



BRIGHTON STEINER SCHOOL

NEWS LETTER

29th April 2015

SUMMER TERM, ISSUE 2

"Love starts when we push aside our ego and make room for someone else"

The Brighton Steiner School Inaugural Sponsored Walk

William Wordsworth once wrote, "I wandered lonely as a cloud, that floats on high through Stanmer Hills, when all at once I saw a crowd, of Steiner kids and daffodils". Well, given a bit of artistic licence, that is what he would have written had he been at Stanmer Park on Saturday 25th April. At 9am that morning, long before many people would have ventured out from under their duvet, the eternally energetic Matt and Jack were raising their gazebos whilst Margie set up the catering stand that would, later in the day, lure the tired walkers home with the promise of hot soup and chunky bread (thanks to Riggs for his support in cooking the food). The only thing dampening the spirits was, well, the damp. Yes, despite 14 days of consecutive cobalt skies and unseasonably warm temperatures we were standing in a muddy field shrouded by a sea mist that Londoners would definitely describe as a 'pea-souper' - trepidation engulfed us; despite all our efforts in organizing this event, would THEY come?



To move from William Wordsworth to Kevin Costner in one fell swoop is no mean feat but in the movie 'Field of Dreams' he is told, "Build it and they will come" - well, we built it and they certainly came. At first a drip-drip-drip, then a trickle, then a flow and then a flood until we had over a third of all the children in the school playing amongst themselves and just waiting to be told, "ready, steady, go". The children ranged from the Parent and Child group all the way through to class 10 - a special mention at this point for Kyle (class 10) who set a wonderful example for all the younger children in how this school truly is a community from youngest to oldest.



So 10am came and I barked out a few health and safety reminders before unleashing the torrent of children upon the unsuspecting Stanmer countryside. Whilst most set off at a cautious pace, unsure about the challenges ahead, there were 3 notable exceptions -

Archie, Liam and Ciaran (class 7) sprinted off round the first bend and were swallowed by the mist. The wizened parents collectively looked on shaking their heads, sure in the knowledge that the trio would never last the course. Boy, were we wrong! In approx. 1h15m the 3 came sprinting back into base camp having completed the hilly, muddy 5 mile course at top speed whilst safely negotiating cow filled fields, partially hidden tree roots and all manner of distractions that your seasoned London Marathon runner never has to contend with.



Meanwhile the 'peloton' was meandering it's way through Stanmer in the springtime and delighting in the wonderful sights, sounds and smells that are so abundant at this time. The EY's children completed their 'toddle' course with ease - a great testament to their daily morning walks in Kindergarten and by about 1pm all participants had made it back to base camp to enjoy the hot soup and bread and some well deserved back-slapping and camaraderie. Last into base camp was Jake. Many will ask what such a fit young man was doing at the back but it should be noted, he had already completed the course at 7am that morning to make sure it was marked for the main event and he was greatly responsible for the fact that all the children that set out also returned safe and sound - thanks Jake.



Beyond those already mentioned there were many others who helped in setting up, marshalling the walk, taking photos (Bruce), serving food, and clearing away - thanks to all of you for your dedication in making this event.



In summary then;

- Did we succeed in raising funds for the school - remains to be seen but we think so.
- Did all the children survive the experience - yes, with smiles intact!
- Was the event a success - undoubtedly!
- Will we be doing it again next year - just try and stop us!



Early Summer

WHOLE SCHOOL COMMUNITY WORKDAY

AT
THE BRIGHTON STEINER SCHOOL

OPEN TO ALL!

On Saturday 9th May
10am – 1pm.

- **We shall all participate in gardening / cleaning / painting / sorting tasks (indoors and out).**
- **Then clear up and stand back and admire our efforts!**

And a lovely lunch provided by the PTA!

PLEASE SIGN UP ON THE NOTICE BOARD



Calling all Woodingdean families!

Lift needed to school on Mondays, Thursdays and Fridays for two children who have just started at the school.

