

Tuesday 20th September, 2016

Newsletter #8

Important dates for your calendar:

End Term 3 and Spring Festival- Thursday 22nd September, 9.45am-1pm

Term 4: Tuesday 11th October – Wednesday 7th December

Story circle- Sunday 9th October 1.30pm

Dear God,

We celebrate spring's returning and the rejuvenation of the natural world, let us be moved by this vast and gentle insistence that goodness shall return, that warmth and life shall succeed, and help us to understand our place within this miracle. Let us see that as a bird now builds its nest, bravely, with bits and pieces, so is the highest art, it is our natural and vital role within the miracle of spring: the ~~creation~~ (cultivation) of faith.

Amen

Prayer for Spring, Michael Leunig

News from James

At Aurora we are very thankful for the blessing of Spring and we look forward to celebrating its arrival at our Spring Festival on Thursday, the last day of Term 3. It has been another term of firsts for our school. Our first school off-site camp, our first Aboriginal culture and language lessons, our first family BBQ, our first violin lessons, our first NAIDOC celebration, our first comedy cabaret night and our first grandparents' day.

Wiritjiribin Aboriginal School Program

This term we introduced the key element of our Wiritjiribin Aboriginal program, the language and culture teaching. We have been very fortunate to have found, through Koori Kulcha, Rachel Buckley (Aunty Rachel to the children). Aunty Rachel's sessions on Monday with the primary classes have been going for a few weeks with a focus on stories, art, Dharawal language and song. Rachel, the class teachers and I have been steadily developing a program that works in our setting. Next term, as well as the usual lessons, the classes will be working on major projects. Class 1/2 will be working on painting a mural and the upper primary class will be working on totem poles and dance. These projects will be in preparation for our official launch of the Wiritjiribin program with a tentative date of Harmony Day, 21st March 2017.

Reading Program

Next term there will be two reading sessions in the school each day. The Middle Primary class will be reading 9.40-10am and Class 1/2 will be reading at 11.30am. The sessions will involve group reading and one-on-one reading activities according to the needs of the students. If you are available as a regular volunteer reading helper for any of these sessions, please contact the class teachers.

Kindergarten staffing for Term 4

As the Kindergarten class is growing and with the range in ages and needs we have seen the need for us to increase staffing in this area. In the last weeks of this term we have ensured that there are at least two teachers present at all times and three teachers in busy times. Thank you to Ben and Terence for assisting this term. Next term we will continue with these staffing numbers. Annabel will continue with her hours, Terence will continue with teaching every 2nd Monday and every Tuesday afternoon. Pascale will be assisting full-time and Elodie Guidou will be assisting part-time. Elodie is an experienced early childhood Steiner teacher who has been working at Glenaeon Rudolf Steiner School.

New Class Teacher for 2017

During the holidays, we will be interviewing suitable candidates for the new class teaching position for 2017. After this process I will introduce successful candidate to the whole school community as soon as possible.

Aurora Map – Business Plan progress

During the holidays, Tuesday 4th October, the working group; Jane Button (Board Chair), Chris Cloran (Treasurer), Mel Savill (Business Manager) and I will be meeting to look at the Aurora Map draft and then it will be distributed to the school community for comment. There will be two weeks to review the document before the final copy is published.

Comedy cabaret night

On Saturday 3rd September we had the inaugural Aurora Comedy Cabaret Night. There was a good turnout of parents and staff for a night of high quality, belly splitting hilarity. We enjoyed poking fun at ourselves and each other with skits, songs, comic Eurythmy and dance. There is talk of making it a more regular event. Stay tuned. Special thanks to Annabel for organising the event and our DJs Scott and David.



Grandparents' Day

Aurora's first Grandparents' Day, Thursday 8th September, was a great success. Visitors were treated to a snapshot of what happens usually on a Thursday morning with Kindergarten activities, Class 1/2 main lesson, and Middle Primary music specialist lessons. Afterwards there was a discussion in the Koori Kulcha café about education at Aurora. Then visitors watched the Middle Primary's dress rehearsal of their Moses play. Thank you to all those grandparents, parents, aunties, uncles and friends for attending the day. There was a great feeling of support for the school.



