



Term 3, Issue 21  
31 July, 2009

Dear Parents, Caregivers and Friends,

## FROM THE COLLEGE OF TEACHERS

Preparations are well under way for the School Concert to be held on Tuesday 18 August at the St James Church, 71 Woburn Road, Lower Hutt at 6.30 pm. There will be presentations from all the Classes 1 through to Class 12. Julian Raphael will be the Master of Ceremonies and we are very much looking forward to this event.

### (H1N1) SWINE FLU VIRUS:

As you will be aware there continues to be a lot of media attention regarding flu virus H1N1. Our school is in contact with the Health professionals who have advised that we are to continue to run the school as usual. Children and adults are to continue to use common sense, if a child or adult is unwell with flu like symptoms they are to remain at home until they are well. We will ring parents and ask them to take their child home if we feel concerned. If you have flu symptoms, stay at home till you stop sneezing and coughing, as this is how the virus is spread, this is usually three or four days but may be up to a week. If your condition worsens, seek medical advice by phoning the Healthline (0800 611 116) or your Doctor. Get medical advice if you are pregnant or have a serious condition including respiratory disease, heart disease, liver disorders, blood disorders and neurological conditions or a weakened immune system. If you have any concerns about your child please take them to see their Doctor.

## CLASS 12 PROJECTS

You may have read in the Dominion Post last Friday an article about one of our Class 12 students Jayden Campbell and his Class 12 project. Jayden will run from Taupo to Wellington next month to raise money for the Child Cancer Foundation. It is 365 kilometres and it is going to take 14 days, which is just over half a marathon each day. Jayden is one of 18 students in Class 12 who will be sharing their experiences of their chosen projects to the community on Saturday 19 September at the Little Theatre, Lower Hutt. There are a wide range of topics that the students have chosen this year and we are looking forward to hearing about each student's project.

## CONGRATULATIONS:

There is an article about one of our ex-pupils Francis Christeller in the Hutt News this week. Francis graduated from Raphael House at the end of his Class 12 year in 2005 and went onto the University Of Australia to do a Bachelor of Fine Arts, majoring in dance. Francis recently was named as the inaugural winner of the Eileen May Norris Dance Scholarship. Last year Francis was selected to take up a position in New Zealand's premier professional contemporary dance company Footnote, run by Deirdre Tarrant. We would like to congratulate Francis on his fine achievements and wish him well in his career.

Wishing you an enjoyable and restful weekend.

Karen Brice-Geard

School Coordinator on behalf of the College of Teachers: Ray Shore,  
David Stephenson, Julia Sherriff and Margaret Sweaney

## SPORTS INFORMATION

These game times are published for the benefit of the sports teams, and for everyone else who may like to go along and support any of our teams! Go and get fired up on the sidelines!

### NETBALL- SATURDAY - 1 August

TEAM	VS.	LOCATION	TIME
U/S Rapheal House 1	HVHS 6	Court 1	11am
U/S Rapheal House 2	HVHS 15	Court 3	12pm
U/S Rapheal House Ravens	Draw not published at time of print.		
L/S Rapheal House 1	Wilford Int. 1	NW 7	4pm

### FOOTBALL- SATURDAY - 1st August

TEAM	VS.	LOCATION	TIME
U/S Raphael House 1	Wainuiomata 1	Wainuiomata	9am

### BASKETBALL- TUESDAY

TEAM	VS.	LOCATION	TIME
U/S Raphael House 1- 4 <sup>th</sup> Aug	Wainuiomata	Wainuiomata	5pm
L/S Raphael House	The second season commences 19 <sup>th</sup> of August.		

### HOCKEY- THURSDAY 6th August

TEAM	VS.	LOCATION	TIME
RH Senior Boys	WHS Boys 1	National Hockey Stadium 2	5:30pm

We would like to acknowledge Jo Llewellyn, who was nominated by the school, and chosen by Wellington Sport as \*Volunteer of the Month!\* This is fabulous news, and we would like to thank Jo for all the amazing work she did at the beginning of this year, Jo, you were fabulous! A plaque will be presented to Jo once it arrives, or when we can catch her!

