



The Weekly Newsletter of Raphael House Rudolf Steiner School

27 February 2009

Dear Parents, Caregivers and Friends,

This week our Upper School building is much quieter than usual with Classes 8, 10, 11 and 12 all away on camp. We wish them all a great week and look forward to their return. Class 9 will be heading to Tongariro National Park in Week 6.

Julian Raphael has kindly offered regular group singing for our School community beginning on Monday 2nd March from 6.30 to 7.30 and again on Monday 23rd March in the Eurythmy Room. Do come along and join in, there is no need to book and all are welcome. We look forward to seeing you there!

Hopefully you will have read the notice in last weeks Bush Telegraph regarding the Connect Conference at the Goetheanum in Dornach, Switzerland over the Easter holidays. Six of our senior students will be representing Raphael House at this conference. They have been busily fundraising over the last few months and are now planning a quiz night on Friday March 20th 7pm to 9.00pm in the Eurythmy Room. This is sure to be a great evening and an opportunity for you to pit your wits against other Steiner know-it-alls. You will need to get together a team of 6 for this Raphael House Quiz Night.

Reminder to please return your Special Character Contribution (SCC) forms as soon as possible to the Lower Office.

Unfortunately, due to other work commitments Jo Llewellyn is unable to continue her role as Sport's Co-ordinator. Jo has kindly agreed to continue until a replacement is found. If you are interested in this position, please contact Wendy Daals for a Job Description and Application Form. Telephone 569 5161
wendy.d@raphaelhouse.school.nz.

Wishing you an enjoyable weekend

Karen Brice-Geard
School Co-ordinator

on behalf of the College of Teachers: Ray Shore, David Stephenson, Norbert Mulholland, Adam Ricketts, Annette Terlau and Margaret Sweaney.

FROM THE OFFICE

STANDARD DISBURSEMENTS 2009

Kindergartners \$215.00 per year
Class 1-12 \$250.00 per year

Payments can be made to the Lower Office. Please remember the office does not have EFTPOS facility.

If you wish to pay by internet or auto payment.

Account Number for Special Character Contribution (SCC) 03 0531 0379910 03

Account Number for Standard Disbursements 03 0531 0432785 05

Please state your family name and number. If you would like to confirm your family number, please ring Kay at school, ext 205.

RAPHEEL HOUSE RUDOLF STEINER KINDERGARTEN

We are seeking a qualified registered Early Childhood Teachers for our pool of relievers. Please contact Mrs Wendy Daals (Secretary) on 566 5161 with expressions of interest.

WHAT'S GONE HOME

Class 9 email

EXTRA CURRICULAR SPORT

JUNIOR TOUCH

Thursday 5 th March	RH U16 Boys Vs HIBS Blues	5.15pm
Thursday 12 th March	RH U16 Boys Vs HIBS Hurricanes	5.15pm
Thursday 19 th March	RH U16 Boys Vs St Bernard Gold	5.15pm

WELLINGTON COLLEGIATE EQUESTRIAN EVENT

29th April. Classical Show Jumping gamblers stake is being established. Interested? Email your details to Jo.l@raphaelhouse.school.nz.

IN LINE HOCKEY

7 years - adults. Open Day Sunday 1 March 2009, 3pm-5pm, Kilbirnie Rec Centre, Kilbirnie Cres. ~~XXXXXXXXXXXXXXXXXXXX~~

HANDBALL COMPETITION

If interested send details to bockl@scotcollege.school.nz

NETBALL

Gearing up for the New Year's competition classes 5 + above. Each team must provide their own umpire.

PARENTS netball umpiring classes are:

Tuesday 14th April 6.30pm - 8.30pm

Wed 15 April 6.30pm - 8.30pm

Thursday 16 April 6.30-8.30pm

~~Please register with Lylian Mudge @ XXXXXXXXXXXXXXX~~

Please copy to jo.l@raphaelhouse.school.nz

Junior Whistlers for Year 7/8 students starts Saturday 9th May for Class 6/7

~~contact Tashia Harty @ XXXXXXXXXXXXXXX~~

Coaching Courses

Skills, drills, starting out course \$25.00

1st steps to coaching \$5.00 defence clinic (\$10.00)

Shooting clinic \$10.00

Also player, coach, umpire development programme (13-19) Saturday 21 and Sunday 22 March. Cost \$60.00 from beginners to advanced, if interested contact jo.l@raphaelhouse.school.nz.

