulsory school day, as the Monday after is given as a day in lieu. Another important contributing role is for us to spread the word and invite friends and family - the more the merrier! Parents are welcome to see performances and visit classrooms, when time allows, keeping in mind that we give priority to newcomers to our school.



Open Day is a big day for families, but also a day of community building, teamwork and a great experience for our children. Our children thrive from being part of these events and experiencing the strength of community coming together to support their school. It is encouraged that children partake in helping with preparations wherever possible - leading up to or on the day. Looking forward to seeing you there and thank you for your support!

### Donations Needed

**RAFFLE PRIZES** - we are seeking individuals and businesses within the Community to **donate prize items** for the Raffle.

**RIBBON** - ribbons are needed to help make our beautiful wands.

**FLOWERS AND GARLANDS** - flowers are needed to make garlands on the day. Please start looking around your gardens for some beautiful flora that you can donate. We will be accepting flower donations as of the 29<sup>th</sup> August.

**LEMONS AND LIMES** - Lemons and limes are needed for our lemonade stall.

If you want to present your products or services, please drop them to the Canteen or contact Gabby on **0439 919 926**.

### Cakes For Bandicoot Café

P&F is kindly asking all families for **homemade** cakes, cupcakes or other baked goodies. Here are some guidelines:

- No fresh cream, please.
- Pack in a disposable container or use container, dish or plate with a label showing your name, class and a contact number for safe return if not picked up on the day.
- Please use ingredient labels (see the last page of this Pabulum).
- Do not pre-cut cakes.
- Gluten, Dairy or Nut Free options are appreciated.
- Please bring all baked goods in the morning directly to the Bandicoot Cafe on Plaza.

### Help Needed

**Weeding and cleaning volunteers** are needed! Please see our Maintenance and Gardening section in this Pabulum for details, or ask one of our maintenance and gardening team members to see how you can help.

**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.

### Canteen Notice

Canteen accounts will be unavailable to use on Open Day as it is fundraising for P&F not the canteen. Thanks for your understanding.

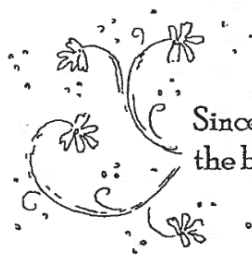
*Your donations and involvement are much appreciated!*



# EARLY CHILDHOOD

## FROM THE COORDINATOR

It's a well worn cry from our little one : " but I'm not cold! No!". They so often resist putting on socks and shoes, jumpers and jackets. A parent will often be heard to say " she doesn't seem to feel the cold". We adults are charged with all the patience to ensure their warmth for healthy development, because the child does not have the capacity to know or regulate a healthy body temperature until they are much older! So persist with patient repetition dear parent. The warm child is the happy and healthy child. Two layers on top, two layers below. Some of our kindy children need 2 changes of clothes packed in their school bag this term. Happy puddling!



Since you are like no other being every created since  
the beginning of time, you are incomparable.

BRENDA UELAND



## The Importance of Warmth

The quality of warmth is little appreciated and often misunderstood. But we cannot even discuss health without addressing the subject of warmth. Warmth is necessary for growth and warmth supports all healing. Loss of warmth often leads to illness.

As you may know, children only gradually grow into the ability to sense temperature. By age nine, children fully know if they are hot or cold, but not before. As infants they are very open and vulnerable to their surroundings, losing or absorbing heat rapidly (that's why hats are essential).

We caregivers and parents can judge if there is an abnormality of warmth distribution simply by laying a hand – preferably warm – on the hands, feet, limbs or flanks and comparing to a protected area such as the tummy. Cold hands are a good indication of the need for more clothing!

### Dressing for Health

To dress a person well during the coldest months – that is for optimum health, or if there is an illness;

- Three layers on the top half of the body
- Two layers on the bottom
- A warm hat (and coat outdoors)

Singlets are necessary all year round – tuck in the waist-line to avoid gaps so that liver heat is retained. Hats or bonnets are always vital for babies and young children during summer and winter; they protect the delicate brain enclosure from air conditioning, sun, cold and heat and will help prevent headaches later.

