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MOUNT BARKER
WALDORF SCHOOL

Strength Grace Skill - For Life

Term 1 - Week 2 - 2024

cover image: Class 6 Aquatics Camp

Dear Mount Barker Waldorf School Community,

As we move into the second week of the term, you should start to see the rhythms and routines of the days and weeks solidifying. This settling into predictability is one of the harmonising and therapeutic aspects of our schooling. However, before it becomes a part of the etheric rhythm of our lives (Steiner talks about establishing our body's etheric rhythms over 3-4 weeks) there will be some lumps and bumps along the way. There may be that push-back that comes when the reality and commitment of what is being asked for is weighed up against the relaxation and respite of the holidays, all subconsciously. And this push to move beyond the comfort of the known towards a new rhythm is a healthy striving, and when done well, a skill that we take with us into our adult lives.

This beginning of the year always brings to mind for me the preparation you do as a teacher to work with the developmental picture of the students. These students come to us as individuals with unique backgrounds and through an understanding of how the archetypal child develops at their age, we can begin to understand where they are in their life journey and how we can support them through the next steps. When we bring the daily and weekly rhythms our students need – which looks different depending on whether you're teaching a 7 year-old or a 17 year-old – we support this healthy development towards adulthood.

So, the provocative questions for you this week are: what are your routines that help and support the healthy working of your family? How do you manage to work through the resistance that comes from within as well as without to be able to move to these healthy rhythms? Who do you share this with, get support from, or give support to, in this process?

I look forward to hearing from people around their success stories, as well as how we help each other in our community. Have a wonderful week.

Warm regards,

Liam Waterford, Principal.

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27 Sims Road (PO Box 318)
Mount Barker, SA 5251

Upcoming Important Dates ~

Monday

12

February

-The MBWS Feedback Forum Meeting, IRC, 6pm-7pm

Tuesday

13

February

-Class 6 Parent/Teacher meeting - Classroom, 6.30pm-8pm
-Class 7 Parent/Teacher meeting - Classroom, 7pm-8.30pm

Wednesday

14

February

-Kindergarten Parent/Teacher Meetings, 7pm-8.30pm

Thursday

15

February

-RAP Meeting, 4pm - Zoom
-Class 9 Australian History ML Excursion, Victor Harbour and Encounter Bay, 8.30am-5pm
-Class 12 Parent/Teacher meeting - IRC, 7pm-8.30pm

Friday

16

February

Monday

19

February

-Classes 2 & 5 Swimming, Mt Barker Mountain Pool, 11.30am-12.30pm, **19-23 February**
-Classes 3 & 4 Swimming, Mt Barker Mountain Pool, 1.30pm-2.30pm, **19-23 February**

Tuesday

20

February

-Class 5 Parent/Teacher Meeting, classroom, 6.30pm-8pm
-Class 1 Parent/Teacher Meeting, classroom, 7pm-8.30pm

Wednesday

21

February

Thursday

22

February

-Class 9 Australian History ML Excursion, Migration Museum and SA Museum, 8.30am-3pm
-Class 4 Parent/Teacher Meeting, classroom, 7pm-8.30pm
-Class 9 Parent/Teacher Meeting, classroom, 7pm-8.30pm

Friday

23

February

* Last Day of Term 1 2024 - 12.30pm finish

Eurythmy for

Adults

Mondays

10.50am-11.50am



BEEHIVE

TUESDAYS/WEDNESDAYS

9-11AM: Café and Shop

FRIDAYS 9-11AM: Craft for Beginners
(all welcome)



YOGA THURSDAYS



Teachers: 8am-8.30am

Students: 8.30am-8.55am

Parents: 9.15am-10am

A slow pace yoga class suited for everyone.

Friends of the Garden

Wednesdays

9.15am - 10.45am

Meet at School Plant Nursery



O S H C

Monday - Friday AM

6.30am - school start
(\$20 Flat Rate)

Monday - Friday PM

school finish - 6.30pm
(\$30 Flat Rate)



To book, please email:

oshc@mbws.sa.edu.au

Classes 1 - 12 School Photos

Monday

26 February 2024



(Kindergarten Photos in March)

TERM 1 - Monday 5 February to Friday 12 April 2024*

Reconciliation in our School

First RAP Meeting for 2024!

