



# Pabulum

*Perth Waldorf School*

14 Gwilliam Drive,

Bibra Lake WA 6163

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## TERM 3 CALENDAR

### SEPTEMBER

**Wed 4** Class 11 Parent Night

**Wed 4** Class 5 Excursion to Kings Park

**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** LAST DAY OF TERM 3

### NEXT WEEK



**GREEK OLYMPICS**  
Friday, 13th September



## Term 3, Week 7

Tuesday, 3<sup>rd</sup> September, 2019

Great weather.

Great vibe.

Great community of children, parents and school staff.

Thanks for the 2019 Open Day. Showers of gratitude everywhere.

Special mention to the P&F led by Gabby Leithhead, the Maintenance and Grounds crew and the teachers and assistant teachers in the classes. Many hands and many hearts! Thank you.



**Paradise Play** - Thanks to Titus Witsenberg for the gift of this play. May we have wisdom to use our power for good and subdue the forces of evil.



**Bruce Lee**  
School Administrator

### 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)

### IN THE LIGHT OF A CHILD

Bright the sun's gold rays are streaming;  
 Streaming fills my soul with light.  
 Light becomes a sword of radiance,  
 Radiance flashing in dark night.  
 Night is banished. See Love's sun-rise,  
 Love's Sun rising, warm and bright.

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 ARE NOW OVERDUE**

Invoices for the billing of Term 3 fees were due on Friday the 2<sup>nd</sup> August.

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.

## **CHANGES TO BUS BILLING**

The Finance Department wish to advise that we are changing the way in which we will be billing for the Cockburn and Hill bus services.

From this date forward we will be processing all Bus Billing Forms on the day that they are received instead of being invoiced in week 8 of each term when the billing is done for Term Fees. This will assist families by allowing a more accurate balance of their account when inquiries are made or statements are sent because the bus service will be included in their current balance instead of being billed at the end of each term.

## **TERM FEE INVOICES**

Term Fees are invoiced and sent out four times per year:

- Term 1 Fees - Billed in January - before commencement of Term 1
- Term 2 Fees - Billed Approx Week 8 of Term 1
- Term 3 Fees - Billed Approx Week 8 of Term 2
- Term 4 Fees - Billed Approx Week 8 of Term 3

**All Term Fees have a due date of the second Friday in Week 2 of the current term.**

For assistance with any Family Account inquiries, please contact Leisa Clarke in the Finance Department on **9417 3638** or by emailing [account@pws.wa.edu.au](mailto:account@pws.wa.edu.au).

Thank you.

**Finance Team**

# GENERAL NEWS

## SOUTHERN SWAN PRODUCTS FOR SALE

Our Front Office sells a variety of Weleda and Southern Swan products. We are now selling individual bottles of Rescue Remedy for \$15! Rescue Remedy is a must have in every family home. It helps provide calm and protect against anxiety during times of stress, for adults and children.

Hyperici Sphagni is now on sale for \$20. Hyperici Sphagni is a beautiful remedy that can be used to aid nerve pain as well as help the effects of anxiety and depression. It can be rubbed into the lower back, across the buttocks and down the leg where sciatica causes discomfort.

We have limited stock so hurry in before they're all gone!

## Admin Team

## OPEN DAY

The sun shone warmly over our school last week at our annual Open Day and Fair. Open Day is a busy time for our school, it's a day when staff, parents and children come together and all contribute to making the school the best it can be, getting to celebrate the work we do and share it with the community. We were blessed with an amazing day of sunshine, fun and education! Congratulations to the whole School community for all your hard work.

## **THANK YOUS**

We would like to thank everyone who worked tirelessly to ensure a successful Open Day.

We would like to thank our Administrator Bruce Lee and all staff for your efforts in ensuring the day was a success and showcased our beautiful school and Waldorf Education. You were instrumental in the organisation of the day and making sure it ran smoothly.

To our Coordinators thank you for holding the tours and talks throughout the day and for supporting the faculties to ensure a successful open day.

To the class Teachers and Assistants thank you for all your classroom work, setting up displays, showcasing the students beautiful work and interacting with families throughout the day.

To the office and finance staff thank you for supporting the community, holding the Information Stall, helping with Pledge-a-Book and for all the background work you do.

To the Mayor for official opening of the event. Thank you for your time and the support of the Cockburn City Council.