Please contact Reception if you can help in any way.

Very many thanks

BRIC A BRAC and THINGS ON WHEELS SALE. TUESDAY 19th MAY. 1pm and 3 pm.

Look out for this Class 4 fundraiser.

Great bargains on toys, clothes, things on wheels and much more!

FORTHCOMING EVENTS

May

Friday	1 st	Class 5 Parents Eve
Friday	1 st	The Cabin
Monday	4 th	Bank Holiday (No School)
Thursday	7 th	Polling Day (No School)
Saturday	9 th	School Work Day
Wednesday	13 th	May Day – Main School
Saturday	16 th	School Open Day
Tuesday	19 th	Class 4 Fundraiser

Early years

Friday	8 th	May Day Celebration
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The Community Treehouse is a new space linking up the Steiner Waldorf community worldwide – helping you and your young people travel around the world as well as making new friendships and connections online.

You can use the chat forums to share information and discuss issues, read the latest Waldorf news streamed from Waldorf organisations across the world, or arrange house exchanges, couch surfing trips, working holidays and youth exchanges within the worldwide Waldorf community. There are nearly 4,000 Steiner Waldorf initiatives spread over 61 countries. We can learn so much from each other and help each other with so many things – as well as visiting each other's homes and supporting our young people to explore this wide world safely. Simply go to www.communitytreehouse.com to explore.

Abi and Orfhlaith, in the west of Ireland

LOST PROPERTY

- TODAY IS YOUR LAST CHANCE TO LOOK THROUGH THE ITEMS
- DONATIONS FOR LEFT OVER CLOTHING WILL BE ACCEPTED FROM FRIDAY
- DUE TO LACK OF SPACE THE REST WILL BE GIVEN TO CHARITY

PLEASE NOTE:

THE BRIGHTON STEINER SCHOOL WILL BE CLOSED ON THE FOLLOWING DAYS NEXT WEEK

- **MONDAY 4th MAY – BANK HOLIDAY**
- **THURSDAY 7th MAY – POLLING DAY (IN-SERVICE DAY)**

MAIN SCHOOL WILL BE AS NORMAL ON FRIDAY.

EARLY YEARS WILL BE HOLDING THEIR MAY FESTIVAL ON FRIDAY 8th AT 10.30.

AFTERNOON SESSIONS WILL BE AS NORMAL ON FRIDAY.

EASTER WORKSHOP

At the beginning of the Easter Holidays we held two days of workshops for children. We all had such fun, and the children made bonnets, biscuits, kites, painted eggs, felted chicks and much more!



We are hoping to hold a whole week of workshops for children during the summer holidays. The day ended with a wonderful egg hunt.

UPCOMING EARLY YEARS TALKS AND OPEN EVENINGS

Waldorf Nursery Pre-launch and open evening 19th 5.30 -7pm

Lou Harvey-Zahra Conscious parenting and Creative discipline talk Tuesday 9th June 5.30- 7pm £5.00

Dorothy Marlen Parenting Workshop Sat 4th July

RED CROSS COLLECTION

There will be a Red cross collection for the Nepal Earthquake on Friday 1st May at lunchtime and pick up time (from 3pm).

All donations gratefully received. Thank you

NoticeBoard

Brighton Steiner School does not necessarily endorse the courses or adverts included in the newsletter.

Au Pair:

My name is Jule Luisa Bender and I am 18 years old. I live in Germany and attend the last class of the Freie-Waldorfschule Haan-Gruiten.

I would like to work as an au pair in England for the summer of 2015. I have some experiences with children because I have two brothers and one sister. I have different families where I babysit and I did my social internship two years ago in Carries Kindergarten. In my free time I like to play the guitar, sports and photography.

Please email me if you need an au pair or if you know any family that needs one. Thank you.

Jule.Luisa@gmx.de

My name is Grace Pambu Pesa and I am 16. I live in Switzerland and am currently in year 9. I would like to work as an Au Pair in July and August. I am very patient with children and often baby-sit my neighbours 5 year old child, creating various activities to keep them entertained!