Please join us for our first RAP meeting of the year this **Thursday 15 February at 4pm on Zoom!**

You are welcome to join us at anytime using the recurring link below.

Everyone is welcome!

Anna Kotanidis will be joining us to share about the Eurythmy collaboration with David Booth from the recent MBWS Staff Conference.

Click the link to join the meeting:

<https://us02web.zoom.us/j/85324711387?pwd=M1dPek9Cak5hZm40ZkRVMXBHUmtLUT09>



Class 6 Aquatics Camp

In the first week of this year, Class 6 enjoyed perfect weather for their Aquatics Camp. Held in McLaren Flat and Port Noarlunga, the camp provided a perfect opportunity for our students to enjoy the great outdoors and learn valuable skills.

Throughout the week, the students had the chance to immerse themselves in various activities, such as snorkelling, surfing, kayaking, and stand up paddle boarding. The weather was absolutely ideal, allowing the students to fully embrace the water-based adventures. They were able to ride the waves with great speed, which provided them with an adrenaline rush and a sense of excitement.

Students had the opportunity to explore the natural beauty of the Onkaparinga Gorge. They walked down into the gorge, marvelling at the diverse botany and witnessing firsthand the delicate ecosystem that exists in this area. The students learned about the history of the region and the ongoing efforts to protect and preserve it.

One of the highlights for the students was the chance to spend time with their friends and enjoy the camaraderie that comes with such a camp. They had the opportunity to work in small groups, preparing meals for each other and entertaining one another during the evening talent show. It was heart-warming to see the bonds they strengthened and the joy they experienced together.

Ian Price, Outdoor Education Teacher



Wheelienet

The Middle School enjoyed The Wheelienet Sessions at their recent Orientation Day. As well as being a challenging and fun team-building experience, it introduced the topic of inclusive sports being offered as a Middle School elective this semester.



After School String Ensemble

Calling string players from Class 5 upwards! Opportunity to join the after school string ensemble on Thursdays from 3.30pm until 4.30pm. Learn exciting string pieces, develop skills for performance and share the joy of playing a wide range of music.

For more information, contact Anna Piland

apiland@mbws.sa.edu.au



CANTEEN MENU - Term 1 2024

HOT FOOD

Spinach & feta triangle (V)	\$ 4.50
Vegetable roll (V)	\$ 4.50
Sausage roll	\$ 4.00
Pasty (contains meat)	\$ 4.50
Meat pie	\$ 4.50

Toasted sandwich \$ 4.50

on Brezel bread

Cheese & tomato (V) or

Ham & cheese

SNACKS

Vegie Chips 50g bag	\$ 2.50
Fresh Brezel pretzels	\$ 2.00
Anzac cookies (Vegan)	\$ 0.50
Choc chip biscuits	\$ 0.50
Choc chip biscuits (GF)	\$ 0.50
Daily baked treat	\$ 3.00
Bliss ball (Vegan)	\$ 1.00
Sunshine Ice blocks (GF)	\$ 2.50

DRINKS

Spring water 600ml	\$ 2.50
Mountain Fresh juice 300ml	\$ 3.00

LUNCH SPECIALS

\$6.50

Monday

Turkish bread toasties

Spinach, goat's cheese, sun dried tomatoes and olives.

Tuesday

Spanakopita (Greek spinach pie)

With greek salad.

Wednesday

Thai noodle bowl

With chicken or tofu.

Thursday

Sushi rolls

Choice of chicken or vegetarian.

Friday

Cheeseburger

Choice of meat or vegetarian.

**For all special dietary needs, please speak to the Canteen staff – we can accommodate all requests!*



TAKEAWAY TUESDAY!!

- \$25 family size portion

Tuesday's lunch special available.

Order through Spriggy app.

Pick up at end of school day.

Available Tuesdays only.