## CALENDAR OF EVENTS

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

4 August	CI 7 Parent Meeting	7.30pm
4 August	CI 6 Parent Meeting	7.30pm
4 August	CI 12 Parent Meeting	7.30pm
5 August	Adult Education - The Birth of Adulthood	Eurythmy Room
5-7 August	C9 Sports Exchange Hastings	
6 Aug & 24 Sept	Adult Education - Spatial Dynamics Course/Bothmer Gym	7.30pm
7 August	Open Afternoon	1.30 - Eurythmy Room
<b>10 August</b>	<b>Teacher Only Day</b>	<b>No School today</b>
11 August	CI 1 Parent Evening	7.30pm
11 August	CI 2 Parent Evening	7.30pm
12 August	CI 3 Parent Evening	7.30pm
12 August	CI 10 Parent Meeting	7.30pm
17 August	Class Rep Meeting	7.30pm Eurythmy Room
18 August	School Concert	6.30pm St James Church
19 August	Adult Education - Struggle for Individuality	Eurythmy Room
19 August	Kindergarten Parent Meeting	7.30pm
20 August	CI 8 Parent Meeting	7.30pm
22 & 29 Aug	Adult Education - The Four Temperaments	1-5pm Heidi Worth Rm
22 August	Upper School Ball	
24 August	BoT Meeting	7pm
25 August	CI 4 Parent Evening	7.30pm
2 September	Adult Education - Fostering Self Realisation	7.30pm Eurythmy Room
4 September	Class 3 Play	
10 September	Adult Education - The Challenges of the Transition from Childhood to Adolescence - Dr M Sargent	7.30pm Eurythmy Room
11 September	Open Afternoon	1.30-3pm Eurythmy Room
18 September	CI 12 Project Exhibition	
19 September	CI 12 Project Presentation	Little Theatre
23 September	CI 10 on Community Service	
24 September	CI 9 Farm Experience	

## COMMUNITY NOTICES

Do you have the 2009 Board of Trustees folder of meeting documents and minutes? It has disappeared from the parent library, which means people can't access the documents and we will have to spend time and resources recreating it. If you have forgotten to pop it back please do so as soon as you can.

Thank you. Wendy Adams, Board of Trustees Secretary

## WEDNESDAY LUNCHES

Billie and Briana, class 10, will be selling soup and apple crumble on Wednesday lunch times to fund raise for a trip to Japan next year.

Soup \$3

+ Buns 50c

Apple Crumble \$2

## TE ROPU TAUTOKO I TE KAUPAPA MAORI

Tena koutou

We hope that you have been more aware of Te Reo Maori (Maori language) during this week's Te Wiki o te Reo Maori (Maori Language Week) and maybe tried some of the new words or phrases your children may have brought home from school. A reminder that the Waiata Mai event is tonight and you have an opportunity to learn and use some more!

Waiata Mai, tonight 7pm, Upper School Music Room.

An evening for the whole whanau (family) to sing waiata (songs).

Please bring a plate of kai (food) to share for supper as a koha (gift).

You can contact us via the following group members:

Helen Emmerson: [helen@emmersongroup.co.nz](mailto:helen@emmersongroup.co.nz)

Jacqui D'Arth: [Jacquiandjames@paradise.net.nz](mailto:Jacquiandjames@paradise.net.nz)

Kerstin Wagner: [khs@orcon.net.nz](mailto:khs@orcon.net.nz)

## POKER WORK MACHINE NEEDED FOR ONE OFF PROJECT

Sean would like to borrow a Poker Work Machine to burn lettering for wooden calendar blocks for Class 1. This project has been prepared by a Class 11 student and just needs the lettering to complete it. Contact Sean 5892 004 or [seanoconnor@xtra.co.nz](mailto:seanoconnor@xtra.co.nz). Thank you.

## CLASS 12 PROJECT AND HARP CONCERT

During the past 6 months I have been building a small harp as my class 12 project. With the help of the Harp Maker Keith Harrison. I have been working nearly every weekend creating a musical instrument from Native Rewarewa Wood. The harp is now nearly complete and can be played, singing with a clear warm sound. The next step is to perform my concert in 2 weeks on Saturday 15th August. I will play in the Te Ra School Hall at 89 Poplar Ave, Raumati South, Paraparaumu. I will be playing from 7:30pm-8.30pm, with a professional Pedal Harpist as musical support. The proceeds will go towards the great cost of building the harp.