Keeping the feet warm is important for adults and children of all ages. Wool/fleece 'house slippers' are an excellent method of supporting health and can be worn in all but the hottest weather. We (Australians) are notoriously casual about dressing warmly, to our disadvantage in the long-term.

Natural fabrics breath best. Layer you clothing; if you sweat, one layer can be removed. The skin gives off heat to the surrounding air unless we protect it. Try dressing the family in woollen underwear – find a supplier of pure, fine (not crude) wool clothing. There are woollen singlets and spencers available which have a knitted cotton inner lining. They are soft, warm, protective and machine washable - lasting well with minimal care. God and sheep worked along time to give us the gift of warmth – giving wool!

### Reference

Adapted from;  
the writings of Kelly Sutton, M.D.  
'The Lilipoh Journal' – *A Wellness Guide*  
(Special issue), Autumn/Winter 1998, Issue  
14, Volume 4, pages 5 & 7.

## THANK YOU FROM RAINBOW ROOM

Rainbow Room would like to thank Rebecca Mahon for her beautiful repair work to our much loved farm rug. Kisses! Any parent who would like to do their family participation hours will be most welcomed!



## PRIMARY SCHOOL

### FROM THE COORDINATOR

Dr Michaela Glöckler is a world renowned and respected Anthroposophical doctor, author and lecturer and one of the things she does is challenge our relationship with technology. She asks the deep questions: What consequences will information technology have for the healthy development of children and adolescence? What perspectives open up when we consider the development of technology itself?

The following example makes it very clear that we need to consider these questions.

Achim Berg, president of BITKOM (Germany's Federal Association of IT, Telecom and New Media), was quoted on 30th July 2019 in the "Rheinische Post": **"I recommend that all children be given mobile phones from primary school onwards and would encourage their use as teaching aids"**.

Berg's comments are not only in the interests of economy - they are closely linked to the political campaign around 5G. This is attached to the 'smart' or 'safe' city campaign to protect the population against risk. This protection can only be given if a person's location is known via people's smart phones and the stream of information is checked, analysed and controlled.

To meet such a future we need the humane, cultural values of people with a strong will and independent thinking capacity. [www.eliant.eu](http://www.eliant.eu).

We need to continue campaigning for 5G moratoriums until the health risks have been adequately investigated says Dr Glöckler.

**Lisa Payne - Primary School Coordinator.**

### Connect Learning WA - Before and After School Care

PWS has a Pupil Free Day coming up on the 19<sup>th</sup> August. Please let us know if you would like to make a booking for your child on this day. Please note that we will only run this service if we have enough bookings on the day.

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).

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

If you are interested in your child attending please email Nicola [Perthwaldorf@connectlearningafterschool.com.au](mailto:Perthwaldorf@connectlearningafterschool.com.au)

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



## PRIMARY CRAFT



## HIGH SCHOOL

HIGH SCHOOL MUSIC NIGHT - TOMORROW!

**2019**  
**PERTH WALDORF SCHOOL**  
**MUSIC NIGHT**



**FREO.SOCIAL**  
PARRY ST, FREMANTLE  
**WEDNESDAY**  
**AUGUST 14**

**6:30PM**    **TICKETS THROUGH MOSHTIX**

## MY CLASS 9 GRATITUDE PROJECT

Hi, I'm Jesse. I'm 14 years old and I'm passionate about helping to find a cure for childhood cancer.

Childhood cancer is a devastating diagnosis that can hit any family at any time. I've been growing my hair for 18 months in order to raise money to help find a cure, and to support those who are suffering from this terrible disease.