COMMUNITY NEWS & EVENTS



Congratulations to School parent, Datsun Tran:

In his picture-book debut, contemporary artist Datsun Tran tells his family's story of making a new home after journeying by boat from Vietnam as refugees. In vivid ink paintings and spare, resonant text, *Then and Now* explores the powerful associations a sound, smell or sensation can carry. Young readers are warmly welcomed into two immersive, multi-sensory and strikingly different worlds: then and now.

Datsun Tran combines traditional and modern materials and processes to make ink paintings inspired by classical Chinese brushwork. He explores themes of conflict and utopia, childhood and the relationship between different cultures. His subject matter is often filtered through the lens of what we have in common, rather than what separates us.

Suitable for Ages 3+

Available March 2024

Early Reviews:

“Refugees have been out of sight and out of mind. We are often dehumanised in the media and by politicians. This book is important because it visualises and humanises a refugee story.”

—Behrouz Boochani

“An astounding work of light and shadow, this poetic and profound book is a rare treasure.”

—Zeno Sworder

“Datsun Tran has distilled the essence of hope with the absolute clarity of experience lived, felt and shared. Then and Now offers a glimpse of what is at stake through the eyes of our children; the future, the reason and reward. This book is a star in the darkness!”

—Abdul-Rahman Abdullah

FOR PRE-ORDERS, CLICK HERE

Calendar of Events

Head Heart and Hands Imaginative Play
81A Main Rd Nairne

Stargold Puppets

present

The Enormous Turnip

For 3 year olds and older

Coming up in the April school holidays

Cost:\$6 per person

Bookings essential
Ph or text **0423202784**

Opening Hours
Wed to Sat 11am to 2pm

We are happy to open after hours by appointment

Phone or text **0423202784**

You can find us on Facebook and Instagram

Calendar of Events

Head Heart and Hands Imaginative Play
81A Main Rd Nairne

Workshops in March

Making an Autumn Harvest Felted doll

For 8 year olds and older
Saturday 2 March at 12.30pm or by appointment
Cost: \$20 includes some materials
(mini harvest basket extra)

Making an Easter Chicken in a Nest

for 5 year olds and older by appointment
Saturday 16 March at 10am
Cost: \$16 includes all materials

Decorating Easter Candles

for 5 year olds and older
Saturday 30 March at 11am or by appointment
Cost: \$16 includes all materials

Making an Autumn Garden

for 4 year olds and older
Coming up in April Holidays
Cost: \$18 includes all materials

Making A Large Traditional Waldorf Doll

Classes coming up in April.
Register your interest now.
Limited places

Bookings essential
Ph or text **0423202784**

Opening Hours

Wed to Sat 11am to 2pm
We are happy to open after hours by appointment

Phone or text **0423202784**

ink pot
arts inc

PETER PAN

A Musical Based on the Play by
SIR J.M. BARRIE
Lyrics By CAROLYN LEIGH
Music By MORRIS (MOOSE) CHARLAP
Additional Lyrics by BETTY COMDEN and ADOLPH GREEN
Additional Music By JULE STYNE
Originally directed, choreographed and adapted by JEROME ROBBINS

Peter Pan - 1954 Broadway Version Directed by Alicia Zorkovic

Saturday 24th February 5pm | Sunday 25th February 2pm
Saturday 2nd March 5pm | Sunday 3rd March 2pm

The Living Arts Centre, Mt Barker Waldorf School
27 Sims Road, Mt Barker

Bookings: Peter Pan - 1954 Broadway Version | Adelaide Fringe



 facebook.com/inkpotarts
  instagram.com/inkpotarts
  inkpot.com.au
  quill@inkpot.com.au

"In 1929 Sir J.M. Barrie bequeathed Peter Pan to GREAT ORMOND STREET HOSPITAL FOR CHILDREN IN LONDON, which has benefited thousands of children since then. The producers are proud and happy that everyone who has bought a ticket for today's performance of Peter Pan is helping towards making the hospital the incredible centre of hope it is today."

Peter Pan (1954 Broadway Version) Licenced exclusively by Music Theatre International (Australasia). www.mtishows.com.au
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