Thank you

Thank you to all those volunteers and staff who have supported us through another busy term of growth.

Yours with heart,

James

Celebrating the season

Marking the cycle of the year through seasonal and cultural festivals is a precious aspect of life at Aurora – a source of joy, meaning and relatedness to the natural world for children and adults alike. As we prepare to come together for our Spring Festival this week, we reflect on this particular time of year and all the forces it makes available to us.

Looking around, we see leaves unfolding, flowers blooming, birds nesting and baby ducklings waddling. The days are growing longer and warmer, many things seem easier, and people are getting social again! Renewal, relatedness, generosity, initiative and fresh growth and ideas – these are among the gifts that flow to us from Spring.

In traditional Dharawal culture, this time is called Murrai'yunggoray and is one of eight seasons in the cycle of the year. This cool, getting warmer, season is the time of the Miwa Gawaian (*Telopea peciosissima*), the gathering of the Ngoonuni (flying foxes), and is a time for major ceremony.

For Rudolf Steiner, this period of September is especially associated with the symbol of the archangel Michael. Steiner speaks of Michael as 'the guiding spirit of our age', playing special part in the evolution of humanity.

'Michael works by waiting for the human being to have ideals and endeavours that are in accordance with the spiritual intentions of this time. Into these activities and endeavours Michael then adds will and courage. In a very real way, humans then become responsible for what they do in the evolution of the world... Michael unifies humanity, but it is a unity that comes out of diversity. This is a paradox of great wisdom. Each person can contribute out of his or her own spiritual position in the world. The world becomes a multi-faceted crystal with each human self shining and creating as part of the whole. In this way a unified world can arise because each individual is holding his or her part together in acknowledgement of the need and value of all the other aspects within the whole.'

From *Festivals in the Southern Hemisphere* by Martin Samson

The book of nature, Aboriginal culture and Steiner's insights – all invite us to experience this time of year with depth and freshness. We look forward to seeing you on Thursday as we weave these elements together in a 'uniquely Aurora' Spring Festival!

The College of Teachers

From Class 1/2

Long, long ago ...

"Long, long ago there was a time when everything was still. All the spirits of the earth were asleep, almost. Great Father of All Spirits was awake.

Gently he awoke Sun Mother. As she opened her eyes warm rays of light spread out towards the sleeping earth.

Father of All Spirits said to Sun Mother, "Come Mother, I have work for you. Go down to the Earth and awake the sleeping spirits. Give them forms."

And so begins our Aboriginal culture and stories main lesson 'Long, long ago ...'

In this main lesson the children have experienced aboriginal stories about some of the common animals and plants in our local environment and iconic animals like Emu and Koala, together with the stories where they lived, the formation of the rivers and hills and rocks. All these stories build a picture of the world around them

This main lesson has coincided beautifully with our Monday classes with Aunty Rachel where the children have gained a deeper understanding of The Dreaming and Spirit in all nature, along with a respect for the Aboriginal people as the custodians of the land.

The children have worked so well this term in all they have participated. Everyday the children demonstrate small acts of kindness to each other as well as their ongoing enthusiasm for learning and play. I am always delighted by the children's self generated extension activities, in the case of this main lesson the wonderful production of ochres!

With the coming of warmer days, I wish you all a joy filled spring holiday filled with adventure and possibility.

Kate Koch

From the Middle Primary – Yurt Farm Camp

We returned on Friday afternoon a smelly, tired but incredibly happy bunch!

We started out on Wednesday morning at Fitzroy Falls where we were treated to a guided walk by a real life descendent of Doctor Throsby, a local explorer in his own right and a benefactor of Hamilton Hume's explorations. Sally, the National Parks Ranger, led us on an informative walk starting at the lookout to Fitzroy Falls, all the way to a magnificent rainforest grotto and finishing with a talk about all the animals of the area. After lunch we headed to the Yurt Farm.

Nervous excitement filled the bus as we pulled into the driveway of this 'back to basics', magical camp. We were greeted by Mike and Judit and numerous signs stating 'Believe in yourself'. The kids soon settled into their two yurts and started getting used to the fact there was no electricity and that rooms are round in a yurt. Boat building in the woodworking yurt was popular and over the next few days the children became more skilled with the tools under the careful, positive guidance of Jeremy Murdoch.

