



Weekly newsletter of Raphael House, Rudolf Steiner School

1 May 2009

Dear Parents, Caregivers and Friends

Welcome to Term 2, a term with a lot to offer and a lot to work through as a community. We have the Upper School Talent Show to look forward to, as well as the Class 10 Play at the end of term. Class 11 & 12 students are currently active in organizing the World Vision 40 Hour Famine, and planning is underway for an end of term concert.

As advised in the letters sent to parents during the holidays, the School will be holding a **Community Meeting on Wednesday 13th May at 7.00pm**. An agenda, background financial information, and further details about this meeting will be sent home next week. Please mark this important date in your diary.

Our six Class 12 students, with Karen Brice-Geard, returned from the Class 12 Connect Conference in Switzerland yesterday. From all the emails and phone calls we have received, it is clear that the students have thoroughly appreciated the conference and had a wonderful time. We look forward to hearing more about their experiences over the coming weeks.

We warmly welcome Erica Kirby, our new Japanese Teacher into the Upper School. We also welcome three new students to our school: ~~Coro Ferreira, from Germany into Class 10, Alexander Risk into the Upper School and Jasper Hogg who has started in the Kindergarten.~~

There will be an opportunity for Upper School parents to meet individually with subject teachers between 3.30pm and 9.00pm on Monday 18th May.

More details on this will be included with the Upper School reports, which will be sent out at the end of Week 2.

If you have moved house recently, please let the Lower Office know your new address, work details, telephone/cell phone number and email address. The Class Reps will be notified and everyone concerned will also be advised. If you have not yet returned the 'Update of Student Information' form sent out to parents last term, could you please do so by 5th May. Forms are available from the Lower Office if you have misplaced yours.

In this season of changeable weather, when days can rapidly become cold and wet, we wish to remind parents that rain coats, gloves and hats are needed.

My greatest hope for the term is that we find ways of working together which bring positive energy to support the rich and wonderful education which Raphael House offers our children.

David Stephenson
Acting School Co-ordinator/Principal

On behalf of the College of Teachers: Karen Brice-Geard, Ray Shore, David Stephenson, Norbert Mulholland, Adam Ricketts and Margaret Sweaney.

COMMUNITY MEETING

There will be an important Community Meeting on Wednesday 13 May, 7pm in the Eurythmy Room, to clarify and discuss the School's situation. It is vital that we have as many families represented at this meeting as possible.

Please send any questions you may wish to have discussed at the meeting to chair@raphaelhouse.school.nz by Wednesday 6th May. An agenda, along with supporting financial information, will be mailed to you next week.

IMPORTANT NOTICE REGARDING THE CURRENT POTENTIAL INFLUENZA EPIDEMIC

As many will be aware, the Swine Flu, which has killed a number of people in Mexico, has spread to the USA and has now arrived in New Zealand. In the light of this it is important that we take the following precautions:

1. If a child in your care shows symptoms of influenza (see below) **PLEASE KEEP THEM AT HOME**. We would rather they missed a couple of days of school with a wrong diagnosis than have other students put at risk.
2. Any child showing 'flu- like' symptoms will be removed from class to the sick bay and home contacted. If your child is affected, we ask that you treat picking them up as soon as possible as a top priority. This applies whether or not an epidemic is threatened, because even ordinary outbreaks of influenza can spread rapidly in a school community. It is also important to get unwell students home and into bed as quickly as possible for their own recovery.
3. If any of your family have been to or near the affected areas (USA, Mexico) please keep a close eye on everyone's health and consult medical advice if any symptoms appear. There is no need to avoid normal daily activity unless you have reason to suspect exposure to someone who was infected.

If you would like further information, you can use the following websites:

<http://www.med.govt.nz/templates/MultipageDocumentPage14538.aspx>

<http://www.who.int/mediacentre/news/statements/2009/h1n120090425/en/index.html>

<http://www.who.int/csr/disease/swineflu/en/index.html>

See also the Centres for Disease Control and Prevention (CDC) website for further information and Q & A:

<http://www.cdc.gov/swineflu/?scid=swineFluoutbreak001>

We appreciate your co-operation in dealing with what we all sincerely hope is not going to be anything more than a timely reminder of how easily infections can be spread, and the importance of good hygiene practices.

You might find the list below helpful in telling the difference between the common cold and influenza.