For further details please contact me, Grace Pambu Pesa at nyotapambu@yahoo.fr or my linguistic exchange teacher Christine Racine 024 441 49 72 / 079 935 38 31

My name is Theresa and currently I'm a student at the Steiner school in Frankfurt, Germany.

In June I will finish my school career with my Abitur (A-levels). After this, I want to spent a year as an Au-Pair in the UK.

I thought about ways how I could find my perfect family. At my school I often see postings from students who want to come as an au-pair to Germany, or from around the world.

Are there are families who need an au-pair? I look forward hearing from you.

Theresa Mülverstedt

theresa-muelverstedt@web.de

Families Wanted

We are an Italian - German Family living in a small town nearby Munich. We have a daughter (12) and a son (9).

Since our daughter attends a Steiner School in Germany, we would like to get in touch with English families with children for a cultural exchange.

If interested please contact Simona Collin, e-mail: s.collin@hotmail.de

Dear colleague, parents and students, to benefit my internationale emergencypedagogics it is absolutely essential to prove my english. There fore I am looking for a place for a while from 2 till 3 month for bed and meal. In return I offer my participation (like wwoofen) or a Student-/adultexchange my place in germany. I am 57 years old an I growed up in a gastronomy. I am an educator, eurythmy and I have a Master of Art for healeurythmie. I am open for ideas and stimulation every typ.

Many greetings

Ulrike von Tschammer

ulrike.tschammer@bewegtekommunikation.de

Wanted

We are a family of 5 (plus a dog) and we are looking for a gentle person who would be interested to improve her/his French while looking after the children during the summer holidays.

We have a boy of 13 years, a daughter of 11 years and a son of 7 years, they all attend the Waldorf school in Ependes, close to Yverdon-les-bains. It is a beautiful Swiss region with a lake and the mountains very close.

It is not a full time job, it is a part time. There would be of course days off and excursion with us.

We would prefer a responsible person around 17 years (+/-). We are pleased to offer "cost and logis" for the months of July and August (or only one month of both). If two friends want to come together I am sure to find a second family close to us who would be happy as well to have an exchange-au pair to help out.

Sincerely

Isabelle and Gael ISELIN HEDOU

Looking for a room in June

I am a 26 year old industrial engineer. I live in Colombia but coming to Brighton to attend an English course. In return for board and lodging I would like to offer help with child care etc plus a financial contribution. I can be contacted via a friend of the family, Ileana: ileanabotero@tiscali.co.uk
Many thanks, Laura

COTTAGE IN MALLORCA (Campanet, north-east of Inca) surrounded by orchards, with swimming pool, looking out towards the mountains. It is off the tourist track but 5 mins from the village and the main road to Palma airport, mountains and beaches (15 to 20 mins in many directions eg: Alcudia, Pollensa) and equally ideal for a family holiday or a personal retreat. There is also some separate accommodation in the grounds, so that two families could share, while living independently - a total of 6 single beds (3 twin rooms) and one double room + spare mattresses and a cot. Phone Graham 01452 812537 or email kennish46@gmail.com

Accommodation Needed

Part time Steiner School Teacher needs accommodation for Monday nights. Please call Sam - 07518296129

Living

Vaccination and Travel Medicine Talk by Dr Jayne Donegan MBBS DRCOG DFFP MRCGP MFHom. For the Arnica Group, promoting natural immunity.
Sunday 10th May, 1.45pm for 2pm start - 4pm. At Brighton Steiner School, Rodean Road, Brighton BN2 5RA. £12 per person (£10 early bird offer).
To pay and book your place contact Carmel O'Dell SDSHom on carmel.conway@sky.com or call 01273 278235 / 07714805084

Homeopathy at Rock Clinic

270 Eastern Road. Maggie O'Riordan RSHom.
Appointments 07793200959; www.homeopathyinbrighton.co.uk
Email: Maggie@homeopathyinbrighton.co.uk
Concessionary rates available

Scenar Therapy - A non-invasive biofeedback device to help the body self regulate.