Also manuals available from HV Netball Library (bond required). Courses for classes 5-7 during school holiday programme. Please ring Jo for details.

COMMUNITY NOTICES

WEDNESDAY LUNCHES

\$3 Pasta or \$3 Apple Crumble. Please support this German exchange fundraiser.

GREETINGS FROM THE SIMPLY GOOD FOOD CSA TEAM!

As those of you who are already CSA members are aware, we are now complementing our weekly deliveries with a stall at the Willis Street Farmers' Market in Wellington on Sundays. We see the market stall as an additional vehicle through which to deliver good food directly to people, as well as an opportunity for CSA members to top up on their weekly veges, as several members have indicated that they prefer to buy their fresh produce twice a week. In time we are looking to set up stalls in other markets, including possibly the Riverside Market in Lower Hutt.

In order to transport our supplies to the markets (including gazebos, sign boards, non-food products, as well as fresh produce), we will be utilising a small house bus. As it is difficult to drive the bus over the Rimutaka (especially at 4.00am, we need to arrive at the market between 5:00 and 6:00 am to set up), we are looking for a site in the Hutt Valley where we can park the bus, and each weekend one of our crew members who will be working at the market will come and sleep in the bus on Saturday night, then drive it to the market early on Sunday morning. Once we expand into doing Saturday markets, the person will come over on Friday night. If you or anyone you know in the Hutt Valley has a large section, or a space on the road outside their home that could accommodate a house bus (6m in length), we would be most appreciative of being able to use the space. In exchange we will supply the host person/family with veges.

This offer is open to anyone interested in supporting the cause and is not limited to current CSA members. If you or someone you know might be able to help us find a home for the bus, please contact ~~XXXXXXXXXXXXXXX~~

~~XXXXXXXXXXXXXXX~~ Many thanks! The Simply Good Food Team

CLASS 6 PEA-STRAW FUNDRAISER

Bales of pea straw for sale \$10.00 per bale. Delivery...neg - Koha.

The pea straw has been sprayed once in its growth, and may have weed seeds.

RAPHAEL HOUSE PARENT'S ASSOCIATION STEERING GROUP

Copies of the Minutes of meetings of the Raphael House Parent's Association Steering Group, held on the 15 December 2008 and 10 February 2009, are available in the Parent Library.

The next meeting will take place on Friday 13 March at 7.30 p.m. in the Anthroposophical Society Meeting Rooms. Open meetings. Everyone welcome.

REMEDIAL BREATHING THERAPY

Workshops are being offered in March 2009 here at Raphael House for remedial breathing therapy book now. (Incorporating buteyko)

The well known work of Dr Konstantin Buteyko during the second half of the 20th Century has given additional impetus to Breathing Therapies. Dr Rudolf Steiner had said 50 years earlier: *'for this is a great secret: All the healing forces reside originally in the human breathing system'*.

John Wilson, (based in Australia) who has been a Buteyko Practitioner for 12 years offers this introduction to the benefits of such breathing therapies.

Some typical problems that can be helped are asthma, snoring, sleep apnoea, blocked nose, allergies, dental problems in growing children, learning and concentration difficulties and fatigue.

For further information please see www.remedialbreathing.com or ~~email~~ ~~contact~~ with a request for the course brochure which will be sent as an attachment.

March 18th 6.00pm-8.00pm

19th March 6.30pm - 8.30pm

23rd March 6.00pm-8.00pm individual visits of 2 hrs tba.

Venue: Eurythmy room, Cost: \$120.00

~~Contact person: Rachel Clarke~~ Please e-mail or ring for further enquiries.

A LEAF FROM KATHY WARD



Our Stories & Our School

We have created this space for heart-warming stories, poems and pictures about our school. If you would like to contribute, please send to Kathy at: Triskat@xtra.co.nz

There was never a question of any other school. You know how it is, it just feels right, and from the first time you visit the school. You just know this is the place you want your children to be.

Our journey started in 2000, we have met many lovely teachers and parents over the years, our children have made wonderful friends, and most especially we are part of the fabulous group of people that is our school community.

The experiences our children have at school, the lessons, the philosophy, the beauty, the impulses, the spirit, you can't put a value on that. We are immensely grateful and appreciative. Raphael House has given our children everything we could have hoped for, and more.

And now, in 2009, Luka has just started kindergarten, nine years after big brother Josh and in the same beautiful room as all his older siblings. Our journey continues ...