Wendy Daals
Health & Safety Officer

DIFFERENCES BETWEEN COLD AND INFLUENZA SYMPTOMS

Symptom	Influenza	Common Cold
Fever	Usual, sudden onset 38°C-40°C and lasts 3-4 days	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Fatigue and weakness	Usual and can last 2-3 weeks or more after the acute illness	Sometimes, but mild
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhoea	In children (5 years old)	Rare
Watering of the eyes	Rare	Usual
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore throat	Usual	Usual
Chest discomfort	Usual and can be severe	Sometimes, but mild to moderate
Complications	<ul style="list-style-type: none"> • Respiratory failure • Can worsen a current chronic condition • Can be life threatening 	Congestion or ear-ache
Fatalities	Well recognised	Not reported
Prevention	<ul style="list-style-type: none"> • Influenza vaccine • Frequent hand-washing • Cover your cough 	<ul style="list-style-type: none"> • Frequent hand-washing • Cover your cough

CALENDAR OF EVENTS 2009

TERM 2 27 April - 3 July
TERM 3 20 July - 25 September
TERM 4 12 October - 16 December

DATE	EVENT	TIME	VENUE
4 May	Class 5 Parent Meeting	7.30	
5 May	Class 6 Parent Meeting	7.30	
6 May	Class 7 Parent Meeting	7.30	
11 May	Class Representative Meeting	7.30pm	Eurythmy Room
11 May	Class 2 Parent Evening		
13 May	Community Meeting	7.00	Eurythmy Room
12 May	Class 1 Parent Meeting	7.30	
18 May	Upper School Parent Teacher Interviews	3.30pm-9pm	
20 May	Kindergarten Parent Teacher Evening	7.30	Kindergarten Classrooms
25 May	BOT Meeting	7.00	
29 May	Teacher Only Day		No School today

FROM THE OFFICE

The Administration Team have a weekly meeting every Monday 11.30 - 12.30pm. Please keep the calls to a minimum during this time. The phones will get answered, but as you can appreciate it does interrupt the meeting. Thank you, in advance, for your consideration.

VEHICLES

It appears we need to remind the community about vehicle use around the School. No vehicles are allowed to drive up the School driveway at the start or end of the School day, unless to deliver or collect a child for health reasons. This is only possible when prior permission is obtained.

Being late for School is not a valid reason! Students driving to school must park their cars in the public car park on Matuhi Street. Similarly, when using the Matuhi

St area near the School to drop or collect children, please remember that this is a very congested area. Your children need to be brought and collected safely.

Wendy Daals
Health and Safety Officer

UPDATE FROM THE BOARD

The Board of Trustees held its monthly meeting on Monday 27th April. We are pleased to announce that Adrian von Aesch has joined the Board of Trustees as a Proprietors Representative. Adrian brings many years of Board experience with him, having served on the Board at Te Ra School for 6 years. He has three children in the Upper School and is a member of the Anthroposophical Society. Adrian was elected to the position of Deputy Chair.

The main items on the agenda included the review of the year to date finances, a discussion on reporting requirements for the Board around staffing levels and a review of the School Co-ordinators' report carried over from last month. The discussion on the School Co-ordinators' report related to the annual target of improving spelling in the school. Assessments conducted in the classes have identified that spelling levels are below expectations and a spelling programme is currently being implemented to address this.

A further topic discussed was the upcoming Community Meeting. An agenda for the meeting will be sent to the community next week, along with more details on its purpose and the desired outcomes of the meeting. Please book **Wednesday 13th May** in your diaries and arrange child care in advance as this is an important meeting and we encourage all families to attend. Please also remember to send any questions you may wish to have discussed at the meeting to chair@raphaelhouse.school.nz by Wednesday 6th May.

The next Board meeting is scheduled for Monday May 25th at 7pm in the Heidi-Werth room.