Dinner each night started with a sing along with Mike and we sang many old favourites such as 'The NSW Song' and 'Give me a Home Among the Gum Trees'. This was followed by a sing along with a James and a talent show.

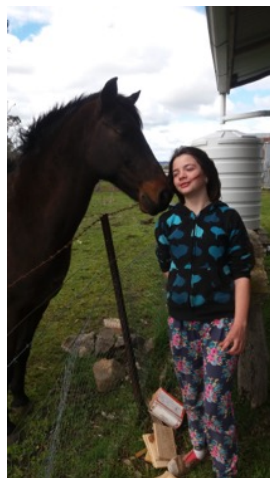
The days were very busy with Mike leading us around the farm. On Thursday we were all turned into sheepdogs to move the sheep from one paddock to the next and then we went on a walk through the ghost forest. Luckily we did the walk during the day or else the students may not have gotten any sleep that night. On Friday we headed out on a walk around the property and reaching our destination of the fishing yurt where we made hooks and fishing lines. Unfortunately, no-one caught any fish but we all shared some damper and had a great time. Then it was back on the bus heading home.

The focus of the camp was to participate in farm life, work together as a group and to challenge our ideas of what is possible. In the process we all learned a lot about each other and ourselves. Thank you to all the people that made this camp possible including Danielle and Ellen for cooking for us and Tamara for shopping for us. We would especially like to thank Jeremy Murdoch, Donna Israel, Pete Saw and James Goodlet who accompanied us on the camp. Your help was essential to the success of the camp and we appreciate it immensely.

Back to work now for my class as we prepare for the end of Term and the Spring Festival.

All the best for the holidays,

Jeddah Teasdale



Nutrition with Pascale – The many health benefits of bone broth

The last couple of weeks I have been cooking bone broth in Kindy. At this stage just a few children (not the vegetarian children!) had a tiny sip but certainly the staff members had a good go!

Bone broth has numerous health effects. Some of them are as follows.

- * Bone broth helps heal and seal the gut and promotes healthy digestion due to the gelatin.
- * Due to chondroitin sulphates and glucosamine extracted from the boiled down cartilage, it reduces joint pain and inflammation.
- * It promotes strong healthy bones as it contains high amounts of calcium and magnesium.
- * The gelatin in bone broth also promotes healthy hair and nails.
- * Fights whole body inflammation as amino acids such as glycine, proline, and arginine all have anti-inflammatory effects.

Bone broth is really easy to make. Make one pot for the week and you can enjoy a cup or multiple cups every day. Some people swap their morning coffee for a cup of both!

Recipe from 'The Nourishing Traditions Book of Baby and Child Care' by Sally Fallon.

- * 1 whole organic chicken or 4-5 pounds bony chicken parts, or the carcass of a whole chicken. (Instead of chicken, you also can use beef bones.)
- * Cold filtered water
- * 1/4 cup vinegar
- * 1 large onion, peeled and coarsely chopped
- * 2 carrots, peeled and coarsely chopped
- * 3 celery sticks, peeled and coarsely chopped
- * 1 bunch of parsley

Method:

Place the whole chicken or carcass, bones etc., in a pot and add enough water to just cover.

Add the vinegar, onion, carrots, celery. Bring to the boil and remove scum that rises to the top. Reduce heat, cover and simmer for 2 to 24 hours. The longer you cook it, the richer and more flavourful the stock/broth will be. About ten minutes before finishing the stock, add the parsley. Remove whole chicken or bones with a slotted spoon or strain it through a strainer to remove any left over bone fragments. Add sea salt to taste.

Enjoy!

Pascale

Aurora Story Circle

The next meeting of the Aurora Story Circle will be on Sunday, 9th October (last weekend of the school holidays) from 1.30-4.30pm.

The theme for the day is 'Family Stories' – shaping stories that become part of your family biography. All are welcome to attend – no storytelling ability required!

Come along and be inspired.

Playgroup is thriving and moving!