Funds raised will be donated to *Childrens Leukaemia & Cancer Research Foundation (Inc)* in WA. When I hit my fundraising target, I will shave my head and donate my hair to *Variety WA*. *Variety WA* will use the hair to make wigs for children who have lost their hair during chemotherapy treatment.

To support me, please visit:

<https://www.gofundme.com/f/shaving-my-head-for-kids-with-cancer>



Every bit you donate will help prevent this awful illness from taking the life of a young person. Thank you so much for your support, it means so much to me!

JESSE.

Supporting:



CHILDREN'S  
Leukaemia & Cancer Research  
Foundation (Inc.)



## CLASS 11 ENGLISH

Class 11 English Extension wrote one hundred-word stories with a dystopian theme. The following stories were voted top three by the class. I will publish a few stories every week and you can choose your favourite. If you wish to comment on a particular story the class would enjoy hearing from you. Content of certain stories may not be suitable for younger readers. Enjoy!

### *The Last of Us*

He worked hard all of his life, provided for his family no questions asked. Navigated obstructions more than twice his size while carrying twice his weight. When he had his home destroyed, he was the first on the scene to rebuild. His friends surrounded him and helped bring his life back on track. He unquestioningly went back to his old ways doing twice as much work you or I ever could. Whatever the weather, rain, wind, hail, shine, he moved at an ever-steady pace. As the final species left on the planet, the ants learned that simplicity is key.

JEMAY

### *Duty Calls*

Small, wet eyes beheld the simple, animalistic chaos outside the car window. They gazed out on a silent visual of humans fighting other humans. Behind the high-security, heavy-tinted, privacy-glass, sat a little boy. His soft hair was tucked neatly behind his rosy ears. He wore a black, bespoke, tailored suit that cost more than he could count to. 'The Beast' rounded the corner and came to a dignified stop, outside a big white building. Five vigilant bodyguards escorted the little boy out of the car and towards the fancy looking building, through crowds of people desperately calling out, "Mr. President!"

LAYLA

### *Freedom*

The wind whips my hair, the tangled grass gives way to damp sand under my naked toes. An overwhelming sense of freedom takes over as I scurry over rock pools and dance in the sparkling sunlight. Laughter bubbles up inside me as I dart after sapphire waves, I dig my toes into the wet sand closing my eyes as I commit every splendid detail to my black and white memory.

"Your times up number 439, please proceed to your cubical." My eyes snap open, and I watch in horror as my seaside fantasy crumbles and Matron switches off the screen.

KATE

Pam Moore - High School English Teacher

## CLASS 12 PROJECT

Before the Project year began I knew that I was interested in exploring how individual experiences shape us. I then read War Boy by Deng Thiak Adut and whilst reading it I became strongly connected to my own experiences as a growing boy. This lead to the idea of a performance for my Class 12 Project Practical narrating two stories and now the time has come for me to tell the stories of War Boy and the stories of my personal life.

I have worked with the question "Do childhood experiences influence and shape us?" all year and I believe they do. We as individuals become a direct representation of learnt and influential experiences. Please feel free to come to my performance "Shaped". See the poster below.

Thank you,  
**ETHAN BATES**

# SHAPED



## Class 12 Practical

A performance consisting of two developmental childhood stories...

A Sudanese War boy's story of struggle and growth plus my personal early childhood experiences, shaping us into who we are.

Perth Waldorf School - 14 Gwilliam Dr, Bibra Lake

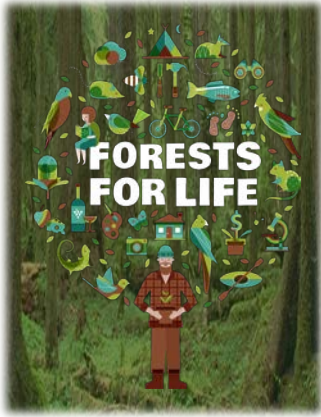
Thursday 29th of August 6pm Williams Hall

Rated (**Age 13+**)

Produced by Ethan Bates







## LEAVES FOR LEWIN

In association with the WA Forrest Alliance, we will be holding a stall and sewing circle on Open Day. We welcome people to come, have a chat, help donate by purchasing a handmade karri leaf badge or sit down and make one with us. We will also have karri leaf sewing kits so you can sew some at home!