To Patricia Crook for the Welcome to Country and to Paul Lawrence and the class 5, 6 and 7 students for their wonderful performance of 'Kalyakoorl.' We are grateful to learn about the heritage of the traditional owners of the land and ensuring that we respect and honor the culture respectfully.

To the College of Teachers thank you for your guidance in the planning of Open Day.

Thank you to Community Support for working in partnership with the P&F and communicating with all parties to ensure that it was an amazing event for everyone in the community.

Thank you to the students and families for attending on the day and making it a success. Without you the day could not run. To the Volunteers who facilitated activities and stalls we appreciate your contributions of time, food and donations.

Thank you Megan Harry and the Canteen staff for running the canteen with precision and care on the day and for your support leading up to Open Day.

To the Open Day reps for your support in orchestrating the organisation of rosters and for attending meetings in the lead up to the day. Your support is invaluable.

To the donors for our raffle thank you for your contributions to our fundraising with your raffle prizes.

Thank you Pete, Melody, Matt, Heidi, Eric Hinsman and all the maintenance and gardening staff for always working behind the scenes. We could not have done it without your help.

To Jodie Segusa, the P&F treasurer thank you for organising all the floats for the day, collecting money and banking and making sure the processes were seamless.

To all members of the P&F thank you for your support. I truly appreciate your time and feedback. Well done in making Open Day 2019 an amazing day.

**Enjoy photos from Open Day over the next four pages...**





















**CONNECT LEARNING  
AFTER SCHOOL**

# **VACATION CARE**

**TERM 3**

**7TH - 11TH  
OCTOBER**

Now taking bookings for  
the second week of  
holidays. Spaces are limited.  
Get in quick.

Please contact Nicola for  
more information.

**0420 667 904**

[perthwaldorf@connectlearning  
afterschool.com.au](mailto:perthwaldorf@connectlearningafterschool.com.au)

**\*The service is available for children aged from 6-12 (Kindy 6 to Class 7).\***

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)



# EARLY CHILDHOOD

## FROM THE COORDINATOR

Friendliness. It's a feeling we all recognise when we receive it. I received it today when a Cygnet child called out to me across three gardens - "Hello Jennifer!". It was such a surprise that she not only knew my name, but she was so keen to greet me! Our community is built on friendliness, so the reminder is to cherish and exercise it with each other: it's powerful.

Our Swans are swimming together with increasing grace, getting to know each other through shared activities between the classrooms. Here they are, candidly caught after their weekly singing session with Paul Lawrence.



Jennifer Byrne - Early Childhood Coordinator

# PRIMARY SCHOOL

## NEWS FROM CLASS 7 KULBARDI

### **Finding One's Way in the World**

A couple of weeks ago Class 7 Kulbardi took a bus to Silver Tree Steiner School to engage in an afternoon of orienteering activities. Orienteering, with its combination of problem solving, physical fitness and connection to the natural world, is perfect for Class 7 students. Using map and compass skills and a dash of intuition, the students navigated their way around different courses set up on the wonderful bush block at Silver Tree. In some ways they were emulating the world explorers who they had learned about earlier in the year.

It is hoped that we can establish some orienteering courses at PWS in the future. Many thanks to orienteering experts, Rob and Lois, for teaching us the necessary skills. Thanks also to Kylie for organizing the event and to Silver Tree Steiner School for allowing us to use your beautiful setting.







### A Whale of a Time

Later that week we were fortunate to have a visit from marine biologist and whale researcher Micheline Jenner. This was Micheline's second visit to our school and she was just as inspiring as the first time she came. She enthralled us with stories and slides of her life studying humpback whales. She and her husband, Curt, built a boat and raised a family as they followed the migratory paths of humpbacks, photographing and documenting all facets of their behaviour, from the far north of the WA coast to Antarctica.

The essence of these magnificent animals shone through the photographs, the stories and Micheline's own passionate and gentle spirit. She and Curt are modern day explorers, members of the highly prestigious Explorers' Club. Micheline has also written a fascinating account of their experiences in "The Secret Life of Whales".

A donation from the children has been sent to Tangaroa Blue Foundation, which is dedicated to helping clean up the debris in the world's oceans.



From one inspiring woman to another. Next week the children of Class 7 Kulbardi will be performing, The Greening, a play about the life of Hildegard of Bingen. Hildegard, a 12<sup>th</sup> century German nun, was a highly creative, courageous and visionary woman. Her art, music, spiritual philosophy and knowledge about the healing power of nature have continued to inspire and influence people over 800 years after her death.