What a wonderful term Playgroup has had. We had 10 families join us each week for a joyful morning of stories, singing, bread making, playing and eating! We were also lucky to have Lisa Devine join us for a few mornings to share some pearls of wisdom with the adults. Parent Craft was given special attention this term too with families making little bags of purple snow (lavender and epsom salts), tissue paper snow flakes, origami baskets, and flower wreaths for our end of term Spring Festival. Next term sees a move to our new home at the Harmony Centre in Mittagong (9 Beresford Street) and a new start time of 9.45am. We are currently taking enrolments for next term so please spread the word or contact Rochelle for more information. Here are some photos from our Spring Festival.



Barbecuing in the rain

Finally, the parent barbecue was there last Sunday! It was a rainy day but that didn't stop us from having a really lovely time to get to know one another a bit better. The park looked amazing in the rain and the children were happy to play in the playground and go for walks around the lake under supervision of parents.

The undercover tables were ideal and the men weren't afraid to get wet whilst cooking the sausages. A big thanks to Ellen Stuebe for organising and everyone for coming and sharing their lovely food.

Let's do it again soon!

Pascale



Chickens Need a Home for the Holidays

Our three lovely chickens need a home for the holidays. If you have a secure chicken house and are keen to babysit our chickens over the holidays, please let Jeddah know. They are laying really well and we will send them home with chicken feed.

Many thanks,

Middle Primary

Little shop at Spring festival

The parent craft group has been busy again this term! They will have their handmade products for sale at the Spring festival this Thursday. Their beautiful creations sold out extremely quickly last term so be sure to get in early!!

Head lice check

We have had one report of head lice. Holidays is the perfect time to check and treat for head lice, particularly as we move into the warmer weather. We ask that everyone please thoroughly check their children's hair for unwanted guests and help us ensure term 4 is a scratch free zone!

Thanks!

Community Noticeboard



Introduction to the Landmark Forum

Find out about the Landmark Forum and how it could bring about positive, permanent shifts in the quality of your life. Create power, freedom, full self-expression and peace of mind for your future.

Sunday, 25 September 2016
1.45-5pm

68 Southey Street
Mittagong NSW 2575

for more details and to confirm your attendance please call
Annabel: 0415 805 980
www.landmarkworldwide.com



Rug & a Mug
is back!

Please join us for a warming night of music & merriment on Saturday 24th September, 7pm at the Glenquarry Peace Memorial Hall.

Featuring a host of local talent...

The Blue Kookaburras
[Bowral Steiner School Students]

Ros&Ko
[Rosslyn Cuerden, Hayden Koek, William Koek, Alex Paviour, Ethan Schultz]

3ForLove
[Louise Bell, Dave Marett, John Woodhouse]

Entry: \$10 at the door. Proceeds to the Hall & World Vision Australia Fund. Rug & a Mug is an alcohol free event. Bring a mug to fill with our famous chai, plus a rug and cushions if you like! Snacks welcome.

Community Noticeboard cont.



You are invited to a

Michaelmas Festival

Anthroposophical Society and Friends

To be held in the centre classroom of Aurora

Southern Highlands Steiner School

Saturday 24th September 2pm-4pm

This is an adults only event.

All adults interested in the topic are welcome.

Contributions toward the theme appreciated.

Creative input encouraged.

Please bring something to share for afternoon tea.

RSVP Terence 0420 926 988 (text preferred)



**Join us for a fantastic afternoon of performances
and contribute to raise funds for the
Vietnam Children's Project.**

Performances of Eurythmy by
Kimberly Hammerton and Lisa Devine.

Music by Rapunzel's Party.

When: 22nd of October 2016

Where: Kazcare Hall, Bowral

Tickets: Advance \$15 or \$20 on the door

Contact: janann1954@hotmail.com
mobile: 0424396220

Proceeds from this event go towards funding of Rudolf Steiner early childhood education facilities for
an orphanage and under-privileged children in Vietnam.



Vietnam Children's
Project

School Holiday workshops September/October 2016

<http://www.kazkidsworkshops.org.au>

Please book online, or call:
(02) 4861 1150

Choose from 3 great workshops:

- Magic
- Photography
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All workshops held onsite at:
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Student Work Gallery – Class 1/2