Please come along. Arlene von Aesch

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## PARENT CRAFT GROUP - FELTING WORKSHOP REMINDER

When: Saturday 8th August

Time: 1pm - 5pm

Where: Upper School Craft room

The aim is to make felt for the craft group. All materials and equipment provided and everyone is welcome.

### Help with Craft work

It would be wonderful if everyone could make even just one thing for the craft room and make it a true representation from the parents. We received several donations last year with people saying this suddenly made it achievable for them. Contact me for ideas if you are stuck.

### Evening Craft Group

The evening has been changed to Tuesday nights. Contact me for details.

Monday mornings stay the same 8.30 to 11.45 in the Pole Room. Or if you are unable to come but would like to contribute I would love to hear from you. Contact: Jennifer Holdaway 972 3010

## ADULT EDUCATION

### Meeting the Adolescent with the Waldorf Curriculum The Birth of Adulthood - Classes 8 to 10

The first of the three sessions is on Wednesday 5 August. Julian Thomson and upper school teachers will talk mostly about the child in classes 8 to 10, and the changes they go through and how we meet them in the classroom. For those of us with younger children, please come along and know what your child will go through in a few years time, and to all the upper school parents, do not miss this opportunity to learn and share your experiences with others. See you all at 7.30pm in the Eurythmy Room.

#### CORNER OF THOUGHT

We find that a child does not only react to the food as such, but in his own way he reflects something of the negative or positive aspects of the temperament that are predominant in those who prepare the food. It lies in the very nature of a choleric person to over season food, not only by adding too much salt or pepper, but even more so by anger, impatience, and any other such temperamental spices. Yet if these are changed into sunshine, loving attention and good humour, a child will always respond with appreciation of what he will probably call a "super meal", however simple it may be.

A Sanguine cook has the inclination to give too much time and effort to her chief interest in making sweet dishes. To her all else is of minor importance, and it will not worry her if other temperaments go short. Her positive side will, however, come out best when, for the sake of those in her care, she is able to forego some of her own satisfaction and thereby she will help children to learn to think of others without having to be reminded.

A Phlegmatic cook likes to revel in large and rather tasteless quantities, and as she expects others to do likewise, she dishes out accordingly. Yet she must indeed feel her generosity has failed when much food is left on the plate. From such disappointments she may, however, learn that quality is, after all, as important as quantity, and realising this, her cooking will be received with enjoyment and even with the request for more. In contrast to this, the main tendency of a melancholic person will be towards saving and cutting down in all possible ways. By being over economical certain essential human qualities, which are as much a nourishing factor as the food substances themselves, are cut down also. In consequence, a feeling of oppression overshadows a meal, and this will, of course, continue in the same manner into the processes of digestion. Children react instinctively to this by helping themselves to food between meals. Thus saving becomes an illusion.

From: "Herbs in Nutrition" Maria Geuter

Do you recognise yourself? Would you like to learn more on how your temperament colours your life? Not just in cooking but in parenting, communicating, creating a home etc both mothers and fathers, we all colour our world according to our temperament. Enrol now for the two workshops on the four temperaments with Karen Baucke, on Saturday 22 & Saturday 29 August, - 5 pm. To enrol: ring Sabine 565 1480. \$40.00 for the two afternoons, with shared afternoon tea. Sure to be lots of fun!

## OTHER WALDORF COMMUNITY

### OPEN DAY/INFORMATION TALK

The Wellington City Rudolf Steiner Kindergarten is having an open day/information talk at the Kindergarten at 10 Davis St Thorndon, Wellington on Sunday 2 August at 10.30 am. Come along and see what the kindergarten is like. We presently have some places available for three and four year olds. Contact phone number 04 499 7394

## CHRISTIAN COMMUNITY

### WELLINGTON 31 JULY - 2 AUG

Priest : Hartmut Borries (09) 525 2305 during the visit (04) 566 7387.

Children's session Friday 31st at 3:15pm (at Leonie's Kindergarten)

Project 1000 launch Saturday 1st at 3pm in the Eurythmy Room.

Saturday evening public talk: What is the Opposite of Love? 13 Leary St 7:30pm  
(after the shared meal).