The play is suitable for children 10 years and over.

See play poster over the next page...

**Kevin Mazzer - Class 7 Kulbardi Teacher**



Class 7 Kulbardi presents  
**The Greening**  
A Life of Hildegard of Bingen



**SEEKERS' PLACE**

**Wednesday, 11<sup>th</sup> September 9.15 am**  
**Thursday, 12<sup>th</sup> September 9.15 am and 6.30pm**  
**Friday, 13<sup>th</sup> September 6.30pm**



## PRIMARY CRAFT



## HIGH SCHOOL

### CLASS 12 PROJECTS

My name is Eli Mitter and for my Class 12 Project I have been exploring the question “Can Aquaculture and fish farming have a positive impact in relieving the pressure of overfishing around the world?”



As part of my Project Practical I will be hosting a screening of the film ‘Artifishal’ on **Monday, 9<sup>th</sup> September at 6:30pm in Seekers Place.**

*Artifishal* is a documentary that looks into the impacts that fish farms are having on wild fish stocks with a strong focus on Atlantic Salmon. This film was made by Patagonia and was released on the 25<sup>th</sup> April, 2019. After the film has finished I will answer any questions you may have about the film and this issue. The total running time of the documentary is 75mins.

I do hope you will come along.

**Eli Mitter - Class 12 Student**



# 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 THANK YOU FROM MAINTENANCE

A very big thank you to Peter Grant, Steve Grant and Erik Hinsman (who is always a big help) for their unstinting work towards Open Day readiness. It is heartening to see the help from the fellow parents, both in the setup and the clean up afterwards. We, the Maintenance and Gardening team could NOT do it without you!!!

## 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.**

## 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.



## SPRING BULB FUNDRAISER

Here are some photos of the beautiful bulbs from First Term's 'Tulips With A Difference' fundraiser. It will be on again next year for those who missed it. Enjoy!



## 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

### Movement and Perception

with

Gosia Winter

an exploration of inner perception with Bothmer Gymnastics



**Only a few  
places left!**

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.

**Open to everyone**





# 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.

**CALLING ON HOSTS FOR VISITING MUSICIANS** - Jennifer and Horst Kornberger are looking for people to help make four extraordinary musicians and a puppeteer from Slovenia feel welcome while they are in WA for 6 weeks (from early Oct). The artists will be staying in Hilton. Please email [Jennifer.kornberger@gmail.com](mailto:Jennifer.kornberger@gmail.com) if you are keen!



Applications are invited for the position of:

## PART-TIME EDUCATION COORDINATOR

*0.6FTE with possibility of 0.8FTE commencing Term 4, 2019*

### Silver Tree Steiner School:

Nestled amongst over 25 acres of beautiful bushland in the Perth Hills, Silver Tree Steiner School provides a Steiner education from Early Childhood to Year 6 for over 200 students. Supported by a vibrant and nurturing school community, the education gives children time and space to deeply experience a creative, enriching and wonder filled learning environment. Firmly based on a respect and understanding of Rudolf Steiner's philosophy of education and supported by the Australian Steiner Curriculum, children are guided towards becoming free thinking, socially responsible adults, who experience meaningful connections with each other and the world. Silver Tree Steiner School is an independent, co-educational and non-sectarian day school welcoming children from all backgrounds and cultures.

The Education Coordinator assists the Head of School in areas of planning, development and implementation of the Australian Steiner Curriculum, plays a hands-on role inducting, mentoring and supporting teachers with the delivery of the education, assessment, reporting and appraisals. This role evaluates teaching programs and supports the implementation and assessment of learning areas within the school. This position also manages timetables and duty rosters and assumes responsibility for the school management in the absence of the Head of School.

### QUALIFICATIONS

1. The ability to have a current WA Teacher Registration.

### DESIRABLE CRITERIA

1. Teacher Training and/or a demonstrated understanding of the principles and curriculum of Rudolf Steiner Education;
2. Experience teaching primary school aged children in a Steiner school;
3. Demonstrated success in an Educational Leadership role within a primary school setting;
4. Excellent communication and relational skills;
5. A collaborative leadership style;
6. Commitment to further personal development;
7. An ability to implement the Australian Steiner Curriculum Framework;
8. A commitment to supporting and promoting the Silver Tree Steiner School's ethos, policies and procedures;
9. An interest and active engagement in contemporary educational, leadership and management practices.