Do you or your children suffer from any of the following?

- Stress
- Anxiety
- Sleep problems
- IBS
- Pain
- Depression
- Fatigue

Available for adults and children.

For more information please contact Jake Thompson (School Reception) - 07517697499

CREATIVE PSYCHOTHERAPY with Lisa Douglas MA, BA (Hons)

Dramatherapy - Creativity is the key to communication and change.

Therapy is often about talking our problems through. Dramatherapy offers something different and unique: the chance to explore challenging feelings that may be holding us back in our lives and relationships, in creative and dynamic ways.

It is a intended safe form of reality where we can begin to make experiments and rehearse change.

Tel: 07799 738449

Email: dramatherapy1@talktalk.net

Web: dramatherapy.yolasite.com

"You have this amazing natural ability to 'hold' the therapy and make me feel safe. You are so gentle, yet you challenged me to work with my inner negative perceptions in a concrete and productive way, thank you so much..."

Classical trained and very experienced flute and recorder teacher gives lessons near the school.

For further details please contact Katrin Heymann on 01273 622338 or email katrin.flute@gmail.com or visit www.musicteachers.co.uk

Child Minder

I am an ex Steiner school pupil and am currently studying Sociology at the University of Sussex. I'm 20 years old and am an experienced child-minder. If anyone needs any part time child-minding please contact me at faith.rtd@live.co.uk

Wooden Blocks

1000 pieces of Kapla wooden blocks in wooden storage box on wheels, plus 2 boxes of coloured wooden blocks and 2 Kapla design books. Excellent condition. £90 (cost on Amazon is £213).
Call Kate 07930 615917

Fitness Fridays. 10-11am Happy Valley Park, Woodingdean.

Bootcamp class – all fitness levels. £5

Mums on the run – Term Time Only!

Mondays 9am – 9.45am, meet at the entrance of East Brighton Park.

Fitness class for Mums with or without kids in buggies.

Beginners welcome. £5

For more info call Lisa 07790 538 958

Former Steiner Parent has an allotment at Roedale Valley. It is long and flat and I have had it for 16 years.

I would welcome someone to share it, as it is too big for me now.

I have paid up to Oct - so no cost.

If interested please call Kate Statham on 01273 607490 or 07812949875

We are parents of a pupil of the Steiner School in Avignon in France and want to rent our house during July and August 2015 holidays. Could you please give following information in your school :

" We are parents of a pupil of the Steiner School in Avignon (South of France) and want to give to rent our house during next summer holidays. For 5/6 or persons, it is an ideal spot to discover Provence, with swimming-pool, ping-pong table, trampoline. Rent price 760 euros a week.
<http://maisonprovence84.canalblog.com> . In addition to that, you can rent a Mobile-Home for 4 persons. Rent price for the house + mobilhome 1250 a week. <http://mobilhome84.canalblog.com>
For information 00.33.490.51.97.17 / 00.33.668.40.50.01 - maisonprovence775@gmail.com "

Thank you very much

Bruno and Sylvie Hildesheim Duchateau

I am looking for a single bed.

Could you please contact me a.s.a.p. if you have one available. 07867788003 – Thank you

Are you interested in supporting people towards change?

Would you like to engage on a path of self-development?

The **Diploma Course in Biographical Counselling** offers both these things and more.

Year 1, Foundations in Biographical Counselling starts September 2015 is a course complete in itself, providing social and health care professionals with deepening skills for their personal and professional lives.

This first year is also a foundation for further training in the full three year *Diploma Course in Biographical Counselling* which is accredited by the BACP (British Association for Counsellors and Psychotherapists).

An introduction to the course will be held on 29th-30th May, Emerson College, Sussex. **Biography and Social Development Trust**, +44 (0)1342 822907 biogsoctru@aol.com www.biographywork.org