We would love to see you there and to have your support. Help us save Lewin Forest!

For more information on this cause please visit <http://forestsforlife.org.au/>.

**BRIAR AND ISSY (Class 9 Students)**

## OPERATION WALLACEA

In the July school holidays Class 12 student Clarke Viljoen travelled to Indonesia for two weeks with Operation Wallacea.

Operation Wallacea conducts biological research and field trips all over the world, and they have programs that allow school students to travel to those research sites and experience biological field work.

Clarke spent the first week in a remote jungle location completing habitat surveys, wildlife surveys and completing a Canopy Access course. Every day was an opportunity to explore a different part of the rainforest and try different ways of collecting data.

The second week was spent on a Marine site where Clarke completed his Open Water Diving certificate, went for two dives each day and explored one of the most biodiverse coral reefs in the world.

Clarke worked hard to raise the money for his trip for a year in advance as well as completing certain preparation courses before he left. I would like to congratulate Clarke on his perseverance and dedication to this task.

A representative from Operation Wallacea will be conducting an information session in the High School on Monday the 9<sup>th</sup> September at 7:00pm for students currently in Class 9 or 10 who might be interested in completing a similar expedition in 2021.

Please contact Annabelle in the High School if you would like more information.



# 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!



## OPEN DAY VOLUNTEERS NEEDED

With Open Day coming up soon, we are looking for volunteers to help beautify our school grounds.

There will be a garden busybee every Wednesday morning. We will meet outside the Carriage at 9:00am. If you prefer another day and time we are most happy to accomodate you. Please call or text Heidi on **0427 445 754** or Matt Noakes on **0412 955 005** for alternate arrangements and for more information.

## 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.

## 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.

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** 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.

**BABY SITTER AVAILABLE** – Experienced waldorf inspired babysitter available. Please call or text Avalon on **0426 987 630**.

**LOST** - Size 7 Boy's brown faux leather jacket (aviation bomber style). Possibly left in playground near canteen. If found or taken home by mistake, please call Li-anne **0409 501 970**. My 7yr old will dearly love his jacket that he had for only 5 days. Thank you.

**CELLO FOR SALE** - 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**.

**LYRE FOR SALE** - Beautiful hand made lyre by a teacher at school. Comes with soft bag. For pics search on gumtree for "lyre" under 'other musical instruments' in Hamilton hill. Contact Mark or Breeda **0450 026 871** or **0431 079 356**.

**TUTORING** - Tutoring is an effective way to help your child better understand class content or catch up on missed work. I am Javier Finlay, a former PWS student offering tutoring in Maths, Science and English for both primary and high school children. Please contact me on **0481 069 014** with any enquiries.



## BIOGRAPHY WORK MODULE 2 FREEDOM OR FATE

**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.*

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

## The Four Temperaments an exploration into 'four-foldness' registrations close 15 Aug

Over 4 weekly sessions, learn to identify primary temperament(s) as a way of understanding ourselves & others. Move through artistic & experiential exercises, deepening engagement with 'four-foldness' & exploring ways this can be applied to everyday life.

**When:** 22<sup>nd</sup> August, 29<sup>th</sup> August, 6<sup>th</sup> September and 12<sup>th</sup> September. 7:00-9:00pm.  
**Where:** Perth Waldorf School, Bibra Lake  
**Cost:** \$160/\$130 (conc) incls materials

*Presented by Jill Whitfield & Sharon Clifford, in conjunction with Rudolf Steiner College*

Four elements, four kingdoms of nature, four bodily sheaths,  
searching for insights for ourselves, our children & others...