**Expressions of Interest are welcome immediately.** Applications and queries should be addressed to the Head of School, Mrs Donna Bieundurry: [Donna.Bieundurry@silvertree.wa.edu.au](mailto:Donna.Bieundurry@silvertree.wa.edu.au)

Applicants are required to submit a letter of Application addressing the essentials of the Position Statement, Curriculum Vitae, including the names and contact numbers of three referees, one of whom must be the current employer if applicable. The Position Statement can be found on the school's website [www.silvertree.wa.edu.au](http://www.silvertree.wa.edu.au)

**Applications close Monday 9<sup>th</sup> September 2019 at 4pm.**



# FOOD FOR THOUGHT

Marijo Murillo is a Nutritionist and a parent at our school. Marijo offers these insights once and while from her own perspective as a public service.

## Let's talk about gluten

Today there is a lot of controversy about whether gluten is good or not. There are many opinions out there and there is science. But, let us start at the beginning... what is gluten?

Gluten is a group of proteins that occur in various cereal grains. The term is Latin and means tail or glue. Gluten is the protein that agglutinates flour to make products like bread. Items that contain gluten are Wheat, Rye, Barley, Kamut and Oats. Whereas Corn, Rice, Millet, Teff Amaranth, Quinoa and Buckwheat do not.

Due to its easy adaptation to the land and its high yield, cereals have occupied, since antiquity, a predominant place in human nutrition. They have been considered for years the basis of the nutritional pyramid and constitute one of the most important economic resources in the world. Among them, wheat is the most cultivated and consumed cereal: almost two thirds of the world population eat wheat daily. But wheat is at the origin of various health problems. The best known is that of gluten intolerance.

Gluten intolerance is a spectrum of alterations, mild or serious, derived from the damage that this protein causes in the organism, at the digestive level in the intestine and also in other organs such as the skin, mucous membranes like the mouth and the central nervous system.

In this range of injuries, celiac disease is the most severe end of this spectrum and is characterized by severe damage to the small bowel mucosa, with symptoms such as pain, abdominal swelling and diarrhoea. The damage in the intestinal lining prevents the correct assimilation of nutrients, which can lead to weight loss and malnutrition, affect the state of mind (a frequent symptom in children with celiac disease is irritability).

1 in 10 people have some degree of gluten intolerance. Only 10% of cases are diagnosed in adulthood. In many cases, it goes unnoticed because in 50% of people they manifest with other issues. For example, the relationship of gluten with rheumatological diseases and chronic fatigue is being studied; also in auto-immune diseases, inflammatory diseases and neurological disorders (Alzheimer's, Parkinson's) and Hashimoto's thyroiditis. In all these cases, the withdrawal of gluten is beneficial.

Wheat is also behind many chronic issues of inflammation of the wall of the digestive tract and alteration of the intestinal rhythm, gas, constipation and malabsorption of nutrients, and cutaneous problems such as acne and allergic rashes.

Many times patients who are not celiac are intolerant or sensitive to a specific type of gluten, coming from a particular cereal, and removing that food from their diet is beneficial.

Many people have asked me, have cereals not been the basic food for centuries?

Yes, it's true, but what happens is that the cereals that we consume today are not the same as those that our ancestors consumed. The domestication of cereals meant controlled cultivation and the creation of grain hybrids. This caused cereals to evolve by leaps and bounds.

In the case of wheat, it has evolved so much that it has a genetic load double or triple that of the original wheat.

Look at these interesting facts:

The original wheat possessed only 7 pairs of chromosomes and, at present, the most consumed species of wheat have 14 and 21 pairs of chromosomes.

Durum wheat, used for the preparation of pasta and semolina: 14 pairs of chromosomes.

Candeal wheat, used to make bread, pizza, pastries, cookies and flour, 21 pairs of chromosomes.

Therefore, it is advisable to avoid wheat consumption by people who have digestive problems.

Nowadays we can find pasta made with buckwheat, brown rice, quinoa etc and they are very good in flavour and they are definitely healthier for us. Also, we can make a very healthy lunch for our children by making a fresh salad and add quinoa or buckwheat. It is so simple and very rich. Add some sesame seeds, flax and chia and that lunch will not only be delicious, but it will be super healthy for our children and will fill them with energy.

**"The doctor of the future will not give medicine, but will interest his patients in the care of the human framework, in the diet and in the cause and prevention of the disease"**

*Thomas Edison*

Marijo Murillo  
Nutritionist