Glen McCauley
on behalf of the Board of Trustees

WHAT'S GONE HOME

Class 11 Sports afternoon - email

Class 9 Sports Exchange - email

SPORT TERM 2

BASKETBALL

5 May 2009	RH v HIBS 2	Walter Nash	5.00pm
12 May	RH v Aotea 2	Walter Nash	5.00pm

NETBALL

2 May	RH 1v Upper Hutt 11	NN Court 2	11.00am
9 May	RH 1 v Sacred Heart 9	NN Court	11.00am

NETBALL

2 May	RH 2 v Sacred Heart 13	HH Court 3	12.00 noon
9 May	RH 2 v Heretaunga 5	HH Court 2	1pm

NI SECONDARY SCHOOLS SNOWBOARD COMPETITION

The 2009 K2 Schools Snowboard competition will be held at Turoa, from Monday - Wednesday, 21st - 23rd September. NZSSC have endorsed the event and NZSBU have sanctioned it. Entry information will be mailed to schools during week 9 of this term. Our School has a great reputation to uphold again this year! Anyone interested in participating this year please contact Alan Chapman in the Lower office, alan.c@raphaelhouse.school.nz

COMMUNITY NOTICES

WOODWORK PROJECTS WANTED

Do you need a coffee table? A stool? A bookshelf? An easel, jewellery box, guitar stand, wooden spoon or a chopping board? A liquor cabinet, a waka, a slingshot, perhaps? Or anything else an Upper School student could build in about ten hours? I am looking for projects to be commissioned to Upper School students in Woodwork. It is valuable real-life learning an experience and act of service for older children to make something for a client. So have a careful look around and a think and let me know! Call Sean 589 2004 or email sean.o@raphaelhouse.school.nz

ADULT EDUCATION

ROOTS AND WINGS

LECTURE ONE: THE JOURNEY OF EARLY CHILDHOOD

Parenting in the Kindergarten and Early Primary Years
Three Saturday afternoon lectures. 9th, 16th, 23rd May

Speaker: Mary Willow

VENUE: EURYTHMY ROOM, RAPHAEL HOUSE SCHOOL

Dates: Lecture One. Saturday 9th May

TIME: 1-4 PM

Cost: Free. Afternoon tea will be provided.

We will begin by looking at the 'map' of childhood. What does the 'landscape' at each stage look like, and what capacities are unfolding? What is ready for encouragement and challenge, and what still needs protection?

Thinking, Feeling and Will each have their own special period of development in childhood. How do we recognise and 'Read' a child's will? What helps its development and what can impede it? How do we address the emotions and thinking in these early years? Children are moving forward along a continuum of gaining skills and insights, but they can change from moment to moment and can regress.

How do we know which response is best? What effects do stress and anxiety have on their behaviour and progress? What do we need to create to help them forward, and when is it time to switch tack?

RAPHAEL HOUSE SCHOOL: TERM 2 ADULT EDUCATION PROGRAMME 2009

<p>Why Do We Celebrate Festivals at Raphael House?</p> <p>Presenters: Ray Shore, Ashley Gibbs, Irene Kriek, Phillip Robinson, Bendon Henchan & Melanie Treadgold</p> <p>Date: Tuesday 9th June 7.30 pm</p> <p>Venue: Eurythmy Room</p> <p>How do the seasonal rhythms of the year affect our soul life? How can we relate to the great Christian festivals of Christmas, Easter and Pentecost in the cycle of our own life experiences? Come and enjoy an artistic evening of music, movement, games and conversation with the 'Festival Group' as we explore the cycle of the year through the festivals.</p> <p>This is a free Parent Curriculum presentation and strongly recommended!</p>	<p>Learning to Give Therapeutic Footbaths</p> <p>Presenters: Rachel Clarke and Marcia Pollock</p> <p>Date: Monday 15th June 7.30pm</p> <p>Venue: Eurythmy Room</p> <p>Come along and learn more about the gesture behind giving a therapeutic footbath. Experience giving and receiving a footbath in order to gain the skills needed to offer footbaths to members of your family.</p> <p>Phone: Sabine 565 1480 to enrol</p> <p>Cost: \$5.00</p>	<p>Nursing Your Child at Home</p> <p>Presenters: Rachel Clarke and Sarah Thercklesson</p> <p>Date: Tuesday 23rd June 7.30pm</p> <p>Venue: Eurythmy Room</p> <p>Nursing your child at home - an evening to share and learn about anthroposophical first aid and simple home remedies.</p> <p>Phone: Sabine 565 1480 to enrol</p> <p>Cost: \$5.00</p>	<p>Roots, Leaves, Flowers and Seeds... Nourishment for Temperaments and Learning Needs</p> <p>Presenter: Debbie ter Borg</p> <p>Date: Saturday 27th June 10am till 1.00pm</p> <p>Venue: Eurythmy Room Kitchen</p> <p>Come along to this cooking workshop and share a meal</p> <p>Phone: Sabine 565 1480 to enrol (min 6 and max 12 people)</p> <p>Cost: \$ 15 plus sharing cost for ingredients</p>
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RAPHAEL HOUSE SCHOOL : TERM 2 ADULT EDUCATION PROGRAMME 2009