# Movement and Perception

with

Gosia Winter

an exploration of inner perception with Bothmer Gymnastics



In beholding another's movement, we are able to develop a more conscious understanding and perception not only of that person but of universal inner motifs expressed in gestures.

Working with children, we approach lovingly the mystery of each individual child through a heightened perception of their many aspects, including movement, that can lead us to knowing the next, concrete steps we may need to take in our professional relationships with them.

Using Bothmer movement exercises, observation and discussion, the aim of this workshop is to introduce these themes and contribute a perspective towards the perception of inner realities for each participant.

**Saturday 7th September 10.30 - 12.30**

Silver Tree Steiner School  
\$30

Please book with Jenny Hill (RSC) as numbers are restricted for space.

**Priority will be given to Early Childhood staff until the 19th of August**



## 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.

**CAR FOR SALE** - Holden Rodeo Ute with canopy 4x2. Selling our reliable Ute as moving overseas. 2005 298km turbo diesel.

See link: <https://www.carsales.com.au/cars/details/2005-Holden-Rodeo-LX-RA-Manual-4x2-MY05/SSE-AD-6236394>.

Mark **0450 026 871**.

**VAN FOR SALE** - VW 7 seater multi van for sale as moving overseas. 2006 270km. Great van with seats that go flat to make bed.

See link: <https://www.carsales.com.au/cars/details/2006-Volkswagen-Multivan-Highline-T5-Auto/SSE-AD-6236337>

Mark **0450 026 871**.

**ROOM FOR RENT** - White Gum Valley room to rent (furnished or unfurnished), short-term. Available from the 3<sup>rd</sup> August for three months (possible extension). Vegetarian and non-smoker preferred. Pet considered. \$250pw inc utilities and internet. May include separate lounge/dining room. Call **0412 921 196**.

# 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 (coloured **must be ordered**):

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

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

#### Savoury:

Soup (all soups are gluten free without croutons).			\$4.00
★ Gluten free beef pie.			\$5.50
★ Toasted chicken, spinach, sundried tomato and cheese wrap.		Whole	\$6.00
★ Toasted spinach, sundried tomato and cheese wrap.		Whole	\$5.00
★ Beef sausage in wholemeal bread.			\$2.50
Spinach and ricotta rolls.			\$4.50
Cheese and tomato toasties.	\$2.50	★ <b>Gluten free</b>	\$3.00
★ Toasted ham, cheese and tomato sandwiches.	\$3.50	★ <b>Gluten free</b>	\$4.50
★ Pizza - vegetable or meat.			\$3.00
Boiled egg ( <b>GF</b> ).			\$1.00
Popcorn ( <b>GF</b> ) ( <b>vegan</b> ).			50c

#### Sweet:

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

#### Drinks:

Carton water.			\$2.00
Organic Kombucha ( <b>high school only</b> ).			\$4.00
Flavoured Bannister Downs pouches ( <b>primary only after school</b> ).			\$2.50
Slushies ( <b>primary only after school</b> ).	Sm	\$2.50 / Lg	\$4.00
Organic 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!**

# **LABELS FOR BAKED GOODIES ON OPEN DAY**


These labels are a requirement from the Department of Health for parents baking and donating cakes, muffins, biscuits etc. for Open Day.

Please complete labels below with **all** ingredients used, cut out and attach to the donated goods. Ensure you include: **flour, shortening, eggs and nuts**. Don't forget to label your plates, dishes etc and collect them at the end of the day.

Please bring all baked goods in the morning directly to the Bandicoot Cafe on Plaza.

If you have any questions regarding food on the day please contact Gabby on **0439 919 926**.

Thank you!

<div></div> <div><b>PWS Open Day</b></div> <div>Name/Description: _____</div> <div>Made on: _____</div> <div>Ingredients: _____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div>	<div><b>PWS Open Day</b></div> <div>Name/Description: _____</div> <div>Made on: _____</div> <div>Ingredients: _____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div>
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