Children's service Sunday 2nd 9:30am

Act of Consecration of Man Sunday 2nd 10:30am

Full details on the website [www.thechristiancommunity.net](http://www.thechristiancommunity.net)

## LAUNCH OF PROJECT 1000

A project to provide housing for priests of The Christian Community in New Zealand. The Wellington launch will be on Sat 1st Aug, 3 - 5pm in the Eurythmy Room, Raphael House. View and choose an original artwork by a talented artist as thanks for donations or interest free loans of \$1000 towards permanent accommodation for priests. Come and help us celebrate the launch of this worthy project with afternoon tea and live music. You can also find details on our web site ([www.thechristiancommunity.net](http://www.thechristiancommunity.net)). This is a wonderful opportunity to support the long term future of The Christian Community in New Zealand. Contact Christine on 566 7387 to offer your support.

### CLASSIFIED ADVERTISING

All copy, including advertisements, to be at the school office in written form no later than Tuesday 9.00 am the week of publication. Classified Advertising 'Buy, Sell or Swap' \$2.00 per week. Private enterprises and businesses: \$5.00 up to 4 lines (one column width); Non-profit organisations may apply for space. No flyers/inserts unless directly related to the school, anthroposophy, or Steiner education. Advertisements are placed at the discretion of the College. Publication does not imply endorsement of the activities advertised. Advertisements that contravene the Special Character of Waldorf Education will not be considered for publication.

**TWO MALE GUINEA PIGS** aged two years free to a good home. Come with cage  
(Plastic tray style) Please call Sam on 526 3608

Four bedroom family home for rent within 200 meters of school in an attractive bush setting. Great views, sunny decks, modern kitchen, 2 bathrooms, and double garage. Available from mid-September for up to 2 years.

Alison or John on 569 6911 for more details

Raphael House Rudolf Steiner School  
27 Matuhi Street, Belmont, Lower Hutt  
Telephone: 64 4 569 5161 Fax 64 4 569 4860  
E-mail [fiona.d@raphaelhouse.school.nz](mailto:fiona.d@raphaelhouse.school.nz)



## Horses Horses Horses ~Horse Riding Lessons~



Fun, safe, local, friendly Horse Riding Lessons.

Afterschool riding lessons here in Belmont with ex-Steiner School pupil, Chelsea Koelman.

From very beginner to more experienced riders, all are welcome!

Ride one of my well schooled horses or bring your own horse along for a lesson.

Jumping, Basic Riding, Games, Dressage, Treks.

Lessons cost \$30 per ½ hour. Helmets provided.

Contact Chelsea 565 3626 or 0273 160507

Horse Care Courses are an excellent way to be involved with and to learn all about horses.

A Six week course that will cover many aspects of horse care, in a nice, safe environment. A limited number of places on the course ensures the students will have the opportunity to gain comprehensive knowledge in both theoretical and the practical side of horse care. Every session will have students involved with the horses, with the students practicing what they will learn.

For further information on these courses contact Chelsea on 565 3626 or 0273 160507 or email me at [mouseonskis@hotmail.com](mailto:mouseonskis@hotmail.com).



## Horses Horses Horses ~Taster Courses~



Experience the rewarding fun of having your own pony on a 'three week Taster Course'.

You will learn basic skills in looking after your pony, caring for him and on the third session we will go on a Horse Trek.

It's a great chance to get involved with horses, whether you have your own or have never touched a horse before, you are welcome on these taster courses.

- Max two people per Taster Course.
- Three sessions run over three weeks.
- It costs \$25.00 per session.
- You chose the course that works best for you! Choose between the Monday, Tuesday or Thursday Taster Courses.
- Based here in Belmont within walking distance of Steiner School.

Week One 3.30pm to 4.30pm ~Getting to know your Pony~

Bring your pony in from the paddock, take their covers off, give them a good groom, and pick out their hooves, along with various other horse oriented tasks.

Week Three 3.30pm to 4.30pm ~Tacking up~

After bringing you pony in from the paddock and grooming them, you will learn how to tack them up and how to prepare yourself and your horses for next weeks horse trek.

Week Three 3.30pm to 5pm ~Trek~

Ride along a winding track taking you through picturesque bush and then be greeted with breath-taking 180° views of the Wellington Harbour.

All riding levels catered for. Helmets provided. Parents are welcome to join us for the walk.

Courses under way already, join in on the fun today!

For Bookings and availability please phone Chelsea on 565 3626, 0273 160507 or email me at [mouseonskis@hotmail.com](mailto:mouseonskis@hotmail.com).