<p>Eurythmy</p> <p>Presenter: Uta Stoll-Kuwilsky</p> <p>Dates: Thursday 30th April – Thursday 11th June 7.30 pm</p> <p>Venue: Eurythmy Room</p> <p>This is a weekly session with a small group of enthusiasts who gladly welcome newcomers with some experience or a real passion to work with eurythmy.</p> <p>Phone: Darien 977 0909 to enrol</p> <p>Cost: To be advised</p>	<p>Parenting in the Kindergarten and Early Primary Years Roots & Wings – A Three-Part Lecture Series</p> <p>Speaker: Mary Willow</p> <p>Lecture 1: The Journey of Early Childhood Date: Saturday 9th May</p> <p>Lecture 2: Positive Parenting Date: Saturday 16th May</p> <p>Lecture 3: Loving, Nurturing Boundaries Date: Saturday 23rd May</p> <p>Venue: For all lectures: Eurythmy Room 1.00 to 4.00 pm</p> <p>This is free Parent Curriculum lecture and strongly recommended!</p> <p><u>Note:</u> All parents must attend lecture 1 before they can come to lectures 2 and 3.</p>	<p>Audio-Media Effects and Influences</p> <p>Presenter: Hartmut Kuwilsky</p> <p>Date: Tuesday 26th May 7.30 pm</p> <p>Venue: Eurythmy Room</p> <p>This presentation will start with a brief overview of the wider range of Multi-Media effects i.e. TV/Video, Audio, Computer Games and Cellphones, with a focus on the influence of Audio Media on the human being. The ear as a sense organ is integrated deeper into our organism than the eye and as a result what comes through our sense of hearing influences us on a deep and subtle level. This evening will increase our comprehension of the audio influences which penetrate our daily lives in a rapidly expanding degree.</p> <p>Cost: \$5.00</p>
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CORNER OF THOUGHT

I remember one morning when I discovered a cocoon in the bark of a tree, just as a butterfly was making a hole in its case and preparing to come out. I waited a while, but it was too long appearing and I was impatient. I bent over it and breathed on it to warm it. I warmed it as quickly as I could and the miracle began to happen before my eyes, faster than life.

The case opened, the butterfly started slowly crawling out, and I shall never forget my horror when I saw how its wings were folded and crumpled; the wretched butterfly tried with its whole trembling body to unfold them. Bending over it, I tried to help it with my breath, in vain. It needed to be hatched out patiently, and the unfolding of the wings should be a gradual process in the sun. Now it was too late. My breath had forced the butterfly to appear, all crumpled before its time. It struggled and, a few seconds later, died on the palm of my hand.

That little body, I do believe, the greatest weight I have on my conscience. For I realise today that it is a mortal sin to violate the great laws of nature. We should not hurry, we should not be impatient, but we should confidently obey the eternal rhythm."
Nikos Kazantzakis, Report to Greco

CHRISTIAN COMMUNITY WELLINGTON PROGRAMME

Opportunities for visits and meetings: Kevin Coffey (09) 816 9273 021 024 1 6614. Friday 1 May: 3.15 pm Religion lesson for School Children (at Leonie's Kindergarten).

Saturday 2 May: 8.30 am The Act of Consecration of Man, 9.30 am Study Group: John 15: 1-27, 6.00 pm Shared dinner followed by a talk, see below

Sunday 3 May: 9.30 am Family gathering and The Sunday Service for Children (for children aged 7-14 and their parents). 10.30am The Act of Consecration of Man, 12 Noon Community report.

Saturday 2nd May 7.30pm, 13 Laery Street, Alicetown, Lower Hutt, a talk by Christian Community Priest, Kevin Coffey.

"WHAT DOES IT MEAN TO BE A CONSCIOUS HUMAN BEING?"

What is the nature of consciousness, how it works in a threefold way. We will look at the nature of our 'super-conscious' being and how we can increasingly participate in this realm above our normal consciousness through the power of focused attention. Exercises for developing focused attention will be described. Everyone welcome, bring a friend, entrance by donation.